

FREE

KINSALE Advertiser



Weekly Guide to **WHAT'S ON** in Kinsale & District

Volume 35
#03/24
Thurs 25th
January
TO
Thurs 1st
February
2024

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

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Charles McCarthy Insurances Ltd t/a McCarthy Insurance Group, McCarthy Financial Services is regulated by the Central Bank of Ireland.

Holiday Apartment Available in German Ski Resort.

- Located in Garmisch Partenkirchen, in southern Bavaria, Germany, with magnificent mountain views.
- 2 bedrooms with double beds (plus a sofa bed in the living room). Can accommodate up to 5 people.
- 2 bathrooms with a shower & a bath.
- Fully equipped kitchen, dining area and living room.
- Underground parking space and cellar storage room.
- Direct flight from Cork to Munich every Saturday for the months of January, February and March.
- Shuttle Service available from the airport if required.

For booking and more info please visit
www.mountainpadgarmisch.com/en-gb





KINSALE
HOTEL & SPA

Be My Valentine Package

- Strawberries & Glass of Prosecco on arrival
- Hot Lomi Lomi Full Body Massage
- Luxurious Hydro Bath or Dry Flotation Experience

€99pp

Available 14th February



Valentine's DINNER

Gourmet 4-Course Menu
Chilled Glass of Prosecco

€49.95pp

*Available 9th - 17th February

BOOK
HERE



Images: gpointstudio, callmetak & stockking @ www.freepik.com

- 90 acres of mature wooded parkland and Oysterhaven bay-side walks.
- Panoramic views of Kinsale's countryside and rugged coastline from the restaurant.
- Children's Playground.



www.kinsalehotelandspa.ie

Tel: 021 4706000

Bank of Ireland Kinsale, Co. Cork

Mortgage Information Invitation

If you are thinking about buying, building, moving, renovating or switching, the Mortgage Specialist Team at Bank of Ireland Kinsale are available to chat with you.

To set up a Virtual 1:1 meeting or a Face to Face meeting with a dedicated Mortgage Specialist please contact us.



Please contact:
Diane Cassidy QFA
087 287 3332

Bank of Ireland Mortgage Bank u.c. trading as Bank of Ireland Mortgages
is regulated by the Central Bank of Ireland.

Bank of Ireland

Buying, Building or Moving Home can be a daunting task.

DURING THE MEETING WE WILL COVER;

- Do I qualify for a mortgage?
- What amount of a mortgage could I get?
- What amount of a deposit do I need to have?
- How does the application process work?
- The Property Market in Cork.
- Q&A: Your chance to ask all your questions.



Neuromuscular Physical Therapy Clinic

Pain Management / Rehabilitation / Functional Exercise

Please contact us for appointment by call/text
on mobile: 087 9872783 or email: sabinegraef63@gmail.com



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/ Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/ Discomfort
- Strains/Sprains
- Sports Injuries/ Recovery
- Soft Tissue Repair
- Connective Tissue Repair
- Muscular Disorders/ Conditions
- 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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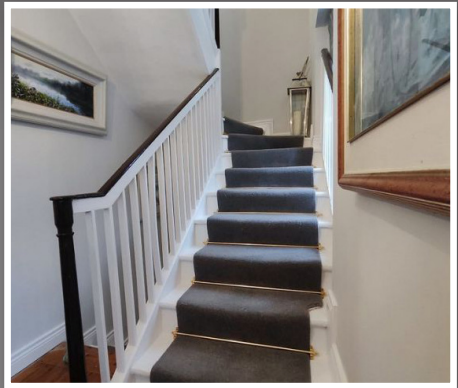
T: 023 885 9665
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W: www.deco-furbish.com

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ARE HIRING!

Become part of an exciting growing business in Kinsale.

We are looking for the following people to join our team...

**SALES DEVELOPMENT REPRESENTATIVE
VISITORS EXPERIENCE & BAR MANAGER**

Please send CVs with cover letter to m@blacksbrewery.com



Blacks Brewery & Distillery are delighted to announce that Damien Cremin has joined our team as Chief Commercial Officer.

As well as living locally, Damien brings a wealth of knowledge having held a number of senior positions in the industry.

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WINTER OPENING HOURS

MONDAY AND TUESDAY
Kitchen closed. Bar open from 4pm.

