



# Cork Sports Partnership Newsletter



"Our mission is to increase the number of people participating in sport, exercise and physical activity in Cork".

August 2012

[www.corksports.ie](http://www.corksports.ie)

Issue 6

## Welcome to the Cork Sports Partnership E-zine

Welcome to Issue 6 of the Cork Sports Partnership E-zine. In this edition we highlight some of our recent and upcoming programmes, courses and events, including the An Post Rebel Tour, Cork Walking Month and the LeisureWorld 10 km Rebel Run.

As always we hope that you enjoy this publication and have the opportunity to get involved in some of the many Sports and Physical Activities available to you in Cork.

We would also like to take this opportunity to congratulate all our Irish Olympians, with special mention to our Cork based athletes, on their performances in London 2012.

For the latest news and information on the Cork Sports Partnership log on to any of the following or click any of the links throughout this publication:

Website: [www.corksports.ie](http://www.corksports.ie)

Twitter: [@CLSP1](https://twitter.com/CLSP1)

Facebook: [Cork Sports Partnership](https://www.facebook.com/CorkSportsPartnership)

## Inside this issue:



## Come out walking with us on the 1st of September



The Cork Walking Month gets underway with our launch walks on Saturday, September 1st 2012. The walks will commence in the Cork Institute of Technology (CIT) with a number of special guests, including the Lord Mayor, to officially get the 3rd year of the Cork Walking Month up and walking.

The routes; a 5km Wheelchair and Buggy Accessible walk and a longer 10 km route will leave CIT in different directions, accessing the Cork City Council walkway before returning to excellent facilities in CIT.

Refreshments will be available to participants on the day and we would encourage people to bring the whole family along.

Registration Time: 10:30 –11:00 am

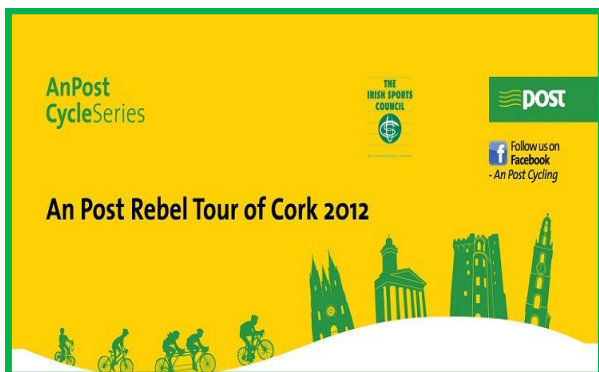
Official Launch: 11:00

Start Time: 11:15

[Click here for full details](#)



## Cork Sports Partnership Upcoming Event News



### An Post Rebel Tour 2012

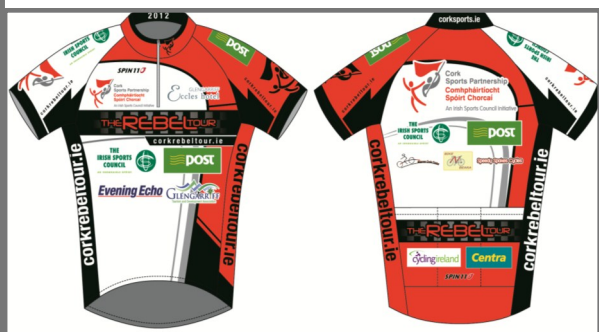
An Post, The Irish Sports Council and The Cork Sports Partnership are delighted to announce the return of the Rebel Tour for 2012. This year's event will take place on Saturday 15<sup>th</sup> of September and will be based from Glengarriff.

Starting and finishing in Glengarriff the An Post Rebel Tour 2012 has four different road events that caters for cycling enthusiasts of all levels and abilities including a 10km Family Fun Cycle.

