

Cloyne Diocesan Youth Services



ANNUAL REPORT 2019

"CDYS at the heart of our Community"

Board of Directors



Who is CDYS

Who is Cloyne Diocesan Youth Services?

CDYS works to empower young people, Families and Communities through quality services in a safe and supporting community, regardless of social, economic or religious background. CDYS respects the ambition of youth and encourage and nurture them to help reach their full potential. We provide a forum for them to express themselves and to be heard. We have a voluntary led Board of Directors and our professionally qualified staff are committed to offering quality Support & Services to all.

Where are we Based & What Services do we offer?

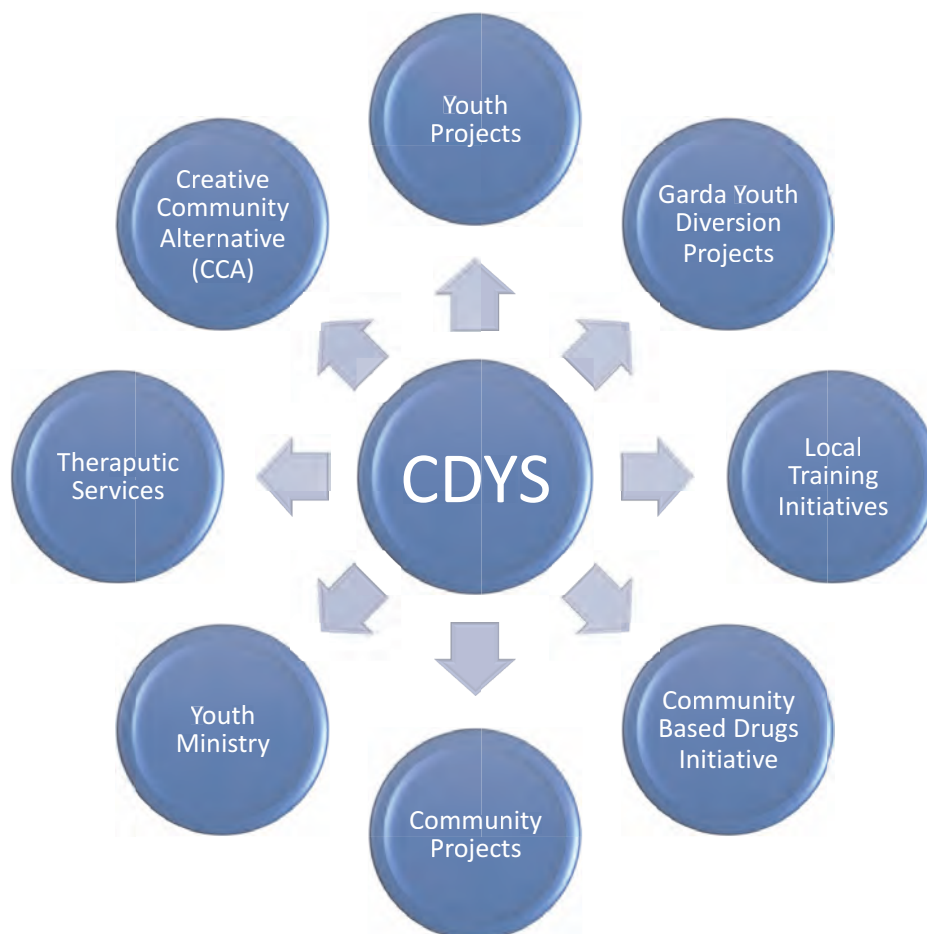
CDYS are based throughout the Cloyne Diocesan offering a wide variety of Services and Support to young people and their Families. If you would like further information on our services please contact our Regional Office or log onto our website www.cdys.ie

CDYS Regional office
Mallow Community & Youth Centre, New Road, Mallow, Co. Cork. 022 53526

CDYS Project Locations



CDYS Project Table





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Foreword from the Regional Director



Mr. Brian Williams
Regional Director

As CDYS continues to evolve in terms of the services we offer, the range and mix of specialised supports we now provide to young people, adults, communities and families, it is with delight that we pause to look back over a busy, at times challenging but amazing year in the life of CDYS across the Diocese.

We have worked directly with well over three thousand young people, hundreds of families as well as many vulnerable adults within the communities we live and work in. The continued dedication, creativity and genuine care for those we encounter remain a hall mark of who we are.

I hope that in reading our annual report you get a sense of the great riches that people we work with bring to their communities and families. I hope also that you get a sense of the immense and tremendous work carried out across the Diocese by CDYS with numerous young people, adults, families and communities. Not only is it a testament to the commitment of our staff and volunteers, it is also a testament to our commitment to 'going the extra mile'. The difference the work of CDYS makes in the lives of so many young people, adults, families and communities is truly remarkable.

CDYS provide services across a range of areas to include youth work, training, community development and supports, Youth Ministry, education, therapeutic supports, family supports, addiction and mental health supports for young people and adults alike. We have a wide range of services but all share the same passion for the

people we encounter and the unshakable faith and belief in the work we do and the difference it makes to many vulnerable, struggling and isolated people and families.

I would like to thank all involved in CDYS across the organisation – thank you for your inspiring commitment to what we do. I would like to thank the Board of Directors of CDYS for their diligent and insightful oversight of the organisation and the governance of CDYS. To our almost 60 staff a big thank you for sharing in the vision of CDYS and for putting that vision into practice each and every day. To our numerous volunteers who give so generously and through their generosity and spirit inspire and encourage us all in our work. I would also like to thank all our partners across the region that help us in so many ways to do what we do.

I would also like to thank our funders without whom we couldn't make the difference we make in the lives of so many. Our funders (both statutory and non statutory) share our vision and recognise our passion and without whom many would be worse off.

Finally, I would like to thank the thousands of people and hundreds of families who welcomed us into their lives and stories. We are honoured to be able to walk some of the way with you all.

Yours sincerely,

Brian Williams
Regional Director

Foreword from Bishop William Crean



Bishop William Crean
Bishop of Cloyne

My Friends,

We all wonder sometimes what the future holds for us. What challenges lie ahead that we will have to face and on the other hand what blessings and opportunities the future might bring?

The best way to prepare for our future is to live today and everyday as best we can. That means that we trust and value our gifts and talents, that we appreciate and cherish those close to us, our family and friends. We need to learn to respect those who are different from us. When things go against us it is easy to get frustrated and angry and often take it out on those closest to us. This is most

unfair and hurtful. That is when we need to grow in understanding and patience.

Last year Pope Francis held a meeting in Rome with bishops and young people from all over the world to talk about the challenges that face young people today. They realised that they are much the same the world over. Self-esteem, meaning and purpose, opportunities to use their talents, care for the environment are important to all young people everywhere.

Pope Francis brought all the discussion together in a document "Christus Vivit", Christ is alive! He asks all of us young and not so young to realise that our lives are a gift, God loves us in our uniqueness. Cherish your life. Listening to the ever-good news of Jesus keeps us young in heart and mind. It gives us a positive attitude to enable us to live life well and to the full.

It is a great joy for me, as bishop, to support and encourage all the staff, volunteers and young people involved in CDYS. It is a great enterprise of care for and solidarity with young people. I commend your generosity and commitment to helping a new generation to find a fulfilling path in life.

With prayerful good wishes.

Bishop William Crean
Bishop of Cloyne

Foreword from the Chairperson



Mr. Simon Martin
Chairman CDYS

CDYS have had another busy year with great achievements and goals reached in our ever changing world for our Young People. Now we can take time to plan for the year ahead to strive and embrace new and innovative ways to help and

support our Youth by underpinning our services to support our future Adults by empowering them and giving them knowledge and opportunities to embrace a full and successful live.

