

— Cork —
Learning
Neighbourhoods

2023/24

PLACES OF
LEARNING



TOGHER

PLACES OF LEARNING
DIRECTORY **2023/24**

Welcome



cetb

Bord Oideachais agus
Oiliúna Chorcaí
Cork Education and
Training Board

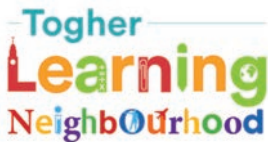


Comhairle Cathrach Chorcaí
Cork City Council



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

Special thanks...

Special thanks to **Clare Keogh Photography**
and **Double Marvellous Media** for their
contribution to the directory.



Disclaimer

While every effort has been made to ensure accuracy of content, no responsibility for errors or omissions can be accepted.

Wish to be added to future publications?

If you wish to have your details included in the directory going forward, please contact us by email on togherlearning@gmail.com and we will endeavour to have your details included in the online directory.

In 2015, Cork achieved a UNESCO award as a Learning City – one of only three cities in Europe to achieve such a distinction and one of only twelve cities worldwide.

In 2016, Knocknaheeny and Ballyphehane were chosen by the GLLiC (Growing Lifelong Learning in Cork) Steering Group to pilot a Learning Neighbourhood Programme. Following the success of the pilot programme, Mayfield and Togher were developed as Learning Neighbourhoods in 2017. Since then, South Parish and The Glen have also developed as Learning Neighbourhoods.

Togher Learning Neighbourhood has been actively celebrating lifelong learning in the community through a variety of events and campaigns over the past years. Togher Learning Neighbourhood has hosted Lifelong Learning Expos, developed learning workshops, undertaken photography campaigns to celebrate lifelong learning and has delivered taster programmes to promote further and higher education opportunities in the community.

The Togher Learning Neighbourhood coordination group comprises of many different educational providers in Togher whose main aim is to celebrate and showcase all of the different forms of learning available in Togher. The group aims to encourage and increase participation of people of every age in educational activities.

The constituent members of the Steering Group includes representatives from: Togher Family Centre, Togher Community Centre, L'Arche, O' Connell Court, Cork City Partnership, Togher Boys National School, Togher Girls National School, Togher Garda Station, Adult Continuing Education, University College Cork, Cork City Council and the Cork College of Further Education and Training, Tramore Road.

The Group worked to gather and collate the information for the Directory throughout 2022 and 2023 and huge thanks is due to this team for their hard work. A big 'thank you' is also due to Karen O' Sullivan for her substantial contribution as chairperson of the Togher Learning Neighbourhood coordination group. Moreover, the Steering Group would like to sincerely thank all of the sponsors who have contributed to the financial cost of this publication. If you are interested in joining the Togher Learning Neighbourhood committee, email us at togherlearning@gmail.com for more details.

In short, this Directory is aimed at people who require contact information of local and wider Cork City education providers, and is designed to support people in their lifelong learning journey. The map will help to locate the various local organisations listed within the Directory.



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This directory can be accessed online on
<https://corklearningcity.ie/learning-neighbourhoods/togher>



1

37th Cork Scout Group - Togher

Address: Togher Scout Den, Tramore Road, Togher, T12 W658

Contact: Hugh Bailey -
Group & Scout Leader
James Hodgins -
Beaver & Venture Leader

Phone: 086-1729857

Email: 37thtogher scouts@gmail.com

Scouting Ireland enables young people to build the skills they need to maximise life's opportunities. Scouting Ireland welcomes all members.

The 37th Cork Scout Group are based in Togher and meetings are held on Mondays from 7pm.

Beaver Scouts - 6yrs - 8yrs

Cub Scouts - 9yrs - 11yrs

Scouts - 12yrs - 15yrs

Venture Scouts 15yrs - 17yrs

Updates are available on the clubs' Facebook and Instagram. 37th Togher Scouts are always looking for Adult Volunteers to support the club.

2

A Stitch in Time (No Strings Attached)

Address: Togher Community Centre

Contact: Marian Bird

Phone: 087-0663903

Service: Knitting and Crochet Group
Community based

Email: marian.bird@yahoo.co.uk

A charity knitting and crochet group that makes baby cardigans, blankets and hats for the babies unit in the CUH. This group was established in 2019.

Meets on **Monday nights** from **7pm until 9pm**.

The membership fee is €10 per month

You will get tea, coffee and treats and can make new friends in a friendly environment. Wool will be supplied for whatever garments are being made. New members are always welcome.

3

ACCESS UCC



Address: First Floor, The Hub,
Main Campus, UCC. T12 YF78

Phone: 021-4904807

Contact: www.ucc.ie/en/accessforall

Email: access@ucc.ie

Service: Support Service for Students

Access UCC welcomes and supports students right through their learning journey. Our goal is to collaborate with students, teachers, families, communities, and businesses, to increase opportunities for underrepresented groups to attend third-level education. We can advise you on entry routes including Higher Education Access Route (HEAR), Disability Access Route to Education (DARE), Mature Student, and QQI/FET admissions, as well as financial and other student supports.

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Adult Continuing Education, UCC

Address: The Laurels, Western Road,
Cork T12 EH31

Website: www.ucc.ie/en/ace

Phone: 021-4904740

Contact: Gwen Roche

Email: ace@ucc.ie

Service: Higher Education

ACE (Adult Continuing Education) at University College Cork (UCC) has been offering part-time education programmes to Cork, Munster, and beyond since 1946 and is proud to celebrate 75 years of educational services to the community. With approximately 3,000 students every year, ACE offers a distinctive educational experience for part-time adult learners through promoting both lifelong and life-wide learning. ACE provide an accessible route into higher education to those who might not otherwise access such programmes.

