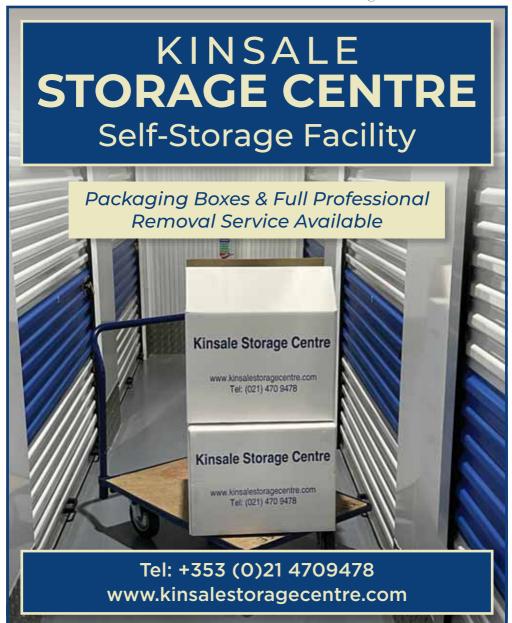
Volume 34
#**04/23**Thurs 26th
January
TO
Thurs 2nd

February

2023

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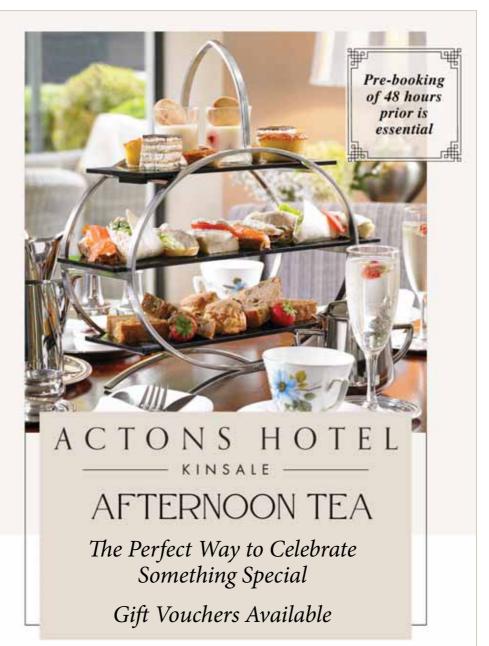
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February 10th-12th in Kinsale, Co. Cork



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- Understand your ADHD Brain So it Works For You & Not Against You
- · Be More Confident & Motivated
- · Manage Procrastination & Overwhelm
- · Create More of The Life You Want
- Be More Self-Compassionate, Loving & Understanding of Yourself
- · Feel Happier & Improve your Relationships
- · Self-Care, Lower Frustration
- Reduce Negative Self-Talk & Thrive for the Year Ahead!

And Lots More!

Friday February 10th 4pm-Sunday 12th 4pm

- 3-day ADHD Retreat (18+)
- Connect with fellow ADHDers
- Yoga & Mindful Movement classes included (optional)
- · ADHD Manual
- · Lunch included on Sat & Sun
- Highly discounted hotel rate options
- Retreat without accommodation also available!



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Pop-up Indian Nights The Old Bank Townhouse

January 27th - 28th 6.00pm - 9.00pm

STARTERS

Aloo Tikki

€8.90

Golden fried potato cutlet topped with tamarind sauce, yoghurt and mint sauce. Garnished with potato crisps. Vegan option available.

Sambhar Vada

€7.90

Soft dumplings covered in a mild lentil sauce (vegan).

Crab Urundai

€10.90

Deep fried crab meatballs blended with coriander, cumin, ginger and garlic.

MAINS

Chicken Korma, Naan Bread

€16.50

Succulent chargrilled boneless chicken pieces, simmered in a rich creamy cashew, coconut and cardamon curry sauce, served with naan bread.

Chickpea and Veggie Masala,

€14.50

Peanut Sambal, Pilaf Rice & Poppadom

Local Irish seasonal vegetables with chickpeas cooked in a sauce made with 12 whole spices in a tamarind curry sauce, with a spicy peanut sambal and fragrant pilaf rice.

