

# Get ACTIVE Get CONNECTED

**September 2021  
Community Health Month**

Working together to improve  
the health and lifestyle of a  
community through a series of  
health focused initiatives.



Cork North Community  
Work Department  
Health Action Zones & Community Health Projects



# Calendar of Events

## OPEN EVENT

Attendance is open to the general public from all area across Cork City & County

## CLOSED EVENT

These events are taking place with existing community groups, and are not open to the general public at this time.

Events will take place online or in physical locations in strict adherence with public health guidance at the time. Limited spaces and pre-booking **essential** if stated.

All events are in September and are free unless stated otherwise. All information is available on our website [www.healthactionzone.ie](http://www.healthactionzone.ie) and our social media platforms.

## Get Active - Get Connected September Community Health Month Launch

Join us in the Quad to launch our Get Active ~ Get Connected September Community Health Month Calendar of Events. We will unveil our new Health Action Zone community health noticeboard located in foyer area at St Mary's Primary Care Centre. Following this the Community Health Workers invite you to join them walking the Wellness Walk and Memory Trail. Refreshments will be available afterwards.

**Date:** Wednesday 1<sup>st</sup> September  
**Time:** 10am – 12noon  
**Venue:** St Mary's Health Campus, Gurrabraher  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** No  
**Contact name & number:** Micheál O'Connor - 087 347 9549

## Living Well Programme (Morning session)

Living Well is a free evidence-based, group self-management programme for adults with long-term health conditions. It supports people to develop practical skills and confidence so they can better manage their health condition and make changes for a healthier life.

**Date:** Wednesday (1<sup>st</sup> Sept – 13<sup>th</sup> Oct)  
**Time:** 10.30am to 1pm  
**Venue:** Online Via WebEx  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity in each session so booking in advance essential.  
**Contact name & number:** Michael Healy - 087 1832 648  
Email: [michael.healy4@hse.ie](mailto:michael.healy4@hse.ie)

## Singing for the Brain

Singing for the Brain brings people together through songs, stories and smiles. There is plenty of evidence to show that singing is not only good for our brain but our general wellbeing too. Everyone is welcome, whether you already sing or not, no singing experience necessary!

**Date:** Thursday (2<sup>nd</sup> Sept – 23<sup>rd</sup> Sept)  
**Time:** 2.30 – 4pm  
**Venue:** Online via Zoom  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact info:** 087 462 2616  
Email: [singing4thebrain@gmail.com](mailto:singing4thebrain@gmail.com)

## Nature/Mindfulness Walk

Join us for a beautiful guided Nature/Mindfulness walk along the river Blackwater in Mallow town. Participants will be educated regarding the cures and curiosities that will be found along the way by our facilitator, Wendi Griffin. Participants will also be educated to walk mindfully, which will create an awareness of the beautiful surroundings along the river bank.

**Date:** Thursday 2<sup>nd</sup> September  
**Time:** 7pm  
**Venue:** Castle Grounds, Mallow, Co Cork  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Please book your place by Tuesday 31<sup>st</sup> August.  
**Contact info:** Pauline O'Grady-Noonan - 087 433 5047  
Email: [chp@lecheilefrc.ie](mailto:chp@lecheilefrc.ie)

## Fire Safety Workshop

Fire safety workshop in Youghal on Friday 3<sup>rd</sup> of September at 11am. This fire safety workshop is designed to raise awareness of fire hazards in the home and how to act safely in the event of an emergency fire situation. Suitable for adults

**Date:** Friday 3<sup>rd</sup> September  
**Time:** 11am  
**Venue:** Youghal  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact info:** Niamh Herbert - 087 641 3468

## World Sexual Health Day

World Sexual Health Day is an initiative that is celebrated annually on September 4<sup>th</sup> throughout the world, in an effort to raise collective awareness of Sexual Health as a fundamental dimension of health and wellbeing. Cork North Community Work Department and the Sexual Health Centre created a video (available in English & Arabic) to raise awareness of the sexual health services in Cork. These videos are available to view via our social media platforms and on the Cork Kerry Refugee Resettlement Initiative website [www.ahlan.ie/videos/](http://www.ahlan.ie/videos/).

