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Elite Pilates KINSALE NEW BEGINNER MAT COURSE

starting Monday 11th April 7.00pm 5 WEEKS €65

• FLATTENING OF ABDOMINALS & IMPROVED POSTURE • IMPROVED FLEXIBILITY & STRENGTH • REDUCED BACK PAIN

To book your beginner mat course email us at info@elitepilates.ie or call us on 021 4369097

Elite Pilates, Kinsale Commercial Centre, Kinsale. www.elitepilates.ie



Marymount hite House 8.30pm **Come and support Caroline Scannell** Ralf's & Internet Cafe Lower O'Connell Street. Kinsale, Co. Cork (Between Shanghai Express & The White Lady) **COMPUTER & LAPTOP REPAIR** Spyware & Virus Removal • Data Recovery & Back-up Home & Business Networking • Computer Upgrades

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

www.twitter.com/kinsalenews



IN PRAISE OF MUSIC

Featuring the **Castlecomer Male Voice Choir** with special guests Dan Twomey & Julie O'Sullivan

> Friday 1st April 2016 @ 7.30pm Venue: The Friary Church

In aid of the Friary Renovation Fund Raffle & Refreshments



Available from The Boathouse Gallery, 68 Main St, Kinsale Kinsale Tourist Office & The Friary Office.

Tickets: €10



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From intimate family occasions to grand celebrations, the Trident Hotel offers a stunning location, personalised service and sumptuous seasonal menus to ensure your event is one to remember.

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Life Science Consultants

Pharma, Medical Device & BioTech Resource Solutions

Looking for a job based in Kinsale?

Life Science Consultants is a leading specialist recruitment company providing Contract Resourcing, Recruitment and Engineering Consultancy to the Pharmaceutical, Biotechnology and Medical Device markets globally. Our team are industry experienced and technically qualified in order to meet the needs of our customers. Due to continued expansion we are once again looking to grow our team here in our Kinsale office:

Science/Engineering Recruiter:

As a Technical Recruiter you will be responsible for working closely with our clients identifying suitable candidates to meet requirements. This is an extremely busy role dealing with multiple clients & candidates and will suit someone who:

- Has excellent communication skills
- Is self-driven with an ability to set and meet targets
- Has excellent time management skills; experienced in managing multiple projects/tasks at once
- Enjoys human interaction. This role involves lots of interaction with candidates & clients both on the phone and face to face in our office & client sites. Good interpersonal skills are key to build strong relationships with our customers.

The ideal candidate for this role will have a Science or Engineering qualification with previous work experience in a Pharmaceutical or Medical Device manufacturing or service company. It may suit someone with considerable industry experience looking for a change in direction. Prior experience in recruitment or sales is preferable but not essential.





If you would like to hear more about this role & what we do at LSC, please submit your CV to recruit@lsc.ie or call us today to discuss further; 021-4777329



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FULLY LICENCED GUESTHOUSE, RESTAURANT & BAR Guest Accommodation 4 Star AA Guesthouse

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FOOD SERVED ALL DAY

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Breakfast 8am-11.30am Bar/Bistro 12pm-10pm Restaurant d'Antibes 6pm-10pm

Serving Fresh Seafood, Shellfish, Steaks & Stews. Delivered daily by local producers.

> LIVE MUSIC Sat 2nd April 10.30pm Poc Ar Buile

SPORTS

Saturday 2nd April Leinster v Munster 5.30pm Barcelona v Real Madrid 7.30pm

Sunday 3rd April

Man. Utd. v Everton 4pm

SKY SPORTS AT THE RACES



Homemade Soup of the Day With our Freshly Baked Soda Bread Oysterhaven Moules Mariniere Fresh Mussels with Chardonnay, Garlic & Cream Golden Fried Stuffed Mushrooms Stuffed with Smoked Paprika Cream Cheese & Mild Chipotle Dip

The White House Famous Chicken Liver Pâté With Cumberland Sauce & Soughdough Bread

