

FREE

Vol. 24

Issue 01/13

Fri 11th - Thurs 17th Jan 2013



KINSALE ADVERTISER

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

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

10 YEAR ANNIVERSARY CELEBRATION

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Passes
€ **59.00**
per person

PASS INCLUDES ADMISSION,
FOOD & ENTERTAINMENT

DATE OF ADMISSION &
OFFICIAL RESERVED

Kinsale Yoga Centre



Back Care Classes

Easy to learn exercises drawn from Yoga Therapy and Pilates to strengthen the supporting muscles of the spine and abdomen, ease away tension and discomfort, increase mobility, and encourage good posture.

6 wk course starts Tues 15th Jan, 8.00-9.15pm.



Pregnancy Yoga

Helping you to enjoy pregnancy, birth and beyond with movement and exercise to help you stay supple and strong, along with breathing skills for labour, meditation for a peaceful mind and deep relaxation.

6 wk course starts Tues 15th Jan, 6.30-7.45pm.



Over 50s Ladies Yoga

A gentle and uplifting approach to yoga which helps to build strength, tone and suppleness, along with stretching and deep breathing for the right balance of energy and relaxation.

Drop in classes start Tues 15th Jan, 11.30am-12.30pm.

Libby: 087 9906187

Kinsaleyogacentre.com

Kinsaleyogacentre@gmail.com

Libby originally qualified as a Yoga Teacher in 1996 with the Sivananda Yoga Vedanta organization. She has since received certified training with Yoga Therapy Ireland in various specialist areas which qualify her to teach Pregnancy, Back Care and Over 50's. She has been teaching in Kinsale for the last ten years, and co-runs the Kinsale Yoga Centre.

The Folk House

Music Venue Guardwell - T: 021 4772382
www.folkhousevenue.com



CHECK OUT OUR... WORLD BEERS MENU

Unrivaled selection inc: Fuller's Honey Dew Lager, O'Hara's IPA, Old Speckled Hen, Hobgoblin Ale, London's Pride Ale.
NEW ON TAP: O'Hara's Red Ale, Stowford Press Westons Cider, Jennings' Slap & Tickle, Metal Man Cask Ale, 8" Howling Gale, Abbot Ale, Carrig Irish Craft Lager



-LIVE MUSIC-

FRI 11th

FLING

5 Piece Celtic Rock Originals & Covers

SAT 12th

HOUNDOGS

4 Piece Old School Rock 'N Roll Contemporary Covers

SUN 13th

KING K.

5 Piece All Round Covers

THURS 17th

BLUEJAYS *5 Piece Jazz & Blues*

FRI 18th

AFTER HOURS

Old School Guitar Classic Covers

SAT 19th

KING K.

SUN 20th

BIG TREBLE

3 Piece Acoustic Folk Rock Covers

**ALL
SPORTS
SHOWN**
ON 2 BIG
SCREENS

**ALL
PARTIES
CATERED
FOR**
THE
GREEN ROOM
FROM 3 TO 300

Bacchus-Nightclub

FRI 11th JAN - DJ GARIAN

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

SAT 12th JAN - DJ SEAN

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

FRI 18th JAN - DJ GARIAN

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



Clinic for – Physical Therapy, **REHABILITATION & EXERCISE**

26 Haven Bay Apts., Kinsale

Manual Therapy in:

- Orthopaedic Massage
- Joint mobilisation
- Soft Tissue Rehabilitation
- Musculoskeletal Rehabilitation
- Trigger Point Deactivation
- Medical/Functional Exercise
- Functional Movement
- Neural Stimulation
- Neuro-muscular Therapy
- Postural Alignment/ Stabilisation

Treatment for...

- Injury Rehabilitation & Prevention
- Acute & chronic Pain Management
- Dysfunctional Movement/Posture
- Post-Surgery, Post Physiotherapy
- Post-Natal Physical Recovery
- Postural Weakness
- Musculoskeletal & Neuromuscular Conditions
- Joint Problems/Conditions

Please call for your appointment: **Sabine Graef** (BEd.SSc, MT)

Mob: **087 9872783** or email: **sabinegraef@eircom.net**

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The Market Garden

Pearse St., Kinsale.
Tel: 021 477 4574



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Open: Mon-Sat 8.30am to 5.30pm

**Open Again from:
Wednesday 16th January**



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WHAT'S ON IN KINSALE & DISTRICT

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TUESDAY-THURSDAY:
 9.30am-5.30pm

FRIDAYS: 8.30am-5.30pm
 (Closed for Lunch 1-2pm)

SATURDAYS: 9.30am-3pm
 (Open through Lunch)



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 3 Courses €25 / 2 Courses €20
 Available All Day 

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Shane & Friends
 Your hosts The Frawley Family & Staff
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giles norman gallery

45 main street kinsale co cork 021-4774373



Giles Norman Photography would like to wish all their customers a very Happy New Year.