Malabar Prawn Curry,

€17.50

Coconut Rice & Mint Chutney

Atlantic prawns cooked in coconut curry sauce, served

with rich coconut rice and a vibrant mint chutney.

Mutton Briyani,

€17.50

Cucumber & Yoghurt Raita

Marinated pieces of Irish mutton, slow cooked with traditional Indian spices, with basmati rice and served with refreshing yoghurt raita.

DESSERT

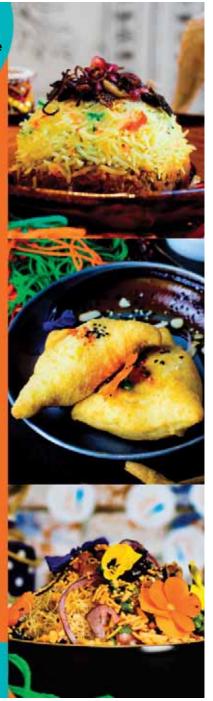
Saffron and Lemon Posset with Peppercorn Short Bread €6.50

Coconut Panna Cotta

€6.50

with Cardamom & Cashew Crumble

Dine in & takeaway limited slots available Please contact bookings@bluehavenkinsale.com or visitus at www.oldbankhousekinsale.com





Betty Collins and Family would like to thank the following people for all their support and help during the passing of Denis. Fr. Michael Regan Market Place Surgery, especially Dr. Micheál Hynes Collins' Pharmacy RNLI, The Harbour Board & Local Fishermen Local Gardaí Gabriel & O'Donovan Funeral Home Family & Friends A special thanks to all the neighbours in Scilly for all their kindness to Betty.



Sunday Lunch

Served 12.30pm to 3.00pm

1-course €19.95 / 2-course €24.95 / 3-course €28.95



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.

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Brunch: 10.30am - 12.30pm



Sunday Lunch: 12.30pm - 3pm



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Offer available for January and February 2023. *Must be accompanied by full paying adult on 3 course menu.



THE GOOD HEALTH CIRCLE

Your directory of practitioners in the community

Email: info@thegoodhealthcircle.ie

0



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13th Feb: 4 Week Mindfulness 26th Mar: Reiki Level 1

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KINSALE COMMUNITY SCHOOL NIGHT CLASSES

EVERYBODY WELCOME

ENROLMENT: Wednesday 25th January 2023, 6.30pm-7.30pm

TERM STARTS WEEK OF MONDAY 30TH 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

SPANISH FOR BEGINNERS LEVEL 2

Jennifer Blasco Ruiz | 8 weeks | 7pm - 9pm | €85.

FLORAL ART CLASS

Eileen O'Brien | 8 weeks | €90.

PHECC CARDIAC FIRST RESPONDER COURSE

(4 Hours)

Monday 30th and Tuesday 31st January, 7pm - 9pm | €120.

Ross Mannion, NGEMT AREMT Paramedic Dip.

L.T. SKILLS COURSE

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

ZUMBA WITH ELAINE

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

INTRODUCTION TO HERBALISM

Michelle Walsh, RGN, BSc Herbal Science, MSc Organic Horticulture

6 weeks | 7pm - 8.30pm | €85.

COOKERY COURSE

Ciara Ni Cheallachain | 6 weeks | 6.45pm-9pm | €90.

PAEDIATRIC FIRST AID COURSE

(4 Hours)

ÈR Heart Training

Monday 20th and Tuesday 21st February, 7pm - 9pm | €90.

Ross Mannion, PHECC NOEMT / AREMT & NREMT Paramedic Dip.

WELCOME BACK TO ADULT **EDUCATION**

TUESDAY NIGHTS

BRIDGE LEVEL 2 BEGINNERS

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

SPANISH TAPAS COOKERY CLASS

Jennifer Blasco Ruiz | 3 weeks | €60.

