

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS'
UNION

STUDENTS' UNION RAG CHARITY:
EATING DISORDER CENTRE CORK

A MESSAGE FROM THE HSE:
MENTAL HEALTH & YOU

MTU & UCC INACT
HEALTHY CAMPUS CHARTERS

MTU CORK STUDENT UNION'S
RAG WEEK TIMETABLE & RAFFLE



Great Value Young
Driver's Insurance

SuperValu
Insurance



SuperValu Car Insurance is underwritten by AXA Insurance DAC. SuperValu Financial Services DAC t/a SuperValu Insurance, is regulated by the Central Bank of Ireland.

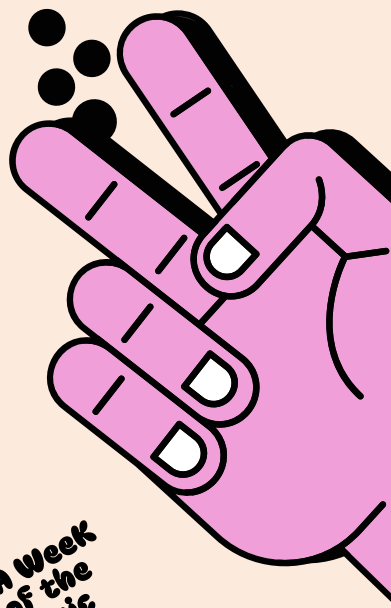
Woo
Hoo!

MTU
CORK SU

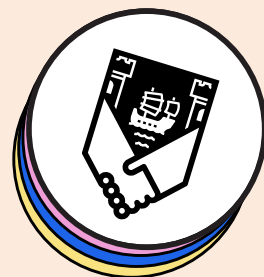
Noice



RAG Week 2023



A Week
of the
Craic



Mon 30th

Market Stalls

10am // Outside Student Centre

DJ MC Fleming

12pm // In the Student Centre

Mind Reader -

THE SUPERNATURAL BROTHER (aka Peter Carroll)

1pm // In the Student Centre

BLADEZ Barbers (€5 Cuts)

ALL DAY // In the Main Corridor

Weds 1st

Market Stalls

10am // Outside Student Centre

Funfair

11am - 4pm // In the Student Centre

RED FM Roadshow

12 - 2pm // In the Student Centre

Soccer Tournament

12 - 3pm // Astro Turf Pitches

Tues 31st

Market Stalls

10am // Outside Student Centre

DJ MC Fleming

12 - 2pm // In the Student Centre

SEX TOY Bingo (with Jen Barry)

1pm // In the Common Room

Thurs 2nd

Market Stalls

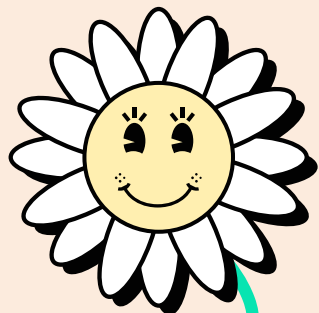
10am // Outside Student Centre

DJ MC Fleming

12pm // In the Student Centre

Hypnotist - Anthony Galvin

1 - 3pm // In the Student Centre



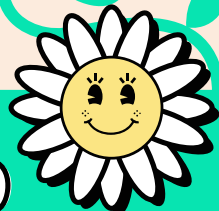
SUPPORTING



Eating Disorder
Centre Cork



Mon Jan 30th
- Thurs Feb 2nd





WIN BIG

4

EATING DISORDER CENTRE CORK

12

MENTAL HEALTH & YOU

6

CERVICAL CANCER PREVENTION WEEK

January is the World Health Organisation cervical cancer awareness month.

14

UCC & MTU SIGN HEALTHY CAMPUS CHARTERS

8

CREATING GOOD HABITS 2023

18

FINDING THE BALANCE

10

WISTEM2D AWARDS

The Award recognises outstanding female students in STEM2D disciplines: Science, Technology, Engineering, Math, Manufacturing and Design.

20

FLYNNER'S FLYING COLUMN

ROCHESTOWN PARK HOTEL

Bed & Breakfast & Evening Meal for 2
(Value €250+)

MTU ARENA

6 Weeks Personal
Training Programme
(Value €200)



EDI OFFICE

€100 All for one Voucher

USIT

€100 J1 Voucher

ROOSTERS PIRI PIRI

3 x €50 Voucher

STUDENT RACE DAY

2 x Student Race Day Tickets

EM FITNESS

Class Pass (Value €60)

MARINA MARKET

€20 Voucher

SUPERVALU INSURANCE

2 x €70 Gift Cards

IARNRÓD ÉIREANN

2 x Tickets between 2 stations in the ROI

O'DONOVAN'S OFF LICENCE

Hamper (Value €50+)

