

2017

CORK
LIFELONG
LEARNING
FESTIVAL

Féile Foghlama Feadh an tSaoil Chorcaí

all events free



FREE PROGRAMME

Monday April 3rd to Sunday April 9th

www.corkcity.ie/learningfestival • Tel 021 492 4527

2017



Monday April 3rd to Sunday April 9th

www.corkcity.ie/learningfestival • Tel 021 492 4527

Welcome to the 14th Cork Lifelong Learning Festival.

This year's festival is the largest in its 14 years, with over 600 events taking place across the city & beyond. It is an event that has brought our city to the attention of people in countries throughout the world. As Leona English of UNESCO said during her visit to the festival last year: "This is the biggest event in Europe this week...it's a pleasure and an honour to be part of this festival, which is known far and wide."

None of this could happen without the support of the event organisers & generous sponsors, and involves a huge voluntary effort.

2017 can be considered a year of learning in Cork. It is a year that will have ripples throughout the island & beyond, connecting us with the global learning community who we will welcome to our city in September.

Developing a culture of learning in Cork began back in 2002 when the City Council adopted a strategy called Imagine Our Future - part of that strategy was to make Cork a City of Learning. We are well on our way to achieving that vision, something which is being recognised internationally.

The events this year build on the UNESCO Learning City Award received by the city in 2015, one of only three cities in Europe & 12 worldwide to be recognised in this way. In September this year our city will welcome delegates from across the globe to UNESCO's 3rd International Conference on Learning Cities. This international recognition of how much Cork has achieved as a learning city is based on the festival's success & other initiatives it has inspired.

As well as the Limerick Lifelong Learning Festival, now in its seventh year & also taking place this week, our festival has inspired others to follow us in celebrating & encouraging lifelong learning.

In 2016 alone Wyndham in Victoria, Australia and Burnaby on the Pacific Coast of Canada started their own festivals & acknowledge that they were inspired to do so by ours.

We must not forget that developing Cork as a learning city is aimed at improving the lives of our citizens, by reducing inequality & social exclusion. It is also about encouraging investment into Cork & its region, and therefore increasing employment.

On behalf of the people of Cork, I wish to formally acknowledge the contribution made by every single person, year after year, in making this festival such a success.

During festival week there are hundreds of events of all kinds taking place, and all free, and all highlighting & celebrating the hundreds of opportunities there are for learning, whatever your age, interest or ability.

I urge you, as the festival's motto says, to investigate, participate & celebrate all those opportunities during festival week.

Clr Des Cahill

Lord Mayor of Cork, Festival Patron



Teachtaireacht ón Ardmhéara, An Comhairleoir Denis Cahill.

Fáilte chuig an 14ú Féile Chorcaí um Fhoghlaim feadh an tSaoil . Seo an fhéile is mó go dtí seo, le níos mó ná 600 imeachtaí ar siúl ar fud na cathrach. Ní haon ionadh é mar sin go ndúirt Leona English ó UNESCO tráth gurb í “an fhéile is mó san Eoraip” a bhí ar siúl an tseachtain áirithe sin.

Gan amhras ní bheadh aon fhéile ann gan an tacaíocht a fuarthas ó na heagraíochtaí agus ó na hurraithe flaithúla, agus gan an obair dheonach a chuirtear isteach inti.

Thosaigh cultúr foghlama i gCorcaigh i 2002 nuair a chuir Comhairle Cathrach Chorcaí plean le cheile dár teideal “Samhlaigh ár dTodhchaí”.An chuspóir a bhí ag an bplean ná cathair foghlama a dhéanamh as Corcaigh.

Tá an fhís seo ag teacht chun cinn anois agus aitheantas idirnáisiúnta bainte amach, rud a thosaigh le bronnadh an ghradaim “Cathair Foghlama UNESCO” ar Chorcaigh i 2015. Aithníonn an gradam seo buanna Chorcaí mar chathair foghlama.

Spreag an fhéile seo cathracha eile ar nós Luimneach, Wyndham san Astráil agus Burnaby i gCeanada chun a bheith ina gcathracha foghlama.

Is é príomhchuspóir Chorcaí mar chathair foghlama ná saol ár saoránach a fheabhsú trí míchothromas agus eisiaim sóisialta a mhaolú agus trí infheistíocht agus fostaíocht a mheadú.

Aithním, thar cheann phobal Chorcaí, rannpháirtíocht ó mhórán daoine i ndul chun cinn na féile, agus molaim daoibh bheith páirteach ann agus taitneamh a bhaint as na himeachtaí éagsúla a bheidh ar fáil i rith na seachtaine.

An Comhairleoir Denis Cahill,
Ardmhéara Chorcaí, Patrún na Féile

A chairde,

Welcome to our annual lifelong learning festival, it is our 14th festival & one that occurs in a milestone year for learning in our city.

2017 will be remembered as the year that Cork hosts the 3rd UNESCO International Conference on Learning Cities, and the festival is one of the main reasons that Cork was chosen for this honour.

We are very proud in Cork that we have been trailblazers in Ireland & internationally, in celebrating all that learning contributes to our lives, whatever our age, with this festival.

We are also very proud that Cork is receiving international recognition for the efforts it is making to develop into a Learning City. UNESCO recognition is significant not just for our city, but for Ireland, as it communicates our successes in education & lifelong learning to a worldwide audience.

With our Learning City partners, Cork ETB are proud to be champions for the achievement of this vision – with Cork City Council, CIT and UCC as signatories of a formal Memorandum of Understanding on Learning, joined this year by the HSE and the NAPD.

Our progress is due to the combined efforts of all involved, especially those who have made the festival such a success from humble beginnings in 2004 to an event which this year offers over 600 events of all kinds, for all ages & interests.

As Chief Executive of Cork Education & Training Board, it is heartening to see that events during festival week reflect our contribution as an organisation to lifelong learning; each sector from Early Years, Primary, Secondary, Further Education, Adult Basic Education, Community Education, and Training all appear in the pages of this programme. Our efforts are open to all citizens & to all organisations who have an interest in or any involvement in learning.

I encourage as many of you as possible, even those who are busy with organising their own events, to get out & participate in as many events as possible during the week. It is a unique opportunity to try something new, to meet others involved in learning, and to enjoy the experience.

I would like to acknowledge the ongoing commitment of all of the people who make the festival happen, our co-ordinator Tina Neylon, the steering committee chaired by Willie McAuliffe, the sponsors & partners of the festival - but most of all the people on the ground in the various organisations and communities of the city and surrounding areas.

Comhghairdeachas arís.

Ted Owens

Chief Executive, Cork Education & Training Board

A chairde,

Fáilte chuig ár bhféile um Fhoghlaim feadh an tSaoil, atá anois ar an bhfód le 14 bliain.

I mbliana, 2017, beidh an 3ú Chomhdháil Idirnaisiúnta UNESCO na gCathracha Foghlama ar siúl i gCorcaigh, agus is mar thoradh ar an bhféile seo atá a leithéid de chomhdháil ag teacht chugainn.

Aitheantas iontach atá anseo ó UNESCO ar na hiarrachtaí go léir ata déanta i ndul chun chinn na féile foghlama i gCorcaigh.

Is abhair mórtais domsa, i mo ról mar Phríomhfheidhmeannach Bhord Oideachais agus Traenála Chorcaí, go bhfuil ár neagrais féin, ó réimse na hOige go Foghlaim sa Phobal, le feiscint sa chláir. Molaim daoibh uile dul amach agus bheith páirteach sna himeachtaí éagsúla, agus taitneamh a bhaint astu.

Is mian liom moladh a thabhairt dár gcomhdaitheoir, Tina Neylon, dár gCathaoirleach Willie McAuliffe, dár n-urraithe, dár gcomhpháirtithe san fhéile, dos na heagraíochtaí agus do gach éinne sa phobal a oibríonn go dian chun an fhéile seo a chur chun cinn.

Is libhse an fhéile seo; Is bhur n-éacht atá inti.

Comhghairdeas arís

Ted Owens

Príomhfheidhmeannach Bhord Oideachais agus Traenála Chorcaí

CORK LIFELONG LEARNING FESTIVAL



The festival promotes and celebrates learning in all its forms and encourages take up among all age groups, particularly those who may not usually participate in learning.

Déanann an Fhéile seo foghlaim i ngach cruth a chothú agus a cheiliúradh agus spreagann sé rannpháirtíocht i ngach aoisghrúpa, go mór mhór iad san nach nglacann páirt go h-iondúil i ndeiseanna foghlaim



MAX symbol

Maximum number indicated where spaces limited. Events listed by starting time.

- Use the prefix 021 if phoning from outside the Cork area.

GET CONNECTED WITH CORK LIFELONG LEARNING FESTIVAL ONLINE!



Follow us on Twitter – www.twitter.com/learning_fest
Like us on Facebook – www.facebook.com/corklifelongfestival

Special thanks to Christine Nolan, Access Office, CIT, for managing the festival's Social Media & to Michelle Whooley for her assistance.

All details correct at time of going to press. The organisers cannot accept any responsibility for losses incurred due to cancellation or alteration of events.

A contact phone number or email appears with each event to allow you to check or to book if requested to do so. You can also use it after the festival to enquire about learning opportunities year round.



CORK LEARNING CITY & GLOBAL LEARNING VILLAGE

2017 is a milestone year in our progress as a Learning City. UNESCO's third International Learning Cities Conference will be hosted, for the first time in Europe, in Cork City Hall from 18 to 20 September with opportunities for everyone to be part of this exciting world event.

The selection of Cork followed a successful bid lead by Cork City Council with other Learning City partners – Cork ETB, CIT, UCC & a wide range of supporters. Following conferences in Beijing in 2013 & Mexico in 2015, the selection of Cork is a great honour, reflecting the value placed by UNESCO on our track record of learning.

Our Lifelong Learning Festival, known the world over, is the key reason for this. It lead directly to the UNESCO Learning City Award in 2015 & the selection of Cork to host the Global Conference in 2017. So all of you who have made the festival what it is over the years have earned this for Cork & you can be proud that your contribution is recognised globally.

This 14th festival is the biggest ever with over 600 events, a significant milestone as it proves that a Learning Festival as a celebratory event has a huge impact & is also sustainable – both part of the UN's Sustainable Development Goals for 2030.

We will have a new website CorkLearningCity.ie shortly. It will be a learning portal for all, young & young at heart. Our long term plans as a learning city are currently being developed & we welcome inputs from you all; through the website or in a series of workshops being run this Spring.

As well as our flagship learning festival, a recent initiative is the 'Learning Neighbourhoods' concept we have been implementing & learning from. This is an idea developed by & shared with us by Peter Kearns from Australia when Director of PASCAL. Following the success of the pilot phase of Learning Neighbourhoods in Ballyphehane & Knocknaheeny in 2016, they have been joined by Mayfield & Togher. The vision is to have other neighbourhoods doing likewise in the future & connecting with similar learning communities worldwide.

So, whether it is through participation in the festival, in a learning neighbourhood, or in any learning activity at home, in your workplace, community, school, crèche, adult education centre, sports club, in a college or in a community centre – you are part of this ongoing success story, this is your learning city, and you can be proud!

Denis Barrett
Cork Learning City Co-Ordinator

email info@corklearningcity.ie
www.corklearningcity.ie



United Nations
Educational, Scientific and
Cultural Organization

NORTH – SOUTH

Since 2010 when the Cork Lifelong Learning Festival formally twinned with Féile an Phobail in Belfast, projects started by the two festivals continue year round. Relationships between organisations & individuals, and between different communities, flourish through their involvement in a range of activities including: mural painting, building currachs & learning to row; taking part in marathons in Belfast & Cork.



MURALS

Strolling along the Blackrock Walkway you'll see murals painted by the Mahon Community Development Project's Men's Art Group, working under the guidance of visiting mural artists from Belfast. The first mural they created is next to the CIT Blackrock Castle Observatory just as you leave the car park; at the old Blackrock Station platform you can see the most recent.

In the city centre at Horgan's Quay there's a mural commemorating the Titanic, painted by young unemployed men from Belfast & Mahon in 2012, working together.

During festival week the Lord Mayor of Cork Councillor Des Cahill will be unveiling a plaque at the first mural painted by the group. For details email [learningcity@corkcity.ie](mailto:learningcity@ corkcity.ie) or see social media.



CURRACHS

Meitheal Mara & Pádraig Ó Duinnín continue their association with Féile an Phobail, where Youth Worker Kevin Morrison runs a boat building project & helps organise visits by young people from both communities in the north to Cork.



OCEAN TO CITY & CORK CITY MARATHON

Young people from the north travel to Cork with the currachs they have built to take part in the Ocean to City Rowing Race, organised by Meitheal Mara. Teams of runners from Cork, brought together by Bernard Twomey of the HSE Health Action Zone, take part in the Belfast City Marathon; while Kevin Morrison from Féile an Phobail brings a team to participate in Cork City Marathon.



Cross-border & cross-community initiatives are supported by the festival, Féile an Phobail, Co-operation Ireland's Cork branch & Cork City Council.



BELFAST FESTIVAL OF LEARNING

The Cork festival has started to build a relationship with the Belfast Festival of Learning, which ran for the second year last month. It's organised by the Belfast Strategic Partnership (BSP), established by the Public Health Agency, Belfast City Council & Belfast Health & Social Care Trust. The aim of the BSP is "to champion and lead the case for tackling life inequalities across all communities in the Belfast area."

See www.makinglifebettertogether.com for more information.



ALL ABOARD 2017

All Aboard 2017 is a national initiative co-run by The National Forum for the Enhancement of Teaching & Learning in Higher Education and Ireland's higher education institutions.

During the week April 3 to 7, which coincides with the Cork Lifelong Learning Festival, national & regional events take place which are designed to build confidence in Ireland's digital skills for learning.

Any organisation with an interest in developing their digital skills for learning, regardless of skill level, was invited to come on board All Aboard 2017.

Visit www.allaboard2017.ie to see the events. It provides an A-Z guide on all aspects of the programme & features easy to use, downloadable resources.

CIT GOES VIRTUAL



CIT ACCESS SERVICE SOCIAL MEDIA CAMPAIGNS

Running from Monday April 3 to Friday April 7

Each day at 10am & Noon

CIT Access Service students take part in #MyCollegeExperience and #MyCollegeTips campaigns by posting a photograph & a brief memory or tips about their time in college on CIT Access Service's social media.

Each day at 11am & 2pm

CIT Access Students from the college's Linked Schools Programme, Science For Life, Disability Support Service & Mature Students, share their stories of how they navigated their way through college. Videos of CIT students sharing their personal story/experience released via CIT Access Twitter & Facebook.

Info: Jamie Googan

T: 433 5194 email Jamie.Googan@cit.ie

TUESDAY APRIL 4

9am – 2pm – Guest speakers give cookery demonstrations

& 2.50pm – 5pm – Q & A – students put questions to panel

*Tourism & Hospitality Department,
Cork Institute of Technology*

LIVE BROADCAST

CULINARY CAREER PATHS SEMINAR - CHEF DEMONSTRATIONS

This seminar demonstrates to CIT's culinary students some of the possibilities open to them as careers in the hospitality industry. Six guest speakers, who have used their culinary training to travel different paths, share their experiences. Through their hard work & ability, they have each arrived at points in their career where, for the moment, they are successful & happy with what they have achieved.

Each speaker has a strong culinary background. To best showcase this, each gives a 30 minute cookery demonstration, simultaneously broadcast live on the internet & in certain areas throughout the college. These demonstrations are followed in the afternoon by a question and answer session, where students put their questions to the panel, also broadcast live.

It is hoped by sharing their experiences, passion & drive at this seminar that it will encourage the students to see the possibilities that lie before them.

The event is jointly sponsored by Cork Institute of Technology and Failte Ireland

This event is fully booked, however anyone interested is encouraged to log on to the live streaming event on the website. Details of how to access this event will be published on the College website under "Culinary Career Paths Seminar" See <http://www.cit.ie/>

For information on how to connect, contact:

JJ Healy, jj.healy@cit.ie, 085 851 4355
email jj.healy@cit.ie

Lisa O'Brien, lisa.obrien@cit.ie

Jane Healy, jane.healy@cit.ie

Linda Hayes, linda.hayes@cit.ie





All day

St Patrick's St & Grand Parade

POP-UP EXHIBITION IN SHOP WINDOWS

The Interior Architecture & Design Department at St John's Central College celebrates 25 years of student work with a Pop-Up Exhibition in the windows of businesses along St Patrick's Street, Grand Parade & the heart of the city. This trail is linked to an exhibition of work at the Central Library, Grand Parade.

'Elevated – A Reimagining of Cork Architecture & Beyond' showcases the imaginative transformation of key buildings where 'outside the box' creativity has produced world-class examples of architecture & interior design.

Follow the trail along the streets to the Central Library & immerse yourself in a future vision of Cork's architecture & beyond.

Info: 425 5500

Email info@stjohnscollege.ie

www.stjohnscollege.ie

Continues until Friday.



Central Library, Grand Parade

All day

CITY CENTRE/CITYWIDE COMMUNITY EDUCATION NETWORK

Information stand & exhibition.

See separate entry.

SIMON

Information stand.

ELEVATED – A REIMAGINING OF CORK ARCHITECTURE

Students of Interior Architecture & Design, St John's Central College imaginatively transform key Cork buildings into new spaces - an exhibition of Cork's architectural future.

COMMUNITY ARTS EXHIBITION

Cork City Partnership Community arts exhibition, including photography, textiles and art.

See separate entries for details.

T 492 4900



9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

Enjoy an exhibition on Transport in Blackpool through the ages.

All welcome. Talk on the same topic by local historian on Thursday at 7.30pm.

Info: 450 1787 See Blackpool Historical Society on Facebook & Blackpool Community Centre's website. Continues until Friday.



9am – 5pm

*St John's Central College
Sawmill Street*

EXHIBITIONS AT ST JOHN'S CENTRAL COLLEGE – UNTIL FRIDAY

9am – 5pm

PAINTING & SCULPTURE

Group exhibition showcasing art by the college's Painting & Sculpture students. These emerging artists were asked to be inspired by their everyday lives & to transform this into Art. Although the students' ages, backgrounds & life experiences vary, they share a love of creativity. Visitors can view landscapes, still life, figurative pieces, portraits, and creative work in paint, mixed media & sculpture.

Info: email arts@stjohnscollege.ie

9.30am – 5pm

EXHIBITION OF PHOTOGRAPHS

See work by Level 6 Photographic Studies student Zoltan Demeter. Images record a range of activities in the various departments & courses throughout the college year. These stand-alone visual images are an excellent example of the visual skills gained by students on the Photographic Studies course here.

