



Welcome to 'What's on around me?' This is a guide to what activities are going on in your area and how you can get involved. If you want to join in with an activity, you can call the organiser. If you have any questions, you can call Rola, Community Health Worker, who can explain a bit more about the activities and talk to the organiser for you.

سلامات للجميع ونشرة "شو في حوالينا؟". الهدف من هذه النشرة الفصلية هو تعريفكم واعلامكم عن فعاليات مختلفة تلائم جميع الأعمار تقام في منطقة سكنكم, مع تفاصيل حول كيفية المشاركة بهم. اذا كنت ترغب بالانضمام لأي فعالية, الرجاء التواصل مباشرة مع المسؤول عن الفعالية. إذا كان لديكم اسئلة اضافية, يمكنكم الاتصال مع رلى, أخصائية الصحة المجتمعية, لمزيد من التفاصيل أو للتواصل مع المنظمين نيابة عنك.

Areas covered: هذه النشرة تشمل المناطق أدناه

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There will be a new edition with new activities every 3 months.

سوف يتم اصدار هذه النشرة مرة كل ثلاثة أشهر.

Rola : 087-4474831

# Carrigaline

Type of Activity	Name of activity	Start date	Day	Time	Course length	Cost	Who is it for	Details	Address	Contact
Social	Carrigaline Men's Shed	Ongoing	Mon – Sat	10am – 4.30pm	ongoing		Men	Social groups for men to do activities together like gardening and DIY	Church Road, Carrigaline,	Roger 087 2203 547
Social	Meet & Chat	Current	Mon	2 – 4 pm	ongoing	Free	Over 60's	Social, easy going meetings. Chat and light refreshments.	Carrigaline Family Support Centre	021 491 9299
Therapeutic Kids	Seasons for Growth	Sep 6 <sup>th</sup>	Tues	18:00 – 18:50 pm	9 weeks	50 euro deposit, fully refundable after completion of course	Children ages 9-10 years old	The programme focus of self-esteem, managing feeling, effective communication, and support networks. Themed around Loss and Grief	Carrigaline Family Support Centre	021 491 9299
Social Play	Passage West - Parent & Child Group	Sep 6, 2022	Tue	10am – 11:30am	ongoing	€2.00 Voluntary Contribution Per Family	All Parents and their Children	A social space for Parents to bring their kids to play and allow them to have a coffee and chat	Passage West P.A.C.E Centre	Rachel 089 483 2406 or Suz 086 128 7366
Therapeutic Kids	Seasons for Growth	Sep 7 <sup>th</sup>	Wed	18:00 – 18:50 pm	9 weeks	50 euro deposit, fully refundable after completion the course	Children ages 11-12 years old	The programme focus of self-esteem, managing feeling, effective communication, and support networks. Themed around Loss and Grief	Carrigaline Family Support Centre	021 491 9299
Social	Knitting / Crafts	Current	Wednesday	2pm - 4pm	ongoing	Free	Over 60's	This is a social get together. Tea, Coffee and a chat. Knitting and crafts are encouraged but not essential.	Carrigaline Family Support Centre	021 491 9299
Wellbeing	Yoga	Sept 2022	Tuesday	1.30 – 3.30 pm	ongoing	Free	Over 50's	Chair based, gentle yoga. Booking is essential as places are limited (2 groups)	Carrigaline Family Support Centre	021 491 9299
Play Social Support	Cuidiu	Current	1 <sup>st</sup> and 3 <sup>rd</sup> Fri	9:30 – 11.30 am	ongoing	Free	Parent and child	Breast feeding support group for parents. Meet and chat with parents. Play for babies and toddlers.	Carrigaline Family Support Centre	Cuidiu. Louise 0857171783
Education	Evening Courses	Sept.	Mon-Fri	Evening	8 – 12 weeks		Adults	Various courses which caters for the diverse needs of the	Carrigaline Community	021 4373767