**Date:** Saturday 4<sup>th</sup> September  
**Time:** N/A

## Community Garda ‘Safety in the Home’ Information Talk

Gurranabraher Community Garda Adrian Cole and colleagues will present a ‘Safety in the Home’ information talk in preparation for the winter.

**Date:** Monday 6<sup>th</sup> September  
**Time:** 11am  
**Venue:** Gurranabraher / Churchfield  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** No  
**Contact name & number:** Micheál O’Connor - 087 347 9549

## Lighting the Way Art Exhibition and Information Resources

**A partnership initiative between the HSE Community Work Departments and Community Partners with the support of The Regional Resource Officer for Suicide Prevention, Helena Cogan.**

We are delighted to host and display the Lighting the Way art exhibitions in library settings in the County and City as well as information resources for Mental Health Awareness / supports and training. Lighting the Way is an information resource for people bereaved through suicide and we have a completed series of 5 Lighting the Way booklets covering Cork City North, Cork City South, East Cork, North Cork and West Cork.

The art work featured in the 5 series of Lighting the Way booklets is unique to each booklet as each area had a small, dedicated team of people who came together to create an unique art piece that would symbolise the support that we can give to each other. These exhibitions will remain in the library settings for the duration of World Suicide Awareness Week 2021 (7<sup>th</sup> – 11<sup>th</sup> September).

**Date:** 6<sup>th</sup> September - 11<sup>th</sup> September  
**Time:** Library Opening Times  
**Venues:** Cork City North - Mayfield Library  
Cork City South - Ballyphehane Library  
East Cork - Youghal Library  
North Cork - Mallow Library  
West Cork - Clonakilty Library  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** No  
**Contact name & number:** Jacinta McCormack - 085 874 2320

## Road Safety Workshop

Caroline Casey, Water & Road Safety Development Officer with Cork County Council, will deliver a Road Safety workshop to the Mallow Community Health Project walking groups from the perspective of pedestrians / walkers while walking on your own or with a Walking Group.

**Date:** Tuesday 7<sup>th</sup> September  
**Time:** 11am – 1 pm  
**Venue:** Mercy Centre, Mallow, Co Cork  
**Open or Closed Event:** Closed Event  
**Pre-Booking Required:** N/A  
**Contact info:** Pauline O’Grady-Noonan - 087 433 5047

## Living Well Programme (Evening session)

Living Well is a free evidence-based, group self-management programme for adults with long-term health conditions. It supports people to develop practical skills and confidence so they can better manage their health condition and make changes for a healthier life.

**Date:** Tuesday (7<sup>th</sup> Sept – 19<sup>th</sup> Oct)  
**Time:** 7 – 9.30pm  
**Venue:** Online Via WebEx  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Michael Healy - 087 183 2648  
Email: michael.healy4@hse.ie

## Nature and Foraging Walk

Karen Loxton from Wild Works / SECAD will facilitate a walk through the Ballyannan Woods where participants will be entertained with discussion and tales regarding the natural flora and fauna, in addition to the many wild plants that can be foraged in these beautiful ancient woodlands. Arabic interpreter available. Adults and children welcome.

**Date:** Wednesday 8<sup>th</sup> September  
**Time:** 10.30 - 11.30am  
**Venue:** Ballyannan Woods, Midleton  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Leah Bentham - 087 148 9623

## Micro Meet & Mingle

Fermoy Community Health Project will host a visiting community health project walking group and take them on a guided walk tour around the beautiful sights of Fermoy.

**Date:** Wednesday 8<sup>th</sup> September  
**Time:** Afternoon  
**Venue:** Fermoy  
**Open or Closed Event:** Closed Event  
**Contact name & number:** Jacinta McCormack - 085 874 2320

## “Men in the Middle” Engage Men’s Health Workshop

This workshop will help participants to increase their understanding of the world of men; enhance their capacity to build relationships with them; and explore what models of effective practice might look like in local situations. This training is open to community organisations, frontline service providers and practitioners.

