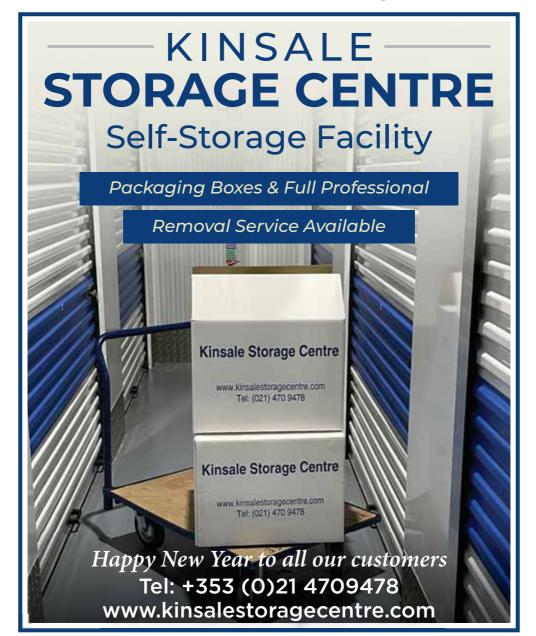


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(Course code: CK114) Duration: 3 years More information at https://www.ucc.ie/en/ck114/

Further information for mature students https://www.ucc.ie/en/mature/ Information about financing your degree https://www.ucc.ie/en/sfsa/

#Unlock the door to CK114!

Graduate Testimonial: Ger Rice, Kinsale.

I am a Health Support Worker with Kinsale Youth Support Services for the past five years. I love my role and I get to meet and support not only young people, but families and adults too.

Not only am I employed, but I play a major role in the committee work also, which is the setting up and running of the centre.

I have found a job and a system that allows flexibility for clients and myself.

While 80% of my work is one to one sessions, I also set up community talks, attend schools and give talks on wellbeing, bullying, the one good adult, the power of kindness, and many more.

This job works for me, my family and my life, it took me a while to find the balance, but it was important for me to keep trying and now I found a job that I wouldn't change for the world.

The course provided both educational and an informal balance to studying and working with young people within the community. I loved the research on assignments and the learning that came with it.

On the ground with placement, you got to witness first-hand the importance of youth work, engaging with young people, and learning about the professional barriers needed to maintain the relationship.

I availed of the mentoring program in UCC and got great advice from a third-year student at the time, advice I still follow to this day.





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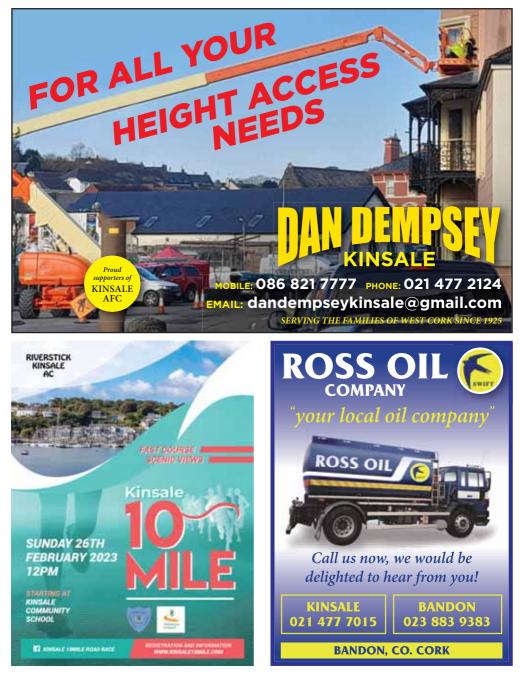
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Kinsale Active Retirement Association

Temperance Hall Tuesday 17th January, 2pm

Light Exercise followed by

The Men's Shed with songs, poetry and stories.

FOLLOW US ON SOCIAL MEDIA









St. Vincent de Paul, Kinsale would like to thank everyone who donated so generously this year.

In particular we would like to thank the very many anonymous donors who we are unable to acknowledge personally.

If anyone in the Kinsale area needs assistance please call 085 218 6966.

Kinsale Parkinsons Support Group

A meeting of the Kinsale Parkinsons Support Group will be held on

Thursday 19th January 2023 at 11.00am in The Friary Centre, Kinsale.

For more details contact Fred Treacy 086 827 5481



FOR FREE & CONFIDENTIAL ADVICE & SUPPORT JAMES O'MAHONY 085 8552638 NATALIE KANE 087 2722629 GER RICE 085-8725789

KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall All welcome www.kinsaleabc.ie

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. KOD

what's on in Kinsale & District

THURS 12th JANUARY

BLUE HAVEN: Ben Dillon, 8.00pm. BANDON CO-OP: Winter Sale continues.

FRI 13th JANUARY BLUE HAVEN:

Traditional Irish Music, 9.00pm. BUTCHER BAKER GOURMET BURGER FOODTRACK AT BALLINACURRA: Open from 4.00pm to 8.00pm. KINSALE HOTEL: 20% off Brunch in January.

SAT 14th JANUARY

ARMADA BAR: Live music with Shane & friends. **BLUE HAVEN:** Live entertainment. 10.00pm. BUTCHER BAKER GOURMET BURGER FOODTRACK AT **BALLINACURRA:** Open from 4.00pm to 8.00pm. **KINSALE HEALTH** HUB: Kefir & Kombucha Class with Loula Natural. Bookings louise@ loulanatural.com **KINSALE HOTEL:** 20% off Brunch in January.

SUN 15th JANUARY

BLUE HAVEN: Paul Stubbings, 8.00pm. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. KINSALE HOTEL: 20% off Brunch in January.

MON 16th JANUARY

BLUE HAVEN: Ben Dillon, 8.00pm. UNDERSTANDING CHILDREN UNDERSTANDING YOURSELF: New Supportive Course for Parents, Kinsale Health Hub, 7.00pm to 9.00pm. Booking: mw.counsellor. therapist@gmail.com

TUES 17th JANUARY

BLUE HAVEN: Jorge Kachmari, 8.00pm. KINSALE ACTIVE RETIRED ASSOC: Temperance Hall, 2pm. Light exercise followed by songs, poetry and stories with Kinsale Men's Shed.

WEDS 18th JANUARY

BLUE HAVEN: Mike O'Riordan, 8.00pm. GRASSROOTS TENNIS: Sáile Sports & Community Centre. Enrolment 3pm. First Session 3.30pm Pat McCrann 083 0060139.

THURS 19th JANUARY

BLUE HAVEN: Ben Dillon, 8.00pm. KINSALE PARKINSONS SUPPORT GROUP: A meeting of the Kinsale Parkinsons Support Group will be held in the Friary Centre at 11.00am.



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