



Dún Laoghaire Rathdown LSP

SportsAbility Groups in Dun Laoghaire Rathdown

2023 Issue

Within this booklet you will find a list of sports & social clubs that are inclusive of people with disabilities. This information is as up to date to the best of our knowledge from March 2023. If there is any clubs / organisations that we have missed out on, please do highlight it to us so we can include it in our next issue.

For more details on any of the programmes / training or if you or your child are looking to get involved in a sport please contact **Gwen** at golooney@dlrcoco.ie or 01 271 9502.

**County Hall, Marine Road, Dún Laoghaire, Co. Dublin, Ireland.
E: sportpartnership@dlrcoco.ie T: +353 1 271 9502**

Dún Laoghaire Rathdown Sports Partnership (DLRSP) works with a range of partner agencies in the County to improve access to participation for all, increase the quality of the activity experience, promote the greater utilisation of facilities and implement local initiatives for target groups that have lower rates of participation.

In the five years 2018 to 2022, DLRSP organised and delivered a wide range of training courses, workshops and targeted physical activity programmes for all ages, abilities and sporting types. DLRSP continued to develop and provide activity opportunities for all, communicate information and provide funding/supports to develop sustainable initiatives. Over 72,000 people were directly engaged throughout these five years in initiatives delivered across key target population groups who were not meeting the physical activity levels as set out in the National Physical Activity Plan.

The Sport Inclusion Disability Officer has worked with a range of agencies, groups and schools to provide activities for over 3,700 people with additional needs over the past 5 years. Some of the projects are listed below.

- **Multi-Sports Autism Camp** – linked with Active Kids Academy to deliver a camp for children on the Autism Spectrum in 2022 (32 children).
- **Wheelchair Basketball Camp** – joint project with IWA Sport, South Dublin LSP & Basketball Ireland for wheelchair users (30 children).
- **Multi-Sports IWA Club** – weekly activity club for children with a physical disability with IWA Sport & South Dublin LSP (45 participants).
- **Inclusive Bike Fleet** – free hire service of a fleet of 5 bikes (trishaws, trikes, tandem, hand-cycle, wheelchair bike) suitable for older adults and people with disabilities in Dun Laoghaire (over 850 bookings).
- **SwimAbility Programme** – quiet swim sessions for children with additional needs in each of the 3 DLR Leisure pools (over 700 visits).
- **Woodlands For Health** – programmes with weekly walks on trails for adults experiencing mental health difficulties (138 participants).
- **Urban Outdoor Adventure Project** – delivery of introductory sessions in outdoor activities (orienteeing, rock-climbing and kayaking) for teenagers on the autism spectrum (42 participants).
- **Happy Hooves** – delivered a therapeutic horse-riding programme in Ballyowan Meadows (24 children).

- **MayFest** – supported Vision Sports Ireland in this national event.
- **NRH Spinal Championships** – supporter of this annual national event in Dun Laoghaire.
- **Choices for Health** – 12-week physical health and nutrition interventions for adults with mental health difficulties (68 participants).
- **School Sports Hall Athletics** – 8-week indoor athletics coaching for children in Ballyowen Meadows National School (30 participants).
- **Dance for All** – 6-week programme for adults with visual/hearing impairments, physical disabilities & chronic illness (32 participants).
- **Monkstown Special Olympics Club** – assisted in establishing a new swimming club for children & adults (12 participants).
- **Enjoy Tennis** – started 3 new tennis programmes in DLR and helped consolidate many on-going groups (44 participants).
- **Foroige Group** – 6-week Ultimate Frisbee programme based at the Grainstore in Cabinteely (9 participants).
- **Autism Inclusion Initiatives** - linked with Open Spectrum to deliver activities (inc. yoga, athletics) for teenagers with Autism (44 children).
- **Inclusive Family Activity Classes** – weekly inclusive online activity sessions for children with a disability and their families (32 families).
- **Carmona Services** – weekly online fun activity class for residents, followed by a summer basketball programme (43 participants).
- **Dementia Friendly Walking** - 8-week guided walking programme for patients & Carers of people with dementia (33 participants).
- **Inclusive GAA** – worked with 3 local GAA clubs to expand new inclusive sessions for children of all abilities (44 participants).
- **Inclusive Kayaking** – 4 week taster programme for adults with intellectual disabilities (4 participants).
- **Inclusive Boxing** – programme with IABA and Carmona Services for adults with an intellectual disability to try boxing (10 participants).
- **Inclusive Athletics Programme** - with Ballyowan Meadows and Open Spectrum for teenagers on the Autism Spectrum (36 participants).
- **ID Multi-Sport Programme** – weekly activity sessions for adults with an intellectual disability in St John of God Service (8 participants).
- **Eco-Therapy Programme** – walking programme targeting adults who had been cocooning with the DLR Libraries Dept. (52 participants).
- **Poolpod** – installation of a new hoist in dlr Leisure Loughlinstown to facilitate all abilities to access the pool (approx. 300 users per year).

