

LEABHARLAINNA
DÓN FHOGLHAIM

**LIBRARIES
FOR
LEARNING**

Central Library, Grand Parade
All day

**ELEVATED – A REIMAGINING
OF CORK ARCHITECTURE &
BEYOND**

See Monday for details, continues until Friday.

**CITYWIDE COMMUNITY
EDUCATION NETWORK**

Information stand – see separate entry at 11am.

**EXHIBITION OF COMMUNITY
ART**

See Monday for details, continues until Saturday.

2.30pm – 3.30pm

EBOOKS & MAGAZINES

Need help with downloading ebooks & magazines from the library? Bring your Tablet or Smartphone & a member of staff will be available to help you.

7.00pm – 8.30pm
OPEN HOUSE

Cork City Library & Altrusa Literacy Scheme present Open House this evening. Listen to readings & music & tour the library's facilities. Free refreshments.

All welcome, especially people with an interest in returning to learning.

T 492 4900

Blackpool Library, Redforge Rd
All week

10am – 1pm & 2pm – 5.30pm

**COMMUNITY ARTS & CRAFT
EXHIBITION**

Cork City Partnership Community arts exhibition, including crochet & youth artwork.

See separate entry.

11am – 3pm

CORK FRIENDLY CALL

Information stand, come along & learn how to become a volunteer. Stand organised by Cork City Partnership.

2.30pm – 3.30pm

**MANAGING YOUR ONLINE
PRESENCE**

The importance of an online presence for jobseekers & entrepreneurs with Elke O'Mahony. What to do & not to do on social media. Event of interest to everyone.

T 492 4933

**Bishopstown Library, Wilton
Shopping Centre**

11am- noon

LEARN ABOUT JANE AUSTEN

Cork Friends of Jane Austen invite you to a talk about the life & times of Jane Austen as this year heralds the bicentennial of her death.

T 492 4950



Frank O'Connor Library, Mayfield

11am

THE FASTNET LIGHTHOUSE

Renowned journalist Charlie Wilkins gives a talk on the building of the Fastnet Lighthouse. All welcome.

T 492 4935

Hollyhill Library, Harbour View Road, Knocknaheeny

All day

PAINTINGS

Exhibition of paintings by Noel O'Brien..

T 492 4935

10am – 11.30am

ONLINE LIBRARY SERVICES

Library on line services explained.

Booking essential call 492 4928

Bring your Tablet or Smartphone.

10.30am

IRISH LANGUAGE

Enjoy Ciorcal Comhrá, the Irish language conversation circle which meets here. Tea/ coffee & cupla focail! All welcome.

T 492 4928.

Tory Top Library, Tory Top Road, Ballyphehane

11am

START YOUR FAMILY TREE

Ann Marie Coghlan of the Cork Genealogical Society shows you how to start researching your family's history. All welcome. See separate entry.

2pm

LEARN TO CROCHET

Watch members of the Ballyphehane/ Togher Arts & Crafts Initiative & learn to crochet.

T 492 4946

All day

St Patrick's St & Grand Parade

POP-UP EXHIBITION IN SHOP WINDOWS

'Elevated – A Reimagining of Cork Architecture & Beyond' by students of the Interior Architecture & Design Department at St John's Central College, with linked exhibition in Central Library. Continues until Friday.

9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

'Elevated – A Reimagining of Cork Architecture & Beyond' by students of the Interior Architecture & Design Department at St John's Central College, with linked exhibition in Central Library.

Continues until Friday.



9am – 2pm & 2.50pm – 5pm

*Tourism & Hospitality Department,
Cork Institute of Technology*

LIVE BROADCAST

CULINARY CAREER PATHS SEMINAR - CHEF DEMONSTRATIONS

Seminar demonstrates to CIT's culinary students some of the possibilities open in the hospitality industry, with six guest speakers giving cookery demonstrations this morning. Students put their questions to the panel in the afternoon.

See opening pages for full details.

9am – 5pm*Foyer, Civic Offices, City Hall***IDENTITY: PORTRAITS BY
SECONDARY STUDENTS**

For details see Monday at 1pm. Continues until Friday.

9am – 5pm*Coláiste Stiofáin Naofa, Tramore Rd***SENSE/ABILITY : EXHIBITION**

See a showcase of work by Level 6 graduates.

For details see Monday. Continues weekdays until September.

9am – 5pm*St John's Central College, Sawmill Street***EXHIBITIONS AT ST JOHN'S
CENTRAL COLLEGE – UNTIL
FRIDAY**

All welcome to exhibitions: Painting & Sculpture, Photographs, Life Drawing

For details see Monday 9am.

