



# Cork Sports Partnership Newsletter



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

January 2012

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

Issue 4

## Welcome to the Cork Sports Partnership E-zine

Welcome to issue 4 of the Cork Sports Partnership newsletter. In this edition we highlight some of our recent events and programmes from 2011 and some of our plans for 2012.

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 log on to [www.corksports.ie](http://www.corksports.ie)

From All the Staff and Board of the Cork Sports Partnership, we would like to thank you for your continued support and wish you all a very Happy New Year and best wishes for 2012.

## Cork Sports Partnership—Social Networking

The Cork Sports Partnership is now regularly updating our pages on all our social media links.

Click on the links below



**Cork Sports Partnership**



**@CLSP1**



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

## Inside this issue:

### Launch of Cork Coaching Forum



### Launch of New Basketball Development Officer



### Open Day for people with Disabilities



## Cork Sports Partnership News

### Cork Coaching Forum springs to life

The month of November saw the Cork Sports Partnership roll out the first module in the Cork Coaching Forum entitled “An Introduction to Coaching Children”.

The Cork Coaching Forum which is the brain child of the Cork Sports Partnership aims to provide coaches/volunteers and leaders of underage sporting activities in Cork access to relevant, up to date and appropriate coaching material, training and information. The Forum has gained added recognition by collaborating with Coaching Ireland, a national leader in developing coaching in Ireland, with production of the modules to be delivered to the coaches.

The first module proved to be a massive success with 220 coaches attending the workshops in Cork Institute of Technology, Dunmanway, Fermoy and Youghal from 25 different Sports.

Sheelagh Quinn of Coaching Ireland led the theoretical section of the workshop on the FUNdamental movement skills and Physical Literacy. Participants were also treated to a sneak preview of the new “Springboard” programme which will be rolled out by Gymnastics Ireland in 2012. Gymnastics Ireland Participation Manager, Aimi Baker, put the coaches through their paces whilst demonstrating the relevance and importance of FUNdamental movement skills for all coaches and sports. Many thanks to Sheelagh and Aimi as well as Tomas Mulcahy and Paudie Palmer who facilitated the workshops.

The Cork Sports Partnership will be rolling out more Coaching Forum workshops in 2012. Click [here](#) for further information.



Participants in the FUNdamental Movement Skills & Physical Literacy Workshop



Aimi Baker giving practical examples of how the springboard programme can be adapted to suit all sports.



**L-R: Back Row:**  
Michael McGeehin, (Director Coaching Ireland), John McHale, (Evening Echo), Tomas Mulcahy, (Special Guest & CLSP PR Sub Group), Con Burns (CIT), Declan O' Leary (Coaching Ireland).

**L-R Front Row:**  
Paudie Palmer (CLSP Board), Sheelagh Quinn, (Coaching Ireland), Michael Crowley (CLSP), Shirley O' Shea (HSE and CLSP Board)



L-R: Michael McGeehin, Director Coaching Ireland, Michael Crowley, Coordinator CLSP, Eamon Ryan, Manager Cork Senior Ladies Football Team, and Ted Owens, Chairman Cork LSP Board.

**If you would like more information on the Cork Coaching Forum, Please contact Gemma in the Sports Partnership office on 021 466 50 81 or email [gcrowley@corksports.ie](mailto:gcrowley@corksports.ie)**



# Cork Sports Partnership News

## Cork Sports Partnership Awards 2011

These awards, promoted by the Cork Sports Partnership, an initiative of the Irish Sports Council, recognise the achievements and dedication of local sports people, volunteers and coaches of all ages, across all sports and communities in Cork.

Following on from a hugely successful Awards Scheme in 2010, the Cork Sports Partnership are delighted to also announce the involvement and support of the Oriel House Hotel, Ballincollig and the Evening Echo for this year. An awards presentation will be scheduled for late February in the Oriel House Ballincollig, where all the winners and nominees will be invited to a function to honour their achievements.

Local people, Sports Clubs, Schools, Community Groups and other members of the local sports scene can nominate individuals and teams who they feel have made a really positive contribution to the community and/or their sport.

These awards celebrate the wonderful contribution that so many people make through Sport. Volunteers, Coaches and Parents invest huge amounts of their time and energy into sports clubs, organisations and innovative projects, and deserve to be recognised and thanked for this voluntary contribution.

