



Cork Sports Partnership E-zine

"Increasing participation in sport, exercise and physical activity in Cork".



Autumn 2013

www.corksports.ie

Issue 8

Welcome to the Cork Sports Partnership E-zine

Welcome to Issue 8 of the Cork Sports Partnership E-zine.

In this Issue, we take a look back at some of the recent initiatives and programmes that we have supported. Some highlights include the successful pilot of Project Weightloss across Cork, the launch of Parkrun Macroom, which was the first Parkrun in the Republic outside of Dublin, and the ever expanding Cork SportsAbility programme. We also look back at some other snippets of what's been happening in 2013 across our other programmes.

In addition, we focus on what is coming up in the second half of 2013 including the An Post Rebel Tour, the Cork Walking Month, the Rebel Run and the return of the Cork Coaching Forum.

We hope that you enjoy this E-zine and have the opportunity to get involved in some of the many sport and physical activity programmes and initiatives taking place across Cork City and County.

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:



www.corksports.ie



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



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



[Cork Sports Partnership](https://www.linkedin.com/company/CorkSportsPartnership)

The Cork Sports Partnership Team

INSIDE THIS ISSUE:

CSP EVENTS

- ♦ [An Post Rebel Tour](#)
- ♦ [Rebel Pedal Family Fun Cycles](#)
- ♦ [Cork Walking Month](#)
- ♦ [CWM Workshops](#)
- ♦ [Leisure World 10km Rebel Run](#)
- ♦ [Parkrun Macroom](#)

TRAINING & EDUCATION

- ♦ [Code of Ethics Courses](#)
- ♦ [Children's Officer Courses](#)
- ♦ [Cork Coaching Forum](#)

SCHOOLS/YOUTH

- ♦ [Fit 4 Youth Programme](#)
- ♦ [Cork Safer Cycling Programme](#)

CLUB PROGRAMMES

- ♦ [Mini Rugby with Munster Rugby](#)
- ♦ [Knocknagree Club Development](#)

GO FOR LIFE

- ♦ [Go for Life Grants](#)
- ♦ [Fitline](#)
- ♦ [PAL's Workshops](#)

SPORTSABILITY

- ♦ [Boccia](#)
- ♦ [Angling for All programme](#)
- ♦ [SportsAbility programmes](#)

ACTIVITY PROGRAMMES

- ♦ [Get Active Challenge](#)
- ♦ [Fitwalk](#)
- ♦ [Project Weightloss](#)



Cork Sports Partnership Event News

An Post Rebel Tour 2013 - Saturday September 14th

The Cork Sports Partnership is delighted to announce that the An Post Rebel Tour 2013 returns to the picturesque village of Glengarriff on Saturday September 14th 2013 with special guests **Sonia O' Sullivan** and **Seán Óg Ó hAlpin**.

The same scenic and challenging routes will feature again this year and the long day of cycling will be followed by a festive atmosphere back in Glengarriff. Cyclists should visit www.corkrebeltour.ie to start making plans for a weekend of fun and excitement because the An Post Rebel Tour is not to be missed!!!



The Wheelie Pass: A participant from the 2012 An Post Rebel Tour pops a wheelie while others RELAX and enjoy the scenery near the top of the Healy Pass.

Speaking recently about the An Post Rebel Tour, Irish Athletics heroine and Cork's own Sonia O'Sullivan encouraged people to come out and join her on the Tour. "Cycling is a fantastic activity for getting you outdoors and keeping fit. The Rebel Tour is a great opportunity to take on a challenge, do some training and take in some of the amazing scenery that we have in this country. I'm already training and looking forward to the challenge of the climbs, hope to see you in Glengarriff."

Sonia won't be the only sporting great from the Rebel County in Glengarriff on 14th, Sean Óg Ó hAlpin will be returning for his second An Post Rebel Tour. "There was a great turn out last year for the event and we expect to see an even bigger turn out this year. I found the cycling itself challenging but the spirit and the fun with other cyclists on the day helped me through it. With last years' experience behind me and having the benefit of participating in this years An Post Tour De Burren, I feel I'm more equipped for the challenge. I look forward to seeing you in Glengarriff."