This year is a great opportunity to cycle alongside one of Cork's Sporting legends. Cork Hurler, Seán Óg Ó hAlpín, has signed up for the An Post Rebel Tour leg of series. Speaking at the launch of the series, Seán Óg said. "I am delighted to be involved with this year's An Post Rebel Tour and I am looking forward to cycling the *85km Rebel Rider*. Cycling is such an enjoyable way to keep fit while touring our beautiful countryside. I am also hoping to make it back to meet the participants on the Family Fun Cycle at some stage on their route. Cork Sports Partnership is doing great work in their endeavours to get us all more active and I wish them the best of luck with this event"

#### The Routes: (Click the links for details)

- ♦ [Rebel Pedal 10km](#)
- ♦ [Rebel Cruise 55km](#)
- ♦ [Rebel Rider 85km](#)
- ♦ [Rebel Challenge 160km](#)



Speaking about the Rebel Tour, Event co-ordinator Michael Crowley said, "The whole purpose of the Rebel Tour is to get people active and out on their bikes. It is a leisure cycle which affords people of all ages and fitness levels to get out and about".

Michael added " A complementary BBQ and an evening of entertainment will also be provided in Glengarriff for everyone who takes part in this great event".

For more information on the following please follow the links below:

- ♦ [How to Enter](#)
- ♦ [Terms & Conditions](#)
- ♦ [Routes](#)
- ♦ [Accommodation](#)
- ♦ [Book Now](#)
- ♦ [FAQ's](#)



### An Post Rebel Tour 2012

There will be four Rebel Pedal's taking place throughout Cork City and County on the 15th and 16th of September to celebrate the An Post Rebel Tour 2012. The events will consist of a number of family fun cycles to encourage more families to go out cycling together. For 2012, the Rebel Pedal Cycling Events will take place in the following locations: Glengarriff, Ballingeary, Kanturk and Cork City.

[Click here](#) for more information on the 2012 Rebel Pedals



## Cork Sports Partnership Upcoming Event News

### Cork Walking Month 2012 - Get out walking this September!



**Photo:** Ballycotton Cliff Walk from Cork Walking Month 2011

Guided Walks, Orienteering events, Rockclimbing Classes, Fitwalk Sessions.... just some of the 70 events taking place during September for the Cork Walking Month 2012. This Cork Walking Month certainly will have something to offer everyone!

This September Cork will play host to the third Annual Cork Walking Month, which in 2011 saw over 1,100 people participate across 50 events. The Cork Sports Partnership, an initiative of the Irish Sports Council, in conjunction with the HSE South, Health Promotion Department and the Cork Walking Forums have teamed up to coordinate another jam-packed calendar of events for September 2012.

Speaking about the Cork Walking Month recently at the Sports Partnership's Office, Maurice O' Sullivan, Coordinator of the Cork Walking Month said. "We are delighted to be able to offer such an exciting calendar of events for 2012. Everyone has been very supportive of what we are trying to achieve and I would like to thank all our partners and friends for coming on board to ensure the month will be as successful as previous years."

He added "These events offer people a unique opportunity to get out walking, but they also give people the chance to meet different clubs and groups in an informal setting. With 54 Guided walks, 10 Orienteering Events, Rock-climbing Classes and workshops, there are events to cater for all ages and abilities".

The Walking Month kicks off with an Opening Event in Cork Institute of Technology on the 1<sup>st</sup> of September with 2 routes for people to choose from. A Wheelchair and Buggy Accessible 5 km walk and a longer 10 km walk around by Murphy's Farm. There are a further 53 free guided walks taking place throughout September in Cork to cater for all needs.

As well as the series of guided walks, other events taking place during the Month include Fitwalk Taster Sessions which focus on using walking to improve physical fitness.

Claire Hurley, Sports Development Officer in the Cork Sports Partnership, outlined what the Fitwalk Sessions will entail. "The Sessions will include Stridewalking, Powerwalking, Nordic walking as well as introducing participants to step counters, heart rate monitors and Nordic walking poles. Places are filling fast so book early to avoid disappointment." The Fitwalk classes will take place in 4 locations for the Cork Walking Month; Ballincollig, Midleton, Donoughmore and Mitchelstown.

A new addition to this year's Cork Walking Month calendar will see 5 family and 5 School Orienteering events for beginners. These events are being coordinated by the Bishopstown Orienteering Club. Sean Cotter of the Bishopstown Orienteering club highlighted what the events hope to achieve "These fun orienteering events will introduce schools and families to a fun new sport in a supportive environment. Just turn up and we will show you what to do including the basics of map-reading."

