



Hollyhill Library, Harbour View Road, Knocknaheeny

10am – noon CV CLINIC

Bring a digital copy of your CV to get the most from this session.

Booking essential, call 492 4928

11am – 1pm & 2pm – 4pm INFORMATION ON ALCOHOL

Information stand, including the Local Action Plan on Alcohol, see separate entry at 11am.

2pm MINDFUL WALKING

Talk followed by walk – see separate entry.

All day PAINTINGS

Exhibition of paintings by Noel O'Brien.

T 492 4928

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.

3.30pm – 4.30pm CAPTURE HISTORY BEFORE IT'S TOO LATE

Learn from journalist & author Jo Kerrigan how to write the story of a place, a community, a special time, that only you can do because you were there.

T 492 4900

Frank O'Connor Library, Mayfield

10am – 12.30pm MAYFIELD COMMUNITY CELEBRATES LEARNING

Mayfield Community Education Network presents a celebration of learning in the area. Includes performances, demonstrations & workshops. See separate entry.

T 492 4935

Douglas Library, Douglas Village Shopping Centre

11am – 12.30pm AT YOUR FINGERTIPS

Libraries Ireland at your fingertips. Staff help you navigate the library catalogue & show you how to renew, request & download ebooks & magazines. Bring your own tablet/smartphone.

T 492 4931/2

Blackpool Library, Redforge Rd

10am – noon CONCERT & EXHIBITION

A celebration of One Book, One Community in Blackpool.

See separate entry.

2.30pm STARTING YOUR FAMILY TREE

All welcome to hear from James Quain, Cork Genealogical Society, how to start researching your family. See 11am Tuesday for details

T 492 4933

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. Linked exhibition in Central Library. See Monday for details, continues until Friday.

9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

Enjoy an exhibition on Transport in Blackpool through the ages.

See Monday, continues until Friday.



9am – 10am

*Turner's Cross Daycare,
83A Capwell Rd*

PREVENTING FALLS

The HSE Falls Service gives a Prevention Workshop & Exercise Class. Hear about prevention & recovery in this one-off event. Information on the service. Light refreshments. Daycare is at back gate of Turner's Cross church.

Info: Finola Cronin T 492 3352
M 086 008 2564
Imelda Staunton 087 228 6889



9am – 5pm

Foyer, Civic Offices, City Hall

**IDENTITY: PORTRAITS BY
SECONDARY STUDENTS**

For details see Monday at 1pm

Continues daily 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 Mon – Fri until September.

9am – noon & 1pm – 4pm*St John's Central College, Sawmill St***MUSICAL INSTRUMENT MAKING & REPAIR**

Call into the Musical Instrument Making & Repair Department's Workshop, Room 104, Ground Floor, at St John's today. It's a great opportunity to watch students learning how to make & repair a range of stringed & fretted musical instruments, acoustic & electric. Info: Declan Young: dyoung@stjohnscollege.ie Continues today 1pm – 4pm.

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

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

All welcome to exhibitions: Painting & Sculpture, Photographs, Life Drawing
For details see Monday 9am.

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

For details see Tuesday 10.30am.
Continues until Friday.

**ACCESS SERVICE****9.30am – 11am***Barnardo's Brighter Futures, Ardmore Ave, Knocknaheeny***max
10****PARENT & TODDLER GROUP**

Barnardo's & Young Knocknaheeny jointly run the Peep group - Parent Early Education Partnership. Please join this fun group, with your toddler aged 1-2, to participate in art, songs, talking time. Learn tips on how to encourage your child's development. Play in the garden, make some new friends, and enjoy the lovely building. The group meets weekly for parents & children from the local area.

Booking essential, maximum of 10 parents & 10 children. Info & booking 430 7964

Brighter Futures is signposted off Harbour View Rd.

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.

**ACCESS SERVICE**

10am – 11.30am

*Project Management Group,
Lough Mahon Technology Park, Blackrock*

max
25

LEARNING FACTORY: THE LATEST IN CAD

See the latest in Computer Aided Design. PM Group is an international project delivery firm providing professional services in architecture, engineering & construction. Be introduced to the world of 3D design & see how different disciplines collaborate & produce integrated solutions for the company's clients. Navisworks allows designers to create a virtual 'walk-through' model of a whole plant which greatly enhances communication with clients, contractors & all other parties involved. Visit includes: introduction to PM Group; software presentation & tour. Beside Mahon Point – park there or nearby, no parking at office.

To book contact Pa O'Donoghue, Mechanical Department Manager 086 371 6447 email patrick.odonoghue@pmgroup-global.com

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

10am – noon

Blackpool Children's Library

ONE BOOK, ONE COMMUNITY CELEBRATION CONCERT & EXHIBITION

This year the One Community book in Blackpool is *White Fang* by Jack London. This tale of adventure & survival, set in Canada during the Klondike Goldrush, concerns a half-wolf, half-dog pup called White Fang. In this Family Reading Project, students read the book in school & at home, and families are encouraged to also read & share *White Fang's* adventures. Art activities & quizzes are organised involving the students & their families.

This morning students from six schools: St Vincent's Primary, North Presentation Primary, Blarney St. CBS, Gaelscoil Pheig Sayers, North Mon Primary & North Mon Secondary perform a variety of musical items. It's sure to entertain young and old. All welcome.

Artwork, projects & photographs of the One Book One Community activities are on display in Blackpool Library during the Easter school holidays. Come for a visit!

Info: Aedamar Sugrue Home School
Community Liaison 086 272 6666
email stvincentshscl@gmail.com

Organised by the Shandon/ Blackpool/
Cathedral Community Education Network



max
5

10am – noon

Room 1.24, O'Rahilly Building, UCC

JOIN THE MA CLASS IN APPLIED LINGUISTICS

This is the final class in the MA in Applied Linguistics module 'Language and Identity' at the School of Languages, Literature & Culture, UCC. Dr Anne Marie Devlin gives a workshop on understanding how language is used to index identity on public internet forums. A particular focus is on how the anonymity provided by computer-mediated discourse can impact not only on the identity that individuals enact, but also on how they use language to position others, often in a negative light.

As places so limited, booking essential, contact Dr Barbara Siller 490 2149 email barbara.siller@ucc.ie

10am – noon*Mahon Youth Centre (portacabins),
Mahon Drive***max
15****LEARN HOW TO USE YOUR
MOBILE PHONE**

Young people available to help anyone with questions about how to use their mobile phones.

Places limited, so please book your place by contacting Mahon Community Development Project 435 9070.

**10am – noon***Crawford Art Gallery, Emmet Place***COMMUNITY EVENT IN THE
GALLERY**

Working with artist Paul McKenna, the Fairhill Men's Art Group displays artwork inspired by *Men of the South* by Sean Keating... with a twist. Come & see.