Contact: Gillian Treacy/Padraig Murphy
425 5500
email gtreacy@stjohnscollege.ie
or pmurphy@stjohnscollege.ie

10am – 5pm

LIFE DRAWING

See work by students on the Thursday night Life Drawing Class, tutor Lorraine Cooke, Adult Education Department.

All three exhibitions continue until Friday. All welcome.

For information on all courses at St John's Central College, call 425 5500
www.stjohnscollege.ie

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

Visit the college to see a showcase of work by Level 6 graduates, including innovative & exciting ceramics, prints, mixed media, paintings & more. For information about Art courses at the college, contact Debbie Godsell email d.godsell@csn.ie Continues until September.

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 – 11am**

Cork City Partnership Knocknaheeny Outreach Office, Knocknaheeny Community Building

**max 12****DIGITAL PHOTOGRAPHY WORKSHOP**

Learn how to take, crop & improve digital photographs; this is a regular class. Booking necessary. Info & Bookings: Noreen 087 196 2026 or Norma 439 9503

**10am – 11.30am**

Boston Scientific, Model Farm Road

max 20**LEARNING FACTORY: INSIGHT INTO MEDICAL DEVICES**

Production at this Cork facility began in 1998 & it now manufactures more than 5.6 million life-saving devices a year, shipped to all corners of the globe. The plant has over 1100 employees & the company is strongly committed to the continued personal development of its workforce. On this tour visitors are introduced to the wide range of medical devices designed & produced by Boston Scientific, the manufacturing processes involved & the positive impact they have on patient lives.

Numbers limited, booking essential by email Eilish.Walsh@bsci.com

First of a series of Learning Factory events, organised by Matthew Cotterell, Head of School of Mechanical, Electrical & Process Engineering, CIT, specially for the festival.

10am – noon

*The Mahon Family Resource Centre,
Mahon Drive*



LEARN ABOUT AROMATHERAPY

Join the regular class here, and hear about the use of aromatic plant extracts & essential oils & their use in healing & for cosmetic purposes. Find out about all the classes & activities here. Wheelchair accessible. Parking. Free refreshments

Booking essential, contact Jenny 435 8866
e-mail: info@frcentre.ie

See Facebook: Mahon Family Resource Centre



10am – 12.30pm

*The Glen & District Neighbourhood Youth Project, Community Services Building
Carnloch Court, The Glen*

OPEN MORNING AT YOUTH PROJECT

All welcome to an informal drop-in & tea/coffee to introduce the community to The Glen & District Neighbourhood Youth Project, services & to see artwork. Afterwards, there is a Patchwork Quilt-making Workshop for anyone interested in participating. No previous experience necessary! Regular class here on Mondays. Parking available. Booking preferred, but not necessary.

Contact T 242 8678
Aoife 085 759 2486
aoifenilabhradha81@gmail.com
or Regina 0857450165
Community Services Building is next to
Youthreach & beside church.



10am – noon

*The Lantern Community Project,
14 Georges Quay (red door)*



WORKSHOP ON HOLISTIC HEALTH

Join Mary Lane to learn about Holistic Health. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person & how he or she interacts with his or her environment. It emphasises the connection of mind, body & spirit. Numbers limited, booking essential by March 31.

Info & bookings:
Norma Roche 086 023 6442
or Karina Healy 086 174 6374
email info@lanternproject.ie
www.lanternproject.ie



10am – 1pm

*Mayfield Citizens Information Centre,
Roseville House, Old Youghal Rd*

OPEN DAY & BENEFITS CHECK

An opportunity for you to confidentially discuss your entitlement to various Social Protection payments & other public services. All welcome.

Info: 0761 07 6880

Email Mayfield@citinfo.ie

www.citizensinformation.ie

Continues 2pm – 4pm today



10am – 5.30pm

Central Library, Grand Parade

**EXHIBITION OF
COMMUNITY ART**

Display of work from Cork City Partnership supported Community Arts initiatives in Gurrabraher/ Churchfield, Ballyvolane, Knocknaheeny & Fairhill. View the broad range of work, including photographs, paintings, textiles & youth crafts.

There are opportunities for people to get involved in these & similar community arts projects. Presented by Cork City Partnership & Cork City Libraries.

Info: Margo Hayes 087 196 2023

Continues until Saturday.

10am – 5.30pm

Central Library, Grand Parade

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

The Interior Architecture & Design Department at St John’s Central College, celebrates 25 years of student work. This display is linked to the ‘Pop-Up Exhibition’ where businesses in the heart of the city have opened up their windows to display student work. Info: 425 5500 email info@stjohnscollege.ie www.stjohnscollege.ie

Continues until Friday.



10.30am

*School of the Divine Child,
Lavanagh Centre, Ballintemple*



**ENJOY ACOUSTIC, BLUES,
COUNTRY & FOLK MUSIC**

Catch the school's Wonderband as they perform using a variety of instruments & sing some of your favourite standards. Instruments include: guitar, saxophone, percussion, iPads & Soundbeam technologies. Press passes available on request!

Senior students in School of the Divine Child proudly present their favourite songs & musical pieces, with their Teacher Oran O'Reilly.

Info: email schoolofdivinechild@gmail.com
www.lavanagh.ie

Please book your place, call Pauline
429 1804

Limited parking in Ballintemple village,
on No 2 bus route.



10.30am

*Farranree Family Resource Centre,
Close's Green*

LEARN ABOUT HAPPY TALK

Parents & guardians of pre-school & Junior Infant children will find this event particularly interesting. All welcome. Happy Talk is a programme for under 5s to improve their speech & language skills. Aoife O' Shea explains how this interactive programme works in a short & interesting presentation. Happy Talk is running very successfully in the Glen & Mayfield & parents & guardians will learn about Happy Talk coming to Farranree. Info: Avril Donoghue Home School Community Liaison Co-ordinator 421 0677

Organised by Farranree Community Education Network.



10.30 – 12.30

LINC Resource Centre, White St

**MAKING RESEARCH WORK
FOR COMMUNITIES**

CESCA, Cork Equal & Sustainable Communities Alliance, invites you to a discussion about making research & research processes work for change in communities. According to Zora Neale Hurston 'Research is formalized curiosity. It is poking and prying with a purpose.'

Included will be: A Visual Guide for Communities to Participatory Research,

Breaking Point – The Challenge of Securing Sustainable Early Years Services, Young Knocknaheeny ABC & Experience of Research.

As spaces limited, please book by contacting Tehmina Kazi, CESCA 087 052 3390
email tehmina.cesca@gmail.com



CIT

11am – noon

Room 417 (4th Floor),
CIT Cork School of Music, Union Quay



WHERE YOU CAN GO WITH WHAT YOU KNOW

This workshop aims to empower people to recognise their experience & abilities & help to make learning visible. We learn in all sorts of ways at home, in work & in the community – it's part of who we are, individual to ourselves, yet often we take what we know for granted.

This is an opportunity to appreciate the value of learning & introduces the idea of creating a personal skills inventory, which can be used in your personal & professional life or for access to education. Booking not necessary.

Info: Phil O'Leary 433 5132
Email phil.oleary@cit.ie
Presented by CIT Extended Campus.
Workshop repeated on Wednesday
in CIT at 1pm.

11am – noon

Cork City Partnership
Knocknaheeny Outreach Office,
Knocknaheeny Community Building

max
10



LEARN HOW TO USE A TABLET

In this workshop learn the basic features of a tablet & how to use it. Booking necessary, call Noreen 087 196 2026 or Norma 439 9503



CIT

11am & 2pm

CIT ON TWITTER & FACEBOOK

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



ACCESS SERVICE



11am – 12.30pm

LifeFM Studios, Deanrock Business Estate, Togher

TOUR A RADIO STUDIO

LifeFM Cork has been broadcasting on 93.1 FM & online at www.lifefm.ie 24 hours a day, 7 days a week for over 9 years. Take a tour of the studios. Experience a live radio show, record your voice in studio, and more! Free refreshments. All welcome.

Studio is behind FastFit Tyres, free parking.

Info: Terri Kruschke 496 1111

Email terri@lifefm.ie www.lifefm.ie

Another tour on Tuesday & Workshop on Wednesday.



11am – 12.30pm

Foyer, Ground Floor, St John's Central College, Sawmill Street

HOLIDAY HELPDESK

2nd year Tourism & e-Travel students at the college available to guide & advise clients on using Social Media & search engines on the Internet to find holiday information & do comparative pricing. They will help you to create your own package holidays & show you how to find the best deals available. No need to book, all welcome. Contact Derval Glavin email dglavin@stjohnscollege.ie Info on all courses 425 5500 www.stjohnscollege.ie

Repeated Tuesday 2pm & Wednesday 12.30pm



11am – 1pm*The Girls Club, 26 St. Paul's Avenue,
off Lavitt's Quay***max
20****CREATIVE CERAMICS
WORKSHOP**

The Girls' Club addresses the social side to cancer. Come & join in for some creative fun time, bring family or friends or make new friends. Participants create a collection of Gingerbread People in clay to form a sculptural tower which will be presented to the centre as a Tower of Hope, a permanent installation. Refreshments available afterwards. Workshop offered by Martha Cashman 087 260 6999 www.corkpotters.com

To book your place this morning call Linda or Ann 494 9090 www.thegirlsclubcork.com

**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. View the type of work undertaken by the groups in the network, get practical information on courses & activities available & talk with fellow learners about their experiences. Members include: The Lantern Community Project, Good Shepherd Cork, Cork Simon Community, The Migrant Centre, The Social and Health Education Project (SHEP), Welcome English, Nasc, The Basement Resource Centre SHINE, Traveller Visibility Group, City Links, Altrusa.

Info: Liam McCarthy, SHEP 466 6180

Members here 11am – 1pm until Friday; information stand here during library opening hours until Saturday.

**11am – 1pm***Cork Craft & Design, 27a St Patrick's
Woollen Mills, Douglas***LEARN PATCHWORK & QUILTING**

Award winning textile artist Mary Palmer demonstrates patchwork & quilting techniques. She'll answer any of your questions. All welcome. Pop in & say hello. First of three events here during festival – see Tues & Thurs. Info: T 436 8365 M 087 960 8249 email corkcraftdesign@gmail.com

Cork Craft & Design is a voluntary group of over 100 craftspeople from all over Cork City & County. www.corkcraftanddesign.com

Next door to 'On the Pig's Back'



**11.30am – noon
& 12.15pm – 12.45pm**

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

Get up close with the museum's collection in an exciting new way during the festival for a chance to touch & explore a variety of fascinating artefacts. These family-friendly sessions take place four times a day today, Tuesday, Thursday & Friday. Themes covered include prehistoric & medieval Cork, the 1913-1923 Revolutionary period, as well as other unusual objects that make up the large & diverse collections. Suitable for all but very young children & needs to be supervised by parents/guardians. Info: 427 0679 email museum@corkcity.ie

Repeated at 2.30pm & 3.15pm today & on Tuesday, Thursday & Friday.



Noon – 1pm

*The Granary, Bessborough,
Blackrock*



HARD SCIENCE MEETS PERSONAL EXPERIENCE

Come to an interactive session to consider how developments in neuroscience & interpersonal neurobiology affirm the value of personal development group-work.

Info: Social & Health Education Project
Email socialandhealth@eircom.net
www.socialandhealth.com

Places limited, booking essential, call
Geraldine Flanagan 466 6180

The Granary is in the grounds of
Bessborough, off Skehard Rd. Ask for
directions when booking. Bus 202 stops
a short walk away.





Noon – 2pm

The Mahon Family Resource Centre, Mahon Drive,



TRY PHOTOGRAPHY

Book your place for an introductory class with Heilo. Enjoy it & you can sign up for regular Photography classes. Wheelchair accessible. Parking. Free refreshments Booking essential, contact Jenny 435 8866

Email: info@frcentre.ie
See Facebook: Mahon Family Resource Centre.

1pm – 2pm

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



A GUIDE TO THE CAMINO

Event promises essential information about the Camino de Santiago, focusing on its history & interesting facts connected with the route. Practical tips if you are planning a trip. Info: email spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

Booking preferred, call Lucia Tarí 086 311 1193 Repeated 5pm Wed & 4pm Friday

1pm

Foyer, Civic Offices, City Hall

OFFICIAL OPENING

IDENTITY

In life we should never discriminate, because

Difference is important even if it is hard to articulate.

Each and every person deserves to be respected and we should

Never allow others to influence our opinion or negatively affect it!

Try instead to value and cherish, each and every race, because

Individuality is special and the world is a very big place.

Therefore we need to come together so

You and I can work towards and aim for something better!

IDENTITY: PORTRAITS BY SECONDARY STUDENTS

See artwork by pupils from a number of secondary schools in Cork. Building on last year's 'Selfie' exhibition of self-portraiture, this year's theme is typography portraits – the addition of text. Artist Leanne McDonagh was the teacher overseeing the workshops in: Nagle Community School, North Presentation Secondary, St Aidan's Community College, Terence MacSwiney Community College & the Ursuline Secondary School. This art programme, organised by the Interagency Traveller Education Group, aims to raise the educational hopes & ambitions of young travellers.

Info: Leanne McDonagh 086 052 0772

Email: leannemcdonaghart@gmail.com

Continues daily until Friday.



1.10pm – 2pm

Foyer, CIT Cork School of Music, Union Quay

LUNCHTIME CONCERT: TRAD MUSIC

First of a series of lunchtime concerts, specially arranged for the festival. Today it's soloist & ensemble performances from CIT Cork School of Music Irish Traditional musicians, lecturer Johnny McCarthy. Hear both tradition & innovation! 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

St Finbarr's Hospital Campus,
Douglas Road



TOUR A HEALTHY CAMPUS

Judy Cronin, Department of Public Health, HSE South & member of the Healthy Campus Committee, takes you on a guided walk of the new healthy campus facilities in St. Finbarr's Hospital. They include a new walkway for patients & staff, an outdoor exercise area & a staff bike scheme. This is a once off opportunity for the public to come & walk the 1Km mapped campus "Walkways to Health", which staff & patients use regularly. Meet at entrance to campus at the "Walkways to Health" sign. Info: 492 7622 email Judy.Cronin@hse.ie

1.30pm

Scoil Aiseirí Chríost Halla, Farranree

HAPPY TALK & ONE BOOK ONE COMMUNITY

One Book One Community is a Family Reading Initiative which has been running in a number of areas around Cork for the last few years. Pupils are given a free copy of the chosen book to take home & share with their families, to encourage reading. Events & activities are organised to celebrate the initiative during festival week.

Today it's the turn of Farranree, with a celebration of the book chosen for local Infant Classes. Aoife O' Shea makes a short presentation on Happy Talk. That's followed by a showcase of work & activities based on the Infant Book 'The Day the Crayons Quit.' This initiative involves the boys & girls from Infants in Scoil Iosagáin and Scoil Aiséirí Chríost.

Info: Jim O'Connell Home School
Community Liaison Coordinator 085 811
6048

Members of the Farranree Community
Education Network.

1.30pm – 2.15pm

*Alliance Française de Cork,
2nd Floor, Enterprise House,
36 Mary St, off George's Quay*



BORDEAUX – A VIRTUAL VISIT

Join Matthieu Nivard for the first in a series of talks from staff at Alliance Française de Cork during festival week. Matthieu takes you on a virtual walk through the southern city, exploring Bordeaux's famous landmarks, tense history, speciality food, rich culture & famous faces. Une vrai experience française not to be missed!

Limited on-street parking. As places limited, booking preferred.

Contact Emily Noble 431 0677
email info@alliancefrancaisecork.com
www.alliancefrancaisecork.com



2pm – 4pm

*Mayfield Citizens Information Centre,
Roseville House, Old Youghal Rd*

OPEN DAY & BENEFITS CHECK

See 10am today for details.

2pm – 4pm

LINC, 11A White Street

LEARN ABOUT THE LGBT COMMUNITY

LINC staff give a talk on the LGBT community in Cork past & present. Tea & coffee, tour of the LINC community centre. All welcome.

Info: 480 8600
email info@linc.ie



2pm – 4pm

*Cork City Partnership –
Churchfield/Gurranabraher Office
46 A Spriggs Road, Gurranabraher*



TIPS ON CONTAINER PLANTING

You don't need a big garden to have a colourful display. This workshop offers tips, advice & "hands on" practice in planting garden boxes. A local Men's Group meets at this time every week; new members welcome. Free parking.

Booking necessary – to book a place call Patricia 430 1700





THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

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

2pm – 3pm

FREE SOURCES TO DRAW YOUR FAMILY TREE

Lorna Moloney, Adult Continuing Education (ACE), highlights the many free sources available online to draw your family tree. Sources to reference, collate & store your tree are explored in this lecture.

3pm – 4pm

BEING A FAMILY HISTORIAN

Tony McCarthy, ACE, shows how to be a successful family historian without really trying. His main point is that doing research is less important than producing an engaging document from what you already know, and distributing it to the wider family.

4pm – 5pm

WORKING WITH SHADOWS

Stephen Bean, ACE & Audio Visual Media Services, UCC, explores the history & use of shadows in Photography & Art. Chiaroscuro emphasises shadows, using strong, direct lighting to create depth & volume. Artists working throughout history have sought to use this technique to overcome the inherent flatness of the image plane.

This series of illustrated lectures during festival week is organised by ACE, Adult Continuing Education at UCC, in association with the Learning Neighbourhoods initiative of GLLiC – Growing Lifelong Learning in Cork, which is building on Cork receiving a UNESCO Learning City Award in 2015.

Learning Neighbourhoods are also supported by Cork Institute of Technology.

There are two established Learning Neighbourhoods, in Ballyphehane & Knocknaheeny, with two others starting this year, in Togher & Mayfield.

Please check the programme carefully, as lectures in this series take place in different venues, on & off the UCC main campus.

Info: 490 4700

2pm – 4pm

*The Lantern Project,
14 Georges Quay*

LEARN ABOUT THE SEXUAL HEALTH CENTRE

Information Session about the Sexual Health Centre (SHC), its services & information regarding all aspects of sexual health. SHC is at 16 Peters St.

Info: Susan Walsh
T 427 6676
M 085 126 0153
email susanwalsh@sexualhealthcentre.com



2.30pm – 4.30pm

*The Glen & District Neighbourhood Youth Project, Community Services Building
Carnloch Court, The Glen*

TRY ACUPUNCTURE & MEDITATION

The Auricular Acupuncture & Meditation group invites you to a taster session. Benefits include relaxation, stress reduction, improved sleep, anxiety management, detox, decreased depression & overall wellbeing. Sessions available here weekly.

Booking preferred but not necessary.
Info: Aoife 085 759 2486
email aoifenilabhradha81@gmail.com or
Regina 085 745 0165

Community Services Building is next to church & Youthreach.

