

CORK SPORTS PARTNERSHIP CASE STUDIES 2020



Cork
Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí

— SPORT IRELAND —



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



SLÍ NA SLÁINTE UPGRADES THE GLEN & MAYFIELD



WHY?

To provide communities across the northside of Cork City with opportunities to become more physically active & create awareness of amenities in their area.

AIMS



- To create awareness of the local amenity among communities in the area.
- To provide people of all ages with access to walking opportunities in their local park.
- To develop additional walking routes in the park.
- To build relationships with local stakeholders and partners through a collaborative project.
- To activate the new routes through a series of walking interventions.



IMPLEMENTATION STEPS

ENGAGE - Identify & engage with local community partners on potential upgrade and suggested new routes.

PLAN - Audit existing routes, signage & mapping of potential new routes with IHF & agree plan with local partners.

PROMOTE - Develop a marketing campaign to create awareness of redevelopment, amenity & activation programmes.

DELIVER - Coordinate upgraded signage installation & activation programmes in collaboration with local partners.

REVIEW - Review activities delivered with key stakeholders including participants & partner organisations.

REENGAGE - Reengage with local partners for future initiatives to meet community needs.



OUTPUTS

7 PARTNERS

The project was supported by Cork City Council, Irish Heart Foundation, Cork City Partnership, Health Action Zone, Cork Healthy Cities, The Glen Resource Centre & Mayfield Sports Complex.

2 NEW ROUTES

2 additional routes were developed in the redevelopment of the Slí na Slainte project in the Glen River Park.

1 NEW MAP BOARD

1 new map board was installed in the park as part of the project.

1 PROMOTIONAL VIDEO

As part of the relaunch of the Slí na Slainte route, a promotional video of the new routes was recorded to showcase and launch the updated amenity in the area.



OUTCOMES

- Increased opportunity for physical activity in the area.
- Increased awareness of walking opportunities & amenities in the area.
- Greater collaboration on walking projects in Cork City.
- More strategic approach to the development of walking in the area.
- Increased positive media coverage for the area.
- More people active in the park.



FEEDBACK

'The Sports and Sustainability, Community Section and the Parks Section of the City Council are very happy to be involved with Cork Sports Partnership, Health Action Zone, the Irish Heart Foundation & Community Groups in the Glen in providing this addition to the amenity that is Glen River Park'

Frank Fitzgerald, Sustainability and Road Safety Officer with Cork City Council.

'We are delighted to collaborate with so many local agencies here in Cork including Cork City Council on this project. Walking is a great way to engage people of all ages to get more physically active and we look forward to working with all our partners to ensure that more people get out and utilise this fantastic amenity over the coming weeks and months'.

Claire Hurley, Programs Manager with Cork Sports Partnership



ONLINE COUCH TO 3K



WHY?

To provide adults throughout Cork with access to a structured & supportive training programme to enable them safely complete a 3k.

AIMS



- To coordinate the first ever Cork Sports Partnership Couch to 3km Online programme.
- To provide a walk to jog programme for the people of Cork.
- To provide a quality programme within the government guidelines for COVID-19.
- To promote running as a form of physical & mental activity.
- To increase the number of people running in Cork.
- Encourage people to get involved with their local athletics club.

IMPLEMENTATION STEPS

- ENGAGE** - Identify & engage with key partners (Internal CSP team & Athletics Ireland)
- PLAN** - Plan & agree suitable programme including; timelines, capacity, duration, delivery method & peer-led support tools.
- PROMOTE** - Develop a marketing campaign to create awareness & recruit participants including; targeted social media campaigns, PR, Email & word of mouth through CSP networks.
- DELIVER** - Support participants through the programme by providing; 2 x intro zoom calls, 2 x Q&A, support video explainers, weekly email & phone check-ins.
- REVIEW** - Review programme with participants & key partners.
- REENGAGE** - Reengage with participants on next steps & pathways for continued participation. Reengage with partners for future initiatives to meet community needs.

↑↑↑ OUTPUTS

110 PARTICIPANTS

110 participants took part in the programme. 82% of programme participants were female.