CORK OPERA HOUSE

2 x Show Tickets for Sultans of Ping
2 x Show Tickets for Ross Browne

EVERYMAN

2 x Show Tickets for The Last Return

MTU MARKETING UNIT

Swag Bag (including MTU Hoodie)

DOUGH HUT

€20 Voucher

WOK & ROLL

€50 Voucher

XO BEAUTY

€30 Voucher

XO BEAUTY

€30 Voucher

MASSEYTOWN ROTISSERIE DELI

2 x €20 Gift Cards

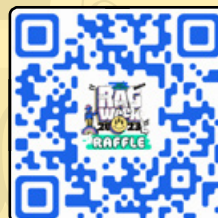
REEL CINEMA, BALLINCOLLIG

5 pairs of 2 Cinema Tickets

MTU

2 x MTU Cork SU Flask & MTU Beanie

**ALL UP FOR GRABS
TO ENTER JUST SCAN
OR PRESS THE CODE**



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**YOUR
UNION
YOUR
VOICE**



MTU Cork SU Chosen Charity: **Eating Disorder Centre Cork**

MTU CORK SU
PROUDLY SUPPORTING



This year for our RAG charity, MTU Cork SU are delighted to have partnered with the Eating Disorder Centre Cork. Eating disorders are a complex mental health condition that can affect all genders on a psychological, emotional, and physical level.

Despite what some people may be led to believe, an eating disorder is not a choice, but an illness people suffer with. Beliefs such as, "it's only a phase," and "they'll grow out of it," can often be dangerous ideologies and are untrue in so many ways. The growing dietary culture we have so easily adopted over the years has played a huge part in normalising countless eating disorder habits.

The Eating Disorder Centre Cork (EDCC), believe a full recovery can be achieved for anyone who may suffer with an eating disorder. The EDCC provides compassionate and professional help to anyone living with this illness. This healing process allows for the mental and physical wellbeing of the patient to be restored, allowing their full emotional potential to be developed. Everyone deserves to have a positive and peaceful relationship with food and body image.

By Kelda Mac & The EDCC

Someone with an ED might use food or excessive exercise as a way to cope with difficult emotions they may feel or ongoing life situations. The ED "voice" is a dangerously negative inner critic that someone with an ED may struggle with constantly. Dealing with these incessant thoughts of self-judgement can sometimes lead a person to feel lonely, fearful, and isolated, in addition to feelings of self-hatred and humiliation. The mission of the EDCC is to develop a relationship with clients and help them challenge and eliminate the critical ED voice. They encourage the development of unique worthiness in each of their clients and support the road to a happy and healthy life once again.





If you are feeling affected by this, please do not hesitate to reach out to the EDCC or to the numerous supports we have available at MTU

**Eating Disorder
Centre Cork:**

PHONE:

021 4539900

MOB:

085 2451401

EMAIL:

info@edcc.ie

WEBSITE:

eatingdisordercentrecork.ie

**MTU Student
Counselling:**

PHONE:

021 4335772

MOB:

087 7688657

EMAIL:

counselling.admin@mtu.ie

EMAIL:

www.mycit.ie/counselling

Cervical Cancer Prevention Week

A Message from MTU
Cork Medical Centre

23rd January 2023 marks Ireland's cervical cancer prevention week and January is the World Health Organisation cervical cancer awareness month.

THE KEY MESSAGES ARE:

"Get Informed" Find out the facts about cervical cancer and the human papilloma virus (HPV) that causes it. [#getinformed](#)
[HSE marks Cervical Cancer Prevention Week](#) - HSE.ie

"Get Screened" Cervical Screening is free to women in Ireland from age 25. Check when your next free cervical check is due by logging on to [When is my next cervical screening test due?](#) - Cervical Check

"Get Vaccinated" Almost all cervical cancer cases (99%) are linked to infection with high-risk human papillomavirus (HPV). The Laura Brennan HPV vaccine catch-up programme is for some people age 16 or older who did not get the vaccine yet. For more information please see the [HPV vaccine catch-up programme](#).

[The Laura Brennan HPV vaccine catch-up programme pop-up clinic is coming to MTU.](#)

WHEN?

Date and venue in MTU to be confirmed, please keep an eye on your email and the Students' Union socials.

WHO IS ELIGIBLE?

A HPV vaccine will be offered to Females/ people with a cervix under the age of 25 who have never received a HPV vaccine.

IS THERE A COST?

No, the vaccine is free.

HOW MANY DOSES?

