



Cork North Community Work Department

Health Action Zone/ Community Health Project

www.healthactionzone.ie



Working together to improve the health and wellbeing of a community through a series of health focused initiatives that build on existing services and facilities.



EMPOWERMENT INCLUSION SUSTAINABILITY

Cork North Community Work Department

COMMUNITY HEALTH WORKERS IN YOUR AREA

BLACKPOOL / SHANDON
LIZ MADDEN - 087 6977942

FARRANREE/FAIRHILL
OISÍN HENNESSY - 087 3896982

GURRANARAHER/CHURCHFIELD
AILISH MC DONALD 021-4928370

MAYFIELD
FIDELMA O'CONNELL 087 1800210

FERMOY COMMUNITY HEALTH PROJECT
JACINTA MCCORMACK - 085 8742320

MALLOW COMMUNITY HEALTH PROJECT
PAULINE O'GRADY NOONAN -
0874335047

YOUGHAL COMMUNITY HEALTH PROJECT
NIAMH HERBERT - 087 6413468

Community Walking Groups in your area:

BLACKPOOL/SHANDON:
WEDNESDAY 2PM OUTSIDE BLACKPOOL
CHURCH

FERMOY WALKIE TALKIES WALKING GROUP
MONDAY 11AM: SOCIAL WALKING GROUP
TUESDAY 2.30PM ACTIVATOR POLE GROUP

FARRANREE/FAIRHILL
MONDAY 10AM: O'SULLIVANS PUB

THE GLEN: ST. BRENDAN'S WALKING GROUP
MONDAY 11AM

MALLOW WALKING GROUP: TUESDAY COOL
WALKERS 11AM AND THURSDAY STROLLERS
11AM

MAYFIELD MOVERS FUN WALKERS: MONDAY
10AM

YOUGHAL HAPPY FEET WALKING GROUP:
MONDAY 11AM

MONDAY MOVERS WALKING GROUP
GURRANBRAHER/CHURCHFIELD
Ailish Mc Donald 087 0979707



NEWSLETTER JANUARY - APRIL 2024

Monday

**Happy Feet
Walking Group**
11am - 12.30pm

Wednesday

**Mind Your Head
Mental Health Resource**
Youthreach Youghal

Thursday

Social Crafters
10am - 12pm

Tuesday

Parent & Toddler Group
9.30am - 10.30am
11am - 12pm

Build it Buddies Lego
(6 to 10 yrs)
3.30pm - 4.15pm

Carers Support Group
7.30pm - 9pm
1st Wednesday of the month

Friday

**Youghal Social Cafe
Dementia support**
11am - 1pm
last Friday of the month



For all programmes contact
Community Health Worker
Niamh Herbert
087 6413468



Youghal Community Health Project



Youghal Community Health



www.healthactionzone.ie



CorkNorthCWD

Youghal Community Health Project Happy Feet Walking Group

Walking in a group is a great way to start walking
and stay motivated

Walk at your own pace
All walking levels welcome
Buggies welcome



When: 11am Monday
Where: Greenpark Youghal

Last Monday of month the group meet at Youghal
Community Health Project

New members welcome, contact us to register!



Community Health Worker
Niamh Herbert
087 6413468

Youghal Community Health Project Carers Support Group

Are you caring for a family member or loved one?

Take some time for yourself
Meet & chat with other family carers
Planned monthly activities based on the interests of the group

The first Wednesday of the month
@ Youghal Community Health Project
7.30PM TO 9PM



Information & Advocacy
Free service open to all Family Carers
New members welcome!



