



Cork City
Sports Partnership
Comhpháirtíocht Spóirt
Chathair Chorcaí

CORK CITY SPORTS PARTNERSHIP

Strategic Plan

May 2009

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This plan has been prepared for Cork City Sports Partnership assisted by:

Atlantic Sports Management & Training (ASMT)

www.atlanticsport.ie

Message from Chairperson, Cork City Sports Partnership

The Board of the Cork City Sports Partnership support this action plan to increase participation in sport in Cork City and as Chairman I am especially proud of all the time and work that the Board members have put into the preparation of this document. As a people in Cork we have a long sporting tradition – we define ourselves in sporting terms. Even within the smallest communities, the local club serves as a focal point and strengthens community bonds and unity.

We hope to achieve our goals by strengthening the capacity of clubs and organisations, lowering the barriers to participation, targeting disadvantaged and marginalized groups and providing education and training. Sporting participation and success have a ripple effect of breeding success in many other areas of life. The power and passion of sporting involvement and achievement can animate the community and impact physical, social and psychological well being. This plan is designed to bring more people into sport.

I wish to complement the Sports Partnership on its excellent work to date.

Cllr Tim Brosnan

Message from Chief Executive Officer, Irish Sports Council

The Irish Sports Council has produced three strategies and its fourth strategy will shortly be published. Central to the strategies has been the importance of establishing a sustainable national structure for local sports development to increase and then maintain levels of sports participation.

The Irish Sports Council considers the strategic planning process to be an essential step in the development of Local Sports Partnerships. This step can bring many benefits such as matching the needs of the local communities to the priorities of the partnership. It is then possible to quantify the resources required effectively to achieve these priorities and answer local needs. This ensures that the plan can be a working document, which will show results over its lifetime.

This is the first strategy of the Cork City Sports Partnership. It aims to build on the excellent start the Partnership has made since its establishment in early 2008 and will help to ensure that Cork City Sports Partnership grows in strength and continues to be the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond.

This document is the final product of an intensive process of examination, evaluation, consultation and discussion in the future direction of the Partnership. I would like to thank all those who contributed to the strategy process and I wish everybody involved in the Cork City Sports Partnership all the best for the future.

John Treacy

Message from Cork City Sports Co-Ordinator

As Co-ordinator of the Cork City Sports Partnership, it gives me great pleasure to present the first Strategic Plan for sports development in Cork City. Over the past 18 months Cork City Sports Partnership has made significant progress in the development of sport locally, through the roll out of national and local participation programmes, training and education, funding support and research reports. Over the next four years we aim to replicate the work that is already being done by the national network of Local Sports Partnerships as well as addressing specific needs and issues local to Cork City.

I would like to thank all who were involved with the development of this strategy. I would also like to thank John Treacy and the staff of the Irish Sports Council for their guidance and advice. Finally I would like to thank Morgan Buckley and the staff of ASMT for their guidance and expertise throughout the process.

I am looking forward to the implementation of the plan over the next four years.

Eithne Lydon

Members Of The Cork City Sports Partnership

The members of the Partnership and who are committed to increasing participation in sport and physical activity in Cork City are:

<p>An Garda Siochana</p> 	<p>Cork Sportsability Forum</p>
<p>Cork City Council</p> 	<p>Cork Sports Forum</p>
<p>Cork City Development Board</p> 	<p>Foras Áiseanna Saothair</p> 
<p>City of Cork Vocational Education Committee</p> 	<p>Health Services Executive</p> 
<p>Cork Institute of Technology</p> 	<p>University College Cork</p> 