This year we have introduced new services and supports for our young people and we will continue to grow and change to meet their needs. Our strategic plan for the year ahead is to ensure our 'young person approach' is met and exceeded by offering invaluable services to our Community of Young People. In the last year we have introduced our Detached Youth Work in Macroom and Carrigtwohill. This project is a chance for us to reach out to more young people who are socially excluded or vulnerable and help them link in with our services or other supports to help them with issues they may be dealing with or to help them reach their full potential. This project highlights areas where young people 'hang out' and our Detached Youth Workers routinely visit to

build up a relationship with the local youth in the area. This ground breaking project is a wonderful opportunity for us to reach out to those who may not been seen is our Youth Centre's but may need more support and encouragement then most.

The Erasmus programme is an exciting opportunity open to young Europeans to study, train and learn abroad while broadening their experience and awareness of Europe and increasing their future chances in the job market. In October 2019 CDYS are taking 30 Young people from our Youth Councils to Finland to participate in a project called 'Young Decision Makers'. This will give our young people the scope to network with their peers and discuss the huge Environmental issues facing our young people today and into the future. CDYS are proud to be involved in this exceptional and instrumental programme and would like to wish everyone involved in this exciting opportunity the very best of luck.

Our key areas have had a fruitful and successful year and with the help of our dedicated and highly qualified team we will continue to develop and build the following projects - Garda Youth Diversion, Community Based Drugs Initiative, Creative Community Alternative, SPY, Counselling and Therapeutic services, Youth Ministry, Youth Clubs, LTI's, Community Projects to name but a few.

Our involvement with external agencies and funders ensures we are able to maintain and grow our services and expertise. Our thanks to all of the following agencies for your help and support - TUSLA, Department of Children and Youth Affairs, Irish Youth Justice Services, Southern Regional Drug and Alcohol Task Force, HSE, Cork County Council, Mallow Parish, Cork ETB, Pobal, Youth Work Ireland and The Diocese of Cloyne.

I would like to thank our committed Board of Directors for their continued support and diligent work to CDYS in ensuring financial security, good governance of the organisation and their forward thinking attitude.

In the coming year we would like to grow our services and supports even further to ensure we reach youth in need of guidance and support. Young people are at the heart of everything we do and we will endeavour to improve, expand and bridge the gaps to ensure we are offering valued, appropriate services to our youth, who will in turn be our Adults of tomorrow.

Yours sincerely,

Mr. Simon Martin,
Chairman CDYS

Community Based Drug Initiative

Community Based Drugs Initiative is a project managed by CDYS in partnership with a local advisory committee and is funded by the Regional Drug & Alcohol Task Force.

Aim of the Project

- To work primarily with young people aged 12 + who are:
- At high risk of experimenting with alcohol and drugs.
- Work with people who are currently misusing alcohol and drugs.
- Work with people to support their recovery from drug and alcohol misuse.
- To support families to cope with their loved ones drug and alcohol use problems.
- To support people in making positive changes to their alcohol and drug use.
- Assessing clients' needs and making appropriate referrals.

What the Project Offers

One- to-one Support:

It provides one-to-one support in a safe and

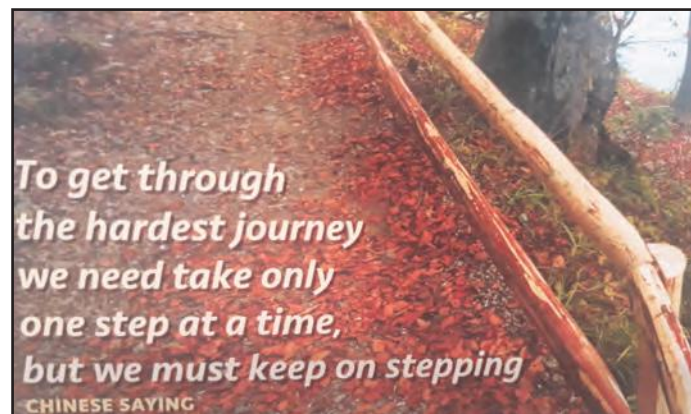
confidential environment.

Supporting Family Members:

Confidential support for parents, family members or other concerned persons whose lives are affected by another person's alcohol or drug use.

For further information on this Initiative please contact :-

Fermoy – 086 6096874
Mallow / Mitchelstown – 086 3836414
Macroom – 086 8031109



Local Training Initiatives

East Cork Music Project (ECMP)

This project was developed in 2011 as a response to the need for a music and arts education center in the region of East Cork. It was recognised that opportunities are limited for people who have not benefited from traditional education system. According to CSO live register (March, 2011) youth unemployment is increasing while opportunities in traditional employment such as construction or agriculture are diminishing.

Music QQI5 5M2011 - This programme is designed to equip the learner to gain the necessary knowledge and experience to find employment in the music industry. This also enables learners to progress to further education.

RAMP 2019 - The Music Strand: The music part of the **RAMP** project will be led by Nicole Maguire. We have invited local groups of singers to come and be a part of a series of recordings that we are producing. The groups will take part in a recording session with a seasoned producer. Midleton Park Hotel have donated time and space to this project. On a date to be decided, we are going to be inviting everyone that have taken part in both the art and music strand to be a part of a one off event where we will meet by the Kindred Spirits monument on Bailick Road, Midleton and sing together.

FACETIME is the art part of the RAMP project

- We have invited people to come and create a piece of art, by drawing pictures of faces on small pieces of card that will eventually be displayed in the windows of Midleton Library at the Midleton Art Festival 2019, and these will also be used as part of the final artwork to support the music strand of the project.

Art - All participants are involved in several art projects through the year, the QQI level 5s even design their own Album cover as part of their music industry module.

Mosaic, Art & Design, Encaustic Printing, Animation - Seven of our participants from QQI level 4 have organised several events such as a coffee morning in November 2018 where they used their entrepreneurial skills to sell Christmas crafts and cards which they themselves have produced.

QQI Level 4 Employment Skills - This year Seven of our participants are attending the QQI level 4 in employment skills. Each of them learn how to play an instrument as well as basic skills in Music theory.



North Cork Sports and Recreation LTI

We've had a fantastic Year at the North Cork Sports and Recreation LTI. The project continues to evolve in new exciting ways. Our main goal is to develop a community of learners through quality education that integrates theory, practice, and personal growth in a sports and recreation environment. On this project participants can expect to achieve a QQI Level 4 major award in Sports and Recreation. It's the equivalent to a leaving certificate and something that can open doors to further education to young people. Student progression is something that is paramount and something we pay attention to both as a team and through our dedicated student progression officer providing students with the skills and supports to move on after the course. Students attend the Gym twice weekly for 38 weeks of the 44 week course in addition to this students get the opportunity to participate in the following sports: Soccer, tag rugby, dodge ball, basketball, speedball, Olympic handball, ultimate frisbee, flag tag, and badminton. Students also attended a variety workshops: Yoga, mindfulness, first aid, money advice & budgeting. We've also added a daily breakfast club to our schedule so



that students can avail of tea, coffee and toast, a variety of cereals, seasonal fruits and yoghurts. It has been a huge success, increasing students ability to concentrate on academic work and push for sporting excellence. As well as this we have continued to build our relationships with other local educational institutions such as the National Learning Network (Pathways, Mallow) Mallow College of Further Education, and Youth Reach.



Our Tunnel Vision horticulture partnership with Pathways was a fantastic success serving to create an ethos of inclusivity, with both staff and students, working, learning and eating together. Our sponsored walk event to raise money for a defibrillator for The Big Blue Cube in Gouldshill was based on the idea that it would be of benefit to people who use the building daily as well as the wider community in the area, and crucially help save lives. In addition to this it would also help us to forge links with similar organisations, build awareness of the work of the project and engage with potential future participants.

For more information on this project please contact :- 086 4693360



The Good Lives Project, Macroom

The Good Lives Project Macroom is nearing the end of its 5th year and continues to evolve year by year. Its early years delivered modules leading to a full QQI level 4 Award in Employment skills, then in response to our evaluation, moved to a full Award in QQI Sport and Recreation. Last year, again responding to the needs of the local community we progressed to a higher level, QQI level 5 in Community Development. This year we ran a full Award in QQI Sport and Recreation with the view on progression to a higher level in September 2019 – QQI Community Activation level 5.