Info: 480 8600
email info@linc.ie

2.30pm – 3pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSION

For details see 11.30am today.

2.30pm – 4pm

*The Lantern Project,
14 Georges Quay*

FLOWER ARRANGING DEMONSTRATION

Join Kathleen for a demonstration on how to create a simple but beautiful flower arrangement.

Booking essential by March 31, contact Norma Roche 086 023 6442 or Karina Healy 086 174 6374
email info@lanternproject.ie
www.lanternproject.ie



2.30pm – 5pm

*Bishopstown Senior Social Centre,
Wilton Park House*

MUSIC & DANCE

Join Noel Carey at one of the regular events at this award-winning centre, an afternoon enjoying music & dance. Find out about all the activities this week & every week.

Free parking.
Info: Roger Coughlan, Co-ordinator
M: 086 386 6975 T:434 8595
email: bishopstownseniors@gmail.com
Another Music & Dance session on Thursday.

3pm

Visitors' Centre, Main Quad, UCC

GUIDED TOUR OF UCC

The UCC Walking Tour is a historical & cultural tour that includes a visit to the Aula Maxima, the Ogam Stone Collection, Main Quadrangle, President's Garden and Crawford Observatory. It is a guide-led tour which tells the story of the growth of UCC from its establishment in 1845 to its place as a modern world class research led university. No need to book.

Info: 490 1876 email visitorscentre@ucc.ie

Regular tours run Mon to Sat, February – December, for a fee. Tours free during festival.

Repeated daily at 3pm until Friday, noon on Sat.



3pm – 4.30pm

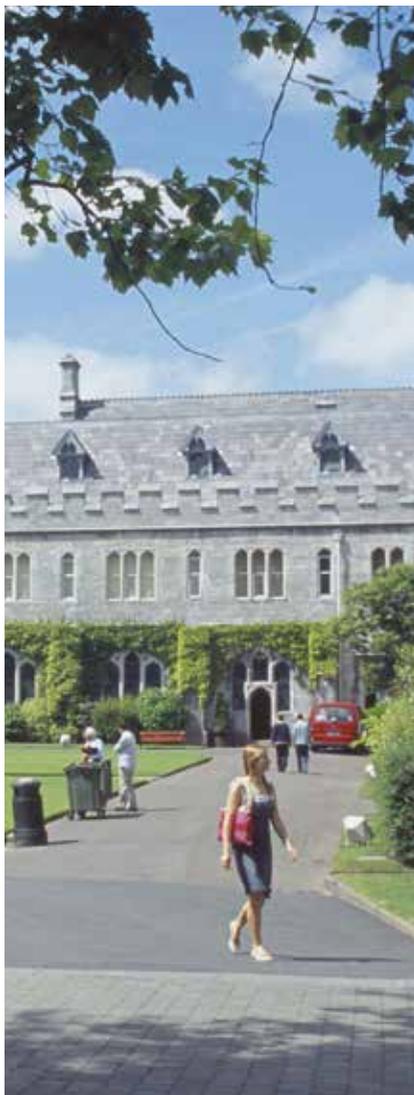
Cork City Partnership Glen Outreach Office, 6 Imaal Court, The Glen



HOW TO USE MODERN DEVICES

Learn how to use iPads, tablets and Android phones & discover useful apps to download. Courses here Spring & Autumn. On street parking.

Refreshments available. Booking essential, contact Ann or Ronnie T 455 0943 M 087 130 8913



3.15pm – 3.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSION

For details see 11.30am today.





*Cork College of Commerce,
Morrison's Island*

**5pm – 8pm
EXHIBITION OF
PHOTOGRAPHS**

Showcase of the work of students attending the Photography evening course. It's just one of the full range of courses offered at night in the college for those who want to pursue professional or hobby courses.

**WHAT EDUCATION MEANS
TO ADULT STUDENTS**

Displayed on notice boards throughout the college are written contributions from students, highlighting what adult learning means for them. It illustrates the positive & powerful influence of lifelong learning.

**DISPLAY OF PERSONAL
WRITING**

See a selection of personal writing pieces from Cork College of Commerce students on notice boards throughout the college. They reflect the richness & variety of interests & experiences among the student population.

Exhibitions continue until Wednesday.

**5pm – 6pm
FRESHEN YOUR FINANCES**

As the first quarter of the year has passed it's an ideal time to do some spring cleaning of your finances. College teacher Maria Hurley covers budgeting, how to use computers to get the best value out there whether you are looking for insurance, electricity, or something else.

**6pm – 7pm
INFORMATION SESSION**

All welcome to an information session on how you can attain qualifications at Level 7 Certificate or Degree, here in the college in Applied Early Childhood Studies, Addiction Studies and Psychology. Have all your questions answered.

**6pm – 7pm
WHAT IS A TRADE UNION?**

Come to a presentation from Donal McElligott, Work Experience Teacher at Cork College of Commerce, on behalf of the One Cork Project. Learn how a Trade Union can help you during your working life.

**7pm – 8pm
INTRODUCTION TO THE
STUDY OF LAW**

Paul Cotter, who teaches at the college, presents an information seminar designed to equip the lifelong learner with an understanding of what is involved in the study of Law. This informal session includes a review of all the options from entry to more advanced levels. Paul is happy to answer any questions you may have.

**7pm – 8pm
LEARN HOW WE LIVED**

Teacher Brian Stokes takes participants through an exploration of how the Irish people have lived. He considers the types of homes they built, the food they ate & its cooking, how they cared for each other & how they had fun. Using some key items & events, participants get to: try ham cooked & beer brewed in a genuine fulacht fiadh; examine how housing was built & changed; discover through first-hand accounts how they dealt with illness & death. A combination of text, sounds, props & visuals bring the past to life.

**7pm – 8pm
EVENTS MADE EASY**

Get some tips on what it takes to run a successful event. This presentation will highlight the key issues that need to be addressed when organising any type of event. They include tips on how to plan, market, produce and evaluate a successful event.

Tel 422 2100
Email queries@ccoc.ie
www.corkcollegeofcommerce.ie



5pm – 6pm

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

**max
10**

TRY A SPANISH CLASS

Come to this class for beginners in Spanish, suitable for all. Find out about all the classes available here.

Places limited, booking preferred. Call Paula Beatriz Martinez Sainz 086 311 1193 or email spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

Repeated 5.30pm Thursday.

6pm – 8pm

*Mahon Youth Centre (Portacabins),
Mahon Drive*

OPEN STUDIO

Mahon Community Development Project's Men's Art Group invites the public to their art studios to view their work.

All welcome. The Men's Art Group is involved with the festival's cross-border Mural Project – ask about it & see their work in the locality.

Repeated Tues, Wed & Thurs.



6.30pm – 8pm

*Terence McSwiney Community College,
Harbour View Road, Knocknaheeny*

NEW PLAY & LAUNCH OF ACTION PLAN ON ALCOHOL

Billy's Choice is a new play which tackles the damage caused by alcohol. It examines the choices adults make involving alcohol & how they influence young people in their decisions. That's followed by the Launch of the Local Action on Alcohol Plan for the Knocknaheeny/Hollyhill & Gurranaברה/Churchfield areas, with guest speaker Senator Frances Black. Everyone over 18 welcome.

It's an invitation to the community to hear about & view their Local Plan which reflects actions identified by the Community Action on Alcohol North-side (CAAN) initiative. Information on local supports & services, including further educational/training opportunities available. Q & A.

Light refreshments. Free parking in the car park next to Supervalu.

Info: Jacqueline Daly (CODAAP) Cork City Partnership T 430 2310 M 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 Cig, Cork Local Drug & Alcohol Task Force & Community Action on Alcohol Northside



7pm – 8pm

*Community Room,
Mahon Point Shopping Centre*



PILATES & BUFF BONES®

Buff Bones® is a medically-endorsed full-body workout for bone strengthening & balance. Toning arms, hips, back & abs, the Buff Bones® system also improves posture, is adaptable to various levels, and is safe for those with osteoporosis. Join this regular class, bring a mat & some small weights. Info: info@pilatespeoplecork.com www.pilatespeoplecork.com

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

Pilates People offer other free classes this week – see 11am Wed & Thurs, 10am Sunday.



7pm – 8pm

*Scoil Iosagáin Boys Primary School,
Farranree*

ONE BOOK, ONE COMMUNITY - A CELEBRATION

Students from Farranree schools are reading "Skul Duggery Pleasant," a story of horror, magic & wonder by Irish author Derek Landy. Celebrate the reading of the book with students from 5th classes in Scoil Aiséirí Chríost, Scoil Iosagáin and 1st year students in North Presentation Secondary School. The event includes artwork by students & parents as well as poetry and music.

No need to book – just come along. Info: Jim O'Connell Home School Community Liaison Coordinator 085 811 6048

Member of the Farranree Community Education Network.

7pm

The Village Hall, 4 St Patrick's Quay

TRY ARGENTINIAN TANGO

Professional Tango dancer Hernan Catvin introduces you to one of the world's most soulful dances with a free class. Come & explore passion, beauty, magic & even fitness all rolled into one. He runs weekly classes here at 8pm Mondays.

Info: Tango in Cork with Hernan Catvin 085 142 5573 email hcatvin@yahoo.com.ar
www.tangofever.net



7pm – 9pm

*Creedons College of Canine Studies,
South Cork Industrial Estate,
Vicars Road*

**max
30**

WHAT MAKES DOGS TICK?

Learn about how dogs think, learn & communicate with leading dog behaviourist Nanci Creedon at this seminar, especially organised for the festival. She will walk you through the history of the dog (are they really pack animals?), share with you how to keep your dog happy, explain what to do when your dog shows inappropriate fear or aggression, and educate you on how to 'speak to the animals' through learning the language of dogs. Plenty of time for discussion. Find out about courses & services at Creedons.

Limited number of seats, book on www.creedonscollege.ie
Or call 496 6700

7pm – 9pm

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

**max
22**

PAINTING FROM YOUR CORE

Learn about an approach to painting that develops both personal expression & imagery simultaneously, without need for sophisticated art-skills. Still, striking paintings & images are produced through an authentic approach to self-expression. Painting From Your Core

is therapeutic but not the same as Art Therapy, as it does not analyse either participants nor their paintings. Informal & interactive. Tea/coffee/biscuits. Find out about courses here. Info: Andrew Carroll 087 149 9615

email: and.carroll@gmail.com
www.artclass.ie

First of a series of events here this week. When booking, ask for details of venue.





Central Library, Grand Parade
All day

ELEVATED – A REIMAGINING OF CORK ARCHITECTURE & BEYOND

See Monday for details, continues until Friday.

CITYWIDE COMMUNITY EDUCATION NETWORK

Information stand – see separate entry at 11am.

EXHIBITION OF COMMUNITY ART

See Monday for details, continues until Saturday.

2.30pm – 3.30pm

EBOOKS & MAGAZINES

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

7.00pm – 8.30pm

OPEN HOUSE

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

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

T 492 4900

Blackpool Library, Redforge Rd
All week

10am – 1pm & 2pm – 5.30pm

COMMUNITY ARTS & CRAFT EXHIBITION

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

See separate entry.

11am – 3pm

CORK FRIENDLY CALL

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

2.30pm – 3.30pm

MANAGING YOUR ONLINE PRESENCE

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

T 492 4933

Bishopstown Library, Wilton Shopping Centre

11am- noon

LEARN ABOUT JANE AUSTEN

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

T 492 4950



Frank O'Connor Library, Mayfield

11am

THE FASTNET LIGHTHOUSE

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

T 492 4935

Hollyhill Library, Harbour View Road, Knocknaheeny

All day

PAINTINGS

Exhibition of paintings by Noel O'Brien..

T 492 4935

10am – 11.30am

ONLINE LIBRARY SERVICES

Library on line services explained. Booking essential call 492 4928 Bring your Tablet or Smartphone.

10.30am

IRISH LANGUAGE

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

T 492 4928.

Tory Top Library, Tory Top Road, Ballyphehane

11am

START YOUR FAMILY TREE

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

2pm

LEARN TO CROCHET

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

T 492 4946

All day

St Patrick's St & Grand Parade

POP-UP EXHIBITION IN SHOP WINDOWS

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

9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

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

Continues until Friday.



9am – 2pm & 2.50pm – 5pm

*Tourism & Hospitality Department,
Cork Institute of Technology*

LIVE BROADCAST

CULINARY CAREER PATHS SEMINAR - CHEF DEMONSTRATIONS

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

See opening pages for full details.

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

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

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

See a showcase of work by Level 6 graduates.

For details see Monday. Continues weekdays until September.

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

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

For details see Monday 9am.

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

Until Friday, for details see 10.30am today.

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

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

Organised by TMCC, Cork ETB & Home School Community Liaison Co-ordinator, Eva Winters 086 010 7412

Info: College 439 7740

Member of Knocknaheeny/Hollyhill Community Education Network.

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

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

All welcome.

Info: Avril Donoghue Home School Community Liaison Coordinator
421 0677

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

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

CIT CORK
INSTITUTE OF
TECHNOLOGY
INSTITIÚID TEICNOLAÍOCHTA CHORCAÍ

ACCESS SERVICE

10am – 11.30am

SR Technics Airfoil Services Ltd,
Mahon Industrial Estate, Blackrock

max
20

LEARNING FACTORY: AIRCRAFT COMPONENT OVERHAUL & REPAIR

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

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

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



10am – noon

Crawford Art Gallery, Emmet Place

FREE WORKSHOP

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

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

10am – noon

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

max
10

BAKE & EAT

Demonstration on baking, with tasting afterwards.

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

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



10am – 1pm

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

max
8

WORKSHOP: BEYOND SUICIDE

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



10am – 4pm

Cork City Partnership
Knocknaheeny Outreach Office
Knocknaheeny Community Building

max
10

ART & CRAFTS FROM THE COMMUNITY

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

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



COOK LIFE LONG LEARNING FESTIVAL

10am – 1pm & 2pm – 5pm

Blackpool Library

EXHIBITION OF COMMUNITY ART & CRAFTS

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

Info: Margo Hayes, Cork City Partnership 087 196 2023

Continues until Saturday.



10am – 5pm

The Glucksman, UCC

ART FROM THE CORK COMMUNITY

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

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

Info: Margo Hayes 087 196 2023.

Continues tomorrow.

10am – 5pm

St Peter's Cork, North Main St

OUT & ABOUT IN CORK – PHOTOGRAPHY EXHIBITION

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

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

Continues daily Tues to Sat until April 14.



10am – 5pm

The Hut, Gurrabraher Youth & Community Centre

DAY OF WORKSHOPS & AN EXHIBITION

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

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

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

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

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

10.30am – 2.30pm

St. John's Central College, Sawmill St

FREE MANICURES, FILE & POLISH

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

Info: Anita Kirby email akirby@stjohnscollege.ie

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

10.30am – 11.30am

Traveller Visibility Group, 25 Lower John St

TRAVELLER CULTURAL AWARENESS

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

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



10.30am – 12.30pm

Cork City Partnership Knocknaheeny Outreach Office Community Building, Knocknaheeny

max
8

FLOWER ARRANGING DEMO

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

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



10.30am – noon

Cork City Partnership Knocknaheeny Outreach Office Community Building, Knocknaheeny

max
25

THE INNER COURSE OF LIFELONG LEARNING

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

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



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

Aula Maxima, UCC

11am – noon

PREHISTORIC COLOURS: BUG, BIRDS & DINOSAURS

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

Noon – 1 pm

FOOD FOR THOUGHT

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

Info: 490 4700

More lectures this afternoon – see 2pm.

10.30am

MY EDUCATION, MY FUTURE – OPENING OF EXHIBITION

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

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

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



ACCESS SERVICE

11am – noon

Tory Top Road Library, Ballyphehane

TRACING YOUR FAMILY TREE

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

All welcome. Cork Genealogical Society meets monthly.

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

Another session in Blackpool Library tomorrow.

11am – 12.30pm

*LifeFM Studios, Deanrock Business Estate,
Togher*

TOUR A RADIO STUDIO

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



11am – 1pm

*Cork Volunteer Centre,
13 North Main Street*



LEARN ABOUT VOLUNTEERING

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

Book, as places limited, contact Marie
O'Mahony 425 1572 email [marie@
volunteercork.ie](mailto:marie@volunteercork.ie)

Unfortunately, office on first floor is not
wheelchair accessible.

11am – 1pm

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

CERAMICS DEMONSTRATION

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

All welcome. Info: T 436 8365
M 087 960 8249
email corkcraftdesign@gmail.com

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

11am – 1pm

Lobby, Central Library, Grand Parade

FIND OUT ABOUT CORK'S COMMUNITY EDUCATION NETWORK

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

Continues until Saturday.

CIT

11am & 2pm

CIT ON TWITTER & FACEBOOK

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



ACCESS SERVICE

11am – 3pm

Blackpool Library

FRIENDLY CALL INFORMATION STAND

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

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

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



11.20am – 1.30pm

North Presentation Secondary School, Farranree

**max
50**

NORTH PRES REMEMBERS WOMEN IN WORLD WAR ONE

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

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

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

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



11.30am – noon

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

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

11.30am – 12.30pm

The Mahon Family Resource Centre, Mahon Drive

**max
6**

LEARN TO MAKE JEWELLERY

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

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

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



11.30am – 1pm

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

**max
10**

DRESS FOR SUCCESS

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



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

12.15pm – 12.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

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

1pm – 2pm

The Glucksman, University College Cork



TOUR THE UCC ART COLLECTION

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

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

1pm – 2pm

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



THE IRISH IN THE SPANISH CIVIL WAR

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

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

Repeated 1pm Thursday.

www.spanishstudiescentrecork.com



1pm – 2pm

Togher Community Centre



LEARN HOW TO USE A TABLET/IPAD

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

Booking essential, contact Linda Mc Kernan 087 196 2025

Organised by Cork City Partnership.



1pm – 3pm

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



MASTERCLASS: LANGUAGE TEACHING & POST COLONIALISM

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

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

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

1pm – 1.45pm

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



LUNCHTIME TALK: BEYOND PARIS

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

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

email info@alliancefrancaisecork.com
www.alliancefrancaisecork.com

Organised by Cork City Partnership.



1.10pm – 2pm

*Foyer, CIT Cork School of Music,
Union Quay*

LUNCHTIME CONCERT: GUITARS PLUS

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



2pm – 3.30pm

*Foyer, Ground Floor,
St John's Central College,
Sawmill Street*

HOLIDAY HELPDESK

For details see Monday 11am.



2pm – 4pm

*The Mahon Family Resource Centre,
Mahon Drive*

POTTERY – GIVE IT A GO

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

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



2pm – 4pm

The Green Ribbon Garden, Kyle Street

OPEN GARDEN & POT PLANTING

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

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

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

Repeated on Thursday.