PAEDIATRIC FIRST AID COURSE (4 Hours)

ER Heart Training.
Monday 20th and Tuesday 21st February, 7pm - 9pm | €90.

Ross Mannion, PHECC NQEMT / AREMT & NREMT Paramedic Dip.

PHECC CARDIAC FIRST RESPONDER COURSE

(4 Hours) Monday 30th and Tuesday 31st January, 7pm - 9pm | €120.

Ross Mannion, NQEMT AREMT Paramedic Dip.

WEDNESDAY NIGHTS

FUSION YOGA LEVEL 1

Fiong Tierney | 6 weeks | 6:30pm - 7:30pm | €85.

FUSION YOGA LEVEL 2

Fiona Tierney | 6 weeks | 7:40pm - 8.40pm | €85.

PILATES LEVEL 1

Paula Arozamena | 8 weeks | 6:30pm -7:30pm | €80.

PILATES LEVEL 2

Paula Arozamena | 8 weeks | 7:45pm to 8:45pm | €80.

SPANISH CONVERSATION LEVEL 2

Jennifer Blasco Ruiz | 8 weeks | 7pm - 9pm | €85.

DISARMING GLOBAL CONFLICT

Anthony Angelini, M(phil) International Peace Studies, MA Journalism & New Media.

8 weeks | €85.

ITALIAN FOR BEGINNERS

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

No classes on bank holiday Monday 6th February and midterm week of Monday 13th February. For further information contact the Director of Adult Education, Linda Dreelan: 087 849 1935 or 021 477 3174 info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie





OPENING TIMES: Monday - Friday 7am - 5.30pm. Saturday 7am - 2pm. © 021 4191820
☐ 087 1886611
☐ retail@ladysbridge.ie
☐ www.ladysbridge.ie

Site Clearance













Summercove Christmas Raffle 2022

Following our recent Christmas Draw, Summercove N.S. and Parent's Association wish to thank everyone in our school community - pupils, staff, parents, neighbours, friends and local businesses who supported our annual raffle by buying tickets, sharing the link with family and friends and by donating prizes.

This monumental effort ensures that the children of Summercove N.S. will benefit from extracurricular lessons, educational workshops, classroom equipment etc.

We especially wish to thank the following local businesses for their donations:

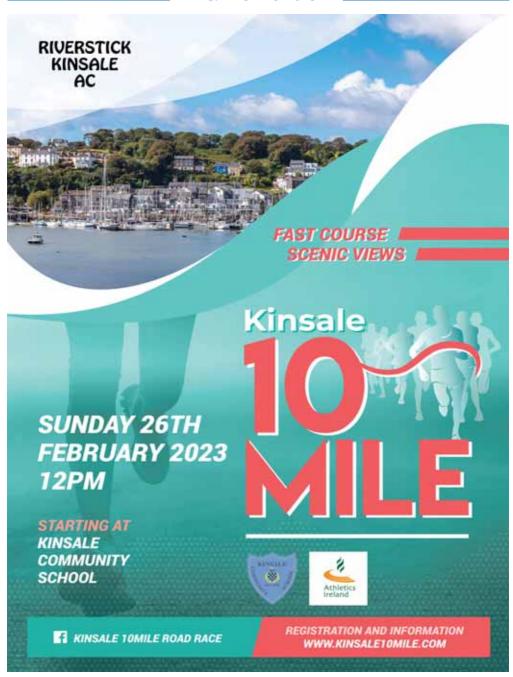
- Alex & Brian Goggin from O'Leary Life Insurance
- The Kinsale Hotel
- The White Lady
- Granny's Bottom Drawer
- Danny Albu
- Kinsale Leather
- Niamh Edwards
 from lim Edwards
- from Jim Edward's Restaurant
 Susie Elliott Travers
- from Supported Decisions
- Sean Prior from Wave Break Media