Fairhill Men's Art Group meet weekly at a Cork City Partnership Community House in Bride Valley Park, Fairhill. The men have recreated artworks from the Crawford Art Gallery led by artist Paul McKenna - see paulmckennaart.blog.ie

Event organised by Crawford Art Gallery, Cork City Partnership, Cork ETB

Info: Emma 490 7862 or Anne 490 7857
email annebodaert@crawfordartgallery.ie

**10am – noon***Glen Resource & Sports Centre,
Glen Avenue, The Glen***max
40****TRY CÉILÍ & SET DANCING**

Display of Set & Céilí dancing, with opportunities for participants to join in the fun & learn some new moves. Organised by Cork City Partnership Glen Outreach Office.

Booking is essential, call Ann or Ronnie T 455 0943 M 087 130 8913

**10am – noon***Cork City Partnership Knocknaheeny
Outreach Office, Knocknaheeny
Community Building***max
10****LEARN TO CREATE SIMPLE MEALS**

Learn to create simple, delicious meals at a demonstration. Come & see how a variety of dishes are prepared & cooked. Get some useful tips & taste some of the finished dishes.

Booking essential, call Noreen 087 196 2026 or Norma 439 9503



10am – 12.30pm

MAYFIELD COMMUNITY EDUCATION NETWORK CELEBRATES LEARNING

Investigate & participate as the Mayfield Community Education Network hosts a morning of free workshops & displays from community groups and schools. Free refreshments, all welcome.

This year the event celebrates Mayfield as a Learning Neighbourhood which promotes and develops active lifelong learning.

The Mayfield Community Education Network (CEN) is a group of adult/ community education providers in the area. It brings together Mayfield Community Adult Learning Project, Newbury House Family Centre, Mayfield Arts, Lotamore Family Resource Centre, Home School Community Liaison from Mayfield Community School, St Patrick's schools, Scoil Mhuire Banrion & St John the Apostle BNS, Health Action Zone & Mayfield Write-On Adult Basic Education Service.

This event is a vibrant morning of singing & dance performances with the option of just looking or maybe joining in! Displays of art from local artists, craft work, knitting, demonstrations of beauty & make-up, cross-stitch & flower arranging available for you to enjoy, together with music, local choirs & schools performing. Mayfield Art's Cúig studio artists facilitate a creative workshop in print or portraiture.

This year Mayfield is promoting itself as a Learning Neighbourhood, so come along to support all the learning that is happening locally for young & old all year round.

Further info: 450 8562

10am – 1pm

St Finbarrs Hurling & Football Club,
Togher Road

TOGHER BALLYPHEHANE COMMUNITY EDUCATION NETWORK GOES LA LA FOR LIFELONG LEARNING

A morning of musical mayhem with performances, demonstrations, talks, activities & information/exhibition stands showcasing the diversity of learning opportunities in the community.

Ballyphehane & Togher are both part of the Learning Neighbourhood Programme of Cork City's UNESCO Learning Cities Initiative.



They hope to hit all the right notes with their event based on music & musicals.

This Community Education Network event demonstrates that learning neighbourhoods foster learning among all age groups and, more importantly, between age groups. So, from child care to day care, school based learning to learning in the school of life, you are invited to a morning that celebrates learning & all who participate in & support community learning.

Taking part are: Togher Family Centre Pre-School, An Cliabhán Early Years learners, Ballyphehane Day Care, Gaeilscoil an Teaglaigh Naofa, QDS Cope Foundation, Maria Assumpta NS, Morning Star National School, Togher Girls National School, Ballyphehane Togher CDP, Greenmount National School, Read Write Now Adult Literacy, Tory Top Library.

Info: Siobhán O'Dowd, Network Chair 431 9085 email siobhan@btcdp.ie

Togher Ballyphehane Community Education Network has members from Home School Community Links in Maria Assumpta NS, Morning Star NS & Gaeilscoil an Teaglaigh Naofa, Greenmount NS & St Marie's of the Isle NS, Togher Girls NS, QDS- Cope Foundation, Read Write Now Adult Basic Education Service, Togher Family Centre, Ballyphehane Togher Community Development Project.

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

Continues until Saturday, for details see Tuesday.

10am – 3pm

National Learning Network Training Centre, Hollymount Industrial Estate, Hollyhill

OPEN DAY & WORKSHOPS

Visit today & find out about the full-time certified programmes on offer at National Learning Network (NLN) training centres at Hollyhill & Model Farm Road.

NLN caters for adults who may benefit from additional supports & different approaches because of a health condition, injury, illness, mild or specific learning difficulty, mental health problem etc. It aims to provide students with the skills & aptitudes to progress on to employment, further training or education or other outcomes appropriate to each individual.

Briefings at 10.30am & 1.30pm – or come at any time to meet students & instructors & learn about the programmes at QQI levels 3 to 5, City & Guilds & CompTIA.

All day

At the Computer Networks & IT Systems Course you'll learn from students about:

Social Media & Your Digital Life; Cyber Security: Why You Need IT; Interactive App Game Coding featuring Bubble Bob; Life Hacking With Pi; Design, Build & Learn.

11am, repeated 2pm**PRESENTATION ON MUSIC SPEAKER & EARPHONE SYSTEMS**

Instructor David Beckom gives a presentation on Bluetooth, active, home & DJ speakers, and headphones - Studio, Earbuds, over ear, on ear etc. It's a musical feast; Classical, Rock, Soul & Jazz. A wonderful time machine travelling through the 50s, 60s, 70s, to the present.

**11.00am, repeated 2pm****CARING FOR OUR WELLNESS**

Bernadette Nolan, psychotherapist & personal development instructor, explains how simple wellness practices can be used to counter the stresses & emotional upheavals of day-to-day living. Practices include: Tai Chi meditation; visualization & breath work; acupuncture for alleviating pain & stress & much more.

11.30am**CAKE DECORATING**

Virginia Aherne, Catering Instructor & accomplished pastry chef, gives a demonstration of cupcake decorating, with participants following her tips to decorate their own.

Noon & 2pm**CV TUNE UP & ADVICE CLINIC**

Come to a short presentation on ways to make your CV great, followed by an Advice Clinic when individuals can get help. Two very experienced staff delivering workshops, guaranteed to be popular, book by emailing hollyhill@nlm.ie

2pm**COOKERY WORKSHOP**

Mairead Keating, Catering Instructor, gives a demonstration.

Groups & all those wishing to attend workshops need to book.

Parking available on site, Tea & coffee provided,

Info & Booking: T 430 0144 M 087 850 6171 email hollyhill@nlm.ie, www.nlm.ie

Bus 202 stops outside centre, which is across the road from Apple.