The 160km Rebel Challenge, 85km Rebel Rider, 55km Rebel Cruise, and the 10km Rebel Pedal are routes that will give participants different degrees of difficulty but all provide stunning scenery and a great day out.

Registration is currently open at www.corkrebeltour.ie where participants can opt to either register online or download the registration form and post it back to the Cork Sports Partnership. Please note that the closing date for entries is Wednesday September 11th. No entries on the day of the event.

The An Post Rebel Tour is part of the An Post Cycle Series which is an Irish Sports Council initiative. It is organised by the Cork Sports Partnership, local partners, and volunteers who can offer their time on the day to help the event to run successfully are warmly welcomed.

For more information: www.corkrebeltour.ie

Register Here NOW!!!

Cork Sports Partnership Event News

Rebel Pedal - Family Fun Cycles

The Rebel Pedal returns in this September with the An Post Rebel Tour with an exciting line up of family fun cycling events throughout Cork.

This year, the Cork Sports Partnership has linked up with a number of different local clubs and organisations to organise 5 Family Fun cycles to get people out cycling in the local community. The events will take place at a number of different locations over 2 weekends.

The 2013 Rebel Pedal Events include:



The Caha Centre



Date: Sat 14th Sept

Venue: Glengarriff, Co Cork

Registration: 11:30 @ Eccles Hotel, Glengarriff, Co Cork

Distance: 10km

Date: Sun 15th Sept

Location: Ballingeary

Registration: 12:00 @ Ballingeary National School

Distance: 10 or 20km



Cork Environmental Forum
www.cef.ie



Date: Sun 22nd Sept

Venue: Cork City

Registration: 11:00 @ Grande Parade, Cork City

Distance: 7km

Date: Sun 22nd Sept

Location: Bandon

Registration: 15:00 @ Lidl Car Park, Bandon

Distance: 7.7km



BLARNEY



Date: Sun 22nd Sept

Location: Blarney

Registration: 11:00 @ Blarney GAA, Blarney

Distance: 10km



Cork Sports Partnership Event News

Cork Walking Month - Something for everyone to WALK about!!

**CORK
WALKING
MONTH**



Cork Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí
An Irish Sports Council Initiative

2013 September
"Get Cork Walking"

Guided Walks, Orienteering Events and Walking Workshops....just some of the 76 events taking place this September for the Cork Walking Month 2013. Cork Walking Month has something for everyone to WALK about!

This September Cork plays host to the fourth annual Cork Walking Month, which in 2012 saw over 2,000 people take part in 70 events. The Cork Sports Partnership, an initiative of the Irish Sports

Council has teamed up with the HSE South, Health Promotion Department and a number of Cork clubs and groups to coordinate another jam-packed calendar of events for September 2013.

Speaking recently at the Cork Sports Partnership's Office, Maurice O' Sullivan, Coordinator of Cork Walking Month highlighted what the month is about, "The Cork Walking Month is all about providing people with the opportunity to get out walking with local clubs and groups. In many cases, people are unaware that some of these clubs and groups exist, so it provides a great opportunity to get people out walking with them and to promote the club or group in the local community".

Year on year the calendar of events for Cork Walking Month continues to grow and with the refocused effort to get people out walking in the local community it will continue to go from strength to strength. Maurice added, "We are delighted with the response from the local clubs and groups in Cork. Without these, the Cork Walking Month would not exist and I hope that people in their local communities come out walking during September and support those involved".

