

FREE

Vol. 25 Issue 09/14

Friday 7th March - Thursday 13th March 2014



KINSALE ADVERTISER

INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICT

Tel: 021 477 4313 :: Web: www.kinsaleadvertiser.com :: Email: info@kinsaleadvertiser.com



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20% Off Lighting, Furniture & Homewares 12th - 29th March



f Check out our Facebook page from the 18th of March to see how you can win a fantastic Mother's Day hamper!

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Meeting Your Child's Deepest Emotional Needs

by Val Mullally

Author of the forthcoming book:
"BEHAVE! What to do when your child won't".

*A workshop with key insights and practical tools
that encourage children's cooperative behaviour.
For parents and grandparents.*

Kinsale Methodist Church
Thursday 13th March 8.00pm - 9.30pm
€15 per person or €22 per couple

To book your place text name to 087 760 9355
or email val@koemba.com



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Poet's Corner
The Reading Café & Book Exchange

Enjoy a late Coffee
We are open until 6 pm

Sandwich of the month for March
Homemade Egg Salad with Peppery Cress
Made with free range eggs from Beechwood Farm, Kinsale

New Chocolate temptation from the "Greedy Pig"
Molten Chocolate Pudding

Poet's Corner
The Reading Café & Book Exchange
44 Main Street, Kinsale

Oscar Madisons KINSALE

6 NATIONS RUGBY

SATURDAY 8th MARCH

Ireland v Italy @ 2.30pm

PREMIERSHIP SOCCER

SATURDAY 8th MARCH

West Brom v Man Utd @ 12.45pm

Chelsea v Spurs @ 5.30pm

Cheltenham Buster

11th - 14th March

Enquire within to Paul

**ALL RACES LIVE
ON RACING UK**



For more information on the Buster
contact Paul in Oscars.



BLUE HAVEN

café

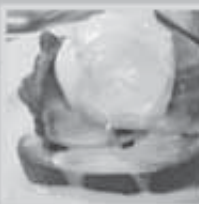
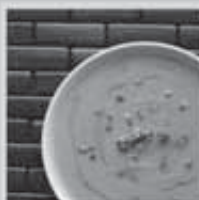
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Kids Menu - Great Coffee - Homemade Cakes & Pastries

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Guest Accommodation

4 Star AA Guesthouse



Food Served 8am to 10pm

~ Special Value Menu ~



LIVE MUSIC

Saturday 8th March 10.30pm

PUC AR BUILE

Thursday 13th March 9.00pm

SHANE & FRIENDS

**BT & SETANTA SPORT
LIVE PREMIERSHIP SOCCER**

6 NATIONS RUGBY

Saturday 8th March

IRELAND v ITALY 2.30pm

SCOTLAND v FRANCE 5pm

Sunday 9th March

ENGLAND v WALES 3pm

Catch all the excitement of

Cheltenham

(March 11th - 14th)

with Fantastic Promotions

The Freddy Kent

Cheltenham Memorial Buster

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 NEW ON TAP: Proper Job IPA, Tribute, O'Hara's Red Ale, Stowford Press Westons Cider, Metal Man Cask Ale, 8° Howling Gale, Abbot Ale, Carrig Irish Craft Lager

Music Venue
 Guardwell, Kinsale
 T: 021 4772382
www.folkhousevenue.com

NEW
 IRISH WHISKEY
 TASTINGS
 AVAILABLE



FRI 7th MAR
 10.30pm

THE HOOTS

4 Piece Soul/Rock Covers

SAT 8th MAR
 10.00pm

KING K

4 Piece Rock/Contemporary Covers

SUN 9th MAR
 9.00pm

THE SGs

2 Piece Folk/Contemporary Covers

THUR 13th MAR
 9.30pm

MIKE & RORY

2 Piece Folk/Contemporary Covers

FRI 14th MAR
 10.30pm

SAXY LADYBOYS

5 Piece Funk/Disco Covers

SAT 15th MAR
 10.00pm

BAREFOOT GYPSIES

4 Piece Rock/Contemporary Covers

SUN 16th MAR
 9.00pm

I-FUNK

5 Piece Folk/Soul/Rock

MON 17th MAR
 9.30pm

KING K

4 Piece Rock/Contemporary Covers

**ALL PARTIES
 CATERED FOR
 IN THE
 GREEN ROOM**

**ALL SPORTS
 SHOWN
 ON 2 BIG
 SCREENS**

Bacchus Nightclub

FRI 7th MAR - DJ MARK
 All the Old & New Classics. Doors 11:30pm - Free b4 12:00am
SAT 8th MAR - DJ SEAN
 90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am
FRI 14th MAR - DJ MARK
 All the Old & New Classics. Doors 11:30pm - Free b4 12:00am
SAT 15th MAR - DJ SEAN
 90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am
SUN 16th MAR - DJ MARK
 All the Old & New Classics. Doors 11:30pm - Free b4 12:00am



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Laura Hagger Podiatry Clinic

D.Pod.M., M.Ch.S.I., S.R.Ch.