Community Health Worker
Niamh Herbert
087 6413468

YOUGHAL COMMUNITY HEALTH PROJECT

SOCIAL CRAFTERS

Thursday morning
10am - 12 noon

Bring along your own projects to work
on over a cuppa and chat.
Whatever creative project you are
working on; painting, felting, crochet,
knitting, jewellery making -
all welcome at Social Crafters
€2 per person

ClapHandies

Parent & Toddler group at Youghal
Community Health Project

Drop in Tuesday mornings
(in line with primary school calendar)

Session 1 9.30am 10.30am
Session 2 11am to 12pm

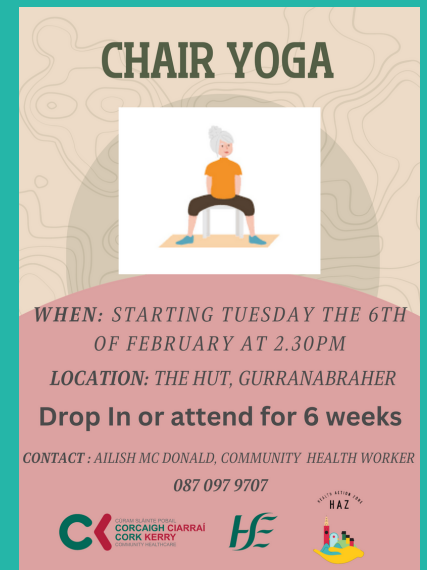
1 euro
per
child

Parents,
childminders,
grandparents &
other guardians
welcome

VARIETY OF TOYS
FREE PLAY
TEA/COFFEE
MUSIC & SONGS
AND MORE...

EMPOWERMENT INCLUSION SUSTAINABILITY

Gurrnabraher/Churchfield



Weekly Activities

Monday Movers walking group: Meet every Monday outside the Hut in Gurrnabraher at 2pm, followed by tea/coffee at 3pm in the Hut

Chair Yoga: runs for 6 weeks blocks on Tuesdays at 2.30pm in the Hut, Gurrnabraher

Growing Places for Wellbeing: Gardening group on Wednesday's from 1 until 3 in St. Mary's Health Campus

Parochial Hall Mens Group: runs every Thursday from 2pm to 4pm

Cork City North Mature Womens Action Group: runs every Friday from 10 until 12

If you are interested in joining any group or activity please contact Ailish Mc Donald on 087 0979707

ACTIVITIES: FEBRUARY/MARCH 2024



Activities @ Mallow Community Health Project.

Cool Walkers Meet every Tuesday at 11am. For brisk walk, meet at different venues from time to time.

Strollers Walking Group Meet every Thursday at 11am. Slow strolling walk, meet at different venues from time to time.

Chair Yoga: 6 week Chair Yoga, commencing on Monday 12th February @ 11 am – 12 md. €20 for 6 weeks classes @ Underground Car Park, Le Cheile FRC

Chair Yoga: 6 weeks Chair Yoga, commencing on Monday 12th February @ 2pm.-3pm. €30 for 6 weeks classes @ Main Hall, Mercy Centre

Groovy Movers: 6 weeks Groovy Movers commencing on Wednesday 7th February @ 2 pm. €20 for 6 weeks classes @ Underground Car Park, Le Cheile FRC

Chair Pilates: 6 weeks Chair Pilates commencing Wednesday 7th February @ 11 30 am—12.30pm €30 for 6 weeks classes @ Main Hall, Mercy Centre.

Men's Fitness Class: 6 weeks free Fitness Class commencing Monday 12th February, Mercy Centre. 11 30 am—12 30 pm. Tutor: John Morrissey.

TO REGISTER FOR ANY OF THESE ACTIVITIES PLEASE CONTACT

Community Health Worker Pauline O'Grady-Noonan at (087)4335047 or Email: chp@lecheilefrc.ie



Find us on Facebook @ Mallow Health Project



Find us on Instagram @ mallowcommunity



Find us on Twitter @HealthMallow.