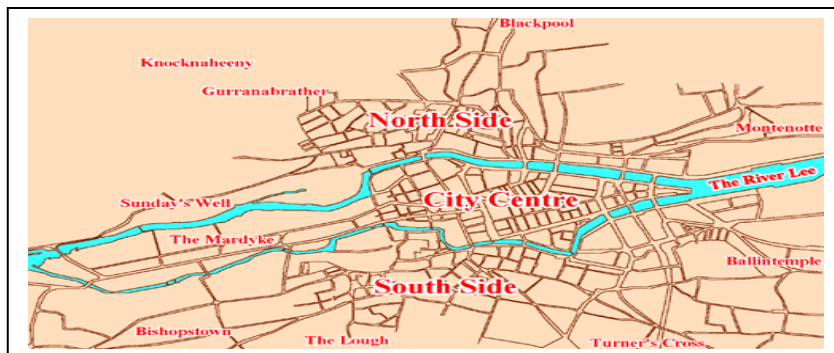
Cork - A Vibrant Active Sporting City

Cork is a vibrant, sporting city – with a great network of facilities, clubs and opportunities for people to be involved in sport and physical activity. More so than ever there is a great demand and interest from people of all ages to be physically active and to play, participate and enjoy sport.

Cork City Sports Partnership was established in 2007 to co-ordinate the development of and participation in sport and physical activity in Cork City. The Partnership has representatives from a variety of sporting, community and local agencies in Cork (see Appendix 1). We are closely aligned to and supported by the Irish Sports Council. The role of the ISC is to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland and the ISC views the LSP network as a means to developing and delivering sport and physical activity at a local level. This strategic plan will span the next four years 2009 – 2012 and outlines the key approach to how the Sports Partnership will increase participation in sport and physical activity in Cork City. Cork City aims to take a targeted approach to the development of sport and physical activity in the city.

This strategy has been prepared and will be implemented with consideration to a number of national research studies carried out in recent years, a review of the Local Sports Partnerships, and other strategies (local and national) which have implications for sports development in Cork. We consulted widely with the members of the Partnership, the sporting sector (RDOs and local clubs), facility operators and agencies to identify their views on sport and physical activity and how we can work together to increase the quality and level of participation in the City. We completed an on-line survey to identify the needs of sport clubs and groups. We believe that everyone in Cork City has the right to participate in sport and physical activity. In particular we look to encourage increases in levels of participation amongst specific target groups: children, older people, girls and women, people with disabilities and those who live in identified socially excluded communities. This work is carried out in many different and diverse settings such as preschools, schools and colleges, clubs, community groups and workplaces.

The focus of the Partnership will be to facilitate and deliver quality training and programmes and to promote sport and physical activity in Cork City, in particular in the 4 RAPID areas in the city. The population of Cork is approximately 119,418 having declined by 2.96% since the 2002 census. A detailed profile of the City and trends are outlined in Appendix 4.



Social Inclusion Focus

'Imagine Our Future' the Cork City Development Board's (CDB) integrated strategy for economic, social and cultural development, was prepared for the years 2002 to 2012. It seeks to improve the quality of life for all citizens and to tackle the causes of social exclusion. The vision of the Strategy is: "Cork, a beautiful and friendly city by the Lee, is globally competitive and has a rich quality of life that embraces diversity of culture, provides equality of opportunity for all, and represents an ethos of dynamism, excellence and high quality". The Cork City Sports Partnership is committed to playing its role making Cork a great place to live in.

Context

The Irish Sports Council has established a National Network of 33 Local Sports Partnerships (LSPs) to promote participation in sport at a local level. The three main functions of the LSPs are: -

- Information - establish a consultative forum, initiate research, compile a sports directory and database, and identify needs and resources to form the basis of local planning
- Education - provide quality opportunities for education and training at local level, provide training courses targeting volunteers, and provide access to sport specific courses through the national governing bodies (NGBs) of sport
- Implementation - develop a strategic plan for local sport, appoint a professional administrator, secure related support services, select participation programmes for LSPs modified to suit local needs, increase the impact of national programmes delivered locally, market and promote sport

The general aims of the LSP are to increase participation in sport, and to ensure that local resources are used to best effect. Some of the outcomes we seek are:

- Club development
- Volunteer training
- Enhanced planning of sport at local level
- Local directories of sports bodies & facilities
- School, club, community and national governing body (NGB) links
- Increased levels of local participation, especially amongst specific target groups such as older people, girls & women, people with disabilities, unemployed people, and those who live in identified disadvantaged communities