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- Children's Foot Health
- Verruca Treatment
- Acupuncture
- House calls now available

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CLINIC FOR Physical Therapy - Rehabilitation Functional Exercise

26 Haven Bay Apts., Kinsale

Some Conditions treated in the clinic:

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/ Problems
- Elbow/Wrist Problems
- Carpal Tunnel Syndrome
- Postural Distortions
- Hip Pain/ Discomfort/Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/Discomfort
- Strains/Sprains
- Sports Injuries/Recovery
- Soft Tissue Repair
- Connective Tissue Repair
- Muscular Disorders/ Conditions
- Coordination Development
- Loss of Balance
- Stiffness
- Impaired Mobility
- Functional Exercise

Please call for your appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mob. 087 9872783 Email: sabinegraef@eircom.net

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Enjoy a Taste of India at...

Cobra



Tandoori Et Balti Restaurant

Kinsale

69 Main Street, Kinsale.

Tel: 021 477 7911 or 021 477 7163

Clonakilty

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Tel 023 8835957 or 023 8836626

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Multi-award winning best Indian & Pakistani Cuisine

You can enjoy our super, authentic home cooked & guaranteed mouth watering Indian & Punjab dishes from Goa to Khyber Regions - All prepared and cooked to the highest quality - with FREE boiled or pilau rice with every main course dish.

We have spent several years researching the traditional cuisine of Eastern communities who have been persuaded to part with their jealously guarded family recipes, resulting in a huge variety of very mild to hot dishes.

**Why not try something very mild for your first taste of curry.
We are sure you will be delighted.**

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4pm to 7pm

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FRIDAYS: 8.30am-5.30pm (Closed for Lunch 1-2pm)
& SATURDAYS: 9.30am-3pm (Open through Lunch)

GRASSROOTS TENNIS 2014

AT SAÏLE,
COMMUNITY CENTRE
with a *Tennis Ireland Coach*

Starts Wednesday 19th March

TIMES:

3.30pm - 4.30pm: 5-7yrs

4.30pm - 5.30pm: 8-12yrs

FEE OPTIONS:

€40/4 weeks

€14/drop-in on the day



Learn about the game of tennis in a fun & safe way!

**RACKETS CAN BE PROVIDED.
EVERYBODY WELCOME!**

FOR REGISTRATION:

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Email: bookings@saillesportsandleisure.ie

Parent & Baby/Toddler CUPPA & CHAT

Watch your child play and interact

Tuesday 11th March

**TEMPERANCE HALL
KINSALE**

Time: 10am - 12 noon



**For info please
call Mary
@ 085 745 9011**

ALL WELCOME

THE ARMADA

BAR & GUESTHOUSE

Pearse Street, Kinsale

Tel: 021 477 2255

**Saturday 8th March
Live Music**

DARTS - POOL - RINGS

Free **Wi Fi**



HAMLETS
OF KINSALE



Launch Party

RED FM goes Green

DJ Stevie G



New Secret Garden
Big Red Bus - New Cocktail Bar
Free Admission

Sat 15th March from 9.30pm

For more details please contact info@hamletsofkinsale.com or 021-4772209

www.hamletsofkinsale.com | The Glen, Kinsale, Co Cork

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K-CORD
KINSALE COMMUNITY
RESPONSE TO DEMENTIA

Start your St. Patrick's Day
celebrations early

Join us for an Irish sing-song

Wednesday 12th March

11.00am-12.30pm

ACTONS HOTEL

ALL WELCOME

Ring Liz at 4709700 for more information



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Tuesday April 22nd - Friday 25th (incl)

10am - 1.00pm under 12s

2pm - 5pm over 12s

at **Kinsale Tennis Club**
with TCI licensed coach
Maria Bolster



MEMBERS

€75 per child

(€140 for 2 siblings)

NON MEMBERS

€85 per child

(€160 for 2 siblings)

REGISTER BY EMAIL TO:

info@kinsaletennisclub.com

or contact: Marie Grandjean - 085 157 2717

or Maria Bolster - 087 255 3810

KARL HENRY

Fitness Expert, TV and Radio Broadcaster, Author and Columnist

Health & Fitness Talk @ Blue Haven Kinsale

- Fitness advice and recommendations from this fitness fanatic
- Nutritional advice
- Tips on the best foods to eat
- Learn how to manage your day to day fitness and health plan

Thur
13th March
@ 7pm

THE NEW YOU STARTS HERE!

