

On 5<sup>th</sup> October, Mallow Library is delighted to be host to Dr Rosarie Crowley, clinical psychologist, who will present a “Your Good Self” Talk to follow up on the Mental Wellness event that was held in Mallow Castle on the 10<sup>th</sup> of September last.

The talk is titled “Having a healthy relationship with technology; some tips for adults”.  
Mallow Library - Thursday 5<sup>th</sup> October - 11.00am.

All are welcome.



Seirbhís Leabharlainne agus Ealaíon Chomhairle Contae Chorcaí  
Cork County Council Library and Arts Service



# Having a Healthy Relationship with Technology: Some Tips for Adults

**Mallow Library | Thur 5th Oct | 11:00 am**

*Presented by*  
**Dr Rosarie Crowley**, Clinical Psychologist  
HSE Cork Kerry Community Healthcare

Part of Your Good Self: Cork's Positive Help Programme,  
available at Cork County Council Libraries.

**Free Event - No Booking Necessary**

Contact Details | T: 022 21821 | E: [mallow.library@corkcoco.ie](mailto:mallow.library@corkcoco.ie)

@corkcolibrary @corkcocolibrary

[www.corkcoco.ie/en/resident/libraries](http://www.corkcoco.ie/en/resident/libraries)

# Calling Mums and Babies up to 6 months



## **Mallow Mums and Babies Postnatal Group**

(Led by your local Public Health Nurses)

***Begins Tuesday 17<sup>th</sup> October 2023 (6 weeks) 10.30 – 13.00***

***Mallow Library Activity Room, First Floor (P51DK50)***

Topics will include: Maternal Health and Child Development,  
Infant Mental Health, Weaning, Infant First Aid,  
Physiotherapy, Importance of Play.

**Booking is essential**

Please contact PHN Office, Mallow Primary Healthcare Centre

022-58621



## Mallow Library Author Visits



**Wednesday 4<sup>th</sup> October**

**Gerard Siggins – 1.00 – 1.45pm.**



**Tuesday 29th October**

**Trevor Burke 10.00- 11.00**



# UNDERSTANDING DYSLEXIA



DYSLEXIA  
AWARENESS  
MONTH  
TALK

## Understanding Dyslexia

Mallow Library | Friday 6<sup>th</sup> October 2023 | 12.00-13.00

Join us in Mallow Library for an informative talk on dyslexia with Una from Blossom4Life.

This talk is aimed at parents, students, teachers and anyone else who thinks it would be of benefit to them.

Places are limited so contact [una@blossom4life.com](mailto:una@blossom4life.com) to register

Contact Details | T: 022-21821 | E: [mallow.library@corkcoco.ie](mailto:mallow.library@corkcoco.ie)



# Nutrition for Menopause

**Mallow Library | 19th October 2023 | 11.30am**

Aoife McDonald, The Digestive Health Clinic, joins us to deliver a talk that will discuss how the body changes during perimenopause/menopause & the long-term health considerations.

Aoife will discuss how nutrition can support your body during this time, with a particular focus on bone, heart & gut health.

There will be a Q & A session at the end of the talk where you can ask any questions.

All are welcome.

Contact Details | T: 022 21821 | E: [mallow.library@corkcoco.ie](mailto:mallow.library@corkcoco.ie)



Rialtas na hÉireann  
Government of Ireland



government supporting communities



@corkcolibrary



@corkcocolibrary

[www.corkcoco.ie/en/resident/libraries](http://www.corkcoco.ie/en/resident/libraries)



# REPAIR CAFE

## M A L L O W   L I B R A R Y

**Next Event: Saturday October 7th**  
**11am-1:30pm**

**Got broken household items needing repair?  
Or just want advice?**

**Come join us at Mallow Library**

- clothing/textiles
- electrical items
- bikes
- furniture
- general household goods



# REPAIR CAFE

TOSS IT? NO WAY!

[REPAIRCAFE.ORG/EN](http://REPAIRCAFE.ORG/EN)



# Adult Cosplay Costume Workshop

Mallow Library | Saturday 14<sup>th</sup> October 2023 | 11.00-14.00  
Introduction to Costume Design for Cosplay with Gwen McGuirk

**3 HOUR WORKSHOP for over 18's**

Take inspiration from the newly available graphic novels available at Mallow Library and design your own costume for Hallowe'en.

Materials will be provided for designing a costume for a miniature mannequin to try out ideas on a small scale. Those who are already experienced and need help & advice completing their own full-size costume are also welcome

Gwen Mc Guirk is a professional costume designer working mainly in the film industry. She is also a concept and storyboard illustrator.

**PLACES ARE LIMITED – BOOKING IS ESSENTIAL**

Contact Details | T: 022-21821 | E: [mallow.library@corkcoco.ie](mailto:mallow.library@corkcoco.ie)