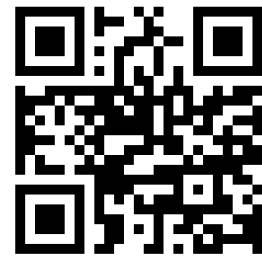
1 dose only.

WHAT DO YOU NEED TO BOOK AN APPOINTMENT?

A mobile phone number, an address or Eircode and a PPS number (If you do not have one, you can still get a vaccine).

CLICK & CAREER

SIGN IN



My Career Q

[Password reset here](#)

A STATE OF THE ART, ONLINE **SUITE OF CAREER TOOLS**, NOW AVAILABLE TO YOU ON YOUR **MOBILE PHONE OR LAPTOP**.

Try the '**Pulse**' **assessment** to help you identify where you are in your career journey



Want to learn more about yourself? Complete a **Career Assessment**.



C.V. 360 tool checks your C.V against 50+ checks and scores it. Get instant feedback. Aim to get 70%!



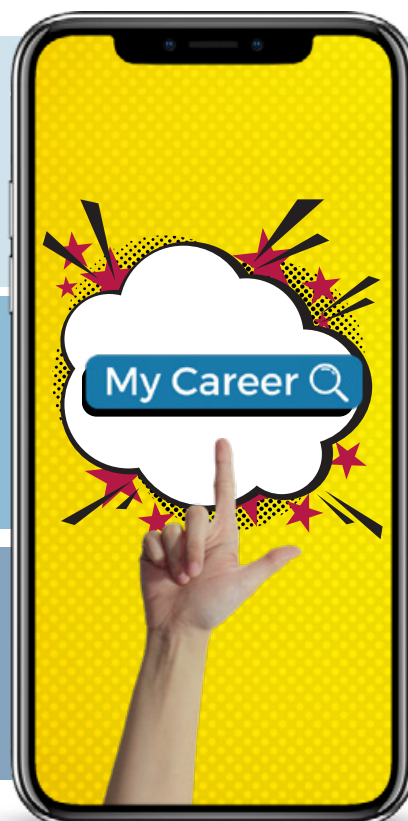
Browse **Career Advice** tab to get an overview of your career sector, get some advice from recruiters or career coaches.



C.V Builder tool that builds and formats your CV.



Interview 360 practice answering commonly asked interview questions and get personalised feedback.



These are just a selection of tools available to you 24/7!
In addition to MyCareer, you can also book up with a Career Adviser on **CareersConnect**.

I By Emily McCarthy

Creating Good Habits for 2023

As we head into the second semester of the college year, we naturally ask ourselves, “What do we need to do to ensure that 2023 is our best year yet?”

It can be a terrific time to start good habits and move closer to your goals as we start a new year. It’s a perfect time to choose the aspects of your life you want to concentrate on, whether that means taking up a new activity, eating healthier, or learning a new skill. Developing the appropriate habits can be rewarding when it comes to reaching your goals and improving yourself.



MAKE A PLAN

Take the time to think and plan what habits you want to create for the year ahead. If it's health-related, come up with a plan for eating well and exercising, trying out a new sport or getting yourself a gym buddy! Maybe you want to try out something completely new! Now is the time. Most importantly take time for your mental health and self-care. Figure out what steps you can take to reach your goals!

START SMALL

Avoid trying to do too much at once. There's no point in trying to overwhelm yourself and make it more difficult for you to maintain your new routines. Begin slowly and steadily, then increase your efforts as you go.

Think about the most simple steps you can take every day to achieve your goals. There are many resources out there you can use to help you create good habits. In James Clear's book *Atomic Habits*, he states that tying a new habit to an existing habit such as eating breakfast or commuting to work, can help you adopt the new habit.

CREATE A SUPPORT SYSTEM

Creating and maintaining new behaviours require a solid support system. Have help from friends, family, or a support group who can inspire and help you stay consistent when things are difficult.

CELEBRATE SUCCESS

Praise yourself for developing and maintaining new habits by acknowledging your many accomplishments. Celebrating even the smallest victories and giving yourself a pat on the back will drive you to keep going.

Build a better relationship with yourself. Simply doing this can significantly improve every aspect of your life. You can improve your connection with yourself by setting aside time to check in with yourself, acknowledge your emotions, consider different points of view, and prioritise activities that support both good physical and mental health. Many people feel that keeping a journal promotes better self-awareness. It can also make you more compassionate and patient with yourself. You can find some more information about journaling online.

It takes commitment and dedication to create and maintain new habits, but doing so can have a significant impact on your ability to reach your goals and grow as a person. Make a strategy, start small, monitor your progress, surround yourself with supportive people, and acknowledge your accomplishments, and you'll be well on your way to forming healthy habits this year.