PLACES €10. TO BOOK CALL 021 477 2209

Email: info@bluehavenkinsale.com www.bluehavenkinsale.com

BLUE HAVEN
HOTEL

KITCHEN /CAFÉ OPPORTUNITY

An exciting opportunity has arisen for a person with management skills to operate day to day running of a kitchen and café. Interested applicants would ideally be upbeat hospitality professionals with strong customer focus.

Must be able to cook delicious breakfasts and healthy lite bites.

There is scope in this role to stamp your own mark on the café experience.

QUALIFICATIONS:

A keen interest and expertise in quality food, menu planning, profit & loss, maintain standards and develop new business. A background in speciality/local food, deli/café would be helpful. This is an opportunity to gain exposure to the running of a café (and for the right person) become a manager in the business.

Please e-mail CV to: info@thebluehorizon.com

Post to: Neil O'Brien, The Blue Horizon, Garrettstown, Kinsale, Co. Cork

www.thebluehorizon.com



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to benefit
action breast cancer

Special thanks to our sponsors
**Kinsale Good Food Circle,
 Cully & Sully, Tipperary Active Water
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PINK PARTNERS 2014

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| Eileen's Beauty Salon | The Lord Kingsale |
| Denis Crowley Accountant | Vivi Trading |
| Pier Leisure | Linda's of Kinsale |
| Max's Restaurant | Billy The Butcher |
| Sunday's Restaurant | €2 Shop |
| Allens, Belgooly | The White House |
| Beautify Me | The Milk Market |
| Riverstick Pharmacy | Janey Mac's |
| Finishing Services | Ann's Hair Creations |
| Ena's Salon | Sean Cusack |
| Centra, Ballinspittle | Kinsale Advertiser |
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| Barryroe Co-op | Eileen O'Brien |
| Diva Café | Flower Arranger |
| Lordan's Butchers | Cooleez |
| Speckled Door | Paul The Barber |
| White's Garage | The Medical Centre |
| La Vie En Rose | O'Learys Garage |
| Riverstick Motors | Kinsale Pilates Studios |
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| Customise | Footloose |
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| Mce Murphys | Bandon Co-op |
| The Gallery | |

**Hoodies available for purchase
 from Finishing Services at €30 each.**

Amazing Grace CD (€2)

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 Kinsale Pharmacy, Finishing Services,
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4 Course Sunday Lunch €22.95

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Monday to Thursday.

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Friday 21st March

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17th April 2014

3 Ball, Better Ball | €350 per team (includes lunch)

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Raising funds for Sáile Kinsale Sports & Community Centre



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THANK YOU!

The Kinsale Pink Ribbon Walk Committee would like to thank everyone involved with this incredible event last Sunday. We are all thrilled with the positive feedback and, of course, the fantastic fundraising achievement of over €50,000 and rising!

Thank you for participating, supporting, volunteering and joining in the fun. Thanks also to the Gardai, Civil Defence, Red Cross and all our Sponsors who have been fantastic support again this year.

Many thanks to all Pink Partners who have excelled in their window design and our flag and bunting brigade who helped turn Kinsale Pink. Now it's time to go green for St. Patrick's Day!

We appreciate every donation and have loved hearing about your fundraising events and Pink Promotions. You can still return your sponsorship card to Finishing Services, 71 Main Street, Kinsale or credit transfer to AIB Kinsale (details on your form) **quoting your name and race number** as reference.

We promise you that every cent raised goes directly to the Irish Cancer Society's Action Breast Cancer programme to fund the following care, education and research services:

- Reach to Recovery Programme and the Care to Drive Programme.
- Daffodil Centres in the CUH and Bons Secours Hospitals as well as grants to ARC House and other local services
- Night nurses throughout Ireland who are accessed through a patient's medical team
- National Cancer Helpline (Freefone 1800 200700) staffed by specialist nurses offering expert advice on breast cancer or any other cancers throughout Ireland.
- Action Breast Cancer Research funding vital research that will have a significant impact on diagnosis and treatment including 11 researchers in UCC.

