



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.



EMPOWERMENT

INCLUSION

SUSTAINABILITY

Cork North Community Work Department

COMMUNITY HEALTH WORKERS IN YOUR AREA

THE GLEN

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 0-3 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 0-1 year.

Run throughout the year.

Bright Sparks

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

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.



Jacinta McCormack
HSE Community Health Worker
Fermoy Community Health Project
jacinta.mccormack@hse.ie
085 8742320

 Follow us on Facebook
Fermoy Community Health Project

 Follow us on Instagram
@fermoychp



**ACTIVATOR POLES
WALKING PROGRAMME**

Gurrabraher/Churchfield

CHAIR YOGA



5 Week Course of Chair Yoga

DATES: 24 SEPT & 5,12,19,26 OCTOBER

TIME: TUESDAYS 3.00 - 3.50PM

LOCATION: THE HUT GURRANABRAHER

CONTACT: AILISH MC DONALD, COMMUNITY HEALTH WORKER ON 087 097 9707 TO BOOK A PLACE



Walking Group



When: Monday's at 2pm

Where: Meet outside the Hut in Gurrabraher

All levels Welcome

Contact: Community Health Worker Ailish Mc Donald 087 097 9707



GROWING PLACES FOR WELLBEING



Come join us gardening in St. Mary's Health Campus

Wednesday Afternoons
2.00 - 4.00 pm

Contact Community Health Worker Ailish Mc Donald 087 0979707



WELLNESS MORNING WITH BERNOLAN



JOIN US FOR A MORNING FOCUSED ON WELL-BEING, FEATURING GENTLE MINDFULNESS & MOVEMENT EXERCISES, FINGER & HEAD HOLD TECHNIQUES, & NOURISHING SNACKS AND DRINKS.

Wednesday 18th of September
10.00 - 12.30pm

The Hut Gurrabraher

To book your place contact Ailish Community Health Worker on 087 097 9707



Weekly Activities

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

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, Gurrabraher - 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

NEWSLETTER AUGUST - OCTOBER 2024

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



EMPOWERMENT INCLUSION SUSTAINABILITY

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



Questions? Contact
Community Health Worker
Liz Madden 087-6977942

HEALTHY FOOD MADE EASY

Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget

The course is usually run over 6 sessions (2 and a half hours). The emphasis throughout the course is on group learning and talking rather than formal teaching.

- Prepare, cook and taste healthy recipes
- Learn about healthy eating
- Get tips on food shopping
- Plan meals on a budget
- Relaxed and fun approach
- For all ages and abilities

Further details
Blackpool Community Centre September 2024
Tuesdays 10am - 12pm
To book your place call/text Liz Madden 087-6977942



MAKE YOUR OWN ESSENTIAL OILS

TUESDAY 30TH JULY
10AM - 1PM
BLACKPOOL LIBRARY

€5 AND YOU CAN TAKE HOME YOUR OILS

Booking essential
Book with Liz Madden Community Health Worker 087-6977942

Minding your Wellbeing Programme 2024

Minding your wellbeing aims to help you develop a positive outlook by looking after your mental health and wellbeing.

The programme provides an opportunity for you to learn more about:

- mindfulness
- gratitude
- self-care
- resilience

Blackpool Community Centre , October, 5 weeks
Book your place : Liz Madden Community Health Worker
087-6977942 No Charge

Contact Liz Madden 087-6977942 for Blackpool & Shandon Area

EMPOWERMENT INCLUSION SUSTAINABILITY

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 activities see below



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

THE GLEN ACTIVITIES

Weekly Schedule

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
ST BRENDANS WALKING GROUP AT ST BRENDANS 10:45 GLEN GARDEN DROP IN 10:30-12:30 BINGO AT ST BRENDANS 2:30PM	CUDDLES AND CHATS PARENT AND TODDLER GROUP AT THE GLEN RESOURCE CENTRE 10:45-12:15 GLEN GARDEN DROP IN 10:30-12:30 CHAIR YOGA AT ST BRENDANS 10:30	LINE DANCING AT ST BRENDANS 10:30 GARDENING GROUP THE GLEN COMMUNITY GARDEN 11:00PM-12:30PM SINGING FOR WELLNESS AT ST BRENDANS 2:00PM-3:30PM GLEN VIEW BOWLS AT THE GRC 7:30PM-9:00PM
THURSDAY	FRIDAY	
GARDENING GROUP THE GLEN COMMUNITY GARDEN 11:00PM-12:30PM	GARDEN DROP IN THE GLEN COMMUNITY GARDEN 10:30-12:30 FEEL GOOD FRIDAY WELLNESS YOGA AT THE GLEN RESOURCE 10AM-11AM	

CONTACT BARRY HICKEY, COMMUNITY HEALTH WORKER
 PHONE : 087 1659084
 EMAIL: BARRY.HICKEY@HSE.IE

HEALTHY FOOD MADE EASY

Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget

The course is usually run over 6 sessions (2 and a half hours). The emphasis throughout the course is on group learning and taking what you have learned home.