10am – 4pm

Cork City Partnership Knocknaheeny Outreach Office Knocknaheeny Community Building

ART & CRAFTS FROM THE COMMUNITY

Exhibition continues until Friday, for details see Tuesday.

10am – noon

*Room 107, Coláiste Stiofáin Naofa,
Tramore Rd*



DRAWING FOR BEGINNERS

Learn how to draw everyday objects with ease. Experiment with pencil, crayon & charcoal, using an easel. Materials provided. Experienced Level 6 Art students will demonstrate basic skills, including shade & tone. Find out about courses at the college. Info: d.godsell@csn.ie or l.phelan@csn.ie

Book your place by calling Lucy Phelan
206 7641

10am – noon

Wilton Park House, Bishopstown

LEARN ABOUT MEN'S SHEDS

Men's Sheds started in Australia & have spread worldwide, including all over Ireland.

They are spaces where men get together, in a safe, friendly & inclusive environment, to work on projects at their own pace. Come along this morning or tomorrow at the same time to meet the members of Bishopstown Men's Shed, and hear about their activities.

The Shed meets here on Wed & Thurs mornings every week. Info: Bill Egar, Chairperson 086 354 4039 or Michael Dowling 086 102 2259 email bishopstownmensshed@gmail.com



10am – 4pm

*Family Centre, Harbour View Rd,
Knocknaheeny*

OPEN DAY AT FAMILY CENTRE

Visit the Hollyhill/Knocknaheeny Family Centre today – all welcome. Discover its regular activities. See a display of knitting & crafts produced by the ladies of the Crafts Group which meets here. Enjoy watching members of the Salsa, waltz & jive classes – you'll be tempted to join them. Coffee, tea & cakes available. Lots of parking nearby.

The Family Centre, which includes a crèche & pre-school, faces Knocknaheeny Church.

Info: Angela Kalaitzake 439 2300 email thefamilycentre@eircom.net



10am – 4pm

Coláiste Stiofáin Naofa, Tramore Rd

FULACHT FIADH – BRONZE AGE COOKING

A unique opportunity to experience a full-scale re-enactment of a Bronze Age Fulacht Fiadh, the second most prevalent archaeological site on the Irish landscape dating to c.1800BC. A wood-lined trough of water is set to boil by adding stones heated in a fire. The students of Cultural & Heritage Studies have reconstructed a working fulacht fiadh & during the day conduct a number of experiments to explore potential uses of such sites. This promises to be a rare spectacle.

Outdoor event, all welcome. Info: Shane Lehane 496 9069 email s.lehane.ie

10am – 4.30pm*Unit 5 Sunbeam Industrial Estate,
Commons Road***VISIT A YOUTH TRAINING CENTRE**

Blackpool Glen Farranree Youth Training Centre has been offering practical fulltime training to young adults aged 16 to 21 since 1984. Many trainees progress into fulltime employment & others into further Training/Education. All welcome today to an Open Day for a guided tour & an exhibition of work by trainees.

The centre is funded by the Cork Education & Training Board & allowances are paid to trainees. All courses are free. Enrolling/recruitment is continuous (all year round). There are lots of fun activities built into the schedule. Trainees spend from 1 to 2 years in the centre. Courses offered are Digital Media, Craft & Design, Multiskills (Woodwork), Computer Applications, Catering & Hairdressing.

All courses are QQI accredited, except hairdressing which is VTCT accredited.

Info: 439 5447

email blackpoolgftc1@eircom.net

www.blackpoolgftc.ie

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

For more information see Tuesday.

Continues Tues to Sat until April 14

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

All welcome. See Tuesday for details

10.30am*Curraheen Family Centre, Meeting Room,
Church of the Real Presence
Curraheen Road***DOWN MEMORY LANE: ILLUSTRATED LECTURE**

Learn about Cork's History & Heritage as you take a trip down "Memory Lane" with local historian Liam O hUiginn, whose passion for & interest in his native city is all consuming & inspiring. Free light refreshments. The Centre is easily accessible on buses No. 205 and 208. Info: Irene Higgins 454 1583

The Curraheen Family Centre is a member of the Bishopstown Glasheen Community Education Network.



10.30am – 1pm

*The Lantern Community Project,
14 George's Quay*



LEARN ABOUT MEDITATION & WELLBEING

Sile O'Connor of SHEP facilitates an interactive session exploring the benefits of practising meditation.

More info: 086 023 6442 email
norma@lanternproject.ie
or socialandhealth@eircom.net



Places limited, book yours by
calling Geraldine Flanagan at
SHEP – the Social & Health Education Project
466 6180



10.30am – 1pm

*The Parents Room, Terence MacSwiney
Community College*

WORKSHOP ON PERSONAL DEVELOPMENT

Relax in the friendly atmosphere of the parents' room & benefit from guided meditation & relaxation techniques. Learn about Angel Cards. Parents of students at the college participate in weekly classes on Personal Development, you may want to join them.

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

Members of Knocknaheeny/Hollyhill Community Education Network.

11am

Douglas Community Centre



CHAIR-BASED PILATES FOR OLDER ADULTS

Experience all the benefits of a regular class: better posture, improved muscle & bone strength, flexibility, balance, sense of well-being, relaxation. Try this regular class, suited for those who prefer to exercise on a chair or standing, rather than on the floor.

Info: info@pilatespeoplecork.com www.pilatespeoplecork.com

Booking essential, as places limited. Call
Jaconel Janssen 085 161 3505

Event repeated tomorrow in Blackrock see
11am; Pilates People offer a different class at
10am Sunday.

11am – noon

*Assistive Technology Service,
Student Centre, CIT*



WORKSHOP IN ASSISTIVE TECHNOLOGY

Mark Burleigh, Assistive Technology Officer in CIT, showcases some of the latest technology which helps students maximize their academic potential. Participants have the opportunity to try out the educational & assistive technologies for themselves. Mark focuses in particular on technologies enabling students to write reports, assignments & essays three times faster than typing. Once off event for the festival.

Booking not necessary & is on a first-come first-served basis.

Info: Mark Burleigh
email Mark.Burleigh@cit.ie



11am – noon*The Gallery, Coláiste Stiofáin
Naofa, Tramore Rd***AN INTRODUCTORY TO
COLLAGE**

Join Level 6 Art students for a demonstration of collage, followed by one-to-one tuition. Materials provided but participants encouraged to bring images & photographs. Enquire about courses at the college.