Sale continues with up to 50% off
large selection of Kinsale images still available



SOULFUL HEALING to HAPPINESS

A NEW YEAR, A NEW YOU, A BETTER LIFE...

DO YOU WANT MORE HAPPINESS IN YOUR LIFE?

- Did you know that negative emotions and thoughts create blocks to happiness?
- Did you know that through a new way of thinking you can create happiness?
- Did you know that you can change your life by releasing blocked emotions?

Clients of www.soulfulhealing2happiness.com have experienced more happiness in their lives through private sittings with me.

Contact me on: 086 3912349

I wish you happiness always ...Susie Farrelly

THE **ARMADA** BAR & GUESTHOUSE

Pearse Street, Kinsale Tel: 021 477 2255

Saturday 12th Jan:
Music with
Jamestown

Also Coming Soon...
Saturday 26th Jan:

**Jimmy
Crowley**

Back by Popular Demand!



~ Plus our Darts, Rings & Pool~



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7

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Kick start your New Year & lose weight the fun way!

ZUMBA FITNESS CLASSES COMMENCING

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Serious body sculpting for party animals.

"Zumba Toning" combines targeted body-sculpting exercises and high-energy cardio work, using light hand weights to create a calorie-burning, strength-training dance fitness-Class.



ZUMBA
 toning

* Zumba January 2013 Timetable *

MONDAY
 14th Jan @ 9.45am
 Bandon Town Hall
 Zumba Tone Course

TUESDAY
 15th Jan @ 7.30pm
 Innishannon Parish Hall
 Zumba

WEDNESDAY
 16th Jan @ 10am
 Kinsale
 Commercial Park
 Zumba

THURSDAY
 17th Jan @ 10am
 Bandon Town Hall
 Zumba

THURSDAY
 17th Jan @ 7pm or 8pm
 Innishannon Parish Hall
 Zumba Tone
 (Pre Booking essential)

Contact: **087-9514346** or email: **fitness.dk42@gmail.com**

The Spaniard

SCILLY, KINSALE

Tel: 477 2436 www.thespaniard.ie

Friday 11th January
Martin & Friends, 9pm

Saturday 12th January

For Folk Sake, 9.30pm

Friday 18th January

-Grapevine Promotions presents-

John Spillane

+ support, €15. www.tickets.ie

Thursday 14th February

-Grapevine Promotions presents-

Declan O'Rourke

+ support, €20. www.tickets.ie

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Mon-Fri, til 3pm, All Day Saturday & Sunday

~ Private Parties Catered For ~

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The
Blue Haven Hotel
presents

The Ultimate Elvis Tribute Friday 18th Jan

*Celebrating the Birthday of
the King of Rock and Roll*



**Admission: Free
Showtime: 10pm**

**3/4 Pearse St. Kinsale.
Tel: 021 477 2209**

www.bluehavencollection.com

Bulman Bar & Toddies Restaurant SUMMERCOTE, KINSALE

~Food Served~

*Tuesday to Sunday: 12.30pm-5pm
& Tuesday to Saturday: 6pm-9pm*



Saturday 12th January

**Music with Mike O'Riordan,
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Sunday 13th January

Music by Sweet As from 6.15pm

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Kinsale Yoga Centre

Yoga – Pilates – Tai Chi

JANUARY TIMETABLE

MON			6.30pm-7.45pm Yoga For Well Being With Eileen 087 2383849	7.45pm-9pm Yin Yoga & Restoratives With Eileen 087 2383849
TUES		11.30am-12.30pm Over 50s Yoga With Libby 087 9906187 Starts 15th Jan	6.30pm-7.45pm Pregnancy Yoga With Libby 087 9906187 <small>Course Only</small> Starts 15th Jan	8pm-9.30pm Back Care With Libby 087 9906187 <small>Course Only</small> Starts 15th Jan
WED	9.15-10.15am Beginners Yoga With Martina 087 6166109	10.30-11.30am Pilates With Rose 087 1332326	6.30pm-7.30pm Pilates With Rose 087 1332326 <small>Course Only</small> Starts 16th Jan	8pm-9.15pm Improvers Yoga With Libby 087 9906187
THURS	10am-11.15am Hatha Yoga With Rose 087 1332326		6.30pm-7.30pm Total Body Tone with Silvia 087 9556664	8pm-9pm Beginners Yoga With Martina 087 6166109
FRI			 For updates and more check out our Facebook page	
SAT	10am-11.15am Hatha Yoga With Rose 087 1332326	11.30am-1pm Tai Chi With Simon 085 1691304		

Private & One-2-One Sessions Available

STUDIO SPACE IS AVAILABLE FOR RENT
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JANUARY

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"Great enthusiasm. Generous with people, food & time"

"Lovely food, enjoyable night"

Cookery Demos Jan-March 2013

THE BLUE HAVEN HOTEL, KINSALE

Learn to cook delicious food, have fun, meet people and experience something new with the team of chefs at the Blue Haven Hotel cookery demos for Jan-March 2013 - book soon to reserve your place.

