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2014





(66 Lower O'Connell St)

Over 100 Wines by the bottle With over 50 by the glass

and a wide selection of organic, biodynamic & natural wine

Serving the best in locally sourced artisan food

Summer opening hours 5.30pm | Wednesday - Sunday

Reservations 021 4774101 www.facebook.com/theblackpigwinebar

# Ireland's Number 1 performing, fun and confidence building camp is back!



STARCAMP's core ethos and renowned reputation is based on the building of children's self-esteem and confidence. We invite all 4 to 13 year old boys and girls of all levels and abilities to partake in our week long camp that will make a difference!

# BOOK NOW AT WWW.STARCAMP.IE OR CALL 021 4377900



Sing • Dance • Act • Games • Fun Self-Esteem • Confidence Building Audition Technique • Opportunities Laughter • Hip Hop • Movie Scenes including Disney's Frozen! A week not to be missed!

Every child that attends Starcamp Summer Camp 2014 will be in a DRAW TO WIN A VIP FAMILY HOLIDAY TO DISNEYLAND PARIS!

And 1 from every camp will be randomly selected to sing on A CHARITY SINGLE THAT WILL BE RELEASED INTO

THE CHARTS!



KINSALE COMMUNITY SCHOOL

14th - 18th JULY & 11th - 15th AUG

STAGE SCHOOL COMING SOON!

SEE WWW.STARCAMP.IE

FOR FULL LIST OF DATES AND VENUES

INCLUDING CARRIGALINE, DOUGLAS, BANDON & CLONAKILTY

# SEANACHAÍ Market St, Kinsale

**Open Thursday - Sunday** 

# Thursday 3rd July TRAD

7pm - 9.30pm

#### **BARRY TIERNEY**

9.30pm - 11.30pm

#### Friday 4th July THE DUFFY BROTHERS

9pm - 11.30pm

#### DJ MIXASAURUS WRECKS

11.30pm - 2am

# Saturday 5th July SONNY & FRIENDS

9pm - 11.30pm

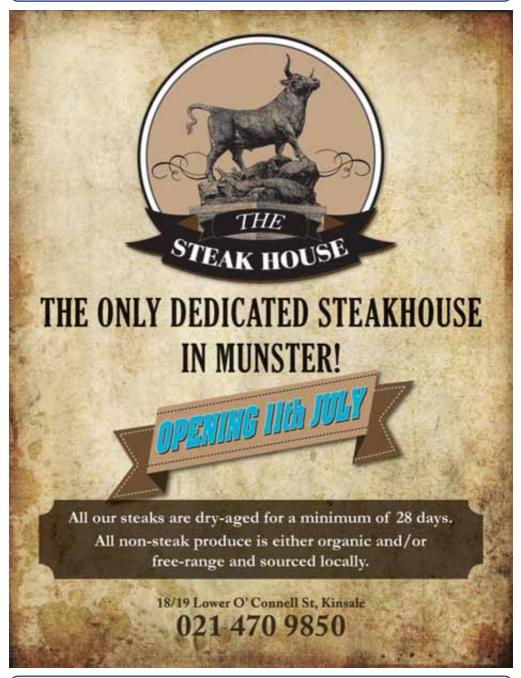
DJ

11.30pm - 2am

# **Sunday 6th July POLLY BARRETT**

10pm - 1am

Food Available 6pm - 9pm





OPEN 7 DAYS A WEEK FROM 5.30PM

# Fantastic Tapas & Wine Menu









# The Perfect Venue For All Special Occasions

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www.aperitifkinsale.com | Pop in or call us on 021 4772209 | Follow us on facebook [8]

## Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



## FRIDAY 4TH JULY: PROJECT PRODUCE



**SATURDAY 5TH JULY** 

"GLASTONBURY 2014"
BEAT HOTEL
REPLAY

ANTHONY COLLINS WILL BE REPLAYING HIS SET FROM THE BEAT HOTEL, GLASTONBURY

## MID SUMMER MANGO

FRIDAY 1st AUGUST 9pm €10 (Early Bird Tickets €8)