Cork Walking Month Events 2013: (click links for info on events)

- ♦ [55 Guided Walks](#)
- ♦ [10 Orienteering Events](#)
- ♦ [7 Fitwalk Taster Sessions](#)
- ♦ [2 Get into Walking Workshops](#)
- ♦ [1 Introduction to Trail Walking Workshop](#)
- ♦ [1 walk for people with Vision Impairments](#)
- ♦ [FAQ's](#)
- ♦ [Downloads](#)

There are also a number of workshops taking place across Cork during September including Fitwalk Taster's, Get into Walking workshops and an Introduction to Trails Walking workshop. Places on these workshops are limited and early booking is advised as all available places were snapped up early in 2012.

For more information on events in your area and to register see www.corkwalkingmonth.ie or alternatively contact Maurice in the Sports Partnership on 021 4665081.

Order your FREE Brochure NOW!!



Cork Sports Partnership Event News



Walking Workshops during Cork Walking Month

There are a number of workshops scheduled for the Cork Walking Month of September 2013 including 7 Fitwalk Tasters, 2 Get into Walking Workshops and an Introduction to Trail Walking Workshop. These workshops are being coordinated by the Cork Sports Partnership and the HSE South, Health Promotion Department and offer people the opportunity to get active through walking during September. Places on these workshops are limited and early booking is advised as all available places were snapped up early in 2012.

Cork Walking Month Workshops

Workshop	Location	Date	Time	Cost	Register your interest
Fitwalk	Durrus	Wed 4 th Sept.	19:00 – 20:00	€5	here
Get into Walking	Drimoleague	Wed 11 th Sept.	10:00—16:00	FREE	here
Fitwalk	Doneraile	Wed 11 th Sept.	19:00 – 20:00	€5	here
Fitwalk	Skibbereen	Wed 11 th Sept.	19:00 – 20:00	€5	here
Fitwalk	City/The Glen	Wed 11 th Sept.	19:30 – 20:30	€5	here
Intro to Trails	National Rowing Centre, Farran Woods	Sat 14 th Sept.	10:00—16:00	FREE	here
Fitwalk	Fermoy	Tue 17 th Sept.	19:00 – 20:00	€5	here
Fitwalk	Balineen/Enniskeane	Wed 18 th Sept.	10:00 – 11:00	€5	here
Get into Walking	Cork City	Fri 20 th Sept.	10:00—16:00	FREE	here
Fitwalk	Youghal	Wed 25 th Sept.	19:30 – 20:30	€5	here

Leisureworld 10 km Rebel Run & Workshop

The 2nd Annual Rebel Run will take place on Sunday October 20th 2013, leaving from Melbourne road, Bishopstown. Last year's event was a huge success with over 500 athletes taking part, and this year's event promises to be even better. The 10km route is unique in that it finishes on the Athletics track in CIT, and it was enjoyed by all last year.



The Rebel Run this year will coincide with 'Rebel Week', Corks flagship event for the Gathering 2013, and we promise a great event for all. The run will start on Melbourne Rd, Bishopstown at 09:45.

Online registration opens on September 5th, and we are privileged to have our Olympic silver medallist Sonia O' Sullivan as a guest speaker for a Running Workshop that evening, open to all runners. Pre-registration for this workshop is essential, and places are limited so [register here now](#).

Please log on to www.corksports.ie for more information or keep updated on Facebook and Twitter.



Training & Education News

Code of Ethics and Good Practice for Children's Sport

The Cork Sports Partnership continues to offer both Code of Ethics and Good Practice for Children's Sport and Children's Officer training to sports leaders and other adults involved in the organisation of sport for young people. The course's provide information on codes of conduct, bullying, recruitment as well as child protection guidelines.



The Code of Ethics workshop is 3 hours long and costs €20 per participant. The Children's Officer course is 6 hours and is completed over 2 evenings a minimum of 3 months after the basic awareness workshop. The Children's Officer course costs €30 per participant.