- **Inclusive Playground Equipment** – installed an inclusive swing and roundabout in Cabinteely Park playground for wheelchair users.
- **Sports Wheelchairs** – procured 4 chairs and a hand cycle through Dormant Account funding to be used in inclusive programmes.
- **Cycling Skills Training** – 5 x Learn to Cycle programmes for children with additional needs (85 participants).
- **Xcessible Award** – working towards meeting the Bronze Award for inclusion of people with disabilities in sport through CARA.
- **Disability Inclusion Open Evening** – three events showcasing sports & activity options available for people with a disability (400 attendees).
- **Supporting On-going Programmes** – Access Sailing, Multi Activity, Special Needs Tag Rugby, Parahockey, Wheelchair Basketball etc.
- **Activities For All Brochure** – promotion of this resource booklet demonstrating a range of inclusive activities that can be done at home.
- **Inclusive Opportunities Brochure** – compilation of inclusive clubs and activity opportunities in DLR into a user-friendly printed brochure.
- **Awareness Raising & Support** - working with local leisure centres, clubs, teachers and services in the area of inclusive physical activity.
- **Disability Awareness/Inclusion Training** – 15 workshops for coaches/volunteers involved in the delivery of sport (190 trained).
- **Autism in Sport** – delivery of 10 workshops upskilling coaches to include children on the Autism Spectrum in sport (166 trained).

County Hall, Marine Road, Dún Laoghaire, Co. Dublin, Ireland.

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www.dlrsportpartnership.ie



For your convenience this booklet is in alphabetical order.

Beside each club name you will see a colour or multi-colour this is to show the type of disability catered for:

Intellectual: ● Physical: ● Sensory: ● All: ●●●

BASKETBALL

Ballybrack Bulls ●

Wheelchair Basketball Club.

Day: Monday
Time: 6:00pm-8:00pm
Location: National Rehabilitation Hospital
Age: Seniors ONLY
Contact: ballybrackbullswbc@outlook.com

BOCCIA

Boccia Club ●●●

All ages and disabilities welcome to try this very inclusive game.

Day: Saturday
Time: 12-3pm
Location: Ballyfermot Leisure Centre
Age: All ages
Ability: All Ability
Contact: Liam Bracken
Tel: 085 7276789
Email: liampbracken@yahoo.ie or
Natasha Daly
Tel: 087 2699890
Email: nash.daly@gmail.com

CALISTHENICS

Bar Monkey ●

Body weight movement classes for kids. Classes are currently full at the moment but if there is a demand there would be a possibility of more classes.

Day: Monday - Saturday
Time: Monday - Friday: 4-5pm & Saturday: 10-11am
Location: Scoil Cholmcille, Ballybrack
Age: 4-6 years
Ability: Dyspraxia, Autism, Additional Motor Skill Needs
Contact: Jamie
Tel: 085 7501328
Email: info@barmonkeycalisthenics.com

CYCLING

Inclusive Cycling ●●●

Inclusive Cycling sessions in Dun Laoghaire Rathdown catering for children with additional needs. Please contact Gwen O'Looney for more information on these courses.

Location: Dun Laoghaire Rathdown Area
Ages: 5-16 years
Ability: All Inclusive
Contact: Gwen O'Looney
Email: golooney@dlrcoco.ie

FRISBEE

Dublin Youth Ultimate ●●●

Ultimate Frisbee Available to visit groups and organisations to introduce ultimate and Frisbee games to participants of all ages.

