

**FREE**

Vol. 30 Issue 09/19

Friday 1st - Thursday 7th March 2019



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INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICT

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Homevalue



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- Upgrade the insulation in your home
- Install heating controls
- Install a heat pump
- Install solar panels
- Carry out a deep retrofit

We are also in the process of obtaining a grant to finance an Energy Master Plan for Kinsale and District from the SEAI. We are looking for a cross section of different properties owners to volunteer to take part in our energy audit.

Come along on the night to find out more.

Or please get in touch if you are interested in making your home, business or community building more energy efficient.

**[info@transitiontownkinsale.com](mailto:info@transitiontownkinsale.com)**





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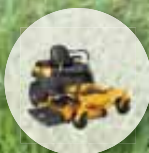
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**Cork  
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Comhairle Contae Chorcaí

**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](mailto:westcork@leo.corkcoco.ie) **T:** 023-8834700 **W:** [www.localenterprise.ie/corknorthandwest](http://www.localenterprise.ie/corknorthandwest)

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LIONS CLUBS OF IRELAND District 133

## 50<sup>TH</sup> CONVENTION

Kinsale | March 2-3<sup>rd</sup> 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.

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- **Eoin Roe** - Chiropractor
- **Luna Young** - Physical Therapist
- **Shonagh Harpur** - Nutrition Consultant
- **Aoife McCarthy** - Cranial Sacral Therapist
- **Deirdre Barry** - Counsellor and Play Therapist
- **Tracy McCarthy** - Holistic and Physical Therapist
- **Elma O'Sullivan** - Cranial Sacral Therapist
- **Lorraine O Hanlon** - Physiotherapist

Health talks:

- Benefits of Fermented Foods
- The Importance of Reflexes
- Woman's Health
- Weight Management

Mini Treatments      2nd March      Raffle  
11-1pm

Tickets €3 (Bought in advance or on the door)  
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**"Nurture Your Life" Coffee & Chats**  
**Saturday 2nd March, 11am-1pm Temperance Hall**

Raising funds  
for the Kinsale  
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**“Nurture Your Life” Coffee & Chats**  
**Saturday 2nd March, 11am-1pm Temperance Hall**

*Raising funds  
for the Kinsale  
District Day  
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KINSALE LITERARY FESTIVAL PRESENTS

# TABLE QUIZ



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### 1st March 2019

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Cash prize for the winners Raffle

More info contact:

[kinsaleliteraryfestival@gmail.com](mailto:kinsaleliteraryfestival@gmail.com)



## Kinsale Neighbourhood Watch Advice

### BE ALERT TO SCAMS & CON ARTISTS

- Be wary of bogus trades people calling to your door and advising you that your roof needs to be repaired, gutters are blocked and need to be cleared, trees need to be felled, etc.
- 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.





## Neuromuscular Physical Therapy Clinic

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- Migraines
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- Back Pain
- Shoulder Pain/Problems
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- Carpal Tunnel Syndrome
- Postural Distortions
- Hip Pain/Discomfort/Problems
- Knee Pain/Problems
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- Sciatica
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Quiz Master Mick Mulcahy (Red FM) Music Leon Buckley

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**Bar/Bistro** 12pm-10pm  
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**MUSIC**  
Saturday 2nd March **Blue Steel**, 10.30pm

**SPORTS**  
Saturday 2nd March  
**Scarlets v Munster**, 5pm  
Sunday 3rd March  
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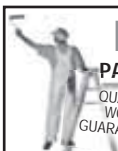
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10am to 12noon



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**This Year's Parade Theme  
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# WHAT'S ON IN KINSALE & DISTRICT

## **FRI 1st MAR**

**ACTONS HOTEL:**  
Kinsale Lions Club host 'Changing our Communities One Degree at a Time'. A Presentation by Dr. Tara Shine and Madeline Murray of 'Change by Degrees'.  
3pm. Free entry.

**KINSALE LITERARY FESTIVAL:**  
Table Quiz at the Lord Kingsale.  
8pm.

Tables of 4 €40.  
kinsaleliteraryfestival@gmail.com.

**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 2nd MAR**

**ARMADA BAR:**  
Jamestown.

**BACCHUS NIGHTCLUB:**  
DJ Sean, 11.30pm.

**BLUE HAVEN:**  
Red Effect, 10.30pm.

**FOLKHOUSE:**  
Full Circle, 10.30pm.

**HAMLETS:**  
DJ, 10pm.

**KINSALE CLOTHES SWAP:**  
Temperance Hall,  
2pm to 6pm.  
Bring up to 10 items of clothing/accessories, no money involved, just swap them!

**KINSALE MEN'S SHED:**  
Wood Workshop,  
11am. Organised Walks, 12pm.  
Acton's Warehouse at the Glen.

**NURTURE YOUR LIFE COFFEE & CHATS:**  
Temperance Hall,  
11am-1pm.  
Hosted by Kinsale Health & Welbeing Centre.

**SAM'S BAR:**  
Live music.  
**WHITE HOUSE:**  
Blue Steel,  
10.30pm.  
**WHITE LADY:**  
80s Disco.  
9pm to 12.30am.  
€20, includes arrival drink and raffle ticket.

## **SUN 3rd MAR**

**BLUE HAVEN:**  
Alan Murphy,  
8.30pm.

**FOLKHOUSE:**  
King K, 9pm.

**KINSALE BAPTIST CHURCH:**  
11am,  
Temperance Hall.

**SAM'S BAR:**  
Live music with The Americanics.

## **MON 4th MAR**

**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.

## **TUES 5th MAR**

**BABY AND TODDLER GROUP:**  
Temperance Hall,  
10am - 12.noon.

**BLUE HAVEN:**  
Sonny & Friends,  
9pm.

**KINSALE ACTIVE RETIREMENT ASSOCIATION:**  
Exercise, Tea & Chat.  
2.30pm in the Temperance Hall.

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

**WED 6th MAR**  
**BLUE HAVEN:**  
Niall McCabe, 9pm.

**KINSALE MEN'S SHED:**  
Yoga,  
6.30pm & 8pm.  
Acton's Warehouse at the Glen.

**LOCAL ENTERPRISE OFFICE: START YOUR OWN BUSINESS PROGRAMME:**  
Trident Hotel,  
10am to 5pm.  
4 week programme.  
€80 pp.

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## **THUR 7th MAR**

**BLUE HAVEN:**  
Mike O'Riordan and guest, 9pm.

**DALTON'S BAR:**  
Trad.

**KINSALE COMMUNITY ENERGY PROJECT:**  
Meeting at Friary Centre, 7.30pm.  
A Transition Town Kinsale event.

**KINSALE MEN'S SHED:**  
Ukulele Practice,  
8pm.  
Acton's Warehouse at the Glen.

**LOCAL ENTERPRISE OFFICE: FREE BUSINESS ADVICE CLINIC:**  
Carrigaline Court Hotel, 9am to 4pm.  
Please see booking times.

www.localenterprise.ie/corknorthandwest  
Email: westcork@leo.corkcoco.ie





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to be counted, just celebrated!*

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