Info: d.godsell@csn.ie l.phelan@csn.ie

Places limited, book by calling Lucy Phelan 206 7641

**11am – 12.30pm***PE Hall, Cope Foundation, Hollyhill***INTERACTIVE DANCE & ART
DISPLAY**

Polska – welcome to Poland. The theme is a continuation of the “citizenship” theme in 2015 & learning about France in 2016. They celebrate & learn about Poland together through dance, artwork, completed projects.

The event is interactive, you get an opportunity to participate in Polish dance performed & taught by the Sunny Oak Dance Group (est. 2002).

The event showcases the art work & literacy achievements of individuals attending the Developmental Centres here in Hollyhill & in “Ard Dara” Cope Foundation, Montenotte. Parking available. Polish refreshments. Info Sile or Mary 085 210 1646

11am – 1pm*Douglas GAA Hall***KURLING**

Young at Heart Group & service users from Cope Foundation, Brothers of Charity & Rehab Care come together every Wednesday to play Kurling. It's a great physical activity, inclusive, with no barriers to age or ability. Either 2 or 4 play on a team. Today teams are competing for the Liam Ryan Supervalu Grange Douglas Perpetual Trophy. Come along to cheer them on. This is just one of the activities of the Young at Heart Group – to find out about others, including their annual dancing competition, call Phil Goodman 087 298 7161

**11am – 1pm***Northside for Business Campus,
Ballyvolane***LEARN ABOUT NORTHSIDE FOR
BUSINESS**

Hear about Northside for Business & the services & supports it offers. Take a tour of the campus including visits to social enterprises, including Boomerang Mattress Recycling & Compass Crafts, other SMEs & start-up businesses.

Northside for Business incorporates initiatives to support employment creation & retention. It's about developing enterprise & growing small businesses. It's about celebrating all that the north-side offers – the people, culture, businesses, the uniqueness. It's about working together – businesses, communities & public bodies.

Event organised by Northside for Business, Cork Environmental Forum, Churchfield Community Trust & Green Space. Booking necessary, call Carmel Murray 421 1433

From Blackpool take left after the Fire Station, the Campus is on the right.

11am – 1pm

*The Glen Resource Centre,
Glen Avenue*



TOUR GARDEN & LEARN COMPOSTING

George Herlihy & Gordon O' Keefe give a practical demonstration of the various types of composting tools & how best to manage each one. Members of the group will take you on a tour of the Rainharvesting system, veg & fruit area, sensory garden site & pollytunnel.

The group meets on Wednesday mornings with horticulturist Pat Sheehan. For more details, contact Bernard Twomey, Glen Health Action Zone 087 688 3495



11am – 1pm

*Cork Printmakers, Wandersford Quay,
Clarke's Bridge*

DROP IN WORKSHOPS, TOURS & EXHIBITION

Discover Cork Printmakers, which offers facilities in etching, photo-intaglio, screen-print, lithography, relief print & digital print. In the Screen-printing Workshops, you'll be guided through this popular technique by professional artists. Create your own two-colour Easter card to take home.

Tour the workshop & learn about the range of print techniques & equipment artists use. There's a group exhibition of work created by artist members of Cork Printmakers in the Print Showroom on the second floor.

Booking not necessary, drop in between 11am & 1pm.

Info: Frances O'Connor 432 2422 or
info@corkprintmakers.ie
www.corkprintmakers.ie



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.



11am – 1pm & 2pm – 4pm

*Hollyhill Library, Harbour View Rd,
Knocknaheeny*

ALCOHOL AWARENESS INFORMATION POD

Information stand raising awareness of the myths & facts about alcohol. An open invitation to the community to hear about & view their Local Action on Alcohol Plan, reflecting actions identified by the Community Action on Alcohol North-side (CAAN) initiative. Information on local supports & services for individuals & families along with further educational/ training opportunities also available.

Further info: Jacqueline Daly Cork City Partnership Clg. 430 2310/ 087 196 2030 email jdaly@partnershipcork.ie or Gemma O' Leary, CLDATF Development Worker 087 055 3255 email: gemma.oleary@hse.ie

Organised by Cork City Partnership Clg./ Cork Local Drug & Alcohol Task Force/ Community Action on Alcohol Northside Repeated 2pm – 4pm today.



11am – 1pm

Seminar Room G27, College of Arts,
Celtic Studies & Social Sciences,
O'Rahilly Building, UCC

LAUNCH OF REPORT ON TRAVELLER ACCOMMODATION CONFERENCE

Last year during the festival a conference on Traveller Accommodation took place in UCC, this year its report is launched. It highlights the needs of Travellers in accommodation including: halting sites & social housing; the private rented sector; homelessness & the housing needs assessment process. It explores solutions to the current problems being experienced by Travellers. Open to adults.

Booking essential, call Mary Coughlan at Traveller Visibility Group 450 3786.



CIT

11am & 2pm

CIT ON TWITTER & FACEBOOK

Videos of CIT students sharing their personal experiences released via CIT Access Twitter & Facebook. Repeated at 2pm today & same times until Friday. See opening pages for details.



ACCESS SERVICE

11am – 3pm

Foyer, Civic Offices, City Hall

FRIENDLY CALL INFORMATION STAND

Find out about this free service providing a phone call 5 days a week to older people or individuals who may feel lonely, isolated or vulnerable. For details see 11am Tuesday. Stand in Hollyhill Library tomorrow & Central Library on Friday.

**Noon – 12.30pm & 2pm – 2.30pm**

CIT Blackrock Castle Observatory,
Blackrock

LEARN ABOUT GRAVITY

Drop in for a short talk on gravity & how (we think) it works. Play with the Gravity Well to get a hands-on experience. Repeated at 2pm today.

Presented by CIT Blackrock Castle Observatory, International Space University's *Space Studies Program*

Info: 432 6120 email info@bco.ie www.bco.ie

Noon – 1pm

The Lantern Community Project,
14 George's Quay



LEARN ABOUT JIN SHIN JYUTSU

Jin Shin Jyutsu is an ancient Japanese therapy used to reduce stress, tiredness, pain & to get to know yourself better. It's about harmonising the life energy within the body. Sr Denise, a self-help teacher, introduces you to the basic techniques in this practical workshop. Places are limited, booking essential by March 31st



Contact Norma 086 023 6442 or Karina 086 174 6374 email info@lanternproject.ie

Noon – 1.30pm
Firkin Crane, Shandon



TOWN HALL MEETING: MAKE CORK A EUROPEAN CENTRE OF EXCELLENCE FOR INCLUSIVE ARTS

An opportunity to share ideas, hear from others, get information about Cork City Council's LECP (Local Economic and Community Plan 2016 – 2021) submission on Inclusive Arts. Event gives a platform to those interested in the Arts & Inclusion. All welcome: artists, arts organisations, service providers, advocates, the public. Event organised by Cope Foundation, Firkin Crane, HSE, Cork ETB, Cork City Council Social Inclusion Unit. Booking preferred as places limited, by email to Eoin Nash nashe@cope-foundation.ie

Noon – 3pm
*Bruac – Good Shepherd Cork,
off Redemption Rd, Blackpool*

OPEN DAY & CERTIFICATE PRESENTATION

Good Shepherd Cork, Education & Development Unit Bruac hosts an open day. Past learners are presented with certificates at noon at a ceremony, followed by light refreshments. Guided tours start afterwards, with staff & learners showing visitors around. Examples of work by learners on display, staff available to answer questions about courses. Potential learners can fill out application forms with the support of staff. Limited parking in the area.

