



Connecting People to Effect Positive Change

**Community Coaching Programme  
Cork Prison  
2016**



# IASIO

## OUR AIM

➤ To work towards an inclusive Ireland by developing opportunities for people referred to us through criminal justice agencies.

## OUR OBJECTIVES

- To provide a range of services to people who have come into conflict with the law or who are at risk of coming into contact with the law.
- To assist those referred to become independent, socially integrated and personally productive through client-centred, desistance focused rehabilitative, employment, educational and vocational interventions.
- To develop collaborative working relationships that foster a more inclusive Ireland and a shared responsibility in reducing recidivism.
- To inspire hope



# Resettlement Service

## What is the Resettlement Service?

- The Resettlement Service is an innovative service that offers a ‘through-the-gate’ resettlement support to prisoners.
- The Resettlement Service is for prisoners both before and after release, the service aims to help identify the client resettlement needs and any supports that he/she may require.
- The Resettlement Service also helps client’s to develop release and post-release plans that offer the best chance of success on their release from prison.
- The service operates through one-to-one meetings between the client and the prison based Resettlement Coordinator. It is voluntary and person-centered.
- It’s about the client and their future.



# Community Coaching Programme

## PROGRAMME AIM

The course aims to assist and prepare the successful participants to gain coaching, volunteering and further education opportunities in the community sports sector in areas like personal training, coaching, refereeing, physical activity leaders and progression to further studies..

## PROGRAMME CONTENT

- Sports Coaching Training—Soccer, GAA, Rugby, Basketball.
- Physical Activity Training which will include—Code of Ethics, Disability Inclusion, Active Leadership, and more.
- Educational Learning—QQI 3 in general learning in the school.
- Resettlement Planning—progression options, CV preparation and release & post release plans.



# Community Coaching Programme

## EDUCATION CONTENT

As part of this programme all participants will attend the school and complete the QQI level 3 in general learning, 100% attendance is a mandatory element of the course in order to receive certification. All coaching and educational elements of the programme will be certified through the various different coaching and educational organisations.

## SELECTION PROCESS

- Enhanced Privilege or working towards enhanced.
- Your current level of engagement within the prison.
- General interest in sporting activities.
- Remission Date.



# STAKEHOLDERS

Do you want to increase your participation in Sport, Education and Physical Activity in Cork Prison?



Seirbhís Phríosúin na hÉireann  
IRISH PRISON SERVICE



etb  
Bord Oideachais agus  
Oiliúna Chorcaí  
Cork Education and  
Training Board



Cork  
Sports Partnership  
Comhpháirtíocht  
Spóirt Chorcaí  
An Irish Sports Council Initiative



# Physical Coaching Activities

Thurs	Week 1 Sept 21st	Week 2 Tues Sept 27 <sup>th</sup>	Week 2 Sept 29th	Week 3 Oct 6th	Week 4 Oct 13th	Week 5 Oct 20th	Week 6 Oct 27th	Week 7 Nov 3rd
AM 10am-12pm	Active Leadership	Code of Ethics	Basketball Ireland	Basketball Ireland	FAI 4 x 4	Code of Ethics	Disability Inclusion	Disability Inclusion
PM 2.30-4pm	Active Leadership	Code of Ethics	Basketball Ireland	Basketball Ireland	FAI 4 x 4	Code of Ethics	Disability Inclusion	Disability Inclusion
Thurs	Week 8 Nov 10th	Week 9 Nov 17th	Week 10 Nov 24th	Week 11 Dec 1st	Week 12 Dec 6th	Week 12 Dec 8th	Week 12 Dec 9th	
AM 10am-12pm	FAI Senior intro 7 x7	GAA	GAA	Active Leadership	Munster Rugby	Munster Rugby	Awarding of Certificates	
PM 2.30-4pm	FAI Senior intro 7x7	GAA	GAA	Resettlement Planning	Munster Rugby	Munster Rugby		



## QQI Level 3

### PROGRAMME MODULES

- Communications—3N0880
- Computers—3N0880
- Health & Fitness—3N0565
- Maths—3N0929
- Nutrition & Healthy Options—3N0887
- Personal Effectiveness—3N0565





# Other useful links

- IASIO-Irish Association for the Social Integration of Offenders  
[www.iasio.ie](http://www.iasio.ie)
- Basketball Ireland: [www.basketballireland.ie](http://www.basketballireland.ie)
- Cork Education & Training Board: [www.cetb.ie](http://www.cetb.ie)
- Cork GAA: [www.corkgaa.ie](http://www.corkgaa.ie)
- Cork Sports Partnership [www.corksports.ie](http://www.corksports.ie)
- Football Association of Ireland: [www.fai.ie](http://www.fai.ie)
- Irish Prison Service: [www.irishprisons.ie](http://www.irishprisons.ie)
- Munster Rugby: [www.munsterrugby.ie](http://www.munsterrugby.ie)



# Q&A

**Thank you all for listening**

**Any Questions?**