

## WEDNESDAY 8TH

### Presentation by Liam Dooney of Youth Health Service

Presentation on the services provided by the Youth Health Service

- 6pm
- Ballincollig Family Resource Centre, Village Shopping Centre
- Older Teens & Adults
- Clare McCarthy 087-2844426

## MONDAY 13TH

### Info pod - see panel

### Graduation Ceremony for the Substance Use Issues in Youth & Community Course 2013/14

Graduation Ceremony to celebrate the achievement of those who have successfully completed the above course & their family members

- 6.30pm
- Cork City Partnership Offices, Heron House Blackpool, Cork
- Substance Use Issues in Youth & Community Course 2013/14 Graduates and their family members
- Jacqueline Daly, Community Outreach Drug Awareness Project, 021-4302310 or 087-1962030 or email: jdaly@partnershipcork.ie

### Monday Night Live ('Live mic')

Venue for young people to perform and to socialise

- 6.30-9.30pm
- YMCA, 11-12 Marlboro Street
- 17-22 year olds (open to all)
- John Russell 085-1306207

### Information Evening

Promoting services and raising awareness of drug & alcohol issues and supports available in the Local Drug & Alcohol Projects (Gurranabraher & Knocknaheeny) at the Youth Café evening

- 7-9pm
- Knocknaheeny Youth Centre
- Secondary School Pupils
- Celine Hurley 087-1224794

## TUESDAY 14TH

### Info pod - see panel

### Research Presentation Cork Simon

Presentation of findings from a current Dual Diagnosis study and an internal study on Alcohol, Homelessness and Health

- 2-4pm
- Cork Simon Community Day Centre Anderson's Quay
- Cork Simon / CLDATF Project Workers & Service Users
- Brian Quinn or Frank Horgan 021-4278728 or outreach@corksmon.ie

## WEDNESDAY 15TH

### Info pod - see panel

### 'Creating a Mindful Community in Mayfield'

Information on the current Mindful Parenting Programme being run in Mayfield and taster sessions including Mindful Yoga, Juicing, Shared Mindfulness Meditation practices, acudetox and more!

- 4.30-6pm
- The Kerrigan-Tyrell Youth Centre, Tinker's Cross, Mayfield (opposite Mayfield shopping centre)
- Parents and young people from the locality
- Deirdre 086-8523077

### Learning to Live with Anxiety by Dr. Fergus Heffernan

The presentation will discuss how anxiety is presenting today and how people can learn to manage anxiety.

- 7pm
- The Glen Family Resource Centre
- Open to all age groups
- Lisa Sheehan 087-7625985 or lisaksheehan@gmail.com

### Surviving Teens

Drug and Alcohol Awareness Session

- 7-9pm
- HSE building, Woodview, Kilmoney Rd., Carrigaline
- Parents / Concerned Persons
- Deirdre Nagle 086-3837390 deirdre.nagle@foroige.ie

### Information Event for volunteers working with young people in the Cork City area

An information evening for volunteers covering topics and local trends on alcohol, weed, benzo's, heroin

- Greenmount Community Drugs Initiative, 12 Mary Street, Cork City.
- Volunteers involved in youth groups/youth cafe's etc.
- Sinead McGrath 086-8364366

### Information Evening

Promoting services and raising awareness of drug & alcohol issues and supports available in the Local Drug & Alcohol Projects (Gurranabraher & Knocknaheeny)

- 7-9pm
- Gurranabraher Youth Development Centre ("The Hut")
- Young People in the community
- Thereasa Spillane 087-0568255

### Cork Family Support Network Awareness Event

Open meeting, chat, tea and coffee to launch updated poster and wallet cards, promoting family support in Cork

- 7-8pm
- TBC
- Concerned persons, those working with families
- No booking, all welcome. Jacqueline Daly or Mella Magee, Community Outreach Drug Awareness Project, 021-4302310 / 087-1962030 / 087-1962022 or jdaly@partnershipcork.ie / mmagee@partnershipcork.ie

## THURSDAY 16TH

### Info pod - see panel

### "Bouncing Back in Tough Times"

A session for teenagers aimed at creating resilience in tough times

- 2pm
- Blackpool Community Centre
- 15 to 21 year olds
- Booking required please contact: Patricia Barrett 087-7966020 trish.hillgrove@gmail.com Ailish McDonald 087-2131786 ailish.hillgrove@gmail.com

### "Manage Your Life by Managing Your Mind"

An opportunity to focus and learn, in a very practical and fun filled way how to have more contentment in life

- 7pm
- Blackpool Community Centre
- Open to people of all ages
- Booking required please contact: Patricia Barrett 087-7966020 trish.hillgrove@gmail.com Ailish McDonald 087-2131786 ailish.hillgrove@gmail.com

## SATURDAY 18TH

### National Family Support Network Annual Work Conference, Supporting families affected by substance misuse

Delegation from Cork Family Support Network to represent Cork families at National Family Support Network Annual Work Conference, Dublin

- All day event
- Citywest Hotel, Citywest, Saggart, Dublin
- Members of Cork Family Support Network.
- Booking required, please contact: Jacqueline Daly / Mella Magee Community Outreach Drug Awareness Project. 021-4302310 or 087-1962030 or 087 196 2022 or email: jdaly@partnershipcork.ie mmagee@partnershipcork.ie
- Varied cost, for details contact CODAP above

## SUNDAY 26TH

### Hello Sunday Morning 4 Mile Road Race

Lee Fields 4 Mile Road Race starting at the Kingsley Hotel, Carrigrohane Rd, Cork

- 9.30am registration
- Kingsley Hotel, Carrigrohane Rd, Cork
- Route: Lee Fields-Inchigaggin- Model Farm Road
- Over 18s only
- Online Registration: www.precisiontiming.ie or late registration on the day
- Cost: €10 This is a not for profit event, registration fee towards the cost of event

Cash Prizes for 1st, 2nd & 3rd Male & Female. Free Technical T-Shirt for first 200 entrants. Post Race Tea, Coffee, Sandwiches & Wraps provided at the Kingsley Hotel

## INFO POD

A short intervention looking at how alcohol affects your life, work, relationships and health.

- Several dates & times throughout Drug & Alcohol Awareness Month
- Various locations including, Ballincollig, Blackpool and Merchants Quay Shopping Centres along with Ballincollig Family Resource Centre and various other locations on the northside of the city.
- Older Teens & Adults in the General & Traveller Population
- Mella Magee or Jacqueline Daly Community Outreach Drug Awareness Project, Cork City Partnership 087 1962022 / 087 1962030, Ann Jordan, TVG Drug and Alcohol Support Project, Traveller Visibility Group, mobile 086 608 4659
- Clare Mc Carthy, Ballincollig Community Drug & Alcohol Project, 087 2844426
- Patricia Barrett, Hillgrove Outreach Project, Blackpool, 087 7966020
- Ailish McDonald, Hillgrove Outreach Project, Farranree, 087 2131786
- Celine Hurley, Knocknaheeny Drugs Project, 087 1224794