Bruac is a training and education unit for female early school leavers who require a supportive environment for second chance education. Bruac offers QQI modules ranging from Communications, Mathematics, Childcare Horticulture, Personal Development & Computers. Bruac develops an individual learning plan for each learner, setting goals & targets to meet the learner's needs.

Info: T 439 7314

M 085 730 9380

email codonovan@goodshepherdork.ie

<http://www.goodshepherdork.ie/education-development/>

12.30pm – 1.30pm
*Foyer, Ground Floor, St John's Central
College, Sawmill Street*

HOLIDAY HELPDESK

For details see Monday 11am



12.30pm – 2pm
*The Sexual Health Centre,
16 Peters Street*

OPEN DAY

Learn about the background to the Sexual Health Centre in its 30th anniversary year. Discussion on the history of HIV & a demonstration of rapid HIV testing. Counselling, rapid HIV testing & other services always available. www.sexualhealthcentre.com

Info: Niamh O'Connor 427 5837

Peters Street is behind the Mercy Hospital off Grattan Street. Nearest parking at River Lee Hotel or North Main St.

1pm – 2pm
St Peter's Cork, North Main St



A DATE WITH DATA

Numbers are fascinating, but do they count? Meet surprising figures, date data with character & digits to delight in this interactive talk & workshop. A better than average event with any amount of fun! Check out the Central Statistics Office visualisations tools and infographics <http://www.cso.ie/en/interactivezone/visualisationtools/>

Presented by the Central Statistics Office & St Peter's Cork.

Booking preferred, call Eileen 427 8187
email info@stpeterscork.ie

Event repeated same time Thursday.

CIT

1pm – 2pm*Room B185, Cork Institute of Technology***WHERE YOU CAN GO WITH WHAT YOU KNOW**

An overview of recognition of prior learning & how it works to acknowledge what you know already. Booking not necessary. See Monday 11am for details.

Room B185 is on ground floor of main building.

**EXTENDED CAMPUS****1pm & 3pm***Nano Nagle Place, Douglas Street***EXPERIENCE A NEW URBAN OASIS**

Nano Nagle Place is a new 'urban oasis' in the centre of Cork. The site houses a state of the art heritage centre, the beautifully landscaped graveyard with Nano Nagle's tomb, a contemplative garden, meeting spaces, wonderful grounds & a café. Come & experience the heritage centre & grounds. Be part of the project by sampling the guided tour of the heritage centre & telling them what you think.

Book your place by calling 419 3580 or email Danielle@nanonagleplace.ie

Repeated at 3pm & on Saturday at 10am & noon.

**1pm – 4pm***St John's Central College, Sawmill St***MUSICAL INSTRUMENT MAKING & REPAIR**

For details see 9am today.

CIT

1.10pm – 2pm*Foyer, CIT Cork School of Music, Union Quay***LUNCHTIME AUDIO VISUAL PERFORMANCE**

Enjoy entertaining short soundtracks while you 'byte' on your lunch. Music Technology Students at the CIT Cork School of Music (Masters & Degree) have been set the task of finding a short animation & creating their own soundtrack for it. Come & hear the results! Some seating, wheelchair accessible, on-street parking,

Bistro on-site. Info: Edel Sullivan 087 234 4669 email edel.sullivan@cit.ie <http://csm.cit.ie/>

**1.15pm – 2pm***Alliance Française de Cork, 2nd Floor, Enterprise House, 36 Mary St, off George's Quay***LUNCHTIME TALK: STRASBOURG**

Discover the frontier city of Strasbourg from a native. Situated on the French/German border this vibrant city blends French & German architectural & cultural influences. Hear about the famous Christmas Market, the speciality food of the region. Places limited, booking preferred. Contact Emily Noble 431 0677 email info@alliancefrancaisecork.com

www.alliancefrancaisecork.com

1.45pm – 2.30pm*Curtis Auditorium, CIT Cork School of Music***OPEN REHEARSAL**

The prize-winning Cappella Lyrica choir, conductor Maria Judge, invites you to one of their bi-weekly rehearsals. It's an all-female choir featuring the students on the CIT Cork School of Music BMus course. All welcome. Seating, wheelchair accessible, on-street parking, Bistro on-site. Info: Edel Sullivan 087 234 4669 email edel.sullivan@cit.ie

**2pm – 2.30pm***CIT Blackrock Castle Observatory, Blackrock***LEARN ABOUT GRAVITY**

Details see noon today.

2pm – 3.30pm*Crawford Art Gallery, Emmet Place***VISIT FOR PEOPLE WITH DEMENTIA**

Did you know that the Crawford Art Gallery offers free dedicated visits to people with dementia, their families & carers? Available on first Wednesday each month. Limited on street parking, refreshments included. More information & booking: Emma 490 7862 email emmaklemencic@crawfordartgallery.ie

Booking essential, as places limited. Second session organised if needed.

**2pm – 3.30pm***The Hut, Youth & Community Centre, Gurrabraher***FUN WALK FOR BEGINNERS**

A social beginner's walk with Community Health Worker Stephen Murphy, taking you from the Hut Community Centre to Fitzgerald's Park. The walk is downhill & flat & approximately 2 miles long, taking in Sunday's Well, the River Walk by the old Irish Distillers & the Mardyke, finishing at Fitzgerald's Park. Free tea & coffee in the Museum Café for all walkers.

Info: Stephen Murphy 087 981 4803 email stephend.murphy@hse.ie

The Gurrabraher Churchfield Walking group meets every Wednesday at 2 pm in the Education & Rights Resource Centre, Churchfield Green – you may want to join them. Organised by HSE Health Action Zone

**2pm – 3.30pm***Griffith College, Wellington Road***AN INTRODUCTION TO IRISH**

Irish speaker & teacher of English Language at the college, David Scanlon, gives a basic introduction to Irish to people with little or no knowledge of the language. The class will use "TEFL style" teaching such as communicative activities & simple conversations as Gaelige. It will also showcase the beauty of the living language. All welcome, but places very limited, so booking essential.