Age: All Ages
Ability: All Inclusive
Contact: Dominick Smyth
Tel: 086 1507333
Email: dominick@DublinYouthUltimate.com

GAA

Cumann Naomh Eoin Baile an tSaoir/Ballinteer St John's GAA ●

Ballinteer St John's GAA club have started a GAA for all group for children with an intellectual disability alongside of their already inclusive under age structure.

Day: Fridays
Time: 6-7pm
Location: BCS All Weather Pitch, Wesley College Sports Hall
Age: Primary School ages
Ability: Intellectual disability
Contact: Beth Corcoran Tel: 086 0711773,
 John Meagher Tel: 087 2970812

Cuala ●●●

Cuala GAA club have started their Cuala All Stars programme for kids of all abilities alongside of their already inclusive under age structure. Please contact Joanne for more information.

Day: Saturday
Time: Morning
Location: St Joseph's NS Tivoli Road
Age: 5-18
Ability: All Inclusive
Contact: Ciaran Brady Tel: 087 1767053
 Email: Cualaallstarts@gmail.com

Cabinteely GAA and Camogie - Na Réaltaí

Day: Fridays
Time: 6-6.40pm
Location: Oct to April indoors St Laurence Hall. April to September Outdoors, Kilbogget Park, mini astro pitch beside the playground
Age: 5-13
Ability: We cater for all children with all additional needs and physical disabilities.
Contact: Aoife Rojack Disability and Inclusion Officer
 Tel Club Phone: 0894131648
 Email: Secretary.cabinteely.dublin@gaa.ie

Kilmacud Crokes GAA Club ●●

Kilmacud Crokes GAA club have started a GAA for all programme for kids of all abilities alongside of their already inclusive under age structure.

Day: Throughout the year with specific activities
Location: Kilmacud Crokes GAA Club, Stillorgan, Co Dublin
Age: Open to all age groups
Ability: Intellectual, Physical & Visual Impairment
Contact: Kiera Brown - Healthy Clubs Officer,
Email: info@glenalbyn.ie

Shankill GAA ●●●

Inclusive All Stars for children who want to play Gaelic Football in a fun stress-free environment

Day: Saturday
Time: 10:00-11:00
Location: Stonebridge
Age: 4+
Ability: All abilities (no wheelchair access)
Contact: Linda Kelly
Tel: 087 2786064
Email: secretary.shankill.dublin@gaa.ie

GOLF

Dundrum Special Olympics Golf ●

The Young Athlete Program prepares the athletes for a bright future with Special Olympics. It will prepare them for competitive sport which will no doubt be coming down the line for them all.

Ages: 6+
Location: Old Conna Golf Club
Day: TBC
Time: TBC
Contact: Paul Malone,
Tel: 085 8424415
Email: info@dundrumspecialolympics.ie



GYMNASTICS

Trojan Gymnastics & Dance Academy ●●●

Fully inclusive gymnastics classes for all ages & abilities. New members welcome.

Day: Monday- Friday
Age: All Ages
Location: Ballyogan Business Park, Ballyogan Road, Dublin 18
Ability: All Inclusive
Contact: Louise Ivie.
Tel: 01 2959019
Email: info@trojanacademy.ie

HOCKEY

Avoca Hockey Club ●

Avoca All Stars ID Hockey team.

Location: Newpark Comprehensive, Blackrock
Age: 10-21 years old
Ability: Mixed abilities
Contact: Patricia Martin
Email: pjcimartin@hotmail.com

Loreto Lions Hockey ●

A hockey for all team for children with ASD and Intellectual Disabilities.

Day: Tuesday
Time: 6:15-7:15pm
Location: Loreto Hockey Club Rathfarnham
Age: Boys and Girls Age 8+
Ability: ASD; Intellectual Disability
Contact: Kate
Email: loretolionshockey@gmail.com

Monkstown Strikers ●

Hockey club for children and adults with Intellectual Disabilities. New members are welcome!

- Day:** Tuesday
Time: 7:00-8:00pm
Location: Hockey Pitch, Rathdown School, Upper Glenagery Road
Age: 10+ years
Ability: Intellectual Disability
Contact: Sheena Kenning. Tel:087 9413667
Email: monkstowncommittee@gmail.com

Three Rock Rovers Hockey Club ●

Hockey for children and adults with intellectual disabilities. Training once a week from September – May (breaks over school holidays) there are also blitzes with other Dublin Hockey ID Teams throughout the season.