Membership of the Local Sport Partnerships

The Cork City Sports Partnership is established as a substructure of the Cork City Development Board with its priorities decided in consultation with its constituent members. This structure will also ensure that all funding made available to the CCSP can be dedicated solely to work in the sports sector. The Board of the CCSP is made up of representatives of those agencies regarded as key influencers in local sports development. In Cork we have two LSP's based on the Local Authority areas. The City and County Sports Partnerships who have committed to working together to reach their common aims and goals. All those statutory bodies, organisations and groups operating in local areas with a responsibility for or interest in sports development participate in the Partnership. The Partnership includes: Cork City Council, the Cork City Vocational Education Committees (VEC), the Health Service Executive (HSE), FÁS, An Garda Síochána, University College Cork, Cork Institute of Technology, the Cork Sports Forum, and The Sportsability Forum both of which include representatives from clubs, national governing bodies (NGBs) and community groups. The members of the Partnership are listed in Appendix 1. The Cork City Sports Partnership has established and will work closely with the Sports Consultative Forum which will represent the views of all local groups.

PRIORITY ISSUES, NEEDS OF CORK CITY AGENCIES, SPORTS CLUBS AND SECTOR

In developing the plan we consulted widely with members of the Partnership, the Sports Forum, NGBs, Leisure Facility Operators, Community Groups and clubs to establish the key issues and priorities which the Cork City Sports Partnership should focus on:

- Increasing participation in social inclusion areas. Previous studies by the Irish Sports Council and the ERSI have shown the lower levels of participation in sport from those from disadvantaged areas ...therefore the full benefits of sport are not being realised by those from a disadvantaged background.
- Providing a forum and framework for the members of the Partnership to work together to promote and increase participation in sport and physical activity.
- Working with the HSE, leisure facility operators and community groups to promote and deliver targeted programmes and services to the community which can increase and sustain participation in physical activity.
- Completing a detailed audit of existing programmes, opportunities and then promoting these opportunities to the community through our website and members.
- Working with the sports sectors – clubs, NGBs and their development officers to improve and strengthen the operating of the clubs, grow participations and promote sport
- Training teachers on the delivery of the Buntús programmes in primary schools.
- Providing training for club officials, volunteers, coaches, parents and participants on how they can improve the operation of their clubs and services
- Creating better links and pathways between school, clubs and the community – in line with best practice guidelines and the LISPA (Life-long Involvement in Sports and Physical Activity) framework
- Making best use of existing facilities and resources – although it should be noted that the Cork City Sports Partnership has no role to play in funding or operating sports facilities
- Providing information and support to groups and clubs with the planning and development of their facilities.
- Working to support the integration of the different ethnic communities living in Cork into the sporting fabric of the city.

Increasing Participation In Sport & Physical Activity In Cork City

Our vision is through the collective work of the membership and activities of the Cork City Sports Partnership that we create a vibrant, active city where people can participate in sport and physical activity of their choice.

This means:

- We want Cork City to be a place where everyone has the opportunity to be involved in a sport and physical activity of their choice.
- That a priority will be on increasing participation in RAPID and other disadvantaged areas
- We see great benefit and we will encourage people - especially younger people who are not already doing so - to become involved in sport and physical activity.
- We will target our programmes and resources and make them available to groups and communities in key priority areas.
- We want to create sustainable models of delivery and ensure that people can remain involved in sport and physical activity.
- Increasing participation and providing opportunities for the community to enjoy and be involved in quality, sustainable sporting and physical activity programmes in Cork City.
- Encouraging clubs to support kids and adults who don't normally access sporting activities

Role of The Cork City Sports Partnership

In summary our role is to:

- Promote participation in sport, physical activity and wellness in Cork City.
- Identify people who would like to participate in sport and physical activity in Cork City, especially in disadvantaged areas.
- Actively engage and work with people across the city with a special focus on social inclusion, integration programmes and services.
- Prioritise people who are not already involved in sport and physically active.
- Establish the best way for these people to participate and who is best placed to support them and encourage them.
- Create strong partnerships and agreements with sport, agencies, community groups, facility operators and education to deliver programmes and services.
- Facilitate training and recruitment of coaches, leaders, volunteers to deliver sport and physical activity.
- Provide information for the people of Cork City on where and how they can be involved in and participate in sport and physical activity in the city.
- Work closely with the Irish Sports Council to implement agreed programmes and services supported by the Council.