9am – 6pm*James Barry Exhibition Centre,
Cork Institute of Technology***MY EDUCATION, MY FUTURE -
EXHIBITION**

Until Friday, for details see 10.30am today.

9.30am – 11am*The Parents Room, Terence MacSwiney
Community College***WORKSHOP ON
AROMATHERAPY**

Join the parents of students at Terence MacSwiney Community College (TMCC) as they demonstrate their Aromatherapy skills. Enjoy the friendly atmosphere of the parents' room & learn about the properties of essential oils, experience a hand massage. The parents take part in weekly classes, you can join them.

Organised by TMCC, Cork ETB & Home School Community Liaison Co-ordinator, Eva Winters 086 010 7412
Info: College 439 7740

Member of Knocknaheeny/Hollyhill Community Education Network.

10am*Blackpool Library, Redforge Road***ONE BOOK, ONE COMMUNITY
TABLE QUIZ**

Students from Farranree schools & their parents are reading "Skulduggery Pleasant" a story of horror, magic & wonder by Irish author Derek Landy. This morning parents & pupils battle it out in a Table Quiz based on the events of the book. Who will take the prize this year? Parents or pupils?

All welcome.

Info: Avril Donoghue Home School Community Liaison Coordinator
421 0677

**CIT****10am & Noon****CIT SOCIAL MEDIA CAMPAIGN**

CIT Access Service students take part in #MyCollegeExperience & #MyCollegeTips campaigns. Repeated same times until Friday. See opening pages for details.

CIT CORK
INSTITUTE OF
TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

ACCESS SERVICE

10am – 11.30am

SR Technics Airfoil Services Ltd,
Mahon Industrial Estate, Blackrock

max
20

LEARNING FACTORY: AIRCRAFT COMPONENT OVERHAUL & REPAIR

SR Technics, founded as the maintenance wing of Swissair, is the largest independent provider of highest quality technical services for civil aircraft. SR Technics Airfoil Services in Cork is a subsidiary & repairs commercial jet engine parts for some of the world's most prestigious airlines & overhaul shops. The facility opened in 1983 & uses a broad range of high-tech mechanical, chemical, and testing processes.

Book your place for this once off event by contacting Kieran Punch 452 1230 email Kieran.punch@srtechnics.com

Organised by Matthew Cotterell, Head of School of Mechanical, Electrical & Process Engineering, CIT.



10am – noon

Crawford Art Gallery, Emmet Place

FREE WORKSHOP

Free workshop with artists Rosaleen Moore, Íde Ní Shúilleabháin & Tom O'Sullivan. From memory to landscape & the essence of object, you are invited to join in or simply watch.

Presented by Crawford Art Gallery & the Glasheen Artists Studio Programme. The first in a series of events here for the festival. Info: Anne 490 7857 email anneboddartaert@crawfordartgallery.ie

10am – noon

Cork City Partnership – Glen
Outreach Office, 6 Imaal Court,
The Glen

max
10

BAKE & EAT

Demonstration on baking, with tasting afterwards.

CCP Glen Outreach Office runs cooking & baking courses in the community in Spring & Autumn.

On street parking. Refreshments. Places limited, booking essential, call Ann or Ronnie 455 0943



10am – 1pm

The Lantern Community Project,
14 George's Quay (red door)

max
8

WORKSHOP: BEYOND SUICIDE

Social & Health Education Project (SHEP) tutor Kay O'Mahony leads an interactive workshop for people grieving following a death through suicide. It provides a safe & supportive space to explore the issues involved. Info: socialandhealth@eircom.net or norma@lanternproject.ie Booking essential as places limited. Book by calling Geraldine Flanagan 466 6180



10am – 4pm

Cork City Partnership
Knocknaheeny Outreach Office
Knocknaheeny Community Building

max
10

ART & CRAFTS FROM THE COMMUNITY

Explore the creative talents of local people attending classes. Find out about classes. Exhibition includes crochet, needle work, knitting & much more.

Info: Noreen 087 196 2026 or Norma 439 9503
Continues until Friday.



10am – 1pm & 2pm – 5pm*Blackpool Library***EXHIBITION OF COMMUNITY ART & CRAFTS**

Display of knitting, crochet & cross stitching from the Happy Hookers Knitting & Crochet Group based in the Glen & crafts from the Youth Café Network.

Info: Margo Hayes, Cork City Partnership
087 196 2023

Continues until Saturday.