- Day:** Tuesday
Time: 6:30 7:30pm
Location: Three Rock Rovers Hockey Club
Ages: Children and Adults, age 10+
Ability: All abilities are welcome for a come and try session, please email below to make arrangements
Contact: Zoe Manning
Tel: 086 1624810
Email – rockets@threerockrovershc.com

LEISURE CENTRES

Newpark Sports Centre ●●●

Swimming at Newpark Sports Centre.

- Day & Time:** Swimming lessons Friday 3:50-4:20 (widths)
Saturday 5:15-6 (lengths).
Location: Newtownpark Avenue, Blackrock, Co. Dublin
Age: Swimming from age 4.
Ability: All Inclusive
Contact: Damaris Ayres,
Tel: 01 2883720
Email: damaris@newparksportscentre.ie

DLR Leisure ●●●

A choice of 3 public leisure centres in Dun Laoghaire Rathdown. Facilities include all weather pitches, swimming pools, gyms, swimming sessions, training sessions etc.

Fitness for All: Classes for all abilities

DLR Leisure Monkstown: 01 230 1458/60/62

DLR Leisure Meadowbrook: 01 2995610/14/16

DLR Leisure Loughlinstown: 01 2823344

MARTIAL ARTS

Kodokan Ireland judo club ●●●

KODOKAN Ireland is one of the five largest Judo clubs in Ireland created in 2006 by Frederic Marmain and David Rolland, both black belts with over 15 years teaching experience. It's a self-defence sport as well as a way of life which follows a moral code. Judo means "Gentle way". Kodokan means "the place of study".

Day: Tuesday and Thursday

Time: 6 to 7 pm (4 to 13 yrs), 7.30 to 9 pm (14 to 60 yrs)

Location: Cabinteely

Age: 4 to 13 yrs & 14 to 60 yrs

Ability: any disability

Contact: Mr Frederic Marmain,
Email: fred.marmain@3arena.ie or
frederic.marmain@irishjudoassociation.ie

MULTI ACTIVITY GROUPS

Down Syndrome Centre ●

Pre-Teen and Teen Social Groups facilitated by speech and language therapists and occupational therapists.

Day: Wednesday

Time: 3:00-5:00pm

Location: Down Syndrome Centre, Sandyford.

Age: 10-18 years

Ability: Down Syndrome

Contact: Ellie Reilly (Clinical Services Manager) 01 6618000

Playball



Playball TM gives children, of all abilities, the opportunity to experience the benefits of participating in sports. If interested in individual, or small one off or weekly classes in the South Dublin area, we would love to hear from you.

Day: Various

Time: Various

Age: 4-7yrs (minis), 5-12yrs (juniors), 8-12yrs (inters); 13-24 yrs (seniors)

Location: Blackrock / Stillorgan / Killiney / Dalkey

Ability: All Inclusive

Contact: Emma Meir.

Tel: 087 2262828

Email: emma@playballkids.ie

Website: www.playballkids.ie

Open Spectrum



OPEN SPECTRUM is a parent-run activities club for children, teen and young adults on the autistic spectrum in South Dublin. For More information please contact the service directly.

Location: Dun Laoghaire Rathdown.

Contact: Email: info@spectrum.ie

POWERCHAIR FOOTBALL

St. Josphe's Powerchair Football Club ●

Catering for adults and children. New members welcome! For information contact Donal.

Ability: Wheelchair/ Powerchair user

Contact: Donal, Email: Donal.byrne@cheshire.ie

RUGBY

Seapoint Dragons ●

Tag Rugby for children / adults with Intellectual Disabilities. New members are welcome!

- Day:** Sundays
Times: 9.30am to 10.30am
Location: Seapoint Rugby Club, Kilbogget Park, Church Rd, Killiney
Age: Juniors 7yrs to 14yrs/ seniors 15yrs upwards
Ability: Intellectual disabilities
Contact: Máire Lambertini
 Email: seapointdragons@gmail.com

DLSP Rugby Club Kiltiernan, Co Dublin ●●●

Team DLSP Eagles

Welcoming players with special needs and different abilities to play non contact tag rugby.

