











## Cork North Community Work Department

# Health Action Zone/ Community Health Project www.healthactionzone.ie □□:★.□











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



## Cork North Community Work Department

## COMMUNITY HEALTH WORKERS IN YOUR AREA

<u>THE GLEN</u> BARRY HICKEY- 087 1689084

BLACKPOOL/SHANDON LIZ MADDEN - 087 6977942

FARRANREE/FAIRHILL
OISÍN HENNESSY - 087 3896982

GURRANABRAHER/CHURCHFIELD AILISH MC DONALD 087-0979707

MAYFIELD

FIDELMA O'CONNELL 087 1800210

FERMOY
JACINTA MCCORMACK
085 8742320

MALLOW
PAULINE O'GRADY NOONAN
0874335047

YOUGHAL NIAMH HERBERT 087 6413468

## COMMUNITY WALKING GROUPS IN YOUR AREA

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

BLACKPOOL/SHANDON: WEDNESDAY 2PM OUTSIDE BLACKPOOL CHURCH

FARRANREE/FAIRHILL
NASH'S BOREEN WALKING GROUP
MONDAY 10AM: O'SULLIVANS PUB

GURRANABRAHER/CHURCHFIELD
MONDAYS AT 2PM OUTSIDE THE HUT

MAYFIELD MOVERS FUN WALKERS: MONDAY AT 10AM

FERMOY WALKIE TALKIES WALKING GROUP

MONDAY 11AM: FERMOY RESOURCE CENTRE

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

YOUGHAL HAPPY FEET WALKING GROUP: MONDAY 11AM

### **Youghal Community Health Project**

The project is managed by a local multi-agency committee supported by the HSE Cork North Community Work Department, Cork County Council, Youghal Residents Network, Youthreach and other community representatives.

The project also collaborates with the community and other organisations to bring the best kinds of services and activities to Youghal town.

#### **A Community Based Health and Social Gain Initiative**

Blackwater Heights, Youghal, Co. Cork, P36YE98

**Niamh Herbert Community Health Worker** 087 641 3468 niamh.herbert@hse.ie

#### **Happy Feet Walking Group**

Weekly wellness walking group. Meets every Monday 11am-12.30pm

#### **Low Cost Counselling**

Low cost counselling provided by a counsellor and psychotherapist. Booking necessary.

#### Singing for the Brain

A social group for people living with Dementia and or Parkinson's

#### **Carers Support Group**

Meet other local people who are family carers and get involved with tailored activities. The group meets 1st Wednesday of every month 7.30pm-9.30pm.

#### **Positive Mental Health and Wellbeing**

Men's health, mindfulness, chair yoga and cookery programmes,

#### Youghal Social Café

A monthly social event for local people living with Dementia. Held on the last Friday of each month from 11am - 1pm at the Holy Family Hall. Supported by Cork Alzheimer's Society

#### **Clap Handies**

A weekly social group for Parents and Babies/Toddlers aged o-3 years. Every Tuesday morning from 9.30 - 10.45 and 11am - 12.15pm.

#### **Baby Massage**

5 week baby massage programme. Booking Essential.

#### **Tiny Tots**

A social group for parents and babies ages o-

Run throughout the year.

#### **Bright Sparks**

A learning through play programme for parents and toddlers 1-3years.

Runs throughout the year.

#### **Build it Buddies**

A six week Lego programme for Primary School children. Runs throughout the year.

#### **Pediatric First Aid Workshops**

Held throughout the year

#### **Family Fun Days**

Summer and Mid Term outings,



Youghal Community Health Project



Youghal Community Health

#### Aims of the Fermoy Community Health Project

- Working to improve the health and lifestyle of people through a series of health focused initiatives with the aim of keeping people active and well and living in their own community.
- Local link within the community in relation to community health and signpost to relevant health services where appropriate.
- Collaborate with existing health initiatives and organisations and supports the emergence of new groups around identified needs.
- Listen to the ideas, concerns and suggestions of individuals and organisations within the community, and ensure that the project responds appropriately and effectively to identified needs.

Below are some activities that are hosted by the Fermoy Community Health Project over the course of a year. For further information contact the Fermoy Community Health Worker.





















### Gurranabraher/Churchfield







## **Weekly Activities**

Monday Movers walking group: Meet Monday's at 2pm outside the Hut in Gurranbraher.