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



2pm – 4.30pm*The Lantern Community Project,
14 George's Quay (red door)***CONNECTING THE DOTS**

Learn about the UN's Sustainable Development Goals (SDGs) & using them in our communities. Going from global to local, this workshop explores the relevance of SDGs & how they can contribute to increasing our wellbeing, reducing hardship, promoting more inclusive communities & exploring the relevance of them in our everyday lives. Places limited, booking is essential by March 31.

Contact Norma Roche 086 023 6442
or Karina Healy 086 174 6374
email info@lanternproject.ie

**FREE UNIVERSITY:
ACE AT UCC PUBLIC LECTURE
PROGRAMME****2pm – 3 pm****Room G02, Western Gateway
Building, UCC****IRELAND'S GREAT WAR**

Hear from John Ware, School of History & ACE at UCC, about the First World War from Ireland's perspective & how the country changed in those years. Above all, his presentation is about Irish soldiers. There were already 16 regiments of the king's army which proclaimed themselves Irish & wore the harp or shamrock as their badge. When war broke out they were joined by tens of thousands of volunteers, from a country on the brink of sectarian civil war. The survivors returned to a country transformed & transforming in a new struggle.

3pm – 4pm**Room 6, West Wing,
Main Quad, UCC****WHAT DO YOU KNOW ABOUT
WOMEN & ISLAM?**

Islam is the most criticised religion for its attitudes toward women. In this event, Rola Abu Zeid-O'Neill of ACE discusses the status & the role of women in Islam. She covers different practices towards women such as polygamy, veiling (hijab), and explores Islamic feminism, opportunities of interpreting the Quran, and what tools Muslim women use for challenging Islam's androcentric interpretations.

4pm – 5pm**Room G02, Western Gateway
Building, UCC****BERLIN: CAPITAL OF THE
LIBERAL WEST?**

After the vote in the UK to leave the EU & the election of Donald Trump in the US, some have suggested that Angela Merkel is the last defender of the liberal West. If that's true, it could make Berlin its capital. Mary Noll Venables of ACE considers Berlin today & introduces other meanings given to Berlin in German & world history.

Check venues carefully.

Info: 490 4700



2pm – 4pm

*TACT Project, Togher Youth
Development Centre, Togher Rd*

LEARN HOW TO GROW VEGETABLES

All welcome to see the vegetable garden created by young people from Togher. The TACT garden was established in 2010 with the assistance of Cork City Council Community Warden Geraldine Sutton. Join staff from the TACT Project, Foróige & Geraldine at this showcase of young people involved in the programme highlighting the skills & knowledge gained through their participation e.g. crop rotation, composting, harvesting, food production. The garden is across the road from Togher Church, on the grounds of the old girls' school.

Funded primarily from the European Social Fund, it continues to be supported through the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

Info: Maria Nyhan, Foróige 087 120 5976
email maria.nyhan@foroige.ie

or Geraldine Sutton, Community Warden,
Cork City Council 086 796 8944
email geraldine_sutton@corkcity.ie



2pm – 4pm

Hollyhill Library

MINDFUL WALKING

Learn the tips & techniques to walk your way to mental & physical well-being.

Hugh O'Donovan, Consultant Chartered Occupational Psychologist, facilitates a session on Mindfulness, followed by a Mindful Walk in the local area.

Booking essential as places limited. Info & bookings: Hugh 087 630 7662

email hugh@hoda.ie www.hoda.ie

A Mindful Walking Group meets on the last Tuesday every month at 11am at the Bishopstown Café, Curraheen Rd.

2pm – 4pm

St. John's Central College, Sawmill St

LEARN ABOUT GAME & 3D DESIGN

Join Farad Raissa & students in Room 316, to experience a taste of Game Design & 3D Design. Includes an exhibition of 2D based game & 3D character modelling, with hands-on Game Design.

Info: fraissa@stjohnscollege.ie

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

2pm – 4pm

*LifeFM Studios, Deanrock Business
Estate, Togher*



TASTER WORKSHOP: PRODUCE A RADIO PROGRAMME

LifeFM Cork has been on air for over nine years, broadcasting on 93.1 FM & online at www.lifefm.ie 24 hours a day, 7 days a week. This workshop introduces participants to the basics of producing a radio programme. It explores the ideas of target audiences, running orders, radio interviews. You'll use portable recorders to make a short feature. No experience required. Open to anyone interested in media, radio production, or general lifelong learners. Free refreshments.

Studio is behind FastFit Tyres, free parking. Information available on upcoming QQI Level 3 media courses, TY media courses & summer camps for teenagers.

Numbers limited, to book your place contact Terri Kruschke 496 1111

email training@lifefm.ie



SHOP & LEARN



2pm – 4.30pm

Merchants Quay Shopping Centre **ALCOHOL INFO POD**

Stands raising awareness of the myths & facts about alcohol. Referral to appropriate services & supports available. Come & say hello, take part in a quiz & get to know some interesting facts about alcohol.

If you want to book an Alcohol Information Stand for your group or organisation in the future, contact Mella Magee T 490 2310 M 087 196 2022 email mmagee@partnershipcork.ie Cork City Partnership, Community Outreach Drug & Alcohol Awareness Project.

www.corkcitypartnership.ie



2pm – 5pm

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

WORKSHOP ON WELLBEING

Facilitated by experienced SHEP tutors Siobhan O'Connor & Noreen Leahy, this workshop aims to give participants an opportunity to explore the idea of well-being & identify what supports & what undermines it. An opportunity to explore these questions in an enjoyable, interactive & fun way. Info: SHEP – Social & Health Education Project email socialandhealth@eircom.net or norma@lanternproject.ie



Booking essential as places limited. Call Geraldine Flanagan at SHEP – 466 6180

2.30pm – 3.30pm

Blackpool Library

TRACING YOUR FAMILY TREE

Join James Quain from the Cork Genealogical Society, as he 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

2.30pm – 5pm

Bishopstown Senior Social Centre, Wilton Park House

COMPUTERS FOR THE PETRIFIED

See Tuesday for details.

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

Boardwalk, Lapp's Quay

CURRACH LAUNCH & CERTIFICATE PRESENTATION

Come & applaud a group of men from the HSE City Links group celebrating their first boat building achievement by launching their 17 foot Dunfanaghy currach onto the River Lee. The boat is made from hazel rods & oak laths & was built under the guidance of Meitheal Mara at their boatyard at Crosses Green. Cheer as the men receive their QQI certificates.

Meitheal Mara works with groups across the city to provide boat-building, woodworking, wood turning & personal effectiveness learning courses with the support of Cork ETB (CETB) & the Department of Education and Science. City Links is a joint initiative between the HSE, CETB, Meitheal Mara & St John's College, working with people to promote recovery & mental health through education & recreation.