Sunday morning training

- Time:** 11am to 12pm
Location: DLSP Kiltiernan.
Age: All Ages
Ability: All Inclusive
Contact: Dave Hicks
 0872565656
 Email: davidhicksmeats@gmail.com

Team DLSP Vikings ●●●

The Vikings are a mixed ability team made up of players with special needs and able bodied players. Our games are full contact with allowance for players with special needs.

Monday training

- Time:** 7:30pm to 8:30pm
Location: DLSP Kiltiernan.
Age: Over 18s
Ability: All Inclusive
Contact: Dave Hicks 087 2565656
 Email: davidhicksmeats@gmail.com
 Ken Fitzpatrick 087 9232376

SAILING

SailAbility ●

Sailing programme for people with a disability. Every year, during the summer months, the four yacht clubs in Dun Laoghaire collaborate to provide access to the water for children who are differently-abled.

Age: All ages
Location: Dun Laoghaire Harbour
Contact: Duncan Lyster 086 8330001

SOCCER

Cabinteely FC ●●●

Cabinteely Cougars caters for all children looking to play soccer through a Special Olympics club and a football for all programmes.

Day: Saturday
Time: 12:00am-1:00pm
Location: AstroTurf, Cabinteely FC, Kilbogget Park
Age: 5+
Ability: All
Contact: Jim Allen,
Tel: 086 0630605,
Email: Jimallen@gmail.com

Granada FC ●●●

Day: Saturday
Time: 10:30am (Football 4 all)
11:30 (Social Soccer for children with dyspraxia)
Location: Carysfort National School
Contact: Claire Paul
Phone: 087 9920450
Email: granadafcdublin@gmail.com

St Joseph's AFC ●●●

Football for All.

Day: Sundays
Time: 12.00 to 13.00
Location: St Joseph's AFC, Pearse Park, Sallynoggin.
Age: 8 to 12
Ability: Mixed abilities.
Contact : Lloyd Merrigan
 Tel: 085 8402035
 Email: merriganlloyd@gmail.com

SWIMMING

Newpark Nemos Special Olympics Swim Club ●●●

Swimming one to one to advanced.

Day: Sunday
Time: 4:00 - 4:45
Location: Newpark Sports Centre, Blackrock, Co. Dublin
Age 7+
Ability: all swimming abilities
Contact Club Secretary
 Email: newparknemossoc@gmail.com

DLR Leisure Sensory Swim Sessions ●●●

Sensory swim sessions in three locations

DLR Leisure Monkstown: 01 230 1458/60/62
DLR Leisure Meadowbrook: 01 2995610/14/16
DLR Leisure Loughlinstown: 01 2823344

SPECIAL OLYMPICS

Blackrock Flyers ●

Multi activity group running after school programme & weekend sessions.

Day: Mon, Tue & Thurs evenings, Sat Morning and afternoon
Age: Juniors to adults
Ability: Intellectual Disability
Contact: Email: blackrockflyers@gmail.com

Lakers

Sports and Recreational Club for adults and children with an intellectual disability. Membership is open year round.

Day: Monday- Sunday
Time: 9:00am- 9:00pm
Location: The Old School House, Eglinton Road, Bray,
Co. Wicklow, A98P6X9
Age: 5+ years
Ability: Intellectual Disability
Contact: Tel: 01 2022694
Email: info@lakers.ie

Tivoli Tigers Special Olympics Gymnastics Club

Special Olympics Gymnastics club catering for children & adults.

Day: Thursdays Term
Time: 6.10-6.50 & 6.50-7.50
Location: Newpark Comprehensive Secondary School, Sports Hall
Age: 6+ years
Ability: Registered Special Olympics male & female Athletes
Contact: Amanda Mollard,
Tel: 086 818 5423,
Email: tigersmembership@hotmail.com

Dundrum Special Olympics

The Young Athlete Program and the Academy Football team prepare the athletes for a bright future with Special Olympics. It will prepare them for competitive sport which will no doubt be coming down the line for them all.

Days: Sunday
Location: Saint Benildus College, Kilmacud Road Upper
Times: Academy Football 10:30-11:15(7-16 Years)
Young Athlete Programme 11:15-12:00 (3 years +)
Football Training 10:00-12:00 (16-65+)
Ability: All
Contact: Paul Malone,
Tel: 085 8424415
Email: info@dundrumspecialolympics.ie

TENNIS

Shankill Tennis Club ●

The club welcomes a number of groups including players with learning disabilities, on the autistic spectrum, wheelchair users and a dementia care group. Please get in contact for more information chairperson@shankilltennisclub.com. Vision Impairment.