What We Will Do And How We Will Measure This

Our goals and targets are:

Area	Goal	Indicators	Targets
Participation	Increase participation in sport and physical activity in the City.	Levels of participation in Cork City by: <ul style="list-style-type: none"> ▪ Young people, teenagers ▪ Adults, older people ▪ People from target communities. ▪ Integration 	<ul style="list-style-type: none"> ▪ Young people in the community in regular sport and physical activity. ▪ Adults involved in regular sport and physical activity from all relevant communities ▪ Increase in new people taking part in sport and physical activity.
Training	Train teachers, leaders and local people and groups who can participate in sport and physical activity in Cork City.	<ul style="list-style-type: none"> ▪ Numbers trained and participating in Cork City SP courses. 	<ul style="list-style-type: none"> ▪ Number of attendances per year (500) ▪ Number of courses per year delivered (40)
Programmes	Facilitate and deliver quality, sustainable sport, physical activity programmes and training to the community.	<ul style="list-style-type: none"> ▪ Participation in sport and physical activity programmes in the City operated by the Council, schools, health, facility operators and sporting clubs. 	<ul style="list-style-type: none"> ▪ Number of programmes operational across the city (20) ▪ Number of clubs in the city offering opportunities for people to play sport and be physically active (80)
Promotion	Promote and raise the profile of sport, physical activity and the Partnership.	<ul style="list-style-type: none"> ▪ Profile of the Partnership – sport and physical activity in Cork City. 	<ul style="list-style-type: none"> ▪ Excellent website (hits and awareness). ▪ Engagement with % of sports clubs. ▪ Every agency involved. ▪ Number of articles annually (12)
Leadership	Ensure effective leadership and management of the Partnership	<ul style="list-style-type: none"> ▪ Impact and effectiveness of the Partnership. ▪ Investment in sport and physical activity in the city. 	<ul style="list-style-type: none"> ▪ Well led and managed (internal assessment). ▪ Amount of investment in sport and physical activity in Cork City.

- We will use a number of tools to track and assess our performance using the ISC SPEAK system – and ERSI sports monitor and internal tools and programmes to track performance.
- We will establish research projects with our members where possible.
- We will look to benchmark our performance against national research and the other LSPs.

Cork City Sports Partnership Programmes and Services

The key to our success is our ability to facilitate and work in partnership with the members of the Partnership and wider education sector, sporting clubs and groups and local communities to deliver quality training and programmes which will encourage and support people to be involved in sport and physical activity. The initial range of training and programmes which we will co-ordinate and facilitate the delivery of are listed below. There is work to be done to investigate the demand for each of these programmes, identify other services and training on offer in the community and to ensure that they are sustainable.