**10am – 5pm***The Glucksman, UCC***ART FROM THE CORK COMMUNITY**

Explore & celebrate the creativity of local people. Exhibition includes works from individuals working on Digital Photography & Painting projects across Cork.

All welcome. Inquire about opportunities to get involved in community arts projects supported by Cork City Partnership.

Info: Margo Hayes 087 196 2023.

Continues tomorrow.

10am – 5pm*St Peter's Cork, North Main St***OUT & ABOUT IN CORK – PHOTOGRAPHY EXHIBITION**

See images of Cork as you've never seen before taken by The Photo Legends, nine young people from Bonnington Training Centre/QDS Hub – Cope Foundation, studying photography with tutor Jorge Villasante. The group meets weekly to go on a trip or work on their images using facilities at Mayfield CDP. Each member has a particular interest & point of view, so this first exhibition is exciting & unique. All hope to progress on to study a QQI in Photography & collaborate with other groups.

Info: Shirley Matthews 464 3290 087 762 8053 email matthewss@cope-foundation.ie or Sian Walsh 086 807 4222 email walshs@cope-foundation.ie or Jorge Villasante 087 667 6002 email jorumavi@jorumavi.com

Continues daily Tues to Sat until April 14.



10am – 5pm

The Hut, Gurrabraher Youth & Community Centre

DAY OF WORKSHOPS & AN EXHIBITION

Youth Work Ireland Cork (YWIC) invites you to an exhibition & a series of workshops today. Come for a bit, or stay all day.

YWIC runs a Local Training Initiative (LTI) FETAC full-time course in Arts & Creativity for young people aged 16 to 25, leading to a Level 4 Major Award in Pathway to Employment; the opportunity to progress into further education. It supports creativity in students while also developing a range of other skills such as communications, computers, digital media & maths.

The exhibition's theme is Technology, exploring its benefits & possible negative effects on society. See the students' work & discuss it with them.

The series of short workshops offered explore how technology has been used to communicate throughout the centuries, ranging from the history of print to digital media. Information on the course & registration available.

Info: Eleanor O'Sullivan, CEO,
Youth Work Ireland Cork
T 439 9862 M 087 412 6017
www.ywicork.com

10.30am – 2.30pm

St. John's Central College, Sawmill St

FREE MANICURES, FILE & POLISH

Call in today to St John's, where students are offering free manicures, file & polish. No need to book, first come, first served. Students are on the 1st floor, outside the Hairdressing Salon.

Info: Anita Kirby email akirby@stjohnscollege.ie

Discover all the courses at the college:
425 5500 www.stjohnscollege.ie

10.30am – 11.30am

Traveller Visibility Group, 25 Lower John St

TRAVELLER CULTURAL AWARENESS

Adults are welcome at this workshop to learn about the culture & heritage of the Irish Traveller community.

Places limited, booking essential. Call Bridgett Horgan 087 114 6585 Jointly hosted by Traveller Visibility Group & Cork Traveller Women's Network



10.30am – 12.30pm

Cork City Partnership Knocknaheeny Outreach Office Community Building, Knocknaheeny

**max
8**

FLOWER ARRANGING DEMO

Learn techniques & tips to help you create floral arrangements for Easter.

Places limited, booking essential. Call Noreen 087 196 2026 or Norma 439 9503



10.30am – noon

Cork City Partnership Knocknaheeny Outreach Office Community Building, Knocknaheeny

**max
25**

THE INNER COURSE OF LIFELONG LEARNING

Dr Tony Humphreys, Clinical Psychologist, uses the theme of Lifelong Learning to talk about how we as individuals progress through life & develop emotionally & psychologically.

Booking necessary, as places limited. Call Noreen 087 196 2026 or Norma 439 9503



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME Aula Maxima, UCC

11am – noon

PREHISTORIC COLOURS: BUG, BIRDS & DINOSAURS

Exciting new research by palaeontologists reveals unexpected glimpses of the original colours of ancient animals; the many hues of fossil bugs, birds & dinosaurs. Learn from Dr Maria McNamara, School of Biological, Earth & Environmental Sciences, UCC, how studies & experiments reveal what fossil creatures looked like & why they were coloured.

Noon – 1 pm

FOOD FOR THOUGHT

Janas Harrington, Epidemiology & Public Health, UCC, gives an informal talk, focusing on the importance of healthy food for a healthy mind & body. She explains the importance of a balanced diet, focusing on practical examples of what that looks like, and how to achieve the guidelines set out by the Department of Health.