Twitter: @MidSummerMango Facebook.com/MSMKinsale Ticket info: Dennis 087 7406604

**Shant y Town** 

DJ Gugz Flipside Selekta DJ Fake Rolex

DCDJ HOBO CONVENTION SPEKULATIV FIKTION dj rayz
CIAN FINN stevie g

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www.facebook.com/KinsaleNews

## Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT

KINSALE/SALON

MASSAGE • BEAUTY • HAIR & NAIL

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Pearse Street, Kinsale

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Back Massage (30 minutes)	_ONLY €20
Multi-Vitamin Full Body Massage (60 minutes)	_ONLY €40
Deep Tissue Massage (60 minutes)	_ONLY €40
Swedish Massage (60 minutes)	_ONLY €40
Sports Massage (60 minutes)	_ONLY €40
Golfers Massage (60 minutes)	_ONLY €50

# NOW AVAILABLE - OUR NEW...STATE OF THE ART... ERGOLINE STAND UP SUN ROOM

Achieve that perfect all over tan in a matter of minutes!!!!

# \*NEW\* TO THE KINSALE SALON The "Revolutionary" IPL+RF

(Intense Pulsed Light and Radio Frequency)

IPL is very effective in Permanent Hair Removal and also for treating broken capillaries (spider veins) and age spots. IPL also stimulates the production of collagen, which plumps up the skin - therefore helping diminish fine lines & wrinkles.

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Conventional hearing aids may not be needed



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Visit our clinic at the HAVEN BAY **CARE CENTRF** 

Wednesday 9th July 9.30am-12.30pm



- · See, try and test the latest in hearing aid technology
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For all your optical requirements, with professional care & attention!

# Now Open... EYE CLINIC

Wednesday Afternoons 2.00pm to 4.30pm

Please contact us for further information and appointment



OPENING HOURS: TUES TO THURS: 9.30am-5.30pm, FRI: 8.30am-5.30pm, SAT: 9.30am-3.00pm



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Friday 4th July
Live Music with Trad Routes
Saturday 5th July
Live Music with The Long Note



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...ALSO UNRIVALED WHISKEY SELECTION! **OVER 80 TO** 

CHOOSE FROM! **IRISH WHISKEY** TASTINGS AVAILABLE

#### FRI 4th JULY

10.30pm

**SAT 5th JULY** 10.00pm

**SUN 6th JULY** 

9.00pm

**WED 9th JULY** 

9.30pm

**THUR 10th JULY** 9.30pm

FRI 11th JULY 10.30pm

**SAT 12th JULY** 

10.00pm

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5 Piece Funk/Soul/Rock Covers

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**ASY JAM BAND** 

THE HOOTS

Member of the Ireland Whiskey Trail



**NEW GIN MENU** AVAILABLE Over 40 to choose from!

**ALL PARTIES** ALL OCCASIONS CATERED FOR - 3 TO 300

**ALL SPORTS SHOWN ON 2 BIG SCREENS** 

FRI 4th JULY - DJ SEAN

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am

R 10th JULY - DJ N

All the Old & New Classics. Doors 11:30pm - Free b4 12:30am



# Actons of Kinsale

# OFFICE BBC

Colleagues, Friends, Food & Fun are a must during this season!

FRIDAY 18th JULY 6.30pm - 11.00pm

Cocktail on arrival (choice of Cosmopolitan or Mojito) BBQ Beef Burger, Lemon Chicken and Pork & Leek Sausage served with salads, dips and breads DJ Mark Wilson on decks

€18 per person

Minimum capacity of 10 persons, deposit of €5 per person required to secure booking.

So, bring your Holiday Spirit and be ready to party!

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(Closed Tuesdays)



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Vietnamese Spring Rolls
Thai Grilled Prawns Beef Teryaki
Chicken Penang ...and many more



STOCKIST OF PREMIUM ASIAN BOTTLE BEERS
Asahi Super Dry Cobra Kirin Ichiban
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#### **USER FRIENDLY WINE LIST**

For booking of 6 and more ring Diane on 021 4777100 Otherwise just walk right in, our friendly staff will look after you.