During the year we took part in Community activities such as 'Life Long Learning Festival', in which we opened our doors to the community. (See Article attached). We commenced work on a mural in 'Care Choice' and are presently building two large timber raised beds for residents to use, a larger timber planter for an Acer tree and two more beds in an internal courtyard. We adopted flower beds with Tidy Towns in which we weed and maintain flower beds. We also took on the project of painting Tidy Towns fairy garden shed when they necessary. Some of our learners undertook work placements with Ted Cook, a local environmentalist and ecologist, in Macroom Castle grounds. They spent their time planting young trees and learning the importance of caring for their local environment and its impact on a societal level. Other work placements included Packaging and Pallets, Tidy Towns, Care Choice, CDYS Community resource development and support worker and we would like to thank all those involved who assisted our students and for the continuing support they have shown to our project.

This year, the Horticulture modules, 'Plant identification' and 'Safe Horticulture Practice' were taken up by eight students. The polytunnel produced and is continuing to provide the centre with a range of produce such as a succession of salad rocket, onions, broad beans and garlic for the centre's kitchen. French runner beans, potatoes, turnips, tomatoes and sweet potatoes are to follow. We joined forces with the Tidy Towns and approximately 6m² was planted with bird and butterfly wildflower seed. This is showing excellent germination and establishment. It is adjacent to O' Riadas car park and can be seen from the foot bridge. Looking forward to the coming year and the development of the outside fruit and vegetable garden.

The Exercise & Fitness module introduced the principal theories of planning and evaluating exercise programmes and applying these theories in a practical fitness instruction context. Learners also have a detailed understanding of human physiology and how the body works during exercise. The Exercise and Fitness module provides learners with specific information on how to interact with people in a fitness environment. The goal of improving the health and fitness of clients will be underpinned by the practical learning of exercise to music skills, resistance training, circuit training, floor work and flexibility techniques. With this theoretical and more importantly practical understanding of Exercise and Fitness the learner will be confident in the application of techniques in a practical fitness environment. We would like to thank Macroom Community Gym for their involvement and support in this module. Other modules include Communications, Soccer, I.T., Customer Service, Food & Nutrition, Biology and Teamwork which equips participants with the skills to effectively participate in teams, learning about group dynamics, group theory and managing conflict. We had good fun with ice breakers, energizers and partaking in role-plays. Susan Pearmain, CDYS Community resource development and support worker comes in on a regular basis and would give us talks on various topics, Interculturalism, Fair Trade, to name a few.

Over all the Sports and Recreation has been a great success again and enjoyed by all. Many thanks to all staff, tutors and especially to the volunteers who have made 2019 a fabulous year and we look forward to our next Good Lives 'Community Activation Project' beginning in September 2019.





CDYS Macroom

Investigate - Participate - Celebrate

One sunny April day, The Good Lives Project, on New Street, Macroom, opened its windows and doors. Here, for a valuable few hours a mix of people flocked for a day of fun and frolics. Its humble but warm and welcoming centre packed in the public for one exclusive day!

In the kitchen, the kettle hummed and the clinking of cups promised tea and coffee all round. The criss-cross of a knife over soft layers of filled bread made triangle sandwiches and daubs of whipped cream and madeira wings became butterfly buns taking their first flight!

Groups gathered round tables with tea and apple tart, eating, chatting, laughing and eating some more! Curious faces came and satisfied faces left. Quiet conversations huddled in corners, exchanging notes and information whilst others absorbed the atmosphere. Someone gently strummed a guitar. Children flitted about playing, colouring, nibbling and a baby played contentedly on the floor. Others wandered out to the yard amongst the hanging baskets for a stretch, a smoke, or a breath of fresh air.

Tables of activity were set up for involvement. Scatterings of fresh foliage were shaped with moss stuffing and wrapped with wire and ribbons. A flowing group of artists had a smashing time breaking tiles and gluing to create a mosaic. Each added their own expressive stamp before drifting away to mingle in the crowd. Time – like a magic wand, sprinkled a spell over these labours of love. The foliage was fashioned into a glorious exhibition of Easter wreaths, all crowned with spring flowers. The mosaic became a tree.

A strong, growing network, branching out to a whole community of life and bearing the rewards of fruit and blossom – symbolic of community spirit and a constructive outcome of creative differences!

Cups were emptied, plates were cleared, with only tell-tale crumbs remaining. The bustling kitchen smoothed to silence. Jovial voices trailed off to play a friendly game of soccer. Shy smiles gathered together for proud photo shoots of charming achievements. A successful and productive open day had come to a natural close.

The Good Lives Project is exactly what is says on the tin. Established just over five years ago in Macroom, it is a Local Training Initiative (LTI) funded by Solas and the Educational Training Board (ETB). It aims to promote a good quality of life for adult learners in a supportive and friendly environment. The main project is run by Coordinator Karen O'Callaghan and two assistant coordinators Mark Lucey and Andrew Hegarty, along with some newly recruited and willing volunteers. The project has recently branched out to form a Community Arts project facilitated by Sue Pearmain, Community Resource, Development and Support Worker. She has helped to form MacArt, which is a community arts group. *Credit to Emma Lucey*



"Putting the pieces together" at the Mosaic workshop.

Easter bunnies Orla Desmond and Deirdre Lucey at the recent Traditional Easter wreath workshop for the Life Long Learning Festival.



If you have indeed been captivated by a flavour of a day in the life of The Good Lives Project and are intrigued to know more or get involved, just contact Karen (083) 1699095 or Sue (083)1609007

The Good Lives Project, Macroom For more information contact – 083 1699095

Macroom Community Development and Arts Project

In partnership with Cork County Council

Macroom Community Development and Arts Project was established in July 2018 and since then there have been a number of initiatives piloted including the Community Arts programme (MacArt), Ladies Lodge, Youth work including a newly formed Youth Theatre group, Detached/ Outreach Youth Work Programme and volunteer led coffee mornings linking in with those who may be experiencing social exclusion.

The Ladies Lodge concentrate on Personal development, health and nutrition, exercise, social activities, creative writing workshops, fundraising for local charities etc. All ideas and activities are generated from group discussions and facilitated by CDYS staff and ladies who attend each week. An assets based approach builds on their abilities and skills to promote health, wellbeing and confidence. The group continues to grow from strength to strength and it is now forming a small committee to organise external events including inviting guest speakers on women's issues, health

and wellbeing and social activities and developing 'Macroom Matters' (Motivation, Activation, Teamwork, Time out, Education, Social), social media page.

MacArt, the Community Arts group recently completed the Community Arts context and Practice QQI Level 5 module which inspired them to engage in a number of projects involving collaboration with local agencies various projects including murals, signs for the local Fairy Garden and assisting with regeneration of local buildings and areas using their skills and creative flair to brighten up Macroom Town.



Youth Outreach Project aims to engage young people who are not already involved in youth services and with the aim to develop and maintain contact with young people and provide informal opportunities for social and personal development. From various focus groups and surveys a **Youth Theatre Group** began in May where local young music enthusiasts aim to organising music and drama events in the summer including ARC (Activate, Regenerate, Create) in the Park. This is an open air event planned for September and will be in collaboration with all other projects, The Good Lives LTI and local volunteers.

The Community Development and Arts programme aims to connect people of all ages and from all walks of society through the use of creative arts and social engagement to build a stronger and more cohesive community. Connections and relationships are developing through the range of programmes on offer and moreover through the involvement of our dedicated and skilled volunteers who are essentially the backbone of all the projects.



