



# Cork Sports Partnership Newsletter



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

September 2011

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

Issue 3

## Welcome to the Cork Sports Partnership E-zine

Welcome to the third edition of the Cork Sports Partnership newsletter. This Autumn's edition highlights many of our upcoming events, including the An Post Rebel Tour and the Cork Walking Month as well as highlighting some of past events including the SportsAbility Day held in CIT earlier this year.

As always we hope that you enjoy this publication and have the opportunity to get involved in some of our programmes, events and courses.

For more information on all our programmes, events and courses see [www.corksports.ie](http://www.corksports.ie)

## Cork Sports Partnership—Social Networking

The Cork Sports Partnership has recently made its presence known on two of the internet's most popular social networking sites, Facebook and Twitter. The move should help the Cork Sports Partnership to reach a growing number of people and to increase awareness of the Sports Partnership throughout Cork.

It is hoped that the use of Facebook and Twitter will enable us to give regular updates on upcoming events like the An Post Rebel Tour, the Cork Walking Month and SportsAbility Day, as well as any other upcoming courses and programmes such as Project Weight loss, the Cork Sports Programmes and the SportsAbility programmes.

We also hope to receive more feedback from our stakeholders as well as any updates on other events and initiatives taking place throughout Cork.



**Cork Sports Partnership**



**@CLSP1**



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## Inside this issue:



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**SportsAbility Day**



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### An Post Rebel Tour 2011

## Rebel Tour Proves to be Great Success Despite Poor Weather

The fifth and final event of the An Post Cycle Series, The An Post Rebel Tour took place last weekend, September 10<sup>th</sup> leaving from CIT in Bishopstown and travelling out towards west Cork before returning to CIT for the finish and some light refreshments.

Last Saturday marked the third year of The An Post Rebel Tour and the event, which is organised by the Cork Sports Partnership, has grown year on year with this years cycle seeing over 2,100 cyclists taking to the roads of Cork. Rain and driving winds did little to dampen the spirits of the participants, with many cyclists feeling that the conditions only added to the challenge.

Proceedings got under way at 9.00 am with the 150km Rebel Challenge launched by Olympic medallist and CEO of the Irish Sports Council John Treacy and Barry O' Connor, Registrar of CIT. Next up at 10.30am was the middle distance 80km Rebel Rider, which was completed by Barney Whelan, An Post Director of Communications and Corporate Affairs. The 50km Rebel Cruise went off at 12.15pm which signalled the end of the adult based events for the day. The final cycle of the day, the 10km Rebel Pedal saw the Cork Sports Partnership link up with the Cork Environmental Forum to offer families a Garda escorted fun and leisure cycle through Cork City to the finish point at CIT.

Great credit must go to the organisers of the event and to all the volunteers and Gardai that helped out on the day. Event Co-Ordinator Gemma Crowley was quick to praise the contribution of all those involved. *"This is the third year of the An Post Rebel Tour and it is the biggest event in Cork to date. Massive thanks must go to all of our partners, sponsors who made the event possible. Without the support of An Post and the Irish Sports Council events like today would not be possible. It is great to see that the adverse weather conditions did not deter people getting out on their bikes and participating in the final event of the An Post Cycle Series."*

The Cork Sports Partnership would like to thank all the partners and sponsors of the event. The Irish Sports Council, An Post, Cycling Ireland, The Evening Echo, Speedy Spokes Cycles, Cork Institute of Technology, The Cork Environmental Forum, Jam Café, Lucozade Sport and Centra who all gave great support to the event and without them it would not have been possible. A massive thank you must also be extended to the Irish Red Cross, An Gardai Siochana and all of the volunteers who made the day possible.





# Cork Sports Partnership News

## Cork Walking Month 2011



Walking enthusiasts throughout Cork will have the opportunity to get out walking again this September with the Cork Walking Month. This will be the second year of the festival, which in 2010 saw over 700 people participate across 40 walking related events in Cork.

