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





# 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**





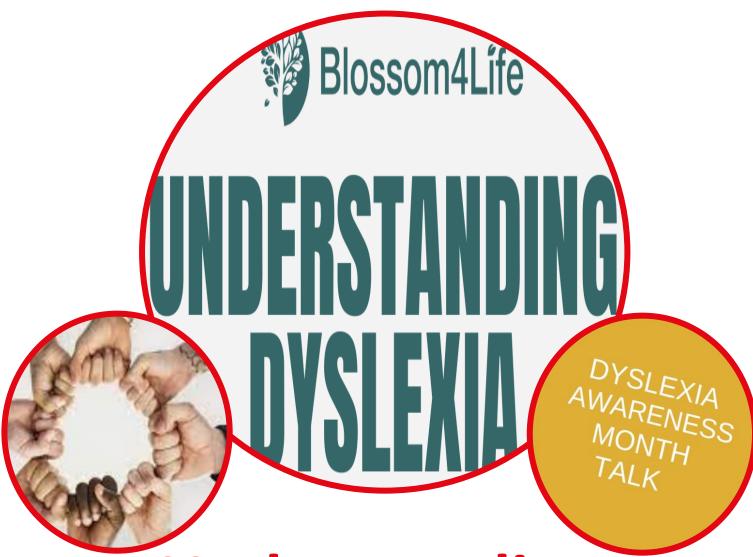
Wednesday 4<sup>th</sup> October

Gerard Siggins – 1.00 – 1.45pm.



Tuesday 29th October
Trevor Burke 10.00- 11.00





# Understanding Dyslexia

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 to register

Contact Details | T: 022-21821 | E: 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

















# REPAIR CAFE

MALLOW LIBRARY

**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













# **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