#### **OPEN NIGHTLY AT 6PM**

#### Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT









Junior & Teen Summer Camps 2014

NOW OPEN FOR BOOKINGS!

#### WEEK LONG CAMPS - JUNE/JULY/AUGUST

Call us for info & prices. All activities fully insured.

Greville & Allie hope to educate and foster a love & respect for the ocean. We teach fun sustainable ocean related activities, the importance of water safety & conserving the environment. Participants will return from our camps with new skills, friends, water confidence and knowledge that can benefit them all through their lives.

Week 1: 30th June-0th July - 5-7 yes Week 2: 7th July-11th July - 7-10 yes Week 3: 14th July-18th July - 10-12 yes Week 4: 21st July-25th July - 9+ yes Week 5: 28th July-18 Aug - 5-7 yes Week 6: 11th Aug - 15th Aug - 7-10 yes Week 7: 18th Aug-22nd Aug - 11+ yes

- Surfing
- Bodyboarding
- Coasteering
- Water Safety Awareness
- Marine & Ecology Education
- Beach Games & more!

Call us to make your reservation: 083 107 5757

# Oscar Madisons

7 MAIN ST, KINSALE

**LIVE MUSIC** Saturday 5th July 10.30pm

**PUC AR BUILE** 



World Cup Matches

Friday 4th July 5pm
France v Germany

Friday 4th July 9pm **Brazil v Columbia** 

Saturday 5th July 9pm **Holland v Costa Rica** 

Shown on 5 HD Screens



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# Laura Hagger Podiatry Clinic D.Pod.M, M.Ch.S.I, S.R.Ch. SPECIALIST FOOTCARE/CHIROPODY CENTRE



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- Nail Surgery
- Orthoses & Insoles
- **Sports Injuries**
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Pain Management / Rehabilitation / Functional Exercise



#### Some conditions treated in the clinic:

- Headaches
- **Migraines**
- **Neck Pain**
- **Back Pain**
- Shoulder Pain/
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- **Carpal Tunnel** Syndrome
- **Postural Distortions**

- Hip Pain/Discomfort/ Soft Tissue Repair **Problems**
- **Knee Pain/Problems**
- Ankle/Foot Problems •
- **Sciatica**
- **Nerve Entrapment** Joint Pain/
- Discomfort · Strains/Sprains
- Sports Injuries/ Recovery

- **Connective Tissue** Repair
- Muscular Disorders/ Conditions
- Coordination Development
- Loss of Balance
- Stiffness
- Impaired Mobility
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By appointment: Sabine Graef (BEd., SMT, NMPT)

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# MUSIC FOR A SUMMER'S NIGHT

SATURDAY 12th JULY at 8pm

THE LITTLE THEATRE, TRACTON COMMUNITY CENTRE, MINANE BRIDGE, CORK

MUSIC FOR CELLO AND PIANO by







Beethoven

Debussy Rachmaning

PERFORMED by Christopher Marwood, cello Alexander Bernstein, piano





Tickets €20 from Lisa 086 071 1910 or from www.musicforasummersnight.info

In aid of the Irish Heart Foundation & the Parkinson's Association of Ireland

ndation & Piano supplied by Jeffers of Bandon







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#### Give a lift

Try it out, every weekday morning from the Pier Road bus stop









# KAYAKING & SAILING SUMMER CLUBS 6 WEEKS

**SAIL CLUB:** 12th July 2014 (13.30 - 16.00) €120

**SAIL CLUB** (evenings): 14th July 2014 (18.00 - 21.00) €120

KAYAK CLUB (16+): 12th July 2013 (10.00 - 13.00) €120

Contact the KOEC (021) 4772896 or book online www.kinsaleoutdoors.com

# **岸DOG HOUSE** dog grooming

- Professional dog grooming for all breeds.
- Free pick up & drop off in Kinsale area & on route to Cork. (Including Carrigaline & Bishopstown area)



Louise O' Hanlon Tel. 087-2341826

Kinsale Road Industrial Estate, Cork

# Kinsale Art Camp

July 28th - August 1st 2014

Time: 10.00am - 12.30pm Age: Primary School Age Price: €95 Venue: Further Education Centre



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Contact: 4774099 / 086 1655496



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www.kinsaletiles.com

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## Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



#### Looking for a role based in Kinsale?

Life Science Consultants works with market leading Pharma and Medical Device manufacturers in Ireland and globally. We are currently looking to grow our team in our Kinsale Office:

#### **RECRUITER TRAINEE:**

We are looking for a focused, tech savvy individual to join our recruitment team in Kinsale.