5

Age Action

Address: Unit 14 Melboure Business Park,
Model Farm Road, Cork

Email: aac@ageaction.ie

Phone: 021-2067399

Care & Repair

Age Action's Care and Repair does small DIY jobs for older people to help them maintain their homes and their independence. Care and Repair does jobs that might be more difficult to complete as people get older but not big enough to call in a tradesperson.

Getting Started Computer Training

As part of our fight against digital exclusion, Age Action's Getting Started Computer Training programme delivers free training on computers, tablets and smartphones to people over the age of 55.

Age Action supports and advocates for equality and human rights for all older people. This pursuit of equality and human rights is underpinned by our work to promote ageing in place, life-long learning, and health and wellbeing for older people, empowering them to live as active citizens.

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Ballyphehane Togher Community Development Project CLG

Address: Community Resource Centre &
Childcare, Lower Friars Walk,
Ballyphehane. T12TH68

Contact: Siobhán O'Dowd
Project Co-ordinator - 0214319085
siobhan@btcdp.ie

Phone: 021-4319085

Email: siobhan@btcdp.ie

Cathy Kelly
Community Peer Mentor - 087 626878
cathy@btcdp.ie

Ballyphehane Togher CDP is a community anchor project that offers programmes and activities in community education, community childcare & early learning, community development, community health and arts & health, and community administration and supports. All of these programmes support learning at a variety of levels and assist personal and community development.

Ballyphehane Togher CDP is a community hub linking residents, local groups /organisations and public services managed by a local voluntary committee supported and assisted by a skilled and responsive staff team. As a CDP the organisation works to challenge the causes of disadvantage and poverty and to promote equality and inclusion.

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Bishopstown Library

Address: Wilton Shopping Centre, Wilton,
Cork T12 RR84

Contact: Bishopstown Library

Phone: 021-4924950

Service: Library Service

Email: bishopstown_library@corkcity.ie

Bishopstown library is located at Wilton Shopping Centre. Membership is free. You can borrow up to 12 items for 3 weeks at a time. The library stocks CDs & DVDs as well as books.

The library is open from 10.00a.m. – 8.00 p.m. on Thursdays

and from 10.00 a.m. – 5.30 p.m on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays.

8

Blossom Grove

Address: 18A Maglin Grove, Deanrock Estate T12 TP8E

Email: Bgrove@tfamc.ie

Contact: Pamela Sherlock, Nora Mehigan, Aedin Lehane

Service: Preschool

Phone: 085-1425253

Blossom Grove is a sessional preschool which caters for children from the ages of 2.5 to 5 years.

There are 22 children attending in each session and Blossom Grove strives to meet the needs of all the children



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Cork City Partnership Clg.

Address: Unit 2, Greenwood Estate, Togher,
Cork. T12VP9T

Contact: Margo Hayes
Michael O'Donnell

Phone: Margo Hayes - 087 1962023
Michael O'Donnell - 083 3604611

Service: Community Education

Email: margo.hayes@partnershipcork.ie
modonnell@partnershipcork.ie



Cork City Partnership aims to promote equality and social inclusion through the provision of community development supports and education programmes, including:

- Supporting and training local community groups
- Increasing access to services, education, employment, and recreational activities for people who are experiencing disadvantage or social exclusion
- Working in partnership with local communities, agencies, local elected representatives and state funded bodies to build strong, healthy, sustainable and equitable communities
- Providing community education courses and a range of lifelong learning supports

Togher
Learning
Neighbourhood



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Cork City Council

Address: City Hall, Anglesea Street,
Cork T12T997

Contact: Arthur Needham

Email: Arthur_Needham@corkcity.ie

Service: Community Team

Phone: 021-4924000 (Main)
086-1024604 (Arthur)

Cork City Council's Community Team works closely with communities all over the city to support groups, organisations, projects and events. The Community office administers several grant funds throughout the year, and in Togher, coordinates the RAPID programme which focuses on partnership working with groups, services and individuals in the locality. Community team members work on Community Safety Forums, local clean ups and festivals, and are always happy to support existing and new groups in Togher.

Cork City Partnership Local Area Employment Services and Tús Community Work Placement Initiative

Address:	Unit 2 Greenwood Estate, Togher T12VP9T	Contact:	Michelle McCarthy (LAES) Slavi Crowley (Tús Team Leader)
Email:	mmccarthy@partnershipcork.ie (LAES) scrowley@partnershipcork.ie (Tús Community Work Placement Initiative)	Service:	Employment Support and Community Work Placements
		Phone:	021-2038640 LAES 087-7370415 Tús Community Work Placement Initiative



The Local Area Employment Services (LAES) is specifically focussed on supporting unemployed people to enable them to get back into the workforce or to access short education and training courses to help them upskill and improve their job prospects.

The service provides practical support, advice, guidance and information relating to employment, training and welfare to work options.

Opening Hours:

Monday to Thursday 9:00 – 13:00; Friday 9:00 – 17:00

The Tús Community Work Placement Initiative is a community work placement programme providing short-term working opportunities for unemployed people.

Cork College of FET - Morrison's Island Campus

Address:	Morrison's Island Cork City T12 H685	Contact:	Reception in Main office or by emailing above
Email:	queries@ccoc.ie nightcollege@ccoc.ie	Phone:	021-4222100

Further Education and Training

- Full time Day Courses QQI Level 5 & 6.
- ITEC Holistic - Health and Beauty
- Apprenticeships in Sales, Accounting and Auctioneering
- Night College – Monday to Wednesday evenings – in a range of business and general interest.