For more information on this Project please contact - 0831609007

Quotes from participants

Liam: *At the start I was daunted by the task of doing this module as I wouldn't consider myself as an art person at all, but appreciate those who do it. But with the collaboration and team effort surrounding the theory and practical side of the project I was able to uncover my own artistic talents with doing the videography of the entire project and capture all the special moments we went through as a group. I will cherish these moments a lot and have found a new appreciation for art through this module.*

Jacqui: *Before MacArt was formed I wasn't really able to do any art but as the module went on I found the arts really relaxing and I even earned myself the nickname 'mixologist'. To start from a blank canvas, to see it form into a work of art and to see the community respond makes my confidence come out and to feel a sense of pride that you had a hand in creating that work.*

Damien: *To me being part of a community arts project such as MacArt has taught me to respect art in all its forms and look at art in a different light. I have come to realize that Art to me is another way of putting your feelings and emotions onto a blank canvas. It also helps you to relax and to get away from the hurley burley of everyday life. To watch a blank canvas turn into something of beauty can be inspiring.*

Al: *Art is the perfect marriage of inspiration and imagination*

SPY (Special Project for Youth)

SPY works with young people in small focused groups, creative groups or on a one to one basis, covering a wide variety of topics which affect young people. This project values young people and their continued involvement in the project and all areas have an active Youth Council that discuss and identify needs. The project recognises now more than ever the need to be flexible, resourceful and creative in how it responds to young people. SPY aims to meet with young people, building up appropriate relationships with them and work with them on individual needs. The projects work's with young people from a wide variety of backgrounds, cultures and diversity providing support, education

and activities for young people to grow and develop as positive young adults.



Mallow -



2018 was a jammed packed year for SPY Mallow and several programmes were rolled out to address the needs of young people. From Resilience, Drug and Alcohol, Sexual Health, Art and community involvement. SPY Mallow prides itself in its supports for young people by running a number of drop in Youth Café's where young people can come in and hang out and meet the youth workers and join in on activities and programmes. This year Mallow represented CDYS at the Irish Youth Music Awards in Croke Park, where up to 50 young people participated in the project. There was a lot of focus this year on identifying young people for more targeted one to one work and several young people were referred to counselling and play therapy for supports. Mallow's annual trips included outings to a Halloween themed night in Cork, Funderland, Sherkin Island and Cork on Ice. The project was awarded 20.000.00 euros from the Equipment grant which has been used to revamp our current youth cafés. The project leaders attended several training events during the year around Child Protection and the Children's First new legislation. Trauma informed practice and health and safety were also delivered to the team. Youth and volunteer awards were also held in 2018.

Getting active in the community –

- Youth Group took part in Halloween Celebrations at Mallow Castle.
- Youth Group took part in Tesco Fundraising event by bag packing.
- Youth group took part in a Community litter picking campaign.
- Supporting Summer Camps.
- 2 films have also been shortlisted for the Cork Young Film Makers festival in Youghal.

For more information on this project please contact - 086 8031206 / 087 7148268

Carrigtwohill -

In early 2019 CDYS opened its newest youth café in Carrigtwohill, in partnership with Youth Work Ireland, St Vincent de Paul and the local Parish. The Café opened its doors to the young people of Carrigtwohill on the 15th of March. Since then it has developed to a three-day week project with Drop-in sessions taking place on Wednesday and Friday afternoons. Focused group work with young people take place over the school holidays such as photography workshops and soccer camps. Outreach work in the local schools has also taken place with staff delivering programmes to young people in a targeted way with the assistance of teachers and principals.



A vibrant Youth council have formed, and they have played a vital role in spreading the word about the youth café. Indeed, the fantastic work they did in promoting the service for our first Coffee Morning in April 2019 was a testament to their organisation skills.

Our first outing as a group also took place over the summer with young people from Carrigtwohill visiting Escapade in Cobh to work on their team building skills. **For more information on this Project please contact - 086 7766196**

Fermoy -

2018 and has been a very busy year for CDYS Fermoy! In February ten young people completed a ten-week photography course, the aim the project was to develop basic photography skills by capturing some shots in the young people's community. This project was funded by the HSE and Fermoy Community Network as part of Friendship week. The photos were exhibited in The Heron Café and The Coffee house in Fermoy.

- During April CDYS Fermoy and Mitchelstown travelled to the Black Valley in Kerry for an overnight stay. During this trip the 15 young people completed the My Friends Strong Not Tough Resilience Training.
- In June 2018 a group of young people went to Torc Waterfall. On this trip the young people got to see the waterfall, Some climbed Torc while others went to the National Park for a walk.
- In July 2018 ten young people joined a group from Mallow and went to Sherkin Island for two nights. This is an annual trip and something that is highly anticipated by the young people each year. Everyone enjoyed the Swimming and bbq's on the beaches, Campfires and sing songs during beautiful sunsets. We look forward to going again in 2019.
- During the year Rose the youth worker in Fermoy began looking into the process of Erasmus+ projects for young people in Fermoy. Rose took part in the BiTriMulti training in Bonn, Germany. This training was to develop an understanding of Erasmus+ funding and partner finding for an exchange.



- In October a group of eight young people along with Rose done an application for a youth exchange with Erasmus+ to travel to Bulgaria in May 2019 with Turkey and Finland. The project is about intercultural learning and exploring European diversity. We found out in December that the project was approved by our National Agency Leargas so the group were all very excited for this opportunity to travel!
- October was a busy month in the service with some bag packing in Tesco Mitchelstown to raise some funds for the service.
- During the midterm break two of CDYS Fermoy's youth council members competed at

a debate at CDYS Regional Youth Council where they came first for their strong argument on 'social media and the health of young people'.

- Before the year ended, CDYS attended the first youth work forum organized by Cork ETB in Pairc Ui Chaoimh where youth workers Ross and Miriam from Midleton and Mallow were speaking about the My Friends programme and learning about what other youth services in Cork are doing.
- 2018 ended on a high with an ice-skating trip with CDYS Mitchelstown and a family Christmas dinner at the centre.

CDYS Fermoy would like to thank all the young people and volunteers for all their support which makes all this amazing work possible! **For more information on this project please contact - 086 8031200**

Midleton -

Another busy year for Midleton, with lots of activity around the centre and, given the great Summer, a few day trips to the beach and Torc mountain in Kerry.



We welcomed our new staff member Paddy O Halloran to the office and said goodbye to Garry and Tom as the GYDP moved into their own office, in the community centre, and we welcomed Wayne MacSweeney onboard in the CCA role.

Our young people got involved with the Midleton Arts Festival in May with an inspired mural. The theme for the MAF being 'Secret Spaces', we much

we enlivened the underpass of the N25, a boring but much frequented walkway to the local woods, with a colourful mural. Working with the fantastic Splattervan team the young people designed an image which evoked the theme of the festival but also speaks of the importance of youth centres, youth cafés/ spaces, and youthwork to them. Their message 'our voices spoke in secret till we found our space' depicts exactly what young people have found in having access to a youth centre, that they have a space where they have a voice and when they speak they are heard. # Youthwork Works.



We finished up the year with a food collection at Tesco. We were able to donate many boxes of food and essentials to local families. Our final event of 2018 was a trip to the Ice Rink at Mahon, thankfully no damage was done and all had a great time.



2019 so far has seen some of our Youth Council involved in a Sex Education Awareness Workshop with Youthwork Ireland and has had them travelling to Dublin to meet the TDs and Limerick

to further promote the importance of this programme.

We were delighted to receive a visit from An Taoiseach Leo Varadkar in the youth Centre during a recent visit to Co. Cork. He spent some time speaking with the young people and more importantly listening to what they had to say. This visit did inspire some of our young people to become more aware of the impact of politics on their lives and to get registered to vote.



The youth council took part in the Youth Recognition Awards in May 2019.