Monday Flower Arranging Group: Meet Monday's at 10.30am in Churchfield Community Trust - fully booked

**Chair Yoga:** Tuesday at 2pm and 2.50 pm in the Hut, Gurranabraher - places available for 2.50pm class

**Growing Places for Wellbeing:** Gardening group on Wednesday's from 2 until 4pm in St. Mary's Health Campus

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

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

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

### **Mallow**

Mallow Community Health Project (CHP)
Our Mission is to provide opportunities for
people within the Mallow community to access
community health Initiatives, information,
workshops and training that will support them to
improve their overall health and well-being



Contact: Pauline O' Grady-Noonan Mallow Community Health Worker

Email: chp@lecheilefrc.ie

Tel: 022-42439 // 087 433 5047

Like us on facebook or

Follow us on twitter @healthmallow



#### BLACKPOOL & SHANDON STREET ACTIVITIES

#### **Weekly Activities**

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

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

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

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

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

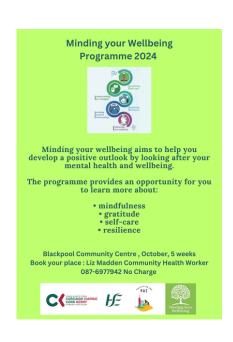
**Shandon Street Mens Shed** - Shandon street mens shed meet every **Thursday at 2pm** at The Rock Community Centre, Blarney Street.

**Blackpool Foyer Social Gardening Group:** Growing, seeding, planting, weeding and tea drinking! Every **Wednesday 10am - 12pm** in the pollytunnell located right behind the Garden Cafe, Assumption Rd

#### Programmes, workshops and events







Contact Liz Madden 087-6977942 for Blackpool & Shandon Area

#### Farranree/Fairhill



### **Weekly Activities**

Nash's Boreen Walking Group - Meet at O'Sullivan's pub, Fairhill. Every Monday @10am. Walk generally lasts one hour.

**Farranree Ladies Group -** Farranree Community Centre, Tuesday's @ 2pm. Activities include, Chair Yoga, Clay Sculpting, Acrylic painting, Drum FIT, Pickleball & information sessions on various topics.

**Spangle Hill Men's Shed** - Meet at 27 Bridevalley View, Fairhill, every Tuesday morning @10am. Open to new members.

**Singing For The Brain** - Thursday @ 2pm - 4pm in Farranree Community Centre. Places are limited, call Oisin Hennessy 087 3896982 to book a place.

**Gardening Group -**







## For more information on any activites see below



Barry Hickey Community Health Worker barry.hickey@hse.ie
087 1659084







Drop in and join us Monday-Friday at our multi award winning Community Garden located at The Glen Resource Centre. We grow food, raise awareness of climate and sustainability and create a empowering and inclusive space in The Glen



### Mayfield

Health Action Zone
Working together for Community Wellbeing

For Further Information Contact Fidelma O'Connell: **087-1800210** 



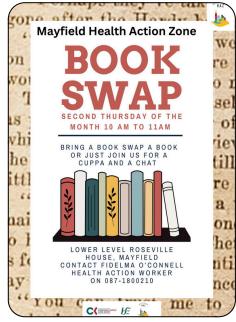


Our recent trip to Youghal with the Faranree/Fairhill HAZ groups to do
Drum Fit by the Sea.



Just for Men Programme Week 1 Drum Fit Taster











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## HEALTH ACTION ZONE GARDEN PROJECTS

Health Action Zone are supporting garden projects across the Northside of Cork City. Contact the community health worker in your area to get involved.

THE GLEN: MON, WED, THUR, FRI 10AM - 1PM CONTACT BARRY 087-1659084

ST MARYS HEALTH CAMPUS: WED 2PM - 4PM CONTACT AILISH: 087-0979707

BLACKPOOL FOYER: TUE, FRI 2PM - 4PM CONTACT LIZ 087-6977942

MAYFIELD CDP: FRIDAY 10AM - 12:30PM CONTACT FIDLEMA 087-1800210

THE PROJECTS OFFER THERAPEUTIC AND REHABILITATIVE BENEFITS THROUGH OUTDOOR ACTIVITIES, SPECIFICALLY GARDENING AND GARDEN UPKEEP.







#### NEWSLETTER JANUARY - APRIL 2024