								community. Some courses has QQI, such Childcare and Health Care Skills. Other courses provide up-skilling and opportunities for further career development.	School Adult Education	
Environment	Carrigaline Tidy Towns				ongoing	Free	Adults	Voluntary contribution that focus to encourage communities to improve their local environment and make their area a better place to live, work and visit.	Carrigaliett@gmail.com	0877817857
Art	Culture Night Art project	Sept	To Be Confirmed	TBC	Limited	Free	Over 18s	An Art group specifically for the new communities calling Carrigaline home, the art produced will be displayed as part of Culture Night 2022	Carrigaline Family Support Centre	021-4919299
Music	Umoja Drumming Carrigaline	Current	Tues	10.30am	Ongoing	Free to listen (fee to partake)	All ages	An African Drumming group meets every Tuesday and plays music, you can listen for free or join in by speaking with John	Carrigaline Community Park	087-9735322
Art	Owenabue Artists Collective	Current	Closed Tue and Sun	10-6pm	Ongoing	Free Entrance	All ages	An Art Gallery, open 5 days a week, usually holding exhibitions and musical events	Main Street Carrigaline	086 322 0336
Sport	Football Academy	Ongoing	Sat	9am		Membership fee	Boys	<b>Contact the age coach for availability</b> Ballea Park, Ballea Rd, Carrigaline West, Carrigaline, Co. Cork <b>Phone: (021) 437 6991</b>	Carrigaline United Soccer Club Bottom Pitch	Check Facebook page
Sport	Football Academy	Ongoing	Sat	12:45 pm		Membership	Girls	<b>Contact the age coach for availability</b>	Carrigaline United Soccer Club Bottom Pitch	Check Facebook page
Sport	Football	Ongoing				Membership	All Ages	<b>Contact the age coach for availability</b>	Carrigaline United Soccer Club Bottom Pitch	Check Facebook page

# Macroom

Type of Activity	Name of activity	Start date	day	time	Course length	cost	Who is it for	Details	address	contact
Social	Macroom Men's Shed		Tues, Wed, Fri	2 – 4 pm	ongoing		Men	Social groups for men to do activities together like gardening and DIY	Masseytown, Macroom	Sean 087 7703899 Paddy 0872638822
Social Food Multicultural	Macroom Food Festival	25 <sup>th</sup> September	Sun	2 – 4 pm	1 day		All ages	One day outdoor market, live music, and street theatre. It will include multicultural food taste as well, where various communities will present taste of their own traditional food.	Main Square, Macroom	021 491 9299
Environment	Macroom Tidy Towns		Sat	9 – 11 am	ongoing	Free	Adults	Voluntary contribution that focus to encourage communities to improve their local environment and make their area a better place to live, work and visit.		086 8175859
Wellbeing	Affordable Counselling							A full range of Counselling Supports: Marriage Counselling, Personal & Family Support Counselling; Rainbows Bereavement Supports ( <i>for Children who have experienced loss through death, marriage break-up, relationship strains, etc.</i> )	Macroom Family Resource Centre	026-20744 Email: <a href="mailto:info@macroomfrc.com">info@macroomfrc.com</a>
Sport	Football Academy					Membership	Boys ages of 7-11  Girls under 11	Fees for 2022 /2023 are €75 for the first player and €50 for 2nd and 3rd players up to a capped total of €175 per family. <b>Contact the age coach for availability</b>	Macroom Football Club (Macroom FC) P12 VX29	089 956 4899  <a href="mailto:info@macroomfc.ie">info@macroomfc.ie</a>
Sport	Football					Membership	Girls	<b>Contact the age coach for availability and information</b>		Roy Desmond (Girls) 087 797 8636
Sport	Football					Membership	Boys	<b>Contact the age coach for availability and information</b>		Rhys Hopkins (Schoolboys) 085 713 4303

# Mallow

Type of Activity	Name of activity	Start date	day	time	Course length	cost	Who is it for	Details	address	contact
Social	Mallow Men's Shed	Sept	Tues, Wed, Thurs	7 – 9 pm	Ongoing	1 euro per week	Men	Social groups for men to do activities together like gardening and DIY	Community Garden, Fair st. Mallow	Mike 087 2486 143
Environment	Mallow Tidy Towns	Sept	Sat	8 am	Ongoing	Free	Adults	Voluntary contribution that focus to encourage communities to improve their local environment and make their area a better place to live, work and visit.	8am: Hibernian Way  10.30am: Various locations - check Facebook page for updates	Text 087 635 9944
Social	Cool Walkers	Sept	Tues	11 am	Ongoing	Free	Adults	Fast brisk walk, good chat and great opportunity to meet new people. Walk is usually for an hour long, and is usually followed by a tea/coffee and chat.	Mallow Castle Grounds, Doneraile Park or Nano Nagle Centre.	Pauline 087-4335047
Social	Strollers Walking Group		Thurs	11 am	Ongoing	Free	Women	Slow strolling walk, meet at different venues from time to time. Walk usually takes one hour, and is always followed by a tea/coffee and further chat.	Mallow Castle Grounds, Doneraile Park or Nano Nagle Centre.	Pauline 087-4335047
Social	Groovy Movers	Sept	Mon	11 am – 12pm	6 weeks	20 euro for 6 sessions	Adults			
Social	Women's Group	Sept	Wed	11am – 1 pm	Ongoing	Free	Women	Weekly sessions on various topics that related to women. This include women from different communities in Mallow and surrounding area.	Le Chéile	Pauline 087-4335047