Info: 490 4700

More lectures this afternoon – see 2pm.

CIT

10.30am

MY EDUCATION, MY FUTURE – OPENING OF EXHIBITION

The CIT Access Service, together with the CIT Arts Office & the CIT Crawford College of Art & Design, organised this art competition where aspiring young artists from Access Linked Schools submitted an art piece themed 'My Education, My Future.' All artwork submitted from participating schools is displayed here during the festival.

The competition aims to encourage students to use creativity & artistic processes to respond to the theme, and to help them to visualise their future progression through education. Awards are presented as part of this, as a recognition of the effort put in & the result achieved.

Info: CIT Access Service 433 5138
email Linkedschools@cit.ie



ACCESS SERVICE

11am – noon

Tory Top Road Library, Ballyphehane

TRACING YOUR FAMILY TREE

Join Ann Marie Coghlan from the Cork Genealogical Society, as she shows you how to start researching your family's history.

All welcome. Cork Genealogical Society meets monthly.

See www.corkgenealogicalsociety.com or email corkgensoc@gmail.com

Another session in Blackpool Library tomorrow.

11am – 12.30pm

*LifeFM Studios, Deanrock Business Estate,
Togher*

TOUR A RADIO STUDIO

Tour LifeFM studios. For details see Monday.
See Wednesday for Workshop



11am – 1pm

*Cork Volunteer Centre,
13 North Main Street*



LEARN ABOUT VOLUNTEERING

Have you ever thought about volunteering?
Come to this workshop & have all
your questions answered. It's aimed at
encouraging people to volunteer with
voluntary organisations throughout Cork City
& County. Roles range from volunteering
in the arts, with animals, meals on wheels,
teaching & youth clubs.

Book, as places limited, contact Marie
O'Mahony 425 1572 email marie@volunteercork.ie

Unfortunately, office on first floor is not
wheelchair accessible.

11am – 1pm

*Cork Craft & Design, 27a St Patrick's
Woollen Mills, Douglas*

CERAMICS DEMONSTRATION

Meet the popular & award-winning Cork
based ceramicist Siobhain Steele, as
she gives informal demonstrations of her
slipcast ceramics techniques.

All welcome. Info: T 436 8365
M 087 960 8249

email corkcraftdesign@gmail.com

Another event here on Thursday. Next door
to 'On the Pig's Back'.

11am – 1pm

Lobby, Central Library, Grand Parade

FIND OUT ABOUT CORK'S COMMUNITY EDUCATION NETWORK

Meet members of the Cork City Centre/
Citywide Community Education Network
at their information stand & talk with fellow
learners about their experiences. For details
see Monday. Members here 11am – 1pm until
Friday; information stand here during library
opening hours until Saturday.

Continues until Saturday.

CIT

11am & 2pm

CIT ON TWITTER & FACEBOOK

Videos of CIT students sharing their
personal experiences released via CIT
Access Twitter & Facebook. Repeated same
times until Friday. See opening pages for
details.



ACCESS SERVICE

11am – 3pm

Blackpool Library

FRIENDLY CALL INFORMATION STAND

Friendly Call Cork is a free service providing
a phone call 5 days a week to older people
or individuals who may feel lonely, isolated
or vulnerable in Cork City & surrounding
areas. This is your opportunity to register as
a client, refer on clients or to sign up as a
Friendly Call Volunteer.

Info: Brenda Barry, Friendly Call
Development Worker, L 430 1700 or
087 636 6407
email Brenda.Barry@partnershipcork.ie

Stand in Foyer of City Hall tomorrow, Hollyhill
Library Thursday, Central Library on Friday.



11.20am – 1.30pm*North Presentation Secondary School, Farranree***max
50****NORTH PRES REMEMBERS WOMEN IN WORLD WAR ONE**

Enjoy a morning of history talks on the role of women, especially nurses, in the First World War. Guest speaker is Marie McCarthy from the WFA who will speak about the role played by Cork nurses in the First World War. Some of the North Pres Adult Ed history students contribute papers on the role of women such as Edith Cavell. Transition Year students have an exhibition on display relating to women's roles in the Great War. Event hosted by regular Tuesday Adult Education History Group.

Info on Group & other activities
email adulted@northpres.ie

Limited parking available in school carpark & on the main road. Bus 203 stops outside school. Light refreshments at 11am. To book, call Joanne Twomey 086 343 9701

Organised by North Presentation Adult Ed, North Presentation Home School Community Liaison & North Presentation Secondary School - members of the Farranree Community Education Network.

