



MY MOVING BRAIN

COMMUNITY CONNECT EVENT

Promotional Resource Pack



Overview

My Moving Brain is FutureNeuro's community-driven engagement initiative, funded by Research Ireland (formerly SFI), 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 Dún Laoghaire-Rathdown (DLR) Sports Partnership, Epilepsy Ireland, and the Neurological Alliance of Ireland (NAI), My Moving Brain is committed to making sport accessible to all.

Community Connect Events

Whether you're an individual or family living with a brain condition, a sports coach, volunteer, member of a sports club, teacher, patient organization representative, researcher, or simply interested in learning more about brain health and wellness, My Moving Brain Community Connect events offer something for everyone.

These events bring together a range of inspirational speakers and an expert panel to engage in meaningful conversations about brain health and sports inclusion. Attendees will have the chance to participate in interactive science activities showcasing FutureNeuro's brain research, as well as 'come and try' sports suited for all ages and abilities, offered by local sports clubs.

Event Highlights:

- **Inspiring Talks:** Learn from experts on how to navigate sport and exercise with a brain condition, break through barriers to disability, and hear stories of competing internationally with neurological conditions.
- **Insightful discussions:** Join the conversation and share your experiences, views and ideas on the opportunities and obstacles around making sports accessible.
- **Activities for All Ages:**
 - Science engagement activities by FutureNeuro's Cell Explorers team, including DNA extractions, pipetting rainbows, and exploring brain waves.
 - Inclusive sports activities such as rugby, tennis, archery, and frisbee.
 - Creative arts and crafts stations for younger participants.

Kick-off Event:

- Date: November 16, 2024
- Time: 1:30 PM – 5:00 PM
- Venue: Blackrock College, Co. Dublin
- Register: <https://www.eventbrite.ie/e/my-moving-brain-community-connect-event-in-dublin-tickets-1037685484217>

Future events will be held in Cork, Galway, Waterford, and Maynooth—keep an eye out for an event near you!

Social Media Posts

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🎉 Exciting News! FutureNeuro's My Moving Brain initiative kicks off on Nov 16 with an event focused on brain health & sport inclusion. Join the conversation & be part of something inspiring!

📍 Blackrock College, Dublin

🕒 1:30 PM - 5:00 PM

👉 Sign up now: <https://www.eventbrite.ie/e/my-moving-brain-community-connect-event-in-dublin-tickets-1037685484217>

Facebook

We're excited to promote FutureNeuro's My Moving Brain, a fantastic new initiative that promotes inclusivity in sports for people with brain conditions. 🧠💪 The first community connect event takes place on November 16 in Blackrock College. Whether you're a sports coach, healthcare professional, or personally impacted by brain conditions, everyone is welcome to join and be part of the conversation.

Expect to hear from inspiring speakers on the importance of brain health in sport, try out inclusive activities, and get hands-on with fun science engagements. 🎯⚽ All ages and abilities are welcome, making it a great day out for families, sports clubs, teachers, and more.

📍 Blackrock College, Dublin

🕒 November 16, 2024 - 1:30 PM – 5:00 PM

👉 Register now: <https://www.eventbrite.ie/e/my-moving-brain-community-connect-event-in-dublin-tickets-1037685484217>

#MyMovingBrain #BrainHealth #InclusiveSports #CommunityEngagement
#CommunityWellness #SportsInclusion

LinkedIn

We're thrilled to help spread the word about the FutureNeuro My Moving Brain initiative! On November 16, 2024, the first community connect event will take place at Blackrock College, bringing together families, sports coaches and people affected by brain conditions to talk about brain health and inclusion in sport.

The event will feature insights from neurologists, athletes, and patient advocates, as well as hands-on activities and inclusive sports sessions. Whether you're involved in coaching, research, or simply passionate about brain wellness, this is a great opportunity to get involved!

📅 November 16, 2024

📍 Blackrock College, Dublin

🔗 Find out more and register: <https://www.eventbrite.ie/e/my-moving-brain-community-connect-event-in-dublin-tickets-1037685484217>

#MyMovingBrain #BrainHealth #InclusiveSports #CommunityEngagement
#CommunityWellness #SportsInclusion

Social Media Tags

Please tag us in your posts:

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

Social Media Tile



The promotional tile features a purple header with the 'my moving brain' logo on the left and the text 'COMMUNITY CONNECT EVENT' on the right. Below the header is a photo of a large indoor event space with people seated at tables. To the right of this photo is the text 'PROMOTING BRAIN HEALTH & WELLNESS THROUGH INCLUSIVE SPORT'. Below the photo are three smaller images: a basketball game, a group of people in lab coats working at a table, and a person holding a basketball. To the right of these images are two columns: 'DETAILS' and 'HIGHLIGHTS'. The 'DETAILS' column includes a calendar icon for '16 November 2024', a clock icon for '1:30 - 5pm', and a location pin icon for 'Blackrock College, Co. Dublin'. The 'HIGHLIGHTS' column includes a lightbulb icon for 'Hear from inspirational speakers, including former Ireland cricketer, Emma Beamish' and a thumbs-up icon for 'Meet FutureNeuro researchers & try some fun sports activities for all ages & abilities.' At the bottom of the tile is a dark grey bar containing logos for 'future neuro', 'Epilepsy Ireland', 'SPORTS PARTNERSHIP', 'nai NEUROLOGICAL ALLIANCE of IRELAND', and 'Stigfinn Eriksen Research Ireland'.

my moving brain

COMMUNITY CONNECT EVENT

PROMOTING BRAIN HEALTH & WELLNESS THROUGH INCLUSIVE SPORT

DETAILS

-  16 November 2024
-  1:30 - 5pm
-  Blackrock College, Co. Dublin

HIGHLIGHTS

-  Hear from inspirational speakers, including former Ireland cricketer, Emma Beamish
-  Meet FutureNeuro researchers & try some fun sports activities for all ages & abilities.

    

Newsletter copy

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

Join the FutureNeuro Research Ireland Centre for their [first My Moving Brain event](#) on November 16, 2024, at Blackrock College, Dublin! 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-dublin-tickets-1037685484217>



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