2 ZOOM CALLS

Participants were welcomed & taken through the programme over an introductory zoom call where they could ask any questions they had on the programme.

6 WEEK PROGRAMME

The programme was designed to progressively bring participants from 0k to 3k over 6 weeks. This was accompanied by a bodyweight strength programme for participants to complete as part of their training.

18 RUNNING SESSIONS

Participants took part in 18 official running sessions as part of the programme. In addition, participants were given additional bodyweight strength & flexibility programmes to complete on their run days or on their rest days.

OUTCOMES

- Increased opportunity for physical activity despite COVID-19 restrictions.
- Over 100 people from all over Cork now jogging.
- Increased opportunity for people in cork through running.
- Increased engagement between CSP, clubs & communities.
- A realistic substitute for the Couch to 5km series through the pandemic.
- Increased awareness of CSP programmes.

FEEDBACK

"Thank you this was exactly what we needed in Lockdown, gave me the chance to get moving again, Thank you for all the support".

'Participant - Online Couch to 3km programme 2020

"Just filled in the survey and wanted to say thanks for all the support and advice. I had another run this evening and did about the same but it was harder as I was more tired at the end of the day but great to get it done all the same. Am aiming to do the 5K so will plod along at this challenge for now."

'Participant - Online Couch to 3km programme 2020



WOMEN'S TRY TENNIS PROGRAMME



WHY?

To provide women of all ages and abilities with the opportunity to play tennis in their local community tennis courts in a fun and supportive environment.

AIMS



- To coordinate a community based tennis programme for women.
- To provide a new physical activity opportunity for women in their local community.
- To provide a quality instructor led programme within the government guidelines for COVID-19.
- To promote tennis as a form of physical activity.
- To increase the number of women playing tennis in Cork.
- Provide additional opportunities for continued participation in tennis after the programme.

IMPLEMENTATION STEPS

ENGAGE - Identify & engage with key partners (Munster Tennis, Tennis Ireland, local community facilities)

PLAN - Plan & agree suitable programme including; timelines, capacity, equipment, duration, delivery method & participation pathways.

PROMOTE - Develop a marketing campaign to create awareness & recruit participants including; targeted social media campaigns, PR, email & word of mouth through CSP networks.

PILOT - 6 weekly coach led sessions in community court with 2 groups of participants.

REVIEW - Review pilot programme with participants & key partners.

REENGAGE - Reengage with participants on next steps & pathways for continued participation. Reengage with partners to adjust & scale project to additional facilities in 2021.

OUTPUTS

16 PARTICIPANTS

2 groups of 8 women took part in the pilot programme in Enniskeane Community Tennis Courts. Numbers were restricted to ensure adherence to public health guidelines.

2 PARTNERS

The programme was supported by Munster Tennis and Tennis Ireland.

6 WEEK PROGRAMME

The programme was designed to progressively introduce participants to the basics of tennis over 6 weeks.

20 RACQUETS

As part of programme, CSP & Tennis Ireland provided playing equipment for participants to use as part of the programme.

1 SOCIAL TENNIS GROUP

As a result of the programme, participants are meeting up outside of the programme to play tennis during the week.



OUTCOMES

- Increased opportunity for physical activity despite COVID-19 restrictions.
- Increased opportunity for women in Cork to play tennis.
- Increased engagement between CSP & local communities.
- Increased awareness of CSP programmes.
- Participation pathways developed through social tennis.
- Strategic development of tennis in community setting.
- Increased promotion of local amenities.
- Stronger working relationships between partners.

FEEDBACK

"We can't wait to get back in action in January!"

"Really enjoyed the sessions! It is comforting knowing I am starting to learn tennis with others who are starting too".

"Great fun, we have a great group and the coach was brilliant".

"Looking forward to seeing the group again & getting back playing".

Programme participants, Enniskeane



STARTBOX AT HOME

IRISH ATHLETIC BOXING ASSOCIATION
BOXING STARTS HERE



STARTBOX AT HOME PROGRAMME

WHY?

To introduce children to the sport of boxing through interactive online boxing and skipping sessions in a fun and supportive environment.

