SHOP & UUU

Frank O'Connor Library, Mayfield

EARNING

11.30am

Workshop: Learn how to access your library account online. Book your place.



T 492 4935

Tory Top Road

11am - 12.30pm

Relax and enjoy a morning of poetry, stories, music and movement with Annette Donoghue. All welcome. T 492 4934

Douglas Library Douglas Village Shopping Centre

All day

Social Sketchers exhibition for details see Tuesday.

10am - noon



Learn to Tweet - a hands on approach with Damien Mulley of Mulley Communications. Places strictly limited, book by calling 492 4932. See separate entry.

11am - noon

As Gaeilge: Caint Ceol agus Craic le gach daoine ... a chance to practice your cupla focail. Tea/coffee available - come & enjoy. T 492 4932

Central Library, Grand Parade

2pm - 3pm & 3.30pm - 4.30pm

Watch short films on the theme: working together to make Cork inclusive See separate entry.

www.corkcitylibraries.ie

Blackpool Shopping Centre

Noon - 4pm

The display explores & celebrates the creativity of local people, and invites others to get involved. It's a joint exhibition of photography, arts and crafts, paintings, crochet & knitting from a number of community groups & classes based in the Glen. Information available on the different groups and classes and how people can join up. Groups exhibiting include: the Glen Men's Art Group, the Glen Women's Art Group, the Glen Crochet, Knitting and Cross Stitch Group, the Glen Camera Club and Digital Photography Classes, St. Brendan's Day Centre. Organised by Glen LCDP and St Brendan's Day Centre, members of the Glen Community Education Network; with thanks to Blackpool Shopping Centre and Blackpool Library. Info 455 0519 email: glencdpcork@eircom.net



Cork College of Commerce

Stand with information on the wide range of courses at the college, daytime & evening, with staff available to answer your questions. T 422 2100 email: queries@ccoc.ie www.corkcollegeofcommerce.ie

Information on courses & training available locally. Info: FÁS Cornmarket Street Centre 494 8900 www.fas.ie Info re stand Brendan Murphy 485 6224

Wilton Shopping Centre

10am - 4pm

Read Write Now & Skills for Work

Find out about the City of Cork VEC Literacy & Basic Education Services available in the community & the workplace for adults who need assistance. Organised by the Ballyphehane/ Togher & Bishoptown/Glasheen Community Education Networks. Info: Cathy Kelly (Read Write Now) 087 684 9150 Lillian Buckley (Skills for Work) 086 048 7406

9am - 5pm

Main Foyer Coláiste Stiofáin Naofa Tramore Rd



INSIDE OUT: A GROUP EXHIBITION BY STUDENTS, DEPICTING THE LIGHT SIDE OF LIFE

For details see Monday. Ends today.

9am - 5pm

CIT Crawford Collegeof Art & Design Sullivan's Quay Campus

EXHIBITION OF WORK BY EVENING STUDENTS

Details see Tuesday 6.30pm. Continues Mon – Friday next, until April13.

9am - all day

James Barry Exhibition Centre CIT Bishopstown

LOCATIONS CONTAINED -EXHIBITION BY LANA SHUKS

Details see Monday.



St Michael's Credit Union Skehard Rd, Blackrock



MAHON INTERGENERATIONAL DIGITAL PHOTOGRAPHY GROUP EXHIBITION

See Monday for details. Ends today.

9.40am - 11am

JCSP Library, Terence MacSwiney Community College, Knocknaheeny

LEARN ABOUT THE TITANIC

Michael Moylan brings the tragedy of the Titanic to life with this interactive talk. A model of the ship will be on display with other equipment that would have been used at the time. Organised to mark the 100th anniversary of the sinking of the Titanic. Repeated twice today. Phone to confirm times: Anne Masterson, JSCP Librarian 439 7740 A Knocknaheeny/Hollyhill Community Education Network event.

10am - 5pm

Christian Brothers Secondary School Sydney Hill, Off Wellington Rd

MY WORLD, MY VISION – EXHIBITION OF PHOTOGRAPHS & PAINTINGS

Details see Tuesday. Ends today.