Cork College of FET's mission is to provide high quality FET programmes which are responsive to the needs of learners and the requirements of a changed and changing economy. Through the varied and diverse programmes and courses on offer, learners are provided with education and training opportunities that are designed specifically to provide the skills and competencies necessary and required to access the world of work, or to progress on to further studies.



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Cork College of FET, Tramore Road Campus

Address:	Tramore Rd, Ballyphehane, Cork, T12 AC91	Contact:	info@csn.ie www.csn.ie
Phone:	021-2961020	Service:	Post Leaving Cert College and Adult Education Provider
Email:	Info@csn.ie		

At **Tramore Road Campus, Cork College of FET** (formerly CSN College) there are a great range of courses for school leavers and for mature students, with a very impressive record of graduate progression to 3rd level, and to the workplace. The college is renowned for student support and our friendly atmosphere. The college offers Level 5 and Level 6 courses, in QQI and BTEC, and other specialist qualifications. Courses include Sports, Coaching and Physical Education, Emergency Services, Radio Broadcasting, Art, Digital Media, Journalism, Music Management and Sound, Cultural and Heritage Studies, Acting, Furniture Design, Carpentry, Dance, Greenkeeping, Horticulture, Applied Biology, Food Health, Nutrition, Lab Techniques, and many more. Apply online at www.csn.ie.

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Cur le Chéile

Address:	Cur le Chéile Togher Girls, National School, Togher Road, Cork T12 T996	Contact:	Rebecca Buckley Supervisor Alison Grace Assistant Supervisor
Phone:	021-4316674	Service:	Cur le Chéile Preschool
Email:	clc@tfamc.ie		



Cur le Chéile
early years education

Cur le Chéile is a Togher Family Centre Preschool located within Togher Girls School. The preschool caters for children aged 2 years and 8 months up to 5 years old. Cur le Chéile follows a high scope and emergent curriculum, which focuses on the children's strengths and needs. The vision of the preschool is to ensure that every child experiences the magic of childhood.

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Cork Parks Tennis

Address:	Cork Parks Tennis, Togher Tennis Courts, Clashduv Parks, Togher T12YR71	Contact:	John (coordinator)
Phone:	086-2677396	Service:	Tennis Club
Email:	corkparks@gmail.com toghertennis@gmail.com	Website:	www.tctc.ie

Cork Parks Tennis have promoted the game of tennis throughout Cork for almost forty years. The aim of the organisation is to make tennis accessible to everyone.

Activities include :

Pay as you Play: rent a court.
Junior and adult tennis lessons
Holiday camps at Summer, Easter, Christmas camps.
Competitions, tournaments, leagues, Social tennis nights and Schools' Tennis.

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Everton AFC

Address: Everton A.F.C. Everton Park,
Lehenagh More, Cork Airport,
Co. Cork T12 YF62

Phone: 086-3518985

Email: evertonafc58@gmail.com

Address: Togher Sports pavilion, Togher
road, Cork, T12 X30A

Contact: Stephen Crowley

Service: Football Club

Everton AFC has been in existence since 1958. We offer football for boys and girls from the ages of 4 up to Senior Level, we cater for all abilities. We are One of only Two Cork clubs that have been awarded the much coveted FAI Entry Level & One Star Club Mark. We would be delighted to welcome you or any family members into our club.

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Glentrasna

Address: 1 Glentrasna Drive, The Glen,
Co.Cork T23 RD8C

Phone: 086-7778886

Email: glentrasna@tfamc.ie



Contact: Alison Crowley

Service: Glentrasna Preschool

Glentrasna Preschool is run by the Togher Family Centre. It is a community based preschool that helps children to develop social and emotional skills. Glentrasna supports children to become independent learners. The preschool welcomes children from a variety of cultural backgrounds and supports children with additional needs.



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Greenwood FC

Address: Togher, Cork.

Contact: Kieran McCoy, Norma Kerins, Adrian Coughlan, Louis Nolan Declan Crowe.

Phone: 086-3518985

Email: greenwoodfccork@hotmail.com or follow us on instagram

Service: Football Club

Greenwood FC is a soccer club based in Togher. The club caters for boys and girls from the age of 6 up to adults. The club has a ladies team and two men's senior teams.



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Grove Cottage

Address: 18A Maglin Grove, Deanrock Estate, Togher T12TP8E

Contact: Kelly O Brien
Jennie White

Phone: 085-8588390

Email: gcsupport@tfamc.ie
famsupport@tfamc.ie

Service: Child Contact
Family Support

Grove Cottage provides both Child Contact and Family Support.

Child Contact:

Supervision of Tusla and Court directed child contact.

Support of children living apart from their parents and extended family members, to meet in a safe, neutral environment.

Family Support:

Provision of a range of family support services.

Provision of support through both Parent Groups and 1 to 1 Support.

Grove Cottage also works with Tusla under the Meitheal Programme. The Meitheal approach aims to help children where they may need the support of more than one service. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to the Social Work Department under Children First.