To book private course's please contact Egle for more information on 021 4665081 or info@corksports.ie

Scheduled Public Code of Ethics and Good Practice for Children's Sport Courses

Date	Time	Venue	Register Online
Tuesday, 17th September	18:30 - 21:30	Yeats House, Barrack Sq., Ballincollig, Co. Cork	here
Monday, 7th October	18:30 - 21:30	Yeats House, Barrack Sq., Ballincollig, Co. Cork	
Wednesday, 23rd October	18:30 - 21:30	Yeats House, Barrack Sq., Ballincollig, Co. Cork	
Wednesday, 20th November	18:30 - 21:30	Yeats House, Barrack Sq., Ballincollig, Co. Cork	

Scheduled Children's Officer Courses

Wednesday – Thursday, 18 th - 19 th September	18:30 - 21:30	Yeats House, Barrack Sq., Ballincollig, Co. Cork	here
Monday - Tuesday, 25 th - 26 th November	18:30 - 21:30	Yeats House, Barrack Sq., Ballincollig, Co. Cork	

Courses are subject to rescheduling or cancellation if sufficient numbers of attendees are not reached.



Training & Education News

Cork Coaching Forum

The Cork Coaching Forum will recommence in October 2013 with 2 different modules on offer to coaches and volunteers of children's sport.

The modules are Fun Games for Children's Sport and Gymnastics Ireland's GymEDGE Programme. Dates for these modules are currently being finalised.



The Cork Coaching Forum was established to provide coaches, volunteers and leaders of children's Sport and Recreational activities in Cork with access to relevant, up to date and appropriate coaching resources, training and information.

The Cork Sports Partnership will deliver a series of 3 hour workshops around the County based on the use of Generic Fun Games for Children's Sport. Coaches and Volunteers of young Children's Sport and Physical Activity sessions are encouraged to attend. The Fun Games for Children's Sport workshop will cost €10 per person.

The other module on offer will be the Gymnastics Ireland's GymEDGE programme. This workshop focuses on Fundamental Movement Skills and will cost €65 per person and is 6 hours in duration. The GymEDGE workshop vary in level catering for coaches working at participation, development or performance level.



For more information on the gymEDGE programme [click here](#)

Future modules will be developed according to the needs of coaches at local level. Please [click here](#) to have your say into what should be covered in the next series of Cork Coaching Forum Workshops. Alternatively, please contact Maurice in the Cork Sports Partnership on 021 4665081 or email mosullivan@corksports.ie

Cork Coaching Forum Workshops

NGB Coaching Resources

NGB Course Calendar

Publications

Cork Coaching Forum Resources

Cork LSP Training Calendar

Coaching people with disabilities

Cork Coaching Forum Resource Section

The Cork Coaching Forum was established in 2011 to provide coaches, volunteers and leaders of underage activities in Cork with access to relevant, up to date and appropriate coaching resources, training and information.

With this in mind, the Cork Sports Partnership has recently added a Coaching Section to the www.corksports.ie website. This section will continue to be developed over the next few months to give coaches and volunteers of children's sport access to resources, course dates and information and publications from a number of different Sports and sources.



Sports Programme News

Launch of Mini Rugby initiative with Munster Rugby

The Cork Sports Partnership recently supported Munster Rugby to launch a new mini Rugby Programme for Cork. The programme aims to introduce boys and girls from 30 primary schools around Cork to Rugby in a non-competitive supportive environment. Each school targeted will be within the catchment area of a club to provide a sustainable pathway for participation outside of the school.



Over 150 children from 6 schools took part in the launch of the programme in Ballincollig Rugby Club. The programme will continue to be rolled out over the coming months by Munster Rugby with the support of the selected local Rugby clubs.

Participating schools on the day of the launch were:

- ◆ Scoil Ursula, Blackrock
- ◆ Baltydaniel N.S, Newtwopothouse
- ◆ Gaelscoil Ui Riordain, Ballincollig
- ◆ Gaelscoil Mhuscraí, Blarney
- ◆ Scoil Eoin, Ballincollig
- ◆ Scoil Barra, Ballincollig



Photo: Cork Sports Partnership staff pictured with Munster Rugby staff and teachers from local primary schools participating in the programme.



