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Cognitive Behavioural Therapy (CBT) is a very specific form of therapy that is used to treat many types of mental health problems. Research shows that it is very effective for a wide range of disorders, from anxiety to depression to phobias.

For enquiries call 087 1201391

Cara Bourke O'Shaughnessy MA Counselling & Psychotherapy, Bsc. Hons Psychology



Pearse Street, Kinsale (above Eurospar)

After 12 years in Kinsale, Erika from The Kinsale Salon has decided to move back home to Hungary for good. I would like to thank all my clients for your support throughout the years. I'll miss you loads, as you are like my family.

**** FOR SALE **** FULLY EQUIPPED HAIR SALON in the heart of Kinsale town centre.

2 chairs and a basin (incl. towels, colours & finishing products) looking for its next owner/tenant as part of a full service salon with its busy clientele (and a social media page) built in the past 12 years.

Available from mid-August. Info: 087 2135404 Handyman Services

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PLEASE NOTE:

Deadline for advert copy for our next issue is Tuesday 4th August at 12 noon.

But if you had it to us sooner that would be great!

Online every Wednesday In shops every Thursday T: 021 4774313 E: info@kinsaleadvertiser.com W: www.kinsaleadvertiser.com

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BALLINACURRAHOUSE KINSALE Exclusive and Private

Launching this Bank Holiday Weekend Our Ballinacurra 'Living Room' Dining Experience Serving Friday, Saturday and Sunday

Get the full experience of our unique property

- Gates open at 6:00pm and you can book your slot to arrive anytime up to 7:00pm, & gates will then be closed so you can enjoy your private dining experience.
- Enjoy a walk in the gardens or wander the house. If the weather is nice we can give you a dedicated outdoor table to enjoy your drinks, so we advise you to arrive early.
- The first course of Grazing Plates will be served once you are settled at your table and we will take your orders for your choices in the following courses.
- The second course will be served from 7:30pm onwards, followed by the third & fourth courses.
- Then relax for the evening, and choose a Grazing Cheese Board, Tea and Coffee at your leisure.

The 4 course tasting menu will run at weekends throughout August and September.

We have a variety of dining locations both indoors, under cover & outdoors.

Combination of Private Dining Rooms for larger groups who wish to dine in their own bubble.

PRE-BOOKING IS ESSENTIAL

For reservations call 021 477 9040 (9.00am - 5.00pm) or email info@ballinacurra.com

More information at www.ballinacurra.com



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farmers V truckers V hospital staff V teachers

carers ¥ special needs assistants

and especially all our own Bandon Co-op staff members for keeping things going during these challenging times.

♥ #TogetherStrongerWestCork ♥



Kilbregen, Banden, Ce. Cerk t (923) 882 9030 Farm Lane, Kinsale, Co. Cork t (921) 477 4883 Enniskeane, Co. Cork t (923) 884 7866 Opening Hours Monday – Friday & 3Dam – 5.3Dpm Satarday Yam – Spm CLOSED FOR LUNCH 1pm – 2pm exty antil July 20th

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- (C) Be accompanied by a >16 year old.

Kinsale Fairy Kingdom Competition





ALVIN THE UNUSUAL OWL BOOK 2 X KIDS HOT CHOCOLATES + GIANT COOKIES From Cosy Café

All you have to do is find a blue, green, pink or yellow fairy door, take a pic of it and go to the Kinsale Fairy Kingdom Facebook page and follow the instructions there.



CLOSING DATE: Sunday, 2nd August at 10pm.

Competition open to Kinsale & surrounding area local residents only, so that delivery/collection of prize can be arranged. Winners announced on Facebook.







www.facebook.com/Kinsale-Fairy-Kingdom-109091524187370/



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KINSALE HERITAGE TOWN WALK TOURIST OFFICE, 10.30am "Best tour guide in Ireland" Irish Independent Phone: 086 8267656

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. ROM



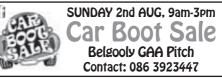
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Miraculous Prayer

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WHAT'S ON in Kinsale & District

THUR 30th JULY BLUE HAVEN: Live music with Mike O'Riordan, 9pm. **KINSALE HARBOUR** CRUISES: 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. **KINSALE HERITAGE** TOWN WALK: From the Tourist Office. 10.30am. Call 086 8267656. **KINSALE TOWN** CENTRE: Free parking until the

end of August.

FRI 31st JULY

BALLINACURRA HOUSE, KINSALE: Launch of the 'Living Room' 4 course dining experience. For reservations call 021 4779040 (9-5pm) or email info@ballinacurra.com BIUF HAVEN: Live music with Colin Deady, 9.30pm. **KINSALE HARBOUR** CRUISES: 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist Office, 10.30am. Call 086 8267656. TRUCOLOUR PAINTS, CARRIGALINE:

Colour consultant/ interior designer Gwen McCarthy in-store every Friday 9.30am - 12.30pm.

SAT 1st AUGUST

BLUE HAVEN: Charlie McCabe, 9.30pm. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. KINSALE HERITAGE TOWN WALK: From the Tourist Office, 10.30am. Call 086 8267656.

SUN 2nd AUGUST BELGOOLY CAR

BOOT SALE: Belgooly GAA Pitch, 9am - 3pm. BLUE HAVEN: Live music with Kieran O'Leary, 9.30pm. KINSALE FAIRY DOOR COMPETITION: Deadline for entries is today at 10pm. See ad on page 16 for details. KINSALE HARBOUR

CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. KINSALE HERITAGE TOWN WALK: From the Tourist Office, 10.30am. Call 086 8267656.

MON 3rd AUGUST

BLUE HAVEN: Live music with Mike O'Riordan, 9pm. **KINSALE HARBOUR** CRUISES: 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. **KINSALE HERITAGE** TOWN WALK: From the Tourist Office. 10.30am. Call 086 8267656. SUPERSTARS STAGE SCHOOL: Summer Camps. Mix Camp. 3 to 6 years. Runs until 7th August. 9.15am - 10.45pm or 9.30am - 11am. Gymnastics. 7 years +. Runs until 7th August. 11.30am - 2.30pm. Booking: www.superstarsstageschool.com 087 7933505

TUES 4th AUGUST

BLUE HAVEN: Live music with James O'Sullivan, 9pm. KINSALE HARBOUR CRUISES: 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. KINSALE HERITAGE TOWN WALK: From the Tourist Office, 10.30am. Call 086 8267656.

WED 5th AUGUST

Live music with Colin Deady, 9pm. KINSALE HARBOUR CRUISES: 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. KINSALE HERITAGE TOWN WALK: From the Tourist Office, 10.30am. Call 086 8267656.

THUR 6th AUGUST BLUE HAVEN:

Live music with Mike O'Riordan, 9pm. KINSALE HARBOUR CRUISES: 1pm, 2pm, 3pm, 4pm & 5pm. Departs beyond Actons. KINSALE HERITAGE TOWN WALK: From the Tourist Office, 10.30am.

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