Slow Roast Striploin of Lordan's Beef Seasonal Vegetables, Creamy Mash & Red Wine Jus

Pan fried Fillets of Atlantic White Sole With Parsley Baby Potato, Fine Beans, and Lemon, Caper & Dill Beurre Blance

Oven Baked Supreme of Glin Valley Chicken Bacon, Sage & Onion Stuffing, Champ Mash, Creamy Mushroom Sauce

> Tortellini with Ricotta & Spinach In a Basil Cream

**** White House Mess

Homemade Meringues, Malibu Scented Strawberries & Pomegranate Seeds

Selection of Homemade Ice Cream In a Tulip Basket with a Warm Berry Compôte Belgian Chocolate Brownie

Served Warm with Vanilla Ice Cream & Chocolate Sauce Bramley Apple & Wild Rhubarb Crumble With Homemade Crème Anglaise

Your hosts the Frankley Family & Staff T: 021 4772125 www.whitehouse-kinsale.ie

www.twitter.com/kinsalenews







Underage Training Times (U6 to U12) For Boys, Girls Football, Camogie

BOYS UNDERAGE:

	UNDER 6 (Born 2010)	
Time:	11am to 12 noon	
	at Main Pitch Bandon Road	
Start Date:	Sunday, 10th April 2016	
UNDER 7	(Born 2009) & UNDER 8 (Born 2008)	
Time:	12 noon to 1pm at Sáile for April	
	(returning to Main Pitch,	
	Bandon Road in May)	
Date:	Sunday, 3rd April 2016	
	UNDER 9	
Time:	11am to 12 noon	
	at Main Pitch Bandon Road	
Date:	Sunday, 3rd April 2016	
	UNDER 10 & UNDER 11	
Time:	10.45am to 11.45am	
	at Dunderrow Pitch	
Date:	Sunday, 3rd April 2016	
UNDER 12		
Time:	11am to 12 noon at Dunderrow Pitch	
Date:	Sunday, 3rd April 2016	

LADIES/GIRLS FOOTBALL:

Age Groups: UNDER 6 TO UNDER 12

Time:	4.45pm to 5.45pm at Main Pitch
	Bandon Road
Date:	Monday, 4th April, 2016

CAMOGIE:

Age Groups: UNDER 6 TO UNDER 12 (Girls U13 and up are also very welcome to join up)

Time: 11am to 12 noon at Sáile for April (returning to Main Pitch, Bandon Road in May) Start Date: Sunday, 3rd April, 2016

> Check out Kinsale GAA on Facebook to keep up with the day to day runnings of the club!

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Email: info@kinsaleadvertiser.com



4 months membership for the price of 3



on't miss out

Offer extended due to popular demand

Terms and Conditions Apply

For any questions on Classes, Membership or Personal Training please call Actons Health & Fitness on 021 477 2345 leisure@actonshotelkinsale.com | www.actonshotelkinsale.com

CAPTAIN TORTUE FRENCH COLLECTION Sunday 3rd April 11am-5pm Charlesfort Suite, Actons Hotel





Enjoy a Taste of India at...



1

69 Main Street, Kinsale. Tel:021 477 7911 or 021 477 7163

37 Ashe Street, Clonakilty, Tel 023 8835957 or 023 8836626

A Classical Eastern Touch 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.

EARLY BIRD SPECIAL MENU Sunday to Thursday 4pm to 7pm



Take Away & Delivery Menu

FREE DELIVERY IN THE KINSALE AREA

Opening Hours: 4.00pm - 11.00pm, 7 Days A Week

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Bullitutt Dull & Toddies Restaurant ^{SUMMERCOVE, KINSALE} T: 021 477 2131 www.thebulman.ie

> Sunday 3rd April 6.00pm NOEL BARRETT QUARTET

Bar Food served 7 days 12.30pm to 5.00pm Bar Food served Tuesday to Saturday evenings inclusive from 6.00pm



www.twitter.com/kinsalenews







REGISTER ONLINE AT

www.kinsalecyclechallenge.com (or from 8:30am at Kinsale Community School)

ROUTE:

Kinsale Community School (51.70428, -8.52949) to Clonakilty GAA Club and return. Fully marshalled. Lunch provided. A perfect day in beautiful West Cork.