Gaelic 4 Girls & Knocknagree Ladies Football Club

The Cork Sports Partnership recently supported a Gaelic 4 Girls initiative and new club development programme with Knocknagree Ladies Football Club.

This participation development programme was developed on the back of the club taking part in the Ladies Gaelic Football Association's "Gaelic 4 Girls" Programme which aims to get non participating girls in the locality involved in Gaelic Football in a non-competitive and fun environment. The club provides a sustainable opportunity for girls to continue playing within the club on completion of the programme.

In addition to increasing playing numbers for the Knocknagree club, the programme also facilitated the opportunity for the club to recruit additional volunteers and coaches many of which are now involved with the club on a regular basis.

The Cork Sports Partnership supported the programme by providing a development plan template to help the club to increase and sustain participation, as well as training and education support, playing equipment and promotional support.

For more information on Knocknagree Ladies Football Club [click here](#)



Programme News - Youth/Schools Programmes

Fit4Youth Programme

The Cork Sports Partnership, Athletics Ireland and UCC are teaming up to launch a new programme 'Fit4Youth' for teenagers on Monday 16th September 2013.



This programme is for boys and girls between 12 – 17 years of age who would like to get fit and healthy in a fun, supportive and non-competitive environment. The programme will commence on Monday night September 16th @ 18:45 at the Sonia O Sullivan Track UCC in the Mardyke Arena and will run for six weeks for an hour each week.

All participants will have the opportunity to run with Sonia, as she launches the programme on the first night. All you need to do is turn up on Monday September 16th to register with a parent or guardian, wearing runners and comfortable clothes.

**For more information contact Claire in the Sports Partnership on 021 4665083
or Steven Macklin, Athletics Ireland on 087 6335565**

Cork Safer Cycling Programme 2013



Cork Safer Cycling Programme

The Cork Safer Cycling Programme is back up and **CYCLING** after the summer break with primary schools from all over Cork City and County starting the 6 week training programme.

So far in 2013, over 800 children from 30 schools have taken part in the programme which brings total participation in the programme to over 3,000 since the programme began.

New and recently completed Primary Schools are encouraged to register for the programme as the demand is high and there is currently a waiting list of schools. The programme caters 4th, 5th and 6th classes but special dispensations can be made for smaller schools to include additional classes. For larger schools, there is a limit to the number of participants per school.

The Safer Cycling Programme was also recently delivered for the second year running to adults with disabilities in St. Josephs Foundation, Charleville in early August with 12 adults with intellectual disabilities taking part in the training.

Contact Maurice in the Cork Sports Partnership to register your primary school now on 021 4665081 or email mosullivan@corksports.ie



Community Programme News

Get Active Challenge

Forty three women from Goleen, Doneraile and surrounding communities took part in the second Cork "Get Active Challenge" in May this year. The 6 week programme of physical activity featured circuits, running, walking and anything that involved the outdoors.



The Get Active Challenge is a 'Women in Sport Initiative' that seeks to get women active in a fun and supportive way in their local communities.



Photo: Participants from the Doneraile Get Active Challenge group with their instructor Shirley Lankford on the final night.

On the final week of the challenge, they completed a local 5km walking/running event and are now continuing to stay active with the support of others.

A similar challenge will take place in Carrigtwohill from September and if you are interested in taking part you can contact Claire in the Sports Partnership on 021 4665083 or email churley@corksports.ie or keep an eye on www.corksports.ie for updates.

Parkrun Macroom - First Parkrun launched in Cork

Cork's first ever Parkrun took place in Macroom on Saturday May 18th 2013 at 09:30, with over 60 people turning out for the event. Since the launch of the initiative, over 70 people have turned up on a weekly basis for the FREE weekly timed 5km event.



Macroom Community Leisure Centre, along with the Trustees of the Castle Demesne and the Cork Sports Partnership supported the setup of Parkrun in Cork, and it has proved a resounding success in the locality.