Awards Scholarships

The Award recognises outstanding female students in STEM2D disciplines: Science, Technology, Engineering, Math, Manufacturing and Design. Each recipient will receive a student award, industry mentoring and leadership training, along with the opportunity to attend careers workshops, visit Johnson & Johnson sites and participate in WiSTEM2D events designed to support them with pursuing future STEM careers.

WiSTEM2D refers to Women in Science, Technology, Engineering, Mathematics, Manufacturing and Design. The Johnson & Johnson WiSTEM2D programme fuels the development of the female STEM2D talent pipeline by awarding and sponsoring girls and women at critical points in their educational experience and their careers, in STEM disciplines. The Undergraduate programme was first introduced at University of Limerick in 2016. Since then, it has expanded to include University College Cork in 2018, and University of Galway in 2021, and Munster Technological University in 2022, supporting more than 400 female students over the last 6 years.

The ten students who were selected to receive the scholarships are:

CAOIMHE NÍ FHLAITHEARTAIGH

Pharmaceutical Biotechnology; Bandon, Co. Cork

JANE COWHEY

Biomedical Engineering; Cork City

IFFAH SHAH

Biomedical Engineering; Bishopstown, Co. Cork

CAOIMHE SEXTON

Biomedical Engineering; Shankil, Co. Cork

ABBEY CUMMINS

Instrument Engineering; Rochestown, Co. Cork

LAURYN MURRAY

Pharmaceutical Biotechnology; Glanmire, Co. Cork

Johnson & Johnson announced on the 5th of December last its prestigious Women in STEM2D (WiSTEM2D) Undergraduate Award recipients from Munster Technological University. This is the first year that the university has been involved with the programme, which has been running in Ireland since 2016.

LAURA CONDON

Pharmaceutical Biotechnology; Watergrasshill, Co. Cork

MARY O'RIORDAN

Biomedical Engineering; Aherla, Co. Cork

KATE BRADY

Structural Engineering; Macroom, Co. Cork

AIDEEN BUCKLEY

Structural Engineering; Farran, Co. Cork

Munster Technological University President, Professor Maggie Cusack, commented:

My warmest congratulations to this year's ten scholarship recipients. I wish these talented young women every success in their studies and hope they enjoy their workshops, mentoring and leadership training. While 2022 marks MTU's first year as part of Johnson & Johnson's WiSTEM2D Awards programme, both our organisations have a long history of encouraging women into STEM. At MTU we are proud to have a strong pipeline of female STEM graduates who have gone on to lead rewarding careers, many in senior management roles. This new collaboration with Johnson & Johnson will see us strengthen our commitment to helping women reach their full potential across the sector.

The awards ceremony was held in DePuy Ireland, Ringaskiddy, and was also attended by Mairead O'Meara, Director of Operations, DePuy Synthes; Maria Dalton, Director of Engineering, Sciences and Technology, DePuy Synthes; Michael Loftus, VP for External Affairs, Munster Technological University; and Eveleen Clancy, Senior Process Engineer, DePuy Synthes. Recipients of the Johnson & Johnson WiSTEM2D Award scholarship were also presented with bespoke framed glass artwork created by Fermoy-based artist, Suzanne O'Sullivan.



As part of our effort to ignite the power of women, create healthier societies and improve human health, Johnson & Johnson is committed to building a diverse WiSTEM2D community. We are delighted to welcome Munster Technological University into the programme this year, and further reinforce our commitment to developing a pipeline of diverse STEM leaders for the future. As leaders in the STEM industry, we recognise the important role we have to play in helping to bridge the gap which still exists in terms of gender equality in leadership positions. Programmes like WiSTEM2D help allow us to partner with academic institutions to develop high-impact strategies which can inspire and support the STEM workforce of the future.

Colm Hynes

Site Lead at DePuy Synthes, Ireland

On behalf of Johnson & Johnson, I would like to congratulate the ten students who have been chosen as recipients of the WiSTEM2D award for the programme's inaugural year at Munster Technological University. I am sure that they will enjoy the benefits that the programme has them to offer in supporting career development, including visits to our facilities, and the opportunity to engage with a Johnson & Johnson mentor. We are delighted to welcome Munster Technological University into the programme this year, and further reinforce our commitment to developing a pipeline of diverse STEM leaders for the future.



