

MEDEX IMPACT

OUR JOURNEY SO FAR

I-PARC

I-PARC (Irish Physical Activity Research Collaboration) is a research programme supporting physical activity across Ireland. In partnership with Active Cities Limerick and local communities, I-PARC has been working to support people after cancer by engaging with participants and stakeholders to understand what works, identify challenges, and ensure the programme is sustainable and accessible.



STAGE 1

Programme Selection

Twenty-one evidence-based programmes were reviewed by I-PARC and narrowed down to five suitable options based on feasibility and relevance.

- Through workshops with local partners and stakeholders, these were further refined to two programmes.
- Focus groups with participants informed the final decision, with MedEx IMPACT selected as the best fit for Limerick.

STAGE 2

Tailoring the programme:

I-PARC worked with local partners to adapt the programme to suit the Limerick community. Feedback from stakeholder workshops and participant focus groups helped to:

- Identify key components of the programme and how it should be delivered
- Identify key challenges (e.g. accessibility, confidence, inclusion)
- Adapt when and how sessions are delivered to suit participants



STAGE 3

Implementing the programme:

I-PARC is currently planning how the programme will be delivered and supported within the Limerick community:

- Deciding when and where sessions will take place
- Agreeing roles for programme delivery and support
- Planning session structure and delivery
- Ensuring the programme is feasible and sustainable
- Establishing simple tracking measures (e.g. attendance logbooks)

PROGRAMME SPOTLIGHT

A community-based physical activity programme supporting people after cancer to become more active in a safe and supportive environment. It focuses on improving strength, confidence, and overall wellbeing.



WHATS NEXT?

The programme will launch soon in Limerick, with I-PARC supporting participants on their journey to becoming more active and improving their overall health and wellbeing.

THANK YOU

Thank you to all participants, practitioners, and local partners for their involvement in shaping the programme. I-PARC would also like to thank Limerick Sports Partnership (LSP) and Active Cities Limerick for their continued support and collaboration. This work is part of the I-PARC 2.0 project, supporting physical activity across communities in Ireland. This work is funded by the Health Research Board (HRB) and Healthy Ireland.