Social	Line Dancing	7 <sup>th</sup> Sept	Wed	11am – 12 pm	6 weeks course	20 euro for 6 sessions	Women				Pauline 087-4335047
Social	Chair Yoga	6 <sup>th</sup> Sept	Tues	2-3 pm	6 weeks course	20 euro for 6 sessions	Women				Pauline 087-4335047
Health	Talk about Breast Cancer	Oct 19 <sup>th</sup>					Women	Quest speaker from the Marie Keating foundation	Le Chéile		Pauline 087-4335047
Health	Health Month						All	Various activities and talks will be hold in October. Contact Pauline for more details	Le Chéile		Pauline 087-4335047
Social	Culture Night	23 <sup>rd</sup> Sept	Fri	7pm		Free	All	Traditional Dancing	Mercy Centre		Pauline 087-4335047
Health, Wellbeing	Yoga	Sept 10th	Wed	10 – 11 am					Mercy Centre		Le Cheile Family Resource Centre 02242439
Social	Laugh & Craft		Tues	7.30 – 9 pm	Ongoing		Women		Hall, Mercy Centre, Mallow		Le Cheile Family Resource Centre 02242439
Social	Women's Shed		Thurs	10am – 12pm	Ongoing		Women		Mercy Centre - Back Room		Le Cheile Family Resource Centre 02242439
Sport	Football Academy	Sept				Membership	Boys and Girls	<b>Contact the age coach for availability</b> Check Facebook page for updates	Mallow United AFC		085-1819135 Email: info@mallowunited.com
Sport	Football	Sept				Membership	All ages, Children, Men, and Women	<b>Contact the age coach for availability</b> Check Facebook page for updates	Mallow United AFC		085-1819135 Email: info@mallowunited.com

# Midleton

Type of Activity	Name of activity	Start date	day	time	Course length	cost	Who is it for	Details	address	contact
Social	Midleton Men's Shed	Sept	Tues & Fri	11 am - 5 pm	Ongoing		Men	Social groups for men to do activities together like gardening and DIY	Midleton Community Centre, Bailick Road,	Tim 086 8545 341/ Sean 086 8525 803
Environment	Midleton Tidy Towns		Sat	8 am	Ongoing	Free	Adults	Voluntary contribution that focus to encourage communities to improve their local environment and make their area a better place to live, work and visit.	Check facebook page	
Social Food Multiculturalism	Feast Food Festival	4 <sup>th</sup> Sept	Sun	2 – 4 pm	1 day		All ages	One day outdoor market, live music, and street theatre. It will include multicultural food taste as well, where various communities will present taste of their own traditional food.	Main street. MyPlace foe Multiculturalism through Food	Check social media, and SECAD for more details
Dance	Happy Quavers		Fri	9.30- 11.30	Ongoing		6 months – 4 years	Parent, toddler, and infant activities	MyPlace	Marguerite 086-1626754
	Baby sensory class		Tues	10.20 – 11.40	Ongoing			Parent, toddler, and infant activities	MyPlace	Kate 087-3981388
	Buzzi Bouncebox		Mon	10am – 11.45	Sept on going			Parent, toddler, and infant activities	MyPlace	Catherine 086-0654199