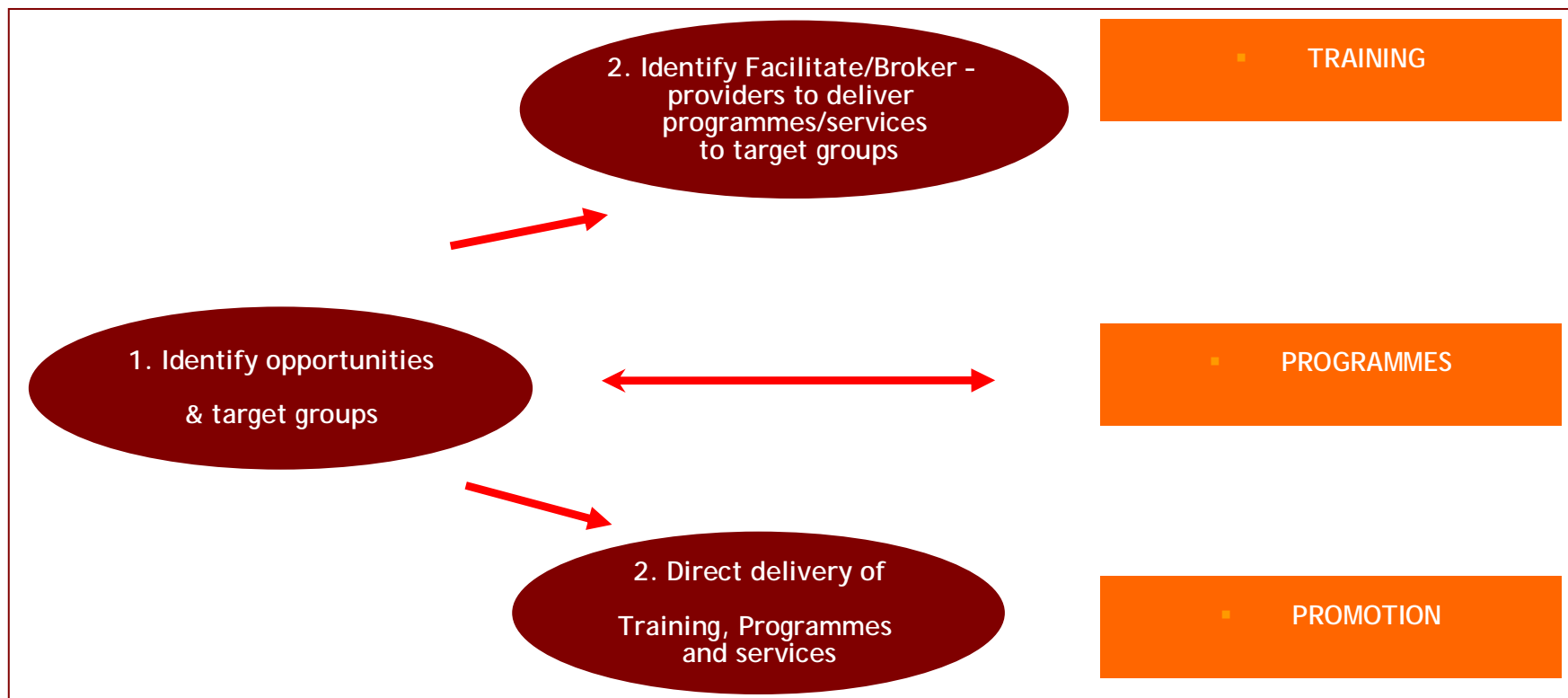
Area	Training/Programmes/Projects	Lead Responsibility
1. Schools Training & Development Programmes	1.1 Buntús Start	CCSP
	1.2 Buntús Generic	CCSP
	1.3 Buntús Sports Specific Programmes	NGBs and CCSP
2. Sport Training & Development Programmes	2.1 Club Development	CCSP
	2.2 Code of Ethics Training	CCSP
	2.3 Sports Grants	Cork City Council – CCSP
	2.4 First Aid	CCSP
	2.5 Lucozade Sport Education Programme	Coaching Ireland
	2.6 NGB Sports Specific Community Programmes	NGBs
	2.7 Park Tennis Program	Cork Parks Tennis – CCC/FAS/VEC
	2.8 Late night sports programmes / sport for disadvantaged youth	Cork City Council – NGBs / CCSP/ An Garda Síochána
	2.9 SAQ	CCSP
	2.10 CE FAS Programmes	FAS – NGBs
3. Community Training & Development Programmes	3.1 Active Leadership training Programme	CCSP
	3.2 Go For Life	HSE – Go For Life
	3.3 PALs Training	HSE – Go For Life
	3.4 Sportsfest for Older People	HSE/CCSP
	3.5 Glen Resource Programmes	Glen Resource Centre/ An Garda Síochána
	3.6 Adapted Physical Activity Programmes	CCSP/SIDO/Sportability Forum
	3.7 Partnership with Leisure Facility Operators	Leisure Operators
	3.8 Leisure Facility Holiday Camps	Facility Operators
	3.9 Meet & Train	CCSP
	3.10 Active 8	Glen Resource Centre/HSE
	3.11 Cork City Marathon	Cork City Council
4. Cork City SP Leadership & Communications Programmes	4.1 Partnership Management	CCSP
	4.2 Management & Operations	CCSP
	4.3 Finance & Risk	CCSP
	4.4 Marketing and Communication	CCSP
	4.5 Website Management	CCSP

Note: A full audit of all programmes and opportunities in Cork City will be completed by the Sports Partnership.