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L'Arche Cork

Address: 'Le Cheile' Togher Road (right of church), Togher T12 CH29

Phone: 021-431-8880

Email: info.cork@larche.ie

Contact: Meadhbh Furlong
Day Service Co-ordinator

Service: Day Service Provision for Intellectually Disabled Adults

L'Arche Cork offers accommodation and a day service provision to adults with an intellectual disability. L'Arche's social inclusion ethos is based on life-sharing of persons both with and without an intellectual disability. L'Arche Cork is currently developing a social enterprise café on site, with a view to offering meaningful social roles both to attendees at the day service and to members of the wider Togher neighbourhood. L'Arche Cork is also developing a Horticulture Project onsite, with the same focus on community participation. Volunteers are welcome.

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Little Learners

Address: 6 Maglin Grove, Deanrock Estate, Togher, T12 C8VW

Phone: 021-4316676
085-1416853

Email: littlelearners@tfamc.ie



**Little
Learners**
early years education

Contact: Alison Crowley

Service: Little Learners

Little Learners is an early years setting within Togher Family Centre providing stimulating and fun learning experiences for children aged 2 to 3 years.

The purpose of Little Learners to provide quality, affordable early years education to the local community. Using a well-planned and structured curriculum, all children will be provided with an opportunity to succeed in an atmosphere of care where they are valued.

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Togher Meals on Wheels

Address: Togher Road

Phone: 021-4964041

Email: toghermealsonwheels@gmail.com

Contact: Anne McGrath

Service: Togher Meals on Wheels have been operating for the past 45 years delivering meals and having that social interaction with our clientele who are mostly elderly couples or people living alone in the Togher and surrounding areas.

Togher Meals on Wheels aims to deliver two meals to each client every

Monday / Wednesday / Friday.

In order to continue this service, 15 volunteers are needed per week.

This service is looking for volunteers to help out in the kitchen or to deliver the meals.

Kitchen time - 9.00am to 11.30am

Delivery time - 11.30am to 12.30pm



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MTU Access Service (Cork Campus)

Address: Munster Technological University,
Bishopstown, Cork T12 P928

Website: www.cit.ie/access

Phone: 021-4335138

Service: Higher Education

Email: accesscork@mtu.ie

Contact: Christine Nolan



The MTU Cork Campus Access Service aims to ensure widened enrolment in MTU from under-represented groups. The Service aims to lead the way in high quality, professional and responsive access provision.

The Service organises and delivers a range of pre-entry, entry and post-entry support programmes for the various groups. MTU Access Service participates in the national Disability Access Route to Education (DARE) & Higher Education Access Route (HEAR) schemes.



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Pearse Celtic

Address: Clashdub Park, Togher, Cork

Contact: Martin O' Donovan

Phone: 086-3573914

Service: Football Club

Email: Martinodonovan8@gmail.com

Pearse Celtic was established in 1992 and is celebrating 30 years football this year.

Pearse Celtic runs a successful 'Football For All' programme which caters for individuals between 5-18 years of age who have an intellectual or physical disability and want to play soccer.

This team trains on a weekly basis and is suitable for boys and girls who may be unable to play mainstream soccer.

Training for Football For All is held every Saturday in Nemo Rangers GAA club, Douglas from 12-1pm.

The club has two adult football teams and three schoolboy teams, under 12, under 13 and under 14s.

The club also runs an academy for both boys and girls which ranges from 5 to 11 years of age.

Training for these teams is held in Irish Independent Park, Tramore Road on Mondays between 6-7pm.

Football matches are held in either Lehenagh More Park, Coffees Field or Clashdub Park. All new members are welcome, along with any coaches who would like to get involved.



Street Leagues

We provide coaching and games for boys and girls of all ages from U5 to U12. Our street leagues are on Friday evening, Saturday morning and Sunday morning and all are welcome.

Boys Gaelic Football Friday 6 - 8pm
Boys Hurling Saturday 10 -12noon
Girls Camogie Saturday 12 - 1pm
Ladies Football Sunday 10 - 12noon

The boys street league currently has 300 registered players while the camogie and ladies football have 120. All of our coaches are qualified, we operate on the "give respect - get respect" initiative operated by the GAA. All of our coaches are Garda vetted and have completed the child safeguarding course.

U13 to U18

Once players progress through our Street League section they can continue with their age groups right up to adult level. Currently the boys finish at U17 and the girls, both Camogie and Ladies football, run until age 18. During this stage of their development age appropriate strength and conditioning is introduced as players develop both their skills and their strength in preparation for adult teams.

Adult

We currently have three senior teams in Hurling, Football and Camogie. Our Ladies Football section are currently in their second year fielding an adult team and participate in the Junior ranks. We have a great tradition in the Barrs and are the only club in the country to have won All Irelands in both Hurling and Football. Our Camogie teams have also been successful in winning Senior County titles. Hopefully in the future our Ladies footballers will join them in the senior ranks.

Clubhouse and facilities

The clubhouse is open 7 days a week

Monday -Wednesday 6-9.30pm

Thursday-Sunday 6pm to late

Our bar and hall are available to hire for parties, functions etc by contacting Martin Murphy at secretarymanagerbarrs@gmail.com or phone 021-4961951

Our club shop is open on Wednesday and Friday evenings and again on Saturday mornings.

AstroTurf Pitches

We have an astro turf facility at The Barrs which is used by all sections when grass pitches are unavailable and this facility can also be hired by other groupings by contacting the club.

Healthy Eating Club

The club participates in the GAA-HSE healthy eating initiative and this is about health promotion. It involves a wide range of specific initiatives including mental health, health screening, bullying, diet and nutrition. It's also involved in community outreach, drug and alcohol awareness, life skills and personal development and engaging with older community members.