2pm – 4.30pm

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

BUILDING YOUR OWN RESILIENCE

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

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





THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

Room 102, Brookfield Health
Sciences Complex, UCC

2pm – 3 pm

FINDING THE NEW WORLD

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

3pm – 4pm

EMPIRES OF DESIRE: 18TH CENTURY GARDENS AS CULTURAL THEATRE

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

4pm – 5pm

HOW TO START WRITING CREATIVELY

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



5pm – 6pm

WHAT ARE GLOBAL HUMAN RIGHTS?

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

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

Info: 490 4700



2.30pm – 4.30pm

Griffith College,
Wellington Road



AN INTRODUCTION TO SAGE

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

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



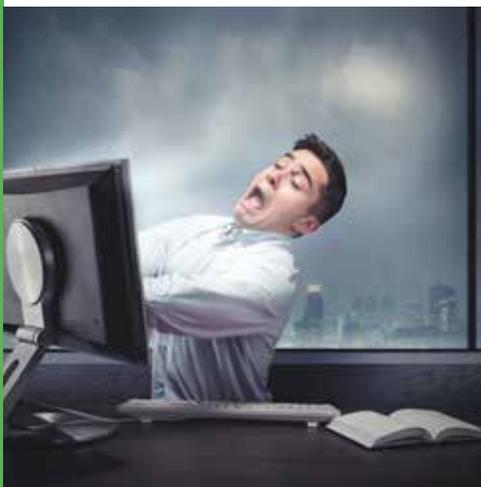
2.30pm – 4.30pm

*Bishopstown Senior Social Centre,
Wilton Park House*

45 CARD GAMES

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

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



2.30pm – 5pm

*Bishopstown Senior Social Centre,
Wilton Park House*

**COMPUTERS FOR THE
PETRIFIED**

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

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

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

Event repeated Wed from 2.30pm & Thurs from noon.

CIT

2.50pm – 5pm

*Tourism & Hospitality Department,
Cork Institute of Technology*

**LIVE BROADCAST
CULINARY CAREER PATHS
SEMINAR**

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



3pm

Visitors' Centre, Main Quad, UCC

GUIDED TOUR OF UCC

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

3pm – 4.30pm

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

EXHIBITION OF CHILDREN'S ART

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

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



3.15pm – 3.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

For details see 11.30am Monday. Repeated Thursday & Friday



3.30pm – 4.30pm

Glen Park



NATURE TREASURE HUNT

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

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



*Cork College of Commerce,
Morrison's Island*

5pm – 8pm

EXHIBITION OF PHOTOGRAPHS

Work by students attending the Photography evening course.

WHAT EDUCATION MEANS TO ADULT STUDENTS

Written contributions from students.

DISPLAY OF PERSONAL WRITING

Personal writing pieces from students.
Exhibitions continue until Wednesday.

5pm – 8pm

INTRODUCTIONS TO ITALIAN, GERMAN & RUSSIAN

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



6pm – 7pm

LEARN ABOUT MAKE-UP

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

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

6.30pm – 7.30pm

RUNNING A SMALL BUSINESS

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

Courses run for 8 weeks in Spring & Autumn terms.

7pm – 8pm

A SHOWCASE OF LEARNING & DEVELOPMENT

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

7pm – 8pm

FINDING YOUR VOICE

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

7pm – 8pm

SOCIOLOGY: AN INTRODUCTION

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

7pm – 8pm

A TASTE OF COMPUTERISED ACCOUNTS

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

7pm – 8pm

AN INTRODUCTION TO THE STOCK EXCHANGE

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

7pm – 9pm

LIFESAVING SKILLS

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

Tel 422 2100

Email queries@ccoc.ie

www.corkcollegeofcommerce.ie

5.30pm – 8pm

*St John's Central College,
Sawmill Street*

SCREENING OF FILMS

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

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



6pm – 7.30pm

*Griffith College Cork,
Wellington Road*



TEEN SAFE – ONLINE SAFETY & REPUTATION

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

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

6pm – 8pm

*Mahon Youth Centre
(portacabins), Mahon Drive*

OPEN STUDIO

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

Details see Monday, repeated Wed & Thurs.



6.15pm – 7.15pm

*St. John's Central College,
Sawmill Street*

GOSPEL CHOIR OPEN REHEARSAL

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

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

www.facebook.com/stjohnscentralcollege

Contact: Catherine Murray 425 5500

www.stjohnscollege.ie



6.30pm

*Togher Youth Development Centre,
Old Girls School, Togher Rd*

SAFE TALK: SUICIDE ALERTNESS FOR ALL

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

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

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

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

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

6.30pm – 7.30pm
Student Centre, CIT

max
40

TALK FOR STUDENTS WITH ASPERGER SYNDROME/ASD

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

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

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



7pm – 8pm

St Anthony's Sports Hall, Ballinlough

TRY A KARATE CLASS

Adults & children aged 5+ can join the regular class here & try Karate/Self Defence. All welcome, especially beginners. Founded by Sensei Barry O'Regan (6th DAN JKA), the Rising Sun School of Karate helps children & adults learn the ancient art in a safe & nurturing environment. Regular classes here, in Douglas & Carrigaline. Venue near Douglas Swimming Pool Car Park. See Wed 6.30pm, Thurs 6.45pm & Fringe pages for other free classes during the festival. Info: Barry 086 722 2779 email barry@risingsun.ie www.risingsun.ie



7pm – 8.30pm

The Firkin Crane, Shandon

THE ART OF LIGHTING THE WAY

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

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

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

7pm – 9pm

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

max
22

LEARN ABOUT COLOUR THEORY

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

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

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



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.



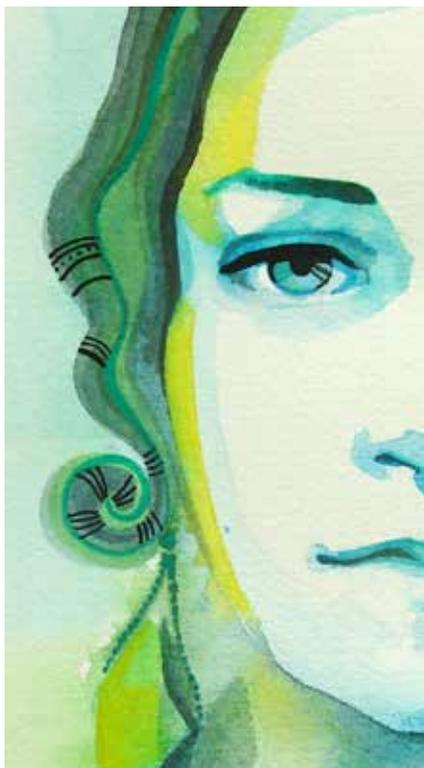
9am – 10am

*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



10am – noon

Room 1.24, O'Rahilly Building, UCC

**max
5**

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

*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

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 Mc Kenna - see paulmckennaart.blog.ie

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

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

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; acupressure 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*

max
14

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

max
10

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*

max
13

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*

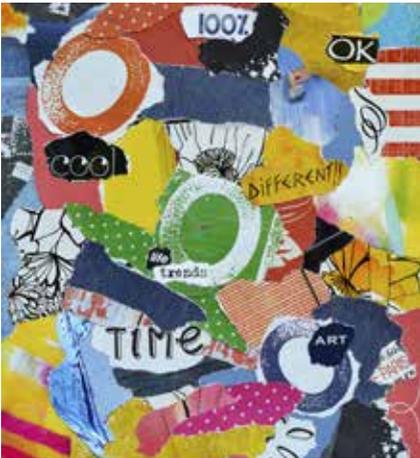


AN INTRODUCTION TO COLLAGE

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, Wandesford 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 j Daly@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 LCEP (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@goodshepherdcork.ie

<http://www.goodshepherdcork.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

**GRIFFITH COLLEGE**

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

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



**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.

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, woodwork, 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@meithealmar.ie www.meithealmar.ie

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 Centrepoint, 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

Rocknaheeny presents young musicians from the Knocknaheeny 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.

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



CORK LONG LEARNING FESTIVAL

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



WELCOME TO WELLNESS

Come to a Gr4For 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



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





Hollyhill Library, Harbour View Road, Knocknaheeny

**10am – 11.30am
LIBRARY ONLINE EXPLAINED**

Bring your Tablet or Smartphone to learn about Library on line services. Booking essential call 492 4928.

**11am – 3pm
FRIENDLY CALL INFORMATION STAND**

Friendly Call Cork is a free service providing a phone call 5 days a week to older people or individuals who may feel lonely, isolated or vulnerable in Cork City & surrounding areas. See 11am Tuesday for full details.

**All day
PAINTINGS**

Works by artist 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.

**11am – 1pm
SELF-PUBLISHING & E-BOOKS – AN ADVENTURE**

All welcome to a seminar with Tina Pisco, organised by the Non-Fiction Writers Group, which meets here regularly. Tina is an established writer & teacher of creative writing & she a staff member of the West Cork Literary Festival, where she holds workshops & readings.

**2pm
MANIFOLD PATHS TO WRITING**

Dr Mary Noonan, French Dept, UCC, launches Manifold Paths to Writing, written by the members of the Non-Fiction Writers Group. Readings. Light refreshments. All welcome.

T 492 4900

Bishopstown Library, Wilton Shopping Centre

**11.30am – 12.30pm
FLORIS & HER DOG**

Watch a short play performed by participants from COPE, QDS, and HUB.

**6pm – 7.45pm
CAINT IS COMHRÁ**

Irish conversational group: everyone welcome to come along & practice their cúpla focal. Is cuma cén leibhéal Gaeilge atá agat – bíonn fáilte roimh chách.

**6pm – 7.45pm
LAUNCH OF ART EXHIBITION**

Lifelong Learning through Watercolour & Pastel Art Mediums by Eileen O'Sullivan & Barry Dawkes. All welcome to the launch.

T 492 4950

Tory Top Library, Tory Top Road, Ballyphehane

**10.30am
LEARN QUILTING**

Drop in to watch & learn the art of quilting with The Tory Top Quilting Group.

T 492 4946

All day

St Patrick's St & Grand Parade

POP-UP EXHIBITION IN SHOP WINDOWS

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

Continues until Friday.

9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

Enjoy an exhibition on Transport in Blackpool through the ages.

See Monday & 7.30pm tonight, continues until Friday.

9am – 5pm

Foyer, Civic Offices, City Hall

IDENTITY: PORTRAITS BY SECONDARY STUDENTS

For details see Monday at 1pm

Continues daily until Friday.

9am – 5pm

St John's Central College, Sawmill Street

EXHIBITIONS AT ST JOHN'S CENTRAL COLLEGE – UNTIL FRIDAY

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

For details see Monday 9am

9am – 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 – 6pm

James Barry Exhibition Centre, Cork Institute of Technology

MY EDUCATION, MY FUTURE - EXHIBITION

For details see Tuesday at 10.30am

Continues until Friday.

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 – 11am

The Mahon Family Resource Centre, Mahon Drive



YOGA FOR BEGINNERS

Learn to relax & loosen your body, clear your mind, increase energy, reduce stress & anxiety – those are among the benefits of Yoga. Join in this class for beginners, and sign up to attend regularly. Wheelchair accessible, parking, refreshments. Places limited, booking essential. Contact Jenny 435 8866 or e-mail: info@frcentre.ie

See Mahon Family Resource Centre on Facebook.

10am – noon

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



WINDOW BOX PLANTING WITH MEN'S SHED

Learn from The Glen/Ballyvolane/Dublin Hill Men's Shed group how to plant window boxes. The Men's Shed always welcomes new members to grow its numbers. The window boxes will be raffled at the end of the workshop. It's an opportunity for men from the area to meet with the Men's Shed group.

On street parking, refreshments. Info: 087 130 8913 Booking essential, as places limited, call Ann or Ronnie 455 0943





10am – 1pm

CityNorth College Hollyhill

CityNorth welcomes all ages to a series of events this morning.

Find out about all the courses available. Parking. Refreshments.

10am – 11.30am

REEL IT IN CNC

Take a step back in time whilst watching one of the old favourites – a musical.

10am – 11.30am

FUN FITNESS FOR ALL

Fitness for all the family - get active together. 30 minute sessions.

10am – 1pm

TEMPTING TRESSES

Invest in your hair, it's the only crown you will never take off. Feel great with a wash & blow-dry for only €5 in CityNorth College's Hair Salon this morning. All money will be donated to a local charity. Make an appointment, call 439 1782 or email info@citynorthcollege.ie

10am – 1pm

Mayfield Community Training Centre,
Unit 1a, Mayfield Business Park

OPEN DAY AT COMMUNITY TRAINING CENTRE

Tour the Community Training Centre (CTC), learn about the six courses available to young people aged 16- 21. Talk to the staff & students & see what it is truly like from the perspective of a learner. Courses include: Hospitality & Tourism, Health & Recreation, Business Skills, Culinary Skills, Multiskills, Construction. Training allowance available.

This a special event for the festival, but the centre is open for queries Mon – Fri 9am - 4.30pm. Info: 450 4822
email admin@mayfieldctc.ie
<http://www.mayfieldctc.ie>

CTC is on Old Youghal Rd between Mayfield (Tinkers Cross) & Glanmire. Go past Amber Petrol Station heading towards Glanmire & turn right, pass Aldi & you come to a T junction. The CTC is in front of you on your left.

11am – 1pm

FIRST AID FOR ALL THE FAMILY

All welcome to a demonstration of First Aid in the home. Learn simple, practical skills from qualified Occupational First Aiders.

11am – 1pm

KIDDIES KORNER

Let your child explore their creative side with Arts & Crafts & Face-painting, whilst listening to their favourite Disney songs. All children must be accompanied by an adult.

11.30am – 1pm

TABLE QUIZ

Test your knowledge with your friends for 8 rounds of fun.

Teams of four – if you don't have enough members, don't worry, they will help put a team together for you.

Info: Elaine Allen FE Co-ordinator 439 1782 email info@citynorthcollege.ie
Facebook: Citynorthcollege of Further Education

10am – noon

Wilton Park House, Bishopstown

LEARN ABOUT MEN'S SHEDS

See Wed same time for details.



10am – 1pm & 2pm – 5pm

Blackpool Library

EXHIBITION OF COMMUNITY ART & CRAFTS

Continues until Saturday, for details see Tuesday.



10am – noon

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



DEALING WITH STRESS IN OUR DAILY LIVES

Interactive workshop with Noreen Leahy & Noreen Kelly, SHEP Community tutors exploring stress, the leading cause of ill health both for those in work & those without paid employment. An opportunity to learn how to minimise the effects of stress.

Booking essential as places limited. Info by email socialandhealth@eircom.net or norma@lanternproject.ie or 086 023 6442 Book by calling Geraldine Flanagan at SHEP – the Social & Health Education Project – 466 6180
Continues until Friday.



10am – 3pm

*Cork City Learning Support Service,
16 Fr Matthew St*

BETWEEN CLASSES: PHOTOGRAPHS

This is a collaboration where Aja Daly followed students, giving space to the theatrical, while exploring the idea of portraiture in an academic environment. Call in during the day, all welcome. Info: 427 3526

Cork ETB Learning Support Service is through the car park at the rear of Holy Trinity Church.

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 – 5pm

St Peter's Cork, North Main St

OUT & ABOUT IN CORK – PHOTOGRAPHY EXHIBITION

For more information see Tuesday.

Continues daily Tues to Sat until April 14

10.30am – 11.30am

The Glen Resource Centre, Glen Avenue

FUN QUIZ ON SOAPS & CELEBRITIES

All welcome to a quiz which will test your knowledge of what's happening on TV soaps & who is hot in the land of celebrity. Prizes awarded to participants. Organised by the Dillons Cross Project, for more information call Eileen Davitt 455 0511



10.30am – 12.30pm

*Cork City Partnership Fairhill
Outreach Office, The Community House
26 Bridevalley Park, Fairhill*

HAND MASSAGE WORKSHOP

Come along for a hand massage & feel its benefits. Learn about hand massage & the techniques involved. Book your place, call Mary Sheehy T 490 9710 M 087 196 2015



11am

*Blackrock Community
Association*



CHAIR-BASED PILATES FOR OLDER ADULTS

For details see Wednesday 11am.

Booking essential, call Jaconel Janssen 085 161 3505

11am – 12.30pm

*Mahon Youth Centre
(portacabins), Mahon Drive*



LEARN RELAXATION TECHNIQUES

Learn some mindful movement & relaxation techniques. Workshop offered by Mahon Community Development Project. Places limited, so booking necessary.

Call Lynda Wakefield 085 856 5455

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 until Saturday.



11am – 1pm

Parish Family Centre, Church of the Resurrection, Farranree

STETSONS & COWBOY BOOTS – NORTH PRES GOES COUNTRY

Every year North Pres & the Family Centre get together to present a very enjoyable event for the festival – this time it's Country. They'll be remembering the greats with recordings & live music & stories about the singers. There's even a bit of line dancing.

Guest musician Liam Hutchinson is accompanied by Adult Ed students from English Literature classes. Sing & dance along to past & present Country Music greats including Patsy Cline, Johnny Cash, Glen Campbell, Kris Kristofferson. Bring your Stetsons & cowboy boots – and join in. Light refreshments at 11am. Limited parking on main road.

Booking essential, contact Joanne Twomey 086 343 9701 or Margaret Cahill 430 1030 (mornings only).

Presented by members of the Farranree Community Education Network: North Presentation Adult Ed, North Presentation Home Schools Community Liaison, North Presentation Secondary School & Farranree Family Centre, behind Church of the Resurrection. Bus 203 stops opposite church.

11am – 1pm

Cork Craft & Design, 27a

St Patrick's Woollen Mills, Douglas

LEARN ABOUT FRAGRANCES, OILS & CANDLES

Candlemaker & aromatherapist Kathryn Moffat from the Cork company 'Hoozits and Wotzits' is in the store to talk informally about fragrance combining, essential oils & her candle-making techniques. Call in this morning. Next door to 'On the Pig's Back.'

Info: T 436 8365 M 087 960 8249 email corkcraftdesign@gmail.com www.corkcraftanddesign.com



11am – 1pm

Cork City Partnership

Churchfield/ Gurrabraher Outreach Office, 46A Spriggs Road, Gurrabraher

EASTER CRAFTS WORKSHOP

Working with an arts & cookery tutor, make your own mini chocolate Easter eggs. You'll also learn how to make Easter baskets & centrepieces. Places limited, to book your place call Patricia Cotter 430 1700



11am – 1pm

Traveller Visibility Group, 25 Lower John St

WORKSHOP ON TRAVELLER ETHNICITY

Adults welcome to come & find out more about the status of Travellers in Ireland today. The workshop also explores what recognition as an ethnic minority group, by the state, will mean for the community. Further information, call the Traveller Visibility Group 450 3786.



