

Upcoming Cork Sports Partnership Summer Projects

Name of Programme/Initiative/Event	Brief description (50 words max)	Partners	Start Date(s)	Duration of Programme	Target Group(s)	Location(s)	Link to registration page or relevant webpage for sign up details
Sailability Programme	Sailing for people with disabilities and their families	Sailability	07/05/2022	20 weekend sessions	People with disabilities and their families	Kinsale	https://www.corksports.ie/sailingwithsailingintowellness/ Contact CSP SIDO Cliona Horan for more information choran@corksports.ie
Surf to Heal	Surf camp for children with Autism	Surf 2 heal	07/05/2022	20 weekend camps and 1 week long summer camp	Children with disabilities	Garretstown beach	Contact CSP SIDO Cliona Horan for more information choran@corksports.ie
Little Athletics	Athletics programme for children aged 5-12 with physical disabilities	IWA Sport	09/06/2022	6 weeks	Children with physical disabilities	MTU	https://eventmaster.ie/event/3mD8lx4tZW Contact CSP SIDO Cliona Horan for more information choran@corksports.ie
Youth Leader Soccer Programme	Cork Sports Partnership, Cork City Council & FAI are delighted to launch a New Youth Leader Soccer Programme this June! Delivered online and in person this programme aims to support & develop youth participants coaching skills, confidence and leadership in a supportive environment!	FAI, Cork City Council	15/06/2022	5 weeks	16-21 year olds	Online and in person, Turners Cross	https://www.corksports.ie/latest-news/youth-leader-soccer-programme/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Nonfire Night Events	6 Family Fun Events in Mahon, Togher, The Glen, Knocknaheeny, Farranree, Mayfield	Cork City Council	23/06/2022	One day	families	Mahon, Togher, The Glen, Knocknaheeny, Farranree, Mayfield	https://www.corksports.ie/latest-news/nonfire-night-events/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Boccia Munster Come and Try	A come and try event for people with disabilities to experience the paralympic sports of boccia.	Boccia Ireland	25/06/2022	4 hours	people with disabilities	Bishopstown GAA	https://www.corksports.ie/latest-news/boccia-come-and-try-event-2/
Project Weightloss	Physical activity & behaviour change programme for individuals who are currently inactive and or those looking to increase their activity levels. Suitable for individuals with a BMI of 25+. Exercises provided are appropriate to individuals needs and ability.	- HSE Health & Wellbeing - Cork Kerry Community Healthcare	27/06/2022	6 weeks	Everyone	6 locations in Cork - Whitechurch - Na Piarasigh GAA - Ballinacarriga GAA - Clonakilty GAA - Togher St Finbarrs GAA - Ballintotis Hall	https://www.corksports.ie/project-weightloss/ Contact Project Lead, Eoin Kaar on wellcommactive@corksports.ie
Activator Programme (Outdoors)	ACTIVATOR poles are an adaptation of Nordic Walking poles and have been developed by Canadian therapists to promote balance and improve mobility	- fitWalk Ireland	27/06/2022	5 Weeks	Older Adults	Ballinacarriga Dunmanway	Contact Walking Promotion Officer, Alison Chambers at achambers@corksports.ie

