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In a nutshell, a life coach helps you reach your goals and make the changes in your life that will make you happier and more content.

DM. Duffield is a highly qualified (Dip Health & Fitness, BSc Psychology, MSc Forensic Psychology & HDip Philosophy) and extensively experienced (25 years working in the field of personal development) coach who can empower you to make the changes you know you need to make.

Call now for a FREE CONSULTATION and start the new year as you mean to go on. Tel: 085 8486375 Email: dnnduffield@gmail.com



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JOIN US FOR PUBLIC CONSULTATION ON A PROPOSED GREENWAY

ALL WELCOME JAN 22 & 24 2022



HAVE YOUR SAY ON THE GREENWAY

Please join us online for a discussion & consultation about 'Kinsale Trails' & the best potential routes for a Greenway/Blueway in the locality. We want to hear your views.

TWO MEETINGS TO CHOOSE FROM: SAT 22ND JAN @ 10AM OR MON 24TH JAN @ 7PM ATTENDANCE FREE & REGISTRATION ESSENTIAL

To register for zoom link email: info@futurekinsale.ie by Fri 21st.

Check out initial route options at: www.futurekinsale.ie/ourprojects





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ARCTIC CHALLENGE

Kinsale resident joins other adveturers to go off grid in the Arctic to raise charity funds.





Sisters Lisa McInern and Fiona Cunningham are now in training for their challenge.

Hello, my name is Fiona Cunningham and I've lived in Kinsale with my family for 18 years. On March 4th my sister and I will head to Arctic Finland, about 150km above the arctic circle, with a small group of fellow travellers. We are going to stay in an old woodcutters hut without electricity or running water for 5 nights. During this time we will learn the skills needed to camp out in the arctic. On the last night we will cross country ski for 5 hours dragging our tents and food by sled (35 kg), we will then camp out in the wilderness, lighting fires, preparing meals in the harsh environment. The temp is approximately -20

We are raising money for DEBRA in memory of our cousin James Varley who suffered from EB.

degrees C. We will return the same way the next day.

DEBRA supports those afflicted with Epidermolysis Bullosa (EB) and carries out research into cures and treatments. James passed away last year.

When James passed away it made me reflect deeply on how hard his life must have been and how difficult it must have been when he was born in 1976, as little was known of this disease at that time. EB was very extensive and visible in James case as his face, hands and arms were affected.

What is Epidermolysis Bullosa (EB)?

EB is a very painful skin disorder, the skin is extremely fragile therefore blistering very easily. The blisters then lead to open wounds, extreme scarring and in later life the possibility of severe forms of skin cancer. EB is a rare disease and it is difficult for those afflicted to get support.

PLEASE DONATE: www.idonate.ie/LisaMcInernFionaCunningham

If you would like to donate but are uncomfortable with the online platform please contact me on 086 2648097 or fificunningham.fc@gmail.com

Irish Post article: https://tinyurl.com/medsn8dh

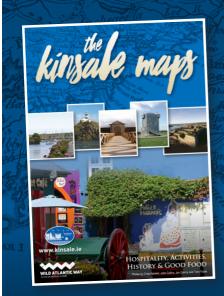




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Email info@cunamhcbt.com for more information



WHAT'S ON in Kinsale & District

Thursday 20th Jan CARRIGALINE FURNITURE & CARPET CENTRE: January sale now on. EVERYMAN THEATRE, CORK: Fight Night, 8pm. Tickets: €22/€20/€10 Last performance. www.everymancork.com 021 4501673 MACCARTHY'S INTERIORS:

January sale on at our Douglas Court branch. 10% off blinds. 20% off made-tomeasure curtain fabric.

Friday 21st Jan FUTURE KINSALE & TRANSITION TOWN KINSALE:

Last day to register for community consultation on a potential greenway. To register for zoom link email: info@futurekinsale.ie Attendance free. Registration essential.

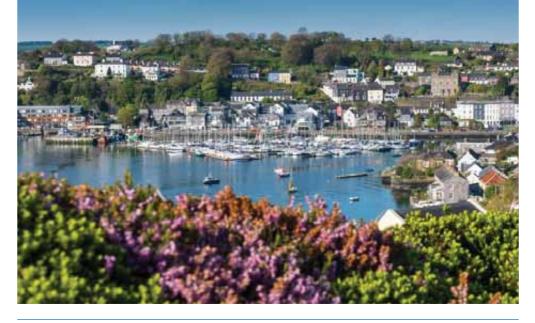
Saturday 22nd Jan FUTURE KINSALE & TRANSITION TOWN KINSALE:

Community consultation on a potential greenway. 10am. All welcome. Attendance free. Note: Last day for registration/zoom link is on 21st January. info@futurekinsale.ie Sunday 23rd Jan KINSALE BAPTIST CHURCH: Temperance Hall, 11am. All welcome.

Monday 24th Jan FUTURE KINSALE & TRANSITION TOWN KINSALE:

Community consultation on a potential greenway. 7pm. All welcome. Attendance free. Note: Last day for registration/zoom link is on 21st January. info@futurekinsale.ie Wednesday 26th Jan SLIMMING WORLD: Sáile Community Centre, Kinsale. 9am, 5.30pm & 7pm. Contact Anna on 087 4695680. www.slimmingworld.ie

Thursday 27th Jan CARRIGALINE FURNITURE & CARPET CENTRE: January sale now on. MACCARTHY'S INTERIORS: January sale on at our Douglas Court branch. 10% off blinds. 20% off made-tomeasure curtain fabric.





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