The Castle Demesne Parkrun takes place each Saturday morning at 09:30 and is a FREE weekly timed 5km run. Participants of all ages and fitness levels can take part and everyone meets back in the Community Leisure Centre after for a coffee and a snack.

Pre-Registration for the event is essential so [click here to register](#) and download your barcode. Print off this barcode and bring it to the event with you. This will be your weekly passport to the event and any other Parkrun event worldwide. The Macroom Community Leisure Centre provides the hub for the event locally and has been pivotal to its success, it also coordinates the volunteers each week.

If you would like to find out more information or would like to register for the event please go to www.parkrun.ie/castledemense



'SportsAbility - Sports Inclusion Disability Programme'



Boccia

Cork Boccia League for People with Disabilities

The **Cork Boccia League for People with Disabilities** commenced earlier this for 7 weeks in Bishopstown GAA sports hall.

Teams included participants from the Aisling Day Services, Brothers of Charity, IWA, Enable Ireland and RehabCare.

Each week teams played one another with a view to increasing their skills in the game of Boccia. Providing a pathway to participation, a play-off was held at the end of the League for teams to go through to the Munster Boccia Social League. The top three teams representing Cork were RehabCare Brandon, Aisling Day Service Mayfield and Aisling Day Service Mahon.



Photo: Munster Boccia Social League 2013 Cork Teams: RehabCare Brandon, Aisling Day Service Mayfield and Aisling Day Service Mahon



Cobh Boccia Blitz

Cobh Community Hospital supported by the Cork Sports Partnership hosted a Boccia Blitz for the second year running in Cobh Community Centre in July. The event has grown to include new local groups Park Road Day Care Centre, Cork Alzheimer's Café and Heather House to bring participation to 50 people on the day.

This event is also unique as it brought older adult groups and disability services from Cobh, Mallow and Cork City together to play Boccia. Cork Stroke Support Group won the overall competition claiming the Cup. Services/Groups included also were Cobh Community Hospital, Cork Stroke Support Group, COPE Foundation Mallow, Cobh Indoors Bowls, Friends of Cobh Hospital and Active Aging Cobh.

Stroke Support Group Boccia Challenge

The Cork Stroke Support Group supported by the CSP hosted the first Boccia event for Stroke Support Groups in the Munster area.

In total 8 teams participated from Cork and Limerick. Groups came together to provide lunch and refreshments organised by staff from St. Finbarr's Hospital who support the Cork Stroke Support Group. The event finished with an award presentation which included a Memorial Boccia Trophy, donated by the Noonan family which was presented to the winning team, Limerick team 1. Medals and certificates were presented to 2nd and 3rd place also. It is hoped that additional Stroke Support Groups in the Munster Area will take up Boccia and participate in next year's Boccia challenge which will be hosted by this years winning team - Limerick.

New Boccia League planned for North Cork



The Cork Sports Partnership is currently liaising with disability services in the Fermoy/Mitchelstown area to set-up a new Boccia League in North Cork.

Any disability service, group or club for adults with disabilities in Cork interested in getting involved please contact the Aisling on (021) 4665085 or e-mail: adrea@corksports.ie



'SportsAbility - Sports Inclusion Disability Programme'

Sports Village SportsAbility Programme



The Cork Sports Partnership in collaboration with the Sports Village introduced a new sustainable SportsAbility Programme this year for children with coordination difficulties. The Sports Village is a non-profit organisation and sports facility promoting participation in sport for all ages and abilities based on the Model Farm Road in Cork.

The SportsAbility Pilot introduced a 10 week after-school multi-sport adapted physical activity programme to children with coordination difficulties. It was developed by a multi-disciplinary team which included an occupational therapist, a primary school teacher with experience of working in special schools, a special needs assistant and qualified fitness instructors with the support of the Sports Inclusion Disability Officer.