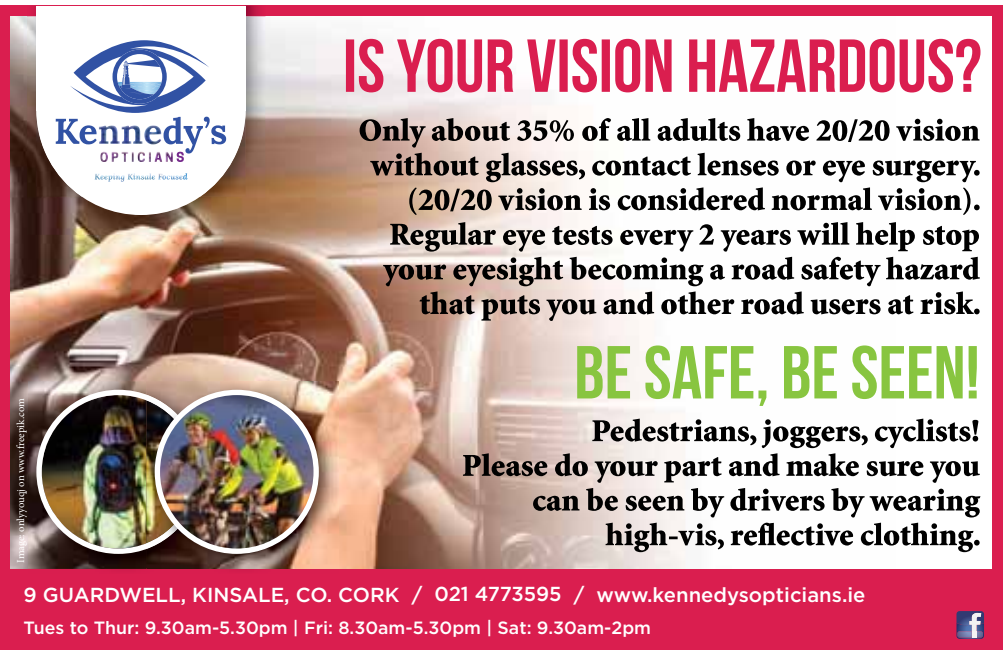
WEDNESDAY TO SATURDAY
Open at 12.30pm. Serving lunch and dinner.

SUNDAY
Lunch only. Kitchen closed at 4pm.

Bookings for the restaurant can be made via our website www.thebulman.ie

LIVE MUSIC
SUNDAY 28th JANUARY
7pm-9pm
HUGH DILLON TRIO

QR code:  #Book a table



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Keeping Kinsale Focused


IS YOUR VISION HAZARDOUS?

Only about 35% of all adults have 20/20 vision without glasses, contact lenses or eye surgery. (20/20 vision is considered normal vision). Regular eye tests every 2 years will help stop your eyesight becoming a road safety hazard that puts you and other road users at risk.

BE SAFE, BE SEEN!

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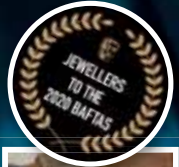
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THE SCIENCE OF ACHIEVEMENT

with **Dr. Zelda Di Blasi**

MA, PhD, C.Psychol (BPS)

**3 Week Positive Psychology Course
@ Kinsale Carmelite Friary**

**Thurs 15th February
7.30pm-9pm**

**GOAL
SETTING**

**Thurs 22nd February
7.30pm-9pm**

**CREATING
HABITS**

**Thurs 29th February
7.30pm-9pm**

**OVERCOMING
LIMITING BELIEFS**



**COURSE
COST:
€120
per
attendee**



Dr. Zelda Di Blasi is a lecturer of applied psychology at UCC and a Coaching Psychologist at Coaching-Psychology Ireland.

Dr. Zelda Di Blasi is an award-winning researcher, with over twenty years' experience lecturing in universities across the globe, teaching coaching-psychology skills, mindset change, and positive psychology interventions.

To register please contact Kinsale Friary. Email: kinsale@carmelites.ie or phone: 021 477 2138



KINSALE COMMUNITY SCHOOL NIGHT CLASSES

EVERYBODY WELCOME

ENROLMENT: Thursday 25th January 2024, 6.30pm-7.30pm

TERM STARTS WEEK OF MONDAY 29TH JANUARY

Please enrol for classes in advance to avoid cancellation of classes.

Payments accepted in advance at school office, by post to Kinsale Community School, on enrolment night or via EasyPay on school website.

MONDAY NIGHTS

FLORAL ART CLASS

Eileen O'Brien | 8 weeks | 7pm - 9pm | €90.

LINE DANCING WITH DANCING DEREK

Derek Long | 7 weeks | €70.

TUESDAY NIGHTS

SPANISH FOR BEGINNERS

Viviana Selles | 8 weeks | 7pm - 9pm | €85.

I.T. SKILLS COURSE

Anthony Angelini | 8 weeks | 7pm - 9pm | €90.

ZUMBA WITH ELAINE

Elaine Flaherty | 8 weeks | 6.30pm - 7.30pm | €85.

