

## ONE BOOK ONE COMMUNITY

One Book, One Community is a Family Reading Project which encourages reading in DEIS schools in Cork. Now in its fifth year, it involves over 1,500 families, with parents reading the chosen book along with their children.

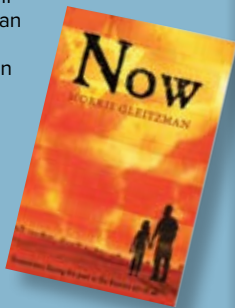


Copies of the book are bought by the Home/School/Community Liaison Co-ordinators and distributed free to the children to take home to read with their families. Activities associated with the book are organised by the HSCL & teachers in the schools, and parents and others in the local community are encouraged to participate in them.

### THIS YEAR'S BOOKS ARE:

in Knocknaheeny/Hollyhill/Churchfield/Sunday's Well – **Now** by Morris Gleitzman and **The Snail and the Whale** by Julia Donaldson & Axel Scheffler for pre-schoolers;

in Farranree - **The Ghost of Grania O'Malley** by Michael Morpurgo.



See activities in this programme or contact:

#### Ann Neff

Knocknaheeny/Hollyhill 086 357 7121

#### Rachel Browne

Farranree 421 0677

#### Avril Donoghue

Farranree - 421 0677

LEABHARLANNA  
DON PHOGLAIM

LIBRARIES  
FOR  
LEARNING

### Central Library, Grand Parade

All day

### Clean Coasts Exhibition of Photographs

From the crashing waves of the Atlantic Ocean to the calmer waters of the Irish Sea, the 2013 competition entries capture the unique beauty and diversity of Ireland's rich coastal landscape, heritage and wildlife. Meet award-winning photographer Conal Thomson here on Wednesday at 1pm. Exhibition continues until Friday.

All day

### Creating Shapes Exhibition

Work by Cork Education & Training Board's Community Arts Groups is on display here. Exhibition includes textiles from Innishmore & Carrigtwohill community groups & a selection of ceramics from Blarney Men's Shed, Kinsale Creating Links Project & Midleton Irish Wheelchair Association. Info: Mary Conroy 086 603 2252

Exhibition continues until Saturday.

2pm – 2.30pm

### Artists talk about their work

Members of Cork ETB Community Arts Groups in County Cork whose work is on display in the Creating Shapes Exhibition discuss their work & their involvement in Community Education. All welcome.

3.15pm

### Tracing your family

A member of Cork Genealogical Society gives some tips on how to start researching your family tree. All welcome. Event repeated in other library branches on Tuesday & Thursday. Cork Genealogical Society was founded in 1994, and meets once a month from September to May. Email: [Corkgensoc@gmail.com](mailto:Corkgensoc@gmail.com) [www.corkgenealogicalsociety.com](http://www.corkgenealogicalsociety.com)

T 492 4900

monday  
april 7

CORK LIFE LONG LEARNING FESTIVAL

**Bishopstown Library**

Wilton Shopping Centre

All day

Exhibition of Abstract Art by David Murphy in the Gallery, continues until end of April.

T 492 4950

Mahon CDP, Avenue de Rennes

**MAHON'S COMMUNITY MINIBUS VISITS FESTIVAL EVENTS**

This year the minibus visits the following:

**HOW TO PUT ON A MUSICAL** – Cork Opera House. Monday 7th – 11.30am – 12.30pm  
Bus leaves Mahon CDP at 10:45 am

**TRACING YOUR FAMILY HISTORY** – Douglas Library. Tuesday 8<sup>th</sup> – 11am  
Bus leaves Mahon CDP at 10:30am

Read this programme for more details. You must book as only 15 places in minibus.  
Call Mahon CDP 435 9070

**8am – 9pm**

Quay Co-op Restaurant, Sullivan's Quay

**EXHIBITION OF STUDENT WORK**

ImaginEight showcases work by Level 6 Painting and Sculpture students at

St John's Central College. Continues until Friday.

**8pm – 10pm**

Gym, Douglas Community School

**TUITION IN SHORT MAT BOWLS**

Douglas Community School Indoor Bowls Club invites you to learn a new sport, played in teams of up to four. People of all ages enjoy playing – give it a go! The Club meets here on Mondays & Thursdays. No need to book, call for info: Breeda Dunlea 496 2571

Repeated Thursday.