11am – 3pm

Hollyhill Library

FRIENDLY CALL INFORMATION STAND

For more information see Tuesday or Wednesday.

Stand in Central Library tomorrow.



11am & 2pm

CIT ON TWITTER & FACEBOOK

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



ACCESS SERVICE

11.30am – noon & 12.15pm - 12.45pm

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

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

11.30am – 1pm

*Griffith College Cork, Wellington Road***AN INTRODUCTION TO PHOTOGRAPHY**

Join Eoin O'Conaill, lecturer in photography at the college, for a workshop on basic photography & the use of Photoshop. Also see an exhibition of work by students.

Eoin O'Conaill's work has appeared in publications including The New York Times, The Financial Times, The Irish Times, His personal projects have appeared in solo & group exhibitions nationally & internationally & have been nominated for awards. He holds an MFA in Photography from the University of Ulster.

Booking essential, as numbers limited. Contact Sinead O'Dea 450 7027 email Sinead.odea@griffith.ie

max
20

11.30am – 1pm

*Ecoceel, Unit K8, Marina Commercial Park, Centre Park Road*max
25**GUIDED TOUR OF A UNIQUE BUSINESS**

Ecoceel produces an eco-friendly home insulation product from recycled paper, which compares favourably with all imported alternatives. The used cellulose is suitable for the insulation of timber-framed homes, attics & lofts. Suitable not just for new houses, but also for retrofitting old homes, apartments & commercial buildings. A unique opportunity to see the manufacturing process & learn more about this locally based low carbon product & business. Organised by Ecoceel & Cork Environmental Forum. Places limited, booking essential. Contact Bernie Connolly, 083 146 8064 email info@cef.ie

Noon - 5pm

*Bishopstown Senior Social Centre, Wilton Park House***COMPUTERS FOR THE PETRIFIED**

See Tuesday 2.30pm for details.

12.30pm – 1.45pm

*Welcome English Language Centre, Convent Place, off Proby's Quay, Crosses Green***LEARN ABOUT OTHER CULTURES**

Celebrate other cultures with students who hail from many different countries around the globe. This exhibition & food tasting is organised annually for the festival & is very popular. Learn something about other traditions & faraway places.

Welcome English Language Centre is a voluntary organisation, run with the support of the Mercy Sisters. It was set up to provide English Language classes for those seeking asylum & for refugees & immigrants from around the world.

Info: Angela Murphy, Centre Manager 431 6537 or Ann Bracken 087 238 5527

www.welcomeenglish.ie

Turn right just before La Dolce Vita Restaurant on Proby's Quay, then left on to Convent Place.



1pm – 2pm*St Peter's Cork, North Main St***A DATE WITH DATA**

Meet surprising figures, date data with character & digits to delight in this interactive talk & workshop, with the Central Statistics Office. See Wednesday same time for details. Booking preferred, call Eileen 427 8187 email info@stpeterscork.ie

max
50**1pm – 2pm***Griffith College Cork,
Wellington Road***MEMOIR WRITING WORKSHOP**

Learn how to uncover the story within & without at this workshop with Rachel Andrews. It's aimed at finding inspiration for creative writing both in the landscape that surrounds us, as well as the landscape of memory & imagination. Through exercises, writers – those at a beginning or more developed stage – are encouraged to look at ways to find ideas for beginning to write story, poetry, memoir & how to find your own voice. Rachel Andrews is a writer & journalist. She holds an MA in Creative Writing from Bath Spa University. She has taught creative writing workshops in Triskel Arts Centre & received an essay writing award from Duke University, USA. She is Head of the Faculty of Journalism here at Griffith College Cork. Booking essential, contact Sinead O'Dea 450 7027 email Sinead.odea@griffith.ie

max
60**1pm – 2pm***The Spanish Studies Centre Cork,
19, St Patrick's Hill***THE IRISH IN THE SPANISH CIVIL WAR**

For details see 1pm Tuesday.

1pm – 2pm*Lecture Theatre, Crawford Art Gallery,
Emmet Place***PUBLIC LECTURE**

All welcome to *All Through the Years: Images of the Social and Political in The Crawford at the Castle* exhibition, a lecture by Dr Éimear O'Connor, HRHA.

Info: Anne 490 7857
email annebodaert@crawfordartgallery.ie

max
12**1pm – 2pm***Access English Language Academy,
19, St Patrick's Hill***TRY AN ENGLISH CLASS**

Classes in English available throughout the year from Beginners to Advanced, morning, afternoon & evening timetables, for people whose first language isn't English. Try a class for free today.

Places limited, booking preferred. Call Padraig O'Connor 086 810 2048
email accessenglishacademy@gmail.com
www.accessenglishacademy.com

max
12

CIT

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

All welcome to an entertaining mix of music, movement & songs with a participatory element! It's a Collaborative Performance featuring: The Sunny Oaks Dance Group & vocalist Lucia O' Neill (Cope Foundation, Hollyhill), Director Mary Keating and

Community Music Students (CIT Cork School of Music), Lecturer Edel Sullivan

No need to book, but seating limited. Wheelchair accessible, on-street parking, Bistro on-site. Info: Edel Sullivan 087 234 4669
email edel.sullivan@cit.ie

**2pm – 2.30pm***Alliance Française de Cork,
2nd Floor, Enterprise House,
36 Mary St, off George's Quay***LATE LUNCH TALK: EXPLORE PADUA**

Join Marina Oracolo, Padua native, to explore that venerable Italian city as she recounts its deep & illustrious history. Padua is home to one of Europe's most prestigious universities & is rich in culture. Learn why it is known as the City of the Cafe without Doors, the City of the Saint without a Name, and the City of Meadows without Grass. Places limited, booking preferred. Contact Emily Noble

431 0677 email info@alliancefrancaisecork.com
www.alliancefrancaisecork.com

max
20

2pm – 3.30pm

Griffith College, Wellington Road



AN INTRODUCTION TO GROUP SINGING

Join a guided introduction with Morgan D'Arcy into choral or group singing for people without any experience. The class covers vocal range, harmony and warm-up techniques.

Morgan d'Arcy has been involved in choirs since 2010 as a member of UCC Choral Society & on the committee of UCC Choir. He was also responsible for co-founding & directing the Kenmare Youth Vocal Ensemble. Morgan graduated with a degree in English & Music from UCC & now splits his time between English teaching & performing in the Cork area.

Booking essential, as places limited.
Contact Sinead O'Dea 450 7027
email Sinead.odea@griffith.ie



2pm – 4pm

*Cork City Childcare, Suite 1,
John Dunlop Building, Marina
Commercial Park Centre Park Road*

OPEN AFTERNOON AT CORK CITY CHILDCARE

Early Years Practitioners, childminders & parents are invited to visit the offices of Cork City Childcare. Get information about childcare provision in Cork City & government funded Early Years Programmes. Information available for anyone interested in pursuing a career as an Early Years Practitioner.

Info: Ruth or Elizabeth 431 0500 email: ruth@corkcitychildcare.ie

2pm – 4pm

The Green Ribbon Garden, Kyle Street

OPEN GARDEN & POT PLANTING

The Green Ribbon Garden is the proud work of members & staff of the Basement Resource Centre Shine. All welcome. For details see Tuesday 2pm.

2pm – 5pm

*The Granary, Bessborough,
Blackrock*



ADVOCACY – WHAT IS IT?

Advocacy can be defined in different ways, from speaking up for ourselves to lobbying for marginalised groups or communities.

Deirdre Lillis, Advocacy Development

Worker with SHEP,

leads an interactive workshop where participants explore different models &

learn how it can make a difference. Info: email socialandhealth@eircom.net



Limited places, booking essential. Call Geraldine Flanagan at SHEP – the Social & Health Education Project – 466 6180
www.socialandhealth.com



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

Room 102, Brookfield Health Sciences Complex, UCC

2pm – 3 pm ASPECTS OF WOMEN'S STUDIES

Kathy D'Arcy of ACE talks about her journey as an Irish woman writer researching the absence of literary 'foremothers' & the damaging representations of women in Irish literature. She gives a brief introduction to that history, starting with the aisling poetry of the 16th & 17th centuries, continuing to the protests about the wording of the 1937 draft constitution, and then looks at some interesting Irish woman writers from Jane Wilde to Claire Keegan.

3pm – 4pm

THE SONGS OF BOB DYLAN

MW Booth of ACE offers an introduction to the music & poetic lyrics of the celebrated songwriter, including some of his less well-known works, and some that have been recorded by others. Listen to a series of recordings, with commentary on recurring themes & influences. Event suitable both for fans & those who wonder what all the fuss is about.

4pm – 5pm

TRUMP'S ELECTION: WHAT DOES IT MEAN?

2016 was a year of extraordinary political upheaval; first Brexit, then Trump. Now there's the real potential for even more radical upheaval in France in the 2017 presidential election. Will Marine Le Pen become the next far right head of state? Her party, the Front National, currently has almost 40% of the intended national vote. What once seemed improbable now seems more than possible. Join Mark Kernan of ACE as he asks why is this happening now. Are we experiencing, as some have suggested, the West's 'Berlin Wall' moment, as electorate after electorate in western countries vote down both neoliberal capitalism at home & economic globalisation abroad?

Info: 490 4700

2.30pm – 3pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

For details see 11.30am Monday. Repeated today & on Friday.

2.30pm – 4pm

Mahon Youth Centre (portacabins), Mahon Drive

COOKERY DEMONSTRATION

Mahon Community Development Project's Men's Cookery Group invites you to a demonstration. You'll not only watch food being prepared & cooked, you'll get to sample some of the delights.

Booking necessary, as places limited. Call Viv Sadd or Lynda Wakefield at Mahon CDP 435 9070.



2.30pm – 4pm

Eason's Hill Community Centre, next to Shandon

MEN MAKE MUSIC

Join a group of local men, who meet here weekly, as they perform a mixture of music on various instruments & sing. All welcome.

Info: Martin Aherne, Community Health Worker, HSE Health Action Zone 086 787 2372



2.30pm – 5pm

Bishopstown Senior Social Centre, Wilton Park House

MUSIC & DANCE

Join Margot Lyons at one of the regular events at this award-winning centre, an afternoon enjoying music & dance. Find out about all the activities every week.

Free parking. Info: Roger Coughlan, Co-ordinator M: 086 386 6975 T:434 8595 Email: bishopstownseniors@gmail.com

3pm

Visitors' Centre, Main Quad, UCC

GUIDED TOUR OF UCC

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

3.15pm – 3.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

For details see 11.30am Monday.

Repeated tomorrow Friday at 11.30am, 12.15pm, 2.30pm & 3.15pm

4pm – 5pm

St Peter's Cork, North Main Street

LEARN ABOUT CORK'S CHURCH MONUMENTS

Genealogist & Cork Decorative & Fine Arts Society (Cork DFAS) committee member David Ryan delivers a lecture entitled "Church Monuments of Cork City: Patronage and Memorial." He focuses on the prominent Cork families who were patrons of & memorialised in these monuments. He also discusses the memorials in St Anne's Shandon in the context of a Church Recording project being undertaken by members of CorkDFAS.

Info: Brendan Doyle, Chairman 087 794 2578
email chairman@corkdfas.ie www.corkdfas.ie

4pm – 6pm

CIT Blackrock Castle Observatory, Blackrock

TALK & EXHIBITION

Enjoy exploring one of the largest ever private collections of mission badges. Search for your favourite missions or astronauts! Join the patron of the collection, John O'Sullivan, as he talks about Space in general & details of the collection itself.

Please note that this free event for the festival does not include the usual daily activities: tours & Planetarium shows. Presented by CIT Blackrock Castle Observatory/International Space University's *Space Studies Program*

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

4.30pm – 5.30pm

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



THE GAP GREENER LIVING PROGRAMME

Come to an interactive overview of the topics covered by a GAP greener living programme - waste, water, energy, transport & consumerism, presented by Cork Environmental Forum (CEF) with the collaboration of the Lantern Community Project. It offers an opportunity to examine some of the simple appliances and products needed to make simple changes to conserve resources in your home. CEF regularly runs Global Action Plan Greener Living Programmes

Places are limited, please book by March 31. Contact Bernie Connolly, CEF T 023 883 9700 M 083 146 8064
email Bernadette@cef.ie www.cef.ie

5.30pm – 6.30pm

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



TRY A SPANISH CLASS

Come to this class for beginners, for details see 5pm Monday



5.30pm – 6.30pm

Crawford Art Gallery, Emmet Place

FREE GUIDED TOUR

Never been to the Crawford Art Gallery or it has been a while? Come to (re)discover national treasures in the heart of our city. Meet in the Sculpture Gallery.

Info: Emma 490 7862
email emmaklemencic@crawfordartgallery.ie

Tour repeated at 1pm Friday.



6pm – 7.45pm*Foyer, CIT Cork School of Music,
Union Quay***THE CLADDAGH ROGUES:
CONCERT AND Q&A**

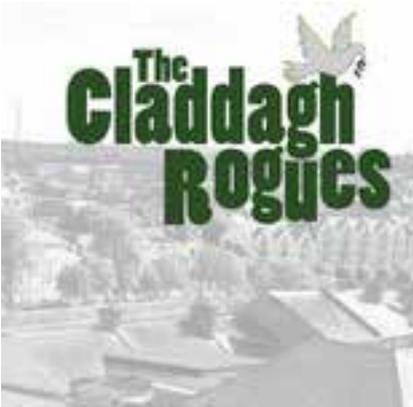
All welcome to an informal performance by The Claddagh Rogues of their latest album, For the Record, followed by a Q&A session. Special guests: CAFÉ - Cork Adult Flute Ensemble. All welcome, no need to book.

James O'Flynn & his band The Claddagh Rogues have battled their fair share of demons to consistently produce passionate music rooted in their troubled lives. The band was born out of Cork's Simon Community in 2007 & has produced two EPs.

In 2017 & 2018 The Claddagh Rogues tour Ireland & the UK.

For the Record is the first release on MusicAlive Records. MusicAlive was established in 2008 by Kevin O'Shanahan & fellow musician Caoimhe Conlon to develop the inclusion of music & creative activities in mental health & community settings. Contact: email thecladdaghrogues@gmail.com

www.thecladdaghrogues.bandcamp.com
Info: Caoimhe Conlon 086 320 9442
email caoimhe.conlon@cit.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. Last visit this week, for details see Monday.

6.30pm – 9pm*Unitarian Church, Prince's Ste***SHAPE NOTE SINGING WORKSHOP**

Sacred Harp is an American four part harmony folk singing tradition. The Sacred Harp Singers of Cork welcome all voices, regardless of experience. They use a shape note system, designed to make it easy for anyone to learn to sing. Bryan Seale leads an introductory workshop from 6:30pm to 7pm, followed by their regular weekly singing here - all welcome to participate.

Info: email corksacredharp@gmail.com
www.corksacredharp.com

**6.45pm – 7.45pm***St Anthony's Sports Hall, Ballinlough***TRY A KARATE CLASS**

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

For details see 7pm Tuesday. Other opportunities in Carrigaline on Friday, see Fringe pages. www.risingsun.ie



7pm

*CIT Tourism & Hospitality Dept.,
CIT Campus, Rossa Avenue*

**max
80**

VEGETARIAN COOKERY DEMONSTRATION

Vegetarianism is no new age fad, we were vegetarians long before we became carnivores. When you consider that it takes on average ten times as much energy to produce animal meat as an equivalent amount of plant food, it is worth considering, both for our health's sake & in defence of our climate, to cut back on the amount of meat we eat. To encourage this, the Faith in Action Group of Ballineaspiga Parish organised this demonstration in conjunction with CIT Tourism & Hospitality Dept.

You must book to attend, call Clare McCutcheon 087 649 2554

7pm – 9pm

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

**max
22**

LIFE DRAWING WORKSHOP

Book your place on a workshop teaching participants, using wooden mannequins, how to get proportion correct when life drawing. Informal, relaxed atmosphere. Tea/coffee/ biscuits provided. Free parking after 6:30pm. Visions School of Art runs beginners courses & practice sessions in Life Drawing, ask about them. Info & Bookings: Andrew Carroll 087 149 9615 email: and.carroll@gmail.com

7pm – 9pm

Bishopstown Community School

DEVELOPING POSITIVE WELLBEING IN YOUNG PEOPLE

This two hour seminar with Alan White, teacher, author, Choice Theory Psychology Certified, is designed for parents & anyone who engages with young people. It outlines how young people can develop the skills they need to take care of their own mental well-being. This approach focuses on positive psychology & how it can be used to improve relationships & build resilience for young people & their families.

Based on Alan White's book, Changes – 30 Day Mental Well-being Challenge. Participants will be guided through this mental fitness programme & the skills it outlines. It has been successfully introduced in many schools.

Event suitable for teachers, parents, youth workers & anyone interested in enhancing their personal well-being. Complimentary copies of the book available to all participants. Tea & coffee provided.

Info: Kevin Mc Auliffe, Home School Community Liaison 454 4311 email kevinmcauliffe009@gmail.com

Organised by Bishopstown Glasheen Community Education Network



ACE AT THE HONAN CHAPEL

7pm – 8pm THE HONAN CHAPEL IN IRELAND'S REVOLUTIONARY DECADE

James Cronin, School of History, ACE, and the Centre for the Integration of Research, Teaching & Learning, UCC, discusses the role of Irish art in the context of the Irish Revolutionary decade (1912-1922) currently being commemorated. In particular, how art & politics interconnected during this period with reference to a study of the Honan Chapel on the grounds of University College Cork.

8pm – 9pm CÓR CÚIL AODHA

This all men's choir, founded by Séan Ó Riada, sings in the Honan Chapel, UCC.the Honan Chapel on the grounds of University College Cork.

7pm – 10pm

*The Guest House,
10 Chapel Street, Shandon*



THE SIGNIFICANT VOICE - A WORKSHOP

Soundtrap, artists Julie Griffith & Catherine Murray, are looking for 12-14 female participants aged 40 + for this workshop. They will use sound production to explore the creation of personal call & response laments (individual/group) to be staged as a performance. The final piece should be staged by participants on the summit/ rooftops of approved & relevant structures in urban or rural environments. Julie & Catherine Murray are nomadic artists whose performative work is characterised by enactment on and from the summits of various architectural & environmental structures.