“The benefits of being involved in sport and physical activity on a regular basis are tremendous, and a scheme like this will seek to recognise all those that are involved in so many different ways at a local club/organisation level, enabling and growing **Participation** in any sport or activity. The Cork Sports Partnership team is working hard to promote the benefits of a healthy and active lifestyle, and the award-winners serve as an inspiration to us all.” *Chairperson of the Sports partnership Mr. Ted Owens*

### The 12 Categories are:

1. Adult Volunteer in sport (22 and over)
2. Junior Volunteer in sport (21 and under)
3. Adult Achiever in Sport (19 and over)
4. Junior Achiever in Sport (18 and under)
5. Disability Sports Person
6. Disability Sports Volunteer
7. Volunteer Sports Club Coach/Manager
8. Local Sports Club
9. School Sports Volunteer Primary
10. School Sports Volunteer Post Primary
11. Community Health through Sporting Activity Award.
12. Lifetime Award



L-R: Ted Owens, Chairperson Cork LSP, Rob Heffernan, Adult Achiever in Sport Award Winner 2010 and Tony Davis, Cork LSP Board Sub Group.



Michael Bruton and guests with his Junior Achiever in Sport Award 2010. Michael was a driving force in the establishment of Cobh Sailing Clubs Junior Section.

**Closing date for completed nominations is Friday 27th of January 2012.**



## Cork Sports Partnership News

### Irish Sports Council Family Fun Day 2011



On Saturday September 24<sup>th</sup>, the Irish Sports Council (ISC) linked with 7 Local Sports Partnerships to provide opportunities for families to try out new sports. The aim of the day was to encourage more families to get involved in playing sport together as a way of keeping fit and healthy.

The Cork Sports Partnership held the ISC Family Sports Day in Cork Institute of Technology where parents and children turned out in their droves to sample some of the fun activities on offer. Some of the sports that were on offer on the day were Spikeball, Basketball, Athletics, Wheelchair Basketball, Wheelchair Rugby, Badminton to name but a few. One of the major attractions on the day were the inflatable obstacle course but the highlight of the day was undoubtedly the relay races where the staff of the Sports Partnership, children and parents took part in relays around the track using wheelchairs, handcycles and running. Overall a great day was had by all.

In highlighting some the reasons for the Family Fun Day's, John Treacy, the CEO of the Irish Sports Council emphasised how important it is for parents and children to be active: "Our research shows that the majority of adults and children do not get sufficient minutes of physical activity every day to meet the National Physical Activity Guidelines. The aim of the Irish Sports Council Family Sports Days is to make people aware of what's on offer in their local areas and also to experience the fun and enjoyment of sport."

### Batontwirling—Batontwirlers Shine in All Ireland Open

The Grenagh All Stars Baton Twirling Club stole the headlines at the recent All Ireland Open Baton Twirling Championships held in Trabolgan. The Club was established in 2010 with support from the Cork Sports Partnership and the Batontwirling Association of Ireland. The aim of the club is to provide opportunities for young boys and girls to participate in Batontwirling in a supportive environment.

The girls took home an amazing 53 Trophies and over 90 medals between them at the event and are now Irish Champions in their respective categories!

This was the first time in over 15 years that the Irish Open was held in Cork with clubs attending from all over Ireland as well as from other disciplines within the BTAI.

Speaking after the championships, Tracey Greaney, one of the Head Coaches with club highlighted the girl's feat. "This is a fantastic achievement for the girls as it is only their second ever event". She added "We are delighted for each and every one of them, they have worked so hard since the club was established in 2010".

New members are always welcome and membership is open to Boys and Girls from the age of 4 upwards. Grenagh All Stars is supported by the BTAI and the Cork Sports Partnership with additional support from local businesses in the area.



Grenagh All Stars Batontwirling Club



## Sports Development Initiatives

### Cork Walking Month— A Step in the right direction

With over 900 participants in September, the Cork Walking Month can only be viewed as a positive step forward for walking in Cork. The only Walking Festival of its kind in the Country, the Cork Walking Month saw over 40 walking events spread throughout the Month.

The Cork Walking Month is organised by the Cork Sports Partnership, the Cork Walking Forum, The HSE South, Health Promotion Department with support from Mountaineering Ireland, the Mardyke Arena and Maher Sports. The overall aim of the Walking Month is to increase the number of people walking throughout Cork by providing the public with the opportunity and access to clubs and groups throughout Cork for the duration of the Month.



Speaking recently after the initiative, Maurice O' Sullivan, Coordinator of the Cork Walking Month expressed his delight in being able to coordinate the month for the second time. "We are delighted by the response from the public. Last year we had just over 700 people participate, this year we are delighted to break the 900 mark".