See www.pinkribbonwalk.ie for the photo gallery and fundraising updates as to where your money goes.

If you have some good photos or video coverage please email: info@kinsalepinkribbonwalk.ie

we'd love to see them



Follow us on www.facebook.com/pinkribbonwalk
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3 Course
Adults Meal €25pp
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Wharf Tavern

NEW Extensive
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It's beginning to look a lot like "Spring"

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Monday, Wednesday & Fridays at 10am

EVENING CLASSES

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Tuesdays and Thursdays at 9.45am

NEW CONCEPT - MUMMY BOOT CAMP

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Also private personal training sessions with diet and weight loss programmes.

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9.30am-12.30pm



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KINSALE ST. PATRICK'S DAY

SUNDAY 16th MARCH

7.30pm

MARITIME PARADE IN THE HARBOUR

Enjoy the stunning sight of beautifully lit boats sailing into the harbour
Community Choirs
Fireworks Display

ST. PATRICK'S DAY - MONDAY 17th MARCH

12noon

Blessing of the Shamrock at St. John the Baptist Church

2pm

Céilí Mór at Emmet Place

2pm

Presentation of prizes for children's Art Competition
at the Tourist Office

2pm - 5pm

Face painting & Balloons at various locations throughout
the town

4pm

STREET PARADE

Starting at Kinsale Fire Station, The Glen, Pearse St, Barry's
Place to Emmet Place, down Pier Road to Jane's Boutique

Prize for Best Dressed
Adult Spectator
at the Street Parade



Prize for Best Dressed
Child Spectator
at the Street Parade



Prizes for Best
Dressed Shop
Window

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www.changingthoughtshypnotherapy.com
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NEW PILATES & BARRE COURSES

In addition to our current schedule we now have....

IMPROVERS PILATES, Tuesday at 8.20pm

This class is designed for those who have already embarked on their Pilates journey, or are revisiting after a break.

BARRE EXPRESS, Saturday's at 8.15am

This class provides the same challenging workout as our regular BarreConcept class but in a 45-minute length, so that you can get in, get out and get on with your day.

This work-out will leave you feeling leaner, stronger and standing taller.

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 Email: trudy@kinsalepilatesstudio.ie

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IRELAND v ITALY @ 2.30PM
SATURDAY 8th MARCH

Fish & Chips or Calamari
or Mussels or Ribs
& a Pint: €10

BAR FOOD SERVED
Tuesday to Saturday
12.30pm to 9pm
Sunday
12.30pm to 5pm



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Four Course Menu

€25.00 per adult

Children's Menu

€10.00 per child

Celebrate with us and each Communion or Confirmation Child dines for free.

FOR LUNCH RESERVATIONS

Please contact Mary @ 021 477 9900

mkodonovan@actonshotelkinsale.com

Actons

of Kinsale



Koemba Parenting Course

- How to talk so your child will listen.
- What to do when your child's tearing the place apart, or you're tearing your hair out!

Facilitated by accredited Parent Coach

Val Mullally MA

Author of forthcoming book:

"BEHAVE! - what to do when your child won't"

6 Sessions starting 26th March

Kinsale Methodist Church

Wednesday Evenings 8pm - 10pm

(26th March, 2nd, 9th, 16th,

30th April, 7th May 2014)

€155 per person (or €240 per couple)

Early Bird €140 til 22nd March (SAVE €15)

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Tel. Val: 087 760 9355

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Kinsale Town
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Kinsale Town
Council

kindly requests that dog owners ensure that they clean up any mess caused by their dogs.

Bags are provided at numerous locations.

This appeal is a response to huge concerns raised by members of the public, in particular parents with buggies and toddlers, regarding the horrendous fouling of the Kinsale town centre pavements and frequently walked routes around the town. Don't let your dog's mess destroy our beautiful town.

Thank you.

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Saturday 8th & Sunday 9th March
at 2pm
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Last Saturday night the Parish Folk
Group presented a cheque to the
value of €800 from the proceeds of
the Carol Service Christmas 2013,
to the members of the Kinsale RNLI.

KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 7th MARCH - FRI 14th MARCH 2014

FRI 7th MAR

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Barefoot Gypsies, 10pm.

BLUE HAVEN:

Jason Byrne, 8pm.