**9.30am - 2.30pm**

Repeated every 30 minutes

St. John's Central College, Sawmill St

**LEARN ABOUT GAME DESIGN**

Listen to a short talk about the game design course at the college. Repeated every 30 minutes. Follow signs to classroom. Info: 425 5500 or email: pobrien@stjohnscollege.ie  
www.stjohnscollege.ie

**SHOP & LEARN**



**Mahon Point Shopping Centre**

10am – noon

**ALCOHOL INFO-POD**

Come up to the stand, take part in a quiz & learn the facts about alcohol. Details of services & supports available. Stand organised by Cork City Partnership Community Outreach Drug Awareness Project & the TVG Drug and Alcohol Support Project. To book an Alcohol Information Stand for your organisation call Mella Magee 087 196 2022 or email: mmagee@partnershipcork.ie  
www.corkcitypartnership.ie



**9am – 5pm**

Coláiste Stiofáin Naofa College of Further Education, Tramore Rd

**HIDDEN IN PLAIN SIGHT**

CSN's newly established Teaching Gallery showcases work by college artists in the exhibition Hidden in Plain Sight.

The Art Department at CSN offers a wide range of FETAC Level 5 and 6 courses in Art & Design for the school leaver & adult learner, to facilitate portfolio preparation or develop new skills for employment. Many students progress to Third Level.

To celebrate Art & Design in Further Education during festival week the college's studios are open daily until Friday, with classes & workshops offered to the public, organised by Arts Business Management.

See other entries in this programme.



**9am - 11am**

**OPEN WORKSHOP IN FURNITURE DESIGN**

The Furniture Design & Making Workshop area, rooms 118-119, is open to all. Get a close look at hand-crafted furniture making in progress & get a little hands-on experience. Facilitated by Ray Dennehy. No need to book.

**9am - noon**

**INTRO TO DIGITAL PHOTOGRAPHY**



Join a FETAC Level 5 Digital Photography class in Room 304 & develop an understanding of Photoshop manipulation tools. Facilitated by Jim Cummins. Places limited, book yours.

**12pm – 1.30pm**

**COLOUR COLLAGE**



Join a Level 5 Art, Craft & Design class in Room 107 & explore colour through collage. Facilitated by Jenny Monks. Places limited, book yours.

**1pm - 2pm**

**OFFICIAL OPENING OF EXHIBITION**

All welcome to the opening of Hidden in Plain Sight. Come & meet the artists, enquire about courses available at the college.

**2pm - 5pm**

**UPCYCLING WORKSHOP**



Arts Business Management presents an upcycling workshop aimed at refocusing attention on everyday objects that often go unnoticed. Participants have the opportunity to give unloved items a second life. Materials provided. In Room 108. Places limited, so book yours.

Where booking necessary, call Lara Norris – Arts Business Management 496 1020 or email: csntartsevents@gmail.ie  
See www.csn.ie for all courses.

**9.30am – 5pm**

Knocknaheeny Community Centre, Foyle Avenue

**EXHIBITION OF ARTS, CRAFTS & PHOTOGRAPHS BY LOCALS**

Visit an exhibition of work by local artists, including photographs, knitting & crochet. Find out about the Photography Group, which meets here on Mondays from 10am, & the Community Craft Initiative, which meets here on Wednesdays at 7pm; art classes also held during the year. Info: Noreen O'Regan 087 196 2026 or Norma Kenny 439 9503.

Cork City Partnership Knocknaheeny Outreach (We The People).



**10am – 12noon**

Glen Community Pre-School, Glen Resource Centre, Glen Avenue

**LEARN ABOUT COMMUNITY PRE-SCHOOL**

This is an opportunity for a cup of tea & a chat with the staff of the Glen Pre-school. See its facilities indoors & out. No need to book. Pre-school places available for children from age 2.5 – 5 years once toilet trained. Fees €20 per week; find out about free places. Event organised by Glen Community Pre-School and the Glen Neighbourhood Youth Project. Info Deirdre Byrne (supervisor) 085 782 9737



**10am – 1pm**

Connaught Avenue, off Donovan's Road, next to UCC

**CYCLE SKILLS FOR ADULTS**

The first of three sessions during the festival, aimed at adults who can cycle but want to learn more about safety or to correct bad habits. This is a shortened version of a course that takes 6 hours. All weather event (unless there is extreme weather). Bring your own bike (in good working order), plus rain gear. Meet at the green area. Places very limited, book by calling Adam D'Arcy 086 123 4364 or email: corkcyclingcampaign@yahoo.ie

