

New initiative aims to make girls more active

by Ailín Quinlan

A NEW initiative to encourage teenagers, women and the elderly to get moving kicked off throughout four Cork towns this week.

Midleton, Mallow, Fermoy and Carrigaline are the focus of a series of special programmes aimed at getting teenage girls, women and older adults to take more exercise and learn about the subsequent health benefits.

The Active Communities initiative is being run in these towns by the Health Promotion Department of the Health Service Executive (HSE) South in association with County Cork Local Sports Partnership (CCLSP).

Once the programmes are established, the initiative will be rolled out next spring to other major Cork towns such

as Bandon, Blarney, Bantry, Kanturk, Macroom and Skibbereen.

Each programme is designed to provide a fun, safe and enjoyable experience, and one that will benefit participants health and lifestyle habits. The programmes include Active 8, a mentoring programme designed to increase physical activity amongst teenage girls aged 13 or 14 and teach them about the health benefits of an active lifestyle.

The girls would be selected through local schools, ideally through a PE or SPHE teacher. Local women who are new or beginners to jogging are also being targeted by a Meet & Train initiative. They will be invited to join a meet and train group as a way of encouraging more women to jog/run within an athletic club structure.

Senior Fit-izens — an ini-

tiative for older people will involve suitable community-based activities.

"These programmes are planned to encourage people to get involved in activities who are new to exercise or would like to get fit as part of a group. We are working with local communities and facilities to ensure there are specific activities suitable for beginners and those with low fitness levels as it all about offering people in these communities an opportunity to get active, meet other people and socialise," Shirley O'Shea, senior health promotion officer, HSE South said.

For more information about the Active Communities initiative and the programmes in general, or if you would like to get involved, contact Claire or Martin from County Cork Local Sports Partnership on 021 4665081.

'Senior Fit-izens' courses kick off in North Cork

TWO new physical activity programmes for older adults are starting in Mallow and Fermoy.

The free programme known as 'Senior Fit-izens' will be broken down into four weeks of Tae Chi and two weeks of dance and movement in Mallow. In Fermoy there will be six weeks of dance and movement. Men

and women of all ages are invited to take part, especially older adults who might not be that active at the moment.

The activities will be led by experienced and trained professionals and will be tailored to suit the abilities of the group.

To sign up to the group and take part in the activities, just go along on the

day. The Rural Transport Initiative within Avondhu Development Group will provide a free bus to and from the activities if you require transport.

The aim of the initiative is to increase levels of participation in physical activity in Co. Cork.

The programme started in Mallow on Tuesday last in the Youth Centre, New

Road, Mallow while in Fermoy it begins tonight (Thursday 6th November) at 7.00pm in the Fermoy Community Youth Centre, Ashe Key, Fermoy.

For more information contact Martin Coleman of the Co. Cork Local Sports Partnership at 021 4665084, 086 7947924 or e-mail mcoleman@cclsp.com

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