**Date:** Thursday 9<sup>th</sup> September  
**Time:** 10am - 3pm (lunch provided)  
**Venue:** The Glen Family Resource Centre  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes Limited capacity so early booking is advisable  
**Contact name & number:** Micheál O’Connor - 087 347 9549

## Living Well Programme (Afternoon session)

Living Well is a free evidence-based, group self-management programme for adults with long-term health conditions. It supports people to develop practical skills and confidence so they can better manage their health condition and make changes for a healthier life.

**Date:** Thursday (9<sup>th</sup> Sept – 21<sup>st</sup> Oct)  
**Time:** 2 – 4.30pm  
**Venue:** Online Via WebEx  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Michael Healy - 087 183 2648  
Email: michael.healy4@hse.ie

## World Suicide Awareness Day – ‘Little Bags of Hope’ Workshop

The Little Bags of Hope is a unique creative project designed to build positive conversations around mental health between people. It might be sharing a story, giving advice, lending an ear for someone who just wants to talk, or to laugh and smile about the fact that as humans we all share similar worries.

Whatever it is, if we can talk more about mental health the more we support ourselves and others to seek help when it is needed. Join us to start a conversation on World Suicide Awareness Day.

**Date:** Friday 10<sup>th</sup> September  
**Time:** 11am  
**Venues:** Mallow Library  
(dependant on restrictions)  
Youghal Library  
(dependant on restrictions)  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity in workshop, please book in advance.  
**Contact info:** For Mallow:  
Pauline O’Grady-Noonan - 087 433 5047  
For Youghal:  
Niamh Herbert - 087 641 3468

## Stop Food Waste

Introduction to composting and food waste management. This training is open to adults with an interest in learning how best to manage their own food waste.

**Date:** Saturday (11<sup>th</sup> Sept - 25<sup>th</sup> Sept)  
**Time:** 10am - 1pm  
**Venue:** The Glen Resource Centre  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity on this 3 week course, so booking in advance essential.  
**Contact info:** Bernard Twomey - 087 688 3495  
Micheál O’Connor - 087 347 9549

## Women’s Health Workshop - Migrant Focus

Sexual Health Centre will present information on contraception and family planning options for women. They will dispel certain myths around contraception and provide a space for women to ask questions in a safe and supportive environment. Additional speakers presenting information on other aspects of women’s health and wellbeing will also be present. Female Arabic interpreter available. Women aged 18+ only

**Date:** Saturday 11<sup>th</sup> September  
**Time:** 1 - 3.30pm  
**Venue:** Carrigtwohill Family Resource Centre  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact info:** Leah Bentham - 087 148 9623

## Healthy Minds / Traveller Cultural Awareness Taster

Helen O’Sullivan, Community Health Worker with Healthy Minds will introduce “A Path to good Mental Health” a short video developed in partnership with Traveller Visibility Group (TVG) and John Walsh, Mental Health Project Worker with Healthy Minds. This will be followed by a 1-hour taster event which will give participants a snapshot of Traveller culture and the issues facing Travellers. The Traveller Cultural Awareness Training Initiative (TCAT) works to develop and promote quality, Traveller cultural awareness training across Cork County and wider afield nationally.

**Date:** Monday 13<sup>th</sup> September  
**Time:** 10am  
**Venue:** Online via Zoom  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Places limited so early booking advisable  
**Contact name & number:** Bridget Horgan, TCAT Coordinator  
email corktca@gmail.com

## Road Safety Awareness

This 1-hour Zoom Road Safety Awareness workshop will focus on educating the community with an understanding of the importance of road safety when walking, cycling, travelling and will focus on practicing safe road behaviour in general. This workshop is for adults.

**Date:** Tuesday 14<sup>th</sup> September  
**Time:** 11.30am  
**Venue:** Online via Zoom  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Niamh Herbert - 087 641 3468

## Nature and Foraging Walk

Karen Loxton from Wild Works / SECAD with support from Cobh Family Resource Centre will facilitate a walk through the Marlogue Woods where participants will be entertained with discussion and tales regarding the natural flora and fauna, in addition to the many wild plants that can be foraged in these beautiful woodlands along the Ballynacorra River and Cork Harbour. Arabic interpreter available. Adults and children welcome.