TUESDAY 22nd JAN - 7pm

Healthy Eating

Learn to make dishes you love without the ingredients you can't have.

TUESDAY 29th JAN - 7pm

Pastries

Our pastry chefs will divulge their techniques, hints & tips to successful baking & pastry making to allow you to create delicious cakes & pastries in your own home.

TUESDAY 5th FEB - 7pm

Everyday Dinner & One Pot Suppers

Add that something extra to your daily meals & family favourites.

TUESDAY 19th FEB - 7pm

Middle Eastern Cooking

Learn how to use the exciting flavours from the Middle East to make popular dishes such as hummus, kifta & falafel.

TUESDAY 26th FEB - 7pm

Mediterranean Cooking

Learn basic Mediterranean recipes to use to become a master. Learn classics such as risotto, paella & moussaka.

TUESDAY 5th MAR - 7pm

Cooking on a Budget

Learn to manage your budgets with the Blue Haven Chefs as they teach you how to make budget friendly, family meals which are healthy & great to taste.

TUESDAY 12th MAR - 7pm

Celebration of Irish Dishes

(Part of Seachtain ne Gaelige week)

Forgotten Old Irish Dishes for all the family.

TUESDAY 26th MAR - 7pm

Seafood Cooking

Fantastic Seafood Dishes to wow your friends & family.



All classes on Tuesdays are €25.00 per class or get 4 classes for €90.00

Contact 021-4772209 | info@bluehavenkinsale.com

www.bluehavencollection.com



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To celebrate the launch of the second Kinsale Pink Ribbon Walk 2013 in aid of Action Breast Cancer

THE PINK PARTY RETURNS FOR 2013!

at the White Lady Night Club

Friday 18th January - 8pm 'til late

With Special Guests, back by popular demand:
Sharon Crosbie and DJ Anthony Collins

Tickets (€10), to include Cocktail & Spot Prizes, available at Kinsale Pharmacy, Finishing Services and The White Lady Hotel.

It's not just for Girls - Boys can 'Think Pink' too!

www.pinkribbonwalk.ie



www.facebook.com/PinkRibbonWalk



www.twitter.com/pinkribbonwalks



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6 week course starting 15th Jan €50 or €10 PYG

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A complete workout combining HI & LO aerobics with a variety of resistance exercises to:

- Tone • Shape • Strengthen your body • Scorch fat

Thursdays @ 6.30pm in Kinsale Yoga Centre

6 week course starting 17th Jan €50 or €10 PYG



Call/txt Sylvia @ Rogue Fitness 087 955 6664

To book or more info.



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Enrolment for Kinsale Jan 2013 Classes



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Baby Sensory (3 months - pre-walking, with carer) Mirror dances, infant instruments, sensory light balls, baby drums, cuddle and tickle songs... a beautiful way to explore music with your baby.

Toddler Music & Art

(Walking - 3 1/2 years, with carer)
 45 minutes of music and 30 minutes of art all in the one class. Action songs, boomwhackers, drums, movement and percussion instruments. Painting, sticking, dough and creating something to bring home each week.

Twinkles (4 - 7 years)

Instrumental playing, stage work, action songs, development of musicianship and confidence. Mini orchestra & mini musicals.



Musical Theatre (1st Class upwards)

For pupils who wish to combine music, singing, drama and dance into one class. Children's musicals, theatre games, improvisation, voice projection and clarity.

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Beginners to diploma level. Adults & Children. Junior pupils have free admission to Musicmakers choir and orchestra. Concerts, duet workshops and optional exams.

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For enquiries or to enrol contact: Caroline Malone B.Mus. H.Dip.Ed.