AIMS



- To coordinate a pilot online StartBox programme for families in Cork City.
- To provide a new physical activity opportunity for families in their homes during COVID-19 restrictions.
- To provide quality instructor led boxing & skipping sessions appropriate for beginners.
- To promote boxing as a form of physical activity.
- To provide additional opportunities for continued participation in boxing after the programme.

IMPLEMENTATION STEPS

ENGAGE - Identify & engage with key partners (Irish Amateur Boxing Association (IABA), Cork City Partnership (CCP))

PLAN - Plan & agree suitable programme including; timelines, capacity, essential equipment, duration, delivery method & recording of content.

PROMOTE - Develop a marketing campaign to recruit participants through partners including; targeted social media campaigns, leaflet drops, email & word of mouth through partner networks.

PILOT - Organise delivery of packs to CCP for distribution to local families registered. Coordinate distribution of pre-recorded boxing & skipping sessions to families weekly via email & text. Ongoing support to families over the 4-week programme.

REVIEW - Review pilot with participants & key partners.

REENGAGE - Reengage with participants & partners on possible next steps & pathways for continued participation & expansion.

OUTPUTS

50 PARTICIPANTS

30 families from the northside of Cork City registered to take part in the programme with 50 children.

2 PARTNERS

The programme was developed in conjunction with Irish Amateur Boxing Association & Cork City Partnership.

4 WEEK PROGRAMME

The programme was designed to progressively introduce participants to the basics of boxing & skipping over 4 weeks.

30 PACKS

30 packs were distributed to families on the northside of Cork City which included; drawstring bag | Start Box manual, skipping rope, water bottle & fun goodies

17 INTERACTIVE SESSIONS

The Startbox At Home Programme programme consisted of 17 interactive sessions including 11 IABA boxing specific videos & 12 skipping 'exercise with me' tutorial videos.

OUTCOMES

- Increased opportunity for families living in disadvantaged areas to stay active during COVID-19 restrictions.
- Stronger working relationships between partners.
- Needs analysis completed to gauge demand for face to face StartBox programme.
- Pilot boxing programme completed despite restrictions.
- Improved engagement with disadvantaged communities in Cork City.

FEEDBACK

"It is great learning a new sport from home while also keeping us fit!"

"The kids are really enjoying the programme, they look forward to each new session every morning."

"Really fun programme, great to see the children getting involved and shadowing the exercises on our computer!"

"The mix of skipping and boxing skills is fab!"

'Feedback from families, Online StartBox programme'



CORK BIKE WEEK 2020



WHY?

To provide people of all ages and abilities a variety of cycling events and to create awareness of cycling as an enjoyable form of transport and physical activity in Cork City & County.

AIMS



- To coordinate 150+ public, club, community, workplace & school cycling events
- To increase awareness & use of local amenities, clubs & facilities.
- To engage with community & cycling stakeholders throughout Cork.
- To provide follow on opportunities for continued participation in cycling in conjunction with partners.
- To promote cycling as a form of physical activity & transport.
- To encourage cycling to work or school as a great way of building activity into daily routines.

IMPLEMENTATION STEPS

ENGAGE - Engage with Cork City Council & Cork County Council to draft Cork Bike Week application & submit to Department.

PLAN - Following approval, plan, agree & finalise available event support & funding for local events.

PROMOTE - Develop a marketing campaign to recruit clubs, schools, workplaces & other cycling organisations to organise events & get involved. Following confirmation of events, recruit participants to take part in events through; targeted social media campaigns, partner organisations, PR, email & word of mouth through relevant partner networks.

DELIVER - Support the delivery of local events throughout the week by providing branding, signage, goodies, personnel & ongoing promotional support.

REVIEW - Review events with participants & event organisers.

REENGAGE - Reengage with participants & partners regarding additional participation opportunities.

↑↑↑ OUTPUTS

7,536 PARTICIPANTS

7,536 people took the opportunity to take part in cycling events in a supportive and safe environment during Cork Bike Week 2020.

153 EVENTS

153 events were organised as part of this year's Cork Bike Week celebration despite COVID-19 restrictions.

74 EVENT ORGANISERS

74 different event organisers delivered events during Cork Bike Week 2020. This comprised of clubs, schools, community groups & organisations.