The Cork Sports Partnership in conjunction with the Irish Sports Council, Mountaineering Ireland and the Cork Walking Forums has teamed up with Mardyke Arena, HSE South, Health Promotion Department and Maher Sports to coordinate the second Cork Walking Month of September.

Over 40 walks have been organised by Cork's Hillwalking Clubs and the HSE Walking Groups throughout Cork City and County. The aim of the initiative is to get more people active and out walking for September. Each walk has been coordinated by different clubs and groups in Cork in an effort to introduce people to different club members and ultimately increase club membership.

Speaking at the launch of the Cork Walking Month, Michael Crowley, Coordinator of the Sports Partnership announced his delight in being able to collate such a Month. "We are delighted to be able to offer such an exciting calendar of events again for 2011. Everyone has been very supportive of what we are trying to achieve and again I would like to thank all our partners for coming on board to ensure the month will be as successful as 2010."

Maurice O' Sullivan, Cork Walking Month Coordinator with the Sports Partnership highlighted the recent response to the Cork Walking Month "We are delighted by the response we have been receiving. These events offer people a unique opportunity to get out and meet the clubs and groups in an informal setting to get a taste for what the clubs and groups are like before making any commitment to joining"



He added "As well as the walks for September we have developed a Walking Trails of County Cork Brochure which will act as a resource for trail and looped walks throughout Cork. Cork is a great county to go walking in and I would encourage more people to get out and active on these walks".

In addition to the walks on offer, an "Indoor Climbing Classes for All" initiative has been launched by the Mardyke Arena and Mountaineering Ireland. Patsy Ryan, General Manager of the Mardyke Arena detailed the Rock Climbing initiative stating "we are delighted to announce this Climbing wall initiative in conjunction with Mountaineering Ireland and the Sports Partnership. The initiative will introduce people of all ages and abilities to Rock Climbing in a supportive and fun environment. Climbing is for all ages so don't be the one left on the couch – Challenge yourself and have fun."



Also on the calendar of events is the HSE South, Health Promotion Department's "Introduction to Trails Walking Workshop". Caroline Kelleher, Health Promotion Officer with the HSE in Cork explains "We designed this workshop specifically for the Cork Walking Month with a particular emphasis on targeting beginners interested in getting involved in trail walking. We will be covering techniques, route planning, Nordic pole walking as well as a practical walk in Farran Woods. This Workshop will take place on National Trails Day which falls on the 2<sup>nd</sup> of October. Places are limited and pre booking is essential on 021 4921641.

Maher Sports have also agreed to offer 10% discounts on presentation of the Cork Walking Month brochure in Maher's Outdoor Shop for the month of September.

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



## Cork Sports Partnership News

### Cork SportsAbility Day” Sport is for....Everyone!

The Cork Local Sports Partnership and the Cork SportsAbility Forum recently hosted Cork’s 6th annual “SportsAbility Day” in the Cork Institute of Technology.

The day was an outstanding success in promoting Sport and Physical Activity for people with disabilities in Cork. The event showcased Cork’s leading role in providing sporting activities for people with disabilities and reinforced Cork’s reputation at the forefront in providing quality SportsAbility Programmes. A reputation enhanced through the close co-operation of the Cork Sports Partnership, the SportsAbility Forum and Local Authorities. The progressive role of Cork organisations in promoting physical activity and sport for people with disabilities was highlighted in opening remarks by Michael Crowley, Coordinator and Aisling Drea, Sports Inclusion Disability Officer (SIDO) of the Cork Local Sports Partnership.



The event was attended and addressed by Kathleen Lynch TD Minister of State with the responsibility for Disability, Equality and Mental Health, Deputy Lord Mayor Tony Fitzgerald and Deputy County Mayor Derry Canty.