- The role will suit someone who likes dealing with people and involves a considerable amount of time on the phone, so good communication skills are a must have.
- The key part of this role is finding the right technically qualified people to work on our client projects, so you will need to have the tenacity to go and find solutions for our client.
- This is an Office based role, so you will need to be familiar with MS Office and able to work your way through different databases.
- Working on the development of LSC's Social media strategy is a part of this role, so do you tweet, like, poke and connect?
- If you are a Science or Engineering graduate, who has worked in the pharma or medical device industry that would be great, but not essential.

## SCIENCE/ENGINEERING RECRUITMENT CONSULTANT:

As a Recruitment consultant you will be responsible for the pre-screening of candidates and maintaining up to date and accurate information on the database.

- Excellent communication skills are required for this role.
- Candidates will need to be self driven with an ability to set and meet targets.
- The ideal candidate for this role will have a Science or Engineering degree with previous work experience in a Pharmaceutical or Medical Device manufacturing or service company. This role may suit someone with considerable Pharmaceutical or medical device industry experience looking for a change in direction.
- Prior experience in recruitment is preferable but not essential.

Prospective candidates can email their CVs to recruit@lsc.ie with the role they are applying for included in the email subject.

Fax: +353 21 4700971 Web: www.lsc.ie Tel: +353 21 4777329





& Toddies Restaurant SUMMERCOVE, KINSALE T: 021 477 2131 www.thebulman.ie

Sat 5th July 10pm KING K

Sunday Nights 8pm - 10pm

#### **CLUB ON THE ROCKS**

Pianist Billy Crosbie & Guests perform upstairs

LUNCH - 7 DAYS A WEEK
EVENINGS: TUES - SAT IN THE BAR
RESTAURANT OPEN TUES - SUN at 6.30pm





Job Title: Seasonal Travel Advisor Tourist Office: Kinsale, Co. Cork

€20,082 per annum (pro rata) Salary: 21st July - 30th October 2014 Dates:

#### **OVERALL JOB PURPOSE:**

Operating as part of a national tourist information network, the overall purpose of the role is to engage with tourists to greatly enhance their experience of Ireland by providing accurate information and other support services in a friendly and efficient manner. The Tourist Information Offices provide a vital service to Irish and International visitors and also to the tourism industry.

For full job description & application form please email maureen.broderick@failteireland.ie Closing date for receipt of applications is no later than 4pm on Thursday 10th July, 2014. Late applicants will not be considered.



#### RAMPART PLAYERS

General Auditions for Upcoming Shows

Temperance Hall Wednesday 9th July

8.15pm

www.twitter.com/kinsalenews



**Guest Accommodation** 4 Star AA Guesthouse

#### **BREAKFAST SERVED**

8am - 11.30am

#### FOOD SERVED

12pm - 10pm

~ Special Value Menu ~ 3 Courses €26 2 Courses €22.50

#### ~ LIVE MUSIC ~

Friday 4th July SHANE & FRIENDS

Saturday 5th July **SEANJOHN** 

Monday 7th July

SQUAWK ABOUT 9pm Tuesday 8th July

LEON BUCKLEY 9pm

Wednesday 9th July

BILLY CROSBIE & FRIENDS 9pm Thursday 10th July SHANE & FRIENDS 9pm

#### ~ SPORTS ~ ALL GAA FIXTURES FIFA WORLD CUP

AA Rosette Award for Culinary Excellence 2006-2013 A Member of the Kinsale Good Food Circle Your hosts The Frawley Family & Staff













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at Actons Hotel, Kinsale

## Joe Cooke & Southern Beat

SUNDAY 6TH JULY Adm. €8 Dancing 9.30pm - 11.30pm Doors 8.45pm



Non Profit - Surplus funds donated to charity.