Contact Information

Email: secretarymanagerbarrs@gmail.com

Phone: 021-4961951

Address: Neenan Park, Togher, Cork

Contact: Martin Murphy



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Read Write Now CETB

Address:	CDP, Lower Friar's Walk, Ballyphehane, T12 TH68	Contact:	Bernadette De Courcey
Phone:	087-6849150	Service:	Adult Literacy
Email:	Bernadette.decourcey@corketb.ie		

Read Write Now provides free tuition to all eligible adults. The tuition ranges from one-on-one tutoring, Reading, Writing, Spelling, Numeracy, Computer Courses, English for Living in Ireland, Skills for Work, and Family Learning. Our centre promotes a relaxed and friendly environment where learners can join with others to develop new skills and enhance existing ones.

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O'Connell Court

Address:	Doughcloyne, Togher Cross, T12 DT97	Contact:	Rory O'Meara
Phone:	021- 4316076	Service:	Accommodation
Email:	info@oconnellcourt.ie		

O'Connell Court provides support accommodation for people of an older age who find themselves in a homeless situation. The organisation also caters for people over the age of 50 with mental health issues. The project has 2 properties, with 55 spaces at O'Connell Court and 13 at Oakdene House.

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The Pod Youth Resilience Project

Address:	Tom O Sullivan House, 52 Shournagh Grove, Deanrock Estate, Togher T12 DN1Y	Contact:	Stephanie Whiteford
Phone:	085-8612511	Email:	Thepod@tfamc.ie
		Service:	The Pod Youth Resilience Project

The Pod Youth Resilience Project is located in Shournagh Grove in Togher and caters for up to 40 children aged 10-12 years. When young people come to The Pod, they have space to work on their homework with the help of Youth Workers as well as free time or structured activities with their friends. There are activities and projects planned throughout the year with the young people.

Groups are currently facilitated Monday to Thursday, from 2.30pm - 6.30pm with each day typically being dedicated to either 4th, 5th or 6th class. Overall, The Pod is a fun space for young people to relax and socialise with friends in a supportive environment.

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Foróige Togher TACT Family Support

Address: Togher Road

Contact: Kerry Dineen

Phone: 086-3573914

Service: Football Club

Email: Kerry.dineen@foroige.ie

A community based support for parents of young people attending TACT youth diversion project.

When parents receive support they are more likely to feel better about themselves and their parenting abilities, and in turn interact with their children in responsive and supportive ways. TACT family support supports parents, encouraging good parenting practices encouraging and fostering good relationships between family members.



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Togher Wednesday Social Group (Seniors over 55s)

Address: Togher Community & Social Services Center (situated between Togher National Schools and The Deanrock Bar)

Service: Social Activities for Ladies over 55yrs

Email: marychristina42@gmail.com

Phone: 087-9748042
021 4961420

Contact: Contact Chrissie O'Callaghan by phone or email or visit Togher Community & Social Services Center (situated between Togher National Schools and The Deanrock Bar) Wednesdays between 2.00 p.m. and 4.00 p.m.

Based in Togher Community & Social Services Center (situated between Togher National Schools and The Deanrock Bar) the seniors social group meets on Wednesdays between 2.00 p.m. and 4.00 p.m.

This social group was founded in 2003 by Sr. Martha Clark who spent many years as a Parish Sister in Togher. At that time, she identified the need for a place where older women could meet and socialise during daylight hours. So on the 10th of September 2003 Sr. Martha and 11 other like minded women met in Togher Community & Social Services Center and TWSG was established. New members are always welcome. To join contact Chrissie O'Callaghan or call into the centre on Wednesdays between 2.00 p.m. and 4.00 p.m.

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Togher Boys' National School

Address: Togher Road, Cork T12 Y710

Phone: 021-4946460

Email: office@togherboys.com

Contact: Togher Boys' School

Service: Primary School for boys.



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Togher Athletics Club

Address: AC Clubhouse, Togher Rd, Togher, Cork T12 DR68

Contact: Clare Madden (Club Secretary)

Email: secretarytogherac@gmail.com

Service: Athletics Club

Togher AC welcomes membership from Athletes of all ages and fitness levels.

The primary training hub takes place in the Sonia O'Sullivan track at the Mardyke Arena Health & Leisure Centre Cork on Tuesdays. On alternative days of the week, groups may be training at various locations across the city, so do reach out if you wish to know if the club facilitates training in your area.

- Little Athletics 8-12
- Juvenile Boys 13-19
- Juvenile Girls 13-19
- Senior
- Après Run Cork/Fit4Life

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Tiny Learners



**Tiny
Learners**
early years education

Address: 6 Maglin Grove, Deanrock Estate, Togher T12 C8VW

Phone: 085-8249537

Contact: Erin O Carroll

Email: Tinylearners@tfamc.ie

Service: Tiny Learners

This service is sessional for children aged 1- to 2-year-olds. The morning sessions run from 9am to 12pm and the afternoon session runs from 1pm to 4 pm. The daily routine is open to change based on the childrens' interests. The curriculum is based on the High/Scope methodology and is play based. The aim of this service is to provide the best possible foundation for the children..

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Counselling

Address: Tom O'Sullivan House, Shournagh Grove, Togher T12 DN1Y

Phone: 085-1440516

Email: Office3support@tfamc.ie



Contact: Paula McDowell

Togher Counselling Service provides the opportunity for children, young people, and adults to avail of affordable counselling, art therapy and play therapy. There are various counsellors and therapists available for specific needs and age groups.