The day was also made extra special when a few of Cork’s sporting hero’s dropped in and took time to meet as many of the participants as possible. A special word of thanks to Scott Deasy, Ian Nagle and Tom Gleeson (Munster Men’s Rugby) and Donna Hughes and Nicola Scully (Munster Rugby Women’s Team & Highfield RFC). The Munster Players trying their hand at “wheelchair rugby” will live long in the memory of all those who attended.

An impressive range of displays and activities were on show. The day kicked off at 12pm with sports demonstrations from the Rebel Wheelers who show-cased wheelchair hurling, Soccer and Power Soccer from the FAI and a Yoga session from YogaWorks, Cobh. This was followed by impressive demonstrations by Fermoy Wheelchair Karate Club and Floor Ball from Special Olympics. The flow of activities continued in the afternoon which included Table Tennis from BeechHill Table Tennis Club, Wheelchair Basketball, Archery from Cork City Archery Club, Boccia, Taekwan-Do, Modern Dance, Cricket, and Tandem Cycling among others.

CIT was a hive of activity with many organisations displaying stands on the day which not only proved a great opportunity for membership recruitment but also networking among disability organisations in Cork. Among these represented were The COPE Foundation, Irish Wheelchair Association-Sport, Special Olympics Munster, Surf to Heal, The Irish Guide Dogs, Brainwave (Irish Epilepsy Association), Irish Disabled Sailing Association, Paracycling Ireland and Cork Autism Sports Together to mention a few.

Aisling expressed her gratitude to all that helped in making SportsAbility day as successful as possible. “The Cork Sports Partnership would like to sincerely thank CIT for the use of their facilities, The Order of Malta for providing First Aid on the day and to all the volunteers that helped make the day such a success. *“We hope that all who attended learned something new from their experience and realised that **Sport really is for Everyone**”*





## Cork Sports Partnership News

### Link 2B Active 2011

The Link 2B Active Programme for Cork which has been run by the Cork Sports Partnership since February 2011 has proven to be a massive success to date. The programme aim is to get more unemployed people physically active through local sports facilities in Cork City and County. Facilities involved in the programme are offering the opportunity to use their facilities - gyms, swimming pools, all weather pitches and more - at reduced rates and in some instances for **FREE**.

The Cork Sports Partnership currently has 12 facilities participating in the scheme with more on the cards to sign up in the coming weeks. Some of these facilities also offer a reduced rate for people with disabilities.

Speaking at the launch of the programme, Claire Hurley, Sports Development Officer explained how the programme works. "Local Sports Facility providers have come up with an offer, complete with terms and conditions, for the use of their facilities by unemployed people." She added "The Cork Sports Partnership website will have a link to the programme on our website with all the offers available over the city and county. Furthermore, flyers, posters and promotional materials with this information will be distributed through social welfare offices, community centres, libraries, and other such means to inform people about the programme."

The Link2BActive Programme is open to anyone who is in receipt of unemployment assistance such as Job Seekers Allowance (JA) or Job Seekers Benefit (JB). Eligible applicants are required to show the Link2BActive Facility proof of payment from the Department of Social and Family Affairs (DSFA) or Department of Social Protection (DSP). This can be in the form of a weekly postal draft receipt or a bank statement. No copies will be taken by the facility. Once eligibility is confirmed, applicants will be issued a Link2BActive card which will be valid for three months. To renew the card, members will be asked to show up to date proof of payment from the DSFA or DSP.

A promotional poster for the Link 2B Active programme. It features a collage of photos showing people participating in various sports activities like swimming, cycling, and gym workouts. The text on the poster reads: "Out of work?? Unemployed?? Are you looking to get .... physically active???" followed by "Through our NEW 'Link 2B Active' PROGRAMME, local sports facilities are offering you the opportunity to use their facilities at reduced rates during Off-peak hours!!". It includes the website "www.corksports.ie" and the phone number "021 466 50 81". Logos for the Cork Sports Partnership and the Irish Sports Council are also present.