SUPPORTING:

CUH Sick Children's Club
 Youth Counselling

- Meals on Wheels
 Suicide Prevention
 - Men's Sheds Street Children
- Community Defibrillator
 School Bursary

Kinsale Lions Club is a regulated charity and has no paid officials.



info@kinsalelionsclub.org





More details email: treasurer.kinsale@redcross.ie

NEW MEMBERS OF ALL AGES WELCOME

- Youth Training Programme 14-17 years of age.
- Adult Branch/Field Duty Volunteer Programme.

LEARN TEAM WORK AND ESSENTIAL LIFE SAVING SKILLS

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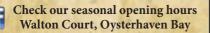




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SPRING OPENING HOURS

Saturday & Sunday 10.30am - 5pm-ish



Walton Court, Oysterhaven Bay www.WaltonCourt.com www.OysterhavenBay.com ASIAN TAPAS BAR Lower O'Connell Street, Kinsale Phone: 021 4777100 OPEN 7 DAYS A WEEK 5pm to 10.30pm

Just some of our Tapas

Spiced Wild Mushroom Wantons €6. Coriander, Chilli, Mint Pesto with Smoked Miso	
Coriander, Chilli, Mint Pesto with Smoked Miso	
Baked Mussels with Crab Mix €9. Coriander, Ginger, Lemongrass, Spiced Tomato Sauce, Pecorino Cheese	.50
Tempura Prawns €9. Basil, Avocado, Chilli and Mango Salsa	.00
Crispy Chilli Beef (Sirloin) €8. Lemongrass Wild Rice	50
Scallops Ginger Butter €9. White Beans, Baby Spinach, Spiced Minted Pea Purée	50
Spiced Tuna Nicoise €9. Miso Dressing, Quail Egg, Avocado, Cherry Tomato, Onion	.50
Teriyaki Beef (Sirloin) €8. Miso Glaze, Wasabi and Spring Onion Mash	.50
Fillet Steak (Medium Rare) €9. Potato, Wild Mushroom, Black Bean Sauce	.00
Pan Seared Seabass €8. Leek and Spiced Sweet Potato Mash	50
Green Curry Monkfish €8. Coconut Jasmin Rice	50
Duck Pancake Pickled Ginger, Cucumber, Crispy Shallots, Sesame Paste, Hoi Sin Glaze	
Crispy Coconut Calamari €7. Wasabi Garlic Mayo Smoked Sesame Paste	.50

GIFT VOUCHERS AVAILABLE

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Laura Hagger Podiatry Clinic SPECIALIST FOOTCARE/CHIROPODY CENTRE

- Routine Footcare
- Specialist Diabetic Footcare
- Nail Surgerv
- Orthoses & Insoles
- Sports Injuries
- Children's Foot Health
- Verruca Treatment
- Acupuncture
- House calls now available
- Rid your feet of fungal nails with the Laser Genesis Plus!
- Effective drug free treatment for onychomycosis.
- Blast those verrucae and warts with fast effective laser treatment.

 Health Board Approved

By Appointment: 021 477 9578 No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Neuromuscular Physical Therapy Clinic Pain Management / Rehabilitation / Functional Exercise



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/
 Soft Tissue Repair Problems
- Knee Pain/Problems
- Sciatica
- Joint Pain/
- Discomfort
- Strains/Sprains
- Sports Injuries/
 - Recovery

- Connective Tissue Repair
- Ankle/Foot Problems
 Muscular Disorders/
- Conditions Nerve Entrapment
 Coordination
 - Development Loss of Balance
 - Stiffness
 - Impaired Mobility
 - Functional Exercise

By appointment: Sabine Graef (BEd., SMT, NMPT) Mobile 087 9872783 No. 26 Haven Bay Apt, Ballinacubby, Kinsale

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Psychotherapist & Addiction Counsellor IACP, MACI, BA (Hons), B.Soc.Sci. (Hons), Dip.Addiction, Prof.Cert.CBT

Experienced Counsellor and Psychotherapist with over twenty years of direct experience of working with both Adolescents (14-17yrs) and Adults (18+yrs).

