





## THURSDAY 6<sup>TH</sup>

### Talk on harm reduction

Guest speaker Séan Foy of the Learning Curve Institute will give a talk on the alcohol/drugs and associated harm reduction topics.

-  2.30pm
-  Cork Simon
-  Service users of Cork Simon – this is a closed event
-  Kasia Stubba or Denise Cremin (Cork Simon)





## MONDAY 10<sup>TH</sup>

### John Lonergan talk 'Strengthening the Community'

This talk will focus on the importance of community, making a difference to others and drugs & alcohol in our society.

Information on the services provided by the two Mayfield Local Drugs and Alcohol Task Force projects in Mayfield and Lotamore and the Cork Local Drugs & Alcohol Task Force will be showcased and highlighted.





Tea, coffee & sandwiches in the kitchen will follow the talk – all welcome.

-  12 noon – 2pm
-  Kerrigan-Tyrell Youth Centre, Tinker's Cross, Mayfield
-  Second level students, young adults & local community
-  Deirdre Dennigan or Martina O'Keeffe

## MONDAY 10<sup>TH</sup>

### Graduation ceremony for the Substance Use Issues in Youth & Community Work (FETAC Level 5) Course 2015/16

Graduation ceremony to celebrate the achievement of those who have successfully completed the above (FETAC Level 5) course.

-  7.00 – 8.00pm
-  Cork City Partnership – Level 1 Heron House, Blackpool Retail Park, Cork
-  Substance Use Issues in Youth & Community Course 2015/16 graduates and their family members etc
-  Jacqueline Daly, Community Outreach Drug / Alcohol Awareness Project

## WEDNESDAY 12<sup>TH</sup>

### How do I want to live my one precious life?

This talk with John Lonergan (ex-governor of Mountjoy Prison) & Caroline Crotty (psychotherapist) covers drug and alcohol issues in society today. Also looks at a moment of madness and the possible impacts.





Our potential for change and the importance of interests/hobbies. As well as incorporating inspirational stories, how to be happy and content, utilising positive self-talk and how to mind yourself. This interactive presentation also will incorporate group work.

-  (A) 10am to 12 noon  
(B) 1.00pm to 3.00pm
-  (A) North Presentation Secondary School  
(B) Blackpool/The Glen/Farranree Training Centre
-  (A) Students  
(B) Blackpool/The Glen/Farranree Trainees
-  FULLY BOOKED

## THURSDAY 13<sup>TH</sup>

### Mindfulness taster session for service users

The session will offer a short introduction to mindfulness and given an experiential taste of the basic practices of Awareness of Breathing and The Body Scan. There will also be an introduction to mindfulness of thoughts and emotions as a way to begin to see how we can have control over what and how we think.

-  3pm
-  Cork Simon Day Centre, Anderson's Quay
-  Cork Simon service users
-  Kasia Stubba or Denise Cremin (Cork Simon)

## WEDNESDAY 19<sup>TH</sup>

### How to talk to your teen about drugs & alcohol and how best to keep them safe by being informed






Alex Slye, Community Drug & Alcohol Worker (Foroige) & Tara Morrissey, Family Therapist (Matt Talbot), speak about how to effectively communicate with teens around drug & alcohol experimentation and the best way to keep them safe.

-  7.30pm – 9pm
-  Carrigaline Lions Club Youth Centre, Church Rd, Carrigaline
-  Parents/guardians of teenagers
-  Alex Slye
-  Free

## FRIDAY 21<sup>ST</sup>

### Play 'Bring Me Back Alive'





Suicide awareness and the effects on family and friends. The main theme is to show that there is hope and supports to those who need it the most.

-  2pm matinee & 8pm evening
-  Firkin Crane Theatre, Shandon
-  Transition year pupils for matinee and general public for evening performance
-  Celine Hurley or Ailish McDonald
-  Nominal fee

## MONDAY 24<sup>TH</sup>

### Drugs awareness gig




A youth concert with a drug/alcohol/mental health theme. Information and short presentations will be part of the event.

-  6.30pm to late
-  Nino's, first floor, YMCA, 11-12 Marlboro Street
-  17-22 year olds, also targeting young people who gather in the city centre in the evenings and at weekends
-  John Russell

## WEDNESDAY 26<sup>TH</sup>

### Drug & alcohol education workshops





Delivering Drug & Alcohol Education Workshops to trainees of the Local Training Initiative.

-  The "Hut", Gurrabraher
-  Trainees of the Local Training Initiative
-  Theresa Spillane

## WEDNESDAY 2<sup>ND</sup> NOV


### Commemoration of reflection & hope

A non-denominational commemoration which will feature music by the High Hopes Choir and Reflections of Hope & Embracing Recovery. This will be followed by light refreshments.

-  6.15pm – 7.45pm
-  S.M.A Church Wilton and S.M.A Parish Community Centre, Wilton, Cork
-  All welcome, especially those who have suffered a loss of any kind or who are in recovery
-  Grainne O'Connell or Fiona Penny – Ballyphehane Action for Youth Project

## OTHER EVENTS





### Adults & Parents Workshops

- Shared Mindfulness
- Auricular Acupuncture
- Information on services
- Healthy drinks & snacks
- Cuppa & chat
-  Every Wednesday for the month of October, 10.30 – 12pm
-  The Kerrigan-Tyrell Youth Centre, Tinker's Cross Mayfield
-  Local adults /parents
-  Deirdre Dennigan or Martina O'Keeffe

### Drug & Alcohol Education Workshops

Delivering age-appropriate workshops to 1<sup>st</sup> year students.

A workshop on synthetic drugs will be delivered to senior classes by Nicole Ryan.

-  Throughout October
-  Terence McSweeney Secondary School, Knocknaheeny
-  Secondary school pupils
-  Celine Hurley

### Publishing & Promoting Alcohol Awareness Poster in October

Publishing, circulating and promoting a poster designed by young people in the Gurrabraher Project to deliver a message to adults on the effects of alcohol misuse.

## CONTACTS

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