**Out of work?? Unemployed??  
Are you looking to get  
.... physically active???**

Through our NEW 'Link 2B Active' PROGRAMME, local sports facilities are offering you the opportunity to **use their facilities at reduced rates** during Off-peak hours!!

**www.corksports.ie**  
or telephone 021 466 50 81

Link2BActive In Partnership with South Dublin County Sports Partnership

see **www.corksports.ie** for more details on Link2BActive or call Maurice or Claire on 021-4665081.

Click [here](#) for details of the current offers from  
**Link 2B Active Facilities in Cork**

### Colaiste Stiofain Naofa (CSN) SportsAbility Programme

A new SportsAbility Programme ran for the first time in Colaiste Stiofain Naofa (CSN) earlier this year.. The pilot programme involved collaboration between the Aisling Day Services in the Brothers of Charity, the Sports Inclusion Disability Officer (SIDO) in Cork Sports Partnership and 2<sup>nd</sup> year students on the Coach Education Course in CSN. Cork Sports Partnership and CSN have a shared goal of increasing participation in sport and physical activity for all target groups in the local community including people with disabilities and in particular enhancing training and education within the coaching sector.

The aim of the 12 week programme was to up-skill student coaches on how to adapt a physical activity session to include people with intellectual and physical disability while also increasing participation amongst service users of the Aisling Day Services. The programme ran every Thursday morning over 12 weeks supported by the SIDO through the delivery of Disability Equality Training and Inclusive Games Training to students. The programme was a great success and participants really enjoyed it. An evaluation was carried out with participants, students and staff at the end of the programme to inform any improvements moving forward. There are plans to run this programme again next year and to further develop it through the addition of a swimming programme in conjunction with the Leisure and Recreation Management Course in CSN.

## Cork Sports Partnership News

### New Social Responsibility Sailing Programme aims for success.

The South Coast Garda Sailing Club (SCGSC) in conjunction with the Cork Sports Partnership, the Irish Sailing Association and the Irish Sports Council has recently launched its 2011 social responsibility programme. The aim of the programme is to introduce at risk youth in Cork to adventure Sport and in particular sailing.



SCGSC was formed in 1993 and has grown in membership and sailing experience in the period since its formation. SCGSC has engaged in a social responsibility programme with the Juvenile Liaison Projects for some eight years now, delivering sail training activities to young people at risk. The 2011 programme will see the programme further developed with the support of the Sports Partnership.

Speaking at the launch of the Programme John Tracey, CEO of the Irish Sports Council expressed his delight at the launch of this new initiative in Cork. "It is great to see links being created between the Garda Sailing Club and the Cork Sports Partnership to target at risk youth in Cork. The programme will ensure great impacts are created by providing participants with hands on sailing experience in a supportive environment and The Irish Sports Council is delighted to be associated with such an initiative".

A point reiterated by Michael Crowley, Coordinator of the Cork Sports Partnership. "We are delighted to support this programme with the Garda Sailing Club. It will offer those involved a great opportunity to get involved in sailing for the first time."

In addition to Club cruising, a wide range of skills have been developed in the club. Eoghan Allen, Commodore of the SCGSC highlighted some of the skills developed to ensure the successful implementation of this programme. "All skippers have undertaken special courses and are certified to ISA and Dept of the Marine standards to command the vessel. Additionally skippers are trained to the exacting National Maritime College of Ireland's standards in sea survival techniques. Members have undertaken fire-fighting and first aid training courses".



He added "The 2011 programme with the Regional Drugs Task-Force Groups is engaging with young people at risk between the ages of 14 and 17 from the areas of East and North Cork". Training for the participants takes place both on shore and on the water. Initial safety and introductory training takes place ashore. The seagoing programme is based on the ISA Competent Crew training standard where course participants learn about boat handling under sail and engine, safety equipment and how to use it, rope work, navigation, meteorology and dinghy handling.