At all times you will be accepted as you are, listened to with empathy and gently supported while you journey to find stability, create healing and enable growth in your life.

- Family Members / Persons Bullying impacted by Addiction
 - Anger Issues
- Childhood Trauma / Shock Trauma
- Self-Harm Bereavement & Grief
- Depression
- Relationship Difficulties
- Stress, Anxiety & Panic Attacks
- Life Transitions & Change

FREE INITIAL CONSULTATION

If you or a loved one are nervous about taking this first step l offer a free, no obligation, telephone consultation so we can discuss if counselling may be of benefit to you.

Kinsale Health & Wellbeing Centre, Emmet Place. & 11 Marlboro St, Cork City.

Tel: 087 135 9198 Web: www.jasoncowell.ie Email: jasoncowell.counsellor@gmail.com





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FREE HOME CONSULTATION & FITTING ON PLANTATION SHUTTERS AND BLINDS



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KINSALE Saile Community Centre, Cappagh

Wednesdays 5.30pm & 7.30pm

Tel: Anna 087 4695680

New Consultant from 30th March

for this Relation hoper maps start, slimmingworld.ie -002016569696







KINSALE AND THE SURROUNDING AREAS Servicing and parts available for all brands and types of trailers. IFOR WILLIAMS, INDESPENSION, BRIAN JAMES, DOOLEY, ETC.



General purpose, flat body, horse box, boat trailers & car transporters catered for, from fabrication to brakes, lights, suspensions, etc. TRAILERS CAN BE REPARED ON SITE OR IN WORKSHOP.

FREE INSPECTION & QUOTE ON ANY TRAILER. CONTACT GER ON 086 8200673

Ger McSweeney General Building

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Patios & Driveways Laid

Also: Footpaths, Slabbing & Kerbing Drainage, New & Repaired Garden Walls Built Gardens Cleared, Top Soiled & Laid Out Mini Digger Hire

> Micheal Dwyer 086 172 1022

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1 mile from town centre. Lessons - Trekking - Livery Call Zoë on 086 8530894 www.kinsale-equestrian.ie



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McMAHON PLANT HIRE Tel: 086 8038450

- 17m Loadall: Remote control operated from swivel basket, other attachments available.
- 3 Ton Mini Digger, Rock
 Breaker & selection of baskets.
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Large tractor mounted hedgecutter. No hedge too high.

Call Martin Hurley 086 889 4663



- Sub-Contracting
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-No job too small! Tel: 087 1756575 021 4770132

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Call Ray 087 207 5100

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ason Cowel

Psychotherapist & Addiction Counsellor IACP, MACI, BA (Hons), B.Soc.Sci. (Hons), Dip.Addiction, Prof.Cert.CBT

FREE Mindfulness Introduction Session

First Monday of Each Month, 1pm - 2pm approx. Kinsale Health & Wellbeing Centre, Emmet Place Places limited on a first come first served basis.

Starts Monday 4th April Call 087 1359198 to enquire





BEL AMI HAIR STUDIO Pearse Street, Kinsale Rachel O'Brien formerly of Toni+Guy, Kaizen, Origin & Kinsale. with Stylist Michelle Connolly



Wilf

PROPERTY

LUXURY 4 BED HOUSE AVAILABLE TO RENT FROM MID-APRIL Rincurran Rise. Long term. €1400 pcm. Enquiries to Box No. 13/16 c/o Kinsale Advertiser, Emmet Place, Kinsale

SITUATIONS VACANT



BLUE HAVEN COLLECTION

Now recruiting for an exciting and busy 2016 Season.