35

Togher Community Association CLG

Address: Community and Social Services Centre, Togher Road, Cork. T12 TX2Y

Contact: Norma Kerins

Phone: 021-4321002

Email: toghercc@eircom.net

Service: Social group

Various community activities including Ladies Wednesday social Group, Thursday Activity Group which includes indoor bowls, knitting groups, Community Health Groups and community education. We also have soccer pitches and a lawn bowls arena.



36

Togher Men's Shed

Address: c/o Cope Foundation, Vickers Rd
Cork

Phone: 086-3504362

Email: toghermensshed@gmail.com

The primary objective of our shed is to enhance the holistic wellbeing of men in our community encompassing physical, mental and social health.

The main focus of our weekly activities will be finding meaning and purpose, friendship and support. We aim to support each individual to take ownership and responsibility for their projects. The Togher Men's Shed also provides a valuable service by supporting the local community.

Contact: Noel: 0863504362



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Togher Tidy Towns

Address: Togher Community Centre, Togher Road, Togher, Cork City, T12 TX2Y

Phone: 083-0123694

Email: info@toghertidytowns.ie

Togher Tidy Towns is a voluntary group that encourages people to improve their local environment and to make their area a better place to live, work and visit.

Activities of this group include gardening, painting, restoration, recycling, murals and street art along with general litter picking also. The group is open to members of all ages and new members are always welcome. The group meets every Saturday at 11am at Togher Community Centre and on Wednesday evening at 7pm (June, July & August only). All required equipment is supplied.

Contact: Fergal O'Connor

38

Togher Girls' National School

Address: Togher, Cork. T12 T996

Phone: 021-4964923

Email: tgnsoffice@tgn.ie

Service: Primary School

Contact: Eimear Long

Togher Girls' N.S. has been part of the community since 1850. Our students are encouraged to be active members of the school and their wider community. Girls are involved in Student Council, Global Citizenship, Green Schools, Community Garden, School Garden and various STEAM projects as well as various sporting activities.



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Tús an Bhóthair, Togher Family Centre

Address: Tús an Bhóthair,
Grounds of Togher Boys School,
Togher, Cork T12 Y710

Contact: Laura Walsh- Supervisor

Email: tab@tfamc.ie

Phone: Landline: 021-4847767
Mobile: 085-8249530

Service: Preschool

Tús an Bhóthair is one of Togher Family Centre's preschools. As a Togher Family Centre service, the preschool strives to empower children, families and the community through building relationships with all who support this vision. The team value and listen to the voice of the children and incorporate their ideas and interests into the curriculum. This service aims to provide a stimulating environment for children to learn progressively and also support the children to learn through planned play activities in order to promote creativity and imagination.

40

Trish McCarthy School of Modern Dance

Address: Lough Community Centre and Togher
School

Contact: Trish at 087-7729743

Phone: 087-7729743

Email: Trish.mccarthy@hotmail.com

Service: Dance classes

The dance school teaches freestyle, hip-hop and dances from the top musicals. Each year, students take part in the panto as well as participate in the St Patrick's Day parade. The children keep fit, make friends for life, learn teamwork and learn how to be creative and confident. Most of all, students have fun and make fantastic memories.

41

Tory Top Library (Cork City Libraries)

Address: Tory Top Road, Tory Top,
Ballyphehane. T12 WP57

Contact: Deirbhile Dennehy

Phone: 021-4924946
021-4924934

Service: Public Library

Email: torytop_library@corkcity.ie

Tory Top Library was purpose built in 2005. Opening hours are Tuesday - Saturdays from 10.00am to 5.30pm with late night opening until 8pm on Tuesdays. (Except during summer)

Membership is free to all. Facilities include free internet, WiFi, printing, and photocopying. There are various clubs and groups, storytime for children, free events for adults and much more.

For more information see www.corkcitylibraries.ie





Faces of Learning



FACES TOGETHER
OF LEARNING



In 2022, Carolyn Miller was nominated by the Togher Learning Neighbourhood for an 'Exceptional Endeavour Award' in the 2022 Cork Celebrates Lifelong Learning Awards. Carolyn was nominated for the award due to her exceptional contribution to the Togher community.

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Carolyn owns a florist in Togher which has always been more of a community development project than a business. Over the years, Carolyn has contributed her time and energy to support the local community, the impact of which has touched many people in the Togher area.

Carolyn has been involved in a Summer Camp project called 'BALANCE' of which she is a chairperson. She has volunteered with the project for the past 23 years. The summer camp supports children from 8 years to young adults with mild, moderate and profound intellectual and physical disabilities. The project is primarily funded by proceeds of a charity store in Ballincollig. The summer camp supports 140 children over a four week period in the summer. This project is a fantastic initiative which provides children and their families with a fun space to connect in the summer. Carolyn also volunteers with Togher Tidy Towns which is a fantastic community initiative. Carolyn has organised community clean up days with the local schools which promotes positive wellbeing in the community.

Carolyn has been a long standing member of parents' associations in the local schools and has facilitated sessions with parents to encourage them to be active members of the lifelong learning philosophy of their children's school communities.

Carolyn contributes floral arrangements to local community events which include First Communion receptions for families, Santa Grottos in the schools and Togher Lifelong Learning Expos. She has delivered child/parent flower arranging sessions and has helped families to create wonderful arrangements for seasonal occasions with their children.



A 'men's shed' is a community based project, where men can come together to learn, share skills and make long-lasting friendships together.

The Togher Men's Shed group includes members from a variety of backgrounds that meet twice a week for social interaction and to maintain positive mental health. The members include retirees, unemployed, those recovering from an illness or disability.