Presented by Cork City Council / Cork Cycling Campaign / Cork Community Bikes  
Repeated Thursday 1.30pm & Saturday 10am.  
MAX 8



**10am – 1pm**

The Granary, Bessboro, Blackrock



**ACTIVE CITIZENSHIP – GETTING INVOLVED**

For communities to flourish, the active involvement of local people is needed. Hear about the challenges & benefits of active citizenship in this interactive workshop, led by Jim Sheehan of SHEP. Booking essential as places limited. Ask for directions to The Granary. Call Geraldine Flanagan 466 6180 or email: socialandhealth@eircom.net www.socialandhealth.com

The Social & Health Education Project (SHEP) is an Irish, not-for-profit, community-based training & development organisation established 20 years ago.

**10am – 5pm**

Foyer, Lewis Glucksman Gallery University College Cork

**EXHIBITION OF COMMUNITY PHOTOGRAPHY**

Enjoy work by Community Digital Photography groups from the Glen, Knocknaheeny & Gurrabraher. This creative exhibition builds on local people's reflections, experiences & views of the City of Cork. Info: Margo Hayes 087 196 2023

A Cork City Partnership Outreach Project. Daily until Friday.

**10am – 5pm**

Crawford Art Gallery, Emmet Place

**ANIMATION SCREENING**

Crawford Art Gallery celebrates lifelong learning with a day-long screening of animations - created as part of a year-long intergenerational project. Participants: children from Togher Girls National School, adults from Ballyphehane/Togher Community Development Project, visual artist Julie Forrester & Crawford Art Gallery.

No need to book, all welcome.

Info: Emma 490 7862 or email: emmaklemencic@crawfordartgallery.ie

For all events see www.crawfordartgallery.ie

**11am – 12 noon**

St. Brendan's Girls' National School, The Glen

**LISTEN TO A SCHOOL BAND**

St. Brendan's School Band is made up all the students from third to sixth class. Once a week normal schoolwork is put aside for music lessons with a variety of tutors. The students learn recorder, flute, trumpet, guitar & percussion & regularly perform around the city. Once finished in Primary the students are each given a place in an after-school programme to continue with their music lessons, an option many of the students choose to continue through Secondary school & college. No need to book, just come along. Info: Caoimhe Conlon 086 320 9442 email: caoimhe.conlon@cit.ie

Presented by St. Brendan's GNS & CIT Cork School of Music.

**11.30am – 12.30pm**

Cork Opera House



**HOW TO PUT ON A MUSICAL**

Meet Maria Young, Line Producer for Grease, currently on at Cork Opera House.

Directed by Bryan Flynn, the production sold out when staged last summer. Maria will show you how a musical is put together, what's involved pre-production, how the set works, and lots more. No need to book, just meet Maria in the Foyer.

You can book seats for Grease online, in person or by phone 427 0022  
www.corkoperahouse.ie

**11.30am – 12.30pm**

St Luke's Nursing Home, Mahon

**EXHIBITION ABOUT WORLD WAR I**

Celebrate St Luke's Nursing Home's involvement & links to World War 1. Exhibition also traces the well-known names in Cork at that time & St Luke's place in history. Home easy to find, near Blackrock Castle. Tea, coffee & biscuits. Parking no problem. All welcome. Info: Ann Crowley 435 9444 or 086 300 3241



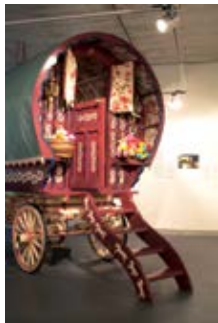
11.30am – 12.30pm

Traveller Culture Exhibit, Cork Public Museum, Fitzgerald's Park

**TOUR TRAVELLER EXHIBIT**

Enjoy a guided tour of the Traveller Culture Exhibit – which includes a full sized barrel top wagon, copper craft, quilts, heritage, contemporary photographs. Traveller women who curate the exhibit will be your guides. No need to book, just come along, all welcome. This exhibit is open year round during normal museum opening hours:

Info: corktravellerwomen@hotmail.com



Noon - 1pm

St John's Central College, Sawmill Street,



**ADVICE ON TRAVEL**

Tourism & e-Travel students at the college run a Help Desk to advise people about booking holidays. They will source information for you – just call in. Help Desk here again Tuesday.

**SUSTAINABLE TECHNOLOGY**

Find out about the Sustainable Technology Course at St John's – call to Room 412.