Our usual projects of Music Group, FRIENDS (Resilience Building), Rainbows, Busstop Youth Club, Drop In sessions were all busy giving young people a variety of ways to access the youth centre. **For more information on this project please contact - 086 8031291**

Mitchelstown -

CDYS in Mitchelstown are engaged with a large cohort of vulnerable young people identified by agencies in the community such as Garda, Tusla and schools. CDYS is known for its innovation, imagination and flexibility when responding to the needs of individuals young people and isolated groups. While currently working with some of these groups we have identified a lot of individuals and groups in Mitchelstown who need additional support. We ran several programmes this year to engage and address the needs, from Targeted drop ins, Educational programmes around mental health, personal development and drugs and alcohol. Youth Workers also ran recreational programmes around music, art, film and cooking. CDYS Mitchelstown also took part in the regional youth council meetings to discuss the issues and challenges they faced in their own communities and participated in the youth awards. Then Summer programme allowed the team to carry out Outreach to meet the young people in

their own space and an allotment project was set up in the town with the community allotment scheme which meant that the young people worked with other allotment holders, growing vegetables and cooking the project on site, fortunately the weather accommodated this summer programme. As in the norm in CDYS young people are always encouraged and facilitated to voice their views on their services and we provide a range of platforms to do this both formally and informally.



Detached Youth Work

Detached Youth Work is distinct from other forms of youth work as it focuses on reaching young people outside formal youth clubs in places such as cafes, shopping centres, on the streets, potentially anywhere they meet with their peers. As with all youth work it uses the principles and practices of informal education to engage young people in constructive dialogue, within a broad agenda of personal and social development. The work is underpinned by mutual trust and respect and responds to the needs of young people. The basis of the relationship between the worker and the young person is mutual acceptance and parity. Our main objective is to make contact with young people who are not currently accessing existing services, to provide information and opportunities and support them in their personal and social development. We encourage young people to get involved in our community through active participation either through C.D.Y.S programmes or signpost them to other relevant local agencies.

Carrigtwohill -

In Carrigtwohill detached work takes place every Friday evening with the assistance of local volunteers who go out and engage with young people in their own space. This work has allowed us to build relationships with young people who may not have engaged with us and has led to positive outcomes for some young people.



Macroom -

The Detached Youth Work Programme began in Macroom in late 2018 and although it was difficult to build traction in the early stages it is now beginning to take shape. We are currently engaging with 70-80 young people a month. We target the most deprived estates and areas of the town where anti-social behavior is evident. Our priority is to help these young people utilize their talents and get involved in our ever growing community. In the last few weeks we have seen an increase in the number of young people who are aware of our service and have begun to build positive relationships with our team. We facilitated a number of activities including basketball, soccer and an occasional 'drop in' style creative space. These activities offer opportunities for young people to drop by, allowing them the freedom to make their own decision regarding their level of interaction and engagement. The outcome has been very positive and we are planning to run more of these activities in the coming months alongside the outreach programme in the evenings.

**For More information on these projects
please contact:-**

Macroom – 086 8106070

Carrigtwohill – 086 7766196



ERASMUS - Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. Its budget of €14.7 billion will provide opportunities for over 4 million Europeans to study, train, and gain experience abroad.

Set to last until 2020, Erasmus+ doesn't just have opportunities for students. Merging seven prior programmes, it has opportunities for a wide variety of individuals and organisations.

The aim of Erasmus+ is to contribute to the **Europe 2020 strategy** for growth, jobs, social equity and inclusion, as well as the aims of **ET2020**, the EU's strategic framework for education and training.

Erasmus+ also aims to promote the sustainable development of its partners in the field of higher education, and contribute to achieving the objectives of the **EU Youth Strategy**.



European Youth Work

In April 2018 the youth worker in Fermoy, Rose Finnerty attended a BiTriMulti training in Bonn, Germany. This training was funded by Erasmus+ through our National Agency Leargas. This training provided Rose with the opportunity to learn all about the opportunities available to young people and youth services through the Erasmus+ programme. This training provided networking for organisations which allowed CDYS to establish a partnership with youth projects in Finland, Turkey and Bulgaria. This led to an application being submitted in October for a youth exchange in Bulgaria.

In October, a group of eight young people along with Rose completed an application for a youth exchange with Erasmus+ to travel to Bulgaria in May 2019 with Turkey and Finland. We found out in December that the project was approved by our National Agency Leargas, so the group were all very excited for this opportunity to travel!

International youth work provides young people

with new opportunities to travel and grow. For many of the young people this is their first time to travel outside of Ireland. This type of work empowers both young people and youth workers to tackle issues that affect all European youth. It creates opportunities for young people to work collaboratively with other young people in a non-formal environment. Traveling with young people strengthens the relationship between young people and youth workers, which is a key element of our work.

Erasmus+ gives both young people and youth workers valuable learning experiences. It is an exciting new venture for CDYS, and we are keen to hear the experiences that have influenced young people's lives and capturing the impact along the way. CDYS's vision of Erasmus+ going forward is to support youth workers in accessing funding opportunities, for international youth work training, youth exchanges, volunteers, job traineeships and many more. In 2019 there is two youth exchanges organized in October and May. The first youth exchange 'Intercultural Connections' included eight young people from Fermoy travelling to Bulgaria with Finland and Turkey. The project is about intercultural learning and exploring European diversity. The second youth exchange 'Young Decision Makers' is with 30 young people from the Regional Youth Councils from Fermoy, Mitchelstown, Mallow and Midleton. The project is about how humans impact the environment and is done in partnership with Regional youth councils in Finland.

In relation to Erasmus+ and CDYS, this year has been extremely progressive in looking at a European dimension in our work and giving young people a platform to explore themes and topics that relate to their everyday life.

Erasmus Trip to Finland Oct 2019 (Young Decision Makers Project) –

We are delighted to announce that CDYS are taking a group of 30 young people from the Youth Councils in Mallow, Fermoy, Mitchelstown & Midleton to Finland this year. This project aims to look at human impacts on the environment and how the young people can contribute positively to this both in the community and their youth centres. The youth exchange will last for one week and the young people hope to network with the young people in Finland around best practice and what

they can contribute on a European level. It is with great anticipation that this group will have an amazing experience and we look forward to hearing all about their unique and exciting venture. Watch this space for an update on their time in Finland in next year's report!



Creative Community Alternatives

CCA is one of Cloyne Diocesan Youth Services newest programmes which is still in its infancy. We currently have a project coordinator 8 support workers who work intensively in a one to one setting with young people and families. Our skilled workers facilitate tailored, flexible and timely interventions to meet children's identified needs within their family, community or care setting.

The purpose of CCA is to provide a high level prevention/ intervention model aimed at young people who are either on the edge of alternative care or currently in alternative care due to complex factors that may include neglect, parental separation, attachment issues, alcohol and/or drug misuse, mental health and economic disadvantage.

Having access to consistent and resourced support allows for the provision of home-based supports, intensive services to address and support challenges with emotional difficulties and access to positive activities and local resources in their communities.

Addressing the needs of children at the optimal point.

Early intervention can be defined as anticipating, identifying and addressing problems as they arise or escalate and co-creating an appropriate response with the child and the family. At the higher level of need, this may involve identifying increasing need and responding with appropriate care. This could be where a child or young person is about to be taken into alternative or out-of-home care, where they have had multiple care placements break down or are at risk of placement breakdown and alternative local solutions are possible to resolve the issues.

Prevention services can address complex and

acute needs through a multi-agency approach to avoid "last resort" options such as taking a child into care or moving a child to secure care. Through a strengthsbased, trauma-informed and child centred approach, Creative Community Alternatives can respond to the complex needs of the child and adapt to their unique circumstances to provide wraparound support and ultimately improve the stability of their living conditions. **For more information on this project please contact – 086 8065863**



CDYS Outreach Counselling, Psychotherapy & Play and Art Therapy

CDYS Outreach Counselling is an accessible counselling service established 2 years ago and is in Mitchelstown three days per week and Mallow two days per week with counselling slots available elsewhere across North Cork. This low cost, preventative counselling service came to be from asking young people what would make it easier for them to access mental health supports. Anxiety, feeling down, anger, stress and exam stress are among the most common reasons as to why a young person comes to CDYS Outreach Counselling. It is not limited to this though and there are evening appointments available. In the past year, 620 Counselling hours offered with this number expected to increase over the next 12 Months.