Noonan's Road Pop Up Play	Pop up play event a disadvantaged area in city centre	- Cork City Council - Cork Healthy Cities - Lets Play Cork	02/07/2022	4 weeks	Youths & families	Noonan's Road, Cork city	Free event open to the public. No registration required.
Cork Athletics Week	A week celebrating Athletics in Cork. Free events, online classes & webinars for children, athletes, coaches	- Athletics Ireland - Cork Athletics - MTU	04/07/2022	1 week	Everyone	7 locations in Cork City & County	https://www.corksports.ie/latest-news/cork-athletics-week-2022/ Contact Athletics Development Officer, Craig Harrington at charrington@corksports.ie
Activator Programme (Outdoors)	ACTIVATOR poles are an adaptation of Nordic Walking poles and have been developed by Canadian therapists to promote balance and improve mobility	- fitWalk Ireland	04/07/2022	3 Weeks	Older Adults	Ballintotis, east Cork	Contact Walking Promotion Officer, Alison Chambers at achambers@corksports.ie
Healthy Food Made Easy	Learn about healthy eating for all the family Learn to make healthy meals on a budget. Educational and practical workshop. Visit from community dietician	HSE / Slaintecare	05/07/2022	6 weeks	Everyone	Northside Community Enterprises (NCE) Farranferris	https://www.corksports.ie/healthy-food-made-easy/
Volleyball Fun Open Day	Park volley event. The event is targeting social and beginner volley players in a 4v4 fun competition of grass volley	Volleyball Ireland	10/07/2022	one day	adults	Tramore Valley Park	Registration details to be confirmed Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Swim Fest Youghal	Swim Fest is a Festival of Swimming with something for EVERYONE! - Challenge Events 200m, 500m, 800m, 1000m - Beach Swim (1.9km Half Ironman distance) - Beach Swim (3.8km Ironman distance) - Swiminkids Events - Swim Talks, Food, Coffee, Yoga, Walks	- Swim Ireland - Cork County Council	10/07/2022	1 day	Everyone	Claycastle Youghal	https://www.corksports.ie/latest-news/youghal-swim-fest-july-2022/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Swimmin Women	The programme is a fun 4-week (8-Sessions) Aqua Aerobics & Swimming programme (you do not need to be a confident swimmer). It is specifically for midlife females to support you through life's milestones. It is a grouped session at an outdoor (heated) swimming pool.	Swim Ireland	11/07/2022	6 weeks phase 2 starts 8/8/22	Women	Carrig na bhfeair	Registration Details TBC Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Inclusive Kayaking Camps	Kayaking camp for children with disabilities	Kinsale OEC	18/07/2022	2 Weeks	Children with disabilities	Kinsale OEC	Kinsale OEC on: 021 4772896 or contact CSP SIDO Cliona Horan for more information choran@corksports.ie
New To Tri Kids Camp	Triathlon Ireland and Cork Sports Partnership have teamed up to bring a new children's Summer Camp to Garrylucas, Kinsale. Activities will include, running skills, bike drills, open water swimming, and a mini triathlon to finish the fun-filled 3 days off Equipment Needed: Bike, Helmet, Wetsuit, Goggles, Swim Hat, Running Attire, Suncream, Rain Coat, Small Lunch, Water	Triathlon Ireland	25/07/2022	3 days	11 to 14 year olds	Garrylucas, Kinsale	https://www.corksports.ie/latest-news/learn-to-row-summer-camps-2022/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information

Her Outdoors Week	HER Outdoors Week will take place from 08th-14th August 2022. HER Outdoors week aims to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity. Tasters throughout Cork City and County across a number of activities.	Sport Ireland	08/08/2022	8th-14th August	Women	Cork City and County	TBC
Couch to 5km 2022	8 couch to 5km programmes in the lead up to Rebel Run 2022	- Leisureworld - MTU - Cork Athletics	18/08/2022	8 weeks	Adults	Cork City and County. Venues to be confirmed in July.	Venues TBC Contact Athletics Development Officer, Craig Harrington at charrington@corksports.ie
Staying Fit for the Future	A physical activity programme for older adults to improve strength & balance, range of movement, flexibility, bone strength, muscle power & falls prevention.	- HSE Health & Wellbeing - Cork Kerry Community Healthcare	11/09/2022	10 weeks	Older Adults	31 venues in Cork City & County	Current phase started in late April/early May. Starting back in most venues again in September. https://www.corksports.ie/staying-fit-for-the-future/ Contact Project Lead, Eoin Keenan
Hockey4All Summer Camp	A Hockey summer camp for children with intellectual disabilities	Hockey Ireland	15/8/2022	3 days	Children with intellectual disabilities	Garryduff Sports Complex	www.hockey.ie/events Contact CSP SIDO Cliona Horan for more information choran@corksports.ie
Visually impaired Tennis	A tennis programme aimed at those with a visual impairment	- Enjoy Tennis - Ballinlough tennis club	19/6/2022	6 weeks	People with a visual impairment	Ballinlough Tennis Club	Contact CSP SIDO Cliona Horan for more information choran@corksports.ie
Active Community Walking Programmes	An 8 week programme facilitated but a CSP tutor that gives the participants the skills and knowledge to continue leading the walking group after the facilitator has stepped away.	- GIW - MI - Cork City libraries - Various Family Resource Centres	23/05/2022	8 weeks	Everyone	8 locations around Cork Gurranaברה, Cork city Hollyhill, Cork city Togher, Cork city Dunmanway, west Cork Millstreet, north Cork	Contact Walking Promotion Officer, Alison Chambers at achambers@corksports.ie
Sports On The Greens	Sports on the Green is a community-based health intervention aimed at reducing key barriers to physical activity participation, most notably time, cost and a lack of transport or equipment. These sessions spanned all electoral wards of the city and were targeted in areas of social deprivation. Sessions include soccer, rugby, GAA and athletics	- Cork City Council - FAI - Munster Rugby - GAA - Athletics	July -August	6 weeks	children	Cork City	https://lgiu.org/cork-city-councils-sports-on-the-green-reduces-barriers-to-physical-activity-participation/#:~:text=What%20is%20Sports%20on%20the,lack%20of%20transport%20or%20equipment. Contact Cork City Council Sports Development Officer, Laura Coady laura_coady@corkcity.ie or CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Open Water Swimming Programmes	Cork Sports Partnership are delighted to partner with Swim Ireland to launch New Open Water Swimming Programmes in Cork this May! Programmes: Open Water Skills Programme, Beach To Buoy Programme, Teen Programmes	Swim Ireland	July -August	6 weeks	adults & teens	Inniscarra Kinsale Fountainstown	https://www.corksports.ie/latest-news/cork-open-water-swimming-programmes-july/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Orienteering Coaching Series	Free Orienteering Coaching Sessions for School Children A four week programme aimed at getting more school children into the sport of orienteering at club level	- Orienteering Ireland - Bishopstown Orienteering Club	June	4 weeks	children	Tramore Valley Park The Marina Park Murphy's Farm & MTU Campus Ballincollig Regional Park	https://www.corksports.ie/latest-news/orienteering-coaching-sessions/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information

