



MY MOVING BRAIN

COMMUNITY CONNECT EVENT - CORK

Promotional Resource Pack



Overview

My Moving Brain is FutureNeuro's community-driven engagement initiative, funded by Research Ireland, aimed at raising awareness of brain health and promoting inclusivity in sports for individuals of all ages impacted by brain conditions across Ireland.

Through a series of community connect events, we will spark conversations around brain health and wellness, while exploring the barriers that may prevent people living with brain conditions from fully participating in sports.

By uniting a diverse group of stakeholders—including individuals, families, caregivers, local sports clubs, coaches, teachers, patient advocacy organisations, clinicians, researchers, and the wider public—we aim to identify challenges and develop strategies to boost participation and engagement in physical activities for people with brain conditions. Our goal is to create inclusive sporting opportunities where everyone can experience the physical and mental benefits of staying active.

In partnership with Local Sports Partnerships, Epilepsy Ireland, and the Neurological Alliance of Ireland (NAI), My Moving Brain is committed to making sport accessible to all.

Join Our Community Connect Event

Are you living with a brain condition, supporting someone who is, or simply passionate about brain health and sports inclusion? Whether you're a sports coach, teacher, volunteer, patient organisation representative, researcher, or someone curious to learn more, these events are for you!

What to Expect:

- **Inspiring Talks:** Hear from experts and those with lived experience of navigating sports and exercise with a brain condition, breaking barriers, and competing internationally with neurological challenges.
- **Engaging Discussions:** Share your experiences and ideas in meaningful conversations about making sports accessible for all.
- **Hands-On Activities:**
 - **Inclusive Sports:** Try rugby, tennis, archery, frisbee, and more—activities tailored to all ages and abilities, hosted by the Cork Sports Partnership.
 - **Science Fun:** Explore FutureNeuro's research through interactive activities like DNA extractions, pipetting rainbows, and brainwave experiments, brought to you by our Cell Explorers team.


Event Details:

- Date: Saturday, March 22, 2025
- Time: 1:30 PM – 5:00 PM
- Venue: Mayfield Sports Complex, Co. Cork
- Register: <https://www.eventbrite.ie/e/1245484109499?aff=oddtcreator>

Future events are coming to Galway, Waterford, and Maynooth. Stay tuned for updates and find an event near you!

Social Media Posts


X

 Save the Date! The next FutureNeuro My Moving Brain event is happening on March 22 at the Mayfield Sports Complex.

Join us for an inspiring afternoon of brain health, sports inclusion, interactive activities, and more!

Register now: <https://www.eventbrite.ie/e/1245484109499?aff=oddtcreator>

Facebook

 Save the Date!

Join FutureNeuro on March 22 at the Mayfield Sports Complex, Cork, for the next My Moving Brain event!


What's Happening?

- Inspiring talks on brain health & sports inclusion
- Hands-on science activities
- Inclusive sports for all ages

 Spaces are limited—register now: <https://www.eventbrite.ie/e/1245484109499?aff=oddtcreator>

#MyMovingBrain #BrainHealth #SportsInclusion

LinkedIn

 Save the Date!

The next FutureNeuro My Moving Brain event is coming to the Mayfield Sports Complex, Cork, on March 22! This exciting event will bring together families, sports coaches, and individuals affected by brain conditions to spark meaningful conversations about brain health and inclusion in sport.

What to Expect:

- Inspiring Talks: Hear from experts and athletes on brain health and breaking barriers in sports.
- Interactive Science Activities: Explore cutting-edge brain research through hands-on experiences.
- Inclusive Sports for All: Try out fun, accessible sports for all ages and abilities.

Whether you're a coach, researcher, or simply passionate about brain wellness, this is your chance to learn, and connect.

Find out more and register here: <https://www.eventbrite.ie/e/1245484109499?aff=oddtcreator>

#MyMovingBrain #FutureNeuro #BrainHealth #InclusionInSport #SportsForAll
#CommunityEngagement

Social Media Tags

Please tag us in your posts:

- X: @Futureneuro_ie
- Facebook: FutureNeuro
- LinkedIn: FutureNeuro

Social Media Tile



The social media tile is a purple-themed graphic divided into several sections. At the top left is the 'my moving brain' logo, which features a stylized figure with colorful dots representing movement. To the right of the logo, the text 'COMMUNITY CONNECT EVENT' is written in large, bold, white capital letters. Below the logo is a photograph of a group of six people standing together. To the right of this photo, the text 'PROMOTING BRAIN HEALTH & WELLNESS THROUGH INCLUSIVE SPORT' is written in white capital letters. Below the group photo are two smaller photos: one of a child playing tennis and another of people in lab coats working at a table. To the right of these photos is a 'DETAILS' section with three icons: a calendar, a clock, and a location pin, each followed by text. To the right of the details is a 'HIGHLIGHTS' section with two icons: a lightbulb and a thumbs up, each followed by text. At the bottom of the tile is a dark blue banner with five logos: 'future neuro', 'Epilepsy Ireland', 'Cork Sports Partnership', 'na! NEUROLOGICAL ALLIANCE of IRELAND', and 'Tríghle Éireann Research Ireland'.

my moving brain

COMMUNITY CONNECT EVENT

PROMOTING BRAIN HEALTH & WELLNESS THROUGH INCLUSIVE SPORT

DETAILS

 22 March 2025

 1:30 - 5pm

 Mayfield Sports Complex, Cork

HIGHLIGHTS

 Hear from inspirational speakers, including Irish Paralympian, Dr Michael McKillop.

 Try fun sports activities for all ages & abilities & meet the FutureNeuro scientists.

Newsletter copy

Join the "My Moving Brain" - promoting brain health awareness & inclusivity in sport

Join the FutureNeuro Research Ireland Centre for their **My Moving Brain event** on March 22, 2025, at the Mayfield Sports Complex, Cork! This community-driven event is open to sports coaches, healthcare professionals, and individuals impacted by brain conditions. Attendees will have the opportunity to hear from inspiring speakers, engage in insightful discussions about brain health and inclusion in sports, and participate in fun, accessible activities. Don't miss this chance to connect, learn, and contribute to creating more inclusive sporting opportunities for everyone!

To find out more and get involved, scan the QR code below or visit

<https://www.eventbrite.ie/e/my-moving-brain-community-connect-event-in-cork-tickets-1245484109499?>

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Please contact lyndseybutterworth@rcsi.ie if you require any additional information..