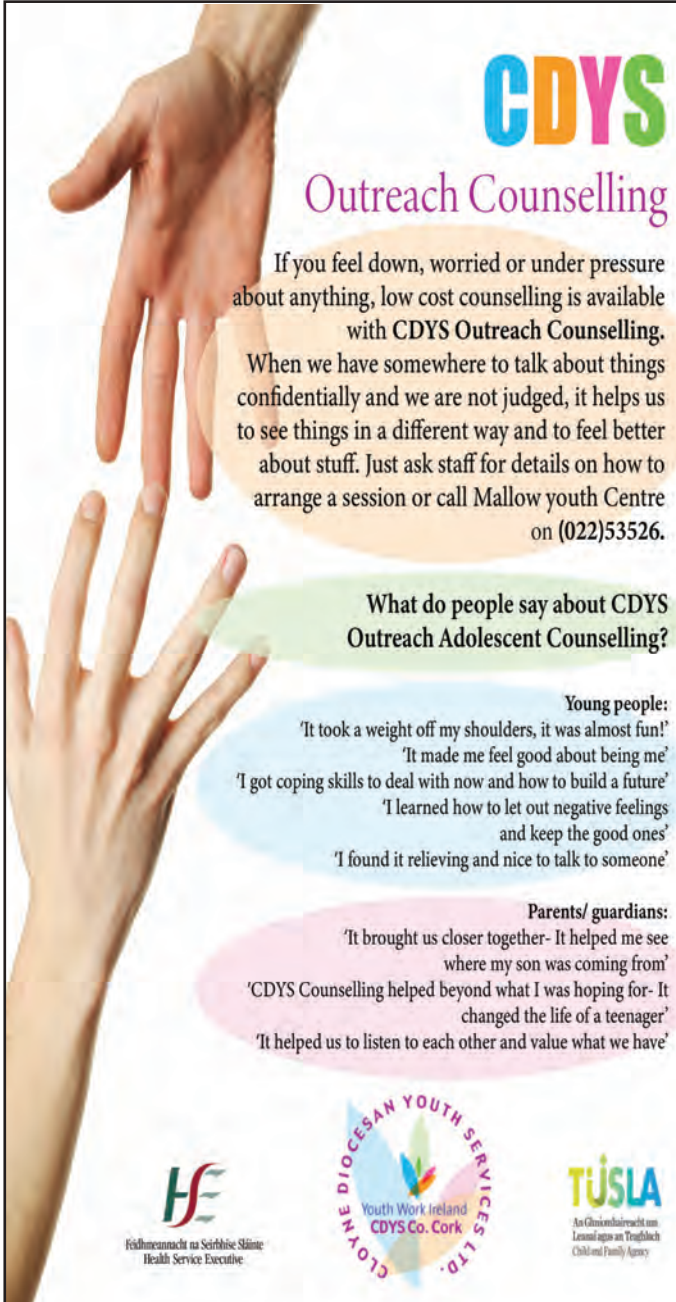
We are also able to arrange Counselling in Midleton.

To arrange Low Cost Counselling with one of our Counsellors **please contact:-**

Mallow, Mitchelstown & Surrounding Area's - 086 1841860 or 022 53526.
Midleton Area - 085 7670980.

We can also arrange Psychotherapy & Play and Art Therapy. If you would like further information on these services **please contact:-**

Community Psychotherapy
Midleton - 086 8031291
Macroom - 087 9470179
Play & Art Therapy
Midleton - 086 8031291
Mallow - 087 9366207



CDYS
Outreach Counselling

If you feel down, worried or under pressure about anything, low cost counselling is available with CDYS Outreach Counselling.

When we have somewhere to talk about things confidentially and we are not judged, it helps us to see things in a different way and to feel better about stuff. Just ask staff for details on how to arrange a session or call Mallow youth Centre on (022)53526.


What do people say about CDYS Outreach Adolescent Counselling?


Young people:


- 'It took a weight off my shoulders, it was almost fun!'
- 'It made me feel good about being me'
- 'I got coping skills to deal with now and how to build a future'
- 'I learned how to let out negative feelings and keep the good ones'
- 'I found it relieving and nice to talk to someone'

Parents/ guardians:

- 'It brought us closer together- It helped me see where my son was coming from'
- 'CDYS Counselling helped beyond what I was hoping for- It changed the life of a teenager'
- 'It helped us to listen to each other and value what we have'

 Fidhneamhacht na Seirbhíse Sláinte
Health Service Executive

 Youth Work Ireland
CDYS Co. Cork

 An Ghnóimhseirbhís na Leanaí agus an Teaghlaigh
Child and Family Agency

Garda Youth Diversion Project

Mallow GYDP, Feabhas Cobh, Mobile GYDP
Midleton, Fermoy, Charleville & Mitchelstown

CDYS works in partnership with An Garda Síochána through the provision of Garda Youth Diversion Projects. These projects aim to engage with young people between the ages of 12-18 who are deemed to be at risk in numerous areas of their lives and are coming to the attention of An Garda Síochána. Participation in the Project is on a referral basis from the Gardai.

The Projects work closely with the young person, their parents and families, the local schools and other youth organisations in the wider community to provide a tailored, bespoke, challenging and positive support network. A variety of activities taking into account the young person's interests and strengths are run during the year, some of which include, sports, art, homework assistance, surfing, camping and peer education and mentoring.

One of our more successful programmes we have run in 2018 is the work to learn programme through the CDYS Feabhas GYDP, where young people work 4 hours a week in the local community for 6 months and are paid €8 per hour. Through this they gain valuable experience and learn many work-based practical skills. The WTL programme also encourages participants personal, community and social responsibilities.

An online education programme in association with iscoil and CETB is another way of engaging our young people. This year four young people earned QQI Level 3 certificates in Personal & Interpersonal Skills and Health & Fitness.

Run in co-ordination with An Garda Síochána and the Irish Youth Justice Service, the Diversion projects are funded by the European Social Fund as part of the ESP Programme for Employability, Inclusion and Learning 2014-2020.

To find out more about the work of GYDP, check out our video – 'A day in the life of the Parish,' in which the young people describe in their own words why they attend and what it does for them. It can be found on our Facebook page – FeabhasGYDPCobh.

The GYDP Projects Aim to:

- Facilitate activities and programmes that support participants personal development.
- Encourage participants personal, community and social responsibility.
- Improve long term employment prospects of participants.
- Provide prevention based programmes.
- Where offending behaviour has occurred, provide intervention programmes.
- Support and facilitate a positive relationship between participants and Gardai.

For more information on these Projects please contact:
Mallow GYDP - 086 609 6875 / 087 927 4770
Cobh Feabhas GYDP - 086 417 9332 / 087 926 6977
Charleville/Mitchelstown – 086 703 1482 / 086 703 1483
Midleton/Fermoy – 086 703 1484 / 086 703 1485



iScoil graduates 2019: Pictured are our iScoil graduates from 2019 receiving their certificates for Personal & Interpersonal Skills and Health & Fitness with Feabhas GYDP & iScoil staff; from L-R: Niamh Ryan, Youth Justice Worker Feabhas; iScoil graduates, Cameron Byrne; Max Devlin; Piotr Kwiatek; Jimmy Dunlea, Feabhas GYDP Co-Ordinator and Grainne Fitzpatrick, iScoil Programme Manager.



Feabhas Community Award 1: Feabhas GYDP receiving their Community Award in the Commodore Hotel on May 9th. Pictured from L-R: Padraig Raleigh, HSL Carrignafof Community College; Community Garda Eric McCarthy; Niamh Ryan and Jimmy Dunlea, Feabhas GYDP; and Frank O' Donovan, Principal Carrignafof Community College.



Feabhas Community Award 2: Award winning Feabhas GYDP staff Niamh Ryan and Jimmy Dunlea with their recently won Community Award.

Youth Ministry

This year we ran a range of Ministry activities from school retreats, Alpha & faith development, other fun initiatives include:-

ACTivate Club

It was a busy year for the ACTivate Club.