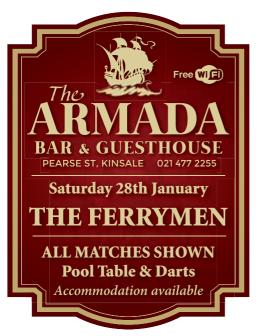
- Head to Toe Therapies
- Darby's Den
- The Trident Hotel
- Actons Hotel
- . Finns' Farm Cut
- The Gourmet Pantry
- O'Connor's Pharmacy
- Daisy Chain
- Cronins
- Bookstór
- Catherine Norman
- Matt O'Donovan Photography
- Bolands

- Chaac
- 1601
- Moloney's Pharmacy
- Studio One
- Collins Pharmacy
- Black's Brewery
- Mad for Style
- SuperValu
- The Pawfectionist
- Kinsale Tennis Club
- John & Breda O'Driscoll
- Wild Wellness Sauna
- Stone Mad













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> Possibility of extra hours. Minimum requirement is a Level 5 QQI Childcare.

> Please contact Danielle on 087 7637266.

Tel: 021 477 8243 VACANCY FOR CHEF

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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. AD



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Kinsale Active Retirement Association

Temperance Hall Tuesday 31st January, 2pm

Light Exercise followed by



BINGO



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. KOS

KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall

All welcome
www.kinsaleabc.ie



WHAT'S ON in Kinsale & District

THURS 26th JANUARY **BLUE HAVEN:**

Ben Dillon, 8.00pm. KINSALE TILES & INTERIORS: Sale now on. LINDA'S OF KINSALE: Big sale now on! 20% off everything until 30th January.

FRI 27th IANUARY

BLUE HAVEN: Traditional Irish Music, 9.00pm. KINSALE HOTEL: 20% off Brunch in January. Brunch: 10.30am-12.30pm. T & C apply. Tel: 021 4706000 LOULA NATURAL: **EFT for Stress** Management. **Email to book** louise@loulanatural.com **OLD BANK HOUSE:** Pop Up Indian Night. bookings@bluehavenkinsale.com

SAT 28th IANUARY ARMADA BAR:

The Ferrymen.

BLUE HAVEN:

Live entertainment. 10.00pm. **BUTCHER BAKER** KINSALE HOTEL: 20% off Brunch in January. Brunch: 10.30am-12.30pm. T & C apply. Tel: 021 4706000

Pop Up Indian Night. bookings@bluehavenkinsale.com STRONGER WITH

OLD BANK HOUSE:

SIOBHAN: Beginner Circuits. 9am. Madden Park. Tel: 087 2771899.

SUN 29th JANUARY

BLUE HAVEN: Paul Stubbings. 8.00pm. **BULMAN:** Live music in the bar, 7pm - 9pm. KINSALE BAPTIST CHURCH: Temperance Hall. 11am.

KINSALE HOTEL: 20% off Brunch in January. Brunch: 10.30am-12.30pm.

Sunday Lunch Offer: One child dines free. Must be accompanied by full paying adult on 3 course menu. T & C apply. Sunday Lunch: 12.30pm-3pm.

Tel: 021 4706000

MON 30th JANUARY

BLUE HAVEN: Ben Dillon, 8.00pm. **KINSALE** COMMUNITY **SCHOOL NIGHT CLASSES:** New term starts. **SENATOR TIM** LOMBARD: Clinic in Salvi's. 5pm - 6pm.

TUES 31st IANUARY

BLUE HAVEN: Paul Stubbings, 8.00pm. KINSALE ACTIVE **RETIRED ASSOC:** Temperance Hall. 2pm. Light exercise followed by Bingo.

KINSALE COMMUNITY SCHOOL NIGHT CLASSES: New term starts. STRONGER WITH SIOBHAN:

Beginner Body Sculpt. 8pm. Madden Park. Tel: 087 2771899.

WEDS 1st FEBRUARY

BLUE HAVEN: Mike O'Riordan. 8.00pm. KINSALE COMMUNITY **SCHOOL NIGHT** CLASSES: New term starts. WHITE HOUSE: Reopening today. Food served 12pm - 9pm.

THURS 2nd FEBRUARY

BLUE HAVEN: Ben Dillon, 8,00pm.