The aim of the programme was to provide participants with a variety of different types of sport and physical activity at their own level of ability and fitness in a fun, safe and non-competitive environment. Benefits of the programme include developing gross motor skills, fine motor skills, planning skills, spatial organisation, increasing body awareness while also improving attention and concentration through sport and physical activity.

Web: www.sportsvillagecork.com

CIT SportsAbility Programme



The Cork Sports Partnership (CSP) coordinated the CIT SportsAbility Programme in conjunction with the Recreation and Leisure and Management course for the second year running. The adapted physical activity programme was delivered by 18 second year students to 18 adults with mild intellectual and physical disabilities from various disability services around the city and county. These included the Brothers of Charity Centre in Bandon, Caritas Training Centre in Wilton, Community Support Services in Ballincollig and St. Josephs Foundation in Charleville.

This programme began on the in March with a 'meet and greet' session in the sports hall in CIT and was delivered as part of a coaching module. The programme included a variety of fun games, obstacle courses and inclusive games and forms part of the objectives of the Sports Inclusion Disability Programme (SIDP) to mainstream disability awareness in 3rd level institutions in Cork.



Photo:

Participants from the CIT SportsAbility programme pictured with CIT 2nd year Recreation and Leisure Students from CIT.



'SportsAbility - Sports Inclusion Disability Programme'

Angling for All Programme



The Cork Sports Partnership in conjunction with the Angling Council of Ireland (ACI) and affiliated local Angling Clubs in Fermoy namely, the Munster Blackwater Salmon & Trout Anglers of Ireland, Fermoy Game & Coarse Angling Clubs and Fermoy Town and District Angling Club, organised an Angling Taster Day for people with disabilities in Fermoy on Thursday the 18th of July.



This taster day was part of ACI's 'Angling for All' Programme in conjunction with the Equality Authority which is an outreach programme promoting recreational angling and providing people with disabilities a comprehensive introduction to angling sport.

The day was a great success with over 20 participants with disabilities attending the day supported by care staff from various disability services and clubs from around the county which included the Brothers of Charity, FACE Fermoy, Spinal Injuries Ireland, COPE Foundation and Enable Ireland.

All angling and safety equipment was provided by local clubs on the day and with the sun shining it was a pleasure to be out fishing for the afternoon. All the coaches guided participants on how to cling bait, cast and retrieve, catch and release and some were successful in catching a fish or two! Fermoy Town and District Angling Club also provided boats trips up the river on their accessible wheely boat which participants also really enjoyed.

The Angling Council of Ireland is the National Governing Body for Sea, Game and Coarse Angling in Ireland and responsible for Coach Education for Anglers in Ireland. In 2012, the ACI in collaboration with Coaching Ireland developed a level 1 coach education qualification which covers the inclusion of people with disabilities into sport. Currently the Cork Sports Partnership is planning a 6 week follow-up Angling programme for people with disabilities in September as part of the Sports Inclusion Disability Programme in Cork.

Gym Programme for Men with Mental Health Issues

The Cork Sports Partnership in conjunction with South Lee Mental Health Services organised a gym programme for men with mental health issues in May this year. The 6 week gym programme was held in Leisureworld in Bishopstown every Wednesday. In line with sustainable participation opportunities, many of the participants have continued to access the gym since the programme concluded. Exercise has many important benefits for people with mental health issues but in particular exercise releases natural endorphins in the body which can boost your mood.

The Invacare Top End Exhibition Day is dedicated to anyone involved or thinking of getting involved in wheelchair sports.

This day will give you the opportunity to:

- Meet and talk with athletes, product specialist and sports organisations
- Gain knowledge on the equipment, sports and clubs
- Get measured for a sports chair or handcycle
- Try out sessions on track and court

TOP® END EXHIBITION DAY - 26th September

Location: Mardyke Arena (UCC) Cork

Time: 12:00 - 16:00

Contact Sharon in Invacare on smclean@invacare.com



Community Programmes News

Fitwalk Programme



The popularity of the Fitwalk Programme continues to grow throughout Cork in 2013. Over 200 people have taken part in the Fitwalk Programme to date and with 7 additional taster workshops established for the Cork Walking Month, this number is set to grow for the remainder of 2013.