**11.30am – noon***Cork Public Museum, Fitzgerald's Park***PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS**

For details see 11.30am Monday. Repeated today at 12.15pm, 2.30pm & 3.15pm with four sessions on Thursday & Friday.

11.30am – 12.30pm*The Mahon Family Resource Centre, Mahon Drive***max
6****LEARN TO MAKE JEWELLERY**

Try a class teaching you how to make beautiful handmade jewellery. There's a regular class here on Monday afternoons - if you enjoy the trial class, put your name down.

Parking, wheelchair accessible, free refreshments. Booking essential as places limited.

Contact Jenny 435 8866
e-mail: info@frcentre.ie

**11.30am – 1pm***The Lantern Community Project, 14 George's Quay (red door)***max
10****DRESS FOR SUCCESS**

This workshop is aimed at enabling women to get back into the workplace. It focuses on the building blocks that support you; understanding & focusing on your skills & abilities; exploring the best approach to present yourself at interview. In essence, finding your inner confidence & belief in yourself to return to work.

A collaboration between Dress for Success & the Lantern Community Project. Booking essential by March 31. Contact Norma Roche 086 023 6442 or Karina Healy 086 174 6374 email info@lanternproject.ie www.lanternproject.ie



12.15pm – 12.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

For details see 11.30am Monday. Repeated today, Thursday & Friday.

1pm – 2pm

The Glucksman, University College Cork



TOUR THE UCC ART COLLECTION

Join a guided tour of the university's art collection. It takes you through the UCC campus, stopping at artworks by celebrated Irish artists – Hughie O'Donoghue, Michael Quane, Janet Mullarney, Patrick Hennessy, Eilis O'Connell, among others.

Numbers limited, so booking required. Info & booking: Tadhg Crowley, Curator of Education, The Glucksman 490 1844
email info@glucksman.org

1pm – 2pm

The Spanish Studies Centre Cork, 19, St Patrick's Hill



THE IRISH IN THE SPANISH CIVIL WAR

Learn about the role of the Irish in the Spanish Civil War in this lecture.

All welcome, but places limited. Booking advised call Pedro Alrudez 086 311 1193
email spanishstudiescork@gmail.com

Repeated 1pm Thursday.

www.spanishstudiescentrecork.com



1pm – 2pm

Togher Community Centre



LEARN HOW TO USE A TABLET/IPAD

Want to know how to use a tablet / iPad? Learn the basic features. Tablets available for use at the workshop.

Booking essential, contact Linda Mc Kernan 087 196 2025

Organised by Cork City Partnership.



1pm – 3pm

Room 1.24, First Floor, O'Rahilly Building, UCC



MASTERCLASS: LANGUAGE TEACHING & POST COLONIALISM

Join the students of MA Applied Linguistics, in the School of Languages, Literatures & Cultures at UCC. This module works on two main topics – postcolonial theory & language teaching. It will examine the dominant terminology in language teaching/acquisition.

See <https://www.ucc.ie/en/cke01/>

Booking essential as texts to read will be sent to participants in advance. Call Mr Dragan Miladinovic 490 2234

1pm – 1.45pm

Alliance Française de Cork, Enterprise House, 36 Mary St, off George's Quay



LUNCHTIME TALK: BEYOND PARIS

An in-depth look into two lesser known, but equally beautiful & interesting, French cities: Tours in the Loire Valley & Caen in Normandy, by natives from each area. Explore the food, history, monuments, culture & more of these dynamic & vibrant cities. Talk by Alliance Française teacher Marie Thevenin & Cultural Assistant, Anousha Bonnemaïson.

As places limited, booking preferred. Contact Emily Noble 431 0677

email info@alliancefrancaisecork.com
www.alliancefrancaisecork.com

Organised by Cork City Partnership.



1.10pm – 2pm*Foyer, CIT Cork School of Music,
Union Quay***LUNCHTIME CONCERT: GUITARS PLUS**

Guitars Plus is a 12 Member Orchestra of classical guitarists, senior students & graduates of the CIT Cork School of Music. Their director is Jerry Creedon & their programme is a feast of great music. Some seating, wheelchair accessible, on-street parking, Bistro on-site. Info: Edel Sullivan 087 234 4669 email edel.sullivan@cit.ie

**2pm – 3.30pm***Foyer, Ground Floor,
St John's Central College,
Sawmill Street***HOLIDAY HELPDESK**

For details see Monday 11am.

**2pm – 4pm***The Mahon Family Resource Centre,
Mahon Drive***POTTERY – GIVE IT A GO**

Join the Pottery class held here at this time & try it – perhaps you'll join. Parking available, free refreshments, wheelchair accessible.