# **GOLF SUMMER CAMP 2014** Kinsale Golf Club

Week 1 7th - 11th July

Week 2 14th - 18th July

Week 3 21st - 25th July

Week 4 28th July - 1st Aug

Week 5 5th - 8th Aug (4 days €50)

2 classes each day

9 - 12 years 9.30am - 11am

5 - 8 years 11.30am - 1pm

Cost of camp: €60 per child. €10 discount for siblings.

All balls, clubs included.

Boys and girls welcome, lots of fun and games.

Contact PGA Ger Broderick: 021 477 3258

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Mark Costelloe, Director, Ballyvrin, Dunderrow, Kinsale, Co. Cork



Saile (KRD Community Association Ltd) Cappagh, Kinsale

It is intended to construct a Community Centre & Sports Hall for KRD Community Association Ltd. The works will include the construction of a two storey community centre linked to a single storey sports hall including new access roads, parking facilities, boundary walls and all associated services and site works

Interested Main Contractors can obtain information on the project from Denis O'Sullivan & Associates (email to info@dosa.ie) or alternatively from eTenders.

Closing date for receipt of tenders: 18th July 2014.



#### SUMMER CAMPS

Kinsale: 14th-18th July

St Multose Hall

Ballinspittle: 21st-25th July Ballinspittle Community Hall 9:30am-1:30pm

€90 (family discounts)



**Bookings** and info 087 147 6181

mboniwell@gmail.com





T: 021 477 8243 www.speckleddoor.com

Spectacular Views of Kinsale Harbour from bar, restaurant, patio & beer garden! 10 minutes drive from Kinsale Ample Parking & Wheelchair Facilities



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KINSALE GAA CÚL CAMP

11th-15th August

Register online at www.kellogsculcamp.gaa.ie or forms available from Maurice Murphy's.



Kinsale Physiotherapy Practice, Friends of Kinsale GAA









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Damien Bowles or Adrian Wright

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#### Kilbrittain 102nd Scouts ANNUAL FUNDRAISER

10K Kilmacsimon to Kinsale Kayak River Run Saturday 5th July

Register 10am at Kilmacsimon River. Start 11.30am. Barbeque & raffle for all participants. €25 entry each. Kavaks available to hire €10 each

Contact 086 276 9733



# Tel: 021 477 7957 Traditional Irish Music & Ballads Monday, Tuesday & Thursday





Friday 4th July 10.30pm

LEON BUCKLEY

Saturday 5th July 10.30pm

CELTIC KNIGHTS Sunday 6th July 7.30pm

Sing along with TIM MARTIN



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CONTACT: JODY DRENNAN OF ABC DOMESTIC APPLIANCE REPAIRS LTD.

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#### Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



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Contact Marie, Practice Manager, Kinsale Medical, Kinsale. 021 4772253

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with balconies, in quiet complex, nicely furnished, with pool, gardens, garage, sea views, 50 metres from a gorgeous beach, 10 minute walk to Orange Square, 5 minute walk to shops, restaurants, bars. supermarkets, bus stop, taxis, the Port, etc.

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#### WANTED

#### RESIDENTIAL SITE OR HOUSE FOR PRIVATE CASH BUYER

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Commercial premises also considered: B&B, Bar, Shop, Restaurant etc.

**Tel: Buyer in Strict Confidence:** 086 2022 628

# **HEALTH, HAIR**











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#### Rachel O'Brien

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Full time position.

Previous experience in food and beverage industry essential.

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Knowledge of wines an advantage.

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Full time position for immediate start.

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## Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT

# CHILDCARE

# Marmalage Park creche

- Promotes fitness in children.
- Junior fitness boot camp each morning before the day starts.
- Full size tennis courts for exercises, races & play.
- Montessori, Siolta and Aistear based curriculum.
- After-school fitness and homework club for Junior and Senior infants.
- Few spaces left for September, ECCE & Summer.
- · Babies 5 years.

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Give your child the best start.

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to include drop-off to school.

