



BALLYRUNNERS PROGRAMME

Start Date: April 2022

The Ballyrunners programme is a high support, low threshold skills based programme that aims to positively engage participants in constructive activities and change their attitudes and behaviors. The short-term programme runs 3 days per week . For further information please contact :

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MODULES INCLUDE:

1. COMMUNITY GARDENING
 2. HILL WALKING
 3. COOKING
 4. GYM/ TRACK TRAINING /
 5. MINI FOOTBALL LEAGUE
 6. DSPCA RESPONSIBLE HORSE OWNERSHIP PROGRAMME
 7. LEADERSHIP SKILLS
 8. YOGA/ MINDFULNESS
 9. PERSONAL DEVELOPMENT
 10. CHOICE & CHALLENGE
 11. CAREER GUIDANCE.
 12. CHARITY FUN RUN
 13. OUTINGS
 14. EMPLOYMENT SKILLS
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15. CHAMPION OF CHAMPIONS
 - a) Archery
 - b) Basketball
 - c) skipping
 - d) indoor football