	Toddler Sensory		Thurs	10 – 11 am	Ongoing			Parent, toddler, and infant activities	MyPlace	Siobhan 083-4027649
Dance	Studio Dance Classes		Mon, Tues, Wed					Kids and teen activities	MyPlace	Diane 083-8203859
Art	Afterschool Art Classes		Tues	3-4.30			Senior infants – 2 <sup>nd</sup> class	Kids and teen activities	MyPlace	Maeve 087-6684021
			Tues	4.45 – 5.45 pm			3 <sup>rd</sup> – 6 <sup>th</sup> class	Teen activities	MyPlace	Maeve 087-6684021
Wellbeing	Dandelion Yoga		Wed	2 – 3 pm				Kids and teen activities. Yoga for teens	MyPlace	Grainne 086-8605571
Drama	Drama – Shevaun Hogan School		Thurs	2 – 4.30 pm			2 <sup>nd</sup> – 6 <sup>th</sup> class	Kids and teen activities. Drama Classes for all ages.	MyPlace	Shevaun 086-8536293
			Thurs	4.30 – 6 pm			Secondary school / college	Kids and teen activities. Drama Classes for all ages.	MyPlace	Shevaun 086-8536293
Wellbeing	Zumba		Tues	8 – 9 pm	Ongoing	Pay as you go		Adults activities	MyPlace	086-393848
Wellbeing	Pilates		Wed	7.30 pm				Adults activities	MyPlace	085-2038206
Social	Line dancing		Mon	7.05pm	Absolute Beginners	Pay as you go		Adults activities	MyPlace	086-393848
		8.05pm		Beginners						
		9.05pm		Intermediate						
Sport	Football		Monday	5:30-6.30pm		Membership – check the website	Under 14 Boys	Membership fees cover your personnel insurance, weekly on-going items such as referee costs, bus hire, pitch hire, laundry, training equipment and upkeep and maintenance of our paying pitches and facilities at Knockgriffin park.	Midleton Football Club (Midleton FC)	Shane 087 2955943 Email: <a href="mailto:smackessy7@complianceandrisks.com">smackessy7@complianceandrisks.com</a>

								<b>Contact the age coach for availability</b>		
Sport	Football		Monday	6.30-7.30pm		Membership	Under 14 Boys	<b>Contact the age coach for availability</b>		Fergus 086 8184750 groarkefergus@yahoo.com  David 087 9057238 davidsmithjan3@gmail.com
Sport	Football		Monday	6.30-7.30pm		Membership	Under 13 Boys	<b>Contact the age coach for availability</b>		Fergus 086 8184750 Email groarkefergus@yahoo.com
Sport	Football		Monday	7.30-9.00pm		Membership	Men	<b>Contact the age coach for availability</b>		Kevin 086 3721012 Email murraykev4@gmail.com
Sport	Football		Tuesday	5-6pm		Membership	Under 17 Boys	<b>Contact the age coach for availability</b>		Billy 086 6025509 Email billywoods11@hotmail.com
Sport	Football		Tuesday	6-7pm		Membership	Under 15 Boys	<b>Contact the age coach for availability</b>		Colm 087 1331547 Email colm.fitzgerald@gilead.com
Sport	Football		Tuesday	7-8pm		Membership	Under 16 Boys	<b>Contact the age coach for availability</b>		Mark 087 7878880 Email Mark-jeffers@yahoo.com
Sport	Football		Tuesday	8-9pm		Membership	Under 18 Boys	<b>Contact the age coach for availability</b>		Barry 087 6449842 Email barrymlambe@gmail.com
Sport	Football		Wednesday	4-5pm		Membership	Under 14 Boys	<b>Contact the age coach for availability</b>		Shane 087 2955943 Email: <a href="mailto:smackessy7@complianceandrisks.com">smackessy7@complianceandrisks.com</a>
Sport	Football		Wednesday	5-6pm		Membership	Under 13 Boys	<b>Contact the age coach for availability</b>		Paul 087 7555470 paul.kent@pepsico.com  Adrian 086 1646026 adrianbaker1978@hotmail.com  Craig 083 3641406 Craigmurphy3910@gmail.com
Sport	Football		Wednesday	6-7.30pm		Membership	Under 11 Girls	<b>Contact the age coach for availability</b>		Roisin roisinlobrien@gmail.com
Sport	Football		Wednesday	6-7.30pm		Membership	Under 12 Girls	<b>Contact the age coach for availability</b>		Steve 087 6966110 stevehrice@yahoo.co.uk
Sport	Football		Wednesday	6-7.30pm		Membership	Under 14 Girls	<b>Contact the age coach for availability</b>		David 089 2483843 Email davidpidoyma2018@gmail.com

