

## PRESS RELEASE

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Looking to get more active in 2018? Need some support? RTEs Operation Transformation is once again joining forces locally with Cork Sports Partnership to encourage people to become more physically active in 2019.

A number of walks will take place across the country on Saturday 12<sup>th</sup> January with 3 highlighted walks for Cork in Doneraile Park, Knocknaheeny/Hollyhill and Youghal. A number of local communities across Cork will also host walks in a bid to encourage people to get active for 2019.

*2019 Leader Pamela Swayne from Youghal*

The walks, between 5k & 6k in length will be led by suitable leaders and supported by local walking groups and volunteers who will be on hand guide participants through the walk. Details of the events are as follows Doneraile Park- 11am from the main carpark, Knocknaheeny/Hollyhill- 10am from Terence McSwiney Community College and Youghal- 11am from the Quays. Participants are encouraged to arrive 15 mins early to warm up!

Coinciding with the Knocknaheeny/Hollyhill walk for 2019 is wellcomm, a FREE event that seeks to promote all aspects of Health and Wellbeing for the community. A key aim of the event will be to start a new conversation about people's health and wellbeing, and to support people to think about, and make positive changes to their life. Full details and how get involved are at [www.thewellbeingnetwork.ie/wellcom](http://www.thewellbeingnetwork.ie/wellcom)

This year Youghal native Pamela Swayne is one of the five national Operation Transformation leaders who will be followed on national television weekly for the six week programme. Speaking recently about her upcoming OT journey Pamela praised her local town Youghal, *"For such a small town it has a huge heart and amazing support, the place is buzzing since my reveal", said Pamela. "Everyone is so looking forward to this journey we are going to take together. Bring on 2019 a year to remember, kick it off to a great start January 12th the place to be by the sea Youghal looking so forward to seeing everyone"*. You can join Pamela on Saturday 12th January in Youghal where the local community walking group as well as the health project will host a walk commencing at 11am from the Quays.

County co-ordinators Cork Sports Partnership and local organisers such as Mallow Health Project, Doneraile Park Strollers, Red Hot Chilli Steppers, NICHE, Health Action Zone, Happy Feet Walking Group, Youghal Community Health Project and local Gardaí are encouraging people of all age groups to turn out on the day.

Walks are suitable for all abilities and fitness levels. In all the events there is NO COST involved, participants are asked to wear loose clothing and to bring some water. Pre-Registration for all events is encouraged online at [www.corksports.ie](http://www.corksports.ie)

Other Cork Sports Partnership programmes and Initiatives such as Men on the Move, Couch to 5K, Get Going Get Rowing, Staying Fit for the Future, parkrun, etc will also form part of this county wide call.

To register for the walks or to get further information on any of the above contact Cork Sports Partnership on 021 4347096 or email [admin@corksports.ie](mailto:admin@corksports.ie)

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