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Class Timetable January 2013




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.45-10.30 Aqua Fit	15.45-19.00 Children's Swimming Lessons	6.00-7.00 Swim Club	13.15-14.15 Schools Swimming Lessons	18.00-19.00 Teen Gym	9.30-12.00 Children's Swimming Lessons
10.30-12.00 Water Babies	19.00-19.45 Circuit Training	19.00-20.00 C Weight Loss Club	15.45-19.00 Children's Swimming Lessons		
19.00-19.45 Boxercise	21.15-22.15 Swim Club				
21.15-22.15 Swim Club					

Class	Member /		Non Member	
	6 Weeks	Per Class	6 Weeks	Per Class
Aqua Fit	€30	€6	€48	€9.50
Boxercise	€30	€6	€48	€9.50
Circuit Training	FREE	FREE	€25	€5

Class	Duration	Member	Non Member
Swim Club	10 weeks	€55	€85
Swimming Lessons	10 weeks	€85	€115
C Weight Loss Club	10 weeks	€55	€85
Teen Gym	10 weeks	€60	€80

P: 021 4706625 E:cclubkinsale@carlton.ie

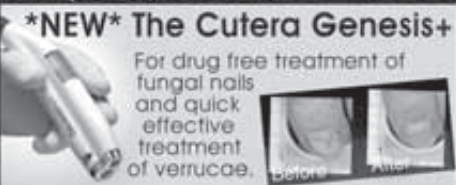
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Kinsale Pilates Studio
ANTENATAL PILATES
6 WEEK COURSES
Starting Monday 21st Jan at 6.45pm

- reduce your backache
- improve your posture
- feel calm, relaxed and energised
- make more room for your growing baby
- achieve a flatter stomach and pelvic floor control more quickly after delivery

Just some of the benefits for you & your baby. Best suited to women in their 2nd and 3rd trimester.

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Dinner Dance
Friday 1st February
Carlton Hotel, 7.30pm
Tickets €35

Discounted tickets available for €30 until Jan 25th.

Tickets available from Maurice Murphys & club members.

*...I Will Follow Him, Say A Little Prayer For You, My Guy,
It's Raining Men, Hallelujah, I Will Survive, Fabulous Baby,
Take Me To Heaven, All By Myself, Uptown Girl*



Kinsale Community School

Presents

Sister Act

Tuesday 29th Jan - Saturday 2nd Feb
Show Starts 7.30pm

TICKETS ON SALE FROM

Thursday 17th Jan
at Eileen Murphy Hardware,
Main Street, Kinsale

Adult/Child Price €10.00



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

Items for sale • Items wanted • Situations vacant
 Gardening • Services available • Building • Childcare
 Education • Hair • Beauty • Motors • Property for sale
 Property wanted • Property for rent • Property for rent
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NOTICES



SPANISH CLASSES FOR CHILDREN

starting: Monday 14th & Fri 19th Jan 2013

**Ages: 5-8yrs Mon @ 5pm
& 9-12yrs Fri @ 5pm**

Children will learn Spanish through games, songs, etc.

Classes will run for 10 weeks & will be held at Mother Goose Playschool (St. John's N.S.)
Ring Mercedes for more details: 021 4774787

Kinsale Life Group: Sea Farers Mission

To encourage and pray for sea farers.
Tea & coffee afterwards, all welcome.

Tuesday 15th January

Kinsale Methodist Church, Starts 7.30pm

Donna Masterson,
formerly of Toni & Guy, Scissor Sisters,
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KINSALE ACTIVE RETIREMENT ASSOCIATION

Welcome Back! - Tuesday 15th Jan:

Cookery Tips with Marika Daly

Temperance Hall, 2.30pm

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Kinsale RNLI **CHRISTMAS TREE COLLECTION**

Collection & disposal of your
Christmas tree for a donation of €5
(or you can donate more if you wish).
Contact 087 2878915

Kinsale Rugby Club



Sun 13th January @ Snugmore, Kinsale
Kinsale 1st XV Vs Muskerry, 2.30pm
Kinsale 2nd XV Vs Highfield, 12pm

You can now do the Kinsale RFC lotto online at www.kinsalerfc.com

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Lady who works in Wilton area requires a lift
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Approx 8am-4.30pm each day. Will supply petrol money.

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You could too!
Bookings on 087 818 5111

Kinsale & Dock Rowing Club

AGM



Monday 14th Jan,
Trident Hotel, 7pm.
All Welcome

*Michael Power would like to thank
all those who contributed to his
Christmas Lights Collection in aid of the
Cork Penny Dinners. €840 was raised.*

FRI 11th JAN

BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Live Music with
Crazy Chester, 10pm.
FOLKHOUSE: Live Music
by Fling, 10.30pm.
HAMLETS CAFÉ BAR:
Live DJ.
KINSALE BRIDGE CLUB:
Trident Hotel, 10.30am.
SPANIARD BAR:
Live Music with
Martin & Friends, 9.30pm.
TEMPERANCE HALL:
Drum Circle, 7pm.
All Welcome.