Sawmill Street is behind South Terrace. No

parking on college campus.

Info: 425 5500 Visit [www.stjohnscollege.ie](http://www.stjohnscollege.ie) to see a list of courses & apply online

Noon – 2pm

Mahon Family Resource Centre, Mahon Drive



**FELTING WORKSHOP**

Felting is an age-old craft. The technique is basic, requires very little experience or tools, and 'mistakes' may lead to interesting results. This is a regular Textiles class here on Mondays. Come along today & you can join class if interested. Very few places – book yours by calling Maeve or Elsa 435 8866 or e-mail: [info@frcentre.ie](mailto:info@frcentre.ie)

1pm – 2pm

Foyer, New Council Offices, City Hall

**LAUNCH OF ART BY YOUNG TRAVELLERS**

This Art Programme, organised by the Interagency Traveller Education Group, aims to raise the hopes & ambitions of young travellers. Leanne McDonagh delivered the programme in schools, encouraging pupils to create an artwork that demonstrates their individual hopes, dreams & aspirations for the future.

Organisations and schools involved: Cork City Partnership, Cork City Council, Cork ETB, TVG, CIT, UCC, North Presentation Secondary School, Terence McSwiney Community College, Ursulines Secondary School, St Aidan's Community College.

Exhibition continues all week. Info: 433 5140

2pm – 4.30pm

St John's Central College, Sawmill St



**DRAWING CLASS**

Art teacher Ray Lonergan gives a free 'crash course' in portrait drawing for anyone who would like to learn the basics. Little or no experience required. Materials provided. Places limited, book by calling Ray 425 5500 or email: [rlonergan@stjohnscollege.ie](mailto:rlonergan@stjohnscollege.ie)

2pm – 2.30pm

Central Library, Grand Parade

**ARTISTS TALK ABOUT CREATING SHAPES**

Artists whose work is on display in Creating Shapes here talk about their work & their involvement in Community Education. The exhibition includes textiles from Innishmore & Carrigtwohill Community Groups & ceramics from Blarney Men's Shed, Kinsale Creating Links Project & Midleton Irish Wheelchair Association.

Info: Mary Conroy 086 603 2252

2.30pm – 3.30pm

Council Chamber, City Hall



**CORK CITY PROFILE**

Come to a presentation of interest to anyone living or working in Cork. Under the Healthy Cities Initiative, the Cork City Profile Inter-agency Committee is steering the development of a profile of the city, an accessible document, based on the 2011 Census. In its preparation indicators are used to build a greater understanding than previously of the socio-economic & health fabric of the city which will help to shape the planning & implementation of new policies, programmes & activities in Cork. This presentation is an overview of the profile, with plenty of time for Q & A. The full document will be available in June. No need to book. All welcome.

Inter-Agency Cork City Profile Steering Committee includes: Cork City Council, the HSE, Cork City Partnership, the Gardai, Cork ETB, community representatives, UCC.

Info: Maria Minguella, Social Inclusion Policy Analyst, Cork City Council 492 4061

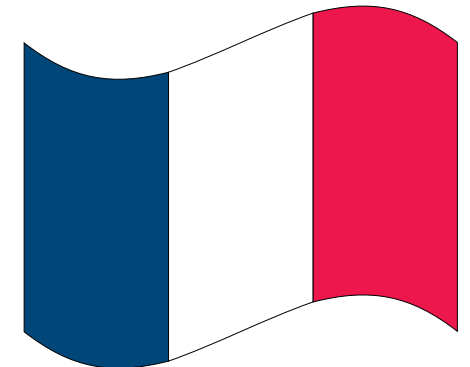
3pm – 3.45pm

Alliance Française de Cork, 36 Mary Street



**CUISINE FROM THE SOUTH OF FRANCE**

Armél Pineau gives a talk about the specialities of the cuisine of the south of France. This is the first in a series of events here during festival week. Info: 431 0677 email: [info@alliancefrancaisecork.com](mailto:info@alliancefrancaisecork.com)





Room 9, West Wing,  
Main Quadrangle, UCC

**THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME**

**2.30pm – 3.30pm  
HELPING CHILDREN MANAGE STRESS**

Nowadays there's more pressure than ever on young people to study effectively & do well in exams. Yet we worry about the effects of stress & anxiety on their mental health. This illustrated talk by Marie Delaney of ACE considers ways for parents & teachers to help young people to become resilient, confident learners who can manage the pressures of exams.