10am - 1pm

The Lodge, Bessborough Off Skehard Rd, Blackrock





HOW TO DEAL WITH STRESS

One of SHEP's Community tutors leads this interactive workshop. Stress, a leading cause of ill-health, has increased in these times of recession. Participants will learn how to minimise its effects on their lives. Booking essential as places limited. SHEP – the Social & Health Education Project - is a unique, not-forprofit, community-based training & development organisation. Call Geraldine Flanagan 466 6180 email: socialandhealth@eircom.net

10am – noon

Douglas Library Douglas Village Shopping Centre



LEARN TO USE TWITTER



Join a workshop & discover the popular instant messaging system. It's led by Damien Mulley, who owns Mulley Communications & teaches organisations how to communicate

amongst themselves and with the world. He also organises the Irish Blog Awards & Irish Web Awards. Event sponsored by Blacknight, an Irish ICANN accredited domain registrar and hosting company & recipients of several awards for their revolutionary use of social media. Places limited, book by calling 492 4932

10am - 1pm

Millennium Hall City Hall

MAKE A BOOK CORK

Details see Wednesday



10am - 4pm

Coláiste Stiofáin Naofa Tramore Rd



REILIG - EXHIBITION & AUDIO-VISUAL DISPLAY

Details see Monday, ends today.

10.30am

Curraheen Family Centre Meeting Room, Church of the Real Presence Curraheen Rd

LEARN ABOUT SILK PAINTING

Ever wondered how to make a silk scarf. picture or screen? Renowned artist & dress designer Ann Kearns & her inventive students demonstrate the art of painting on silk. Light refreshments served. All welcome. Curraheen Family Centre is a member of the Bishopstown Community Education Network. Info Irene Higgins 454 1583.

11am

Lifetime Lab @ Old Cork Waterworks Lee Rd

WORKSHOP: LEARN COMPOSTING

Twice daily until Saturday - full details under 11am Monday.

11am - 12.30pm

Alexander Technique Studio 18 Landscape Park Pouladuff Road

LEARN THE SECRET OF GOOD POSTURE



An introduction to the Alexander Technique see 7pm Monday for details & how to book.

11am - noon

Crawford Art Gallery Emmet Place



TAKE A GUIDED TOUR

See Thurs 4.30pm



11am - 1pm



RECIPES FROM THE PAST -1937 REVISITED



This intergenerational event celebrates the Schools' Folklore Scheme of 1937 when pupils all over Ireland collected material about local customs. Today primary school children from Knocknaheeny follow in the footsteps of their ancestors in collecting recipes. Children, their parents/guardians and grandparents are invited into CIT to cook and taste food from the past. Booking essential, Call Christine 433 5138

11am - 2.30pm

Kerrigan Tyrrell Youth Centre Tinker's Cross, Mayfield

COMMUNITY MARKET & VILLAGE FAIR



The market highlights local skills & crafts & offers people a chance to buy cakes, plants, jams, crafts, photographs, woodwork, art etc. It's also a social event with tea, coffee, cakes available at a nominal charge. The first such event was held last October & was very popular. Presented by Mayfield LCDP in partnership with Newbury Arts Centre, Mayfield Youth Training Centre and RAPID. Info 450 8562 email: mayfieldcdp1@eircom.net

11am – noon



The Clarion Hotel Lapps Quay

SUPPORTED LEARNING IN THE WORKPLACE - A PRESENTATION

The National Learning Network (NLN) gives a presentation on supported learning in the workplace and how employers can, and do. play a important role in providing training and learning opportunities for people at a disadvantage in the labour market through illness, injury or disability. NLN is Ireland's largest non-government training organisation. This morning speakers include representatives from the Network, people who have benefited from supported work learning, and employers in Cork. Hear about this unique experience for yourself. Parking on-site; refreshments provided. Booking essential – call Alice or Maria 434 1028 Info Eoin Kelly 434 1028 email eoin.kelly@nln.ie

11.50pm - 1pm

JCSP Library Terence MacSwiney Community College Knocknaheeny

LEARN ABOUT THE TITANIC

See 9.40am.

1pm - 1.45pm

Alliance Française de Cork 36 Mary Street



LUNCHTIME TRAD SESSION

Hear Christelle Moisan and Sam Walters play a lively session of trad tunes on flute and fiddle. Info: Niamh Sweeney 431 0677 email: info@alliancefrancaisecork.com

1pm - 2pm

LeisureWorld, Rossa Ave, Bishopstown & LeisureWorld, Knockfree Ave, Churchfield

FREE SWIM, SAUNA & STEAM ROOM

Have a relaxing swim, and soothe your aching muscles in the comfort of the sauna & steam room – no need to book. A great way of relieving tension & stress. Staff will answer your queries about regular sessions & classes available. For contact details see Monday.

