



Overview:

Sport in general, and football in particular, provides physical activity and positive health benefits.

We offer numerous football programmes that allows anyone who wants to play and get active the opportunity to do so in a safe and comfortable environment.

Football is for everyone, regardless of socio-economic background, gender, colour, ability, age, strengths or weaknesses. Football has been shown to be an effective vehicle to engage young people and promote psychological well-being because in many ways it brings mental health and well-being to the surface in a more relaxed and open environment.

Taking part makes a difference!

Football in the Community Wexford Town



Wexford Urban and Wexford Rural



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