

SIULOID@CCRC



ABOUT: SIÚLÓID AT CLONAKILTY COMMUNITY RESOURCE CENTRE IS A WEEKLY SOCIALLY

INCLUSIVE WALK FOR PEOPLE OVER 18.

WHY: THE PARTICIPANTS OF SIÚLÓID@CCRC GROWS WEEKLY. IT GIVES STRONG

SUPPORT AND CONSISTENCY TO ITS PARTICIPANTS. THE WALK IS VERY WELL

KNOWN IN CLONAKILTY AND SURROUNDING AREAS AND IS RECOGNISED IN THE

COMMUNITY.

THE WALK HAS ASSISTED IN RAISING AWARENESS OF THEIR COMMUNITY,

INCLUDING LOCAL GYMS, SWIMMING POOLS AND SPORTS CLUBS, AND GIVEN

SOME A NEW CONFIDENCE TO JOIN THESE.

## E INVITE YOU TO JOIN ITH US ON THIS VERY AL JOURNEY.