#### Cork Walking Month Events 2012: (click links for info)

- ♦ [54 Guided Walks](#)
- ♦ [10 Orienteering Events](#)
- ♦ [Fitwalk Taster Sessions](#)
- ♦ [Rock-Climbing Classes for All](#)
- ♦ [Introduction to Trail Walking Workshop](#)

See [www.corkwalkingmonth.ie](http://www.corkwalkingmonth.ie) for more details.



## Training & Education News

### Cork Coaching Forum

The Cork Coaching Forum will recommence in the Autumn 2012. The Coaching Forum was established in 2011 to provide coaches/volunteers and leaders of underage sporting activities in Cork with access to relevant, up to date and appropriate coaching resources, training and information. This training aims to compliment training and education courses being delivered by NGB's across all Sports and offers volunteers and leaders from different sports the opportunity to share ideas and experiences and relate them back to children within their own sports. The training offered so far has focused on the fundamental movements skills of sports and the gymEDGE programme now being rolled out by Gymnastics Ireland.



**Photo:** Participants from the Gurrabraher course pictured receiving their certificates with Ted Owen's Chairperson of Cork Sports Partnership and City of Cork VEC and Claire Hurley, Sports Development Officer, Cork LSP.

### Sports Development in your Community

The Introduction to Sports Development in your Community is a part-time (2 mornings a week) course that examines the fundamentals of developing sports and physical activity programmes and clubs within your community for different ages and levels of ability.

Participants are being sought for the six week course which will run in Cork City from October 2012. The syllabus consists of modules including, Active Leadership, Games For All, Code of Ethics in Children's Sport, Adult Guidance Services, Coaching Courses and practical skills for group and event management and organisation.

The cost of the course is €25 and it will not affect any benefits or entitlements you may be on. The course is available to people 18 and over.

**For more information Contact Claire on 021 4665083 or [click here](#)**



### Code of Ethics and Good Practice for Children's Sport

The Cork Sports Partnership will continue to roll out Code of Ethics and Good Practice for Children's Sport courses for the remainder of 2012.

The Code of Ethics and Good Practice for Children's Sport is being offered to sports leaders and other adults involved in the organisation of sport for young people. It provides information on codes of conduct, bullying, recruitment as well as child protection guidelines. The workshop is 3 hours long and costs €18 per participant.

**[Click here to book now!](#)**

Due to the high demand for these courses in Cork, we are now offering private courses for clubs and Organisations. This will be in addition to all our public courses. If you would like to organise a private course, please contact the office on 021 4665 081.

For 2012, we will only be accepting online payments for public Code of Ethics and Children's Officer courses.





## Coaching & Education News

### Academy of Emergency Care in Sport

The Academy of Emergency Care in Sport offer a broad range of pre-hospital emergency care courses and vocational training for practitioners and non-practitioners. The Academy offers the first National Vocational Qualifications for those who offer immediate emergency care at sport and sport training events. The Courses aim to provide qualified personnel to protect and treat those who become injured or unwell during training, events or competition.



<b>Courses Include:</b>	
<b>Pre Hospital Emergency Care Council</b>	<b>Academy Awards—National Qualifications</b>
♦ Cardiac First Responder - Community	♦ Emergency Care Level 1
♦ Cardiac First Responder - Advanced	♦ Emergency Care Level 2
♦ Cardiac First Responder - Instructor	♦ Emergency Care Advanced Casualty Handling
♦ Emergency First Responder	♦ Paediatric First Aid
♦ Emergency First Responder - Instructor	♦ Taping & Strapping
	♦ Instructor Training & Development
<b>Sports Specific Emergency Care</b>	♦ Offshore Emergency Care
♦ Tailored to meet the needs of your sport	♦ Advanced Special Circumstances
	♦ Occupational First Aid
<b>Rescue &amp; Emergency Care - REC</b>	♦ Advanced Trauma Life Support
♦ All levels of REC course	♦ Remote Emergency Care Special Circumstances
	♦ High Altitude Medicine
	♦ Remote Evacuation & Rescue Techniques

Contact Director of Training at [paul@sportscareacademy.com](mailto:paul@sportscareacademy.com) or see [www.academyofemergencycare.com](http://www.academyofemergencycare.com)

### Primary School Teachers Bouncing to New Heights

Cork Basketball Development Officer, Ian McLoughlin, successfully coordinated the running of a Primary Schools Teacher Summer Course for mini Basketball Coaching. The course was certified by the Drumcondra Education Centre, Coaching Ireland and Basketball Ireland.