The Togher Men's Shed offers a place for men to connect with meaning and purpose and to make new friends. The activities on offer include woodworking, gardening, carpentry and community work. The Togher Men's Shed welcomes new members to join.

Contact Information

Email: toghermensshed@gmail.com
Phone: 087-3504362



Meals on Wheels- Friendly Call Cork

Togher Meals on Wheels

Togher Meals on Wheels prepare and deliver freshly cooked meals to people who are of limited means or ability to cook for themselves.

Meals-on-wheels service is a critical service in the Togher community that enables older people to remain living in the community or to return to their own homes after hospitalisation.

The service is supported by local, dedicated volunteers who give their time and services free.

Togher Meals on Wheels aims to deliver two meals to each client every Monday / Wednesday / Friday.

In order to continue this service, 15 volunteers are needed per week.

This service is looking for volunteers to help out in the kitchen or to support with the delivery of meals.

Kitchen time - 9.00am to 11.30am
Delivery time- 11.30am to 12.30pm

For further information, please contact Anne McGrath on 021-4964041 or email toghermealsonwheels@gmail.com

Friendly Call Cork

Friendly Call Cork is a free service providing a daily phone call to older people or individuals' who may feel lonely, isolated and vulnerable in Cork City; the service specifically targets people with chronic illness or who cannot engage in an active way in the community.

Phone:

Jackie or Fiona on
021-4301700 or 087-6366407

Email: friendlycall@partnershipcork.ie





Located in a corner of Clashduv Park, the Togher Community Garden is a fantastic example of a productive and innovative green space in Cork City.

In just a year, the local community, working with Maria Young from Green Spaces for Health, have built 18 raised beds, constructed a polytunnel, planted more a hedgerow of 350 native trees, and most recently dug a pond by hand. The community garden members are keen to support biodiversity in the area.

As a result of the success of recent cookery classes for children in the garden, the community garden have published a cookbook which is full of recipes inspired by the plants and vegetables grown in the garden.

The cookery book can be accessed online at the following link:

<https://www.corkhealthycities.com/greenspacesforhealth/green-spaces-for-health-cookbook>

The community garden has hosted a number of courses including a global citizenship programme. The garden is a hive of activity with members meeting each Saturday morning to work together to maintain the garden. New members are welcome to join.

Contact Information

Email: toghercommunitygarden@gmail.com

Phone: 087-8392321



Togher Market

Newly established, the Togher Market is becoming an integral part of the Togher community.

The market, which is held monthly on a Saturday, provides local-small food, gardening and craft producers with the opportunity to showcase their goods. The market takes place in the grounds of O' Connell Court, Togher Road.

At each market, a fundraising raffle takes place in aid of a deserving charity. The market has become a great weekly meeting place for local people.

Contact Information

Phone: 085-2612353



“The longest journey begins with the first step – and it’s never too late to start”

What are Community Based Mentors?

Trained volunteer Mentors are active community members who are interested in offering support, encouragement and information to people in their community who are interested in or thinking about starting a new course, going back to education at any level, taking on a new opportunity – but are not sure where to start or what is involved.

The Mentor is someone you can talk to, someone you can discuss your situation with, someone who will listen to you and offer support, advice, and information in helping you to reach a decision and can also support you into the future as you begin your ‘new’ journey. They can guide you to relevant information sources and to other people in your community, further education colleges and third level colleges who can also support you.

The Mentors identified the need for this Togher Community Directory to highlight all the wonderful opportunities available locally and worked with all Learning Neighbourhood partners to develop this valuable resource.

The SOAR Project is an initiative that brings colleges and community projects together to collaborate on increasing access to higher education for under-represented groups. The Project is based in the Access Services of University College Cork – Access UCC and Munster Technological University – MTU Cork Campus Access Service.



Contact Information

Email: learningneighbourhoodtogher@gmail.com

Phone: 083-8104736



SOAR Project

The SOAR Project has partnered with Cork City Learning Neighbourhoods, Cork Migrant Centre and Cork Education Training Board, to develop a Community-Based Mentoring Programme with the aim of having trained Mentors available to support others in their neighbourhood. An accredited Certificate in Community-Based Mentoring training programme was developed in consultation with communities and delivered by UCC.

Togher Learning Neighbourhood welcomed the opportunity to participate in the programme and nominated three active community members to train as Community-Based Mentors.

New Opportunity, New Challenge, New Interest, New Direction?

Are you thinking about starting a new course, taking up a new educational opportunity, starting a new career, a new hobby ... but not sure where to start, when to start, or how to start... Maybe the Community-Based Mentors can help! Through the SOAR project and The Togher Learning Neighbourhood, we now have three mentors in this community who are there to support you to reach new learning goals, be that simply by chatting with you, steering you in a direction of further information about your learning ambitions or help you access the information you need to progress with that which you want to do. This learning journey might be an ambition to learn about a sport, a musical instrument, a craft, join a social group, advance your qualifications, attend college etc., etc.. The learning opportunities in our city are as numerous as they are varied. Follow your dreams and reach for the stars. We, the SOAR mentors, in Togher Learning Neighbourhood are here to support you.

Please include your phone number in email if you wish for us to call you back, otherwise we will email you back. Text or leave a voicemail

If you send us an email or a text message a member of the mentoring team will get back to you within a week to facilitate your enquiry.



Clashduv Park

Junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning from 9.30am. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along!



To express your interest in joining the volunteering team, please contact john.kissane@parkrun.com

South Lee Educate Together National School

South Lee ETNS is an equality-based, co-educational, democratically-run and child-centred national school based in Ballyphehane in Cork. South Lee ETNS is state-funded and teaches the National Curriculum.