ABBEY CUMMINS



AIDEEN BUCKLEY



**CAOIMHE NÍ
FHLAITHEARTAIGH**



CAOIMHE SEXTON



IFFAH SHAH



JANE COWHEY



KATE BRADY



LAURA CONDON



LAURYN MURRAY



MARY O'RIORDAN

Johnson & Johnson

At Johnson & Johnson, we believe good health is the foundation of vibrant lives, thriving communities, and forward progress. That's why, for more than 130 years, we have aimed to keep people well at every age and every stage of life. Today, as the world's largest and most broadly-based healthcare company, we are committed to using our reach and size for good. We strive to improve access and affordability, create healthier communities, and put a healthy mind, body, and environment within reach of everyone, everywhere. We are blending our heart, science, and ingenuity to profoundly change the trajectory of health for humanity. Learn more at www.jnj.com

Mental Health & You

One in two people have experienced mental health difficulties and in response to these findings, the HSE and MTU are coming together in 2023 highlighting the common signs to look out for and encouraging students to find help, whether it is online, in-person, by text or telephone.

Often when someone isn't feeling themselves and this feeling persists, it can be hard to recognise what's going on or they just accept it as part of their normal daily life. Ongoing stress, low mood anxiety or sleep problems, which are common mental health difficulties, can seem unconnected but they are part of our mental health and are telling us to seek support.

Just not feeling yourself, ongoing stress, low mood, anxiety or sleep problems - which are common mental health difficulties - can seem unconnected. However, they are part of our mental health and are an indication to seek support. Visit yourmentalhealth.ie to find support that can help.

I From the HSE

HSE and MTU are encouraging students to find support that can help with common mental health difficulties.



Recognising common difficulties such as anxiety is an important first step in looking after your mental health. If you notice that you're not feeling yourself and have ongoing stress, sleep problems or anxiety the best advice is to act sooner rather than later. Don't wait for it to get worse. Being comfortable in talking to someone you trust or seeking support will make a difference. Whether it's mindfulness, taking part in a stress control programme, signing up for online cognitive behavioural therapy or trying online counselling, there are supports available that will suit you and how you're feeling.



Mark Smyth
Senior Clinical Psychologist, HSE



PROUDLY SUPPORTED BY



MTU CORK
STUDENTS'
UNION



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

To see the mental health supports
that are available in MTU, go to
www.mycit.ie/counselling

your
mental
health.ie

UCC & MTU Sign Healthy Campus Charter



The Higher
Education Authority
Healthy Campus
Charter

HEA | HIGHER EDUCATION AUTHORITY



The Higher Education Healthy Campus Charter for Ireland is wholly aligned with the principles and calls to action contained in the Okavango Charter, an international Charter for Health Promoting Universities and Colleges. We acknowledge our role and achievements to date in supporting the vision of a Healthy Ireland, "where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility."

We will:

1. Promote the health and wellbeing of our students, staff and wider community through our institution's mission, strategic policies, plans and practices, in line with the International Okavango Charter
2. Act to create empowered, thriving, connected campus communities that foster an ethic of care, compassion, equity and inclusion
3. Identify and act on opportunities to support the health and wellbeing of students, staff and the wider community through the built, natural, social, economic, cultural, academic, organisational and learning environments in a sustainable way
4. Identify and act on opportunities to integrate health and wellbeing into the teaching and learning, research and services of all Departments, thus ensuring the development of citizens with the capacity to improve health and wellbeing of the wider community in their future life and work
5. Consider how our planning and decision-making for teaching, learning and assessment, research and knowledge exchange impact on health and wellbeing
6. Adopt a strategic approach to promoting health and wellbeing on campus, that reflects locally identified needs and national health priorities, which is guided by the Healthy Campus Framework
7. Engage in the National Healthy Campus Network to share our learning and work in partnership, as appropriate, to build evidence of effective approaches to developing a healthy campus
8. Contribute to research and collaborations to promote health and wellbeing locally and globally in line with the Okavango Charter

Signed *[Signature]*
President / Principal or their Nominee /
Director or their Nominee / Head of
Institution or their Nominee

Date 12/01/2023

Signed *[Signature]*
Chair of Healthy Campus Steering Group

Date 12/01/2023

Signed *[Signature]*
Student Union Representative

Date 12/01/2023

gn us rs

Munster's leading third-level institutions commit to holistic, whole-campus approach to promoting health. Sustainable, evidence-based partnership to be driven by participation of students and staff. UCC and MTU sign charters at a gathering held in UCC.

Two of Munster's Higher Education institutions are set to become healthier places to study, work, and research the wellbeing of future generations, following commitments made at a gathering on the 9th of January in Cork.

The Healthy Campus initiative is a framework through which Higher Education Institutions can implement national policies and strategies in the keys areas of physical activity, obesity, tobacco, sexual health, mental health, and drugs and alcohol in a way that addresses local needs.

Having signed the charter, each institution has pledged to appoint Healthy Campus Co-ordinators and form steering groups who will consult with students and staff. This consultation will lead to the development and implementation of a holistic, whole-campus approach to promoting health.