1pm

University College Cork Western Gateway Building, Western Road

CENTRE FOR ADULT CONTINUING EDUCATION CELEBRATES 65 YEARS

The Centre for Adult Continuing Education (CACE), University College Cork, celebrates 65 years of educational services to the community, with an exhibition & Powerpoint presentation. UCC was the first university in the Republic to offer Adult Education awards. The first Diploma in Social and Economic Science was formally opened at a public meeting in UCC on 14th November 1946 by Dr Alfred O'Rahilly, and 24 students were awarded the Diploma in June 1948. Light refreshments. No need to book, all welcome. The Western Gateway Building is on the site of the Old Greyhound Track. Parking available – €2 on exit. Info: Ms Rose-Mary Walsh, Centre Manger, CAEC 490 2301 email: ace@ucc.ie

1.10pm - 2pm

Foyer, CIT Cork School of Music

INTO SOUND & IMAGE

School of Music SOUNDBEAM: TRANSLATING MOVEMENT

Soundbeam is an award-winning device, using sensor technology to translate body movement into digitally generated sound and image. The renowned Soundbeam Music Project (UK), in association with SoundOUT and CIT Cork School of Music, presents this informal session. Come along to play music with it and have fun! More information at: www.soundbeam.co.uk Wheelchair accessible; on-street parking; bistro on-site. Info: Edel Sullivan 087 234 4669

1.30pm - 4.30pm

Lecture Space CIT Crawford College of Art & Design 1st Floor, Sullivan's Quay Campus



VISIT THE DEPARTMENTS OF ART THERAPY & CONTINUING VISUAL EDUCATION

Presentations on the courses run in the department that involve using the arts in social & health contexts. They include the MA in Art Therapy/ Principles of Art Therapy/ Arts in Group Facilitation & Arts Participation & Development. T 433 5246 Check out www.cit.ie for Crawford 100 events this week & all year.

2pm

Hollyhill/Knocknaheeny Library

FAMILY LEARNING AND STORY SACKS



Come along and learn how this project supports parents through focussing on different elements of parent/child interaction including: Language Development through the use of songs, stories. rhymes & poems; Story-telling & Reading; Environmental Print as a source of learning: Everyday Maths in the home; Writing and Play. Free refreshments. Info: Margo Kelleher 430 7969 writetogether@eircom.net Presented by the Cork Anti-Poverty Resource Network Ltd. Groups affiliated to the Network: Write Together Adult Literacy Scheme, Cork Women's Action Group, Mná Feasa - Women's Domestic Violence Project, Women Supporting Women - Mentoring Programme & Cork North Mature Women's Action Group.



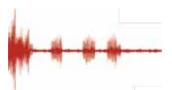
WORKING TOGETHER TO MAKE CORK INCLUSIVE

Watch a series of short films & you'll learn about equality and social

inclusion. People often think of 'equality' and 'inclusion' as relevant only to specific groups – 'people with labels' - but a more equal society benefits everyone. Working to make Cork an inclusive city improves life for us all, from our happiness to our health.

These short films explore the lives of people with disabilities, unemployed people, gay, lesbian and transgender people (LGBT), Travellers, immigrants and asylum seekers, older people, and others. They give a good perspective on how we can build a more inclusive society. All welcome. Organised by the Social Inclusion Unit, Cork City Council. Info: Maria Minguella 492 4061 email: maria_minguella@corkcity.ie or Tony Power 492 4060 email: tony_power@corkcity.ie Repeated 3.30pm – 4.30pm.

2pm – 3pm Carrig Sound C3 Units A&B Donnybrook Commercial Centre Douglas



LEARN ABOUT SOUND RECORDING & MUSIC TECHNOLOGY

Visit a commercial recording studio, and find out about courses offered here. Full details Monday 2pm

2pm - 7pm

University College Cork Western Gateway Building Western Road



AN OPEN BOOK - INTERACTIVE SESSION

Meet the authors of recent popular publications, at an event organised by the Centre for Adult Continuing Education at UCC, celebrating 65 years since it opened. The authors talk about their books, read extracts and sign

copies. Participants have the opportunity to engage with the authors in a relaxed and interactive atmosphere – it's sure to be lively & entertaining. Everyone welcome. Confirmed authors include: Dr Joan McCarthy, editor of End-of-life Care: Ethics and Law; Dr Eibhear Walshe, author of Oscar's Shadow: Wilde, Homosexuality and Modern Ireland; Professor John A Murphy, author of Where Finbarr Played – A Concise Illustrated History of Sport in UCC, 1911-2011. Individual sessions commence on the hour. Booking essential, to ensure you meet your preferred author. Info/to book: 490 2301 or 490 4739 email: I.meldon@ucc.ie or s.lennon@ucc.ie http://www.ucc.ie/en/ace/

2.30pm - 4.30pm

CIT Blackrock CastleObservatory Castle Road, Blackrock



march 30

DISPLAY OF NASA'S VIEWSPACE

NASA's ViewSpace is a constantly updated exhibit that shows the beauty and power of the universe while guiding the viewer to a deeper understanding of astronomy. No need to book, just come along. Car parks nearby – where you can see the mural created during the last festival. Info: Ria O'Sullivan or Dee Geaney 435 7917 email: info@bco.ie www.bco.ie

2.30pm

Lifetime Lab @ Old Cork Waterworks. Lee Rd

WORKSHOP: LEARN COMPOSTING

Twice daily until Saturday - full details Monday 11am.