Booking essential, contact Jenny 435 8866 e-mail: info@frcentre.ie See Mahon Family Resource Centre on Facebook.

**2pm – 4pm***The Green Ribbon Garden, Kyle Street***OPEN GARDEN & POT PLANTING**

The Green Ribbon Garden is the proud work of members & staff of the Basement Resource Centre Shine. Take a look around & plant your own sunflower seeds to take home. Everyone welcome. Take the time to sit & discuss looking after your mental health. Lifelong learning means being open to learning about your wellbeing throughout your life. Event presented by The Basement Resource Centre Shine, See Change & the National Mental Health Stigma Reducing Campaign.

They garden on Thursdays from 2pm – 4pm & are happy to share their green space. If you'd like to get involved please contact Colette O'Connor T 422 6064 M 086 852 5147 www.shine.ie

Kyle Street links the Coal Quay & North Main Street; the garden is around the corner from Peggie Twomey's shop.

Repeated on Thursday.

**2pm – 4.30pm***The Lantern Community Project,
14 George's Quay***BUILDING YOUR OWN RESILIENCE**

While we have compassion for others we are often our own worst critics. Join Norma in exploring some ways that you can learn or become more aware of how to be more compassionate with yourself.

Numbers limited, booking is essential by March 31. Contact Norma Roche 086 023 6442 or Karina Healy 086 174 6374 email info@lanternproject.ie



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

**Room 102, Brookfield Health
Sciences Complex, UCC**

2pm – 3 pm

FINDING THE NEW WORLD

In his illustrated lecture, John Ware of ACE looks at Christopher Columbus & the first European attempts to cross the Atlantic. Followed by Q & A.

3pm – 4pm

EMPIRES OF DESIRE: 18TH CENTURY GARDENS AS CULTURAL THEATRE

James Cronin, of ACE & UCC's Centre for the Integration of Research, Teaching & Learning, examines an illustrated 18th century printed edition of George Anson's Voyage Round the World from the library at Bowen's Court, Co. Cork. He explores the influence of this voyage on 18th century garden design in Britain & Ireland.

4pm – 5pm

HOW TO START WRITING CREATIVELY

Colette Olney of ACE at UCC guides beginners to make the most of words, language & the creative imagination. A range of writing techniques will be identified & used.



5pm – 6pm

WHAT ARE GLOBAL HUMAN RIGHTS?

What is international development in the 21st century? The UK Institute of Development Studies states "International development is about more than 'aid.' It is not just about money to fill a gap. It is about change. It is about systems, and politics, and relationships. It is about power. It is about people's lives."

Claire Dorrity & Rola Abu Zeid – O'Neill give an overview of the Diploma in Development & Global Human Rights Studies in UCC. This interdisciplinary programme aims to provide a critical & theoretical understanding of the issues, processes & institutions central to global poverty, inequality & development.

Info: 490 4700



2.30pm – 4.30pm

*Griffith College,
Wellington Road*

**max
60**

AN INTRODUCTION TO SAGE

Looking for a career change? Interested in numbers? Unsure? Come along to an Introductory session on SAGE Software with Catherine O Connell, Lead Lecturer & Head of Full-time Business Faculty at Griffith.

Limited places, booking essential. Contact Sinead O'Dea 450 7027
email Sinead.odea@griffith.ie



2.30pm – 4.30pm*Bishopstown Senior Social Centre,
Wilton Park House***45 CARD GAMES**

Every Tuesday afternoon all year 45 card games take place in the Bishopstown Senior Social Centre. Newcomers welcome – come along.

Information on all the activities here from Roger Coughlan 086 386 6975 or Michael O'Connor 087 273 4887
email bishopstownseniors@gmail.com
www.bishopstownseniors.com

**CIT****2.50pm – 5pm***Tourism & Hospitality Department,
Cork Institute of Technology***LIVE BROADCAST****CULINARY CAREER PATHS
SEMINAR**

Q & A – Students put questions to the panel. See opening pages for full details.

**2.30pm – 5pm***Bishopstown Senior Social Centre,
Wilton Park House***COMPUTERS FOR THE
PETRIFIED**

Call in at any time & learn how to use your laptop & how to get the most out of your iPad or Tablet. Michael O'Connor shows how easy it is. All welcome.

Ask about other regular activities at this award-winning centre, or call Roger Coughlan 086 386 6975.