34 SCHOOLS

34 schools organised events as part of this year's celebration with 4,092 school participants. This represented 54% of the total participants taking part in Cork Bike Week 2020.

OUTCOMES

- Increased opportunity to stay active during COVID-19 restrictions.
- Stronger working relationships between partners & cycling stakeholders.
- Increased opportunity for cycling in Cork communities.
- Annual focal point for cycling in Cork.
- Improved capacity of local groups, schools, clubs & organisations to organise events.
- Increased awareness of cycling opportunities & amenities in Cork.

FEEDBACK

"It was a beautiful summers day which added to the joy and created much excitement around Bandon with people from 3 years of age to 90 years of age taking spins. It was so good to see everyone in such happy spirits and we want to thank you"

Bike Friendly Bandon

"Cork Bike Week is always very enjoyable and the highlight of the school year."

Gurraneasig National School

"From this successful bike week, we have now set up a Bike group known as the 'Peddlers Group' which now meet weekly at the youth centre in The Hut, Gurrana Braher."

Youth Work Cork

"The participants were particularly grateful to attend the workshop as they have so little available to them at the present with COVID-19 restrictions. The workshop was a lively experience with the larger group being split into 2 & facilitated separately. It was lovely to see the participants enjoying handling tools and parts & figuring out how to use them."

CoAction



EUROPEAN WEEK OF SPORT 2020 (EWOS)



WHY?

To provide people of all ages & abilities with the chance to take part in a variety of sport & physical activity opportunities to inspire the general public to live a more active lifestyle.

AIMS



- To plan, coordinate & deliver 20 participation events (online & face to face) in Cork during EWOS.
- To collaborate with National Governing Bodies and sporting stakeholders in Cork to maximise participation at each event while maintaining a safe environment
- To provide the general public with guidance, support and opportunities to remain physically active throughout and beyond EWOS.
- To introduce new activities in communities of Cork to assist increasing physical activity leading to improved health & wellbeing.



IMPLEMENTATION STEPS

ENGAGE - Engage with potential partners to draft provisional EWOS 2020 event schedule & submit to Sport Ireland.

PLAN - Following approval, plan, agree & finalise event schedule including; timelines, capacity, COVID-19 restrictions, duration & allocation of available event support & funding.

PROMOTE - Develop a marketing campaign to recruit participants to register for EWOS events 2020 including; targeted social media campaigns, partner organisations, PR, email & word of mouth through relevant partner networks.

DELIVER - Support the delivery of 20 local events throughout the week by providing branding, signage, goodies, personnel & ongoing promotional support.

REVIEW - Review events with participants & event organisers.

REENGAGE - Reengage with participants & partners regarding additional participation opportunities post EWOS.



OUTPUTS

1,275 PARTICIPANTS

1,275 people took part in Cork events organised as part of EWOS in 2020.

20 EVENTS

20 events were organised as part of this year's EWOS including 16 face to face events & 4 online events. Events included: 5 x orienteering, 2 x soccer, 3 x athletics, 3 x walking, 6 x physical activity & 1 inclusion webinar.

541 ORIENTEERS

541 people took part in 5 Orienteering events as part of the celebration. Events took place in Ballincollig, The Glen, Tramore Valley Park, Little Island & Saleen Woods.

100 WOMEN ON THE MOVE

100 women of all ages registered to take part in the free Women on the Move taster session over zoom as part of EWOS.

130 WEBINAR ATTENDEES

130 people attended webinars & online workshops as part of Cork EWOS events 2020. This included 110 people who attended the Athletics Sprint & Speed Webinar while another 20 people attended a Sports Inclusion workshop.



OUTCOMES

- Increased opportunity to stay active during COVID-19 restrictions.
- Strengthened working relationships between CSP & partners.
- Improved capacity of local groups, schools, clubs & organisations to organise events.
- Increased awareness of cycling opportunities & amenities in Cork.
- Increased visibility of sport & physical activity in Cork.
- Increased awareness of amenities in Cork.



FEEDBACK

'My family really enjoyed the orienteering events, we look forward to attending more!'