Booking essential. Info & bookings 086 863 4304 email soundtrapis@gmail.com



7.30pm – 8.30pm

*Olympic Karate Club, 81-83
Shandon St*



ADULTS - TRY KUNG FU

Learn the benefits of Chinese Kung Fu for a healthy lifestyle in a fun, welcoming environment. It can enhance your mood & general feeling of wellbeing, reduce stress, improve strength & movement, encourage restful sleep. Anyone aged 17+ welcome to this introductory class, which includes warm ups, stretches, stances, conditioning. Bring tracksuit & runners. New members always welcome – ask about classes.

Park on Old Market Place; studio is across from Credit Union, Shandon St.

Booking preferred as places limited. Call Chris Gaughan 086 601 8517 or email fulungchuan@gmail.com see Facebook - shandonstkungfu

7.30pm – 9pm

*Turners Cross Community Centre,
Church View, Curragh Rd*

TAKE A TRIP DOWN MEMORY LANE

Liam O Huigin, well-known local historian gives an illustrated talk, using photographs, on the history of the parish & surrounding areas. Liam has a unique style, great knowledge & humour, so you are guaranteed an engaging & fun night.

No need to book, but come early as always very popular. Presented by Turners Cross Community Association. Info: Joe Curtin 086 259 1362

7.30pm

Blackpool Community Centre

TALK: CARTS & CARS, TRAINS & TRAMS

Enjoy a Powerpoint presentation by local historian Mark Cronin on Transport in Blackpool through the ages. See the exhibition which continues until Friday.

All welcome. Info: 450 1787

8pm – 11.30pm

The Long Valley (upstairs), Winthrop Street

THE ELECTRONIC FOLK

Buckely & MacHale present an evening of haunting electronic songs, an intimate performance. Afterwards there's an opportunity to ask questions & to try out the musical instruments. Electronic Folk takes place here on the first Thursday of the month.

Info: 085 130 0814 email info@simonmachale.com

See Facebook.com/theelectronicfolk

8am – 10am

**Tourism & Hospitality
Building, Cork Institute of
Technology, Bishopstown**



GREEN MENTOR BREAKFAST BRIEFING

This workshop was developed as part of an Erasmus Plus funded EU project & is targeted at business mentors & business owners interested in starting a green business or greening an existing business.

It's organised by the Hincks Centre for Entrepreneurship Excellence, Cork Institute of Technology & provides participants with: an introduction to the concept of green business; the mentoring process as it applies to green & sustainable business; an overview of the Green Mentor Handbook & Green Mentor Toolkit. It includes an interactive session.

It's an opportunity to network, exchange knowledge & experience & to explore areas for further collaboration.

Participants receive soft copies of the Green Mentor Handbook & Toolkit. Booking essential. Parking available in the Tiered Car Park, CIT. Hot breakfast buffet provided. Info: Sarah Davis 432 6111 email sarah.davis@cit.ie

Bookings:
[https://greenmentorbreakfastbriefing.
eventbrite.ie](https://greenmentorbreakfastbriefing.eventbrite.ie)

EXHIBITION OF COMMUNITY ART

See Monday for details, continues until Saturday.

11am – 3pm

FRIENDLY CALL INFORMATION STAND

For details see 11am Tuesday.

1pm – 2pm

THE CAMINO DE SANTIAGO

Illustrated talk on the Camino de Santiago, the Way of St James. This network of ancient pilgrim routes stretches across Europe, coming together at the tomb of St James (Santiago in Spanish) in Santiago de Compostela in north-west Spain.

T 492 4900

Blackpool Library, Redforge Rd

10am – 1pm & 2pm – 5pm

EXHIBITION OF COMMUNITY ART & CRAFTS

Continues until Saturday, for details see Tuesday.

T 492 4933

Bishopstown Library, Wilton

All day

WATERCOLOURS & PASTELS

Exhibition of work by Eileen O'Sullivan & Barry Dawkes.

T 492 4950

10.30am – 11.30am

SPRING INTO STORYTIME

Coffee morning for parents, tour the library & get tips on how to read stories with children. Booking essential call 492 4928.

2.30pm – 3.30pm

CONNECT FOUR CLUB

Come & learn how to play Connect Four, event suitable for all the family.

All day

PAINTINGS

Exhibition of work by Noel O'Brien.

T 492 4928



Central Library, Grand Parade

All day

ELEVATED – A REIMAGINING OF CORK ARCHITECTURE & BEYOND

Ends today, see Monday for details.

CITYWIDE COMMUNITY EDUCATION NETWORK

Information stand – see separate entry at 11am.

Tory Top Library, Tory Top Road, Ballyphehane

**11am
YOUR ONLINE PRESENCE**

Learn about the importance of an online presence for jobseekers & entrepreneurs. Elke O'Mahony suggests what to do & not to do on social media. Free event of interest to everyone. All welcome.

T 492 4946

All day

St Patrick's St & Grand Parade

POP-UP EXHIBITION IN SHOP WINDOWS

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

Ends today.

9am – 6pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

Your last opportunity to enjoy an exhibition on Transport in Blackpool through the ages. See Monday for details.

9am – noon

Cork Training Centre, Rossa Avenue, Bishopstown

LEARN ABOUT SIGNWRITING & DECORATIVE PAINTING

Gerry Fitzgibbon, full-time tutor, gives a talk on two of the courses here: Signwriting and Decorative Painting Skills. He takes you on a tour to see work carried out by current students. Anybody with an interest in Art, Design or Creativity would be interested in finding out more about the two full-time courses. Booking preferred, capacity 50-70. Call Gillian Cannon 485 6335 email Gillian.cannon@corktrainingcentre.ie

Cork Training Centre was formerly FÁS & is across road from CIT.

9am – 5pm

Foyer, Civic Offices, City Hall

IDENTITY: PORTRAITS BY SECONDARY STUDENTS

Your last chance to see this exhibition, for details see Monday at 1pm.

9am – 5pm

St John's Central College, Sawmill Street

EXHIBITIONS AT ST JOHN'S CENTRAL COLLEGE

Your last chance to see exhibitions: Painting & Sculpture, Photographs, Life Drawing

For details see Monday 9am.

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.



CIT

9am – 6pm

James Barry Exhibition Centre, Cork Institute of Technology

MY EDUCATION, MY FUTURE - EXHIBITION

Ends today, for details see Tuesday at 10.30am

10am & Noon

CIT SOCIAL MEDIA CAMPAIGN

CIT Access Service students take part in #MyCollegeExperience & #MyCollegeTips campaigns. Ends today - see opening pages for details.



ACCESS SERVICE



10am – noon

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

MINDFULNESS & WELLBEING

Learn to relax, unload stress, gain energy & enjoy a more positive life in this workshop. Classes available in Spring & Autumn.

On street parking, refreshments.

Info: 087 130 8913 Booking essential, call Ann or Ronnie 455 0943

10am - noon

The Gate Lodge, St Mary's Campus, Gurranbraher

CORK ANTI-POVERTY RESOURCE NETWORK – 40 YEARS EMPOWERING COMMUNITIES

Cork Anti-Poverty Resource Network (CAPRN) invites you to a discussion about the work it has carried out in Cork. For 40 years, CAPRN has been empowering the people in local communities, including in Education, helping groups gain equal access to resources & services. The network fosters community involvement & participation.

CAPRN projects include: Write Together Literacy Scheme, Mná Feasa - domestic violence agency, Cork City North Mature Women's Action Group, Paisti @ 3 Childcare Facility & a Women's Mentoring Programme. Representatives from all projects will be present to discuss the impact of their work in Cork communities. All welcome.

Info: Liz Madden 430 7969 email resourceworkercaprn@gmail.com

10am – 1pm

Lecture Theatre, St John's Central College, Sawmill St

EVERYONE CAN CODE

Coding has never been easier with Swift Playgrounds. Using Swift Hour of Code, you can learn the key functions of app creation & computer programming. As well as coding activities, this event is an introduction to augmented & virtual reality apps.

No need to book. Workshop presented by St John's Central College & Apple Regional Training Centre Cork. Contact: Miriam Walsh 425 5500 www.stjohnscollege.ie



10am – 4pm

Cork City Partnership Knocknaheeny Outreach Office, Knocknaheeny Community Building

ART & CRAFTS FROM THE COMMUNITY

Last chance to see exhibition, for details see Tuesday.

10am – 5pm

St Peter's Cork, North Main St

OUT & ABOUT IN CORK – PHOTOGRAPHY EXHIBITION

For more information see Tuesday.

Continues daily Tues to Sat until April 14.

10.30am

The Mahon Family Resource Centre, Mahon Drive

INFORMATION FOR CITIZENS

The Citizens Information Service provides Information, advice & advocacy on social & civil rights & entitlements. This morning's talk focuses on working while on Disability Allowance, Illness Benefit & Invalidity Pension. Questions from the audience welcome. Once a month there's a Drop In Clinic here – ask about it. See Mahon Family Resource Centre page on Facebook. Parking, free refreshments, wheelchair accessible. Book your place by contacting Jenny 435 8866 or e-mail: info@frcentre.ie All welcome.

10.30am – noon

Curraheen Family Centre, Meeting Room, Church of the Real Presence, Curraheen Rd

LEARN HOW TO PAINT ON SILK

All welcome to join students as they work, under tutor Ann Kearns, developing their paintings on silk, to create fashion items such as scarves, wall hangings, pictures & cushion covers. Free light refreshments. The Centre is easily accessible on buses No. 205 & 208. Info: Irene Higgins 454 1583

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



11am – 12.30pm

*Cork City Partnership
Knocknaheeny Outreach Office,
Knocknaheeny Community Building*



THE BATTLE OF THE SOMME

Cork historian Gerry White revisits the fascinating Battle of the Somme, learn about the largest battle of the First World War.

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

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. Last chance this morning to meet members; information stand here until Saturday.

11am – 1pm

The Mahon Family Resource Centre, Mahon Drive



TRY CREATIVE WRITING

Join Kevin Doyle's introductory class to creative writing. Ask about regular classes here. Wheelchair accessible, parking, free refreshments.

Limited places, book yours. Contact Jenny 435 8866 or email info@frcentre.ie

11am – 1pm

The Mahon Family Resource Centre, Mahon Drive



LEARN TO MAKE CROISSANTS

Experience the regular Cookery class here & find out how to get involved.

Wheelchair accessible, parking, free refreshments. Places limited, you must book. Contact Jenny 435 8866 email info@frcentre.ie

11am – 1pm

*Centre of Craft Studies,
Cork Institute of Technology*



ENERGY SAVING MEASURES FOR YOUR HOME

Assemble in Room B149 for a guided tour & demonstration. See the facilities in the Centre of Craft Studies at CIT & watch a demonstration of best building practices which ensure a high level of energy efficiency in the home. Event organised by Matthew Cotterell, Head of School of Mechanical, Electrical & Process Engineering, CIT.

Places limited, bookings: Geraldine Mahon 433 5910 email Geraldine.mahon@cit.ie

CIT is terminus of Bus 205 from city centre.



SHOP & LEARN



11am – 1pm & 2pm – 4pm

Main Mall, Blackpool Shopping Centre

ALCOHOL AWARENESS INFORMATION POD

Information stand raising awareness of the myths & facts about alcohol. An open invitation to the community to 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. For details see Wednesday 2pm at Merchant's Quay. Repeated 2pm – 4pm today.



11am & 2pm

CIT ON TWITTER & FACEBOOK

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



ACCESS SERVICE

11am – 1.30pm

*CIT Cork School of Music,
Union Quay*

**CORK AGE FRIENDLY CITY:
LIFELONG LEARNING
INFORMATION MORNING**

A free information & signposting event. Topics include the benefits of lifelong learning, tips on staying active, what's new in Cork City Libraries & an opportunity to find out how to get involved in learning in Cork. Supported by Cork Age Friendly City. Information stands & entertainment provided by Cork School of Music. Free tea, coffee & refreshments on arrival & finger food at 1pm. This is one of a number of events supported by Cork Age Friendly City throughout the year. Sign up to receive updates from Cork Age Friendly City this morning. No need to book, first come, first served. Info: Stephen Murphy HSE 087 981 4803 email stephend.murphy@hse.ie



11.30am – noon

*St Brendan's Girls' National
School, The Glen*

**PERFORMANCE BY SCHOOL
ENSEMBLE**

St Brendan's School Ensemble brings together all students from third to sixth classes. Once a week normal schoolwork is put aside for music lessons with tutors from CIT Cork School of Music. They learn recorder, flute, trumpet, percussion & voice & regularly perform around the city. After primary school the students are each given a place in an after-school programme to continue with their music lessons, an option many choose to take up throughout secondary school & college.

Book your place with Caoimhe Conlon
086 320 9442
email caoimhe.conlon@cit.ie

11.30am – noon & 12.15pm – 12.45pm
Cork Public Museum, Fitzgerald's Park

**PLEASE DO NOT TOUCH –
OBJECT HANDLING SESSIONS**

For details see 11.30am Monday.



Noon – 1pm

*Blackrock Community Centre,
Convent Rd*

TRY A TAI CHI CLASS

Come to an introductory Tai Chi class, practice simple relaxing exercises & get a taste of the art. It's fun & relaxing. Tai Chi Cork meets here on Tuesday evenings & Friday mornings. Parking available. The Centre is opposite the Natural Food Café. No need to book, but call Ann McLraith 087 661 6800 if you have any questions.



Noon – 1pm

Anvil Room, The Bessborough Centre, Blackrock

**max
20**

LEARN TO GROW ORGANIC HERBS

Join the Horticulture Local Training Initiative & Cork Food Policy Council on the picturesque grounds of Bessborough to learn how to propagate herbs like rosemary, sage & thyme. Each participant will take cuttings & sow seeds, guided by learners on the Horticulture Course. You can take your herb plants home to grow & use in your cooking. All materials provided, just bring your enthusiasm for learning. Refreshments provided: lavender scones & rosemary lemonade. Parking available.

Info on Local Training Initiative email fmccarthy@bessborough.ie

Places limited for event, booking essential, call Finola McCarthy 435 7730

12.30pm – 2pm

The Gallery, Coláiste Stiofáin Naofa

**max
8**

LUNCHTIME INTRODUCTION TO CROCHET

Join Level 6 students who, following a demonstration, give one-to-one tuition on basic crochet stitches. Wool & crochet hooks & handouts of skills provided.

Info: d.godsell@csn.ie or l.phelan@csn.ie
Booking necessary, as places limited.

Call Lucy Phelan 206 7641

1pm – 2pm

St Peter's Cork, North Main St

**max
50**

CORK – CITY ON THE SEA

Enjoy a guided tour of the current exhibition, which looks at the important role the sea & the River Lee played in creating Cork's character & history. St Peter's is the city's oldest church dating back to the 12th century- come in & learn about the history of the Old Town. Booking preferred, call Eileen 427 8187 email info@stpeterscork.ie

St Peter's is open free to the public Tues – Sun. www.stpeterscork.ie

1pm – 2pm

Crawford Art Gallery, Emmet Place

LUNCHTIME GUIDED TOUR

For details see 5.30pm Thursday.

1pm – 2pm

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

**max
12**

A TASTE OF SPAIN

Learn a little about Spanish Cuisine, with recipes from different regions. Refreshments served. As places limited, booking recommended. Call Lucia Tarí 086 311 1193

Info: spanishstudiescork@gmail.com
www.spanishstudiescentrecork.com



1pm – 5pm

*The Teaching Rooms,
6 Sidney Place off Wellington Rd*

**max
10**

INTRODUCTION TO SHIATSU

Workshop offered by Cork School of Shiatsu introducing you to the basic techniques of this unique bodywork form. Learn to give a simple, relaxing treatment to family & friends, some acupoints for First Aid & stretching & relaxation techniques to develop your energy using Qi kung and Do-in. This is a stand-alone class, but could be the start of further training. Parking is 2hr on-street with disc. Tea/coffee available. Please bring loose, comfortable clothing to change into. Booking essential as places limited. Contact Mirabel 087 674 3954 email mirabelshiatsu@gmail.com
See Facebook 'Shiatsu in Cork'

1.30pm – 2.15pm

*Alliance Française de Cork, 2nd Floor,
Enterprise House, 36 Mary St off George's Quay*

LUNCHTIME TALK: THE CHATEAUX DE LA LOIRE

Uncover aspects of the French Renaissance through the châteaux of the Loire Valley in central France. Examine the history & geography of French castles, and learn the histories of their past residents. Hosted by Alliance Française de Cork teacher, Léonie Tauron.

Places limited, booking preferred.
Contact Emily Noble 431 0677
email info@alliancefrancaisecork.com
www.alliancefrancaisecork.com



2pm – 3.30pm

*St Joseph's Community Centre,
Old Youghal Road, Mayfield*

LEARN HOW TO USE TABLETS/IPADS

Learn how to use tables and iPads in everyday life & discover useful apps to download. Tablets available for use at the workshop. Organised by Cork City Partnership – Mayfield Outreach Office. Booking essential as places limited. Call Margo Hayes 087 196 2023



2pm – 3.30pm

Griffith College Cork, Wellington Rd

GAMES FOR LEARNERS OF ENGLISH

Take part in some fun activities that international language students enjoy at Griffith College as part of their course. It's a great way to improve language in a practical way, while meeting people of other cultures & nationalities.

Suits adult learners at the "improvers" stage.
Booking essential, contact Sinead O'Dea 450 7027 email Sinead.odea@griffith.ie



THE FREE UNIVERSITY ACE AT UCC PUBLIC LECTURE PROGRAMME

2pm – 3pm

**Room 6, West Wing,
Main Quad, UCC**

BRAIN HEALTH

The human brain is the most amazing, mysterious & complicated organ. Keeping it healthy is critical to our sense of well-being, especially as we age. Like a muscle, when it's used we feel a sense of balance, control & harmony. It used to be thought that the brain grew in childhood & once it reached maturity remained more-or-less stable before deteriorating somewhat with age. We now know this view of the 'static' brain is out of date. Denis Staunton of ACE looks at how the brain works & outlines some key strategies & habits to enhance brain health, based on recent research.

3pm – 4pm

**Room G02, Western Gateway
Building, UCC**

FINDING YOUR VOICE: CREATIVE WRITING

Everyone has a story to tell. This fun & welcoming session is designed to undo self-doubt & blocks so that creative expression becomes spontaneous & joyful. In this brief presentation, course facilitator & poet Kathy D'Arcy, School of English & ACE, UCC, demonstrates some of her techniques & discusses the benefits of rediscovering creativity.

Info: 490 4700

2.30pm – 3pm*Cork Public Museum, Fitzgerald's Park***PLEASE DO NOT TOUCH –
OBJECT HANDLING SESSIONS**

For details see 11.30am Monday. Last session at 3.15pm today.