The signing of the charters at today's gathering was attended by student and staff representatives from UCC and MTU, as well as Higher Education Authority National Healthy Campus Co-ordinator Caroline Mahon and Cork Healthy Cities Co-ordinator Denise Cahill.

For more information contact

Joe Leogue, UCC Office of Media and Communications
on **087 7546678** or **joe.leogue@ucc.ie**



STUDENTS SHOW STYLE AT THE MARKETING & INTERNATIONAL BUSINESS GALA BALL

The student committee wanted to give their fellow students a night of glam, and this for many would have been their first chance ever to attend a University ball event. The 4-course meal served by the Rochestown Park Hotel staff was enjoyed thoroughly by the 250 attendees and everyone danced the night away to the talented Pat Fitz band.

After the event Anna reflected on the experience gained as part of the organising committee, "We have learnt so much about event management and worked hard for the last few months. We would love to see this ball become an annual event in the college calendar". For the Marketing Society this event was amongst many others organised during the semester which saw a return to on campus activities.

Societies in MTU encourage students to get the most out of their third level experience by getting involved as an active member of the University community.

Through Societies, students get to know others who have a similar shared interest. Aoife Kelliher, MTU Societies Officer supports new and current Society groups. She highlights the role of Societies in creating space for all students and how this was absent during Covid.

The inaugural Marketing and International Business Ball night was organised by the MTU Marketing Society which is chaired by 3rd year International Business student Anna McCarthy.



The societies approach embraces the diversity of our student body and allows students to be themselves, to learn new cultures and interests and most importantly to make friends. A full return to on campus activities again has been fantastic, the importance of making peer connections and friendships was sorely missed the past 2 years. These are the friendships that get students through University and experiences they will remember for a lifetime.

Aoife Kelliher
MTU Societies Officer





Bryan Cahill, Aurelie Naiker, David Hanley, Molly Walsh, Sophie Cunningham, Sara Sas, Conor O'Keeffe & Anna Mc Carthy pictured at the MTU Marketing and International Business Ball.



Ciara Hawthorn, Hannah Healy & Paige Gibberd-Noonan pictured at the Munster Technological University Marketing and International Business Ball.



Joanna Koneiczna & Victoria McTernan pictured at the Munster Technological University Marketing and International Business Ball.



Michael Murphy, Ben Leahy and Stephen Riordan at the Munster Technological University Marketing and International Business Ball.



Sorcadh De Róiste & Brayden Peck pictured at the Munster Technological University Marketing and International Business Ball.



Student organising committee of Anna McCarthy, Molly Walsh, Sara Sas & Bryan Cahill pictured at the Munster Technological University Marketing and International Business Ball.

Finding The Balance

Believe it or not – it is possible to manage our mental health. Humans have been doing this for centuries albeit not always in the most conventional ways. We all have been doing it.

In fact, it is connected to every facet of our being and entangled with all our other 'parts' – both the good and the bad. Over the past few years an abundance of information or awareness on mental health seems to be on the tip of everyone's tongue. The words anxiety, stress, panic attacks, isolation are freely spoken. To the point perhaps that if we are not experiencing these things, ironically, we wonder again if there is something wrong with us. The hope is, through this emerging awareness is the realisation that our mental health does not have to define us – even though at times it can, however, overwhelm us.

From my therapeutic work, what presents as the most frightening and difficult for people is when they feel they have no control over their lives. None of us really know how we will respond to certain events until they happen. We think we do, or we can imagine how difficult it is for another person; but in truth we really cannot fully understand. Our experiences and coping methods on any given day are not in isolation. They include our history, our background and who we are fundamentally in our core. Life events and experiences at times can almost render us feeling useless and we can forget how we have managed in the past.

This can happen to anyone. We may feel powerless in the face of worry, trauma, depression or anxiety to name a few – the hope is that we do not have to be powerless or if we feel we are, then we do not have to stay stuck there.

Do not get me wrong, experiencing any of these feelings is terrifying. However, we can approach them, like with most things in life – with balance. When we are vulnerable, we try and search for something to make us feel better. We try and figure out what is wrong with us. Sometimes even if we know, every impulse in our body might want to run away, defend, redirect or pretend things are not as bad as they seem. This can knock us off balance. This is where routine is so important. Routine includes exercise, food, sleep, relationships and stuff that is familiar and safe to us. Routine can act as an anchor in taking care of us.

There is a lot more help out there to support people and their mental health at this time. MTU continue to develop and accommodate arising needs. In truth no one department can work alone. Just like the many different parts for us, there are many different supports within the college including the Student Assistance Fund, ACCESS, Medical to name a few.