This was the first year of the course and it was full to capacity which is very promising for the development of Basketball within Primary Schools in Cork. Twenty teachers are now qualified to teach mini Basketball in their school and for many of the students it will be the first opportunity to take part in Basketball.

It is hoped that the course will get the go ahead again for next summer and Primary School teacher's are advised to register their interest early to avoid disappointment by contacting Ian in the Cork Sports Partnership office on 021 4665081.



# Cork Basketball Development News

## Cork Basketball Technical Week Will Get the Ball Rolling for 2012/2013 Season

The annual Cork Basketball Technical Week is an integral part of the Cork Basketball calendar and will set the wheels in motion for many clubs for the coming 2012 / 2013 season. The week is designed to assist the clubs in areas that they need training and up skilling in to help run their club effectively and efficiently. A full calendar of events covered in this year's Technical Week can be seen below:



### Cork Basketball Technical Week 2012

Friday 24 <sup>th</sup> August 7pm - 10pm	
<b>Title:</b>	Coaches Forum Session 1
<b>Venue:</b>	Parochial Hall
<b>Topic:</b>	To be confirmed
<b>Cost:</b>	<b>Free</b>

Wednesday 29 <sup>th</sup> August 8pm - 10pm	
<b>Title:</b>	Coaches Forum Session 2
<b>Venue:</b>	Colaiste Choilm, Ballincollig
<b>Topic:</b>	To be confirmed
<b>Cost:</b>	<b>Free</b>

Saturday 1 <sup>st</sup> September 2pm – 5pm	
<b>Title:</b>	Introductory Table Officials
<b>Venue:</b>	Parochial Hall (Up Stairs)
<b>Cost:</b>	<b>€10</b>

Friday 31 <sup>st</sup> , Saturday 1 <sup>st</sup> and Sunday 2 <sup>nd</sup> Sept	
<b>Title:</b>	Level One Coaches Course *
<b>Venue:</b>	Coláiste Choilm, Ballincollig
<b>Cost:</b>	<b>€50</b>
Please note a maximum of 20 participants only is allowed for this course. <b>(Time TBC)</b>	

Tuesday 28 <sup>th</sup> August 7pm - 9pm	
<b>Title:</b>	Referees Course Induction Evening
<b>Venue:</b>	Parochial Hall (Up Stairs)
<b>Cost:</b>	<b>Free on night. A fee of €50, payable at later date will cover whistle, etc.</b>
Open evening for people who are interested in becoming a Referee for the coming season. Please note that this is the only opportunity in the season that you may sign up.	

Thursday 30 <sup>th</sup> August 6.30pm-9.30pm	
<b>Title:</b>	Code of Ethics Course*
<b>Venue:</b>	Yeats House, Ballincollig
<b>Cost:</b>	<b>€18</b>

Saturday 1 <sup>st</sup> September 9am – 5pm	
<b>Title:</b>	Introductory Coaches Course*
<b>Venue:</b>	Parochial Hall
<b>Cost:</b>	<b>€40</b>
Please note a maximum of 20 participants only is allowed for this course.	

**\*Please Note:** Anyone coaching at U16 grade or below for the coming season must have completed the introductory Coaches Course and the Code Of Ethics Course as a minimum requirement. **No Exceptions.** Both Coaching Courses & Code of Ethics require pre-registration and closing date for registration is Monday 27th of August.

For more information on any of the above events please contact Ian McLoughlin at [imcloughlin@corksports.ie](mailto:imcloughlin@corksports.ie) or 021-4665081



## Cork Sports Partnership Supported Event News

### Mick Dineen Cycle 2012 - August 5th



Photo: Members of the Dineen Family and Valley Wheelers Cycling Club pictured at the launch of the Mick Dineen Cycle

The third annual Mick Dinneen Cycle took place in Ballingeary on Sunday 5th of August. Mick was an excellent cyclist who tragically passed away in a work accident two years ago.