He added "I must commend all the Walking Clubs and Groups on organising all the walks and our partners, friends and sponsors on their commitment to the Walking Month. Without them this festival of walking would not be possible."

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

### New Basketball Development Officer for Cork



Ian McLoughlin, Basketball Development Officer & Bernard O'Byrne, Secretary General, Basketball Ireland with local Basketball players

Cork Sports Partnership has launched a new Basketball Development Officer for Cork City and County in partnership with the Cork Ladies and Men's Basketball Boards and Basketball Ireland.

The Cork Sports Partnership is delighted to announce details of a new initiative which aims to promote and encourage the sustainable development of Basketball in Cork. The main objective of this initiative is to increase participation in all areas of the sport.

Speaking at the launch, Michael Crowley, Coordinator of the Sports Partnership announced that they are delighted to be in a position to work with the Cork Basketball Boards and Basketball Ireland in this new venture. "This we hope is just the start of a new chapter for Basketball in Cork. We are here to support the Cork Basketball Boards in the development of their sport. We feel this new Development Plan is a step in the right direction and will ensure that Basketball continues to grow and develop into the future with as many young people as possible involved."

Bernard O'Byrne, Secretary General of Basketball Ireland, also expressed his delight at the launch night. "Basketball Ireland is delighted to be part of this initiative by our member Leagues in Cork and the Cork Local Sports Partnership. We believe that this is a viable template which can be replicated throughout the Country if it proves successful. We have every confidence that it will be successful and we commend all those involved for their efforts to date."

The Cork Ladies and Men's Basketball Boards cater for Basketball across all disciplines, from underage right through to senior level. They have also introduced some exciting new initiatives in recent years which are continuing to grow. These include:

- Cispheil Na mBunscoil (Primary Schools Programme)
- U9 Participation Games

Contact Ian on 021-4665084 or email [imcloughlin@corksport.ie](mailto:imcloughlin@corksport.ie)



## Sports Development Initiatives

### New GAA/Basketball Initiative for Cork

A new pilot Basketball programme between Cork Basketball and the Cork GAA was launched in Mallow recently. The programme is supported by the Cork Sports Partnership, Basketball Ireland, Cork Men's and Ladies Basketball Boards and Coiste Oiluna Chorcaí.

This is the first initiative of its kind for Cork and will link with Mallow Basketball Club and Thomas Russell's GAA club. The aim of this new initiative is to introduce the children to a new sport that has a major cross over of skills. The majority of fundamental motor skills used in Basketball are all transferable to Gaelic Football.

By providing a variety of different sports and FUNDamental movement skills to the children involved in the programme, we will see improved physical literacy and more opportunities for them to participate in a range of different sports and physical activities.



**If you would like to get involved in the GAA Basketball Programme Contact Ian on 021-4665084 or email [imcloughlin@corksport.ie](mailto:imcloughlin@corksport.ie)**

### Cork Women and Schoolgirls Programme



Participants from Schoolgirls Blitz Programme

The Cork Women and Schoolgirls Soccer Programme recently got underway for the 2011/12 season. The programme which aims to increase the number of girls and women participating in soccer in a fun non competitive environment is a joint initiative between the Cork Women and Schoolgirls Soccer League and the Cork Sports Partnership. There are a number of different strands to the programme all of which aim to increase numbers participating in the sport.

The Schoolgirls Blitz series has run successfully for the last 2 seasons with the number of new participants increasing from 150 to 200. The positive impact this is having on the league can be seen evidently at under 12 league level with 4 new teams being entered into the league.

The Women's Coaching Development programme aims to increase the number of female coaches involved in clubs throughout the league. Since this programme started in 2010, over 25 new coaches have been trained to Kick Start 2 level and are now coaching teams within the underage league.

The Women's Futsal Programme was established in 2010 and has made significant impacts in getting women over 30 involved in soccer in a participation capacity and in some cases in a volunteer role. Twenty women regularly participated in the weekly games over an 8 week period. Of the 20 regularly participating, 7 are now involved with clubs on a coaching and/or administrative level. This is very positive and is an outlet for the league to recruit more volunteers for the many new participants getting involved in the sport.

The Soccer Roadshow promotion is also entering its second year of inclusion in the Cork Sports CWSSL Programme. The aim of this programme is to increase the opportunities from non traditional playing backgrounds to get involved in Ladies Soccer. Impacts from last year's Roadshows have seen 2 additional clubs formed and enter teams in the CWSSL 2012.