**4pm – 5pm  
DIGNITY AT WORK: BULLYING & HARASSMENT AWARENESS**

Angela Liddy of ACE gives a presentation aimed at enhancing awareness of bullying & harassment, and their effects at both individual & organisational levels. She explores how complaints should be dealt with; the importance of policies on bullying and harassment; how to reduce & resolve such issues in the workplace.

These are the first two talks in a new programme called The Free University: Adult Continuing Education at UCC Spring Lecture Programme. It offers 14 free lectures during festival week, which showcase Adult Continuing Education (ACE) at UCC with a sample of its Diploma, Certificate & Short Courses. All include a Q & A session. They take place in Room 9, West Wing, Main Quadrangle, UCC – on left when you face the clock tower. Unless bringing a group, no need to book.

Info: 490 4700 email ace@ucc.ie  
www.ucc.ie/en/study/ace

**3pm – 4pm**  
University College Cork, Visitors' Centre,  
North Wing, Main Quad

**GUIDED HISTORICAL TOUR OF UCC**



Enjoy a one hour guided walking tour of UCC, taking in its rich history & environment & its development from its foundation in 1845 to a 21st century world class institution. Audio tours available year round, this week's tours are specially organised for the festival. No need to book. Info: 490 1876 or email: visitorscentre@ucc.ie

Repeated daily until Friday.

**3pm – 5pm**  
Aula Maxima, North Wing,  
Main Quadrangle, UCC



**MATURE STUDENTS – A CELEBRATION**

Minister Kathleen Lynch launches a booklet: Celebrating Ten Years with the Mature Student Office. The publication gives an insight into the experiences of some of the students who lived the mature student life at UCC over the last decade & achieved their goals. Their accounts are honest & open & it's hoped that they will inspire other mature students to believe in their ability to achieve great things. Refreshments provided. Places limited. If you want to attend contact Leah Neville 490 1873 email: l.neville@ucc.ie by April 3.

**3pm – 5pm**  
CIT Blackrock Castle Observatory

**GUIDED OBSERVATION OF THE MOON**

Join CIT Blackrock Castle Observatory performance astronomer Frances McCarthy & members of the Cork Astronomy Club to spot shadows on the first quarter Moon through small telescopes from the courtyard at Blackrock Castle. No need to book. Note – this is a weather dependent event.

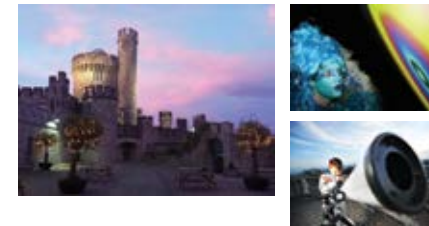
**3pm – 5pm**  
**NASA'S VIEWSPACE**  
Watch NASA's Viewspace in CIT Blackrock Observatory's workshop MakeSpace.

ViewSpace is a constantly updated exhibit that displays the beauty & power of the universe, while guiding the viewer to a deeper understanding of Astronomy. It gives visitors the chance to see the latest images, movies, animations & news from the Hubble Space Telescope & other NASA observatories. No booking required, but please note limited capacity, seats given on a first come first served basis.

Bus 202 from city centre. Plenty of free parking riverside nearby.

Info: 432 6120 email: info@bco.ie  
www.bco.ie

More events here on Saturday.



**4.30pm - 6.30pm**  
Spanish Studies Centre Cork,  
19, St Patrick's Hill

**LEARN ABOUT SPANISH ART & LANGUAGE**

Marta Alonso Saralegui gives a lecture on Spanish Art from Velazquez to Picasso, followed by a Spanish Language Class, suitable for all levels. All welcome. Classes available here in Spanish, Portuguese, Italian, Chinese & Russian. They are delivered in a convivial atmosphere by native qualified experienced tutors, which helps students to gain confidence quickly. Info: 086 311 1193 or email: spanishstudiescork@gmail.com

www.spanishstudiescentrecork.com

Look out for other events here this week.

