

Get your community more active through walking with the Active Community Walking Programme!

Get Ireland Walking in conjunction with Sports Partnerships across the country are rolling out the Active Community Walking Programme and encouraging more communities to become active through walking since 2015. The programme will work with communities to increase the capacity and potential of people with low levels of physical activity to become more active through walking. This in turn will lead to increased numbers of people participating in walking throughout Ireland.

Cork Sports Partnership are currently accepting expression of interests from communities in Cork looking to avail of the programme for 2017. A facilitator will work with communities over a 6–8 week period where weekly walking sessions and workshops will take place. Throughout the programme an action plan will be developed for walking locally in the community through the formation of a walking group and other supports to ensure it's sustainable thereafter.

If your community or group is interested in availing of the programme please contact the Cork Sports Partnership churley@corksports.ie or 021 434 7096 to register your interest or to find out more information. Please note that the capacity to deliver will be dependent on demand and the availability of a facilitator, but Cork Sports Partnership will endeavour to support you in this regard.

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