The Fitwalk programme has a number of elements that include, Indoor Fitness Walking (Fleetfeet), Fiddlesticks (using Nordic Poles) and other elements that promote physical fitness through walking.

The programmes are a series of 5 sessions delivered indoors and outdoors, and are open to people of all fitness levels. If you consider yourself inactive and you are looking for a way to get fit and healthy, then this is a great way to get started. The sessions are delivered in a way that allows you to work within your own limits and they are conducted in a fun and supportive setting, in a venue local to you.



Project Weightloss

From its launch back in September 2011 Project Weightloss has gone from strength to strength and over 300 people have now taken part in the programme across the county to date.

Initially a joint programme between Leisureworld Cork and Cork Sports Partnership, Project Weightloss is now supported by the Health Promotion Department of the HSE South and is being rolled out across 5 centres in Cork.

Project Weightloss is a 12 week exercise intervention programme targeted at overweight individuals, and involves a number of other elements. Participants attend two sessions weekly in their local Project Weightloss Centre and are under the guidance of suitably trained Project Weightloss Leaders throughout their journey.

The centres currently involved in the programme are:

- ◆ Leisureworld Cork (Bishopstown & Churchfield)
- ◆ Skibbereen Sports Centre
- ◆ FitFactor Midleton
- ◆ Macroom Community Leisure Centre
- ◆ Club Vitae Youghal
- ◆ Mayfield Sports Complex.

See www.corksports.ie and follow the Project Weightloss tab to find out the next available dates and details or contact Claire in the Sports Partnership on 021 4665083



Go For Life Programme



The Go For Life Physical Activity Programme for older adults in Cork is coordinated by the Health Promotion Department in the HSE South and supported by the Cork Sports Partnership.

Physical Activity Leader (PAL) Workshops: Four PAL Workshops were held in St. Finbarr's GAA Club, Togher in March. Over 30 older adults from 20 older adults groups around the county participated in the training workshops, which included; Basic Principles, Sit Fit Activities, Better Balance and Going Strong.

The next set of four workshops will be held in October again in Togher which will include Rolling & Bowling, Pitching & Tossing and PALS Skills Workshop.

PALS Dance Workshop: PALS Dance Workshop entitled 'Whirling & Twirling' was held in Carrigtwohill Community Centre in April. The main aim of the workshop is to enable PALs to organise and lead safe, fun dancing sessions for members of their groups. Training includes a format for a dancing session, warm up and warm down routines and a range of simple dance ideas from ceili to folk. The workshop comes with a workbook and a CD of dance music.

The Go For Life Games: A free 'come and try' Games event was held in Bishopstown GAA Sports Hall in April which also included selection of teams to go forward to the National Go for Life Games in Dublin City University on the 8th June 2013, a first for Cork!



The GFL Games comprises of three games; Lobbers which is an adaptation of Petanque (Boules), Scidil which is an adaptation of Ten-Pin Bowling and Skittles and Flisk which is an adaptation of Frisbee and Horseshoe Pitching.

The idea behind the games is to promote fair play and encourage participation by older people. The key principle of the *Go for Life Games* is to modify competitive sports into recreational games by adapting rules, playing areas, and equipment which makes the Games a truly inclusive initiative in catering for all abilities. This was demonstrated in Cork through the inclusion of older adult participants from The COPE Foundation and The Cork Stroke Support Group.

ATTENTION ALL PALS - Go For Life Grants

THE GO FOR LIFE NATIONAL GRANT SCHEME IS OPEN FOR APPLICATIONS FROM **27th AUGUST 2013.**

APPLICATION FORMS CAN BE DOWNLOADED FROM WWW.AGEANDOPPORTUNITY.IE

Fitline - 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.