SAT 12th JAN

ARMADA BAR:
Live Music with
Jamestown.
BACCHUS NIGHTCLUB:
with DJ Sean, 11.30pm.
BLUE HAVEN:
Live Music with
Sons of Steve
McQueen, 10pm.
BULMAN, SUMMERCOVE:
Live Music with Mike
O'Riordan, Niall McCabe
& Davey, 10.15pm.
FOLKHOUSE:
Live Music with
Hounddogs, 10.30pm.
HAMLETS CAFÉ BAR:
Live DJ.
SPANIARD BAR:
Live Music with
For Folk Sake, 9.30pm.

SUN 13th JAN

BLUE HAVEN:
Sonny & Friends, 9.30pm.
BULMAN, SUMMERCOVE:
Live Music with
Sweet As, 6.15pm.
FOLKHOUSE:
Live Music by King K. 9pm.
KINSALE RFC:
1st XV Vs Muskery, 2.30pm.
2nd XV Vs Highfield, 12pm.
Snugmore, Kinsale.

MON 14th JAN

DALTONS BAR:
Traditional Irish
Music & Ballads.

KINSALE CEILI FIT:

Temperance Hall, 8.30pm.
All Welcome.
**KINSALE & DOCK
ROWING CLUB:**
AGM, Trident Hotel, 7pm.
All Welcome.

TUES 15th JAN

**ACTIVE RETIRED
ASSOCIATION:** Cookery
Tips with Marika Daly,
Temperance Hall, 2.30pm.
KINSALE BRIDGE CLUB:
Trident Hotel, 7.30pm.
Every Tuesday,
All Welcome.
METHODIST CHURCH:
Sea Farers Mission
with Kinsale Life Group,
Starts 7.30pm, All
Welcome.

WED 16th JAN

BLUE HAVEN:
Live Music with
Niall McCabe Band.

THURS 17th JAN

BLUE HAVEN:
Live Music with
Darren & Friends.
FOLKHOUSE:
The BlueJays, 9.30pm
WHITE HOUSE:
Shane & Friends, 9.30pm.

FRI 18th JAN

BACCHUS NIGHTCLUB:
with DJ Garian, 11.30pm.
BLUE HAVEN:
Elvis Tribute Night, 10pm.
FOLKHOUSE:
Live Music with
After Hours, 10.30pm.
HAMLETS CAFÉ BAR:
Live DJ.
HAVEN BAY CARE CENTRE:
Hearing Clinic with
Audi vox. Info: 021 4546437
SPANIARD BAR:
Martin & Friends, 9.30pm.
SPANIARD BACK BAR:
Live Music with
John Spillane, 8pm
WHITE LADY HOTEL:
Pink Ribbon Party with
Sharon Crosbie &
Anthony Collins, 8pm.





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<p>SAVE €50</p>  <p>NOW €249.00 <small>WAS €299.00</small></p> <p>NORDMIDE 12 PLACE DISHWASHER <small>PER €1.19 TO €48.00</small></p>	<p>SAVE €15</p>  <p>NOW €129.95 <small>WAS €144.95</small></p> <p>HENRY NOMATIC VACUUM CLEANER WITH FREE PACK OF DUSTBAGS WORTH €4.95</p>	<p>NOW €69.95 <small>WAS €99.95</small></p>  <p>PHILIPS BLURAY DVD PLAYER</p> <p>SAVE €30</p>	<p>NOW €299.00 <small>WAS €349.00</small></p>  <p>MANNISPREE 32\" LED SLIMLINE TV</p> <p>SAVE €40</p>
<p>SAVE €60</p>  <p>NOW €59.95 <small>WAS €119.95</small></p> <p>KENWOOD FOOD PROCESSOR 750W</p>	<p>SAVE €30</p>  <p>NOW €419.00 <small>WAS €449.00</small></p> <p>STANLEY DISIN STOVE MATT BLACK</p>	<p>SAVE €10</p>  <p>NOW €34.99 <small>WAS €44.99</small></p> <p>WHITE BOOKCASE COMES WITH 2 SHELVES</p>	<p>SAVE €3</p>  <p>NOW €11.95 <small>WAS €14.95</small></p> <p>DULUX 2.5LTR BRILLIANT WHITE MATE/ SOFT SHEEN 4L PER LITRE</p> <p>SAVE €3</p>  <p>NOW €14.95 <small>WAS €17.95</small></p> <p>DULUX 2.5LTR BRILLIANT WHITE MATE/ SOFT SHEEN 4L PER LITRE</p>
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