Plenty of free parking. Info: Michael O'Connor 087 273 4887
email bishopstownseniors@gmail.com

Event repeated Wed from 2.30pm & Thurs from noon.



3pm

Visitors' Centre, Main Quad, UCC

GUIDED TOUR OF UCC

For details see Monday. Tour repeated daily at 3pm until Friday, noon on Sat.

3pm – 4.30pm

*Meelagh Community Centre,
9, Meelagh View, Mahon*

EXHIBITION OF CHILDREN'S ART

See Artwork showcasing children's perception of Traveller Culture & Learning. The focus is on the parents & families of the children, but everyone is very welcome. Organised by the Meelagh Community Development Project for Travellers. The children attend the Meelagh After School Programme on Tuesdays & Wednesdays, supported by Cork ETB. Refreshments provided.

The Centre is in the Meelagh Group Housing Scheme behind Mahon Point.
Phone Mary Hogan 087 953 8507
for information & directions,
email maryhcorktravellerwomen@gmail.com



3.15pm – 3.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

For details see 11.30am Monday. Repeated Thursday & Friday



3.30pm – 4.30pm

Glen Park



NATURE TREASURE HUNT

The Glen & District Neighbourhood Youth Project (NYP) invites children aged 7 to 11 to join a Nature Treasure Hunt in Glen Park. The first team to collect all the items on the list & create a collage from them wins. Prize-giving afterwards at the Glen NYP, which runs a weekly children's group – ask about it.

The Glen NYP is in Unit 2, Community Services Building, Carnloch Court, The Glen (beside church). Booking necessary, as places limited. Contact Regina 085 745 0165 email reginaglennyp@gmail.com or Aoife 085 759 2486.



*Cork College of Commerce,
Morrison's Island*

5pm – 8pm

EXHIBITION OF PHOTOGRAPHS

Work by students attending the Photography evening course.

WHAT EDUCATION MEANS TO ADULT STUDENTS

Written contributions from students.

DISPLAY OF PERSONAL WRITING

Personal writing pieces from students.
Exhibitions continue until Wednesday.

5pm – 8pm

INTRODUCTIONS TO ITALIAN, GERMAN & RUSSIAN

Presentations on three separate screens in the foyer exhibition area, introducing the language & culture of Italy, Germany & Russia. 8 week courses run in Spring & Autumn terms, see college website for details.



6pm – 7pm

LEARN ABOUT MAKE-UP

Beauty & Make-up teacher Shirley O' Sullivan provides a taste of make-up training, offered here as part of the ITEC level 3 course.

Numbers limited, so book your place by calling 422 3846.

6.30pm – 7.30pm

RUNNING A SMALL BUSINESS

Get a taste of how to start & run a small business at this presentation.

Courses run for 8 weeks in Spring & Autumn terms.

7pm – 8pm

A SHOWCASE OF LEARNING & DEVELOPMENT

Training & Development Group, current students exhibit the work & skills they've gained over the year in the areas of Learning & Development.

7pm – 8pm

FINDING YOUR VOICE

Communications teacher Anita Howard gives a workshop on how growing in confidence as a writer can develop life skills, building self-confidence & self-belief.

7pm – 8pm

SOCIOLOGY: AN INTRODUCTION

Paul Atkins, who teaches in the college, gives an overview of Sociology/Social Studies. It allows participants gain an insight into our interaction within society & how this is analysed through different methods of research

7pm – 8pm

A TASTE OF COMPUTERISED ACCOUNTS

Come to Room 25 on the ground floor, for an introduction to Sage line 50 – computerised accounts. The college runs 10 week courses in Spring & Autumn.

7pm – 8pm

AN INTRODUCTION TO THE STOCK EXCHANGE

If you are interested in stocks and shares, this is for you. The college runs a very popular night course in the Spring & Autumn terms.

7pm – 9pm

LIFESAIVING SKILLS

College of Commerce teachers Johanna Fletcher & Patricia O Donovan give a workshop providing the basic knowledge & skills to recognise an adult in cardiac arrest & how to perform the lifesaving skill of CPR.

Tel 422 2100

Email queries@ccoc.ie

www.corkcollegeofcommerce.ie

5.30pm – 8pm

*St John's Central College,
Sawmill Street*

SCREENING OF FILMS

All welcome to a curated screening of work from the St John's Central College Film programme in the Lecture Theatre on the ground floor. The selection includes both drama & documentary genres. No need to book.

