

Upcoming Cork Sports Partnership Winter Initiative Projects

Name of Programme/Initiative/Event	Location(s) Please list all programme locations.	Brief description (50 words max)	Link to registration page or relevant webpage for sign up details (if applicable)	Partners	Duration of Programme	Start Date(s)	Suitable for
Staying Fit For the Future	Mahon, Ballintotis, Millstreet, Kilmurry, Crookstown, Riverstick, Caheragh, Ballinascarthy, Carrigaline, Newmarket, Dromtariffe, Ballineen, Fermoy, Gurranaברה, Youghal, Dunmanway, Lisavaird, Buttevant, Clonakilty, Glanmire, Bandon, Charleville, Midleton, Darrara, Union Hall, Bantry, Cobh, Donoughmore, Kinsale, Carrigtwohill, Whitechurch, Aughadown, Togher	The aim of this programme is to help prevent this deterioration in adults by challenging and training the main components needed for maintaining good independent movement. Classes focus on strength, flexibility, range of movement, and balance to ensure environmental factors such as steps, paths, darkness, hills, etc. will not become an obstacle to enjoying an active and healthy life.	https://www.corksports.ie/staying-fit-for-the-future/	Cork Kerry Community Healthcare (CKCH)	10 Weeks	25/09/2023	Adults Older Adults
Start to Move	Clonakilty, Whitechurch, Bishopstown, Ballyphehane, Gurranaברה	Physical activity programme for sedentary, overweight and obese individuals or for those returning to exercise after a lengthy break. The programme supports individuals to start moving more, slowly and safely increasing their physical activity levels over the 8 week period in a structured and supervised group environment.	https://www.corksports.ie/start-to-move/		8 Weeks	25/09/2023	Adults
FunFit	Clonakilty, Douglas, Carrigtwohill	Physical activity and fundamental movement skills programme for children aged 6-12 years of age with underlying conditions.	Referral only through CKCH	Cork Kerry Community Healthcare (CKCH)	8 Weeks	26/09/2023	Children & Adolescents
Get Cork Walking Showcase and Youth Forum	Cork City	A chance for the GCW Stakeholders to highlight the progress they have made in 2023 towards the Action Plan. This will be public facing. The Youth Cafe is to involve schools and youth groups in the GCW Project going forward. This is not public facing but the findings will be presented.		All GCW Stakeholders	One off event	13/12/2023	Everyone
Walk Leader Training	Leap	One-day walk leader training organised by the HSE and facilitated by Fitwalk Ireland. The course is designed for those who would like to lead a walking group in their community. They will be given the tools to confidently create and run a walking group. This is a public facing event.	https://www.corksports.ie/latest-news/walk-leader-training-25th-november-2023/	HSE	One off event	25/11/2023	Everyone
Activator Poles	Ballinacarriga, IRD Duhallow	A 6-week course to teach participants to use Activator Poles to support them in their daily lives and get more active as a result.		CSP Tutor	6 weeks	06/11/2023	Older adults
Womens Social Soccer	Bishopstown, Macroom, Carrigtwohill	The aim of this popular programme is to introduce women to the sport of soccer through a fun and sociable sessions while focusing on fun and fitness in a supported environment. Participants will also have the opportunity to play in an end of programme fun blitz hosted by Cork Sports Partnership & FAI	www.corksports.ie	FAI	10 weeks	01/12/2023	Women

Womens Startbox Programme	Hollyhill	This 6 week programme focuses on fun introductory boxing. If you ever wanted to try boxing; get fit, get strong and experience one of the best workouts you will ever have then this is the programme for you!	www.corksports.ie	IABA	6 weeks	11/01/2023	Women
Walking Football	Mardyke & Carrigaline & Mahon	This FREE 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!	www.corksports.ie	FAI	Ongoing	11/01/2023	Older adults
Pickleball	Midleton, Inniscarra, Cobh, Bishopstown, Youghal, Blackrock	If you have ever wanted to try pickleball this is the perfect stepping stone for you. This social programme is open to those new to the sport and those who have played before but want to get back to playing!	www.corksports.ie	Pickleball Ireland	Ongoing	11/01/2023	Adults
GAA Handball Programmes	Macroom, Conna, Kilworth, Glenville, Liscarroll, Boherbue, Ballydesmond, Mallow	Participants will be introduced to the sport of GAA Handball in a fun and informative way. Over 6 weeks you will learn the basics of the sport from experienced coaches and players. Information on how to join the clubs and continue playing will be provided.	www.corksports.ie	GAA Handball	6 weeks	11/01/2023	Adults & Children
GAA Handball Schools Programme	Hollyhill	Cork Sports Partnership & GAA Handball are currently accepting registration for a new schools GAA Handball Programme!	www.corksports.ie	GAA Handball	2 hours	15/11/2023	Teachers
Badminton Schools Programme	Bishopstown	The programme aims to overcome the initial barriers of introducing badminton into a school environment by: This programme includes Upskilling teachers to coach Badminton Providing teachers with session plans and resources to deliver the game Creating links between local clubs & schools	www.corksports.ie	Badminton Ireland	6 hours	11/07/2023	Teachers
Ukrainian Volleyball Programme	Trabolgan	4 week volleyball engagement programme for adults and children	www.corksports.ie	Volleyball Ireland	4 weeks	11/10/2023	adults and children
Sports Leadership Programme	Innishannon, Mahon, Hollyhill	The Sports Leadership Programme is perfect way to empower your students with the leadership skills that they need in order to succeed. Students will learn and hone their skills in communication & leadership and boost their confidence to become more employable and help lead others.	www.corksports.ie	Sport Ireland	6 weeks	11/01/2023	TY Students
Coaching Children	Online	This course provides participants with an understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes.	www.corksports.ie	Sport Ireland Coaching	4 weeks	11/08/2023	Adults
Physical Literacy Workshop	Online	The workshop brings together findings from national and international research that highlights the need to increase children's levels of physical literacy as part of the long-term approach to increasing wellbeing and reducing levels of preventable disease.	www.corksports.ie	Sport Ireland Coaching	3 hours	13/11/2023	Adults