A comprehensive list can be found through the following link www.mycit.ie/support

What our own counselling service offers can be also accessed through the following link MyCIT.ie – Student Counselling In the meantime, however the following might come in handy!

10 THINGS I WISH I KNEW



1. BE KIND

Especially to yourself. You'll find once you start doing this for yourself, you'll start seeing things differently in other people too.

2. THIS WILL PASS

However difficult things are or seem – it will pass.

3. PAY IT FORWARD

If something good has been done to you, pay this forward to somebody else who needs the support.

4. STICK TO THE BALANCE

If we do this it'll keep us on track. When things go towards the extreme is when trouble can happen. Life, exercise, study, alcohol to name a few. We all know that feeling the morning after... the fear/dread from the night before. Not great, when we're already struggling.

5. PLAN SOMETHING FOR THE FUTURE

Anxiety thrives on wishing we could change the past or anticipating the future. Plan something today that will influence your tomorrow. The destination isn't important, the journey along the way is what really matters.

6. TAKE A CHANCE

What's the worst thing that can happen... ask yourself this. You'll find our anticipated fears are different from the actual facts.

7. 'THEY' OR 'THEM'

What would 'they' say or 'everyone' will be talking. Who are 'they'? It is surprising the amount of influence 'they' have over our lives or the perceived 'they' anyway. This energy is exhausting.

8. IT'S POSSIBLE

No matter how difficult it might be to get up out of bed or walk into a room or complete that assignment, it is possible. When things become too difficult, instead of staying stuck, how can we move forward or get around a problem? When things become too overwhelming it is possible to find a way – if not through the problem, then around it or over it – but it is possible.

9. ALL WE CAN DO IS OUR BEST

So let's give ourselves the chance to do this.

10. SHARED EXPERIENCE

There is strength in numbers. When we let people know or share things that might be difficult for us, we open communication. Communication is a two-way process – we give, and we take. Imagine a sieve and being able to filter out the parts that are too hard or too difficult. Through using the sieve in our communication with people, we make things more digestible and easier to receive.

FLYNNER'S FLYING COLUMN

Hello, and here is to all my pals in MTU. I hope Christmas went down well, though I think it might have been a bit much. Santa gave gifts for some, lumps of coal for others, but with the price of energy having being such a challenge this past year, I am sure being on Santa's Naughty list might pay off better this Christmas coming than being on the Nice one!



By James Flynn

So, just for a change, with this break having been a long time in the "Real World", I am going to discuss things in a series of finer points rather than talk about one big agenda, such as the scope of events, not all of them being happy moments.

1. On 14/12/2022, we have had Irish Army Private Sean Rooney was killed in the line of duty while on a UN Peacekeeping Operation out in Lebanon. His tragic loss, along with the state funeral he received with full military honours underlines the risk our members of the Irish Defence Forces put themselves in the name of Ireland's proud tradition of peacekeeping, while the cross-border co-operation on the last stages of the journey to his final resting place in Donegal, like with Creeslough, demonstrates how far Ireland has come since the Good Friday Agreement was signed 25 years ago and why it must remain safeguarded. Not to mention the poignant scenes at the funeral that would both touch the heart and inject a sense of pride.
2. On 08/01/2023, C103 GAA Broadcaster and Country and Irish Presenter Paudie Palmer passed away from serious injuries sustained in a traffic incident in his native Innishannon. The vast crowds at his funeral, with many well-known figures in the sporting community present, serve to remind us of the loss of a local, regional and national treasure all in one never to be replaced; his commentary on the GAA County Championships on C103 was something to be beheld, not least by the many students past and present in both MTUs who have striven for their local clubs as much as for their qualifications; Paudie's words of praise and tribute for each and all certainly will mean much to them forever.
3. We also had the passing of Seamus Begley on 09/01/2023. Another treasure in the traditional music world, his style with his accordion, song and many other instruments will never be repeated, therefore keeping his many recordings will ensure we will have his music and performances forever.
4. Seamus's passing came just a few days short of the first anniversary of the murder of school teacher and traditional music artist Aisling Murphy. A year has passed and the pain, heartbreak and loss has not gone away, neither in her native County Offaly, Ireland nor across the world, her bereaved boyfriend and family recently expressing the loss of their "most precious gift". All it takes is the first anniversary of that heinous crime to realise the strong sense of perspective that has been developed and enhanced in all of us. We can only hope that justice will be served for Aisling and all efforts are continued to ensure a safer environment for women, and indeed all vulnerable people.
5. The war in Ukraine has entered something of a lull, with Kherson liberated by Ukrainian forces and the front lines stabilised into stalemate mode, but with Kyiv and other Ukrainian cities under Russian missile attack and fighting continuing in other sectors. What way this bloody conflict, which has had its impacts across the globe, will go, is anybody's guess; this year will say a lot so let us all be prepared.