His friends and family along with Cork Sports Partnership and The Valley Wheelers cycling club of which Mick was a founding member had two routes on the day.

- ♦ The 100km route left Ballingeary and passed the Top of Coome, Kilgarvan, Kenmare, The Caha Pass, Glengarriff, The Pass of Ceim an Fhia and back to Ballingeary.
- ♦ The 130 km trip took in Lauragh, The Healy Pass and Adrigole instead of the Caha Pass.

Over 270 people participated on the day, in teams and as individuals.

### Donoughmore Seven Mile Road Race - July 30th

The 30th Donoughmore 7 mile Road Race took place on Friday 30th of July. This was held in conjunction with a non competitive run/walk and a 1 mile family fun run to promote increased participation in running, jogging and walking among the community.

Over 450 people participated in the events which were supported by the Cork Sports Partnership.

Along with the more competitive runners, many people from the local Fit 4 Life Group took part in the event for the first time, as well as many families and children.

[Click here](#) for more information on the Donoughmore 7





## Cork Sports Partnership Supported Event News

### Regional Park 5K Run—26th August

The Regional Park 5km run has been organised by Ballincollig Athletic Club in conjunction with Spóirt Fest 2012 and is supported by Cork Sports Partnership. The Run takes in a 5k course of the Ballincollig Regional Park over different terrain such as grass, gravel and footpaths and has very slight inclines.



This run would appeal to all fitness levels, and everyone is encouraged to take part. Ballincollig AC have been home to a very successful Fit4Life group over the last number of years, and they continue to meet weekly on Tuesday evenings @ 7pm in the regional park. Should you wish to join and prepare for the 5k you can contact Éamonn on 0871436121 (after 3pm).

For more information on the following please follow the links below:

◇ [Training Tips](#)

◇ [Book Now](#)

or see

[www.ballincolligathleticclub.com](http://www.ballincolligathleticclub.com)

### Leisureworld Rebel Run 10k - 21st October



The Leisureworld Rebel Run 10k is a joint initiative between Leisureworld Cork and the Cork Sports Partnership and supported by Cork Institute of Technology, and CIT Athletics Club. The event is the first of its kind in Bishopstown, and we are encouraging everyone to get involved on Sunday October 21st @ 9.45am from CIT. The event has been organised to attract not only the regular runner but to inspire those new or beginners to jogging to take part.

Regular training tips and plans will be available for people to follow once you register and for your €15 fee you will receive your very own technical running t-shirt, goody bag and light refreshments on completion of the run. The course is Athletics Ireland approved and is officially timed and measured.

Registration for this event opens on Wednesday 5th of September - Entry is capped at 750 so make sure you register once it opens on September 5th.

For route information and updates contact the Cork Sports Partnership on 021 4665083 or Leisureworld on 021 4346505 or [click here](#)





## SportsAbility—Sport & Physical Activity for People with Disabilities

### Cork Scoops Two Awards at European Conference!!



The European Congress of Adapted Physical Activity (EUCAPA) Ireland 2012 was held from May 6th-8th, in the Malton Hotel, Killarney, Co. Kerry. The overall theme of the conference was 'Putting Practice Based Research into Action'. The conference provided research and case studies which inform day to day practice in relation to the inclusion of people with disabilities.

The CARA/Institute of Technology Tralee National Adapted Physical Activity (APA) Inclusion Awards 2012 was presented for the first time at the EUCAPA conference. These awards are funded by the Department of Justice and Equality with the aim of highlighting and promoting effective physical activity and sports opportunities for people with disabilities throughout the country. Through the National APA Inclusion Awards, organisations that have prioritised and developed their capacity to provide sport and physical activity opportunities for people with disabilities are acknowledged and rewarded.



Cork scooped two major awards at the EUCAPA conference. Congratulations to Leisureworld, Cork who were awarded the *Xcessible Inclusive Leisure Centre Award*. This award highlights LeisureWorld's pro-active approach to including people with disabilities. They received €800 towards a programme/initiative within their sector.

The Cork Sports Partnership (CSP) was also successful in the Poster Award section. Aisling Drea, Sports Inclusion Disability Officer, won the *European Federation of APA Poster Award* for best scientific research. The award winning poster was entitled "A Qualitative Analysis of the 2008 Summer Paralympic Games represented in one Broadsheet National Newspaper in the Republic of Ireland".