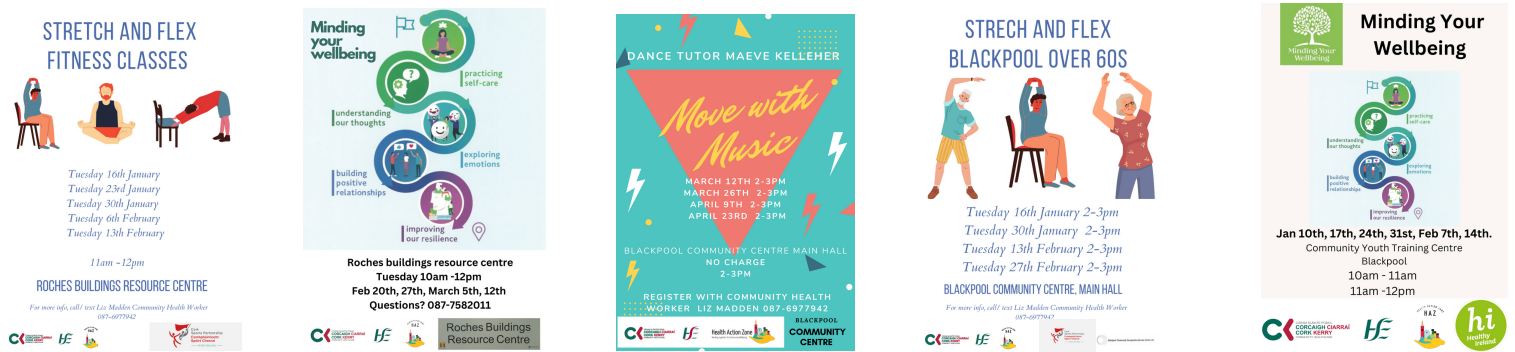


Find our Website @ www.mallowchp.com



TO REGISTER FOR ANY OF THESE ACTIVITIES
PLEASE CONTACT COMMUNITY HEALTH WORKER
PAULINE O'GRADY-NOONAN AT (087)4335047
OR EMAIL: CHP@LECHEILEFRC.IE

BLACKPOOL & SHANDON STREET ACTIVITIES



Weekly Activities

Blackpool Mens Shed - The Blackpool mens shed meet every Wednesday **10:30 - 12:30** at the Blackpool community centre.

Blackpool over 60's - Blackpool over 60's meet every **Tuesday 2pm - 4pm** at the Blackpool community centre.

Blackpool Walking group - The Blackpool walking group meet every **Wednesday 2pm** outside the Blackpool Church.

Roches Buildings Resource Centre - Based at 61 Roches Buildings, this resource centre is for people living In Roches Buildings and surrounding areas. Open daily.

Blackpool Knitting group are a new group who meet every **Monday afternoon 2pm** in Blackpool Community centre.

Shandon Street Mens Shed - Shandon street mens shed meet every **Thursday at 2pm** at The Rock Community Centre, Blarney Street.

Blackpool Foyer Social Gardening Group: Growing, seeding, planting, weeding and tea drinking! Every **Tuesday and Friday 2pm - 4pm** in the pollytunnell located right behind the Garden Cafe, Assumption Rd

Programmes, workshops and events

Stretch and flex: Tuesdays 2-3pm 16th Jan, 30th Jan, 13th Feb, 27th Feb, Blackpool community centre, main hall.

Move with Music: Dance tutor Maeve Kelleher. Tuesdays 2-3pm: March 12th, March 26th, April 9th, April 23rd . Blackpool community centre.

Minding your wellbeing: Roches Buildings Resource Centre, Tuesdays, 10am -12pm , Feb 20th, Feb 27th, March 5th, March 12th.

Stretch and flex: Roches Buildings Resource Centre, Richmond hill, Jan 16th, 23rd, 30th. Feb 6th & 13th. Tuesdays 11am - 12pm.

Contact Liz Madden 087-6977942 for Blackpool & Shandon Area

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Farranree/Fairhill



Nash's Boreen Walking Group

Meet at **O'Sullivan's Pub**, Fairhill every **Monday at 10am**. Walk generally lasts one hour. Contact **Oisin on 087 3896982** for more details.