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Ballinadee Area References Essential

Call 087 6162053

#### AU PAIR REQUIRED

KINSALE AREA
To mind 2 children - Immediate start
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# NOTICES



# WANTED SECOND HAND CANOE PADDLE CALL 087 214 6574

BREDA EATON MEMORIAL WALK
SATURDAY 12th JULY
Leaving Post Office at 10.30am.
All welcome.



Sunday 6th July, 9am-3pm
Car Boot Sale

Belgooly GAA Pitch Contact: 087 418 9077



37 ww





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**378** Reviews

o tripadvisor.ie

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Tel: 087 2500731 Adults €6/Children €1 -CELEBRATING OUR 22ND SEASON-

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"Kinsale's Top Independent Attraction" **TripAdvisor** 

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10.30am Daily (or by appointment)

from the Tourist Office.

Adults: €5 Children: Free For group rates, please phone

086 826 7656

# Departure Beyond Actons Hotel on board 'Spirit of Kinsale'

TIMES MON - FRI: 12pm, 2pm, 3pm & 5pm

SAT & SUN: 12pm, 2pm, 3pm, 4pm & 5pm

Please see sandwich board at Tourist Office & Pier Rd. for updated times.

Complimentary Tea/Coffee Served Cruises are subject to weather and tide.

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Advice Clinic

**Weekly Clinics at both** Bandon & Clonakilty Offices. First Friday Clinics at the **Trident Hotel, Kinsale** at 12.30pm.

Clonakilty Office 023 8858770 Bandon Office 023 8843868

Please contact the office as times may vary.

# WHAT'S ON IN KINSALE FRI 4th JULY - THURS 10th JULY 2014

#### Happy Independence Day FRI 4th JULY

ARMADA BAR:

Independence Day Celebrations

**BACCHUS NIGHTCLUB:** DJ Sean, 11.30pm.

**BLUE HAVEN:** Mike O'Riordan & Friends.

DON & BARRY'S HISTORIC STROLL:

The Tourist Office 9.15am, 11.15am.

FOLKHOUSE:

The Magnetics, 10.30pm. **HAMLETS**: Independence Day Party, DJ, Secret Garden, BBQ. 9.30pm.

HARBOUR CRUISE:

Cruise at 12pm, 2pm, 3pm, 5pm. Departs beyond Actons.

HERITAGE TOWN WALKS: 10.30am from the

Tourist Office. Also by appointment.

JIM DALY TD ADVICE CLINIC:

Trident Hotel, 12.30pm. MACRA CLUB FORTUNES: Trident Hotel, 8.30pm.

SEANACHAI:

The Duffy Brothers, 9pm. DJ Mixasaurus Wrecks. 11.30pm.

SILENT BANJO: Leon Buckley, 10.30pm.

WHARF TAVERN AT THE TRIDENT:

Trad Routes. WHITE HOUSE:

Shane & Friends.

WHITE LADY: Project Produce.

SAT 5th JULY

ARMADA BAR: Colour Eclipse. BACCHUS NIGHTCLUB: DJ Sean, 10.30pm. BLUE HAVEN: Blue Fusion. BULMAN: King K, 10pm. CHI-RUNNING: Introductory course.

**DON & BARRY'S HISTORIC** STROLL: The Tourist Office

9.15am, 11.15am,

FOLKHOUSE:

I-Funk, 10pm. HAMLETS: D.J.

HARBOUR CRUISE: 12pm, 2pm, 3pm,

4pm & 5pm. Departs beyond Actons. HERITAGE TOWN WALKS:

10.30am from the Tourist Office. Also by

appointment. KAYAK RIVER RUN:

10k Kilmacsimon to Kinsale Charity Fundraiser.

LORD KINGSALE: Con Twomey

OSCAR MADISONS:

Puc Ar Buile, 10.30pm. SEANACHAI:

Sonny & Friends, 9pm. DJ, 11.30pm.

SILENT BANJO

Celtic Knights, 10.30pm. WHARF TAVERN AT THE TRIDENT:

The Long Note, 9.30pm. WHITE HOUSE:

Sean John. WHITE LADY:

Glastonbury 2014, Beat Hotel Replay with Anthony Collins.

