

VISITCORK

# COMMUNITY ENGAGEMENT AND SOCIAL SUSTAINABILITY



**WHY NOT ADD A  
SOCIAL SUSTAINABILITY  
ELEMENT TO YOUR NEXT  
EVENT IN CORK?**

**CORK**  
CONVENTION  
BUREAU

**PURE CO  
RK**

 **Fáilte  
Ireland**

# COMMUNITY ACTIVITIES

The following activities can be organised for your group or promoted to participants on an individual basis. Some activities are free, volunteering opportunities, and others are organised for a fee.

## BY PARTICIPATING IN ONE OF THE FOLLOWING ACTIVITIES YOU CAN:

- Support a local charity or social enterprise in Cork
- Engage in an authentic, local experience that supports employment in the local community
- Enhance the visitor experience for your MICE participants
- Generate a sense of wellbeing and social inclusion
- Promote greater teamwork and group collaboration
- Support the environment and appreciation for nature

## CORK UNIVERSITY HOSPITAL (CUH) ARTS DEPARTMENT

### Brighten up a hospital patient's day

The Cork University Hospital (CUH) Arts Department provides access to the arts in the hospital. The aim of this is to enhance the hospital environment for the benefit of patients, staff and visitors.

CUH Arts Department is always looking for teams of volunteers to paint murals on walls, decorating the space to promote well-being for the staff and patients. Brighten up someone's day by leaving a lasting imprint on the hospital, with options for indoor and outdoor painting, as well as working in the Cork University Hospital Gardens.

**Delegate numbers:** Groups of 20  
**What it is:** Getting creative with your painting skills  
**Who it supports:** Patients, staff and visitors to Cork University Hospital  
**Time needed:** Half Day  
**Contact:** Edelle.Nolan@hse.ie or Artscoord.cuh@hse.ie



## SAILING INTO WELLNESS

### Team building on the open sea

**Sailing into Wellness** is a not-for-profit social enterprise born out of a passion to utilise the unique setting of the sea to help our communities. The sailing programme is an educational and therapeutic activity designed to inspire our communities. We support our participants to overcome both physical and mental challenges in an environment that is both exhilarating and therapeutic.

Sailing into Wellness offers an innovative corporate team day out. From the time you help each other with your life-jackets to listening to our safety briefing you begin to work together as a team, in a different way, in a different environment. Sailing with us needs you to first trust our instructors and then to trust the rest of the crew who are your colleagues.

We provide a group learning environment where everyone on-board has a specific role; to sail the boat efficiently we all need to carry out our roles in tandem with our fellow crew.

100% of our profits are used to fund community sailing projects so by sailing with us you are directly funding vulnerable groups to experience a completely new environment on the open sea. We work with those affected by substance abuse and poor mental health, to help build their recovery. Sailing is proven to be a powerful tool in their development. Your contribution helps us to support our participants to overcome both physical and mental challenges in an environment that is both exhilarating and therapeutic.

Sailing Into Wellness is a 2017 Social Entrepreneurs Ireland awardee.

**Delegate numbers:** Groups of 13  
**What it is:** Develop teamwork skills  
**Who it supports:** People affected by substance abuse and mental health  
**Time needed:** Full Day/Half Day  
**Contact:** james@sovereignsailing.com



## CLEAN-UP AND CONSERVATION GROUP CORK NATURE NETWORK

### Give some time to the environment

Get your delegates involved with a clean-up and conservation group activity, run by **Cork Nature Network**. The aim of Cork Nature Network is to promote and encourage the conservation of wildlife and habitats in Ireland, through education and awareness-raising. During such an activity, an educational talk about the site is generally incorporated. This project is about involvement and about making a difference to the natural environment.

**Delegate numbers:** Unlimited  
**What it is:** Nature activity  
**Who it supports:** The environment  
**Time needed:** A few hours  
**Contact:** info@corknaturenetwork.ie

## INTER-FIRM DRAGON BOAT CHALLENGE MEITHEAL MARA

### Get out on the water

**Meitheal Mara** is an established maritime cultural and education centre in the heart of Cork city, and a registered charity. They are experts in traditional boat-building and training others in boat-building and rowing. They work with many Cork-based youth groups and use these activities to promote social and personal development in young people.

Each spring and autumn Meitheal Mara invites companies, organisations and groups to take part in their spectacular Dragon Boat Challenge. Your delegates could compete with 15 other crews to become this year's Dragon Boat Challenge Champions!

**Delegate numbers:** Minimum: 17 / Maximum: 272 (16 crews of 17 participants)  
**What it is:** Hands-on activity  
**Who it supports:** Young people to engage with maritime education and training  
**Time needed:** Full-day  
**Contact:** office@meithealmarais.ie



## FOREST BATHING WEST CORK

### More than a walk in the woods!

**Forest Bathing** is translated verbatim from Japanese 'shinrin-yoku'. Immerse yourself in the sights, sounds & smells of the forest.