On completion of the project the participants should have the ability and confidence to assist crew on a boat under sail. As a result of the programme, the communication skills of all involved will be improved and the understanding of the importance of discipline as an element of safe behaviour will be enhanced.

This Sailing programme is the first of its kind to operate in Cork and will have the potential to create many impacts in terms of social responsibility and participation in sport at local level in Cork.

## Cork Sports Partnership News

### Official Launch of Rebel Wheelers Sports Club



Rebel Wheelers (Sports club for children and adolescents with physical disabilities) was officially launched by Kathleen Lynch T.D. Minister of State for Disability, Equality and Mental Health, on Saturday June 11<sup>th</sup> at 1.30pm in Cope Foundation Sports Complex, Montenotte. Lord Mayor Michael O'Connell and his wife the Lady Mayoress Catherine O'Connell both attended the launch.

Minister Kathleen Lynch officially cut the ribbon after brief speeches which praised Rebel Wheelers members, volunteers and supporters and also offered huge encouragement for the club's future. After the official speeches the sun beckoned the crowd outside. Both the Minister and the Lord Mayor experimented with a spin on the hand-cycles. The day was a resounding success. The Fantastic crowd was compiled of the clubs members, athletes, family and staunch supporters of the club.

Also in attendance was medal-winning Irish Paralympic Athlete, Orla Barry. Some of the other esteemed guests included: Brenda Green, Hon. Secretary of Paralympics Ireland, with her husband Leo Green. The IWA were well represented by Eileen O'Mahony, Fiona McSweeney and Paul Ryan. Michael Crowley, Coordinator and Aisling Drea, Sports Inclusion Disability Officer of the Cork Sports Partnership were in attendance. Tim and Mary Nation were present on behalf of the Irish Scouts. Brian Toomey of Irish Wheelchair Karate and Jim Condon from Fermoy Karate Club attended both of whom are regular guest instructors at the Saturday club sessions. Jean Daly, formerly of IWA Cork, was unable to attend due to prior commitments. Jean was heavily

involved in founding the club. She was represented by her mother Jennifer Daly and her brother on the day.

Rebel Wheelers was founded in 2008 to provide sports inclusion for those aged between 5-18 years with a physical disability. The club started with 5 members and has now expanded to 25 current members. This year they have achieved many accolades including Cork Sports Partnership Club of the year award, St. Patrick's Day Parade – Best Supporting club and at National Level they have athletes who have achieved great heights including Alan Dineen who won IWA – Junior Sports Person of the year.



### Munster Boccia League



Finally, Cork hosted the fourth round of the Munster Boccia League in Bishopstown GAA club on the 24<sup>th</sup> August. Three teams from each county competed, representing Waterford, Limerick, Tipperary and Cork. The three teams which made it through from the Cork Boccia League to secure a place to represent Cork in the Munster Boccia League are Enable Ireland, Rehab Care Douglas and Aisling House Mayfield. All teams have been competing very well to date with Enable Ireland Cork coming second in round three and Aisling House Mayfield winning round four in Cork. We wish all Cork teams the best of luck in the final round of the League which will be held in Cratloe GAA hall on the 14<sup>th</sup> September at 11.30am.

**Contact Aisling on (021) 4665085 or e-mail: [adrea@corksports.ie](mailto:adrea@corksports.ie)**





## Cork Sports Partnership News

### Fermoy Leisure Centre – Open day for people with disabilities

This year Fermoy Leisure Centre held their first open day for People with Disabilities on the 22<sup>nd</sup> of July. It was a great success with complimentary pool facilities open to all people with disabilities who attended from as far as Dunmanway, Glenville and of course their regular customers from the Fermoy- Mitchelstown Area. There was a variety of fun activities available for children who attended on the day from face-painting, sensory hand painting, and a display from the Dogs for the Disabled. All participants were provided with complimentary drinks and snacks and Mr. Whimpy very kindly provided free ice cream on the day.