**6pm – 7pm**  
Room D245, CIT Bishopstown Campus



**INTRODUCTION TO BUSINESS COURSES**

Book your place for an introduction to part-time courses available in the School of Business, CIT, with a presentation, followed by Q & A. You'll learn about undergraduate Degree & Masters programmes available in Business, Accounting & Human Resource Management. Refreshments. Info: opd@cit.ie www.cit.ie/parttime

Booking essential, call Department of Continuing Education 433 5900 or 433 5902 or email: adulated@cit.ie  
www.cit.ie

**7pm – 8pm**  
Alexander Technique Studio,  
The Lough



**TRY THE ALEXANDER TECHNIQUE**

Are you creating your own tension? Find out with this practical Alexander Technique class. Véronique Druesne will show you how you can sit, stand, move in a more co-ordinated & balanced way. Relieving some of the tension we build up day-to-day can help improve posture & well being. This is a regular Monday class, please email vero@isatt.ie for more info. Booking essential.

Call 087 976 1668 www.alextechstudio.com



7pm – 8pm

Training Room,  
Mahon Point Shopping Centre

**GIVE PILATES A GO**

Relax, stretch, strengthen – try this free class & feel the difference in just an hour.

Jaconel Janssen runs a regular Pilates class here every Monday - upstairs in the Training Room, next to Meadows & Byrne. Bring your own mat. You must book as places limited. Call Jaconel 085 161 3505 email: info@pilatespeoplecork.com

See [www.pilatespeoplecork.com](http://www.pilatespeoplecork.com) for more times and venues.



7.30pm – 9pm

Camden Palace Hotel Community Arts  
Centre, Camden Quay



**COMMUNITY MUSIC NETWORK OPEN FORUM**

Learn, share & network with others interested in Community Music locally at this Open Forum, which includes a discussion on apps of relevance to musicians. Bring along your music related news, hopes & ideas – as well as a laptop, tablet or Smartphone for sharing apps. No need to book.

Info: Paul Facey-Hunter 466 3103 or 086175 5917 email: paulfh22@hotmail.com

Cork Community Music Network is supported by Cork Education & Training Board

Info on activities at Camden Palace Hotel see [www.camdenpalacehotel.org](http://www.camdenpalacehotel.org)

7.30pm

Turners Cross Community Centre,  
Curragh Road

**INTRODUCTION TO MINDFULNESS**

Turners Cross Community Association invites you to an introductory workshop on Mindfulness given by Judy Phelan.

Mindfulness is a spiritual or psychological faculty that, according to the teaching of the Buddha, is of great importance in the path to enlightenment. All welcome. Refreshments. The Centre is next to the Credit Union.

Info: Joe Curtin 086 259 1362 email: [turnerscrossinfo@gmail.com](mailto:turnerscrossinfo@gmail.com)



8pm – 10pm

Firkin Crane, Shandon

**SCREEN ACTING FOR ADULTS**

Actors Vision presents acting classes for adults here Mondays to Thursdays. Come along to observe or take part. Booking essential, call Darren Kelleher 086 102 3339.

Repeated nightly until Thursday. Details of all classes at [www.firkincrane.ie](http://www.firkincrane.ie)



5pm – 8pm

Cork College of Commerce,  
Morrison's Island

5pm – 7pm

**EXHIBITION OF PHOTOGRAPHS**

Showcase of work by students attending the Photography evening course. It's just one of the full range of courses offered at night in the college for those who want to pursue professional or hobby courses. Continues until Wednesday.

5pm – 7pm

**PRESENTATION ON PHOTOSHOP**

John Quinlan, a teacher in the college, gives an overview of Photoshop CS - the document window & file browser interface. The session will include how to work with images – resizing, cropping, rotating, retouching & repairing, as well as working with layers, selections & applying filters. Come early as places limited.

6pm – 7pm

**TOP TIPS FOR BUDGETING**

Re-discover the basics of money management and become familiar with some of the new on-line sites available which help make your financial life easier. With summer fast approaching plan your finances so that you can make the most of your time and opportunities.



6pm – 8pm

**LEARN COMPRESSION-ONLY CPR**

You don't have to do mouth-to-mouth to save a life! Come to a practical demonstration by Jer Crean of compression-only CPR, used for an adult sudden collapse. Watch video clips. Event takes 15 minutes - repeated during the two hour session.

7pm – 8pm

**HOW TO ORGANISE AN EVENT**

Get some tips on what it takes to run a successful event. David Tyrrell, who teaches Event Management here, highlights the key issues that need to be addressed, whether it's a birthday party, wedding or a corporate event. They include choosing the right venue, speakers, attracting people to attend.

Info: 422 2100 email: [queries@ccoc.ie](mailto:queries@ccoc.ie)  
[www.corkcollegeofcommerce.ie](http://www.corkcollegeofcommerce.ie)