### Volunteer's Required!

Cork City 11-a-side Special Olympics Soccer Club require assistant coaches and chaperons volunteers. Volunteers ideally should have some experience of soccer either as a player, an official, an administrator or even as a supervising adult. Training support in Coaching, First Aid, Code of Ethics etc. will be facilitated by the club.

**If interested please contact Terence McSweeney, Club Treasurer on (021) 4643189.**

## Cork SportsAbility News—Boccia



### Cobh Boccia Blitz 2012



Cobh Community Hospital supported by the Cork Sports Partnership hosted a Boccia Blitz in Cobh Community Centre on the 18th of July from 1-4pm. The event was a great success with over 40 people attending on the day. It was also unique as it brought older adult groups and disability services from Cobh, Mallow and Cork City together for the first time to play Boccia.

Ten Teams in total participated in the Blitz, three from Cobh Community Hospital, two from Cork Stroke Support Group, two from COPE Foundation Mallow with members from Active Aging Cobh and Cobh Indoor Bowls in attendance also. Cork Stroke Support Group won the overall competition claiming the Cup! A great day was had by all in Cobh and Cobh Community Hospital is looking forward to organising a second Boccia Blitz next year !



### Cerebral Palsy Sport Ireland Munster Boccia League 2012

The Cork Sports Partnership hosted the first round of the Cerebral Palsy Sport Ireland Munster Boccia League 2012 on the 26th of April in the COPE Foundation Sports Hall in Montenotte. There were 8 teams in total representing Cork, Limerick and Clare in this round with over 40 participants in attendance. This year the League was coordinated by the Sports Inclusion Disability Officers in the Munster area with the second round held in Limerick.

### Munster Boccia Social League 2012

The Cork Sports Partnership hosted the final round of the Munster Boccia Social League 2012 on the 25<sup>th</sup> of July in Bishopstown GAA Club from 11.30-3pm.

This League is organised by the various Sports Inclusion Disability Officers in the Munster region.

This year teams attended from Cork, Tipperary, Clare and Limerick. A maximum of three teams per county can play to represent their county in the League. The first round was played in Limerick with the second round hosted in Clare. This year Limerick won the overall competition to claim the Munster Boccia League Plaque with Tipperary in 2<sup>nd</sup>, Clare in 3<sup>rd</sup> place and Cork in 4<sup>th</sup> place.

Well done to all teams who participated in the League and a big thank you to all volunteers/referees.





## Cork SportsAbility News

### Cork Safer Cycling Pilot Programme for Adults with Intellectual Disabilities



The Cork Sports Partnership in collaboration with St. Josephs Foundation Charleville organised a 5 week safer cycling programme for 15 adults with intellectual disabilities.

This is the first time the Safer Cycling programme has been delivered to a disability service in Cork.

The programme began with a 'taster session' where the tutor John Clancy hosted an introductory session to assess participant abilities and also for participants to try out the activity. The taster session was a success and a programme was rolled out for 4 weeks. As this is a pilot programme an evaluation will be carried out by the Sports Inclusion Disability Officer with participants on the programme, staff of St. Joseph's foundation and also with the instructor to assess the possibility of rolling this programme out to other disability services in Cork in the future.

### Scoil Triest after School Sports Activity Programme

The Cork Sports Partnership supported Scoil Triest to organise an after school sports programme for teenagers on the autism spectrum. The 10 week pilot programme facilitated 10 participants to partake in an Archery programme and outdoor physical activity programme in the Glen Resource and Resource Centre on a Thursday from 5-6pm. It is hoped that this programme will be extended in the autumn to include a younger age group and also lead to a club set-up in the future.



### Go For Life Programme

The *Go for life* programme is a HSE initiative lead by the HSE South and supported by the Cork Sports Partnership. On the 18<sup>th</sup> of April a PALS (Physical Activity Leader) Dance Workshop was held in the SMA Hall in Wilton which facilitated over 25 older adults. There are two additional Dance workshops planned to run in the autumn in Dunmanway and Mallow. In October, a SportsFest for older adults will be held in the Caha Centre in Beara and a workshop for organising a SportsFest will be held in Le Cheile Family Resource Centre in Mallow.