2.30pm – 5pm*The Lantern Community Project, 14 George's Quay***EARTH AWARENESS WORKSHOP**

Facilitated by members of the SHEP-Pairc A'Tobair Caring for the Earth Initiative, this workshop explores, in the context of Climate Change, how we can support an environment that allows present & future generations of all beings to flourish. Info by email socialandhealth@eircom.net or norma@lanternproject.ie or 086 023 6442

Booking essential, call Geraldine Flanagan at SHEP – the Social & Health Education Project 466 6180

**max
14****3pm***Visitors' Centre, Main Quad, UCC***GUIDED TOUR OF UCC**

For details see Monday. Tour at noon Sat.

3pm*Meet outside St Peter's
North Main Street***WILDLIFE IN THE WALLS**

Darragh Murphy leads a tour of Cork's ancient streets & lanes, revealing the many habitats & species that thrive among us. An array of plants, mosses, invertebrates, bird & mammals use the overlooked holes in walls & trees all over the city. Darragh's tours available from May for a small fee. Event organised by Cork Environmental Forum. Info: email info@cef.ie www.cef.ie

Booking essential as numbers limited, call Bernie Connolly 083 146 8064

Repeated at 5pm today & on Sunday at noon & 2pm

**max
16**

3pm – 4pm

*TVG Goras Community
Childcare, Traveller Visibility
Group, 25 Lower John St*

**max
20**

THE IMPORTANCE OF PLAY

Come to an introduction to the importance of play in a child's early years, with demonstrations of easy activities to try at home. Qualified & experienced early years practitioners give information, tips & hands-on activities for parents of the under threes. Please express your interest in attending, contact Deirdre M 087 253 4693 T 4503786 email tvgdeirdre@gmail.com

Traveller Visibility Group is behind the Heineken Brewery; turn at Pa Johnson's pub.



3.15pm – 3.45pm

Cork Public Museum, Fitzgerald's Park

**PLEASE DO NOT TOUCH –
OBJECT HANDLING SESSIONS**

Your last chance to enjoy this opportunity - for details see 11.30am Monday.

4pm – 5pm

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

**max
12**

A GUIDE TO THE CAMINO

For details see 1pm Monday.

CIT

4pm – 6pm

*Dining Room, Department of
Tourism & Hospitality, CIT*

**max
20**

TRY CODERDOJO

An opportunity to do some coding by sitting with young coders, aged 7-16.

Whether you are interested in starting your own web page or learning to do some basic animation, the young coders will introduce you to what it is about. Open to all ages!

CIT CoderDojo has been running for the last 5 years on Friday evenings. Over 300 kids have attended the Dojo & it has outgrown its location twice. It's now hosted by the Department of Tourism & Hospitality in CIT & meets in the large Dining Hall. There is ample parking on Friday evenings around the campus.

Info: Carole.OLeary@cit.ie

Booking on Eventbrite essential as places limited. <https://www.eventbrite.ie/e/coder-dojosession-cork-lifelong-learning-festival-tickets-32320863573>

CIT CORK
INSTITUTE OF
TECHNOLOGY
INSTITIUID TEICNEOLAIOICHTA CHORCAI



CORK LIFELONG LEARNING FESTIVAL



5pm

Meet outside St Peter's, North Main Street

WILDLIFE IN THE WALLS

Meet outside St Peter's Exhibition Centre, North Main Street

max
16

5pm – 6pm

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

ENJOY FLAMENCO

Watch a display of the traditional Sevillanas dance Flamenco. Places limited, booking preferred. Call Paula Martinez Sainz 086 311 1193 Info: spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

Repeated at 6pm.

max
12

5pm – 8.30pm

Connaught Avenue off Donovan's Rd, next to UCC

LEARN TO CYCLE SAFELY

Training session offered by Cork City Council's Cork Cycling Campaign for adults who cycle & want to learn safe techniques. Will help to correct bad habits & improve road assertiveness in urban traffic. Includes emergency stops, looking behind while maintaining a straight line, where to position yourself on the road, when to signal. This is a shortened version of a course which takes 6 hours over 3 sessions. Bring your own bike in good working order & rain gear.

Booking essential as places limited. Call Miro 086 342 7823 email corkcyclingcampaign@yahoo.ie See www.corkcyclingcampaign.com

max
8

Meet at the green on Connaught Ave. Another session 10.30am tomorrow (Sat).

6pm – 7pm

Room W5, West Wing, Main Quad, UCC

DISCOVER THE CAMINO

The Irish Centre for Galician Studies at the School of Languages, Literatures & Cultures in UCC invites you to a lecture about the Galician Way of St James, popularly known as the Camino. Discover the history of the Camino, its popularity over the centuries, its religious, economic & social significance & its cultural importance, the books, plays & films inspired by it & its importance today.

Event specially organised for the festival. No need to book, come early. Info: Laura Linares

T 490 3271 M 085 745 5080
email laura.linares@ucc.ie



6pm – 7pm

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

max
12

ENJOY FLAMENCO

Watch a display of the traditional Sevillanas dance Flamenco. See 5pm today for details



7pm – 8.30pm

*Cork Quaker Meeting House,
Summerhill South*

SEARCHING FOR GOD

All welcome to a talk & discussion, using the life of the 18th century American Quaker John Woolman, who campaigned against slavery & for the humane treatment of animals, as a springboard. Questions include: How are our lives changed when we actively search for God in Everyone & Everything? Does it matter what we mean by God? Can religion play a positive role in this search?

Info: 085 728 5287

email d.gabuzda@ucc.ie



7pm – 9pm

Togher Community Centre, Togher Rd

TOGHER MUSIC SCHOOL CONCERT

You are invited to come & listen to the talented students playing a variety of instruments. No booking required – all welcome. Togher Music School offers one-to-one classes weekdays from 2pm-9pm. Open to all ages & abilities, learn piano, drums, violin, guitar, trumpet, trombone, cello, flute, clarinet, piano accordion, ukulele, singing & music theory. Info: 432 2809 email toghermusicschool@gmail.com

CIT

7pm – 9.30pm

*Curtis Auditorium, CIT Cork School of Music,
Union Quay*

OPEN REHEARSAL: SYMPHONY ORCHESTRA

The CIT Cork School of Music Symphony Orchestra, featuring students of the CITCSM BMus programme, as well as senior part-time students, rehearse Dvorak's Symphony No. 8 in G major, Op.88 (Conductor: Conor Palliser), ahead of their lunchtime concert tomorrow, Saturday. All welcome, no need to book. Seating, wheelchair accessible, on-street parking.

Info: Edel Sullivan 087 234 4669

email edel.sullivan@cit.ie

[http://csm.cit.ie/email edel.sullivan@cit.ie](http://csm.cit.ie/email%20edel.sullivan@cit.ie)

CIT
CORK
SCHOOL
OF MUSIC
CEOL-SCOIL CHORCAÍ

CORK LIFELONG LEARNING FESTIVAL

**8pm***Glen Rovers GAA Club***FROM THE PAGE TO THE STAGE**

Hear from Declan Hassett how he wrote his new play Jack, marking the centenary of the birth of Jack Lynch. The first production of Jack recently ended at The Everyman Palace Theatre.

Declan is the former editor of The Evening Echo & Arts Editor of The Irish Examiner. His other plays include Sisters, and he's also written books about social & sporting history. Jack Lynch was a GAA superstar who played with Glen Rovers. He was one of the most popular politicians ever elected & was Taoiseach twice, from 1966 to 1973 & 1977 to 1979.

8pm*CIT Blackrock Castle Observatory
Blackrock***TALK ON LEANBH**

Simon Woodworth of the INFANT centre in Cork University Maternity Hospital - home to the LEANBH Project – gives a talk. This new project is already being used by expectant mothers & Simon will be outlining what it is & how it works. Info: 432 6120 email info@bco.ie

8pm – 10pm*CIT Blackrock Castle Observatory
Blackrock***MOON WATCH & EXHIBIT**

Join astronomers from Blackrock Castle Observatory & the Cork Astronomy Club for a Moon Watch & Stargazing in the stunning surroundings of the courtyard at Blackrock Castle. Please note that night sky observing depends on the weather; a digital alternative will be used if true stargazing is impossible.

Observation Nights run roughly quarterly here – see www.bco.ie for information.

Note that access to the exhibit tonight does not include general daily activities, tours & Planetarium shows. Info: 432 6120 email info@bco.ie

Events tonight presented by CIT Blackrock Castle Observatory, Cork Astronomy Club

International Space University's Space Studies Program, Simon Woodworth, INFANT



LEABHARLANNA
DON FHOGLAIM



**LIBRARIES
FOR
LEARNING**

Central Library, Grand Parade

**All day
CITYWIDE COMMUNITY
EDUCATION NETWORK**

Information stand, ends today, see Monday for details.

**EXHIBITION OF COMMUNITY
ART**

Last chance to see a display from Cork City Partnership supported Community Arts initiatives in Gurrabraher/Churchfield, Ballyvolane, Knocknaheeny & Fairhill. See Monday for details.



Children's Library

2.30pm – 3.30pm

**INTERACTIVE MUSICAL
EVENT FOR CHILDREN**

See separate entry.

T 492 4900

**Douglas Library, Douglas
Village Shopping Centre**

2.30pm

EXHIBITION OPENS

All welcome to the launch of Caroline Bowen's exhibition.

T 492 4931/2

**Hollyhill Library, Harbour View
Road, Knocknaheeny**

2.30pm

CODERDOJO

Hollyhill Library CoderDojo for ages 7 to 17. Minors must be accompanied by an adult. Bring a WiFi enabled tablet or laptop.

**All day
EXHIBITION**

Paintings by Noel O'Brien.

T 492 4928

Blackpool Library, Redforge Rd

10am – 1pm & 2pm – 5pm

**EXHIBITION OF COMMUNITY
ART & CRAFTS**

Ends today, for details see Tuesday.

3pm

**LEARN ABOUT THE PINE
MARTEN**

Cork Nature Network presents a talk on Irish mammals. See separate entry.

T 492 4933.

Bishopstown Library, Wilton

WATERCOLOURS & PASTELS

Exhibition of work by Eileen O'Sullivan & Barry Dawkes.

T 492 4950



10am

*Nano Nagle Place,
Douglas Street*



**EXPERIENCE A NEW
URBAN OASIS**

Visit the heritage centre & grounds – try out the guided tour.

See Wednesday 1pm for details. Repeated at noon today.

10am – 1pm

*Coisceim Counselling Centre,
23 South Bank, Crosses Green*

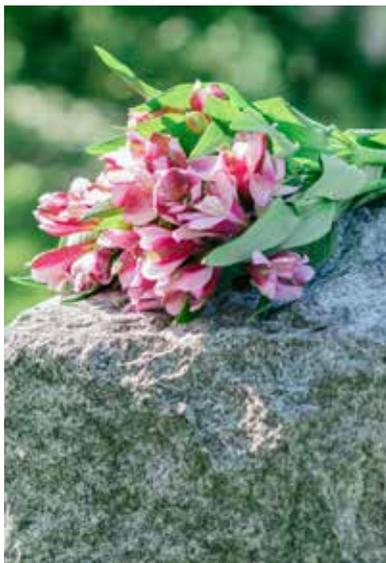


DEALING WITH LOSS & CHANGE

Presented by SHEP – the Social & Health Education Project – this workshop with tutor Kay O'Mahony is for people experiencing loss & change, through bereavement, separation, ill-health, redundancy or other circumstances. It provides a safe place to explore the issues.

Info: email socialandhealth@eircom.net

Places limited, book by calling Geraldine Flanagan 466 6180



10am – 5pm

St Peter's Cork, North Main St

OUT & ABOUT IN CORK – PHOTOGRAPHY EXHIBITION

For more information see Tuesday.

Continues daily Tues to Sat until April 14.

10.30am

Meet at the Monument, Grand Parade

CORK CITY WALKS – CITY CENTRE ISLAND

Join Antoin O'Callaghan as he takes you on a guided tour of the city centre island, developed after the infilling of a number of river channels. Learn about the churches, chapels & meeting houses & other buildings which give Cork its character.



Self-guided Cork

Walks were

introduced by Cork

City Council – this is the orange route, you can enjoy South Parish (blue) and Shandon (red) tomorrow. Info: Tina 086 603 5552

10.30am – 11.30am

Vibes & Scribes, 3 Bridge Street

AN INTRODUCTION TO CROCHET

Come along to a free class to learn the basics of crochet.

Second class at 11.30am. No need to book.

Info: 450 5370

website: shop.vibesandscribes.ie



10.30am – 1pm

*St Stephens Park, 23,
St. Stephen's Street, Ballyphehane*

COMPOSTING WORKSHOP

A fun, interactive workshop on composting food & garden waste, with Donal O' Leary, composting trainer with the Stop Food Waste team. Suitable for householders, community groups, people working with schools. All welcome, no need to book.

St Stephen's St is off Tower Street; park is next to Flood Motors.

Info: 087 740 9304 email
mastercomposterireland@gmail.com
www.corkfoodpolicycouncil.com
www.stopfoodwaste.ie

Organised by Cork Food Policy Council & Stop Food Waste.
Another event here at 1pm



10.30am – 2pm

*Connaught Ave off Donovan's Road,
next to UCC*



LEARN TO CYCLE SAFELY

Training session offered by Cork City Council's Cork Cycling Campaign for adults who cycle & want to learn safe techniques.

For details see 5pm Friday. Booking essential, call Miro 086 342 7823 email
corkcyclingcampaign@yahoo.ie

11am – noon

Lee Walkway, North Mall

NATURE WALK WITH JIM WILSON

Join Jim Wilson for a guided stroll along the Lee Walkway from North Mall to the Mardyke & discover its wildlife. Many know Jim from his contributions to RTÉ Radio One, including the annual Dawn Chorus. He's a tour guide on wildlife tours around Ireland & overseas; a lecturer on small cruise ships, mostly in the polar regions. He's the author of a number of books. See his website for more:
www.irishwildlife.net

Suitable for all ages, children must be accompanied. Meet on Wise's Quay/St Vincent's Bridge, off North Mall.
Info: Tina 086 603 5552



11am – dusk

Shandon Community Green Garden

VISIT A COMMUNITY GARDEN

The Shandon Community Green Garden is an urban green space for people to get involved in, to learn from, to showcase sustainability, and to promote community pride & development.

Today there's a guided garden tour, discussion, talk, information table, and an opportunity for the public to get involved by 'planting in.' This year's focus is on 'seed swop' – inviting people to exchange seeds & talk about seed collection. If anyone wants to contribute seeds, plants, shrubs, berry bushes, please bring them along – they'll find a home.

Light refreshments. All welcome, child friendly. Volunteers meet weekly, days & times are weather & volunteer dependent. No experience necessary. Tools provided.

Info: contact Shandon Area Renewal Association 086 204 6357
 Email shandonarea@gmail.com
 Facebook.com/shandonarea

The garden is behind the car park of Pope's Quay Court apartments; head to little green gate to the right of Post Office on Shandon St.



11am – 3.30pm

Cork Public Museum, Fitzgerald's Park

WWI – LIFE IN THE TRENCHES

In April 1917 the United States entered WWI & helped turn the tide of the war in favour of the allied forces. Cork Public Museum welcomes two living history groups, the Irish Great War Society & the D-Day Dodgers, to help commemorate this significant event.

This day-long event features original & replica weapons, uniforms & other personal effects from British, American & other armies. Members groups will use their knowledge & expertise to answer any questions about WWI & its participants.

There are talks/tours of the museum's replica trench with members of the living-history groups, covering what it was like to live, fight & die in the battlefields of the Western Front during 1914-1918. All welcome.

Info: 427 0679 email museum@corkcity.ie

11.30am – 12.30am

Vibes & Scribes, 3 Bridge Street

AN INTRODUCTION TO CROCHET

See 10.30am today.

Noon

Visitors' Centre, Main Quad, UCC

GUIDED TOUR OF UCC

For details see Monday.

Noon

Nano Nagle Place, Douglas Street

EXPERIENCE A NEW URBAN OASIS

Visit the heritage centre & grounds – try out the guided tour.

See Wednesday 1pm for details.



1pm

St Stephen's Sustainable Food Lab, 23 St Stephen's St, off Tower St Ballyphehane

TALK, TOUR & CAMPAIGN LAUNCH

Following a very successful edible greening project to 'Green the Historic Spine' launched during the festival last year, this year's focus is on pollinators. Out of the 100 crops that provide 90% of the world's food supply, 71 are pollinated by bees. Come along to St Stephen's for the launch of the 'Bee Friendly Cork' campaign to learn about the different types of pollinator plants, bees, insects. Collect your complimentary, locally grown, pollinator plant to get Cork on its way to being a Bee Friendly City!

Organised by Cork Food Policy Council, Horticulture Local Training Initiative at Bessborough & Cork Nature Network.

All welcome, no need to book.
www.corkfoodpolicycouncil.com
Info: Denise Cahill 087 233 4735
email denise.cahill@hse.ie

CIT

1.10pm – 2pm

Curtis Auditorium, CIT Cork School of Music, Union Quay

PERFORMANCE BY SYMPHONY ORCHESTRA

The CIT Cork School of Music Symphony Orchestra, featuring students of the CITCSM BMus programme, as well as senior part-time students, perform Dvorak's Symphony No. 8 in G major, Op.88; Conductor: Conor Palliser. Unmissable!

Presented by CIT Cork School of Music & Cork Orchestral Society. Seating, wheelchair accessible, on-street parking, Bistro on-site. Come early.

Info: Edel Sullivan 087 234 4669

Email edel.sullivan@cit.ie

<http://csm.cit.ie/>

<http://www.corkorchestralsociety.ie>



2pm – 3pm

Cork Academy of Music, Griffin Burke Building, North Monastery Campus North Monastery Rd

LET'S GET DIGITAL

The two trial or taster sessions offered here today are designed to give people a taste of the computer training provided in the Academy.

Digital Skills Training is available here under the Getting Citizens Online initiative, supported by the Department of Communications, Climate Action & Environment. According to the CSO, one in six Irish adults has never used the Internet. The free training offered here is part of the government's National Digital Strategy – aimed at encouraging adults to participate fully in Ireland's digital economy & society. Come along & find out all about it.

All welcome. Info: 421 0573 email corkacademy@gmail.com
Second session at 3.30pm



2pm – 4pm

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

**max
22**

FIRST STEPS WITH ACRYLICS

Book your place at this workshop & learn how to set up an acrylic painting practice, including building a palette, technique, under-drawing & laying down a 'ground.' Informal atmosphere, tea/ coffee/biscuits provided.

Visions School of Art runs a range of courses, ask about them.