How The Cork City Sports Partnership Operates

The model for how the Partnership will operate is:

- The Board of the Partnership is composed of lead agencies, sporting and community networks and will provide a forum to exchange ideas, information and leadership.
- The day to day operations are managed by the Co-ordinator in close association with Cork City Council.
- We will establish agreements with our member agencies, sporting clubs and organisations and local community groups to deliver quality, sustainable long term development programmes and activities to local communities.
- We will identify people who would like to be more active, play sport and be involved in targeted communities and areas in the city.
- We will develop the website and other effective ways of communication to promote sport and physical activity in Cork.
- We will provide investment for training, education and development of coaches, leaders, volunteers and teachers to assist them to deliver sport and physical activity.
- We will not get involved in the direct delivery of programmes and services where there is a member organisation or another group/organisation that is better placed and resourced to deliver these programmes and services.
- We will apply the principles of the LISPA model to increase participation in sport and physical activity (see Appendix 2).



Cork City Sports Partnership Priorities

The broad actions and time-frame to deliver on this strategic plan is:

Actions/projects	Timeframe	Outcome
1. Leadership		
1.1 Develop Cork City Sports Partnership strategic plan and annual plan and review this on annual basis.	2009-2012	Plans approved and updated
1.2 Ensure that Cork City Sports Partnership is well led and managed.	Annually	Effective operation of the CCSP
1.3 Liaise with and participate in Irish Sports Council training, networking and accountability initiatives.	Annually	Full engagement with the ISC
1.4 Establish agreements and ways of working with our key partners.	2009/2012	Agreements in place with members of the CCSP
1.5 Report to the Partnership and key stakeholders on our progress.	Ongoing	Annual report in progress
2. Training		
2.1 Deliver training to teachers, parents, coaches, administrators and local community groups.	2009 – 2012	Quality training delivered
3. Programmes		
3.1 Identify target communities and people who are not participating and would like to do so.	2009	Priorities agreed
3.2 Identify facilities and services available to the wider community in Cork City.	2009	Full scope of programmes and services in Cork identified
3.3 Implement and deliver programmes.	2009-2012	Programmes delivered by agencies and the CCSP
4. Promotion		
4.1 Develop and launch new website for Cork City Sports Partnership	2009	Key tool for promotion and providing information on programmes, events and activities.
4.2 Launch a successful communications initiative to brand, link and promote the Partnership with our members.	2009	Strong awareness of the CCSP by key groups
4.3 Raise the profile of sport, physical activity and the work of the Partnership – through our website, communications and newsletters	2009-2012	Increase participation in sport and physical activity
4.4 Communicate with our key stakeholders.	2009-2012	Ongoing communication with key partners and groups
4.5 Identify and track participants and who is involved in these programmes.	2009-2012	Research completed and information published on our website

We will take a focused approach to ensuring that we deliver services and programmes effectively. The next 4 years will be challenging and in many ways it is highly likely that there will be increased demand from the people of Cork to be involved in sport and physical activity. We will work with people involved in delivering sport and physical activity to see where we can assist them with training, promote their activities and programmes and facilitate the delivery of programmes where gaps are identified to priority groups and communities.

APPENDIX 1: CORK CITY LOCAL SPORTS PARTNERSHIP

Members of the Cork City Sports Partnership

Cllr Tim Brosnan, Chairman	Cork City Council - Councillor
Cllr John Buttimer	Cork City Council - Councillor
Cllr Michael O'Connell	Cork City Council - Councillor
Mr Tom Daly	Vocation Educational Committee (VEC)
Ms Patricia O'Mahony	Foras Áiseanna Saothair (FAS)
Ms Christene O'Donovan	University College Cork (UCC)
Insp Pat Lehane	An Garda Síochána
Ms Valerie O'Sullivan	Cork City Council – Director of Services
Ms Shirley O'Shea	Health Services Executive (HSE)
Mr Tom Walsh	City Development Board
Mr Noel Collins	Cork Institute of Technology (CIT)
Ms Sinéad Costello	Sportsability Forum
Ms Caroline Philpott	Sports Forum – Outdoor Sports
Mr Roy Watson	Sports Forum – Indoor Sports
Mr Bob Ryan	Sports Forum - GAA

APPENDIX 2: LISPA MODEL

We will apply the principles of the LISPA (Life Long Involvement in Sport and Physical Activity) model agreed by the Irish Sports Council and Coaching Ireland to promote participation in sport and activity.