BRIDGE LEVEL 2

Bernie O'Halloran | 8 weeks | 7pm - 9pm | €90.

FUSION YOGA PLEASE NOTE DAY CHANGE

Fiona Tierney | 8 weeks | 6.30pm - 7.30pm | €85.

WEDNESDAY NIGHTS

INTRODUCTION TO HERBALISM

Michelle Walsh, RGN, BSc Herbal Science, MSc Organic Horticulture.
6 weeks | 6pm - 7.30pm | €85.

INTRODUCTION TO HERBALISM PART 2

Michelle Walsh, RGN, BSc Herbal Science, MSc Organic Horticulture.
6 weeks | 7.35pm - 9pm | €85.

SPANISH CONVERSATION LEVEL 2

Viviana Selles | 8 weeks | 7pm - 9pm | €85.

SOLUTIONS TO GLOBAL CONFLICT

Anthony Angelini, M(phil) International Peace Studies,
MA Journalism & New Media. | 8 weeks | 7pm - 9pm | €90.

ITALIAN FOR BEGINNERS

Mariagrazia Traverso / Massimo Lucibello.
8 weeks | 7pm - 9pm | €85.

PILATES LEVEL 1

Paula Arozamena | 8 weeks | 6.30pm - 7.30pm | €80.

PILATES LEVEL 2

Paula Arozamena | 8 weeks | 7.45pm - 8.45pm | €80.

WELCOME BACK TO ADULT EDUCATION



No classes Monday Feb 5th due to Bank Holiday. Classes will continue over mid term break Feb 12th, 13th & 14th.

For further information contact the Director of Adult Education, Linda Dreelan: 087 849 1935 or 021 477 3174

info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie

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of the Century

Noel Madden

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www.csonline.ie



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Volunteers old and new
are invited to the
**KINSALE REGATTA
COMMITTEE**

AGM

2024

Wednesday 7th February
7.00pm
Harbour Master's Office
ALL WELCOME

**NAIL SALON
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**Our client wishes to offer
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The business has been trading successfully for ten years, and the sale is being offered on a genuine basis due to retirement.

The business has built up a fantastic reputation and has a solid appointment book mostly made up of repeat clients. Prominent town centre location with parking.

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Full training will be provided to ensure a smooth transition to the new owner.



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Crowley
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Chartered Accountants

Expressions of interest should be sent to Denis Crowley at
denis@dcrowley.ie
or call: **087 929 4958**

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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. DC

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WHAT'S ON in Kinsale & District

THURS 25th JANUARY

FRIARY CENTRE:
Kinsale Peace Project presents a talk by H.E. Dr. Jilan Abdalmajid, Palestinian Ambassador. 8pm, all welcome.
KINSALE COMMUNITY SCHOOL:
Enrolment for night classes, 6.30pm-7.30pm.
OLD BANK TOWNHOUSE:
Pop-Up Indian Night, 6pm - 9pm. Dine-in or takeaway. Reservations at bookings@bluehavenkinsale.com
Take away orders call 021 4774075 or www.oldbankhousekinsale.com

FRI 26th JANUARY

BLUE HAVEN:
Live music, 9pm.
SAT 27th JANUARY
BLUE HAVEN:
Live music, 10pm.
HAMLETS:
DJ, 9.30pm.
LOULA NATURAL:
How to grow and use herbs. Kinsale Friary. Book at 087 7095277 or louise@loulanatural.com www.loulanatural.com
STRONGER WITH SIOBHAN:
New Beginner's Circuits Class. 8.45am at Madden Park.

SUN 28th JANUARY

BLUE HAVEN:
Live music with Bought n Sold, 8pm.
BULMAN:
Live music with Hugh Dillon Trio, 7pm-9pm.
KINSALE BAPTIST CHURCH:
Temperance Hall, 11am.

MON 29TH JANUARY

BLUE HAVEN:
Live music with Ben and Clem, 8pm.
KINSALE COMMUNITY SCHOOL:
Night classes start. www.kinsalecommunityschool.ie

TUES 30th JANUARY

KINSALE ACTIVE RETIREMENT ASSOCIATION:
Temperance Hall, 2pm. Alana James will share her "Positive Ageing Through Art" project.
KINSALE COMMUNITY SCHOOL:
Night classes start. www.kinsalecommunityschool.ie

WEDS 31st JANUARY

KINSALE COMMUNITY SCHOOL:
Night classes start. www.kinsalecommunityschool.ie



Kinsale Active Retirement Association

**TUESDAY 30th JANUARY
TEMPERANCE HALL, 2PM**

**Alana James will share her
"Positive Ageing Through Art"
project.**

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