**If you would like more information on the Cork Sports CWSSL Programme, Please contact Maurice on 021 4665082 or email [mosullivan@corksport.ie](mailto:mosullivan@corksport.ie)**

## Cork Sports Partnership News

### UCC APE Programme



Participants enjoying the Swimming segment of the programme

The UCC Adapted Physical Education (APE) SportsAbility Programme recommenced in September 2011 with a 'meet and greet' session in the Parochial Sports Hall in Gurrabraher.

The programme is coordinated by the Sports Inclusion Disability Officer in the Cork Sports Partnership and UCC with training support provided by IWA-Sport. The programme was delivered by over forty 4<sup>th</sup> year students studying PE in UCC and is aimed at both adults and children with mild to moderate intellectual and physical disabilities.

In total, 45 participants with a disability were involved in the programme comprising of service users from the COPE Foundation, Aisling Day Services and children from Scoil Padre Pio.

The 8 week varied programme comprised of indoor activities in Parochial sports hall, Swimming in Leisureworld, Churchfield with outdoor activities taking place

in the Sam Allen Pitches in Gurrabraher every Friday from 2-3pm.

The aim of the programme is two-fold as it facilitates people with disabilities get out into the community, have fun and get physically active while the PE students gain the much needed valued experience in facilitating and adapting a PE session for people with disabilities.



### ***'Football for All' Cork***

The FAI has established new '*Football For All*' teams for children with disabilities aged 6-14 years in conjunction with various mainstream soccer clubs and special schools in Cork City and County.

#### **'Football for All' teams in Cork:**

- Midleton F.C. (Saturday's from 4-5pm)
- Carrigaline AFC (Saturday's from 10-11am)
- Holy Family School in Charleville, (Time and Date to be confirmed)
- Currently being established is Skibbereen AFC in Aberstrewry National School Astro-turf pitch which is scheduled on Thursdays from 5.30-6.30pm.

***For more information on sessions please contact  
Nick Harrison (FAI 'Football for All' Development Officer)  
(086) 0472051***





## Sports Ability Programmes

### Cork Halliwick Swim Programme

The Cork Sports Partnership in collaboration with the NCBI Cork and the 'Rebel Wheelers' sports club introduced group Halliwick Swim Programmes for the first time to children with physical and sensory disabilities in Cork.

The two 8 week programmes were facilitated by Joanne Lenihan, a qualified Halliwick swim instructor in Leisureworld, Bishopstown, Cork. Each programme began with an introductory session (theory & practical) for parents on the fundamentals of the Halliwick concept followed by seven 45 minute weekly Halliwick swim sessions. The swim sessions took place in a designated 18 metre pool which created great space for optimum participation and enjoyment.

The Halliwick method of swim teaching is a one-to-one assistant (parent)/swimmer programme aimed at people with physical disabilities but can facilitate all groups. It is based on a ten-point programme where flotation aids such as armbands, rubber rings etc. are not used enabling and encouraging swimmers to find and control their balance in a supported environment to become mentally adjusted and more confident in the water. The main benefit of a group Halliwick programme is it facilitates socialisation among participants through fun games.



Participants from the Cork Halliwick Programme at Leisureworld, Bishopstown.



Georgina, whose daughter has a vision impairment and took part in one of the programmes, explains how the sessions have benefited her daughter *'before the Halliwick Programme, Anna participated in mainstream swim classes but wouldn't put her head under the water and I was advised that she couldn't progress onwards. As a result of the Halliwick Programme she now has her full body under water and is ready to progress onto mainstream swim classes with her new found water confidence!'*

Overall 12 children participated in the Halliwick programmes who all received certificates of completion and an assessment for their red badge award from Leisureworld. The 'Rebel Wheelers' found the programme so successful that they have booked in for a second Halliwick programme commencing in February of the New Year. Additional Halliwick swim programmes will be organised for children on the Autism Spectrum in Leisureworld in 2012.



### Inclusive Leisure Centre Initiative

The Cork Sports Partnership in association with the *National Accessible Inclusive Leisure Centre Initiative* coordinated by the CARA Adapted Physical Activity Centre, organised an Open Day for People with Disabilities in Leisureworld, Bishopstown on the 10th of December last year.

The aim of the event at Leisureworld was to increase the number of people with disabilities using local Leisure Centre facilities on a regular basis.

Over 30 people with Disabilities participated in the activities which included Halliwick swim sessions, Gym and Fun Circuits. Tours of the facility were also made available to highlight the facilities available to people with disabilities at Leisureworld, Bishopstown.