Sport	Football		Wed	7.30-8.45pm		Membership	Men	Contact the age coach for availability		Kevin 086 3721012 Email murraykev4@gmail.com
Sport	Football		Thurs	5:30-6.30pm		Membership	Under 12 Boys	Contact the age coach for availability	Midleton Football Club (Midleton FC)	Derek 086 8849535 derekdeehan@yahoo.com  Alan 086 8513205 Harr77@yahoo.ie
Sport	Football		Thurs	6:30-7.30pm		Membership	Under 15 Boys	Contact the age coach for availability	Midleton Football Club (Midleton FC)	Stevie 087 7647324 stephen@insteco.com  Wayne 087 4143369 Email waynekirby1@hotmail.com
Sport	Football		Thurs	7:30-8.30pm		Membership	Under 16 Boys	Contact the age coach for availability	Midleton Football Club (Midleton FC)	Cieran 086 8162854 ciars69@live.ie  Shane 087 6298598 shanequill2000@hotmail.com
Sport	Football		Fri	5-6pm		Membership	Under 17 Boys	Contact the age coach for availability		Billy 086 6025509 Email billywoods11@hotmail.com
Sport	Football		Fri	7-8pm		Membership	Under 18 Boys	Contact the age coach for availability		Barry 087 6449842 Email barrymlambe@gmail.com
Sport	Football		Fri	8-9pm		Membership	Under 16 Boys	Contact the age coach for availability		Mark 087 7878880 Email Mark-jeffers@yahoo.com
Sport	Football		Sat	9-10am		Membership	Girls Under 6 – Under 8	Contact the age coach for availability		Richie 086 8692527 Email richiebutler29@hotmail.com
Sport	Football		Sat	10-11am		Membership	Girls Under 9 – Under 10	Contact the age coach for availability		Richie 086 8692527 richiebutler29@hotmail.com  Caroline 087 7611317 midletonfcar@gmail.com
Sport	Football		Sat	11-12am		Membership	Girls Under 11 – Under 12	Contact the age coach for availability		Steve 087 6966110 stevehrice@yahoo.co.uk  Cormac 087 355 4311 cormacdevery19@outlook.com

# Cobh

Type of Activity	Name of activity	Start date	day	time	Course length	cost	Who is it for	Details	address	contact
Social	Cobh Men's Shed		Tues & Thurs	1.30 am - 1 pm	Ongoing		Men	Social groups for men to do activities together like gardening and DIY	Mount Crozier Tennis Courts, Bishop Street, Cobh,	Darren 089 216 5178
Environment	Cobh Tidy Towns				Ongoing	Free	Adults	Voluntary contribution that focus to encourage communities to improve their local environment and make their area a better place to live, work and visit.	Check Facebook page	<a href="mailto:cobhtidytowns@gmail.com">cobhtidytowns@gmail.com</a>
Health	Cobh Breast Feeding Support Group		Wed	11 am	Ongoing	Free	Mothers and babies	Sessions facilitated by public health nurse	Cobh Family Resource Centre	
Social	Walk and Talk	Sept	Wed	2.30 pm	Ongoing	Free	Adults of all ages	Practice your English, and meet people This group usually meets downtown or in various parts of Cobh so anyone looking to sign up would need to call Sinead beforehand to know the location.	Cobh Community Centre	Sinead 086-0415168 Mon-Fri 9AM-5PM
	Walk and Talk	End of Sept	Tues	TBC	Ongoing	Free	Adults of all ages	Practice your English, and meet people This group usually meets downtown or in various parts of Cobh so anyone looking to sign up would need to call Sinead beforehand to know the location.	Cobh Community Centre	Sinead 086-0415168 Mon-Fri 9AM-5PM
Arts	Painting / Mixed Media with qualified art tutor	5th Sept 2023	Mon	11.30AM - 1.30PM	6 weeks	€15 total for the 6 weeks.		Participants will need to bring their own paints. This can be any kind of paints they have at home (watercolour / oil / acrylic) and a brush. Paper and canvas will be supplied free of charge. This class has a maximum number of 8 people due to space in the available room. <b>Registration is first come</b>	Cobh Family Resource Centre	Sinead 086-0415168