SUN 6th JULY

ARMADA BAR: Live Music. BLUE HAVEN:

Darren & Friends, 9pm. BUI MAN:

Club on the Rocks with Billy Crosbie, 8pm.

CAR BOOT SALE: Belgooly GAA Pitch.

9am - 3pm.

DON & BARRY'S HISTORIC STROLL:

The Tourist Office, 11.15am. FOLKHOUSE: King K. 9pm.

HAMLETS: DJ. HARBOUR CRUISE: 12pm, 2pm, 3pm,

4pm & 5pm Departs beyond Actons.

HERITAGE TOWN WALKS: 10.30am from the

Tourist Office. Also by appointment.

KINSALE MUSIC PROMOTIONS:

Joe Cooke & Southern Beat, Actons, 8,45pm.

SEANACHAI:

Polly Barrett, 10pm. **SILENT BANJO** Singalong with Tim Martin, 7.30pm.

MON 7th JULY

BLUE HAVEN:

Irish Night with Arundo & Irish Dancers, 9pm. **DALTONS BAR: Trad.** DON & BARRY'S

HISTORIC STROLL: The Tourist Office

9.15am, 11.15am, HARBOUR CRUISE:

Cruise at 12pm, 2pm, 3pm, 5pm.

Departs beyond Actons.. HERITAGE TOWN WALKS:

10.30am from the Tourist Office.

Also by appointment. WHITE HOUSE: Squawk About, 9pm.

**TUES 8th JULY** ARMADA BAR:

The Merry Stems, 7.30pm. BLUE HAVEN:

Sonnie & Friends, 9pm. DALTONS BAR:

DON & BARRY'S HISTORIC STROLL:

The Tourist Office 9.15am, 11.15am.

HARBOUR CRUISE:

Cruise at 12pm, 2pm, 3pm. 5pm.

Departs beyond Actons. HERITAGE TOWN WALKS:

10.30am from the Tourist Office. Also by appointment.

KINSALE BRIDGE CLUB: Trident Hotel, 7,30pm. KINSALE & DOCK

**ROWING CLUB:** The Dock Slip from 6.30pm. WHITE HOUSE:

Leon Buckley, 9pm.

WED 9th JULY ARMADA BAR:

Bobby & Eileen, 8.30pm. AUDIVOX:

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

BLUE HAVEN:

Niall McCabe, 9pm. DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am, FOLKHOUSE: Rory & The 2 Mike Os. 9.30pm.

HARBOUR CRUISE: Cruise at 12pm, 2pm,

3pm & 5pm. Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the Tourist Office.

Also by appointment. KENNEDY'S OPTICIANS:

Dry Eye Clinic, 2pm - 4.30pm. KINSALE & DOCK

ROWING CLUB: The Dock Slip from 6.30pm.

RAMPART PLAYERS: General Auditions at Temperance Hall, 8.15pm.

WHITE HOUSE: Billy Crosbie & friends, 9pm.

THUR 10th JULY

BACCHUS NIGHTCLUB: DJ Mark, 11,30pm.

**BLUE HAVEN:** Arundo & Irish Dancers, 9pm.

**DALTONS BAR:** Trad. DON & BARRY'S

HISTORIC STROLL: The Tourist Office

9.15am, 11.15am, FOLKHOUSE:

Mike & Rory, 9.30pm. HAMLETS: King K.

HARBOUR CRUISE: Cruise at 12pm, 2pm,

3pm & 5pm. Departs beyond Actons. HERITAGE TOWN WALKS:

10.30am from the Tourist Office. Also by

appointment. KINSALE & DOCK **ROWING CLUB:** 

The Dock Slip from 6.30pm. MUNSTER PROPERTY

AUCTION: Rochestown Park Hotel, 6.30pm.

SEANACHAI: Live Music, 10pm.

WHITE HOUSE: Shane & Friends, 9pm.



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# KINSALE OSTEOPATHS

71 Lower O' Connell Street, Kinsale, Tel: 087 358 6145 E: kinsaleosteopaths@yahoo.ie



## 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:**

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#### **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. Approved by all major health insurers.