Coaching Teenage Girls Workshop	Online	The workshop is made up of four main modules: Drop-out And Engagement in Girls' Sport and Physical Activity Meeting the Psycho-Social Needs of Girls in Sport Key Considerations for Coaching Girls 12-17 years – Body image & Maturation Preparing for the Challenges of Adolescence in Girls	www.corksports.ie	Sport Ireland Coaching	3 hours	11/06/2023	Adults
Badminton Teicnic Camp	Bishopstown	. A fun-filled 3 days of badminton activities for children aged between 7-15 years old. Players will practice and master the skills of the different levels of the Teicnic Badminton Programme.	www.corksports.ie	Badminton Ireland	3 days	11/01/2023	Children
Urban Outdoor YouthFest	Tramore Valley Park	This is a celebration of sport and physical activity which provides a fun-filled day of activities for young people to enjoy. The event is a collaboration between Corks Sports Partnership, Cork Education and Training Board and Cork City Council in partnership with Cork BMX Club, Kinsale Outdoor Education and Orienteering Ireland.	www.corksports.ie	Cork Education and Training	1 day	11/02/2023	Teens
Teatime Badminton	Banteer	6 Week Programme full of badminton games, fun & chats!	www.corksports.ie	Badminton Ireland	6 weeks	11/03/2023	Older adults
Road Safety Schools Webinars	Online	a live 45 minute presentation to primary school students across County Cork this October, covering all aspects of road safety, walking or cycling safely to travelling safely in your car.	www.corksports.ie	Cork County Council, An G	1 hour	20/11/2023	Schools
One Good Coach Workshops	Online & Lee Rd	This one-hour workshop is for adults who train or coach young people aged 12-25 years in a wide range of sports. The workshop aims to build coaches' understanding of mental health and the important role sport can play in promoting youth mental health.	www.corksports.ie	Jigsaw Cork	1 hour	15/11/2023	Adults
Social Volleyball Blitz	Riverstick	Social volleyball Tournament	www.corksports.ie	Volleyball Ireland	2 days	27/1/2023	Adults
New Junior Parkrun	Hawlbowlne	junior parkrun is a series of 2k runs for children They are open to all, free, and are safe and easy to take part in.	www.corksports.ie	Parkrun Ireland	Every Saturday	01/07/2023	Children
Social Volleyball	Turners Cross	Social Volleyball with Cork Volleyball Academy	www.corksports.ie	Cork Volleyball Academy	Every Saturday	11/01/2023	Adults
Schools Boxing Programme	City & County	4 week introductory schools programme	www.corksports.ie	IABA	4 weeks	24/1/2023	Schools
TY Rowing Programmes	City & County	peer-lead programme introduces the sport of rowing in a supportive environment and teaches TY students how to be coaches.	www.corksports.ie	Rowing Ireland	6 weeks	11/01/2023	TY Students
Schools Cycle Right Programmes	City & County	Cycle Right, the National Standard for Cycle Training in Ireland is a modular cycling road safety training course with participants gaining skills and knowledge on a phased basis to prepare for cycling in increasingly complex road scenarios.	www.corksports.ie	Cycling Ireland, Cork Coun	8 weeks	11/01/2023	Schools
Olympic Handball Schools Blitz	Neptune Stadium	Fun schools blitz	www.corksports.ie	Olympic Handball Associat	1 day	12/06/2023	Schools
Olympic Handball Schools Blitz	Neptune Stadium	Fun schools blitz	www.corksports.ie	Olympic Handball Associat	1 day	31/01/2023	Schools
Schools Climbing Programme	Bishopstown	6 week introductory programme	www.corksports.ie	Cork Climbing Club	6 weeks	31/01/2023	Schools
Weightlifting Programmes	Marina	Beginners Weightlifting Programme	www.corksports.ie	Weightlifting Ireland	6 weeks	24/01/2023	Women
Weightlifting Coaching Course	Marina	Weightlifting Level 1 Coaching Course	www.corksports.ie	Weightlifting Ireland	3 days	25/11/2023	Adults
TY FAI Coaching Course	Cobh	FAI PDP1 Course	www.corksports.ie	FAI	1 day	11/08/2023	TY Students
TY Athletics Course	Bishopstown	Athletics Assistant Coach Course	www.corksports.ie	Athletics Ireland	1 day	25/11/2023	TY Students
Older Adults Scooch	Wilton	Fun scooch games and matches	www.corksports.ie	Wilton SMA	Every Wednesday	11/01/2023	Older Adults
Cork Underwater Hockey Programme	Mayfield	6 week beginners programme starting Wed 4th October in Mayfield Sports Complex. Participants will be introduced to all the key skills needed to play a game including snorkeling basics, puck handling and team play.	www.corksports.ie	Cork Underwater Hockey C	6 weeks	11/01/2023	Adults

