EVENT PROGRAMME

Terence MacSwiney Community College
FLOOR PLAN

For more details check out thewellbeingnetwork.ie/wellcomm

WellComm
WELL COMMUNITIES CONNECT

EVENT PROGRAMME
11am - 3pm, 12th January 2019
Terence MacSwiney Community College
Knocknaheeny, Cork

Event Programme
Terence MacSwiney Community College
Floor Plan
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
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
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

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

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

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FEEL. GOOD. TOGETHER.