**Date:** Wednesday 15<sup>th</sup> September  
**Time:** 10.30 - 11.30am  
**Venue:** Marlogue Woods, Cobh  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Leah Bentham - 087 148 9623

## Micro Meet & Mingle

Youghal Community Health Project will host a visiting community health project walking group and take them on a guided walk tour around the beautiful sights of Youghal.

**Date:** Wednesday 15<sup>th</sup> September  
**Time:** 11am – 1pm  
**Venue:** Youghal  
**Open or Closed Event:** Closed Event  
**Contact name & number:** Niamh Herbert - 087 641 3468

## Growing Places for Wellbeing, Northside Community Garden Walk

Join us as we take a walking tour of the community gardens on the Northside of the city, which will include a biodiversity talk and seed saving demonstration. Refreshments will be provided along the route.

**Date:** Thursday 16<sup>th</sup> September  
**Time:** 1pm  
**Venue:** St Anne's Park (start point), The Hut Rooftop, Wellness Walk, NICHE Community Garden, The Foyer, The Glen (end point)  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Micheál O'Connor - 087 347 9549

## Culture Night - Fermoy Town Historic Walking Trail (2.5/3km)

Fermoy has a rich and varied past, heavily influenced in recent history by the British Military. Christy Roche will lead this guided tour of the town and give you an insight into Fermoy's historic ties.

**Date:** Friday 17<sup>th</sup> September  
**Time:** 6.30pm  
**Venue:** Fermoy  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Please book your place by Tuesday 14<sup>th</sup> September.  
**Contact name & number:** Jacinta McCormack - 085 874 2320

## Culture Night – Culinary Delights

This will be an evening of culinary delights from various cultures, which will both delight and educate you as regards the different way to prepare and present food. The cooking techniques will be similar, but the preparation and presentation will be quite different.

**Date:** Friday 17<sup>th</sup> September  
**Time:** 7pm  
**Venue:** Community Garden, Fair Street, Mallow  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity so booking in advance essential.  
**Contact info:** Pauline O'Grady-Noonan - 087 433 5047  
Email: [chp@lecheilefrc.ie](mailto:chp@lecheilefrc.ie)

## Hip Hop Health

Health Action Zone, Youthwork Ireland and The Kabin groups will meet and collaborate at this Hip Hop for Health performance and creative exploration event on the Wellness Walk.

**Date:** Saturday 18<sup>th</sup> September  
**Time:** 11am – 3pm  
**Venue:** St Mary's Health Campus, Gurrabraher  
**Open or Closed Event:** Closed Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Micheál O'Connor - 087 3479549

## Little Bags of Hope Workshop - Migrant Focus

Little Bags of Hope are designed to build positive conversations around mental health between people. It might be sharing a story, giving advice, lending an ear for someone who just wants to talk, or to laugh and smile over the fact that as humans we all share similar worries. Whatever it is, if we can talk more about mental health the more we support ourselves and others to seek help when it is needed. Join us over a cup of tea and see what pearls of wisdom will appear. Arabic interpreter available.

**Date:** Saturday 18<sup>th</sup> September  
**Time:** 1 - 3pm  
**Venue:** Carrigtwohill Family Resource Centre  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact info:** Leah Bentham - 087 148 9623



## St Brendan's Walking Group - Annual Heart Foundation Walk

Join St Brendan's Walking group for their annual heart health month walk in the Glen River Park

**Date:** Monday 20<sup>th</sup> September  
**Time:** 11am  
**Venues:** The Glen River Park  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Numbers attending on the day will be based on public health guidelines.  
**Contact info:** Bernard Twomey - 087 688 3495

## World Alzheimer's Awareness Day Youghal

Join us for tea/coffee and informal chat on World Alzheimer's Awareness Day. Help us raise awareness of issues that many people live with on a daily basis. Amy Murphy, Dementia Advisor for the Alzheimer's Society of Ireland will join us on the morning and she will provide information about groups and support services that are available within our community. All welcome.

**Date:** Tuesday 21<sup>st</sup> September  
**Time:** 11.00am - 12noon  
**Venue:** The Red Store, Youghal  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** No  
**Contact info:** Niamh Herbert - 087 641 3468

## Road Safety Awareness

Caroline Casey, Water & Road Safety Development Officer with Cork County Council, will deliver a Road Safety information workshop that will focus on pedestrian safety, pedestrian crossing, driving licence renewal, eye sight and driving, and winter ready driving.