Find out about all the courses at the college – 425 5500
www.stjohnscollege.ie



6pm – 7.30pm

*Griffith College Cork,
Wellington Road*



TEEN SAFE – ONLINE SAFETY & REPUTATION

This workshop on internet safety is aimed at educational staff & parents of Secondary school students. Teen Safe from Child Watch is a unique digital education experience based on research. The second level student, staff & parent material covers: the psychology of the internet; searching online; internet and apps; how you appear online - images and text; online harassment; designing YOU online.

Booking essential. Contact Sinead O'Dea
450 7027 email Sinead.odea@griffith.ie



6pm – 8pm*Mahon Youth Centre
(portacabins), Mahon Drive***OPEN STUDIO**

Mahon CDP's Men's Art Group invites the public to view their work.

Details see Monday, repeated Wed & Thurs.

**6.15pm – 7.15pm***St. John's Central College,
Sawmill Street***GOSPEL CHOIR OPEN REHEARSAL**

All welcome to an open rehearsal of the St John's Gospel Choir.

Come along for a fun & interactive practice session in the reception/foyer area.

www.facebook.com/stjohnscentralcollege

Contact: Catherine Murray 425 5500

www.stjohnscollege.ie

**6.30pm***Togher Youth Development Centre,
Old Girls School, Togher Rd***SAFE TALK: SUICIDE ALERTNESS FOR ALL**

One of a series of information sessions on suicide, organised by cross community groups in Ballyphehane & Togher to respond to suicide in the community.

Safe Talk teaches four basic steps to recognise when people have thoughts of suicide & to connect them to suicide first aid resources.

Event strictly limited to adults 18+ Not recommended for those recently bereaved, especially through suicide.

Registration in advance is absolutely essential, call Carmel Forde 087 684 7710

Organisations involved: Togher Youth Development, HSE South Resource Office for Suicide Prevention & Community Work Dept, Breaking the Silence Cobh, community & voluntary groups in Ballyphehane & Togher.



6.30pm – 7.30pm
Student Centre, CIT

max
40

TALK FOR STUDENTS WITH ASPERGER SYNDROME/ASD

Aspect, a service of Cork Association for Autism, & the CIT Disability Support Service give a once off talk about going to college for students with Asperger's /ASD.

Find out about the supports available & hear from college students about their experiences. Students, especially from TY, 5th year, Leaving Certificate & post Leaving Certificate courses, with Asperger's/ASD planning to go on to Higher Education, are particularly welcome with their parents/guardians.

Booking essential, as places limited. Contact Emily Clifford, CIT Access Service 433 5138 email emily.clifford@cit.ie www.cit.ie/dss <http://corkautism.ie/aspect/>



7pm – 8pm

St Anthony's Sports Hall, Ballinlough

TRY A KARATE CLASS

Adults & children aged 5+ can join the regular class here & try Karate/Self Defence. All welcome, especially beginners. 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 Douglas & Carrigaline. Venue near Douglas Swimming Pool Car Park. See Wed 6.30pm, Thurs 6.45pm & Fringe pages for other free classes during the festival. Info: Barry 086 722 2779 email barry@risingsun.ie www.risingsun.ie



7pm – 8.30pm

The Firkin Crane, Shandon

THE ART OF LIGHTING THE WAY

This evening is about celebrating the art & health elements of the Lighting the Way project. The Lighting the Way booklets are a resource, developed over the last 4 years around Cork City & County, offering support to those bereaved through suicide. The art pieces & performances developed for the booklets are beautiful explorations of the human feeling around bereavement & loss. The message of Lighting the Way is that even through the darkest of life's moments you will eventually find light. Please come & see for yourself. Ask questions & talk to some of the local people involved. Perhaps you are interested in future projects?

Organised by the Health Action Zone & supported by HSE Community Work Department, Ballyphehane/Togher CDP/ Ballyphehane Action on Youth/ Fermoy Community Health Project & NICHE Northside Community Health Initiative
 Info: Joanne McNamara, HSE Community Health Worker 086 787 2265

email Joanne.mcnamara3@hse.ie www.healthactionzone.ie barry@risingsun.ie www.risingsun.ie

7pm – 9pm

Visions School of Art, Top Floor, Granary House, Rutland Street (off South Terrace)

max
22

LEARN ABOUT COLOUR THEORY

A talk - along with visual presentation - on Colour Theory & its practical application in a range of visual creative fields. This is the first part of a 2-part workshop, the second takes place in the coming months. Informal. Tea/coffee/biscuits provided.

Visions runs a wide range of workshops – ask about them.

Info & Bookings: Andrew Carroll 087 149 9615 email: and.carroll@gmail.com www.artclass.ie