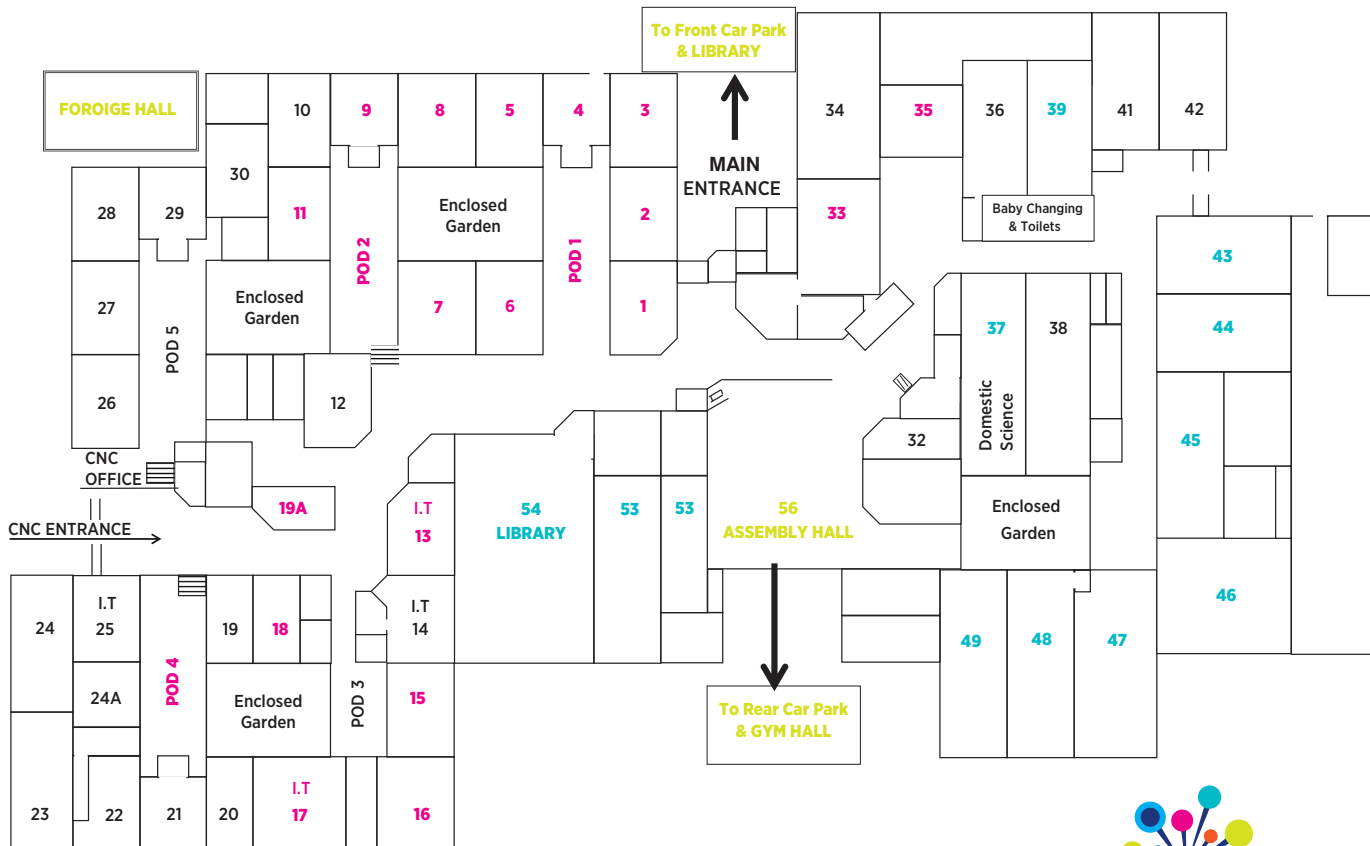


EVENT PROGRAMME

Terence MacSwiney Community College FLOOR PLAN



WellComm

WELL COMMUNITIES CONNECT

EVENT PROGRAMME

11am -3pm, 12th January 2019

Terence MacSwiney Community College
Knocknaheeny, Cork



For more details check out
thewellbeingnetwork.ie/wellcomm



WellComm
WELL COMMUNITIES CONNECT

**START THE YEAR ON THE
RIGHT FOOT** *Little changes can make
a big difference to you and your family*

Room 1: Buggy Store Room

Room 2: Physiotherapy

Room 3: Physiotherapy

Room 4: Smoking Cessation

Room 5: Occupational Therapy

Room 6-7: Diabetes Screening & Blood Pressure Clinic

POD 1: Community Nutrition and Dietetic Service

Room 8 & POD 2: 12.00 & 2.00pm -

FitFamily Mallow Community Health Project

Room 11: Large-scale Mindfulness Mandala, Foroige

Room 13: 11.00 - 11:30am - City North Campus

Information Update

11.30am - 12.15pm - Cork City Profile Workshop

(Healthy Cities)

12.15 - 1.30pm-Local Legend Interview with John O'Flynn,

Katy McCarthy, Stephen Sherlock & Alastair Harte

1.30-3.00pm-Physical Literacy (Cork Sports Partnership)

Room 15: 11.00am, 12.00, 1.00pm & 2.00pm - Yoga

Room 16: 11.30am, 12.30pm & 1.30pm -

A Taster of Mindfulness

Room 17: Internet Safety for Parents (TrendMicro)

Room 18: Just For Dads (Springboard)

Room 19a: TechSpace Programming Foroige

POD 4: Pop Up Café Knocknaheeny Youth Cafe

Room 33: Zone Out Room for families who need a
quiet space for children

Room 35 & CORRIDOR: Health Promoting Schools
Information & Youth Health Service

**OPERATION TRANSFORMATION
5k WALK - Starts at 10am sharp
come 15 mins early for the warm up in the
front car park of Terence MacSwiney
Community College**