**Date:** Tuesday 21<sup>st</sup> September  
**Time:** 11.30am  
**Venue:** Fermoy  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited Capacity, so booking in advance essential.  
**Contact info:** Jacinta McCormack - 085 874 2320

## Circus Skills Fun Taster Workshop for Teenagers

Join us for this Introduction to Circus Skills taster workshop for Teenagers. This workshop will encourage participation, movement, coordination and balance skills in a fun and energetic environment.

**Date:** Wednesday 22<sup>nd</sup> September  
**Time:** 3 – 4.30pm  
**Venue:** Fermoy  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity, so booking in advance essential.  
**Contact info:** Jacinta McCormack - 0858742320

## Circus Skills Fun Taster Workshop for Adults

Unleash your inner child and join us for this Introduction to Circus Skills taster workshop for Adults (over 18s). This workshop will encourage participation, movement, coordination and balance skills in a fun and energetic environment.

**Date:** Wednesday 22<sup>nd</sup> September  
**Time:** 6 – 7.30pm  
**Venue:** Fermoy  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity, so booking in advance essential.  
**Contact info:** Jacinta McCormack - 085 874 2320

## Women's Health & Wellbeing Event - The Menopause

Are you or someone you know perimenopausal, menopausal or post-menopause, and trying to navigate your hormones? Join us at this online event to increase your knowledge and awareness of this phase of life transition which can have a significant impact on your quality of life both now and into the future

**Date:** Thursday 23<sup>rd</sup> September  
**Time:** 7.30 - 9pm  
**Venue:** Online via Zoom  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Please book your place by Monday 20th September  
**Contact name & number:** Niamh Herbert - 087 641 3468

## Lunchtime Concert

Come along and join us for a short, enjoyable, Lunchtime Concert. This will include local talent from the Mallow area and some of the Mallow services showing off their dance routines in the form of a Jerusalem dance off between Le Cheile FRC/Mallow Health Project and CDYS Mallow.

**Date:** Friday 24<sup>th</sup> September  
**Time:** 1pm  
**Venue:** Castle Grounds, Mallow  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** No Booking required  
**Contact info:** Pauline O'Grady-Noonan - 087 433 5047  
Email: [chp@lecheilefrc.ie](mailto:chp@lecheilefrc.ie)

## Leave No Trace "Certified Awareness Training"

Leave No Trace is a waste prevention programme designed to promote and inspire a collective response to littering and waste in our community. During this day's training we will learn the 7 principles of Leave No Trace, with emphasis on local waste prevention and littering. Sli Na Slainte walks will be a focus for this training. This training is open to community groups, walk leaders, agency staff and interested volunteers living or working on the Northside of the city.

**Date:** Monday 27<sup>th</sup> September  
**Time:** 10am – 4pm  
**Venue:** St Mary's Primary Care Centre – Eco Therapy Centre  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity on this training, booking in advance essential  
**Contact info:** Micheál O'Connor - 087 347 9549

## On the ground in Palestine

This is a presentation about what life is like for normal Palestinians every day. The presentation is delivered by Mary Cleary who was in Palestine for 3 months in 2019 serving as a human rights monitor. The presentation is 20 minutes long with time at the end for questions.

**Date:** Monday 27<sup>th</sup> September  
**Time:** Lunchtime Talk at 1.30pm  
**Venue:** Online via Zoom  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Please book your place by Friday 24<sup>th</sup> September.  
**Contact info:** Jacinta McCormack - 085 874 2320

## Men's Health Check

An invitation to all men in Mallow and the surrounding areas to come and get a free Health Check with Gill Fives, Senior Dual Qualified Nurse or a Cardiac Nurse from Mallow General Hospital. These two nurses will educate you in all things healthy and answer some of your queries and concerns regarding a healthy life style.