Women's Volleyball	This programme aims to provide an opportunity for women to play volleyball in a fun and supportive environment.	Volleyball Ireland	June	4 weeks but follow on phases in Q3	Women	Hollyhill	https://www.corksports.ie/latest-news/womens-social-volleyball-programme/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Women's Soccer	Bishopstown and Dunmanway	- FAI - Cork City Council	June	6 weeks	Women	Bishopstown and Dunmanway	https://www.corksports.ie/womens-social-soccer/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Learn To Row Camps	These 4 day on the water rowing camps are designed to introduce young people to the sport of rowing where they will learn about all aspects of rowing – on the water and off it! The Learn to Row camp incorporates the innovative Olympic Values Education course developed by World Rowing and Youth Sports Trust International.	Rowing Ireland	June - August	3 days	12 to 15 year olds	Shandon Boat Club and Cork Boat Club	https://www.corksports.ie/latest-news/learn-to-row-summer-camps-2022/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
GAA for All	GAA programme for children with disabilities	- Rebel Og - GAA Clubs (Midleton, Killeagh, Youghal, Castletyons, Nemo Rangers, Blarney, Mitchelstown, Aghada, Bantry)	Ongoing	April- Oct 2022	Children with disabilities	4 locations across Cork	Contact CSP SIDO Cliona Horan for more information choran@corksports.ie https://www.corksports.ie/gaaforall/
Walking Soccer	This weekly programme offers participants the opportunity to return to the game they love at their own pace, while newcomers to football can easily get involved! Walking football is a very easy & enjoyable way for older adults to stay active, have fun & enjoy the game!	- FAI - Cork City Council - UCC - Carrigaline United	ongoing	Ongoing	Older adults	UCC Mardyke Every Friday at 5pm - Ballea Park, Carrigaline Tues at 12pm	https://www.corksports.ie/walking-football/ Contact CSP Sports Development Officer, James Kirby jkirby@corksports.ie for more information
Cork SportsAbility Month	The aim of Cork SportsAbility Month is to increase awareness of sport and physical activity opportunities for people with disabilities.	- NGBs - Clubs/Groups - Physical Activity Providers	September	Month of September	People with Disabilities	Cork City & County	TBC - Website launch in August Contact CSP SIDO Cliona Horan for more information choran@corksports.ie
Rebel Ramble Series	TBC	- Get Ireland Walking - Mountaineering Ireland - Hillwalking Clubs	TBC	One walk per month	Everyone	TBC	Contact Walking Promotion Officer, Alison Chambers at achambers@corksports.ie