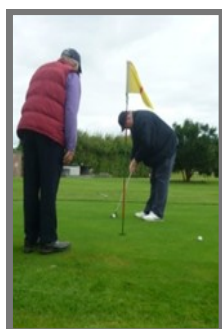


Fermoy Leisure Centre is an inclusive leisure centre which welcomes all people with disabilities into their centre and they were delighted to open their new accessible changing room facility also on the day which they now call the “Rainbow Room”. This they feel symbolises “*anything is possible at the end of the rainbow*”. The day was a great success and all the participants were delighted with the facilities and activities on the day. Fermoy Leisure Centre hopes to hold an open day for people with disabilities at least twice a year and continue to make improvements in striving for a more inclusive leisure centre build on this for the future. Caroline Casey said “*We hope to train up our staff on adapted physical activity and hopefully in the future we will have some Paralympics competitors using and training in this facility in Fermoy*”.

Caroline would like to thank all the participants who attended the day. She would also like to thank Aisling Drea of the Cork Local Sports Partnership, Paul Ryan of the IWA, The Rebel Wheelers, and Rose Carroll of Cork Co. Council who have assisted in securing funding for Fermoy Leisure Centre facilities in the past. For further information please contact Caroline Casey on (025) 33272 or e-mail [Caroline.Casey@CorkCoCo.ie](mailto:Caroline.Casey@CorkCoCo.ie)



### Pitch and Putt Club for People with a Visual Impairment



A Pitch and Putt club for the visually impaired restarted in March of this year in Ballinlough Pitch and Putt Club. The club has been going strong all summer playing one Saturday a month. Members of Ballinlough Pitch and Putt Club kindly gave up their time to volunteer as sighted guides to enable participants with a visual impairment to participate. All volunteers were provided with sighted guided training delivered by the NCBI Cork. The club is supported by Irish Blind Sports and the community garda van in Douglas Garda Station provide the vital transport needed from the train and bus stations to the club. The club began with four participants and has grown to a total of eight who all enjoy getting out, getting active and meeting new people. The welcome extended to the new participants by Ballinlough Pitch and Putt Club and the generosity of club members in giving up their time to volunteer as sighted guides and also providing the much needed tea and coffee and a chat afterwards is most appreciated by the group.





## Cork Sports Partnership News

### *Cork Autism Sports Together (C.A.S.T.)*

C.A.S.T. is a sports club for children and teenagers with Autism. This year C.A.S.T. ran a Summer Camp from the 15<sup>th</sup>-19<sup>th</sup> of August from 10am-12pm in the Spaoi Sports Centre, COPE, Montenotte with the final day in The Glen Sports and Resource Centre. Children were split into different age groups (under 8's/8-11/11 years upwards) to facilitate a more age appropriate programme.

Activities included fun games, badminton, athletics, volleyball, soccer and more.

**Contact Tim: 087 6408742/ Paul: 086 8398645**

**or**

**Email: [saturdayclubcork@gmail.com](mailto:saturdayclubcork@gmail.com)**



### *'Kool Kamp 4 Kool Kidz' Summer Camp*

This year Cork Sports Partnership in conjunction with Clondhroid Community Recreational Facility Ltd. supported a 'Kool Kamp 4 Kool Kidz' for children with Autism aged between 5-12 years. The camp took place in the new Astro Pitch in Clondrohid on Monday 22<sup>nd</sup> and Tuesday 23<sup>rd</sup> August 2011 from 10am to 1:30pm. It was a great success and all children involved including siblings, who participated, really enjoyed all the fun multi-sports activities which were all facilitated by a trained instructor. In addition, there was also a bouncy castle generously sponsored by Mid-Cork Bouncy Castles. At the end of the camp each participant was presented with a t-shirt and a certificate of participation.