Researchers, primarily in Japan and South Korea, have established a growing body of scientific literature on the diverse health benefits. Each guide works in different woodland settings and can tailor the experience to suit the clientele knowledge & experience.

Each Forest Bathing Guide offers unique experiences according to individual expertise & knowledge. Combine our individual experience & expertise with a practical framework to offer clients beneficial walks & experiences:

**Delegate numbers:** Please enquire  
**What it is:** Nature activity  
**Who it supports:** The environment and personal wellbeing  
**Time needed:** 2 hours  
**Contact:** avrilallshirehowe@gmail.com or send message to Facebook page

## SANCTUARY RUNNERS

### Join a local park run for solidarity!

A non-profit, and multi-award-winning movement, the **Sanctuary Runners** use running to build sustainable bridges between communities and to promote equality and inclusion.

The Sanctuary Runners organise running events where Irish residents or visitors to Ireland can run alongside, and in solidarity with, migrants, asylum seekers and refugees, thereby fostering friendship, positivity and respect while bringing greater awareness to the migration system.

There are Sanctuary Runners groups all across Ireland, with groups in Cork meeting to run in the following locations: Cork City, Clonakilty, Fermoy, Macroom, Mallow, Millstreet, Youghal. Visitors are welcome to join any of the park runs that are organised regularly around Cork, and support our movement.

**Delegate numbers:** Any number  
**What it is:** Community run/walk  
**Who it supports:** Personal wellbeing and migrant/refugee communities  
**Time needed:** Approx. 1 hour  
**Contact:** info@sanctuaryrunners.ie or cork@sanctuaryrunners.ie



## EXPERIENCE GAELIC GAMES

### Discover our UNESCO approved national sports

**Experience Gaelic Games** is all about having fun while immersing yourself in the very essence of Irish life and culture. Lasting three hours and based in a local GAA club, this adventure will take you to the heart of authentic Ireland.

At Experience Gaelic Games we create a perfect mix of culture and soft activity for a memorable day of action for your visit. Come with curiosity about how these games are so important to us. Leave with a newfound love and passion called Gaelic Games having experienced this unique aspect of Ireland for yourself.

The experience is brought alive by a wonderful team of passionate coaches. We will teach you the games, coach and instruct you in the skills, then have you playing mini matches, taking part in team building activities or if you prefer you can sit back and watch whilst we organise a demonstration of how it is all done! Within walking distance of all the major Irish cities, our cultural immersion experience is a must for all sustainable conscious visitors to Ireland.

**Delegate numbers:** Groups of 8 to 300 People  
**What it is:** History, sports and entertainment  
**Who it supports:** Personal wellbeing and local sporting communities  
**Time needed:** Approx. 3 hours  
**Contact:** info@experiencegaelicgames.com

## NANO NAGLE PLACE

### Support community education and inclusion in Cork

**Nano Nagle Place** is an unexpected oasis in the centre of bustling Cork City, a place that celebrates Nano Nagle's vision of empowerment through education, community inclusion and spiritual engagement for a contemporary world. The complex houses an award-winning museum, regenerated heritage buildings, walled gardens, a design shop & Cork focussed book shop and a wonderful café. The beautifully restored convent buildings are home to several community education projects that focus on supporting marginalised or minority communities in Cork and fostering a culture of diversity and inclusion.

Nano Nagle Place would be delighted to hear from visitors who would like to discuss potential partnership opportunities with their community groups, or organise a shared learning event with some of the local team and other stakeholders in Cork.

**Delegate numbers:** Any number for visits (meeting room up to 35 people / conference room up to 105 people)  
**What it is:** Cultural, historic and community learning  
**Who it supports:** Local community education projects  
**Time needed:** Variable  
**Contact:** info@nanonagleplace.ie

## STEAM EDUCATION LTD.

### Support a local Primary school with a STEAM-in-a-Box programme!

Our vision at **STEAM Education** is to inspire children to love STEAM subjects and to become the future generation of Scientists, Technologists, Engineers, Artists and Mathematicians. We do this by providing innovative, fun, hands-on educational programmes in these subject areas, which are delivered in primary schools (ages 9-12) using a co-teaching model, i.e., real-life STEAM experts from industry and academia work with the primary school teacher, and with specially designed tools & content to deliver the programme and inspire the kids.

Our ethos is rooted in inclusive and inspirational engagement, including hands-on, fun, challenging, and participatory methodologies – developed and delivered by and with relevant content and educational experts (including the kids themselves). We support collaboration, transdisciplinarity and inclusion.

Why not gift a STEAM education box to a local Cork school, or record a video clip for our resources bank, featuring one of your expert speakers on a relevant topic that can be used in teaching children about all things STEAM!

**Delegate numbers:** n/a  
**What it is:** Educational resources for young people  
**Who it supports:** Local primary schools  
**Time needed:** Max. 5 minute video clip / Gift-a-box scheme takes 5 minutes to book!  
**Contact:** info@steam-ed.ie