Meitheal Mara is involved in the festival's cross-border, cross community projects with Féile an Phobail. Info: T 431 6813 M 086 6680840 email office@meithealmara.ie

www.meithealmara.ie



3pm – 4pm

Bishopstown Library, Wilton Shopping Centre

STOP FOOD WASTE

All welcome to a talk on food waste & how to prevent it, with an introduction to the Stop Food Waste Challenge course. Should be of special interest to anyone with an interest in household budgeting & sustainability. One third of the food bought in Ireland is thrown out, costing €700 per year to the average Irish household for food not eaten.

The Stop Food Waste programme www.stopfoodwaste.ie is funded under the Environmental Protection Agency's National Waste Prevention Programme. One of its most successful tools is the Stop Food Waste Challenge. This free course consists of 4 one-hour sessions, which could save your household €60 per month! Further info: Donal O' Leary 087 740 9304 email mastercomposterireland@gmail.com

Event organised by the Clean Technology Centre, CIT



3pm

Nano Nagle Place, Douglas Street



EXPERIENCE A NEW URBAN OASIS

See 1pm today for details.

3.30pm – 4.15pm

Nagle Community College, Mahon

FIRST PUBLIC PERFORMANCE BY COMMUNITY BAND

Come along & support the Mahon Community Concert Band, formed last September. It comprises 45 wind & brass players from local primary schools Scoil na Croise Naofa, Gaelscoil Mhachan & Scoil Ursula, who are participating in Music Generation Cork City's performance music education programmes. Having performed for family and friends, this is the band's first public performance under their conductor, Óisín McGill. The band rehearses here on Wednesday afternoons.

For info on this & other Music Generation projects in Cork: 497 0185/6

email musicgencorkcity@corketb.ie

www.musicgenerationcorkcity.com



*Cork College of Commerce,
Morrison's Island*

4pm – 4.30pm

WORKSHOP ON LINKEDIN

Teacher Anna McCarthy shows you how to set up & use a LinkedIn account, the social media tool.

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.

6pm – 7pm

PERSONAL SAFETY FOR WOMEN

Ben Coy, a retired Garda & Security Studies teacher in the college, gives an informal talk on Personal Safety for women. Take this opportunity to ask questions & find out everything you need to know to keep safe.

6pm – 7pm

HEALTH & WELL-BEING FOR CHILDREN

All welcome to a presentation by college Childcare teachers on the health & well-being of children. Patricia O'Donovan talks about food, nutrition, portion sizes; Chris Howard talks about the types & importance of physical activity; and Veronica Long discusses the importance of play for young children.

6pm – 7pm**FURTHER EDUCATION AS AN ACCESS ROUTE**

In her presentation the college's Guidance Counsellor Marie Murphy explains how Further Education can provide people with access to university & college degrees.

7pm – 7.45pm**A TASTE OF DRAMA**

Enjoy a drama presentation by students at the college. The College of Commerce drama night courses are certified by Victoria College, London.

Info: 422 2100

Email queries@ccoc.ie

www.corkcollegeofcommerce.ie

5pm – 6pm

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

A GUIDE TO THE CAMINO

For details see 1pm Monday, repeated 4pm Friday

5pm – 5.50pm & 6pm – 6.50pm

*Horner APG, Unit 1 Centrepont,
Centre Park Rd*

**LEARNING FACTORY:
AUTOMATION & THE FUTURE**

Get an overview of automation in the past 20 years & the future impact of the Internet of Things (IOT) on factories. Visit includes a presentation on products, followed by an open discussion. Two sessions available – booking essential.

Info: 4321266 ext 227 Bookings by email only bcooper@hornerirl.ie

Enter by security by car or first gate from town walking. Organised by Matthew Cotterell, Head of School of Mechanical, Electrical & Process Engineering, CIT.

6pm – 7pm

*Northridge House, St Luke's,
Castle Rd, Blackrock*

LEARN ABOUT WILDLIFE PHOTOGRAPHY

Join Tom Mason, journalist & photographer, for a workshop on Wildlife Photography, organised by Cork Nature Network. Tom has photographed wildlife overseas & contributed to numerous publications such as BBC Wildlife Magazine & Practical Photography. His images have gained international recognition including a Highly Commended in the National Geographic Por el Planeta prize. A not-to-be missed opportunity to learn from an expert in the field. All levels of expertise and ages welcome. Booking essential, as places limited. Contact Karen Loxton 089 418 8213

Email events@corknaturenetwork.ie
http://corknaturenetwork.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 Thurs.

**6pm – 8pm**

Foróige – Linkpoint Building, Hollyhill

ROCKNAHEENY - MUSIC SESSION

Rocknaheeney presents young musicians from the Knocknaheeney area performing a range of contemporary & original songs. Some of them attend weekly sessions at the LinkPoint Building & many (aged from 8-18) go to weekly music band workshops & lessons with SoundOUT at Terence McSwiney Secondary School, a programme developed in partnership with Music Generation Cork City. Places limited, book by calling Gráinne McHale 087 672 1707 More Info: www.soundout.ie www.foroige.ie

Presented by SoundOUT, Foróige Youth Services, Hollyhill & Music Generation Cork City.

Venue is across from SuperValu, Hollyhill.

**max
25****max
12****max
20****max
20**

6.15pm – 8.30pm

*Lecture theatre G05, University College
Cork, Western Gateway Building
Western Rd*

FINAL OF UCC SCIENCE COMPETITION

All welcome to the Final of the UCC Science for All Communication Competition.

Postgraduate students in the College of Science, Engineering & Food Science and College of Medicine & Health communicate their exciting research to the public without using scientific jargon. Expect fascinating, lively short talks from UCC's young scientists & engineers! Organised by UCC, APC Microbiome Institute & Irish Photonics Integration Centre. Info: Carol Veiga 490 1776 email carol.veiga@ucc.ie

or Catherine Buckley 490 3362 email c.buckley@ucc.ie; <http://www.ucc.ie/en/sefs/>

Parking available €2 at exit.

6.30pm – 7.30pm

*Griffith College Cork,
Wellington Rd*

GUEST LECTURE: TRUMP'S FIRST WAR: THE CONFLICT IN YEMEN

All welcome to hear a guest lecturer at Griffith College. Dr Susan Power is a graduate in Civil Law from NUI Galway & a Ph D from TCD for her research She's a member of the Dissemination Working Group on International Human Rights Law & the Corn Adomnáin with the Irish Red Cross. Susan also works as an adjunct legal researcher with Al-Haq, an independent Palestinian NGO based in the West Bank, Ramallah. She has presented to the 2014 United Nations Forum on Business & Human Rights.