- Prepare, cook and serve healthy meals
- Learn food shopping skills
- Get tips on food storage
- Plan meals on a budget
- Prevent and fix common kitchen problems
- For all ages and abilities

When: Thurs 1st of August 10:00am-12:30
 Where: The Glen Resource Centre
 Who: open to all (limited to 12spaces)
 Contact : Barry Hickey Community Health Worker

FEEL GOOD FRIDAY WELLNESS PROGRAMME

YOGA

JOIN US THIS FRIDAY 26TH OF JULY 10:00AM

WHEN: STARTS FRIDAY 26TH OF JULY 10AM
 WHERE: THE GLEN RESOURCE CENTRE, THE GLEN
 CONTACT: BARRY HICKEY COMMUNITY HEALTH WORKER 0871659084

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

For Further Information

Contact Fidelma O'Connell: 087-1800210

Health Action Zone
Working together for Community Wellbeing



Mayfield Health Action Zone WEEKLY ACTIVITIES

Monday	<ul style="list-style-type: none"> • Mayfield Movers Fun Walking group 10am to 12pm meeting at Lower Level Roseville House. • Acupuncture 12 to 1pm Location Lower Level Roseville House (run in Blocks) • Fun Bingo 2pm to 4pm Location St. Joseph's Community Centre
Tuesday	<ul style="list-style-type: none"> • Flower Arranging 11am to 12.45pm Location Lower Level Roseville House
Wednesday	<ul style="list-style-type: none"> • Community Garden 10am to 12pm Location Mayfield CDP (joint venture with CDP) • Singing for the Brain 2.30 to 4.30pm Location Lower Level Roseville House (run in Blocks)
Thursday	<ul style="list-style-type: none"> • Fun Dancing 10 am to 12 pm Location St Joseph's Community Centre • Knitting Group 10.30 to 1pm Location Lower Level Roseville House • Martin's Music Mayfield HAZ Band 1.30pm Location Kerrigan Tyrell Hall
Friday	<ul style="list-style-type: none"> • Chair Yoga 10.30am to 11.30am Location Kerrigan Tyrell Hall (run in Blocks)

For more information
Contact Fidelma O'Connell
Community Health Worker on 087 1800210
We also run short courses, blocks of activities
and once off events.



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

Mayfield Health Action Zone

Chair YOGA

6 week programme
Cost €5 per week two payments of €15
Booking essential

Stretch breathe

yoga

Time 10.30 to 11.30am
Location Kerrigan Tyrell Hall Tinkers Cross Mayfield

For further information contact Fidelma O'Connell
Community Health Worker 087 1800210

Mayfield Health Action Zone

BOOK SWAP

SECOND THURSDAY OF THE
MONTH 10 AM TO 11AM

BRING A BOOK SWAP A BOOK
OR JUST JOIN US FOR A
CUPPA AND A CHAT

LOWER LEVEL ROSEVILLE
HOUSE, MAYFIELD
CONTACT FIDELMA O'CONNELL
HEALTH ACTION WORKER
ON 087-1800210

Do you enjoy singing?

Do you like meeting other people?

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

When? Wednesday afternoon

Where? Lower Level Roseville House Mayfield

What time? 2.30pm to 4.30pm

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

Everyone is welcome, no singing experience necessary! Refreshments provided

Booking required please call
Fidelma O'Connell, Mayfield Community Health Worker on 087 1800210 or
Carmel Kennedy on 021 4503066
to book your place

EMPOWERMENT

INCLUSION

SUSTAINABILITY



Songs, Stories & Smiles


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

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



**Everyone is welcome.
No singing experience necessary!**

**For more information contact:
Telephone: 087 4622616
Email: singing4thebrain@gmail.com**

 **Singing for the Brain Ireland**

 **CÚRAM SLÁINTE POBAIL
CORCAIGH CIARRAÍ
CORK KERRY
COMMUNITY HEALTHCARE**



Songs, Stories & Smiles

Singing for the Brain Groups in Cork



"Listening to wonderful singers, the mix of old and new songs, meeting friends old and new."

"I love meeting everyone and come home feeling relaxed and happy."

We run an Online Zoom Singing for the Brain group on Tuesday afternoon

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



Follow us on Facebook
Singing for the Brain Ireland



Follow us on Instagram
[@singingforthebrainireland](https://www.instagram.com/singingforthebrainireland)



Songs, Stories & Smiles

ONLINE ZOOM GROUP TUESDAY AFTERNOON'S

2.30pm – 3.30pm

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



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

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



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.**



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

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

Rural Community Health Workers Contact Information:

Avondhu Blackwater Partnership CLG

Lorna Hurley

Tel: 086-4404050

Email: lorna@avondhublackwater.com

www.avondhublackwater.com

Ballyhoura Development CLG

Jacki Hehir

Tel: 087-1840938

Email: jhehir@ballyhoura.org

www.ballyhouradevelopment.com

IRD Duhallow CLG

Elmarie Young

Tel: 029-60633

Email: elmarie.young@irdduhallow.com

www.irdduhallow.com