Try Tennis Programmes	Kerry Pike, Dromahane, Ballineen Enniskeane	This social programme is open to those new to the sport and those who have played before but want to get back to playing! These social programmes will introduce women and men to the basics of tennis in a fun and supportive setting	www.corksports.ie	Tennis Ireland	6 weeks	11/01/2023	Women
Hockey Unplugged	City & County	Giving girls a choice Allowing them to become accustomed to using gym equipment Giving them access to an open, non-judgmental space Allowing them to play hockey in a non-competitive environment with their friends New participants / those starting to dis-engage and might not be interested in senior competitive hockey 14-17 year old females Focus on them taking the lead, giving them a choice	www.corksports.ie	Hockey Ireland	6 weeks	11/01/2023	Teenage Girls
Parents On The Move	Greenmount	Parents on the Move is a physical activity programme that is aimed at adults to get more active, have fun, and improve fitness levels.	https://eventmaster.ie/event/preview/yf	Greenmount National Sch	6 weeks	10/02/2023	Parents
TY Currach Programme	Marina	Students will participate in a 6 week programme with Meitheal Mara's Bádóireacht team. The young people will have the opportunity to row a traditional 2-person Dunfanaghy currach.	https://www.corksports.ie/ty-currach-row	Meitheal Mara	6 Weeks	01/01/2024	TY Students
Weightlifting Youth Programme	Marina	Beginners Youth Weightlifting Programme	www.corksports.ie	Weightlifting Ireland	6 weeks	24/1/2023	Teens
Cyclocross Programme	Showgrounds	Kids Come & Try Cyclocross Programme	www.corksports.ie	De Ronde Van CC	5 weeks	11/04/2023	Children
Teens in the outdoors	Ballyhass			Ballyhass Activity Centre and	4 weeks	10/04/2023	Teenage Girls
Sports First Aid	Cork WaterWorks	This Sports First Aid Training course is advisable for anybody who is involved or participates in sport ie coaches, parents, teachers, physical activity leaders etc. Delivered in person this course is interactive and delivered by ER Training.	https://www.corksports.ie/sports-first-aid/	ER Training Solutions	6 hours		Anyone over 16 years of age
Safeguarding 1,2,3	Online	This workshop is for the benefit of everyone involved in children's sport (children, parents/guardians, sports leaders, etc.) It provides introductory information on codes of conduct, bullying, recruitment, etc. as well as child protection guidelines.	https://www.corksports.ie/safeguarding-123/	Sport Ireland	3 hours		Anyone over 16 years of age
Roma Soccer Programme	Blackpool	Working with the Irish Heart Foundation and FAI to provide physical activity to the Roma community in Cork		Irish Heart Foundation and F	6 weeks	26/10/2023	Roma Community
Keep on Keeping Active	Bishopstown	Adapted physical activity for older adults.		MTU Cork	3 weeks	23/11/2023	Older Adults
Women in the Outdoors	Cork county	Providing women with the tools and confidence to access the outdoors	https://www.corksports.ie/women-in-the-outdoors-2/	Mountaineering Ireland	8 weeks	09/09/2023	Adult Women
Women on the Move	Cloughduv, Dunmanway, Youghal	Physical activity programme to get inactive women active	https://www.corksports.ie/women-on-the-move/	Cloughduv GAA Healthy club	8 weeks	25/09/2023	Adult Women
Men on the Move	Inniscarra, Cloughduv, Ballineen, Youghal	Physical activity programme to get inactive men active	https://www.corksports.ie/men-on-the-move/	Cloughduv GAA Healthy club	8 Weeks	25/09/2023	Adult Men
Good2Go	Duhallow	A Sport and Physical Activity Programme for older adults to experience different activities in a fun and supportive setting.	https://eventmaster.ie/event/preview/BppGc23c8j	IRD Duhallow	3 weeks	25/10/2023	Older Adults