2.40pm - 3.40pm

JCSP Library Terence MacSwiney Community College Knocknaheeny

LEARN ABOUT THE TITANIC

See 9.40am.

3pm

University College, Cork Visitors' Centre, North Wing, Main Quad

GUIDED HISTORICAL TOUR OF UCC

See Monday for details.

3pm - 4pm Cork Public Museum Fitzgerald's Park



DISCOVER TRAVELLER CRAFT & CULTURE

Details see Wednesday.

3.30pm – 4.30pm Thomas Davis Room Central Library, Grand Parade

WORKING TOGETHER TO MAKE CORK INCLUSIVE

See 2pm for details.



5pm - 6.30pm

The Teaching Rooms, 6 Sydney Place, Wellington Road

DISCOVER THE WONDERS OF THE CRYSTAL WORLD



Learn how these gifts from the Earth work, with this talk on crystal therapy. Find out how crystals can be used as a support system for your greater physical /mental/ emotional health.

All welcome. Refreshments provided. Info Sinéad De hÓra 086 308 0913: email

sineaddehora@yahoo.ie www.crystallinetimes.com

5pm - 7pm Lewis Glucksman Gallery, UCC

GAME ON: FILM & VIDEO



Watch this programme of artists' film and video works using the imagery and aesthetics of video games, internet sites and computer interfaces. Game On explores how contemporary artists have engaged with online materials and widely-available software. Curated and introduced by Chris Clarke. All welcome. Info 490 1844 email: info@glucksman.org www.glucksman.org

6pm - 7.30pm

Room 412 CIT Cork School of Music

MAKING MUSIC ACCESSIBLE TO ALL



Soundbeam 5, the latest development from the award winning Soundbeam Project, uses sensor technology to translate body movement into digitally generated sound and image. With even the tiniest movement you can play melodies on it, trigger backing tracks, sample your

own sounds and record your performance. Join this participatory, fun-filled and informative workshop that highlights the exciting ways music can be made accessible to all. More information at: www.soundbeam.co.uk Venue wheelchair accessible. All welcome. Info: Edel Sullivan 087 234 4669

6pm – 7pm

Room 1.01 O'Rahilly Building UCC



ILLUSTRATED TALK: THE CASTRATO VOICE ON THE LONDON STAGE: 1705-1740



You don't have to be an expert to enjoy this lecture by Donald O'Driscoll of the Department of Italian. It's illustrated with music and film clips

& there's a prepared handout for you to take away. All welcome. Info: Aisling O'Leary, Dept of Italian 490 2335 or email: a.oleary@ucc.ie

6pm - 8pm

St Finbarr's GAA Club Neenan Park Togher

LEARN ABOUT HANDBALL

Great for fitness. All ages welcome. Details - see Tuesday 12 – 3pm.

7pm - 8pm

Cork Institute of French 18 St Patricks Place Wellinaton Rd



FREE INTRODUCTORY **FRENCH LESSON**

Learn what a beginner's French course here is like. This is a great opportunity to get a taste of learning French and meet the experienced teachers at the Institute. Booking essential as places restricted. Call Nadia or Gillian 455 2746 email info@instituteoffrench.ie www.instituteoffrench.ie



7pm - 8pm

Teaching Rooms 6 Sydney Place Wellington Rd



INTRODUCTORY TALK ON THE MAHAYANA **METHOD**

Details see Thursday.



8pm - 10pm

Curtis Auditorium CIT Cork School of Music



FESTIVAL GALA CONCERT FEATURING DREAMS



Presented by Enable Ireland and SoundOUT in association with CIT Cork School of Music

Enjoy musical and dramatic performances from local community groups including

the Butter Exchange Brass Band, the World as One Multicultural Choir, Togher Music Project, Cork Music Works and students at CIT Cork School of Music and UCC.

The centre-piece of the evening is Dreams a multimedia performance piece, which has evolved from an inclusive arts project directed by Gráinne McHale (SoundOUT).

Dreams features exciting developments in assistive music technology. It's the result of the collaborative work of young adults from Enable Ireland, Knocknaheeney Youth Music Initiative, Music Students from CIT Cork School of Music. FUAIM: Music and Community Students from UCC with local artists.

GMC (Garry McCarthy), Carolyn Goodwin, Rachel Healy, Edel Sullivan and Amv Prendergast.

Special Guest -

Rapper and music producer GMC

Display of artwork by adults from Enable Ireland, Info: Edel Sullivan 087 234 4669 Free but ticketed. Tickets available from Reception. City Hall or by emailing: learningfestival@corkcity.ie





