

YOGA with Wendi

Class times : Wed 10-11 am ,Thurs7-8pm
Fri 9.30 -10.30 am Contact: Wendi 087 7766736

MEDITATION: Monday : 10.00-11.00am
Contact: Lisa 086-6044403

A.A Group meets Mon: 1-2pm, Thurs: 1-2pm,
Fri 8-9pm,Sat: 1-2pm, Sun: 11.30-12.30pm
Contact: 087 6657105

G.A: Group meet on Thursdays 8.30-9.30pm.
Contact: 086-0865730

AL-ANON: Monday evenings 8.30-9.30pm
Contact: 01-8732699 www.alanon.ie

PILATES:

Monday 10.15-11.15am, Catherine : 087-6800280

ACTIVE RETIREMENT GROUP:
Tuesday's 11.00-12.00noon
Greta Hickey 087-9029479

WOMEN'S SHED: €2.00 Per morning
Contact: Noreen: 087-9865650

BABY MASSAGE:

Tuesdays:9.30-12.30pm, Contact: Liz 087- 6218202

YOGA with Gwynne

Monday: 5.45pm-6.45pm Contact: 087-2842353

LIGHT BULB THREATRE:

Wednesday7.00-8.30pm,watsApp: 087-6982887
email: lightbulbmallow@gmail.com

Mallow Tuition:

Brian Normic Contact: 086-1613464

LAUGH AND CRAFT:

Tues evening7.00to 9.00pm ,Noreen: 087-9865650

ART THERAPY: Adult:€40.00, Children Under 18:
€40.00 (Consent required by Parents/Guardians),
Medical card holders:€25.00 (Proof of Medical Card
required) Group Art Therapy will be facilitated as a 6
weeks programme: Total Cost : €75.00 Per Person
Contact: Le Cheile FRC: 087-3735000 022-42439

Counselling: We offer a low cost counselling service.
Our counselling service is accessible to all from age 12
upwards. Counselling service is available in Mallow
and Fermoy. We accept referrals from GP's, Hospi-
tals, Schools, Colleges, Community services and or-
ganisation as well as directly from individuals.
Contact Karen: 087-373500/022-42439

Literacy Support Programme: The aim of the literacy
support programme is to provide support to children/
audlts who experience literacy challengers on a daily
basis and give them the opportunity to achieve their
potential based on their individual needs and is deliv-
ered through a class setting or on a one to one basis.
The programme is delivered using both technology
and soft material and develops typing skills, reading
and writing abilities, self-confidence and prepares
each person to develop positively at home, in school.
Contact:Karen: 087-1486012

North Cork Social Prescribing service, available at the
Le Chéile Family Resource Centre, is a free service
that helps to link people into community groups,
activities, educational courses or other support.
contact Eithne Foley 087 7193257.

Le Cheile FRC Child Care: Child care new hours are
8.00am-5.00pm from September 2022. We offer Toddler
room, Play School, full time day care, part time day care,
E.C.C.E Pre school. All the staff qualified and we are reg-
istered with Tusla. We introduce this year "Child path
app" which helps parents to know their children everyday
progress in child care. Le Cheile Child care has signed up
for N.C.S (National Childcare scheme) and also we also
provide E.C.C.E Eileen/Liz: 022-42439

Community Health Worker: The project will hold health
promoting events during the year to encourage and high-
light the importance of a healthy lifestyle. Contact Paul-
ine: 087-4335047

Family Support:The primary focus of Family Support is
on early intervention aiming to promote and protect the
health, wellbeing and rights of all children, young people
and their families, paying particular attention to those
who are at risk. Family support can be accessed by self
or professional referral. Contact: 022-42439

Mala Choir:

Tuesday 7.30-pm-9.30pm ,Mary Higgins: 086-8160437

Jehovah's Witnesses Meeting :

Contact Number : 0879862626.

Mallow Camera Club:

Contact: mallowccsec@gmail.com.

Grow: Monday: 7.30pm Noreen: 086-1726004

Taekwondo: Monday 4.30-7.00pm

Contact: 086-3091041

Meditation: Contact Sinead: 086-3261305

ART CLASS: Saturday 10-11am, 11-12pm

Contact: Conon0851062497,artwithconor@gmail.com



News letter 2023

Le Chéile FRC and Mercy Centre

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Email: bookings@lecheilefrc.ie

Tel no: 022-42439

Fair Street, Mallow, Co. Cork