**Date:** Tuesday 28<sup>th</sup> September  
**Time:** 10am – 12noon  
**Venue:** Dairygold Co Op Super Stores, Park Road, Mallow, P51 CV99  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** No  
**Contact info:** Pauline O'Grady-Noonan - 087 433 5047

## Activator Poles Taster Workshop

This taster workshop will familiarise participants with the benefits and usage of Activator Poles. How using the pole helps to improve balance, mobility and strength. This workshop is open to people with different abilities and fitness levels. Poles are provided. Why not take this opportunity to try out and learn about Activator Poles?

**Date:** Tuesday 28<sup>th</sup> September  
**Time:** 11am – 1pm  
**Venue:** Fermoy  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes. Limited capacity, so booking in advance essential  
**Contact info:** Jacinta McCormack - 085 874 2320

## Cardiac First Response Workshop

This 1-hour workshop will be facilitated by a member from Youghal First Responders. Learn how to spot the signs of a heart attack in yourself or a loved one and what to do in an emergency. This workshop is for adults.

**Date:** Wednesday 29<sup>th</sup> September  
**Time:** 11.30am to 12.30pm  
**Venue:** Youghal  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes.  
**Contact name & number:** Niamh Herbert - 087 641 3468

## Lunchtime Concert – Closing off our Get Active, Get Connected Month

Come along and join us for this closing musical event...further details to follow.

**Date:** Thursday 30<sup>th</sup> September  
**Time:** 12.30 – 2.30pm  
**Venue:** St Mary's Health Campus, Gurrabraher  
**Open or Closed Event:** Open Event  
**Pre-Booking Required:** Yes  
**Contact name & number:** Micheál O'Connor - 087 347 9549

**Events will take place online or in physical locations in strict adherence with public health guidance at the time. Limited spaces and pre-booking essential if stated.**

**All events are in September and are free unless stated otherwise. All information is available on our website [www.healthactionzone.ie](http://www.healthactionzone.ie) and our social media platforms.**



**Walking groups are a great way to start  
GETTING ACTIVE, MEETING PEOPLE,  
IMPROVE YOUR MOOD AND MAKE NEW  
FRIENDS.**

Community walking groups cater to different levels of fitness and walking speed and you won't ever be walking alone.

# WHY NOT GIVE IT A TRY?

Blackpool Walking Group  
Contact: Micheál O'Connor 087-3479549

Fermoy Walkie Talkies Walking Group  
Contact: Jacinta McCormack 085-8742320

Glen Saint Brendan's Walking Group  
Contact: Bernard Twomey 087-6883495

Mallow Strollers Walking Group & Mallow Cool  
Walking Group  
Contact: Pauline O'Grady Noonan 087-4335047

Mayfield Fun Walkers  
Contact: Patty O'Brien 087-6534419

Youghal Happy Feet Walking Group  
Contact: Niamh Herbert 087-6413468

Please note that Walking Groups meet in line with Government  
Public Health Guidelines and will only meet at levels in which it is  
safe to do so.



## HEALTH ACTION ZONE (HAZ) PROJECTS

Old Library Building,  
Cork Kerry Community Healthcare  
St Marys Road, Cork.  
Tel: 021 4928370  
Facebook: @healthactionzone  
Instagram: @corknorthcommunitywork  
www.healthactionzone.ie

HAZ Community Health Workers:  
Micheál O'Connor 087-3479549  
Bernard Twomey 087-6883495  
Patty O'Brien 087-6534419

## MALLOW COMMUNITY HEALTH PROJECT

Le Chéile Family Resource Centre,  
Mallow Community Campus,  
Fair Street, Mallow  
Pauline O'Grady-Noonan  
Tel: 087-4335047  
chp@lecheilefrc.ie  
www.mallowchp.com  
Facebook & Twitter: @healthmallow

## FERMOY COMMUNITY HEALTH PROJECT

Fermoy Resource Centre,  
42 McCurtain Street  
Jacinta McCormack  
Tel: 085-8742320  
jacinta.mccormack@hse.ie  
www.fermoyresourcecentre.com  
Facebook: Fermoy Community Health Project

## YOUGHAL COMMUNITY HEALTH PROJECT

Blackwater Heights, Youghal  
Niamh Herbert  
Tel: 087 641 3468  
communityhealthyoughal@gmail.com  
Facebook: Youghal Community Health Project