'This was such a lovely thing to do, Ballincollig Park is amazing and the team involved were so positive with the kids! Thank you, please do more of these things!'

'I took part with my grandkids, it was a great family event! Thank you'

'I really enjoyed playing the soccer and would love to do it again because I am so relaxed and fresh after playing it! It relieves a lot of stress & a lot of tension! I am feeling so light!'

Participant feedback from Cork EWOS events 2020



REBEL RUN A MILE CHALLENGE



WHY?

To support people with disabilities in disability services across Cork to increase their physical activity levels through a structured programme.

AIMS



- To plan, coordinate & deliver a structured couch to 1 mile walk to jog programme for all abilities.
- To work with key partners to develop a suitable sustainable programme model for services.
- To provide training to disability service staff on how to lead appropriate walk to jog sessions.
- To support service staff in the delivery of the programme within their services throughout COVID-19.
- To provide people with disabilities with guidance, support & opportunities to remain physically active throughout and beyond COVID-19 restrictions.
- To create and design resources to assist participants motivation and engagement with the programme.

IMPLEMENTATION STEPS

ENGAGE - Engage with disability services to gauge interest & capacity to get involved in the Rebel Run a Mile 2020.

PLAN - Plan & agree programme restructure to focus on capacity building of services to deliver the programme during COVID-19 restrictions including timelines, capacity, COVID-19 restrictions, training, duration & other required supports.

PROMOTE - Develop a marketing campaign to maximise awareness of the programme & sponsors Boston Scientific.

DELIVER - Provide training & resources for service staff to deliver the programme. Support the delivery of the end of programme one-mile challenge in multiple locations as well as providing branding, signage, medals, goodies & personnel for the event.

REVIEW - Review & evaluate the programme with service staff & participants.

REENGAGE - Reengage with partners regarding additional participation opportunities & next steps.

OUTPUTS

187 PARTICIPANTS

187 adults with disabilities took part in the Rebel Run a Mile Challenge in 2020.

31 TRAINED LEADERS

31 service staff received training as part of the new programme structure allowing for the continuation of the Rebel Run a Mile Challenge in 2020.

6 SERVICES

6 services for adults with disabilities supported the programme delivery for their participants. Services involved in 2020 included; Cope Foundation, Brothers of Charity, L'Arche Community, St.. Raphaels Youghal, CoAction West Cork & St. Josephs Foundation, Charleville

1 RESOURCE PACK

Each participant received a Rebel Run A Mile Training booklet which included: training programme, checklists, encouragement cues, warm up & cool down videos, a T-shirt & a certificate on completion.

FEEDBACK

"The excitement and delight to be part of a programme, you don't realise what this means after the lockdown, it's fantastic. Well done to the team in Cork Sports Partnership for the work in putting the programme & booklet together".

Teresa Forrest, St. Raphaels, Youghal

"Being part of the Rebel Run a Mile Programme is helping us to refocus on our physical and mental well being. We're feeling enthusiastic & motivated by the programme & happy to know that there are many others doing this as well".

Vivian O'Brien, L'Arche Day Service Co-Ordinator

"I like the Rebel Run, the walk and the exercise makes me feel good and I don't want to get fat. I am nervous of stairs & I did 30 steps today on the rebel run I can't wait for my medal".

Eoin Barry, Participant supported by The Brook Centre, BOC

"It is truly inspirational the work that goes into making this programme bigger and better every year. All at Boston Scientific have been delighted to support the programme ad cheer on the participants virtually this year".

Derrine Dwyer, Site Lead of LEAD (Leadership, Education & Allies for Disabilities) in Boston Scientific.

OUTCOMES

- Increased opportunity for people with disabilities to stay active during COVID-19 restrictions.
- Stronger working relationships between CSP & partners.
- Improved capacity of services to deliver physical activity programmes.
- Increased engagement with disability services.
- A revised model of programme delivery for disability services.



PROJECT WEIGHTLOSS (PWL)

WHY?

To provide an opportunity for inactive & sedentary people to experience exercise, appropriate to their ability & needs in a supervised & structured setting using exercise professionals (PWL Leaders).