FULL & PART TIME BAR & WAITING STAFF, ACCOMMODATION ASSISTANTS, KITCHEN PORTERS

Experience is essential.

Contact Niamh on 021 4772209 or email CV to hr@bluehavenkinsale.com IHF Number 1 Small Hotel in Ireland to work in 2016

BAR PERSON REQUIRED Minimum 2 years experience

Email: armadabar@eircom.net Phone: 021 4772255

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Actons Health & Fitness Club are currently recruiting a

Gym Instructor / Pool Attendant

If you thrive on responding to a challenge and can offer the following, we want to hear from you.

- Experience in a similar position and ability to teach a wide range of fitness classes.
- Gym Qualification (R.E.P.S) accredited.
- Preferably Pool Plant qualification/ Pool Lifeguard qualification RLSS or equivalent.

CVs should be forwarded to Paula Lynch, Actons of Kinsale, Pier Road, Co. Cork Email: plynch@actonshotelkinsale.com

FULL-TIME HOUSEKEEPER REQUIRED FOR KINSALE GUESTHOUSE Experience necessary

Tel: 087 1548153

WANTED: RELIABLE PERSON TO CLEAN HOUSE Once a week.

Tel: 089 4349757

Sewing Machinist Required

In Kinsale, Flexible Hours.

Email: info@omahonysailmaking.com

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Join our team!



MACDONALD KINSALE HOTEL & SPA

(Formerly Carlton Hotel) We are recruiting for a number of positions.

Would you like to become part of the Macdonald Kinsale Family?

ACCOMMODATION ASSISTANTS

- Experience within a similar role
- Excellent attention to detail
- Excellent customer service skills
- A focus on achieving high standards
- Excellent communication skills (Good written & spoken English is required)
- Must be flexible with working hours.

PLEASE APPLY TO ALLA DUZENKO aduzenko@hotelkinsale.ie

EXPERIENCED BAR, FOOD & BEVERAGE STAFF

Previous experience is a must. PLEASE APPLY TO SEAMUS HEALY shealy@hotelkinsale.ie

SPA THERAPISTS

Must have qualification from ITEC / CIBTAC / CIDESCO Beauty Therapy and Massage. Must be flexible with working hours. Previous experience required. PLEASE APPLY TO KAREN LEE spamanager@hotelkinsale.ie

SPA/HEALTH CLUB RECEPTIONIST

Part-time. Background in beauty and spa therapy is an advantage but not a necessity. Must be flexible with working hours and must be available to work weekends. PLEASE APPLY TO KAREN LEE

spamanager@hotelkinsale.ie

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RECEPTIONIST / SECRETARY

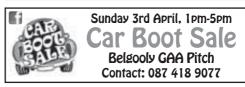
Part-time, 2 hours per day Fluent English essential Tel: 087 1548153



Kinsale Flower & Garden Club GALA DEMONSTRATION WEDDING EXTRAGAVANZA With Eileen O'Brien, A.O.I.F.A. Thursday 14th April 2016 8pm at Actons Hotel

Tickets €15 (incl. Refreshments)

IN AID OF CANCER RESEARCH



Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen. Say this prayer for 3 days, promise publication and the favour will be granter, no matter how impossible. Never known to fail. TH



Deadline for Spring Edition is Friday 8th April

> www.kinsalenews.com Tel: 021 477 4313

www.twitter.com/kinsalenews

DON & BARRY'S Historic Stroll

FROM TOURIST OFFICE @ 11.15am DAILY - 7 DAYS

Ranked #1 of ALL activities in Kinsale Check it out!



"Excellent... Kinsale's single best attraction... A joy... Be sure to take it" Rick Steves www.HistoricStrollKinsale.com Tel: 087 2500731 Adults €7/Children €1 -CELEBRATING OUR 24TH SEASON-

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen. Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. TOS

The Unwanted Gift Appeal The Annual CARMELITE LOURDES BAZAAR Sunday 17th April at the Friary Centre

The proceeds of this annual event are used in the care and travel of the sick to Lourdes.