EVENING OF

CLAIRVOYANCE:

Gresham Metropole Hotel, 8pm.

With Fiona Stewart-Williams.

FOLKHOUSE:

The Hoots, 10.30pm.

HAMLETS: DJ Rayz.

JIM DALY T.D.

ADVICE CLINIC:

Trident Hotel, 12.30pm.

WORLD DAY OF

PRAYER SERVICE:

Kinsale Methodist Church, 11am.

SAT 8th MAR

ARMADA BAR:

Live Music.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Crazy Chester, 10pm.

FOLKHOUSE:

King K, 10pm.

HAMLETS: DJ.

HARBOUR CRUISE:

Departs beyond Actons Hotel, 2pm.

KINSALE GAA:

Registration for Kinsale Young Rebels, at Temperance Hall, 12pm - 3pm.

PHYSIO FIT KINSALE:

ChiRunning Workshop. Tel: 087 672 8232.

SILENT BANJO:

3 Piece Suite, 10.30pm.

WHITE HOUSE:

Puc Ar Buile, 10.30pm.

SUN 9th MAR

BLUE HAVEN:

Darren & Friends, 9.30pm.

FOLKHOUSE:

The SGs, 9pm.

KINSALE GAA:

Training for Under 8/10/12 Boys at 11am, Kinsale GAA Pitch.

HARBOUR CRUISE:

Departs beyond Actons Hotel, 2pm.

MON 10th MAR

BLUE HAVEN:

Mike O'Riordan, 9.00pm.

DALTONS BAR:

Traditional Irish Music.

TUES 11th MAR

BLUE HAVEN:

Sonnie & Friends, 9.00pm.

PARENT AND BABY/

TODDLER CUPPA & CHAT:

Temperance Hall, 10am - 12 noon..

WED 12th MAR

BLUE HAVEN:

Niall McCabe, 9.00pm.

K-CORD:

Irish Sign-Song, 11am - 12.30pm. Actons Hotel.

THURS 13th MAR

ACCESS

CONSCIOUSNESS:

The White Lady, 7.30pm.

BLUE HAVEN:

Health & Fitness Talk with Karl Henry, 7pm. Clem Buckley & Ben Dillon, 9.00pm.

FOLKHOUSE:

Mike & Rory, 9.30pm.

KINSALE GARDEN & FLOWER CLUB:

Talk with Hester Forde. St. Multose Hall, 8pm.

VAL MULLALLY TALK:

"Meeting your child's deepest emotional needs". Kinsale Methodist Church, 8pm - 9.30pm.

WHITE HOUSE:

Shane & Friends, 9pm.

FRI 14th MAR

AUDIVOX:

Cinic at Haven Bay Care Centre, 9.30am - 12.30pm.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

King K, 10pm.

FOLKHOUSE:

Saxy Ladyboys, 10.30pm.

HAMLETS: DJ Rayz.

Kinsale Garden & Flower Club

Spring Awakens - 13th March 2014

Talk by Hester Forde

St Multose Hall @ 8.00pm

Visitors Welcome

HOST FAMILIES FOR KINSALE REQUIRED THIS SUMMER (with Teenage Children)

Please contact 087 755 7507



The Christian Churches of Kinsale wish to invite all to the

'WORLD DAY OF PRAYER' SERVICE in Kinsale Methodist Church on Friday 7th March at 11am.

The theme, 'Streams in the Desert', prepared by Egypt, illustrates through song, prayer, verse and drama how living water builds community relationships and enhances spirituality.

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An osteopath is a health care professional that is highly trained and qualified in orthodox medical clinical skills of assessment and diagnosis.

What distinguishes an osteopath is the ability to see the body as a whole and recognize the interrelationship within the body.

It is this approach that many patients with complex presentations have found significant relief, results in Osteopathy.

OSTEOPATHY DOES NOT JUST TREAT THE MUSCULOSKELETAL SYSTEM.

In addition some of the common presentations to the clinic include:

Back, neck, shoulder, knee, foot pain & injuries.

CHILDREN'S HEALTH:

Infant reflux, colic, sleep problems, learning difficulties, dyslexia, ADHD, special needs.

PREGNANCY:

Back pain, headaches, sacro iliac, sciatica.

Sharon O'Donoghue, M.Ost

Masters Degree in Osteopathy Member of the General Osteopathic Council (GOsC)
Osteopathic Council of Ireland (OCI) Graduate of British School of Osteopathy, University of Bedfordshire.

7am - 9pm Appointments available.

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