Leisureworld, Bishopstown is an inclusive leisure centre facilitating all groups in the community and were awarded the Gold Award for Disability Provision for 2011/2012.





## Sports Ability Programmes

### CIT SportsAbilityProgramme



The CIT SportsAbility Programme is coordinated by the Sports Inclusion Disability Officer in the Cork Sports Partnership in collaboration with the Social Care Studies course in CIT. The programme re-commenced in October 2011 for 7 weeks and was facilitated by 20 students on the Social Care course.

The programme consisted of three weekly physical activity sessions on a Monday from 2-4pm, Tuesday from 9.15-11am and on a Wednesday from 11-1pm in the sports hall in CIT.

Over 30 participants with disabilities were facilitated on the programme comprising of service users from Cork Autism Association, Brothers of Charity, Cheshire Home, Enable Ireland, National Learning Network and the COPE Foundation. Activities included circuit training, adapted games (Badminton, Uni-hoc, Basketball), cooperative games (parachute, fun relays) and gym work (cardio and light resistance work).



### Munster Boccia League 2011



Last year, Clare hosted the final round of the Munster Boccia League in Cratloe GAA Hall in September. Three teams from each county competed, representing Clare, Waterford, Limerick, Tipperary and Cork. The three teams from the Cork Boccia League to represent Cork in the Munster Boccia League were Enable Ireland, Rehab Care Douglas and Aisling Day Services Mayfield.

A great day was had by all in Cratloe and it was a particularly special day for Cork as Aisling Day Service Mayfield took 1<sup>st</sup> place overall in the competition. Well done to Aisling Day Services Mayfield on bringing the trophy back to Cork!



Participants from the Cork Boccia League

The Cork Boccia League commenced again in October for 8 weeks on Wednesdays from 11-1pm in Bishopstown GAA sports hall. Teams included participants from the Aisling Day Services, Brother's of Charity, IWA, Enable Ireland and RehabCare. Each week all teams played one another with a view to increasing their skills in the game of Boccia. This weekly session also provides a great vehicle for competition, fun and socialising among participants with intellectual and physical disabilities in Cork.

*For more information on Boccia  
please contact  
Aisling  
(021) 4665085 or email  
[adrea@corksports.ie](mailto:adrea@corksports.ie)*



## Increased Participation Initiatives

### Active Communities



Participants from Project Weightloss with their coaches from Leisureworld Bishopstown

The Active Communities Initiative for 2011 concentrated on supporting community based sports facilities, to run programmes to get people active! Two programmes were coordinated in conjunction with Dennehy's Health and Fitness, Ballincollig and Leisureworld, Bishopstown.

Over 100 people participated in the Get Active Challenge which was supported by Dennehy's Health & Fitness. The programme has been rolled out in 4 communities in Cork; Dunmanway, Lyre, Cobh and Clondrohid. Over 20 people attended weekly sessions in each area with a designated personal trainer, in their local community centre. Activities included a variety of different circuit training.

Project Weightloss which is supported and coordinated by Leisureworld Bishopstown has seen 60 people take part in a 12 week get active/healthy eating programme. These programmes have been very successful, and have adopted a concept that supports getting people active and healthy locally, whilst creating opportunities for people to remain active following participation in the programmes.



**Left:** Participants from the Lyre Active Communities initiative.



**Right:** Participants from the Clondrohid Active Communities initiative

**For more information on the Active Communities initiative contact Claire on 021 4665083 or email [churley@corksports.ie](mailto:churley@corksports.ie)**



## Increased Participation Initiatives

### Girls Active Programme

Two secondary schools in Fermoy ran activity days in November to promote alternative physical activity opportunities to girls to get active, and it was a huge success. Over 100 girls from transition year in Coláiste an Chraoibhín and Loretto took part in both days, and they got to try sports and activities such as, Karate, Badminton, Zumba, Spinning, Boxercise, and Yoga. The girls thoroughly enjoyed the sessions and along with the support of the PE teachers and the Sports Partnership they are hoping to roll out similar programmes in the New Year to engage more girls into physical activity.

Research has shown that the levels of participation in sport and exercise by girls mainly between 12 & 15 years of age has declined, and that it is a cause for concern. Numerous studies have highlighted how girls' participation in physical activity is lower than that of boys and is characterised by a sharp decline during adolescence (National Taskforce on Obesity, 2005).