Room 37: Cookery Demonstration - Little Things
Boost Your Mood with Healthy Food

Room 39: Sexual Health Centre Drop In

Room 43: Baby massage demo, Young Knocknaheeny

Lets Talk With Your Baby demo, Young Knocknaheeny

PEEP with your toddler demo, Young Knocknaheeny

Room 44: Time For Me, Niche

Baby Massage, Niche

Room 45: Men's Shed, Niche

Room 46: Community Garden, Niche

Room 47: Community Arts, Niche

Room 48: 11.00am, 11.45am & 12.30pm -

A Parents Guide to Happy Kids (Barnardos/CYPSC)

1.30pm - Get into Walking Workshop

(Cork Sports Partnership)

Room 49: Music Creation, Foroige

CORRIDOR: Facepainting

Room 53: HQ/Volunteer Room

Room 54: LIBRARY: 11.15 - 11.45am -

Social Determinants of Traveller Womens Health

12.00 - 12.30pm - Sit Fit- Go For Life workshop

12.30 - 1.00pm - Young Knocknaheeny overview,
Infancy and early childhood development overview
and Antenatal information

1.00 - 3.00pm - Happy Talk

**WellComm /
Well Communities Connect
is an initiative of
Health & Wellbeing
Cork Kerry Community Healthcare**

Room 56: ASSEMBLY HALL:

- START Activation Campaign
- Primary Care Dental Services
- Energy Hub
- Foroige / Youth Work and Mental Health
- Cork Sports Partnership / Leisure World
- Terence MacSwiney Community College
- Cork County Council Physical Activity & Wellbeing
- LINC
- The Wellbeing Network
- Cork City FC

GYM HALL: (Cork Sports Partnership)

11.00 - 11.30am - Little Athletics

12.00 - 1.00pm - Activator poles Workshop

12.00 - 1.00pm - Staying Fit for the Future

CORK CITY LIBRARY: 11.30am & 1.00pm-

- Gamelan Orchestra (Music Generation)
- Recovery Stories Project

FOROIGE HALL: 2.00 - 2:45pm

- TOTAL BODY TONE (Cork County Council)

**FEEL.
GOOD.
TOGETHER.**