### Get Help to Getting Active!



Over 50? Need to get active? FitLine has the answer. Sign up and our mentors will call you regularly, helping you to get active. Go for Life FitLine is FREE and it's running all over Cork City and County. Ring Go for Life on 1800 303 545 to find out more. Go for Life FitLine is part of Age & Opportunity and is supported by HSE South and the Cork Sports Partnership.





## Cork Outdoor Gyms

Following a very successful initiative by the Cork Sports Partnership and the HSE South Health Promotion Department in Fermoy, Mallow and Passage West - we are delighted to announce details of another series of Outdoor Gym Sessions in Donoughmore.



The Outdoor Gym sessions consist of instructor led sessions that give you tips and information on how to use the Outdoor Gym equipment that has been installed in your local area! The instructor will also show you how to incorporate the use of the equipment into your normal exercise plan, and build a full programme around them by doing other exercises such as walking, running, resistance exercises and other fun activities.

Sessions commenced on the newly launched amenity walk in Stuake, Donoughmore on August 14th for 4 weeks and plans are currently being explored about the possibility of extending these sessions for the month of September. The sessions are being run by local instructor Nora Kelleher.

**For further information contact Claire in the Cork Sports Partnership on 021 4665083.**



## Get Ireland Active Website

[www.getirelandactive.ie](http://www.getirelandactive.ie) is a new site developed by the HSE in partnership with LSPs and other key agencies to encourage people to become more active. It aims to create awareness to all members of the public of the opportunities for physical activity at local, regional and national levels. It also contains lots of information on the benefits of being active, how to get started, tips to stay motivated etc. A special feature of the website is the well designed search facility which allows users to search for activities throughout Ireland by type of activity, date, age group, ability or cost.

This section is particularly useful for event organisers and clubs, as they can promote their activities for free to the online audience. You can also follow Get Ireland Active on Facebook so please check out their page for regular updates.

The newly launched Website has also won two awards at the recent Irish eGovernment Awards in Dublin Castle. The awards were in the categories of 'Central Government' and 'Education' and it was also short-listed for the Innovation category.

**For more information see:**

**[www.getirelandactive.ie](http://www.getirelandactive.ie)**

**or**

**[www.facebook.com/getirelandactive](https://www.facebook.com/getirelandactive)**

## Other News

### Coillte Outdoors - New Volunteer Ranger Programme



Coillte has recently launched a new Volunteer Ranger Programme in Cork. The Programme will see Volunteer Rangers support and promote three forest parks in Cork. Parks at Farran Woods, Coachford and Gougane Barra have been selected to pilot the programme in Cork.

The Programme based on voluntary model running in the Dublin Mountains for the past 3 years, aims to improve visitor experiences in each of the selected Forest Parks in Cork.

The Volunteer Rangers will over the next few months become more visible in the parks at the three locations offering support to the Park's visitors where possible.



#### The Forest Rangers will support Visitors by:

- ◆ Providing visitors with information on trails
- ◆ Leading nature walks
- ◆ Education and Training
- ◆ Orienteering Events
- ◆ Treasure Hunts

For more information on the Volunteer Ranger Programme

see [www.coillteoutdoors.ie](http://www.coillteoutdoors.ie)



### Cork Bike Week 2012

Over 400 participants took to the roads and streets of Cork in June of this year for the annual National Bike Week. With over 10 events taking place throughout Cork City and County, participants ranged from the young to more experienced.

National Bike Week was launched in 2009 to raise the profile of cycling as a healthy and fun mode of transport. Cork Bike Week is an integral part of the overall National Bike Week initiative and is organised by the Cork Sports Partnership, Cork City Council, Cork County Council, An Taisce, Cork Cycling Campaign, Cork Environmental Forum and the HSE South, Health Promotion Department.

#### Some of the Cork events included :

- ◆ Operation Transportation
- ◆ Family Fun Cycle's
- ◆ Lunchtime Cycle's
- ◆ Mystery History Rickshaw Tour's
- ◆ Big Bike Rides
- ◆ School and Clubs Cycling Events

[www.bikeweek.ie](http://www.bikeweek.ie)