**Contact Claire on 021 4665083.**

### Schools Completion Participation Programme

Over 100 Students from Charleville participated in the Schools Completion programme 2011. The students from Mannix College and St Joseph's National School took part in introductory Gym and Swim activities at the Park Hotel Leisure Centre, Charleville throughout October and November. The Children from St Joseph's National School also put on a Dance Performance before their Christmas Break up.

### Introduction to Sports Development in Your Community Course

Following on from the success of the course in Gurranabraher and Youghal earlier this year, over 20 people signed up for the Course in Mayfield in September. The course ran over 8 weeks, and was supported by Cork Sports Partnership, RAPID and Cork City Council. Participants completed a number of different modules such as Active Leadership, First Aid, Adult Guidance, Code of Ethics, Inclusive Games Training as well as FAI KickStart training.



### 'Get in Gear for the New Year' Operation Transformation Walk



The 2<sup>nd</sup> Annual Operation Transformation walk will take place in Mallow on **Saturday January 14<sup>th</sup> 2012**. This year's walk will be attended by John Tracey CEO of the Irish Sports Council and Corks very own Leader Grace Batterberry, who is currently taking part in the 5<sup>th</sup> Operation Transformation series. Last years event was enjoyed by well over 120 people who battled adverse weather conditions and took to the streets of Mallow for a 3.4km walk along the Sli n Sláinte route. Cork Sports Partnership, the HSE South Health Promotion Dept in association with the Irish Sports Council and RTE's Operation Transformation programme are organizing the 2<sup>nd</sup> Annual OT Walk to promote walking as a fun and enjoyable way to get active, healthy and fit for 2012. Walks will take place all over Ireland on the 14<sup>th</sup> of January, and everyone one is encouraged to get involved. Anyone interested in taking part should meet at the Arches Bar Mallow on **Saturday 14<sup>th</sup> January 2012 at 11.30pm**, where registration will take place. The walk will commence at 12pm Sharp with a warm up by your very own personal

trainer and will be facilitated by trained walking leaders. There will be refreshments available on completion of the walk and everyone is encouraged to attend.

Please wear comfortable clothes and footwear. All children **MUST** be accompanied by an adult. **Limited parking available at meeting point.** For more information please contact Claire on 021 4665083 or log on to [www.corksports.ie](http://www.corksports.ie)





## Cork Sports Partnership News

### Go For Life

Twenty seven volunteers from groups around Cork City and County have taken part in this years Physical Activity Leadership (PAL's) training. The first four workshops took place during October and November, with the remaining four to take place in early 2012.

The training was held in Cobh Community Centre, which is also host to Corks first 'Fitline' service, which will be fully operational from January 2012. The Fitline project is a Go For Life Initiative and supported locally by the Cork Sports Partnership, HSE South Health Promotion Dept and local groups who provide the volunteers.

Fitline is an exciting new initiative which provides a FREE telephone service for older people to get active in Cork. We are hoping 2012 will be a great year for the Go For Life programme in Cork.



Men's Group from Eason's Hill

Click [here](#) for further information on the Fitline service  
call 01 805 7733 or Claire on 021 4665083



### Buntús Programme

Over 50 childcare services and 300 staff in Cork city and county have availed of the Buntús Start & Fitter Future training in 2011. The programme has been very popular with the services and the feedback from staff has been very positive. The Buntús Start & Moving Towards a Fitter Future programme is a joint initiative between the Cork Sports Partnership and the Health Promotion Department of the HSE South, and supported by both the Cork City and Cork County Childcare Committees. The programme will be widely available in 2012.

### FitWalk



Participants from the Mallow  
FitWalk Programme

FitWalk Ireland has now linked up with Local Sports Partnerships in delivering a set of participation programmes which can be delivered at community level by trained FitWalk tutors.

The aim of these programmes is to promote fitness walking to people of all ages and levels of ability.

#### The programmes on offer are:

- Fleetfeet
- Fittlesticks
- FootSCOOTIN
- PolePUSHIN

There are currently 2 Fleetfeet programmes operating in Mallow and Cork City, with over 40 people taking part. The Fitwalk programme in Cork is supported by the Cork Sports Partnership and HSE South Health Promotion Department.



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

The Cork Sports Partnership is delighted to confirm that in 2011 over 650 people attended the Code of Ethics and Good Practice for Children's Sport training.

For 2012, 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 4 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 €18 per participant.

For 2012, the Cork Sports Partnership will be accepting online payments for the Code of Ethics and Children's Officer course.

**For more information on the Code of Ethics or online payments click here  
or  
Contact Egle 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 4 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.

***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.



Participants from Inclusive Games Training run in 2011.

**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)**