## Summer Camps

The Sports Inclusion Disability Officer (SIDO) works in partnership with a number of organisations in supporting summer camps for people with disabilities in Cork over the summer months.

### *'Laugh and Learn Camp'*

This year, The Cork Sports Partnership in collaboration with the 'Laugh and Learn' Camp run by I.R.D Duhallow in Newmarket, organised fun games and sports activities for children with dyspraxia and developmental coordination disorder. The activities were run by Yvonne Bennett, a trained instructor with experience in delivering fun games and sports for children with disabilities. The sports activities proved so popular that a second day was organised and delivered on the 19<sup>th</sup> August.

## Participation Initiatives

### Girls Active Programme

Girls Active is a joint programme between the Cork Sports Partnership, the Health Promotion Department and local community leisure centres or sports centres. The programme aims to increase the number of teenage girls not currently participating in sport or physical activity to get involved in long term regular physical activity through developing more supportive environments in schools. A girl's active programme ran in Mayfield Sports Complex and Leisure World Churchfield, in conjunction with local secondary schools in 2010 and was supported by Cork Sports Partnership.

**If you are a sports/leisure facility or secondary school and wish to get involved in the programme, contact Claire on 021 4665083**

### Fit4Life/Meet and Train Groups



There are currently 10 fit4life/meet and train groups operating in Cork City and County and supported by Athletics Ireland and Cork Sports Partnership. For information on these groups you can click [here](#). The groups which are run by local volunteer coaches, will cater for any level of fitness and both men and women are welcome. Should you wish to get involved in one of these groups, or require help in setting up a new group in your area, please contact Claire on 021 4665083.

The Cork Sports Partnership and The Marathon Office supported an initiative this year for the 2011 Cork City Marathon to encourage all fit4life members to get involved in the relay event. Over 100 participants took part in the relay, with Fit4Life groups travelling from Bantry, Mitchelstown, Bandon, Donoughmore, Douglas and Ballincollig. For some, it was their first time participating in such an event and an opportunity to meet up with other groups. With such great feedback from the groups themselves, we look forward to supporting a similar event next year.

### Schools Completion Participation Programme

The Cork Sports Partnership received funding from the Irish Sports Council to work with a network of school completion programmes (SCP) in Cork city and county throughout 2011. Following an initial meeting with SCP co-ordinators and project workers in 2010 as part of an in-service day, it was decided that the Cork Sports Partnership would support them in delivering sports/physical activity programmes that would engage the children they work with. It was also highlighted that SCP staff would be interested in availing of any training that would enhance their skill levels in terms of delivering sport and physical activity sessions themselves.

To date, projects in Bandon, Charleville, and 2 city based projects have been successful in receiving support to run physical activity initiatives and receive training. In total over 400 children/teenagers will directly benefit from the programme, and the Cork Sports Partnership will continue to work with the coordinators and project workers to ensure it works successfully.

### Other Participation Initiatives 2011



The Cork Sports Partnership continues to support groups that are looking to use physical activity or sport to break down barriers such as social exclusion and use it as a vehicle of integration into local communities. Cork has a growing number of groups from culturally diverse backgrounds that find it difficult to integrate into society and the local community or access sport/physical activity opportunities.

Sport is a tool that can be used to alleviate this, and it has shown to be hugely successful in doing so. The Cork Sports Partnership continues to work with organisations such as Cork City Partnership and its asylum seekers outreach service, New Communities Partnership, Community Policing and other organisations to support initiatives that use sport to bring a multitude of groups together in a fun and enjoyable manner.





## Participation Initiatives

### Active Leadership

The Cork Sports Partnership will run 2 active leadership courses for the Autumn, venue and dates have yet to be confirmed. If you are interested in participating you can contact Claire on 021 4665083. The course is Irish Sports Council accredited and takes 10.5 hours. It is aimed at anyone currently involved in a group that is looking to develop skills to lead a safe and enjoyable physical activity/sports session. No prior experience in sport or physical activity is needed, and it will cover a range of modules including, communication, leadership skills, code of ethics and good practice, safety and group management.