Sensory Room

The ACTivate Club are delighted that they were able to invest in equipment to create a sensory space for the young people. The equipment purchased will encourage relaxation and calmness not only for the young people but for the

parents and volunteers who attend the club.

18th Birthday Parties

We celebrated three special birthdays' during the year with Jill, Shauna & Stephen turning 18. The ACTivate Club are always up for a party. The Big Blue Cube was transformed into a party zone on three different nights over the course of the year and to the delight of the young people and adults it was a pizza feast. Our sensory room was transformed into a disco zone where everybody danced the evening away.

Trip to the Cinema

On the 20th March the ACTivate Club went to the Gate cinema Mallow to see the Documentary Film – This is Nicholas – Living With Autism. The documentary film accounts the personal experience of living with Asperger's Syndrome and autism spectrum disorder while it also touched on depression which was brought on by early childhood trauma. At the end of the documentary, there was a time for Questions & Answers which some of the ACTivate Club contributed to.



Funderland

Some members of the ACTivate Club headed to Funderland in Cork with the CDYS group. The young people were insistent that the staff would go on every ride with them. It didn't matter if you had a fear of heights or going on the fast rides – you just had to do it and it was great to have the support and encouragement from the young people. There was no escaping not going on the rides. It was a great evenings entertainment and thoroughly enjoyed by all.

Cork Sports Partnership

The ACTivate Club was delighted this year to partner with Cork Sports Partnership to explore a 6-week multi activity programme. The key focus of this was to have fun and be inclusive. It was a very active 6 weeks with all the young people and the volunteers getting involved. The programme finished with a water party on the last night of club. Despite best efforts by the parents to stay dry – it most certainly didn't happen. Sharon Doody and Bernadette O'Connor attended the Disability and Inclusion Training in Cork which will be of great benefit when working with youth groups.

Summer Trip

This year the ACTivate Club headed to the Glen Resource Centre in Cork. It was an action-packed afternoon with the young people taking part in Snow Tubing, Fun Archery and Team Challenges.

It was great to see the young people in the different activities and compete against each other. There wasn't an ounce of cheating going on with the staff and volunteers.

Youth Choir/band

The Mallow Parish Youth Ministry Youth Choir had a busy year. We were delighted to have new members join us. Throughout the year, the choir/band enhances the Masses both in the Church of the Resurrection & St Mary's Church. The talented musicians and singers are under the leadership of Ralph De Kramer who gives so freely of his time. We were very fortunate to be asked to sing in December in Mallow Hospital in their chapel for the patients who were able to hear and see us via TV's in the wards. We are always looking for people to help us, singers and musicians. For more information please contact Bernadette on 086 8031126.



Pope John Paul II Award Ceremony

The 6th Pope John Paul II Award Ceremony was held in Mallow Community Youth Centre on Thursday 4th October 2018. 53 young people from across the diocese and neighbouring diocese received the award. It was a great achievement for the young people, their families, their schools and local parishes, St Mary's Secondary School Mallow, The Patrician Academy Mallow, Scoil Mhuire Gan Smal Blarney, St Aloysius College Carrigtwohill, Presentation Secondary School Mitchelstown, Killavullen Parish, Kinsale Community School and Sacred Heart School Clonakilty.

Guest speaker on the night was Fr Luke from the Servants of the Home of the Mother who along with his community of another priest and two brothers have recently moved to Mallow. They will be ministering/working with the young people across the Diocese, in school and supporting their families in sharing faith and life. Fr Luke surprised us with his contemporary piece of beat boxing on his harmonica and got the crowd going.



St Aloysius Faith Camp

Last year saw the CDYS Youth Ministry St. Aloysius - Summer Faith Camp, for Boys and Girls (5-14 yrs) exceed expected numbers. It was an action-packed week, a summer camp with a twist! Each day the young people started off with Morning Prayer followed by a variety of activities such as drama, sports, music, arts & crafts and Good Shepherd Catechesis. We were very fortunate to have Sr Marie Gretti who gave freely of her time to give the young people the opportunity to have Adoration every day where they had quiet time to sit and talk to Jesus. The day finished with Mass where the young people participated in the singing, the readings and altar serving. We were delighted to have our local priest come and say Mass for us, Fr Sean Corkery, Mallow, Fr Greene (Carrigtwohill), Canon O'Brien & Fr Carvill (Mallow). They were all delighted to see the fantastic activities that the young people were getting involved in. The camp was an opportunity for the young people to develop and grow in confidence and character, and to know and experience the love of God through the activities.

48 children participated in the camp and we were delighted to have 33 leaders and junior leaders from Mallow Parish Youth Ministry-CDYS, Jesus Youth Movement & Pope John Paul II Award participants. We were fortunate to have Sr Cleopha, Sr Premila and Sr Angelita from the Missionaries of Charity, Blarney who delivered the Good Shepherd Catechesis. Every morning Sr Premila honoured us with her own songs and the music ministry team would put action to the songs and teach the young people. Each day the leaders and junior leaders were very well looked after with the generous donation of sandwiches from SuperValu, Centra-Main Street, Food Capers, Choices Cafe, Lucey's and Gretta's. Margaret Hennigan was very busy baking every morning to supply the team with delicious cakes in which there were a rush to get to them. St Aloysius Faith Camp would like to thank all those who helped make this camp a major success for its fifth year running. Planning is already under way for next year!!! If you would like to get involved in this camp for next year please contact Bernadette, Mallow Parish Youth Ministry on 086 8031126.



Youth Clubs

We currently have a number of Youth Clubs affiliated with CDYS.

Lisgould Youth Club
 Lismire Youth Club
 Donoughmore Youth Club
 Busstop - Middleton
 ACTivate Club - Mallow
 FriendS Youth Club - Mallow
 Cobh Youth Services – Cobh



If you would like to set up a Youth club in your local Community we can assist and advise you on all aspects of this process and give you support and guidance once your Youth Club is up and running. CDYS club support includes Training, Insurance and Information and support. If you would like further information about setting up a Youth Club please contact Marie on 086 6001741.



Volunteering with CDYS

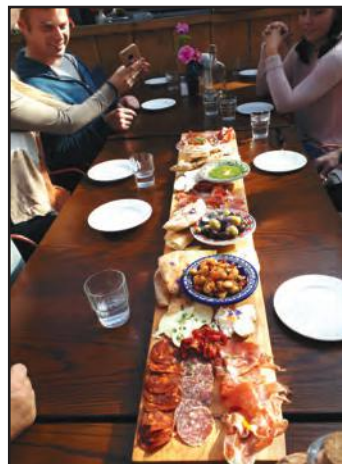
We are so grateful to our dedicated volunteers, we would not be able to operate without you! 2018 was a busy year for our Volunteers, not only where they busy within their Projects but they also attended training in a variety of subjects to enhance their experience and abilities within CDYS.

We would like to thank each and everyone of you for your time and commitment!

Why not get involved by becoming a Volunteer! Volunteers are an integral part of the success of CDYS.

We need committed, friendly individuals who are interested in getting involved within their local community. If you feel you have the right skills & are willing to commit to a few hours per week, then we would like to hear from you! If you would like further information about volunteering contact your local CDYS Project or call us on 022 53526 or visit

www.cdys.ie



Hire a Room/Hall Space in Mallow

Mallow Community & Youth Centre



is located in the heart of Mallow Town and is one of the largest indoor venues in the North Cork Area. Our main hall and stage area has a capacity of over 700 people and is fully equipped with lighting and sound. Our recently refurbished conference room/dance room with a capacity of 100 people is also available for rent along with our recording studio, one to one meeting room and Youth Café. We have a number of activities in the centre on a weekly basis, some of which include Bingo, Basketball, Gymnastics, Badminton, Dance and Zumba, Art Classes and baby massage. If you are interested in renting space please contact our Centre Administrator Brian Haughton, 083 1669535 or 022 53526.