AIMS



- To collaborate with partners to further develop & adapt the PWL programme.
- To plan, coordinate & deliver PWL programmes in Community facilities in Cork.
- To empower PWL participants to focus on the areas of their everyday lives and activities which can be changed to bring about improved health and fitness.
- To provide training & support to exercise professionals on how to deliver the PWL programme in a community setting.

IMPLEMENTATION STEPS

ENGAGE - Engage with partners to draft provisional PWL programme schedule & support requirements. submit to Sport Ireland.

PLAN - Plan, agree & finalise PWL schedule including; timelines, capacity, COVID-19 restrictions, duration, booking facilities, allocating tutors/leaders & suitable delivery mechanism throughout COVID-19.

PROMOTE - Develop a marketing campaign to recruit suitable participants to register & take part in PWL for 2020 including; targeted social media campaigns, PR, email & targeted communication through relevant partner networks.

DELIVER - Support the delivery of the 12 week PWL programmes in local communities & online.

REVIEW - Review with participants, leaders & partners.

REENGAGE - Reengage with participants, leaders & partners regarding future phases of the programme.

OUTPUTS

68 PARTICIPANTS

68 adults took part in Project Weightloss in Cork in 2020.

4 PARTNERS

This programme was developed as a collaboration between Cork Sports Partnership, HSE Health Promotion & Improvement Division, HSE Community Dietitians & LeisureWorld Cork. The programme is funded by the Government of Ireland through the slaintecare Integration Fund & delivered under the WellComm Active Initiative.

12 PROGRAMMES

CSP coordinated 12 PWL programmes for Cork in 2020.

10 COMMUNITY VENUES

Project Weightloss was run in 10 community facilities in 2020 including; Ballintotis Community Centre, Beara Fitness - Castletownbere, B.E.D.A. Hall - Ballineen, Mercy Centre - Mallow, Carrigaline Community Complex, Riverstick Community Centre, Farranree Community Centre, The Glen Resource Centre, Bantry Boy's Club, & Pilates & Fitness Beara, Castletownbere

OUTCOMES

- Increased opportunities for adults to stay active in their local community.
- Improved lifestyle & regular exercise leading to reduced weight for at-risk adult cohort.
- Education around healthy eating, exercising, behaviour change & motivation.
- Strategic approach to the development of at-risk adult support programme.
- Collaboration between partner organisations. Increased use of local community facilities.

FEEDBACK

'The classes steered me to regularize my exercise regime again. I had missed this structure since I retired, 3 years ago. My fitness level has improved greatly.

John O Neill - Farranree Participant

'After several false starts, I stumbled upon the Project Weight Loss group one night & thought I'd give it a try. I signed up & before I knew it I was committed & on my way down to the Community Centre in Carrigaline. That 1st Wednesday morning, I was really nervous & wasn't sure if I would be able to do it - but Cathy & the other girls were brilliant & my nervousness disappeared & I felt so comfortable and part of the group pretty much instantly.

Charlotte - Carrigaline Participant

'I loved the 12 weeks with Sandra! Especially with all the restrictions & lockdowns Sandra made the classes a fun & positive little bubble. Everything was made seem so achievable. I really looked forward to the classes & the little messages sent were very motivating. Unlike the first lockdown I lost weight on this one rather than gaining weight. More importantly I feel fitter & more confident.

Sarah - The Glen Participant



STAYING FIT FOR THE FUTURE



WHY?

To provide older adults with a structured physical activity programme to improve strength and balance as well as their general aerobic fitness.

AIMS



- To plan, coordinate & deliver Staying Fit for the Future programmes in community facilities in Cork.
- To collaborate with HSE physios & partners to develop a suitable programme of activity for older adults.
- To provide older adults with access to additional opportunities to get active in a supportive environment.
- To provide older adults with guidance, support & opportunities to remain physically active throughout and beyond COVID-19.
- To introduce new activities in communities of Cork to assist increasing physical activity leading to improve health & wellbeing.

IMPLEMENTATION STEPS

ENGAGE - Engage with programme partners to draft provisional Staying Fit for the Future programme schedule in the 11 Cork community health networks.

PLAN - Plan, agree & finalise programme schedule including; timelines, capacity, venues, COVID-19 restrictions, duration & required funding.