### Introduction to Sports Development in Your Community Course



Participants from the Gurrnabraher course June 2011 with Mr Ted Owens (Chairperson of Cork Sports Partnership and CEO of Cork City VEC, Mary Sheehy (Manager, Cork City Partnership, Ann Long and Micheal O Mahony, Gurrnabraher CDP)

Two courses have been completed to date in Youghal and Gurrnabraher, with a total of 24 participants finishing out the programme. Participants took part in a range of activities such as First Aid, Coaching, Active Leadership, Practical Skills, Code of Ethics and much more, and have gained invaluable skills and knowledge. Feedback from the participants has been very positive and they are currently highly involved in local clubs and activities, with some proceeding on to 3<sup>rd</sup> level, or seeking other opportunities to explore a career in sports development.

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. People who are unemployed or who have been out of work for sometime are encouraged to take part in this course to give them the skills necessary to get involved in sports development in their communities. If you are interested in taking part in the course or wish to find out more information please call 021 4665083. We are currently planning to run a course in Mayfield to commence in September.

### Buntus Programme

Applications are now being taken for any school/or childcare facility looking to participate in the Buntus Generic or Buntus Start Programme. The Buntus Generic programme is aimed at primary schools and the Buntus Start is aimed at preschool children 3 – 5 years. Application's are now being taken for the 2011/12 school year.



**Contact Claire on 021 4665083**

**Training and Education**
***Code of Ethics and Good Practice for Children's Sport***

The Cork Sports Partnership is delighted to confirm that so far this year over 630 people attended the Code of Ethics and Good Practice for Children's Sport training. Due to the high volume of courses run so far, we are now offering only joint courses for the members of the various clubs and organisations, with a maximum of 3 people from the same club.

The Child Protection in Sport training 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 €15 per participant.

Course	Day	Date	Time	Location
Code of Ethics	Tuesday	27th of September	18:30—21:30	Cork Sports Partnership, Yeats House, Barrack Square, Ballincollig.
Children's Officer	Tuesday & Wednesday	11th & 12th of October	18:30—21:30 18:30—21:30	Cork Sports Partnership, Yeats House, Barrack Square, Ballincollig.

**Contact Natalia on 021- 4665081 or e-mail [info@corksports.ie](mailto:info@corksports.ie)**

**Inclusive Games & Disability Equality Training**
***Inclusive Games Training***

The aim of Inclusive Games Training is to provide participants with the skills to adapt a physical activity session to include people with disabilities. It is a four hour practical training course which provides participants with a basic knowledge and skills in Adapted Physical Activity (APA).

The training is designed for those currently working, volunteering or planning to work with children or adults with disabilities in a sports setting. This would include coaches, club leaders, sport's development officers, volunteers and youth club leaders.

So far this year, Cork Sports Partnership has delivered 9 Inclusive Games Training to over 140 participants in conjunction with various clubs and organisations including Colaiste Stiofain Naofa SportsAbility programme; Brothers of Charity, GAA Primary Teacher-In-service training in Mallow and Dunmanway, West-Cork Multi-Sports Club in Dunmanway, Cork Autism Sports Together Club in the COPE Foundation and also as part of the 'Introduction to Sports Development in your Community' Course in Youghal and Gurrabraher on the north-side of Cork City.


***Disability Equality Training***

Disability Equality Training is a workshop based training course with the aim of enhancing awareness among participants that people with disabilities participate in sport and to provide participants with ideas on including people with disabilities in their sessions. So far this year, Cork Sports Partnership has provided this type of training in conjunction with the coach education course in CSN and staff training in the Sports Village.

**If your club/school/organisation would like to avail of any of the above training courses please contact Aisling Drea on 021- 4665085 or e-mail [adrea@corksports.ie](mailto:adrea@corksports.ie)**