Farranree Ladies Group

- Farranree Community Centre
- Tuesday's @ 2pm
- Resuming 16th January 2024
- Activities include:

Chair Yoga, Clay sculpting, Acrylic painting, Drum FIT & information sessions on various topics



Singing For The Brain

- Thursday's 2pm - 4pm
- Farranree Community Centre
- Spaces are limited, please contact Oisin on 0873896982 beforehand.



Spangle Hill Men's Shed

- 27 Bridevalley View, Fairhill, Cork Tuesday's - 10am - 1pm
- Open to new members
- Contact Oisin on 087 3896982



HAZ Hooley

- Thursday 29th February
- Mercy Centre in Mallow
- Come along for a great day and meet people from other groups in Cork
- Contact Oisin on 087 3896982 for more information

The Glen

Health Action Zone
Working together for Community Wellbeing



**THE GLEN
COMMUNITY
GARDEN
GARDENING GROUP**

LEARN THROUGH DOING
ORGANIC GARDENING
BIODIVERSITY
PERMACULTURE
BUILDING RESILIENCE
TEA & COFFEE AND CHATS

NOW LOOKING FOR NEW
PARTICIPATIANTS

**STARTING 13.10.2021
EVERY THURS
10:30AM-12:30AM**

CONTACT: BARRY 0894104488
THE GLEN RESOURCE CENTER, GLEN AVENUE, CO. DUBLIN

Cuddles & Chats
Parent & Toddler Group

Babies, toddlers, parents, childminders, grandparents and guardians are all welcome. We aim to provide a warm, safe environment where children are safe to play, socialise and have fun. It's also a place where adults can relax and make new friends.

Where:
The Glen
Resource Centre.
When: Tuesday's 10.30am
-12.30pm (term time only).
Cost: €2 per session.
Contact: Bernard
(087)6883495.

Tea/coffee
& biscuits
provided

Please Note: St. Brendans walking group have returned to the Glen on Mondays.

Contact the Cork North Community Work Department for further information

021 4928371

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Mayfield

For Further Information

Contact Fidelma O'Connell: 087-1800210



Mayfield Health Action Zone

Weekly Schedule

Monday

- Mayfield Movers Fun Walking group 10am to 12pm meeting at Lower Level Roseville House.
- Acupuncture 12 to 1pm Location Lower Level Roseville House
- Fun Bingo 2pm to 4pm Location St. Joseph's Community Centre

Tuesday

- Flower Arranging 11am to 12.45pm
- Singing for the Brain 2.30 to 4.30pm

Both Located at the Lower Level Roseville House

Wednesday

- Maintaining Mobility 10am to 11am
- Maintaining Mobility 11.15 to 12.15pm

Both located at the Lower Level Roseville House

Thursday

- Fun Dancing 10 am to 12 pm St Joseph's Community Centre
- Knitting Group 10.30 to 1pm Lower Level Roseville House
- Martin's Music Mayfield HAZ Band 1.30pm Kerrigan Tyrell Hall

Friday

- Chair Yoga 10.30am to 11.30am Kerrigan Tyrell Hall
- Community Garden 10am to 12pm location CDP (joint venture with CDP)

For more information
Contact Fidelma O'Connell
Community Health Worker
on 087 1800210

DRUM FIT

Location: Mayfield CDP
Start Date: Wednesday 7th of February
6 Weeks of Fun, Fitness and Laughter

MORE INFORMATION :
Liz Ahern CDP 089-2687938
Fidelma O'Connell Community Health Worker 087-1800210

MAYFIELD CDP COMMUNITY GARDEN

Open to all with an interest in gardening!
Join and helping us grow a great garden for the Mayfield Community.

**Every Friday
10am-12.30pm**

More Information :
Liz Ahern CDP 089-2687938
Fidelma O'Connell Community Health Worker 087-1800210

Mayfield Health Action Zone

CHAIR YOGA

6 WEEK PROGRAMME
COST €5 PER WEEK TWO PAYMENTS OF €15
BOOKING ESSENTIAL

START DATE FRIDAY THE 26TH JANUARY
TIME 10.30 TO 11.30AM
LOCATION KERRIGAN TYRELL HALL TINKERS CROSS MAYFIELD
TO BOOK CONTACT FIDELMA O'CONNELL
COMMUNITY HEALTH WOKER
087 1800 210
EMAIL FIDELMA.OCONNELL@HSE.IE

Do you enjoy singing?
Do you like meeting other people?