Health	Tai Chi and Pain Management	28th Sept 2022	Wed	10:30AM - 12:30PM	6 weeks but no class	€15 total for the 6 weeks.	Adults	This is a gentle movement class. Participants need to wear comfortable clothes. The first hour is movement followed by a break and content learning about pain management. Everyday practical tips on reducing pain and increasing movement. <b>Limited spaces as this requires physical space in the room.</b>	Cobh Community Centre - St. Colmans Wing 2 room.	Sinead 086-0415168
Wellbeing	Women's Health & Wellbeing	30th Sept. 2022	Fri	10:30am - 12:30PM	6 weeks	€15 total for the 6 weeks.	women at all stages in life	Very inclusive with a focus on learning about stress, hormones, remedies, wellbeing and nutrition. <b>Limited spaces.</b>	Cobh Family Resource Centre	Sinead 086-0415168
Craft Group Social	Craft and Chat		Thursdays	10am	Ongoing	Free	Adults of all ages	Bring your own craft material and have a chat with fellow crafters. Practice your English, and meet people Inclusion and integration through craft. Meet other women, learn new skills.	Cobh Library	021-481 1130
Story Time	Storytime at the Library		Fridays	3.30pm	Ongoing	Free	Children	Listen to a story read aloud, followed with some colouring activities.	Cobh Library	021-481 1130
Reading	Borrow Books		Tuesday – Saturday	9.30am-5.30pm	Ongoing	Free	Adults and Children	Library membership is free. To join you need to show your photo I.D. and proof of address. You can then use your library card in any public library in Ireland to borrow 12 items for 3 weeks.	Cobh Library	021-481 1130
Online Resources	Online resources/apps		Tuesday – Saturday	9.30am-5.30pm	Ongoing	Free	Adults and Children	Join the library to avail of free online resources/apps, such as BorrowBox for ebooks and eAudiobooks, PressReader for national and international magazines, Libby for even more magazines, Transparent Language to help learn a new language, Universal Class for online courses and so much more.	Cobh Library	021-481 1130
Musical Instruments	Play a Musical Instruments		Tuesday – Saturday	9.30am-5.30pm	Ongoing	Free	Adults and Children	With a library membership you can borrow a musical instrument.	Cobh Library	021-481 1130
PC Use, Wi-Fi, Printing and	PC Use, Wi-Fi, Printing and		Tuesday – Saturday	9.30am-5.30pm	Ongoing	Free	Adults and Children	A public PC is available to use for free for 50 mins a day with your free library membership. Wi-Fi is also available free.	Cobh Library	021-481 1130

Photocopying	Photocopying							Printing and photocopying services are available at 15cent per A4 page black and white or 60 cent for colour.		
Study Space	Place to sit and relax		Tues -Sat	9.30am-5.30pm	Ongoing	Free	Adults and Children	Table and chairs available to sit and relax at. Children must be supervised by an adult	Cobh Library	021-481 1130
Events and Workshops	Ongoing events and workshops.		Tues – Sat	9.30am-5.30pm	Ongoing	Free	Adults and Children	The library is continuously running free events and workshops for both adults and children throughout the year. Keep an eye on the noticeboard in the library or follow Cork County Library social media pages to learn more.	Cobh Library	021-481 1130
Kids / Family	Family time at the library - Board Games and Lego		TBA	TBA	TBA	Free	Adults and Children	With retro board games and Lego available the library will soon be establishing a family time at the library to get away from digital devices and play together.	Cobh Library	021-481 1130

# Fermoy

Type of Activity	Name of activity	Start date	day	time	Course length	cost	Who is it for	Details	address	contact
Social	Walk & Talk		Monday	11 am	Ongoing	Free	Adults	Walking group for people who enjoy walking with others at a steady, but brisk pace. To join the group, please register in advance	Fermoy Community Health Project	Jacinta 085-8742320
Social	Walk & Talk		Tuesday	2.30 pm	Ongoing	Free	Adults	Walking group for people who enjoy walking with others at a steady, but brisk pace. To join the group, please register in advance	Fermoy Community Health Project	Jacinta 085-8742320
Events and Workshops	Road Safety Awareness Community Workshop	11 <sup>th</sup> Oct. 22	Tuesday	10.30 am – 12.30 pm	One	Free	Adults	This workshop will cover areas such as Pedestrian safety, driving and medicines, roundabouts and motorway driving, cycle safety.	Adair Hall, Fermoy, P61 DD73	Jacinta 085-8742320
Social	Singing for the Brain		Monday	2.30 – 4 pm	Ongoing	Free	Adults	Friendly and supportive social music group that brings people together through songs, stories and smiles. No singing experience necessary. Refreshments provided.	Adair Hall, Fermoy, P61 DD73	Jacinta 085-8742320
Wellbeing	Activator Pole	13 <sup>th</sup> Oct. 22	Thursday	11.30 am – 12.30pm	6 weeks	30 euro per course	Adults	This is designed walking poles that are used to promote all the components of functional mobility and fitness. This fitness required to ensure that you are able to easily manage the everyday challenges that life throws at you. This is suitable for all walking abilities and is particularly beneficial for older people with balance or mobility difficult. Activator poles are provided.	Adair Hall, Fermoy, P61 DD73	Jacinta 085-8742320