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



2.30pm – 3.30pm

*Children's Library, Central Library,
Grand Parade*

**max
80**

INTERACTIVE MUSICAL EVENT FOR BABIES & SMALL CHILDREN

Ruti Lachs, author of the Stomping in the Woods CD for children, leads babies & children up to age 6 & their parents/ carers in this active, educational & fun music experience. Children get the opportunity to try different instruments, learn new songs, dance, and stomp & jump & laugh. Bring a cushion to sit on, although mostly you will be on your feet joining in the action!

Ruti Lachs is a multi-instrumentalist & an experienced music teacher & facilitator of children's events. Presented by Cork City Childcare in association with Cork City Libraries.

Booking essential as places limited. Call Ruth or Elizabeth at Cork City Childcare 431 0500 Email ruth@corkcitychildcare.ie

2.30pm & 3.30pm

Cork Butter Museum, Shandon

TOUR CORK'S BUTTER MUSEUM

Free admission & guided tour of this unique museum, which tells the story of Ireland's most important food export & the world's largest butter market. Come early. Info: 430 0600 email info@corkbutter.museum www.corkbutter.museum

3pm

Blackpool Library

**max
50**

LEARN ABOUT THE PINE MARTEN

Dr Denise O'Meara, specialist in Irish mammals, gives a talk on the pine marten – one of our most beautiful, but least seen, animals. Find out how scientists discover where they live, what they eat, how they're affected by humans. Suitable for families & anyone interested in Irish wildlife. Presented by Cork Nature Network. Booking not essential, but preferred. Contact Karen Loxton 488 6200 email eventscnn@gmail.com



3pm – 4.30pm

*Cork Quaker Meeting House,
Summerhill South*

BURIALS, BLOOMS, BIRDS & BEASTIES

This event, with Stuart McIntyre, is an opportunity to see behind the walls of the Burial Ground of the Religious Society of Friends (Quakers) & discover the richness of the plant & animal life in this urban green area. You'll see the first signs of Spring, as nature awakens from hibernation, and learn about the importance of preserving biodiversity & how we can all contribute to this. If you are quiet enough, you might get a feeling for the peaceful stillness of this green oasis in the midst of Cork City.

Tour is partly outdoors, weather permitting, and the ground is covered with grass, which might be wet, wear suitable clothes & shoes. All welcome. Info: 085 728 5287 email d.gabuzda@ucc.ie

3.30pm – 4.30pm

Cork Academy of Music, Griffin Burke Building, North Monastery Campus North Monastery Rd

LET'S GET DIGITAL

Taster session of training available here on using the Internet. See 2pm today for details.

5pm – 6.30pm

Franciscan Well Brewpub, North Mall

TALKS, TASTING & BREWERY TOUR

John Morrissey, a researcher in yeast biology, talks about the history of yeast in brewing, its social history in Europe, the links between monks & brewing, and some of the modern day applications of yeast fermentation.

The Franciscan Well's beer sommelier conducts a tasting, and one of the brewers talks about the history of the Brewery & brewing in Cork. This is a once off event, presented by Franciscan Well with lecturers from UCC.

Booking preferred – contact Kate 439 3434 email franciscanwellbrewery@gmail.com



5pm – 7pm

Together Razem Centre, 17 George's Quay

POLISH EASTER ART WORKSHOP

Tea or Coffee Active Seniors Group invites you on an adventure – a journey through Polish history, heritage & cuisine. Learn how to make a traditional Easter palm & egg & how Easter is celebrated in Poland. Taste traditional Polish cakes & dishes. No need to book, all welcome.

Together Razem is a charity, set up in 2006 to provide services that support & promote the integration & well-being of the Polish & East-Central European Community in Cork and beyond.

Info: Agata Klamon 496 7743 or 087 265 1917 email info@together-razem.org www.together-razem.org

CIT

7.30pm

CIT Crawford College of Art & Design Campus, Sullivan's Quay (former Tax office)

THEATRE PERFORMANCE

Playback Theatre is created through a unique collaboration between performers & audience. Someone tells a story or moment from their life, chooses actors to play the roles, then watches as their story is immediately recreated & given artistic shape and coherence. Tonight's event is presented by Speakout! Theatre for Transformation in partnership with Creativity and Change, CIT Crawford College of Art & Design

All welcome. No need to book, just come along. For more information about tonight email creativityandchange@cit.ie

The CIT CCAD'S Creativity & Change Programme is about creativity & its power to ignite empathy, passion & learning about our interconnected & interdependent world. The programme offers different modes of engagement – for more see [Facebook.com/creativityandchange](https://www.facebook.com/creativityandchange) www.creativityandchange.info



10am – 11am

*Douglas Yogarooms,
East Village, Douglas*

max
10

PILATES & BUFF BONES®

For details see Monday 7pm. Booking essential, call Jaconel Janssen 085 161 3505

11am & Noon

Cork Butter Museum, Shandon

TOUR CORK'S BUTTER MUSEUM

For details see Saturday.

11am – 4pm

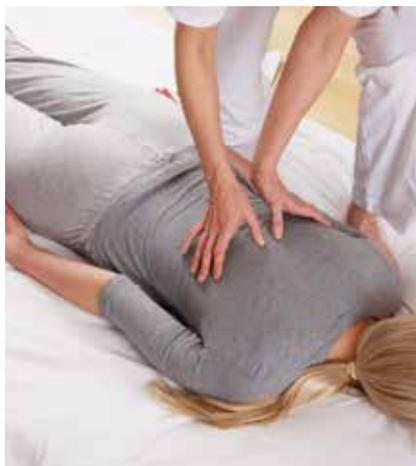
*The Teaching Rooms, 6 Sidney
Place, off Wellington Rd*

max
20

INTRODUCTION TO SHIATSU

Cork School of Shiatsu invites you to a workshop introducing the basic techniques of this unique bodywork form. Learn to give a simple, relaxing treatment to family & friends; some acupoints for First Aid; stretching & relaxation techniques to develop your energy. This stand-alone class could be the start of further training.

Parking free on Sunday. Tea/coffee available. Please bring loose, comfortable clothing to change into. Places limited, book yours by contacting Diana 087 207 0132 or 487 2324 email shiatsuireland@yahoo.com Facebook 'Shiatsu in Cork'



Noon

*Meet outside Ford's Pub,
South Gate Bridge*

CORK WALKS – EXPLORE SOUTH PARISH

Local historian Ronnie Herlihy guides you through South Parish, one of the oldest & historically significant parts of Cork. The walk shows the development of the city from watery beginnings to industry, including mills & breweries. Info: Tina 086 603 5552



Self-guided Cork Walks were introduced in recent years by Cork City Council – you can enjoy the Shandon (red) route at 2.30pm.



Noon

*Meet outside St Peter's,
North Main St*

max
16

WILDLIFE IN THE WALLS

Darragh Murphy leads a tour of Cork's ancient streets & lanes, revealing the many habitats & species that thrive among us. For details see 3pm Friday. Event organised by Cork Environmental Forum. Info: email info@cef.ie www.cef.ie Booking essential as numbers limited, call Bernie Connolly 083 146 8064 Repeated at 2pm.

Noon – 4pm

*Cork Foyer Complex,
Assumption Road, Blackpool*

BLACKPOOL CITY FARM & OFFAL OLD & NEW

Blackpool has a long history of offal production & consumption. Visit the Blackpool City Farm today & discover new dishes & some forgotten recipes. Denis Murphy, Culinary Tutor, prepares some old dishes using offal & then gives them a modern twist representing the cultural life of Blackpool today. Later in the afternoon get some tips on Planting in Containers from our Horticulturist. Children can help feed the chickens & enjoy the Toddler Play Park.

For the more intrigued – tour the converted convent & learn about its present use.

Relax for a coffee at the seasonal green house café.

Info: Barry Waddingham 428 8524
email barry_waddingham@corkcity.ie

The Foyer is on Assumption Road near the new Revenue Commissioners Office. Parking is limited there, but you'll find plenty in & around Blackpool – free on Sunday. Organised by Cork City Council's Foyer Project & Churchfield Community Trust Ltd.



1.30pm – 2.30pm

*Cork County Cricket Club
The Mardyke*

**max
30**

SWING DANCE TASTER CLASS

All welcome for a free swing dance taster class with Tom & Rachel of Swing Dance Cork. Join in a dance from the classic 1930s swing jazz era that is still alive and kicking today! No partner required, but great if you bring one!

Lots of parking by Fitzgerald's Park. Regular classes here Tuesdays & Thursdays. Book your place by email swingdancecork@gmail.com or 086 324 1264 www.swingdancecork.com



2pm

*Meet outside St Peter's,
North Main St*

**max
16**

WILDLIFE IN THE WALLS

See noon today.

2pm – 5pm*Fitzgerald's Park***FAMILY FUN IN FITZGERALD'S PARK**

Bring the family to Fitzgerald's Park for an afternoon of fun. A great way to bring the festival to its close. Enjoy all the park has to offer after its magnificent makeover, with lots of entertainment. Why not bring a picnic? In the beautiful natural surroundings listen to music all afternoon. Performing on the Bandstand are the Barrack Street Junior Band from 2pm; followed by the Youth Band at 2.25 pm, Senior Band from 3pm – 4pm; & music groups from the Cork Academy of Music from 4pm – 5pm.

2.30 pm

OutSideTheBox presents "Spettaculo" - Join Hugo & Divinity in a mad cap circus show, where reality is reversed & up is down. Can you figure out who is who?

3.30 pm

Circus Workshops: meet the two idiots Hugo & Divinity as real people & try out some of the circus skills you saw in their show.

Info: OutSideTheBox Cormac 086 405 2615 or Francesca 086 260 2493

3pm – 4.30pm**FREE RIVER BOAT RIDES**

(weather & tide permitting) at Daly's Bridge.

Enjoy being rowed in a currach made by Meitheal Mara, the traditional boatbuilders based in Crosses Green, Cork City Centre. [www.meithealmara .ie](http://www.meithealmara.ie)

3pm – 4pm**BUG HUNT & NATURE WALK**

Join Niamh O'Flynn, Animal Scientist & Wildlife Educator, on a bug hunt & short nature walk. She'll show you what a bug is, where they live, how to catch them & safely release them back into the park. She'll show you the native flora & fauna in the park.

Niamh is appearing in association with Cork Nature Network. She will take about 20 people – so book by emailing her oflynn.n@gmail.com

Bring magnifying glasses, binoculars, notebook & pencil & a plastic container.

Niamh is on The National Heritage Council's Heritage in Schools Scheme for primary schools. She's also available to give talks & lead walks for community groups. You can contact her by mobile 086 311 6094 email oflynn.n@gmail.com

Afternoon organised by Billy O'Callaghan, Barrack St Band 086 837 8367
email barrackstreetbandcork@gmail.com

Supported by Cork City Council

**max
20**

2pm – 6pm

*Atrium, Cork City Clayton Hotel
(former Clarion)*

LISTEN TO MUSICIANS IN THE MAKING

Call into the Clayton this afternoon for a Family Friendly Music Performance by Cork Suzuki Method students. Musicians in the Making (supporting Suzuki Music in Cork) presents a family-friendly afternoon of Classical & Irish music featuring children aged 5-15 who are learning violin and 'cello through the Suzuki Method. This event is part of their Spring Playathon. Previous Suzuki students very welcome to participate.

If interested, please contact: Edel Sullivan
087 234 4669 or suzukicork@gmail.com
www.facebook.com/suzukimusicincork

Some seating, wheelchair Accessible, Underground Pay Parking in hotel, Restaurant on-site (Kudos). Event organised by Musicians in the Making & CIT Cork School of Music.

2.30pm

Meet Daunt's Square, St Patrick's St

CORK WALKS – EXPLORE SHANDON

Peter Foynes, Curator of the Cork Butter Museum, brings you on an historical journey through Shandon, using the City Council's red walking tour. Walk the streets of what was once the centre of international trading in this city of merchants. The political history of Cork is revealed through the naming & renaming of its streets.
Info: Tina 086 603 5552



2.30pm

Meet at Audley Place, top of St Patrick's Hill

GUIDED WALK OF VICTORIAN QUARTER

Learn about Cork's Victorian Quarter with an historical walking tour with Cllr Kieran McCarthy. It covers the area around St Patrick's Hill, Wellington Road & McCurtain Street. All welcome, no need to book.

Presented by Victorian Quarter Traders Group & Cork City Council. Info: Paul Mc Guirk, City Centre Co-ordinator, Cork City Council 492 4773



FRINGE EVENTS

MONDAY APRIL 3

10am – 11am

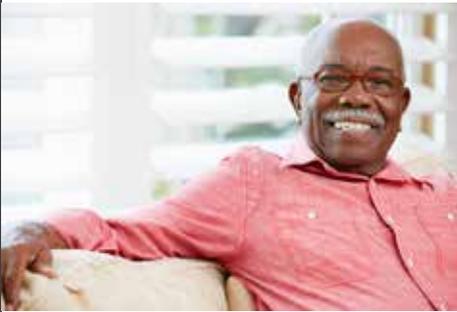
**max
25**

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

LEARNING TO LIVE WELL

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

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



3pm – 4pm

*Bishopscourt Residential Care, Liskillea,
Waterfall near Cork*

PICTURES THROUGH THE DECADES

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

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



TUESDAY APRIL 4

6pm – 7pm

*Sports Complex, Stuaque,
Donoughmore*

**max
20**

KIDS - LEARN BASIC SELF DEFENCE

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

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



WEDNESDAY APRIL 5

7pm – 8.30pm

Sports Complex, Stuake,
Donoughmore

max
20

ADULTS - LEARN BASIC SELF DEFENCE

For details see Tuesday.



THURSDAY APRIL 6

10.30am – noon

Bishops court Residential Care,
Liskillea, Waterfall near Cork

LEARN TO CROCHET

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

6pm - 7pm

Sports Complex, Stuake,
Donoughmore

max
20

KIDS - LEARN BASIC SELF DEFENCE

For details see Tuesday.



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

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

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

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

www.risingsun.ie

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

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

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

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

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

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

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

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

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

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

For details see Tuesday.

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

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

Places limited, booking essential. Ask for directions.

Contact Sharon 085 831 3437 email sacredsoundsireland@gmail.com

Noon – 4pm

*Carrigaline Community School,
Waterpark*

CARRIGALINE COMMUNITY & EDUCATION SHOWCASE

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

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

Free of charge. All welcome.

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

Info: 021 437 3767
email carrigalinecen@gmail.com

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



2pm – 3pm & 6pm – 7pm

*Carrig Sound Recording Studio,
Knockduff, Dunmanway*

VISIT A RECORDING STUDIO

See Friday for details



SUNDAY APRIL 9

2pm – 3pm & 6pm – 7pm

*Carrig Sound Recording Studio,
Knockduff, Dunmanway*

VISIT A RECORDING STUDIO

See Friday for details



SPONSORS

Thanks to our sponsors, without whose support the festival could not take place.

They are:

- Cork Education & Training Board
- Cork City Council
- Health Service Executive
- Cork Institute of Technology
- University College Cork
- Adult Continuing Education, UCC
- National Association of Principals & Deputy Principals
- Higher Education Authority – Access Office
- First South Credit Union
- Blacknight Internet Solutions
- Co-operation Ireland – Cork branch
- The River Lee Hotel

City Councillors: Henry Cremin & Tim Brosnan for contributions from their Ward Funds.

Media Sponsors: The Evening Echo & 96fm

Partner: Féile an Phobail

Friends: Limerick Lifelong Learning Festival; Hume City Council & Wyndham Festival of Learning, both in Australia

ORGANISING COMMITTEE

Chair: William McAuliffe, National Association of Principals & Deputy Principals

Denis Barrett, Learning City Co-ordinator

Peggy Barrett, Executive Librarian, Cork City Libraries

Sandra Brett, Traveller Adult & Community Education, Cork ETB

Deirdre Creedon, Access Officer, Cork Institute of Technology

Brendan Goggin, Former Registrar, Cork Institute of Technology

Patricia O'Hare, Primary Education sector

Ann O'Sullivan, Former CEO, Cork City Partnership

Seamus O'Tuama, Director, Adult Continuing Education (ACE), UCC

Niamh Sheehan, Administrative Officer, Community & Enterprise Section, Cork City Council

Marcela Whelan Kelly, Development Worker, Community & Enterprise Section, Cork City Council

Festival Co-ordinator: Tina Neylon



MIX YOUR MODE

Mix Your Mode, a Transport and Mobility Forum initiative, aims to promote more sustainable modes of travel by encouraging people to mix their mode of transport throughout the year.

If you are attending a Lifelong Learning Festival event, consider walking, cycling, catching a bus or taking the train. Why not use a combination of transport options such as the Park & Ride, the Bike Rental Scheme or hire a GoCar? Make getting around to the festival activities a more positive & healthier experience. By using more sustainable modes of travel you will help to reduce CO2 emissions & make Cork a cleaner city with less traffic congestion.

A promotional week to encourage mixing your mode will take place after the festival from **Monday 24th - Sunday 30th April.**



LOOKING CLOSER – A COMPETITION

Running throughout festival week is a treasure hunt type competition, organised by Cork City Council.

'Looking Closer' is about just that. Participants have to find the location of certain building features e.g. plaques, art pieces, clocks etc. They are all located on St Patrick's Street or the surrounding streets.

The winner receives a €100 voucher for the fabulous Cornstore.

Pick up an entry form at City Hall, the Central Library on Grand Parade or St Peters on North Main Street. Forms can also be downloaded from www.corkcitycentre.ie.

Fun for all the family.

More information: email core@corkcity.ie



CORK LIFELONG LEARNING FESTIVAL

Féile Foghlama Feadh an tSaoil Chorcaí

all events free

Imeachtaí uile SAOR IN AISCE

Investigate, Participate, Celebrate!

Imscrúdaigh, Glac Páirt agus Ceiliúraidh

Festival Patron: The Right Honourable Lord Mayor of Cork
Pátrún an Fhéile: An Ró-Onórach Ardmhéara Chorcaí

Financially supported by/ Le tacaíocht airgeadais Ó: Bord Oideachais agus Oiliúna Chorcaí Chorcaí, Cork Training and Education Board & Cork City Council/ Comhairle Cathrach Chorcaí; the HSE, CIT, Adult Continuing Education at UCC, NAPD, HEA, First South Credit Union, Blacknight Internet Solutions, The River Lee Hotel, Co-operation Ireland – Cork branch.

www.corkcity.ie/learningfestival Tel 021 492 4527

facebook

Find us on www.facebook.com/corklifelonglearningfestival and on Twitter www.twitter.com/learning_fest

twitter

Media partners:



Partner



Friends



If you are interested in participating in future festivals, contact: Tina Neylon, Festival Co-ordinator
T. 021 492 4527 M 086 603 5552 email: learningfestival@corkcity.ie