APPENDIX 3: CONSULTATION - VIEWS AND KEY ISSUES

<p>Agencies (Cork City Council, HSE, VEC, 3rd Level)</p> <ul style="list-style-type: none"> ▪ Deliver a wide range of programmes ▪ Agree with broad direction of Partnership model ▪ Need to put agreements in place ▪ Partnership needs to find a way to track and record what they do ▪ Need to avoid duplication ▪ Joint branding and delivery opportunities ▪ Good website with common links critical <p>Recommendations</p> <ul style="list-style-type: none"> ▪ Focus on 1 -3 Partnerships which can work now ▪ Get standard agreements in place ▪ Working Group to establish way this will work 	<p>Sports RDOs</p> <ul style="list-style-type: none"> ▪ Want to work with LSP ▪ Access to training and information ▪ Will co-operate to promote programmes and activities ▪ Extensive links and networks across the city ▪ Looking for more members and participants <p>Recommendations</p> <ul style="list-style-type: none"> ▪ Ongoing meetings and networking ▪ Website to promote opportunities ▪ Invest in some projects to get joint branding ▪ Training programme for clubs and members ▪ Share expertise
<p>Sports Clubs – Forum</p> <ul style="list-style-type: none"> ▪ Access to information ▪ Help with facility development and reducing red tape ▪ Access to Cork City Council on a case by case basis ▪ Training on – running clubs, code of ethics, courses for coaches ▪ On-line completed survey to find out their priorities <p>Recommendations</p> <ul style="list-style-type: none"> ▪ Forum to meet x 2 annually ▪ Establish Cork City Sp website to promote sport and activity ▪ Calendar of events and activities ▪ Better promotion of CCSP 	

Views of Sports Clubs In Cork City

80 clubs were asked to complete an online survey to identify their views and priorities. 51 Sports completed the survey with the main points outlined below:

What is the main form of communication with members?						
Answer Options	Text	Email	Website	Club notice board	Newsletter	Letter
Number 1 Method	16	7	7	7	3	3
Number 2 Method	16	6	8	3	1	4
Number 3 Method	3	6	6	5	2	9
Number 4 Method	1	6	4	0	2	2

What are the main priorities for your club?			
Answer Options	High	Medium	Low
Accessing facilities	42.9% (3)	28.6% (2)	28.6% (2)
Developing existing facilities	53.3% (8)	20.0% (3)	26.7% (4)
Developing new facilities	71.4% (5)	14.3% (1)	14.3% (1)
Drawing down grant aid	27.3% (3)	45.5% (5)	27.3% (3)
Financial management	20.0% (1)	80.0% (4)	0.0% (0)
Increasing underage members	73.3% (11)	26.7% (4)	0.0% (0)
Increasing adult members	22.2% (2)	33.3% (3)	44.4% (4)
Increasing female participation	50.0% (1)	0.0% (0)	50.0% (1)
Keeping the club open	66.7% (6)	22.2% (2)	11.1% (1)
Recruiting more coaches	16.7% (1)	50.0% (3)	33.3% (2)

What are the main priorities for your club?			
Answer Options	High	Medium	Low
Recruiting more volunteers	0.0% (0)	50.0% (2)	50.0% (2)
Training existing volunteers	25.0% (1)	25.0% (1)	50.0% (2)
Training existing coaches	12.5% (1)	62.5% (5)	25.0% (2)
Other	1	0	1

What would you like the Cork City Sports Partnership to assist you with? Information			
Answer Options	Yes	No	Not Sure
Accessing / dealing with local agencies	69.4% (25)	2.8% (1)	27.8% (10)
Accessing facility grants	92.9% (39)	4.8% (2)	2.4% (1)
Communicating with your members	31.3% (10)	53.1% (17)	15.6% (5)
Developing – utilising websites for your club	51.5% (17)	27.3% (9)	21.2% (7)
Other	4	2	2

