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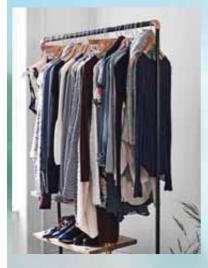


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Kinsale Clothes Swap



When: Saturday, 2nd March, 2-6 pm

Where: Temperance Hall, Kinsale

- What: Bring up to 10 pieces of clothes/accessories in good condition. Children, women and men's clothes welcome.
- How: No money involved just bring your items and swap them.

For more information contact: Léan at 085 1931856 info@transitiontownkinsale.com.



All Welcome

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Cloud-based accounting software gives small businesses better tools, information and connections. It connects people with the right numbers anytime, anywhere, providing you with a better overview of your finances and improving collaboration with your team.

Cloud accounting software is similar to traditional, onpremises or self-install accounting software, except that the accounting software is hosted on remote servers. Data is sent into 'the cloud', where it is processed and returned to the user.

You can use cloud-based software from any device with an Internet connection, which enables small business owners to stay connected to their data and their accountants. Online accounting software can integrate with a whole ecosystem of add-ons and there's no need to install and run applications over a desktop computer. This means that it's scalable, cost effective and easy to use.

The cloud is also one of the most secure ways to store information. If, for example, your laptop is stolen, no one can access your data unless they have a login to the online account. This is where the data lives rather than on your hard drive. And if you invite users to view your data, you can control their level of access. This is much more secure than emailing files.

In the event of a natural disaster or fire, business productivity doesn't have to be affected because there's no downtime. Being in 'the cloud' means that all your information is safely and securely stored off-site. Provided that you have access to any computer or mobile device that is connected to the Internet, you're back up and running.

We can be involved as much or as little as you need. The benefit of being cloud-based software means collaboration can take place from anywhere with an Internet connection, on any device. No time wasted, or added expense downloading or copying information to send to your accountant.

Contact our business centre team to see how we can help you in going with a suitable Cloud Based programme.

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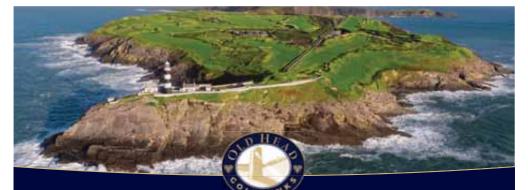
FRIDAY 22nd FEBRUARY 10.30pm

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Only a limited number of tickets available so avoid disappointment and get your tickets now!

Our Social & Awards night is always a great occasion and is a perfect opportunity for everyone in the community to enjoy an excellent night out while also celebrating our fantastic players and their achievements.

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The Blue Haven presents Comedy Nichs Thursday 28th February







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Kinsale | March 2-3rd 2019

CHANGING OUR COMMUNITIES ONE DEGREE AT A TIME

Friday 1st March, 3.00pm - Actons Hotel Kinsale

A special presentation by Dr Tara Shine and Madeline Murray, the promoters of 'Change by Degrees', an award winning social enterprise based in Kinsale.

On the occasion of the 50th Lions Clubs of Ireland convention they will present to the delegates and the general public their inspiring vision for sustainable communities through achievable, practical and fun changes in our daily lives.

All are invited to hear these inspirational speakers follow on from the Plastic Free Kinsale movement and Tara's recent trip to the Antarctic.

NO CHARGE AND NO RESERVATION REQUIRED









Start your own business programme, Kinsale

Wed 6th March, Tuesday 12th March, Tuesday 19th March, Wed 27th March 2019, 10am-5pm Location: The Trident Hotel, Kinsale Fee: €80 per person

Free business advice clinics, Carrigaline Thursday 7th March 2019, 9am-4pm (please check our website for booking times) Location: Carrigaline Court Hotel Free of charge **Free business advice clinics, Kinsale** Friday 8th March 2019, 9am-4pm

(please check our website for booking times) Location: The Trident Hotel, Kinsale Free of charge

Contact us at:

A: Local Enterprise Office Cork North & West, 8 Kent Street, Clonakilty, Co. Cork E: westcork@leo.corkcoco.ie T: 023-8834700 W: www.localenterprise.ie/corknorthandwest

Personal information collected by Cork County Council is done so in order for us to process your representation/enquiry and legally we can process it as it is necessary for us to comply with our statutory/legal obligations. The information will be processed in line with our privacy statement which is available on our website www.corkcoco.ie







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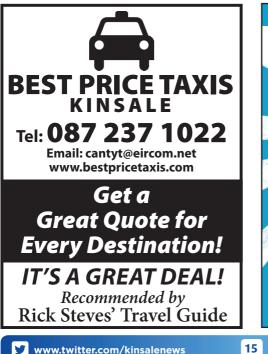
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U// Words by Water The Lord **Kingsale 1st March 2019** Starts at 8pm / €40 per table of 4 Cash prize for the winners Raffle More info contact: kinsaleliteraryfestival@gmail.com

Kinsale Health and Wellbeing Centre

Community of practioners steering your health www.kinsalehealthandwellbeing.com



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and relief

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Clinical Pilates Classes Commencing Tuesday 26th Feb 2019 at Sáile Sports and Community Centre

Beginners Level at 5pm Beginners/Intermediate Level at 6.05pm Intermediate Level at 7.10pm

"Nurture Your Life" Coffee & Chats Saturday 2nd March, 11am-1pm Temperance Hall Raising funds for the Kinsale District Day Care Centre



