

FRINGE EVENTS

MONDAY APRIL 3

10am – 11am

**max
25**

*National Learning Network,
Pathways Training Centre, Unit 16a,
Second Floor, Springmount Business
Centre, Market Square, Mallow*

LEARNING TO LIVE WELL

A workshop on living well, including useful life strategies, followed by Q & A.

Also a short presentation on the Pathways Training Programme run here - course content, entry requirements & outcomes. Limited places, once off event, booking preferred to avoid disappointment. Parking available in the underground Carpark at Market Square (3 hour limit) & on street, disk required. Refreshments provided. To book, call 087 667 7002 or email pathways@nln.ie. www.nln.ie



3pm – 4pm

*Bishopscourt Residential Care, Liskillea,
Waterfall near Cork*

PICTURES THROUGH THE DECADES

Local historian Tim O'Brien gives a presentation using pictures to illustrate events through the decades.

All welcome. Info & ask for directions:
Lee or Mary 488 5833
email activities@bishopscourt.ie



TUESDAY APRIL 4

6pm – 7pm

*Sports Complex, Stuaque,
Donoughmore*

**max
20**

KIDS - LEARN BASIC SELF DEFENCE

Sensei Bryan Byrne has been teaching Traditional Japanese JiuJitsu for three years in his club, Dragon's Lair. He has over 20 years experience in Martial Arts & teaches Self Defence in Blarney Secondary & Firmount N. S. Come along & try a class. No experience or particular level of fitness required.

Bryan offers weekly classes for all ages from 5 up. This evening the class is for kids, with another on Thursday. Classes for adults on Wed & Sat. Booking preferred, contact Bryan Byrne 086 854 8483
email dragonslaircork@gmail.com



WEDNESDAY APRIL 5

7pm – 8.30pm

*Sports Complex, Stuake,
Donoughmore*

max
20

ADULTS - LEARN BASIC SELF DEFENCE

For details see Tuesday.



THURSDAY APRIL 6

10.30am – noon

*Bishopscourt Residential Care,
Liskillea, Waterfall near Cork*

LEARN TO CROCHET

Join a class & be inspired by the Ballyphehane/Togher Community Arts & Crafts Initiative sharing their skills, teaching the basics of crochet. All welcome. Ask for directions or other information: Lee or Mary 488 5833 email activities@bishops court.ie

6pm - 7pm

*Sports Complex, Stuake,
Donoughmore*

max
20

KIDS - LEARN BASIC SELF DEFENCE

For details see Tuesday.



FRIDAY APRIL 7**6pm – 7pm***Carrigaline Court Hotel***TRY A FREE KARATE CLASS**

Children aged 5+ can join the regular class here & try Karate, no need to book.

Founded by Sensei Barry O'Regan (6th DAN JKA), the Rising Sun School of Karate helps children & adults learn the ancient art in a safe & nurturing environment. Regular classes here & in Cork. Ample parking. Adult class at 7pm.

Info: Barry 086 722 2779 email barry@risingsun.ie

www.risingsun.ie

**max
25****6pm – 7pm***Carrig Sound Recording Studio, Knockduff, Dunmanway***VISIT A RECORDING STUDIO**

Liam Davin, Sound Engineer & tutor, gives a taster of the courses available at Carrig Sound, a commercial recording studio, along with an audio demonstration.

20-week Sound Engineering courses & 10-week Ableton courses are run throughout the year. Private tuition also available. See www.carrigsound.com/courses

Booking is advisable, as only 10 places at each session. Call Liam on 086 166 0338 or email liam@carrigsound.com See Sat & Sun for other sessions.

Type in Carrig Sound Recording Studio into Google Maps. There will be a FESTIVAL poster at the gate as well as the Carrig Sound sign.

**max
10****7pm – 8pm***Carrigaline Court Hotel***TRY AN ADULT KARATE CLASS**

Adults can join the regular class. For details see 6pm.

SATURDAY APRIL 8**10.30am – noon***Future Orchard, Upper Glanmire Bridge, Whites Cross***PLANTS A PLENTY FLOWER POWER**

Come to a workshop & learn the traditional method of pinch pot making, and create flower pots & plant tags. The importance of seed saving is stressed & various seeds used to decorate the pots. Work will be fired & available for collection a week later. A collection of unique flower pots from this workshop will be placed in The Memory Garden & The Children's Garden in the orchard grounds. Refreshments afterwards. Book your place, & ask for directions, contact Martha Cashman 087 260 6999 email cashmanmartha@gmail.com www.futureorchard.com

**max
20****11am – 12.30pm***Sports Complex, Stuake, Donoughmore***ADULTS - LEARN BASIC SELF DEFENCE**

For details see Tuesday.

**max
20****2pm – 4pm***Future Orchard, Upper Glanmire Bridge, Whites Cross***MINDFULNESS & MEDITATION WORKSHOP**

This workshop is for anyone who wants to reduce stress & improve their health of mind, body, spirit. Registered teacher of meditation, hypnotherapist, sound healer & Positive Mind coach Sharon Ui Coighligh takes you through the practice of mindfulness. She'll teach you how to meditate & you'll experience a guided hypno-meditation. Refreshments available afterwards.

Places limited, booking essential. Ask for directions.

Contact Sharon 085 831 3437 email sacredsoundsireland@gmail.com

**max
14**

Noon – 4pm

*Carrigaline Community School,
Waterpark*

CARRIGALINE COMMUNITY & EDUCATION SHOWCASE

Come along to find out about & enjoy the many activities & learning opportunities available to you right on your own doorstep, provided by the Carrigaline Community & Education Network.

Be part of this celebration of learning by taking part or just watching the many free workshops, presentations, performances & displays.

Free of charge. All welcome.

The Carrigaline Community & Education Network is a group comprising of schools, adult & community education providers, voluntary organisations & centres, delivering a broad range of services to the Carrigaline community.

Info: 021 437 3767

email carrigalinecen@gmail.com

Facebook @

[CarrigalineCommunityEducationNetwork](https://www.facebook.com/CarrigalineCommunityEducationNetwork)



2pm – 3pm & 6pm – 7pm

*Carrig Sound Recording Studio,
Knockduff, Dunmanway*

VISIT A RECORDING STUDIO

See Friday for details



SUNDAY APRIL 9

2pm – 3pm & 6pm – 7pm

*Carrig Sound Recording Studio,
Knockduff, Dunmanway*

VISIT A RECORDING STUDIO

See Friday for details