6. In Ulster, with the NI Protocol Negotiations continuing between the UK, Ireland and the EU in the hope of an agreement before the Good Friday Agreement's 25th Anniversary, Loyalist Agitator Jamie Bryson has been tweeting off endlessly demanding the GFA to be dismantled and a Hard Border to be reinstated through Ulster once more – Britain will be back in the EU before that day ever comes. Did Twitter not get the wrong man for the job when Elon Musk took over? Jamie from Donaghdee might have been the better boy seeing he is never off the app there!

7. With Covid-19 largely contained, colds and flu returned with a vengeance as quickly as the rest of the world returning to normal, all while, despite everything we went through, the HSE still cannot get around the patient crisis that has dogged the health service since the Celtic Tiger started roaring. Normal Service resumed alright.

8. It was not all bad news however as the Macroom segment of the N22 Bypass was opened, eliminating the 20-minute bottleneck through my home town by 80%. The Baile Bhuirne segment is set to open hopefully by the end of this year, and connectivity between the two MTUs will never be so rapid! Here is for the merger to make speedier touches there as the SW region prepares to be transformed. At least we did manage to get something right.

I loved Lego back in the 80's from when I was 3 till I finally grew out of it by the time I hit the age of 12 (1990). I loved Legoland Town, Castle and Pirates (pity Lego lost the run and plots of the Pirates Merchandise during the 1990's) and the Castle Merchandise help fuel my interest in History and Current Affairs, such was the amount I collected, then broke up and lost trying to build the alternative models suggested in the back of the boxes at the time.

My biggest regret though? I should have never even opened the boxes when I first got the sets.

Because if I had done just that and left the boxes of my Castle Sets closed, how much would I receive today for them all? THIRTY THOUSAND EURO!!! Yep, you heard it.

These Castle Sets from the 80s/90s are becoming very collectable, be it the originals or the re-issues, the latter so bigger castles, kingdoms and armies can be built for Lego conventional purposes which are growing around the world. So this is where MTU Lego Cork might want through their passion for bullion bricks to go find their real gold bullion!!

DA FULL MUNSTER DERE

MTU Cork Societies have a Lego Society instituted, so I have found out. I am sure this will be an innovative and creative society that will showcase how the world's biggest toy has transformed our sense of creativity. And more power to MTU Lego Cork.

By Sanathan Govender

MTU Cork Rugby Club Semester 1

On a side note, I would like to thank everyone that I have met so far for their support and warm welcome as I step into this new role as Rugby Development Officer in MTU Cork, It has been a massive help to me.

Semester 1 in the MTU Cork Rugby Club has been extremely busy one for both Men's and Ladies Clubs and it doesn't look like its going to get any quieter in Semester 2 with some big Cup competitions and participation events lined up.

MEN'S RUGBY

Our Men's team kicked off the season by taking part in the annual Munster Rugby Twilight 10s in Limerick in preparation for the League. After a tough start, the lads managed to manoeuvre themselves into a Division 3 Final by defeating ATU Sligo. This is set to be played on February 1st before the start of the Cup Competition.



LADIES RUGBY

It was a slow start for our ladies in Semester 1 as they had no formal competition. However, we took this an opportunity to build before entering the Cup Competition in Semester 2. With that said, our Ladies had a challenge game, taking on a combination of MTU Kerry and SETU Waterford, coming away with a convincing win.



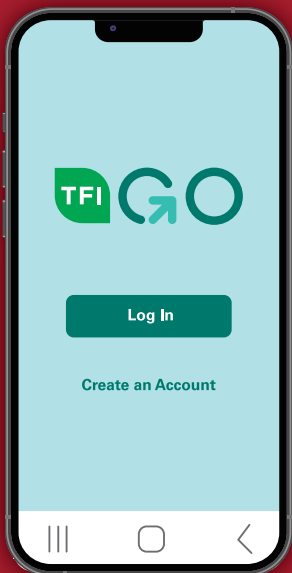
WHATS COMING UP?

- Men's Division 3 League Final
- Commencement of Men's Cup Competition (2 Teams)
- Commencement of Ladies Cup Competition
- Give It A try Session for new Ladies Players
- Start of a Social Tag Rugby Inter varsity League
- Formation of an NMCI Men's Rugby Team

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Have you ever been stuck for a pad or a tampon?

We have.

To solve this problem, free eco-friendly and sustainable sanitary products
are now available across MTU campuses

We believe that accessing period products should be a basic right,
not a privilege!

Look out for the Code Red stickers and dispensers for single use products or
contact us directly for re-usable products

Check our socials for information on products,
locations, events and competitions!



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