Singing for the Brain Ireland is an arts and health initiative providing supportive and inclusive social music groups in the community. The group meets weekly and participants are welcome to share a song or simply observe.

When? Tuesday afternoon
Where? Lower Level Roseville House Mayfield
What time? 2.30pm to 4.30pm

The programme recognizes the therapeutic effects of music on the brain and body and utilizes singing as a means to stimulate memory and promote health and wellbeing. Each group is led by a musical facilitator and supported by a specially trained coordinator.

Everyone is welcome, no singing experience necessary! Refreshments provided

Booking required please call Fidelma O'Connell, Mayfield Community Health Worker on 087 1800210 to book your place

New Members Welcome

**For More Information
Contact
Fidelma O'Connell
Community Health Worker
087 1800210**

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Songs, Stories & Smiles

Singing for the Brain is a friendly and supportive social music group that brings people together through songs, stories and smiles.

Each group meets weekly and participants are welcome to share a song or simply observe.

Each group is led by a musical facilitator and supported by a coordinator. Everyone is welcome, no singing experience necessary.

Singing for the Brain group in Cork

Ballyphehane

Teresa McCarthy – 087 901 5339

Farranree

Oisin Hennessy – 087 389 6982

Fermoy

Jacinta McCormack – 085 874 2320

Mallow

Sheena Cadoo – 086 787 1711

Youghal

Niamh Herbert – 087 641 3468

Online Zoom Singing for the Brain group

Mary Flynn – 087 462 2616



Follow us on Facebook
Singing for the Brain Ireland



Follow us on Instagram
@singingforthebrainireland



Songs, Stories & Smiles

Singing for the Brain is a friendly and supportive social music group that brings people together through songs, stories and smiles.

Each group meets weekly and participants are welcome to share a song or simply observe.

There is plenty of evidence to show how singing is good for our brain and also our general health and wellbeing. Hidden in the musical fun are activities which stimulate our bodies and improve our memory.

Each group is led by a musical facilitator and supported by a specially trained coordinator.

Everyone is welcome, no singing experience necessary.

Training is provided annually for new Singing for the Brain Coordinators and Musical Facilitators.



For more information please contact
087 4622616 or email singing4thebrain@gmail.com



Songs, Stories & Smiles

ONLINE ZOOM GROUP

TUESDAY AFTERNOON'S

2.30pm – 3.30pm

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



How to Join - For you to join a ZOOM Singing for the Brain Group, we will send you a link by text to your smart phone or by email to your laptop/tablet. You simply need to follow the link that you have been sent. There is technical assistance available to get you set up on Zoom.

To join a group please ring Mary on 087 4622616 (mornings)





A team of three Rural Community Health Workers is in place in the North Cork region since January 2022 supported by a dedicated cross-sectoral team; including HSE Community Workers, the Regional Suicide Resource Officer, and representatives from the three-development companies involved.

The Rural Community Health Workers will work towards improving the health, lifestyle, and wellness of rural communities across North Cork. Their primary focus will be dedicated to informing and empowering communities and individuals in the areas of suicide prevention, intervention and postvention work initiatives.

Rural Community Health Workers Contact Information:

Avondhu Blackwater Partnership CLG

Lorna Hurley

Tel: 086-4404050

Email: lorna@avondhublackwater.com

www.avondhublackwater.com

Ballyhoura Development CLG

Jacki Hehir

Tel: 087 1840938

Email: jhehir@ballyhoura.org

www.ballyhouradevelopment.com

IRD Duhallow CLG

Denis Justice

Tel: 083 316 9994

Email: denis.justice@irdduhallow.com

www.irdduhallow.com