Day: Sunday
Time: 10am-11am (juniors)
Location: Shankill Tennis Club
Time: 11am-12:30pm (seniors)
Age: All Ages
Contact: Vision Sports Ireland office@visionsports.ie

Donnybrook Tennis Club ●●●

Donnybrook Tennis Club Enjoy Tennis is an inclusive tennis programme for people with all abilities.

Day: Sunday
Time: 9.30-10.30
Location: Donnybrook Tennis Club
Age: All ages
Ability: All
Contact: David Clarke Tel: 086 8396189
Email: info@donnybrookltd.ie

Enjoy Tennis ●●●

Inclusive tennis programme for people with all abilities.

Location: Dun Laoghaire Rathdown Area
Age: All ages
Ability: All Inclusive
Contact: Liam O'Donohoe
 Tel: 086 2618931
 Email: odonohoeliam@gmail.com

YOGA

Purely Yoga



Yoga styles & Pilates classes in a great environment to suit all abilities.

Day: Mornings

Age: Juniors to adults

Ability: All

Contact: Eike Treanor

Tel: 087 6875413 or 086 8215775

Email: Eike@Purely-Yoga.com

PARK RUN

Parkrun is a free, community weekly event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning, junior parkrun is 2k, dedicated to 4-14 year old and their families, every Sunday morning. Both events start at 9:30am, arrive at 9:15am for the first timers briefing.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

Parkrun takes place in many locations across Ireland. In DLR, there are 5km events on Saturday mornings in Marlay parkrun, Cabinteely parkrun, Shankill parkrun at 9:30am.

The junior 2km parkruns in DLR are at Marlay junior parkrun & Deerpark juniors on Sundays at 9:30am.

Register for free to get your personal bar code at <https://www.parkrun.ie/>

Disability Sport Organisations

Special Olympics	www.specialolympics.ie
IWA Sport	www.iwasport.com
Deaf Sports Ireland	www.deafsportsireland.com
Vision Sport Ireland	www.visionsports.ie
Paralympics Ireland	www.paralympics.ie

DEVELOPMENT OFFICERS

Irish Wheelchair Association

Name: Sam Jablansky
Role: IWA-Sport Community Sports Club Project Coordinator IWA-Sport
Email: Sam.Jablansky@iwa.ie
Mob: 085 8747360

Active Disability Ireland

Name: Stephanie Mac Sweeney
Role: National Sports Inclusion Coordinator, ADI
Landline: 01 6251160 Mobile: 086 0829459
Email: smacsweeney@caracentre.ie

Paracycling Ireland at the National Sports Campus

Name: Claire Ni Reachtagain
Role: Participation Officer
Email: enquiries.para@cyclingireland.ie

Or

Name: Eamonn Byrne
Role: Chairperson
Email: para.chairperson@cyclingireland.ie
Phone: 0851637251

Special Olympics Eastern Region

Telephone: 01 8912000
Email: eastern.region@specialolympics.ie

Triathlon Ireland

Name: Gary Crossan
Phone: 083 4381654/ 01 2741032
Email: gary@triathlonireland.com

DLR Leisure Sports Team

Name: Paul Murphy
Phone: 086 8071747
Email: pmurphy@dlrleisureservices.ie

RUGBY

Community Rugby Officers

Name: Jonathan Sharkey
Email: jonathan.sharkey@leinsterrugby.ie
Name: Emily McKeown
Email: emily.mckeown@leinsterrugby.ie

SOCCER

FAI Development Officer

Name: Rory O' Hare
Phone: 086 3807793
Email: rory.ohare@fai.ie

Cricket Leinster

DLR Development Officer

Name: Jim Stewart
Email: mijstewart@gmail.com

Vision Sports Ireland

National Sports Development Manager

Contact : Pádraig Healy
Phone: 085 8500193
Email: padraig.visionsports@ncbi.ie
Location: Nationwide

Irish Down Syndrome Sporting Organisation

The internationally recognised governing body of Down Syndrome Sport in Ireland.

Contact: Tel: 086 1540652
Email: idssoireland@hotmail.com



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