To make sure of your place, book by contacting Sinead O'Dea T 450 7027 M 086 382 5101 email: sinead.odea@griffith.ie www.griffith.ie



6.30pm – 7.30pm

Douglas GAA Club

TRY A KARATE CLASS

Adults & children aged 5+ can join the regular class here & try Karate/Self Defence.

For details see Tuesday at 7pm. Other free classes on Thurs at 6.45pm & in Carrigaline on Friday – see Fringe pages.

www.risingsun.ie



6.30pm – 9pm

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

WORKSHOP ON FAMILY COMMUNICATION

SHEP tutors Margaret Whelan & Margaret Bray lead this interactive workshop for parents. They look at topics including the 'good enough' parent, listening, communicating, self-esteem, setting limits, as well as common concerns. Info: SHEP – Social & Health Education Project email socialandhealth@eircom.net or norma@lanternproject.ie

Booking essential as places limited. Call Geraldine Flanagan at SHEP – 466 6180 www.risingsun.ie



7pm*Nash's Boreen, Farranree***TAKE A WALK**

Join the regular evening walk, anyone is welcome to come along. It's 2km in length either way & usually takes under an hour to complete. Enjoyable company & scenery; children also love the walk, so bring the family. Dogs must be on a leash please. Meet in the car park area next to the Fairfield, across from O'Sullivan's pub. If late arriving, follow the walkers up Nash's Boreen

Info: Joanne McNamara Health Action Zone, HSE Community Health Worker 086 787 2265 email Joanne.mcnamara3@hse.ie www.healthactionzone.ie

Organised by Farranree Health Action Zone & Nash's Boreen Residents Association & Environment Group

7pm – 8.30pm

*Cork City Partnership
Knocknaheeny Outreach Office
Knocknaheeny Community Building*

LEARN TO GROW YOUR OWN

If you'd like to learn more about growing your own herbs or vegetables or developing a vegetable garden, this workshop will be of interest to you.

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

**7pm – 8.30pm**

*Pastoral Centre, St Mary's Church,
Pope's Quay*

EXPLORING SELF EMPLOYMENT

Come to an information session covering the steps involved in becoming self-employed, the pros and cons, the supports available from government agencies & departments. An opportunity to interact & ask questions & discuss the issues. Booking preferred but not essential. Info: Margo Hayes, Cork City Partnership 087 196 2023

7pm – 9pm

*The Mahon Family Resource
Centre, Mahon Drive*

**LEARN ABOUT AROMATHERAPY**

Try a class on Aromatherapy & learn about the use of plant extracts & essential oils for healing & cosmetic purposes. They enhance mood & wellbeing through massage, reduce pain, encourage sleep, improve digestion. Class here every Monday. If you enjoy this evening, you can sign up. Wheelchair accessible, parking, free refreshments. Places limited, booking essential, contact Jenny 435 8866 e-mail: info@frcentre.ie

7pm – 9pm

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

**THE ARTIST'S WAY**

A talk introducing attendees to the renowned book by Julia Margaret Cameron on creative unblocking (or "creative recovery"), as well as a course that Visions School of Art runs on its teachings. Informal. Tea/coffee/biscuits provided.

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

7pm – 9pm

*Circus Factory, Centre Park House,
Centre Park Road (behind MMA gym)*

OPEN CIRCUS TRAINING

If you're secretly dreaming about running away with the circus, this is your chance! Circus Factory is Cork's only dedicated circus training space, and you're welcome to join their open training night. Try out various circus skills under the guidance of friendly members: hula hooping, juggling, uni-cycling, slackline, tumbling, aerial - you name it! Suitable for all adults regardless of experience level - wear something comfortable & join in the fun!

NB Over 18s only. Info: Oksana Range email contact@circusfactorycork.com www.circusfactorycork.com

7.15pm – 8.45pm

Welcome English Language Centre, Convent Place off Proby's Quay, Crosses Green

SING FOR FUN - OPEN REHEARSAL

Come & join the World as One Multicultural Choir rehearses with Musical Director, Fiona O'Reilly, in a fun and enjoyable way. No previous singing experience necessary. Refreshments afterwards. The choir meets every Wednesday at 7.15pm. The group includes people of many different nationalities who share a love of music & sing in a friendly and relaxed atmosphere. New members always welcome!

Info: Ann Bracken 087 238 5527 email apmbracken@hotmail.com or Pat O'Connor 087 627 8247

To find Convent Place, turn right just before Dolce Vita Restaurant; Welcome English is just past Dean's Hall Apartments.

7.30pm – 8.30pm

Cork Bridge Club, 36 St Patrick's Quay

LEARN A LITTLE SPANISH

All welcome to attend Cork Spanish Circle's class for beginners & see how students have progressed since September. Classes held here every Wednesday from September to May. Find out how about the Spanish Circle & its activities. Info: 496 3828

email corkspanishcircle@gmail.com
www.corkspanishcircle.com

Venue is a red brick building next to Car Park, closed in evenings.

7.30pm – 8.30pm

Cork Quaker Meeting House, Summerhill South

LEARN ABOUT THE QUAKERS IN CORK

This talk, given by Denise Gabuzda, discusses the origin of Quakers & how they came to Ireland & to Cork in the 17th century. You'll also hear about some interesting Cork Quakers, their contribution to the development of the city & county over more than 300 years. You'll be surprised to see how many Quakers have made lasting marks on the city – Lancaster Quay & Penrose Quay are both named after Quakers, a Quaker architect designed the original Cork Library, and it was even a Quaker who convinced Father Mathew to go on his temperance campaign! All welcome, no need to book.

Info: 085 728 5287 email d.gabuzda@ucc.ie

7.30pm – 9pm

Turners Cross Community Centre, Church View, Curragh Rd

max
25

WELCOME TO WELLNESS

Come to a GráFor event presented by Gráinne O'Driscoll & Martin Forrest, both community wellness facilitators. Retune your body's natural desire for wellness through a blend of Laughter Yoga, Tai Chi & elemental movement. Music & lots of fun, suitable for all. Hosted by Turners Cross Community Association. Book, as places limited, call Gráinne 087 900 8654 or Martin 087 764 1088 email werise@hotmail.com

7.30pm – 9pm

The Mahon Family Resource Centre, Mahon Drive

max
6

TRY AN EVENING YOGA CLASS

Yoga has many benefits including: it reduces stress and anxiety; helps with breathing to relax deeply; releases tensions & reduces blood pressure. Come to this regular class & you can sign up. Wheelchair accessible, parking, free refreshments.

Places limited, booking essential – contact Jenny 435 8866 or e-mail: info@frcentre.ie