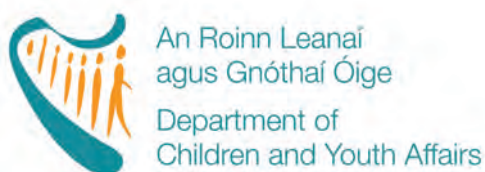


The Big Blue Cube

is located in Gouldshill, Mallow and is an invaluable asset to the local community. This modern, bright building has a variety of different rooms and spaces for rent. We currently have a number of weekly activities such as Mother & Toddler Group, Dance and Zumba for Kids, Taekwon-Do, Drama, Coder Dojo and Play Therapy to name but a few! If you would like further information on the activities available in the Big Blue Cube or you would like to rent space please contact our Centre Administrator Marie O'Brien, 086 6001741 or 022 21812.



CDYS Funders



Irish Youth Justice Service
Seirbhís na hÉireann um Cheartas i leith an Aosa Óig

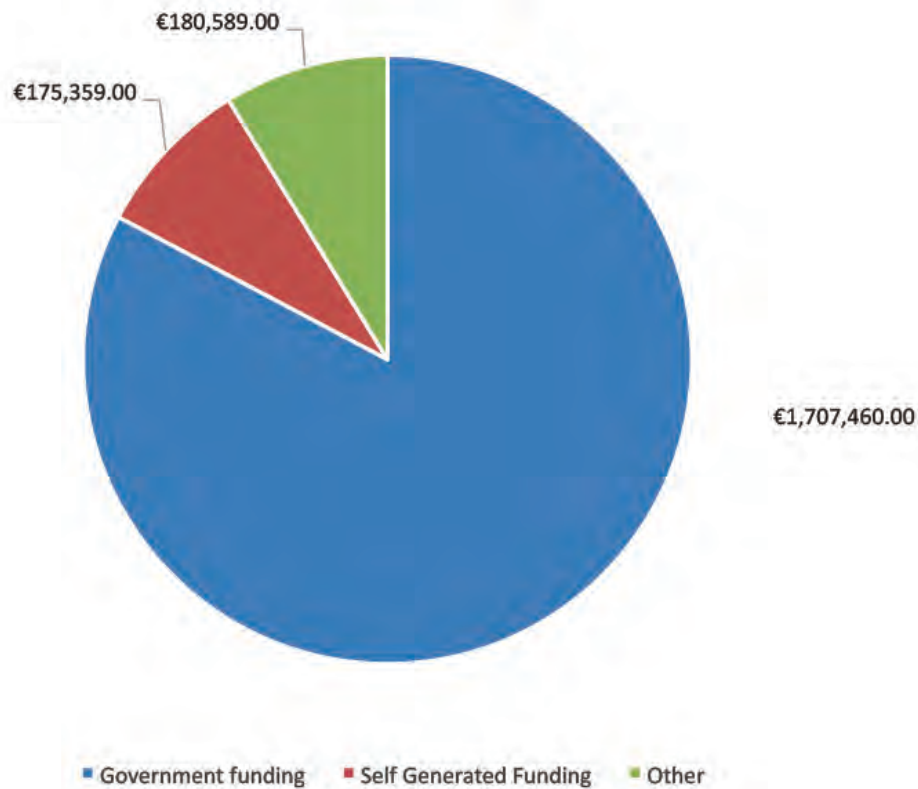


Youth Work Ireland

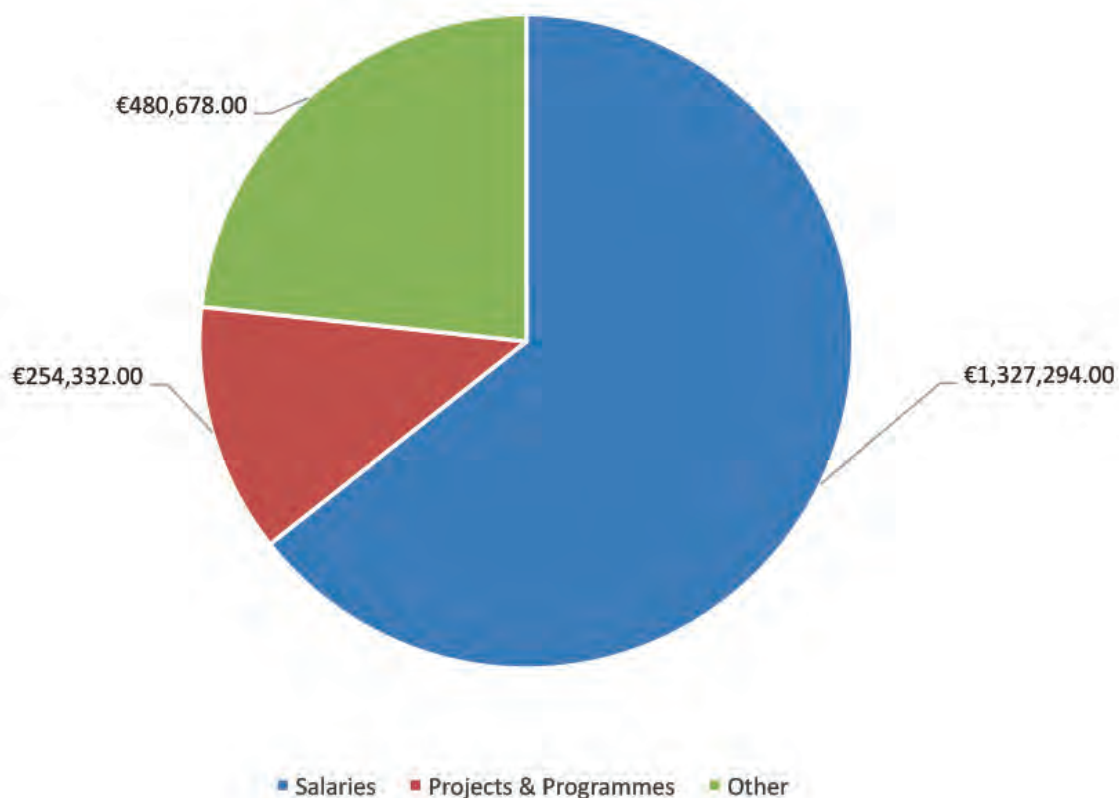
The Parish of Mallow

CDYS Organisational Income and Expenditure 2018

CDYS Income 2018



CDYS Expenditure 2018



CDYS CONTACT LIST

Youth Projects

•Midleton
•086 8031291

•Mallow
•086 8031291 / 087 7148268

•Fermoy
•086 8031200

•Mitchelstown
•086 8031227

•Carrigtwohill (Detached)
•086 7766196

•Macroom (Detached)
•086 8106070

Garda Youth Diversion Projects

•Mallow
•086 6096875 / 087 9274770

•Cobh (Feabhais)
•086 4179332 / 087 9266977

•Charleville/Mitchelstown
•086 7031482 / 086 7031483

•Midleton/Fermoy
•086 7031484 / 086 7031485

Local Training Initiatives

Mallow, North Cork LTI
086 4693360

Macroom, Good Lives Project
083 1699095

Midleton, East Cork Music Project
086 1409513

Community Drugs Based Initiatives

Mallow/Mitchelstown
086 3836414

Macroom
086 8031109

Fermoy
086 6096874

Youth Ministry

Mallow
086 8031126

Youth Counselling

North Cork Area
086 1841860

Midleton
085 7670980

Community Psychotherapy

Midleton
086 8031291

Macroom
087 9470179

Play & Art Therapy

Midleton
086 8031291

Mallow
087 9366207

Macroom Community Development & Arts Project

Macroom
083 1609007

Creative Community Alternatives (CCA)

086 8065863

Youth Clubs

086 6001741



CDYOS
DIOCESAN YOUTH SERVICES LTD.
Youth Work Ireland
CDYS Co. Cork



*“Empowering
Young People
Through Quality
Youth Services”*



CDYS Regional Office

Mallow Community Youth Centre
New Road, Mallow, Co. Cork

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