PROMOTE - Develop a marketing campaign to recruit participants to register for the programmes including; partner organisations, PR, email, word of mouth through relevant partner networks as well as targeted social media campaigns.

DELIVER - Coordinate the delivery of programmes including; assigning CSP tutor, liaising with facilities & participants throughout the 12 weeks.

REVIEW - Review programmes with participants & tutors.

REENGAGE - Reengage with participants & partners regarding additional phases of the rollout.

↑↑↑ OUTPUTS

428 PARTICIPANTS PRE LOCKDOWN

428 older adults aged 65+ years took part in 29 programmes in early 2020 before COVID-19 restrictions came into force.

24 LOCATIONS PRE LOCKDOWN

24 community facilities hosted 29 Staying Fit for the Future programmes in Q1 2020.

306 PARTICIPANTS POST LOCKDOWN 1

306 older adults aged 65+ years returned to 25 face to face programmes in September 2020.

21 LOCATIONS POST LOCKDOWN 1

21 community facilities hosted 25 Staying Fit for the Future programmes in Q3 2020 before level 5 restrictions.

168 PARTICIPANTS LEVEL 5 RESTRICTIONS: Q3/20

168 older adults transitioned to online programmes as part face to face programmes in September 2020.

11 CSP TUTORS

11 CSP tutors delivered Staying Fit for the Future with CSP in 2020.

👤 OUTCOMES

- Increased opportunities for older adults to stay active in their local community.
- Strategic approach to the development of older adult support programmes.
- Collaboration between CSP, HSE Health Promotion & Improvement Division & Cork Physiotherapy Department.
- Increased use of local community facilities

💬 FEEDBACK

I found the programme was excellent for flexibility and fitness. Great for balance also. Really missed the social aspect during the lock down as we encouraged each other to do more than you would on your own.

Eleanor - Staying Fit for the Future participant, Durrus

Deirdre's exercise zoom classes have motivated me to exercise more. Her routines are gentle yet very effective. She is an excellent instructor. I look forward to Deirdre's class & the weekly interaction with the group is important during this time.

Martina - Staying Fit for the Future participant Durrus.

It's been really great to continue the class on Zoom, both physically and mentally. Keeps the joints moving, keeps reminding me how I should move during week (simple exercises whilst getting on with daily tasks and routines) and is always light, at my own pace and fun.

Claire - Staying Fit for the Future participant Durrus.



CISPHEIL NA MBUNSCOIL



WHY? To provide primary school children with the opportunity to play & enjoy basketball in a supportive setting.

AIMS



- To coordinate a multi venue Basketball event for primary schools in Cork.
- To raise awareness of basketball in Cork City & County.
- To promote physical activity & a balanced life style in primary school children.
- To provide pathways for progression for each participant who is interested in playing basketball regardless of demographic, disability or geographical location.
- To help establish & develop strong links between schools & clubs.

IMPLEMENTATION STEPS

- ENGAGE** - Identify & engage with key partners (Internal CSP team, Basketball Ireland, Cork Basketball Boards)
- PLAN** - Plan & agree suitable event plan including; dates, times, venues, capacity, TY volunteers, referees, table officials.
- PROMOTE** - Create a marketing campaign to recruit schools to register for the event. This included; targeted email & social media campaigns.
- DELIVER** - Organise a Intro Coaching Course for volunteers. Draft fixtures & assign schools to venues. Assign roles to volunteers & TY coaches. Send schools event packs outlining each day. Support volunteers to run games at the 3 venues.
- REVIEW** - Review & evaluate event with all stakeholders.
- REENGAGE** - Reengage with schools on next steps & pathways for continued participation. Reengage with partners for future initiatives to increase participation.

OUTCOMES

- Increased opportunity for playing basketball in schools.
- Established annual calendar of basketball for Cork schools.
- Over 2,500 children from Cork schools playing basketball as part the event.
- Improved pathways for continued participation.
- Increased membership in Cork clubs.
- Increased use of facilities in Cork City during off-peak hours.
- Improved relationships between Cork clubs & schools.
- More children active through the sport of basketball.