It is a non-fee-paying school that is open to students of all backgrounds.

Contact Information

Email: david.cashman@southleeeducatetogether.com

Phone: 085-1305176

Web: <http://www.southleeeducatetogether.com>

Address: c/o Coláiste Stiofán Naofa

Tramore Road,

Ballyphehane Co. Cork





Adrienne Rodgers
Co Chair

Willie Mc Auliffe
Co Chair



Useful Contacts

EMERGENCY

Ambulance/Fire Brigade/Gardaí 999 or 112
ESB Emergency & Interruptions 1800 372 999
Garda Station, Togher 021-4947127
Gas Emergency – Leaks Only 1800 205 050
Housing Maintenance 021-492000
National Poisons Centre 01-8092166

ADDICTION

Al-Anon Family/Friends Support Group 01-8732699
Alcoholics Anonymous 085-470880
Arbour House (HSE Addiction Service) 021-4968933
Cork Local Drug & Alcohol Task Force 021-4930100
Drugs Awareness Information Line 1850 719 819
Drugs /Alcohol Helpline 1800 459 459
Gamblers Anonymous 087-2859552
Narcotics Anonymous 087-1386120 (6-9pm)
Overeaters Anonymous 086-3526467

COUNSELLING & SUPPORT

Community Counselling Service 021-4928300
Cork Counselling Centre 021-4274951
Cork Marriage Counselling Centre 021-4275678
Family Meditation Centre
(Separation Agreements) 021-4252200
Pietà House 1800 247 247 or Text HELP to 51444
Popes Quay Counselling Service 021-4502267
Post Natal Depression Ireland 021-4922083
Support after Crime Services 021-4320555
YMCA Youth Counselling Services 021-4270187
HUGG Suicide Support Group 01-5134048

DOMESTIC VIOLENCE

Cuanlee Refuge (Abused Women & Children) 021-4277698
Edel House
Residential Centre for Girls,
Women & Children 021-4274240
Mná Feasa (Confidential Helpline) 021-4211757
OSS Cork (Domestic Violence) 1800 497497

HEALTH & WELFARE

AWARE (Depression Support) 1800 804848
Carers Association 1800 240 724
Cork Family Planning & Women's Healthcare
Clinic 021-4277906
Cork Gay Project 021-4300430
Cork Mental Health Association 021-4511100
Disability Federation of Ireland 01-4547978
GROW (Promoting Better Mental Health) 0818 474474
Health Service Executive (HSE) 1800 700 700
PWDI (People with Disabilities in Ireland) 021-4551986
Sexual Health Centre 021-4276676
Social Welfare Local Office 021-4806800
Youth Health Service 021-4937250

HELPLINES

Bodywhys (Anorexia & Bulimia Helpline) 01-2107906
Childline 1800 666 666 or Text 50101
Irish Cancer Society 180 200 700
LINC (Support for Lesbian and Bisexual Women) 021-4808600
National Smokers Quitline 1850 201 203
Parentline 01-8733500
Samaritans 116 123
Senior Helpline 1800 804 591
Sexual Violence Centre (Cork) 021-4276676
Suicidal Helpline (HSE) 1800 742745(6-10pm)
Women's Aid 1800 341 900

HOMELESS HELP

Cork Foyer 021-4288524
Cork Simon Community 021-4278728
St. Vincent de Paul 021-4317899

MISCELLANEOUS SERVICES

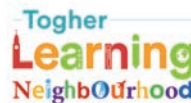
Cork City Adult Guidance Service 021-4907149
Cork City Partnership 021-4302310
Cork Deaf Association 021-4505944
Cork Money Advice & Budgeting Service (MABS) 0818 072 000
NALA (National Adult Literacy Agency) 1800 202 065
NASC (Irish Immigrant Support Centre) 021-4273594
Society of St. Vincent de Paul 021-4270444
Threshold (National Housing Organisation) 021-4278848
Traveller Visibility Group 021-4503786

PREGNANCY / PARENTING / CHILDREN

Barnardos 021-4310591
Cura (Pregnancy Counselling Service) 021-4277544
ISPCC 021-4509588
Life (Pregnancy Care Service) 021-4270445
Parentline (Parents Under Stress) 01-8733500
TREOIR
(Services for Unmarried Parents and their Children) 01 6700120

TRAVEL

Bus Éireann 021-4557140
Cork Airport 021-4313131
Iarnród Éireann/Irish Rail 021-4506766



How to build a

LEARNING Neighbourhood

Share skills between generations

Share memories

Create a tepee; make a wisdom tent

Tap into your creative side

GET TO KNOW NEW PEOPLE

START A CONVERSATION

TELL YOUR STORY

Pass on kindness & understanding to your grandchildren

Listen to each other

Listen to your mam

Join a group and pool ideas

GO TO SCHOOL

Get to know what's going on locally

Get involved in intergenerational groups

READ THE LOCAL NEWSPAPERS

WATCH THE NEWS

Use your local CDP or Community Centre
Use the library

Go to College

LEARN FROM YOUR FRIENDS AT THE DAY CARE CENTRE

Walk & chat & share interests

Encourage each other & stick with it

Try something new

Use your imagination

Have fun!

Join in

Open your ears!

BELIEVE IN YOURSELF

Believe in others

Be open

BE AMBITIOUS

PLAY NICE!

Break down barriers

SHARE

Keep learning at the heart of the community

PLAY TOGETHER

Smile & say Hi



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