Do you have unopened, unused gifts? We'll gladly take them off your hands for the bazaar.

Contact Paul Eaton 086 3773512 or Fr Stan at the Friary Your continued support is very much appreciated

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen. Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. TH

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HARBOUR CRUISE Departure beyond Actons Hotel on board 'Spirit of Kinsale' April Schedule Saturday & Sunday: 2pm, 3pm Monday to Friday: 2pm Please see sandwich board at Tourist Office & Pier Rd. for updated times. Complimentary Tea/Coffee Served Cruises are subject to weather and tide. T:086 250 5456 www.kinsaleharbourcruises.com

Tuesday Mornings 7.30am sharp in Trident Hotel **South Cork Business Association** *Peer to Peer Business Owners Support Group New Members always Welcome. Any queries to* e: southcorkbusinessalliance@gmail.com

SPANISH CLASSES

By Degree Autonoma University from Madrid (UAM) & Master's Degree School of Journalism UAM/Newspaper "El Pais" Call / Text: 089 9594967

MATHS GRINDS 023 8849523 KILBRITTAIN AREA

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TRIDENT HOTEL, KINSALE EVERY WEDNESDAY 10.30am & 7.00pm

Call Colette 087 9480261 Your local leader for 20 years Our biggest change in 50 years! Smart Points is here! More info: weightwatchers.ie or call 1850 234123 / (01) 8703900

AL ANON SUPPORT GROUP

Hope for the family & friends of problem drinkers. Upstairs Library Room, Carmelite Friary, Kinsale. Mondays 7.30pm to 8.30pm.

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FRI 1st APR CRAZY HEADS:

White House, 8.30pm. In aid of Marymount. Come and support Caroline Scannell. DON & BARRY'S HISTORIC STROLL: Tourist Office 11.15am. DRUM CIRCLE: Temperance Hall, 7pm. FOLKHOUSE: Full Circle, 10.30pm. FRIARY CHURCH: In Praise of Music featuring the Castlecomer Male Voice Choir, 7,30pm. Tickets €10. HARBOUR CRUISE: From Pier Road, 2pm. SAM'S BAR: Forget Me Nots. SILENT BANJO: The Dolans, 10.30pm.

SAT 2nd APR

BACCHUS NIGHTCLUB: DJ Sean, 11.30pm. DON & BARRY'S HISTORIC STROLL: Tourist Office 11.15am. FOLKHOUSE: GDR, 10pm. HARBOUR CRUISE: From Pier Road 2pm, 3pm. **KINSALE SCOUT GROUP:** Coffee Morning, Temperance Hall, 10am to 2pm. SAM'S BAR: Old No. 7. SILENT BANJO: The Angels, 10.30pm. WHITE HOUSE: Poc Ar Buile, 10.30pm.

SUN 3rd APR ACTONS:

Captain Tortue French Collection, Charlesfort Suite, 11am-5pm. BULMAN BAR: Noel Barrett Quartet. 6pm. CAR BOOT SALE: Belgooly GAA Pitch, 1pm-5pm. **DON & BARRY'S** HISTORIC STROLL: Tourist Office 11.15am. FOLKHOUSE: King K, 9pm. HARBOUR CRUISE: From Pier Road, 2pm, 3pm, KINSALE BAPTIST CHURCH: 11am, Temperance Hall. KINSALE GAA: Boys Underage Training: Under 7 & Under 8. 12pm-1pm, Saile. Under 9, 11am-12pm, Main Pitch, Bandon Road. Under 10 & Under 11. 10.45pm-11.45pm, Dunderrow Pitch. Under 12, 11am-12pm, Dunderrow Pitch. Camogie Training: Under 6 to Under 12. 11am-12pm, Saile. SAM'S BAR: Americhanics

MON 4th APR

AL ANON SUPPORT GROUP: Upstairs Library Room, Carmelite Friary. 7.30pm - 8.30pm. DALTON'S BAR: Trad.



