

FREE

KINSALE Advertiser



Volume 31
#18/20

Fri 7th
August
TO
Thurs 13th
August
2020

including the Guide to **WHAT'S ON** in Kinsale & District

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



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Lunch and Dinner at the Rockpool Bar & Restaurant

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Dinner: 5pm - 9.30pm



Pizza: 5pm - 9.30pm



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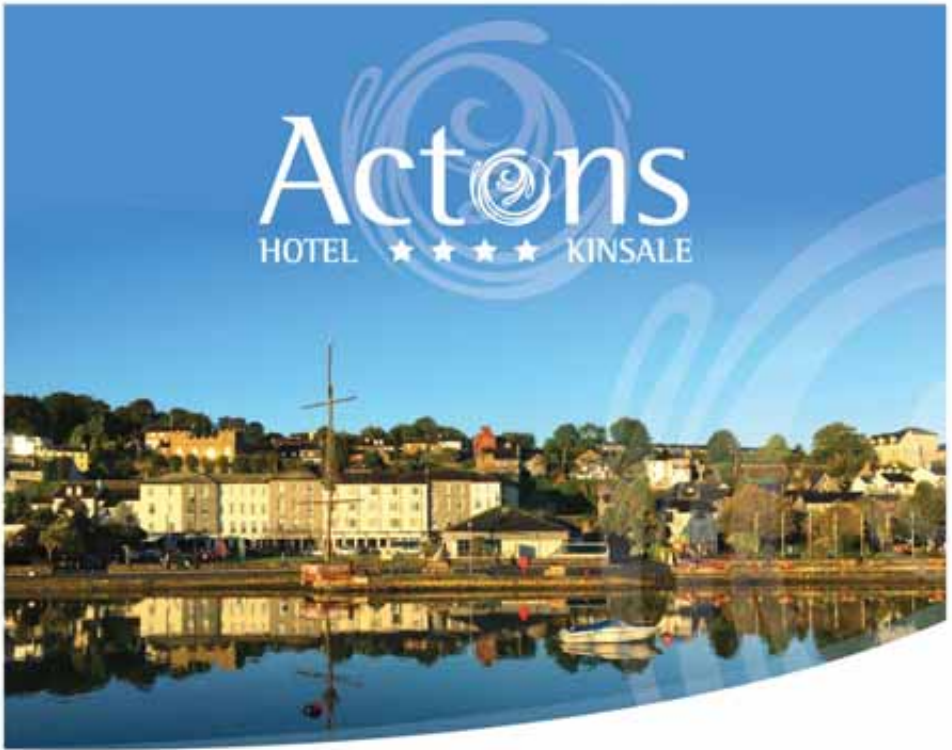


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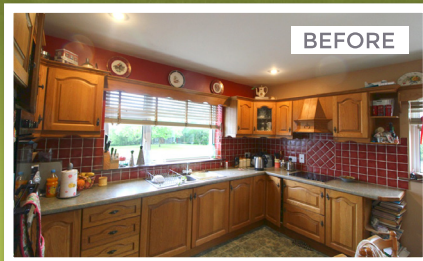
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- Postural Distortions
- Hip Pain/Discomfort/Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/Discomfort
- Strains/Sprains
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- **Psycho-education.**
- **How anxiety is maintained.**
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- **How to manage and decrease anxiety levels.**

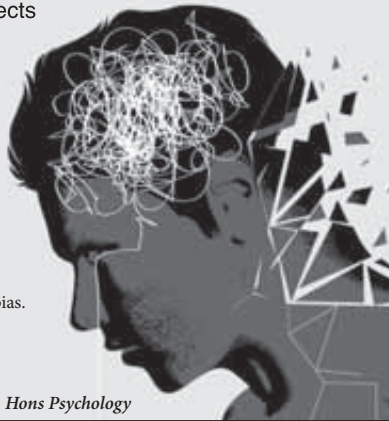
The programme is suitable for people experiencing mild to moderate anxiety.

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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.

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Harry's Final Lap for Help for Harry's Heroes

This Saturday will be Harry O'Hanlon's final leg of his 100km fundraising cycle for Shine, Sonas and the Rainbow Club.

Harry and his team will leave the Dock at 11:00am before cycling into Kinsale, arriving at the Blue Haven Hotel at approx. 11:30am. The Fire Service and Gardai have kindly offered to provide Harry an escort, whilst cyclists from Kinsale Tri Club have kindly offered their support towards the last day. A large part of this campaign has involved friends and neighbours supporting Harry across a number of different routes and so a number of children will cycle along with Harry from outside the Yacht Club up to the Blue Haven for the last leg of his effort. It would be lovely for the people of Kinsale to come out and support the kids for the last leg of this cycle which promises to be a fun and enjoyable ending to the campaign.

Harry has raised over €25,000 for these three worthy causes close to his heart.

You can help him reach his target by donating at www.gofundme.com/f/help-for-harrys-heroes



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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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THUR 6th AUGUST

KINSALE HARBOUR CRUISES:

1pm, 2pm, 3pm,
4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist Office,
10.30am.

KINSALE TOWN CENTRE:

Free parking until the
end of August.

FRI 7th AUGUST

KINSALE HARBOUR CRUISES:

1pm, 2pm, 3pm,
4pm & 5pm. Departs
beyond Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

TRUCOLOUR PAINTS, CARRIGALINE:

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

SAT 8th AUGUST

HELP FOR HARRY'S HEROES:

Final leg of 100km
fundraising cycle.
Leaves the Dock at
11am, arriving at the
Blue Haven Hotel at
approx. 11.30am.

KINSALE HARBOUR CRUISES:

12pm, 1pm, 2pm,
3pm, 4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

SUN 9th AUGUST

KINSALE HARBOUR CRUISES:

12pm, 1pm, 2pm,
3pm, 4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

MON 10th AUGUST

KINSALE HARBOUR CRUISES:

1pm, 2pm, 3pm,
4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

086 8267656

TUES 11th AUGUST

KINSALE HARBOUR CRUISES:

1pm, 2pm, 3pm,
4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

086 8267656

WED 12th AUGUST

GALLERY 23:

Kit French Exhibition.
Paintings from Spain
and Ireland.

KINSALE HARBOUR CRUISES:

1pm, 2pm, 3pm,
4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

086 8267656

THUR 13th AUGUST

GALLERY 23:

Kit French Exhibition.
Paintings from Spain
and Ireland.

KINSALE HARBOUR CRUISES:

1pm, 2pm, 3pm,
4pm & 5pm.

Departs beyond
Actons.

KINSALE HERITAGE TOWN WALK:

From the Tourist
Office, 10.30am.

086 8267656





@ The Trident Hotel

For a light snack, quick lunch or dinner, why not visit The Wharf Tavern. Offering outstanding food and service.

Daytime: 12.30pm - 5.00pm

Carvery (Lunchtime favourite): 12.30pm - 2.30pm

Evening: 5.00pm - 9.00pm



TRIDENT
HOTEL ★★★★★ KINSALE

Menus and information are available on our website
www.tridenthotel.com