What would you like the Cork City Sports Partnership to assist you with? Planning			
Answer Options	Yes	No	Not Sure
Club management & operations	45.8% (11)	41.7% (10)	12.5% (3)
Club development programme	66.7% (20)	16.7% (5)	16.7% (5)

What would you like the Cork City Sports Partnership to assist you with? Planning			
Answer Options	Yes	No	Not Sure
	89.7% (35)	7.7% (3)	2.6% (1)
Facilities – expansion, development, funding	50.0% (11)	40.9% (9)	9.1% (2)
Facility management & operations	90.0% (27)	6.7% (2)	3.3% (1)
Generating more revenue	76.7% (23)	10.0% (3)	13.3% (4)
Recruiting volunteers, members and coaches	42.9% (9)	52.4% (11)	4.8% (1)
Running effective meetings	64.0% (16)	24.0% (6)	12.0% (3)
Summer camps			

What would you like the Cork City Sports Partnership to assist you with? Training			
Answer Options	Yes	No	Not Sure
	66.7% (22)	27.3% (9)	6.1% (2)
Coach education	71.0% (22)	22.6% (7)	6.5% (2)
Code of Ethics on best practice for young people	85.3% (29)	11.8% (4)	2.9% (1)
First Aid for volunteers and coaches	45.5% (10)	45.5% (10)	9.1% (2)
IT and using technology	59.1% (13)	27.3% (6)	13.6% (3)
SAQ Training (Speed Agility Quickness)	73.3% (22)	26.7% (8)	0.0% (0)
Training club officials on running your club	52.0% (13)	36.0% (9)	12.0% (3)
Training teams / players how to be better			

APPENDIX 4: CORK CITY PROFILE

Cork City is the dominant urban centre in County Cork and indeed in the south west of the country. Population change over the last three intercensal periods is shown on Table 3.1. Population in 2006 stood at 119,418 having fallen by 3,644 persons or 2.96% since the previous census carried out in 2002. This decrease is consistent with the decrease experienced over the previous intercensal period from 1996 to 2002 when population fell from 127,187 to 123,062, a fall of 4,125 persons or 3.24%.

It is noted that the average annual percentage decrease in population over the four year period from 2002 to 2006 stands at .74%, significantly greater than the average annual percentage decrease in population of .54% experienced during the six year intercensal period from 1996 to 2002. Population in the intercensal period from 1991 to 1996 remained steady, decreasing by 66 persons or by .05%. The table shows population density for 2006 in persons/km² for each of the City's 74 Wards:

Census Year	1991	1996	2002	2006
Population	127253	127187	123062	119418
Population Change on Previous Census	-	-66	-4125	-3644
% Population Change on Previous Census	-	-0.05	-3.24	-2.96

There are **860 members of the Traveller Community** in the city. A number of outer wards, particularly around the northern neighbourhoods of the city, have the highest proportions of members of the Traveller Community. There are **5,202 lone parent households in Cork representing just over 12%** of all private households. Some of the highest proportions of lone parent households are found in wards in the northern parts of the city. Older people make up a significant proportion of one-person households in Cork. In 2002, there were **10,977 one-person households in the city. Of these, 4,253 (or 38.7%) households were inhabited by people aged over sixty five years of age.** The trend in the increase in the numbers of those over sixty five years of age living alone in the city is set to continue.

There are **13,791 people with a long lasting health problem or disability** in the city, representing **11.2% of the total population.** The distribution of disability across the city varies by age group. There are **4,954 carers in Cork**, representing 4.9% of the total population aged over fifteen. More females than males are providing care; 5.7% of all women aged over fifteen years of age (3,046) are providing help, compared to 3.9% (1,908) of men. There is a **distinct geography of educational attainment** across the city. The southern parts of the city have more wards with greater proportions of people with a university degree as their highest qualification. In these areas up to 10% of the population over fifteen years old have this qualification. In contrast, in many wards in the northern parts of the city only 1% or less of their populations have completed a degree. Between a quarter and a third of the population in these areas have finished their education at Lower Secondary Level.