



# WellComm Active

ACTIVE COMMUNITIES ARE WELL COMMUNITIES



For more information on the **WellComm Active** initiative please visit our website:

[www.CorkSports.ie/WellCommActive](http://www.CorkSports.ie/WellCommActive)

WellComm Active Support Line  
**086 1409 225**

For programme referrals, group bookings or further information, please contact:

Eoin Kaar, Project Lead, WellComm Active:  
[WellCommActive@CorkSports.ie](mailto:WellCommActive@CorkSports.ie)

[www.CorkSports.ie/WellCommActive](http://www.CorkSports.ie/WellCommActive)



## Take control of your Health

See inside for Healthy Eating Active Living programmes



Rialtas na hÉireann  
Government of Ireland



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## WellComm Active - Active Communities are Well Communities

WellComm Active is a community health and well-being initiative running across Cork City and County. The aim of the initiative is to support better health and increased physical activity levels among key populations in Cork.

The initiative will focus on programmes that support healthy eating and active living and encourage people to live independently in their own communities for as long as possible.

The initiative is coordinated by Cork Sports Partnership, supported by the Cork Kerry Community Healthcare Team and funded through the Government of Ireland's Sláintecare Integration Fund.



The programmes that will be delivered as part of the initiative are:

### Staying Fit for the Future with Better Balance Better Bones



- » 8-12 week adult & older adult physical activity programme
- » Improve balance, flexibility, strength and range of movement
- » Devised by HSE Physiotherapists
- » Delivered by skilled Cork Sports Partnership tutors

### Healthy Food Made Easy



- » 6 week peer-led nutrition & cookery course
- » Devised by HSE Community Dietitians
- » Make affordable, healthier choices when shopping, cooking & eating. Reduce diet related conditions
- » Weekly theory & cookery session

## Project Weightloss



- » 12 week exercise intervention for overweight & inactive adults
- » Programme devised by HSE
- » Appropriate exercise for your ability & needs
- » Lose weight in a safe, controlled and healthy manner
- » Low impact exercise sessions twice each week

## Made2Move



- » 10 week physical activity programme for inactive adults
- » MoveMentors coaching and motivating MoveMentees
- » Aim to reach recommended physical activity levels of 150 minutes per week
- » Maintain physical activity as a long term habit

## WellComm Active Support Line [086 1409 225]



This is an over the phone service for ADULTS providing advice around Healthy Eating Active Living (HEAL) and the programmes being rolled out as part of the WellComm Active Initiative.

Callers can find out about resources currently available online and offline via Cork Sports Partnership as well as other local supports.

The advice provided is compiled from 3 main sources:

- » HSE Public Health Guidelines (*Physical Activity*)
- » CSP Keep Cork Active Document
- » WellComm Active Programmes