OUTPUTS

2,508 PARTICIPANTS

2,508 children took part in Cispheil na mBunscoil 2020. Children between the ages of 8-12 (3rd - 6th Class) took part in the event. Gender participation ratio was 60% male & 40% female.

5 PARTNERS

The events were supported by Basketball Ireland, Cork Men's Basketball Board, Cork Referees, Table Officials, Post Primary Schools Basketball Committee

121 PRIMARY SCHOOLS

121 primary schools from Cork City and County took part in Cispheil na mBunscoil 2020.

209 TEAMS

209 teams toggged out to play at least 4 games each during the week long event.

55 CHILDREN WITH DISABILITIES

55 children with disabilities took part in Cispheil na mBunscoil 2020.

3 COMMUNITY FACILITIES

3 Community facilities hosted events as part of Cispheil na mBunscoil 2020 namely; Neptune Stadium, Parochial Hall & Fr Matthews Arena.

FEEDBACK

"Clondrohid NS had a great time in the Parochial Hall yesterday, everything ran very efficiently. Many thanks".

'Jim Lucey, Principal, Clondrohid National School

"A big WELL DONE to you and your team for organising such a wonderful event"

'Eamonn O Ceallaigh, Teacher, Gaelscoil na Duglaise



ATHLETICS WEBINAR SERIES

WHY?

To provide coaches, parents & volunteers with the opportunity to upskill remotely during the COVID-19 pandemic.

AIMS



- To coordinate an online sports seminar series with expert speakers.
- To continue the momentum that the postponed CIT Sports Seminar Series had gathered.
- To provide educational opportunities for the local Cork Athletics Community.
- To establish an online sports webinar series.
- Explore topics that we have not held talks on before.

IMPLEMENTATION STEPS

- ENGAGE** - Identify & engage with key partners (Internal CSP team, Athletics Ireland, Cork Athletics & Cork Institute of Technology.)
- PLAN** - Plan & agree on a suitable webinar series plan including; dates, times, capacity, speakers, delivery platform.
- PROMOTE** - Create a marketing campaign to recruit coaches, parents & volunteers to register for the webinars. This included; targeted email & social media campaigns.
- DELIVER** - Deliver 1 webinar per month throughout the pandemic starting in September. Coordinate a Q&A after each webinar.
- REVIEW** - Review & evaluate each webinar by gathering feedback from participants & partners.
- REENGAGE** - Reengage with partners to plan for additional phases of the webinar / seminar series.

OUTPUTS

314 ATTENDEES

A total of 314 people attended the webinar series.

4 PARTNERS

The series was developed by Cork Sports Partnership, Athletics Ireland, CIT Athletics Club & Cork Athletics.

3 TOPICS

3 unique topics were identified for this series. Endurance Running, Sprints & Speed, Cross Country Training.

100 BIGGEST WEBINAR

100 people attended the Cross Country Training webinar with Steven Macklin. Steven is currently Head Endurance Coach at the Aspire Academy Qatar.

OUTCOMES

- More education opportunities for the Athletics Community.
- A suitable replacement for the postponed CIT Sports Seminar Series due to COVID-19.
- Better educated athletes, coaches & volunteers operating in Cork Sport.
- Increased networking opportunities for coaches & volunteers.
- Potential to host more webinars in 2021.
- Increased awareness of the importance of education even during pandemic times for athletes, coaches & volunteers

FEEDBACK

"Thanks Craig, I wasn't sure how well a talk like this would work online. This webinar completely changed my mind, great insight from start to finish"

"I found it very interesting . The questions about the kids 9-14 years and their training were excellent"

"Excellent presentation by Steve and great advice for both athletes and coaches. Many thanks to Steve and to Grace & Craig for making it happen"

"Go raibh maith agaibh Craig agus Grace. This is all very useful and most appreciated. Mo bhúiochas."

"I participated in last night' "zoom" seminar and I found it really good and, Steven really gave a lot of insightful insights and information on various aspects of athletics. He also gets he's message across easily. Well done to, you, also for adding value to the talk at the end by, asking really good questions and providing a further medium for Steve to share his expertise. Thanks a million for organising it."

Webinar attendees 2020

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