DON & BARRY'S HISTORIC STROLL:

Tourist Office 11.15am. HARBOUR CRUISE: From Pier Road, 2pm. KINSALE GAA: Ladies/Girls Football: Under 6 to Under 12, 4.45pm-5.45pm, Main Pitch, Bandon Road, **KINSALE HEALTH &** WELLBEING CENTRE: Free Mindfulness Introduction Session with Jason Cowell, 1pm-2pm. **KINSALE VOICES:** Café Blue, Blue Haven Hotel, 7.30pm-9.30pm.

TUES 5th APR

DON & BARRY'S HISTORIC STROLL: Tourist Office 11 15am HARBOUR CRUISE: From Pier Road, 2pm. KINSALF ACTIVE **RETIRED ASSOCIATION:** Mass at the Friary Space, 2.30pm. KINSALE BRIDGE CLUB: Trident Hotel, 7.30pm. KINSALE GOLF CLUB: Free Ladies Taster Golf Session, 7pm to 8pm. SOUTH CORK BUSINESS ASSOCIATION: Peer to Peer Business Owners Support Group, Trident Hotel, 7.30am. WEIGHTWATCHERS: Men Only Class, SMA Centre, Wilton, 8pm.

WED 6th APR DON & BARRY'S HISTORIC STROLL:

HISTORIC STROLL: Tourist Office 11.15am.



HARBOUR CRUISE: From Pier Road, 2pm. RED CROSS KINSALE: Practical First Aid Course, 7pm. 6 week course.

SLIMMING WORLD:

At Saile Community Centre, 5.30pm and 7.30pm.

WEIGHTWATCHERS: Trident Hotel, 10.30am & 7pm.

THUR 7th APR 1916

COMMEMORATIONS: A Lecture on the Aud, by John Collins. Temperance Hall, 8pm. ACTONS: An Evening of Style and Fun! 7.30pm. A Colour & Image Event with Joan Cashman. DON & BARRY'S HISTORIC STROLL: Tourist Office 11.15am. HARBOUR CRUISE: From Pier Road, 2pm.

FRI 8th APR

BACCHUS NIGHTCLUB: DJ Mark, 11.30pm. DON & BARRY'S HISTORIC STROLL: Tourist Office 11.15am. DRUM CIRCLE: Temperance Hall, 7pm. FOLKHOUSE: After Hours, 10.30pm. HARBOUR CRUISE: From Pier Road, 2pm. KINSALE & DISTRICT NEWSLETTER: Deadline for Spring Edition.

Are you concerned about the well-being of any young person? FOR FREE & CONFIDENTIAL ADVICE & SUPPORT CONTACT TOM ON 085 872 5789

www.twitter.com/kinsalenews ³¹ www.facebook.com/KinsaleNews



WILL YOU WALK WITH US? KINSALE PINK RIBBON WALK 10km Sponsored Walk / Run

SUNDAY 17th APRIL 2016 at 12 noon



Why not get fit, have fun and fundraise for Action Breast Cancer, a programme of the Irish Cancer Society?

Registration (€20, to cover all costs associated with the event, to include t-shirt, medal, refreshments, logistics, insurance and administration). Members of the Kinsale Pink Ribbon Walk Committee are all volunteers and we promise to keep event costs to an absolute minimum.

We also ask you to raise as much sponsorship as possible. ALL of which goes directly to support breast cancer support services. Details of where your money goes may be found on www.pinkribbonwalk.ie.

Registration forms available at Kinsale Pharmacy or online www.pinkribbonwalk.ie ALL REGISTERED ENTRANTS WILL BE ENTERED INTO A DRAW FOR A EUROCAMP HOLIDAY FOR 4 (2 ADULTS, 2 CHILDREN) INCLUDING FERRY. Contact (086) 2719556 for further information or www.pinkribbonwalk.ie

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