

# Mallow Health Festival Walks

Date	Time	Walk	Assembly point
5 <sup>th</sup> March	1.10pm	Slí na Sláinte	Mallow Library
6 <sup>th</sup> March	1.15pm	Mallow Castle Loop Walk	Castlelands Entrance St Joseph's Rd.
6 <sup>th</sup> March	11.00am	Heritage Walk	St James Church
7 <sup>th</sup> March	11.00am	Knockroua Walk	Cars assemble at Arches
8 <sup>th</sup> March	9.30a.m	Galtees	Skeheenarinky *
8 <sup>th</sup> March	2pm	Doneraile Park Walk	Dorneraile Park Car Park
9 <sup>th</sup> March	13.10	Slí na Sláinte	Mallow Library
10 <sup>th</sup> March	11.00am	Heritage Walk	St James Church
11 <sup>th</sup> March	1.10pm	Slí na Sláinte	Mallow Library

All walkers for the Galtees Walk need to register at 022-53523 . Walkers will require plenty of water, no jeans or runners allowed, must wear good walking boots. Wear plenty of layers and suitable clothing. Take change of clothing.



- For more information on Mallow Health Festival contact :**
- Margaret Desmond RAPID Co-ordinator 022-21607
  - Health Promotion Department HSE 022-30233
  - Community Work Department HSE 022-31825

# Mallow: A Healthy Community

A healthy community is one in which a community defines its own health needs, considers how those needs can be met and decides collectively on priorities for action.

There is a growing recognition of the success of health programmes that target whole communities. Achieving health and social gain depends on locally based initiatives planned and implemented to meet local needs.

With this in mind a partnership between the HSE, County Council, Co. Cork Local Sports Partnership, RAPID, Mallow Town Council and local community and voluntary groups has been established to identify these priorities and address these at a community level in Mallow.

To highlight the many health, community and voluntary services available in Mallow a Community Health Exhibition will be held on Thursday night March 5th in the Hibernian Hotel, Mallow. There will, however, also be a number of health promotion initiatives taking place in the Mallow Area over the following weeks to address the needs of all the community from young people to older adults.

*“At the heart of health promotion is the process of empowering communities, their ownership and control of their destinies”*

**(World Health Organisation 1986)**

# Mallow Community Health Festival

## Mallow: A Healthy Community



**Mar 5th - Mar 11th 2009**  
**Timetable of Events**

## Community Health Exhibition

### Launch of Mallow Health Festival

**This exhibition is free and all are welcome**

**Hibernian Hotel, Mallow 5pm—9pm**

The following groups will be exhibiting:

- Alzheimer Society
- Anchor Treatment Centre
- Asthma Society of Ireland
- Avondu Blackwater Community Transport Project
- Breastcheck
- Cardiac Support Group North Cork
- Cloyne Diocesan Youth Services
- COPE Foundation,
- County Cork Local Sports Partnership
- Diabetes Federation of Ireland,
- Headway
- HSE Services
- Le Cheile Family Resource Centre
- Mallow Active Retirement Association
- Mallow Social Services
- Mallow Meals on Wheels
- Mallow Day Care Centre
- Mallow Probus Club
- North Cork Mental Health Service
- SPARK
- Women for Women
- YANA Domestic Violence Project
- Youthreach

*In addition, there will be health screening on the night including Blood Pressure Monitoring, Diabetes and Body Mass Index Screening.*

## Community Activities during the Week

**Thurs Mar 5 2009 1.30pm—2.30pm Anchor Treatment Centre Spa Glen**

Drop in information opportunity for the public

**Thurs Mar 5 from 9am-5pm Mallow Library**  
Healthy Reading Exhibition

**Mon March 9th 2009 11-2pm Mercy Centre,  
Hosted by Le Cheile**

Celebration of International Women's Day  
Open to all women, hosted jointly by Le Cheile Family Resource Centre and Avondu Blackwater Partnership Ltd.

## CDYS Workshops for young people

**Mon Mar 9 2009**

**Mallow Youth Centre**

**11-12 noon** Workshop on Addiction

**12 noon-1pm** Workshop on Mental Health

**Tues Mar 10 2009**

**Mallow Youth Centre**

**11-12 noon** Workshop on Addiction

**Wednesday March 18th, 7.30-8.30pm in The  
Mercy Centre, Bathview, Mallow.**

A 6 week Smoking Cessation Group will commence  
This course is free of charge and open to all members  
of the public over 18 years of age.

Contact Health Promotion Dept., on 022-30233 to

## Community Health Workshops

**Mon Mar 9th 7.30 pm 9.30 p.m. Mercy**

**Centre, Mallow**

**FREE OF CHARGE**

*Early booking on the night is advisable as places are limited*

### • **Healthy Food Made Easy**

*This is a taster workshop showcasing a cookery and nutrition programme and aims to improve eating behaviour, nutritional knowledge and basic cooking skills of community groups and individuals*

### • **Positive ways of dealing with Stress**

*A talk on positive ways to deal with stress. Light movements will be included in this session also.*

### • **Being Well programme taster session**

*Being Well is a healthy lifestyle programme focussing on healthy eating, getting active and relaxation. This taster session will offer participants an opportunity to look at all 3 areas from their own perspective.*

### • **Women's Meet & Train Group Mallow**

*This group will be going for a run / jog or walk around Mallow. All fitness levels are welcome to join. If interested in taking part come along on the night wearing runners and comfortable clothes*

Workshops will run for 30 minutes and then be repeated, offering those attending a chance to attend two on the evening.

**March 11<sup>th</sup> 2009 Cardiac Support Group  
Mercy Centre from 7.30-2pm**

Hosting a public meeting with Guest Speaker Caroline Casey NLP Practitioner & Life coach.  
This session is open to the public and free of charge.

**Free Entry to a Raffle for all those who complete a "Healthy Community" Questionnaire**