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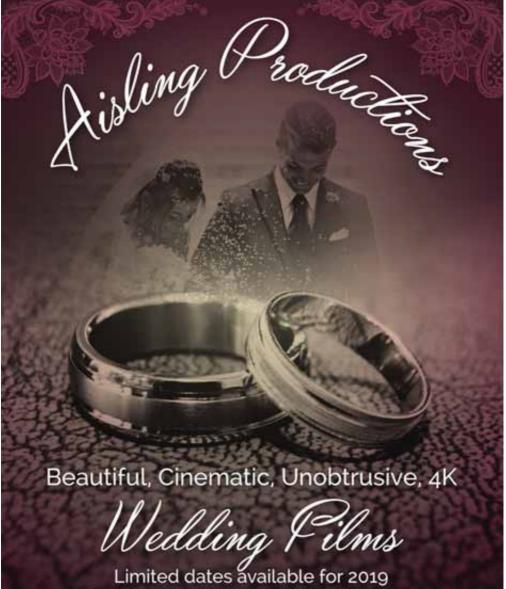
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- Don't fall for anything that sounds too good to be true.
- Do not give out personal information over the phone unless you know to whom you are talking. This also applies to internet communication.
- Do not give out your credit/debit card, bank account, social welfare numbers etc. to anyone over the phone.
- Dispose of old and no longer relevant financial documents.



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www.timlombard.ie



Kinsale Active Retirement Association

Tuesday 26th February, 2pm Temperance Hall Talk by Lorraine on Skincare for the older lady

Third Order/Lay Carmel will meet in the Friary Library Saturday 23rd February After 10am Mass

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



Are you concerned about the well-being of any young person? FOR FREE & CONFIDENTIAL ADVICE & SUPPORT CONTACT GER ON 085 872 5789

WHAT'S ON & DISTRICT

FRI 22nd FEB BLUE HAVEN: Colin Deady, 10.30pm. FOLKHOUSE: GDR, 10.30pm. KINSALE MEN'S SHED: Wood Workshop, 10am - 5pm. Acton's Warehouse at the Glen. SAM'S BAR: Live music.

SAT 23rd FEB

ARMADA BAR: Lannigan's Ball. BLUE HAVEN: Route 66, 10.30pm. CLINIC WITH MARGARET MURPHY O'MAHONY TD: Kinsale. Call for an appointment. 023 8841179. FOLKHOUSE: I-Funk, 10.30pm. HAMLETS: DJ, 10pm. **KINSALE MEN'S SHED:** Wood Workshop, 11am. Organised Walks, 12pm. Acton's Warehouse at the Glen. SAM'S BAR: Live music. THIRD ORDER / LAY CARMEL MEETING: Friary Library after 10am Mass. WHITE HOUSE: Blue Fusion. 10.30pm.

SUN 24th FEB

BLUE HAVEN: Live music with Eddie Pepper, 8.30pm. FOLKHOUSE: Live music with King K, 9pm. **KINSALE BAPTIST** CHURCH: 11am. Temperance Hall. **KINSALE HOTEL** & SPA: Wedding Fair. 2pm-5pm. MAX'S: Open for lunch 1pm-3.30pm. SAM'S BAR: Live music with The Americhanics.

MON 25th FEB

BLUE HAVEN: Live music with Mike O'Riordan, 9pm.

CHRISTIANITY EXPLORED:

"Jesus: Who? Why? What? The Christian message in a nutshell" 7pm-8pm at Temperance Hall. Free admission. DALTON'S BAR: Trad singalong. KINSALE MEN'S SHED: Male Voice Choir, 8pm. Acton's Warehouse at the Glen.

KINSALE TENNIS CLUB:

Fun Tennis for Children & Teens. Red Ball: 4 & 5 yrs, Tiny Tennis, 3pm-4pm. 6 & 7 yrs, Mini Aces, 4pm-5pm. 8 yrs, Hot Shots, 5pm-6pm.

TUES 26th FEB

BLUE HAVEN: Sonny & Friends, 9pm. CLINICAL PILATES CLASSES WITH SINÉAD CONSIDINE: At Saile Sports & Community Centre. **Beginners** Level at 5pm. Beginners/ Intermediate Level at 6.05pm. Intermediate Level at 7.10pm. **KINSALE ACTIVE** RETIREMENT ASSOCIATION: Talk by Lorraine on Skincare for the older lady. 2pm in the

Temperance Hall. **KINSALE MEN'S SHED:** Walking Workshop, 7pm. Acton's Warehouse at the Glen.

WED 27th FEB BLUE HAVEN: Niall McCabe, 9pm. KINSALE MEN'S SHED: Yoga. 6.30pm & 8pm. Acton's Warehouse at the Glen KINSALE TENNIS CLUB: Fun Tennis for Children & Teens. Orange & Green Ball: 9-11 yrs, Super Shots, 3pm-4pm. Yellow Ball: 12 yrs +, Teen Tennis, 5pm-6pm. **CORE STABILITY &** STRENGTH CLASSES WITH LOUISE KANE BUCKLEY: 9.30-10.30 at Actons Gym. 6 weeks €75.

THUR 28th FEB

BLUE HAVEN: Mike O'Riordan and guest, 9pm. **BLUE HAVEN** PRESENTS COMEDY NIGHTS: Steve Bennett. John Collearv & Joe Rooney. Doors 7.30pm, show at 8pm. Tickets €20 DALTON'S BAR: Trad KINSALE MEN'S SHED: Ukulele Practice. 8pm. Acton's Warehouse at the Glen



Boutique Weddings, Private Dining & Family Occasions

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