

## OTHER SERVICES

CDYS offer a range of services which are available by contacting us at the office. These services range from one to one mentoring, play therapy, access to our Community Drugs Worker, Youth Ministry and Youth Workers who are available and dedicated to supporting and assisting the youth within our community.

Phone: 022 21812

EMAIL: [sharon@cdys.ie](mailto:sharon@cdys.ie)

Facebook: CDYS Youth Work Ireland

## Staff & Volunteers



**Interested in becoming a Volunteer?**

**Please contact us for further information.**

**Training is provided and all applications are Garda vetted.**

**Contact :Sharon on 087-7148268**



Gouldshill Community Centre,  
Gouldshill,  
Old Cork Rd,  
Mallow



**THE BIG BLUE  
CUBE  
GOULDSHILL**

*Empowering Young  
People Through  
Quality Youth*

**THE BIG  
BLUE  
CUBE**  
A CDYS PROJECT

## Time Table

### Monday

Homework Club: 3.00-4.00 pm (Age 6+)

Youth Café: 4.15-5.30 pm (Ages 10-13)

Eileens School of Dance: 4.00-5.30pm\*

Adult Zumba: 7.30-8.30 \*

### Tuesday

Le Cheile: Mother & Toddler Group 10.00-12.00pm\*

Homework Club: 3.00-4.00pm (Age 6+)

Youth Café: 4.30-6pm (Age 13+)

Taekwon-Do: 5.45-6.30pm\*

Yoga: 7.30-8.30pm\*

### Wednesday

Homework Club: 3.00-4.00pm (Age 6+)

ACTivate Club (Support Group for Kids on Autism Spectrum): 7.00-8.30pm

**For items run by CDYS please call the Blue Cube for more information**

## Time Table

### Thursday

Baby Sensory: 9.15am-1pm\*

Homework Club: 3.00-4.00pm (Age 6+)

Youth Café: 4.15-5.30pm (Age 7-9)

Youth Café: 6-8pm (Age 13+)

Friends (Down Syndrome Group): 7-8.30pm

Yoga: 7-8pm\*

### Friday

Yoga: 9.30am-1.30pm

LGBT+ Youth Café: 4-6 (Age 13+)

Karen's Yoga: 7.30-8.30pm

### Saturday

Coder Dojo (computer coding & web design):  
11.30am-1.30pm

### Sunday

Christ Life Assurance: 11am-1pm

**Items with a \* are provided by other Agencies, see next page for their contact details to find out more information.**

## Contact Info

### **Tae Kwon Do:**

Contact Aoife on 08767724098

### **Coder Dojo**

Child must have access to a laptop. Contact:  
info@coderdojomallow.com or John on 0857051365

### **Eileen's School of Dance**

Contact Eileen on 0874663888

### **Zumba**

Contact Carmel on 0876543266

### **Mother & Toddler Group**

Contact Sharon on 0879008726

### **Yoga**

Contact Lorraine on 0838367512

### **Baby Sensory**

Contact Erin on 0863736085

### **Friends**

Down Syndrome Group. Contact Siobhan on 0877778638

### **ACTivate**

Support for kids on the autism spectrum. Contact Bernadette on 0868031126

### **Karen's Yoga**

Contact Karen on 0879020889

### **Christ Life Assurance**

Contact Pastor Joy on 0857175595