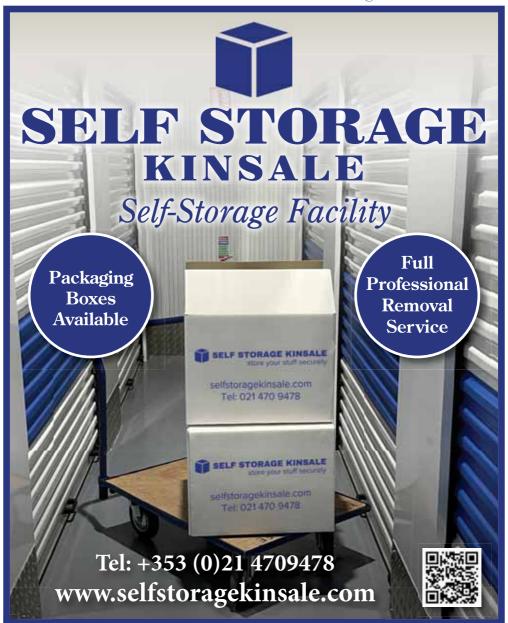
Advertiser & Weekly Guide to WHAT'S ON in Kinsale & District

Volume 35
#31/24
Thurs 8th
August

Thurs 15th August 2024

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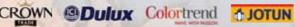


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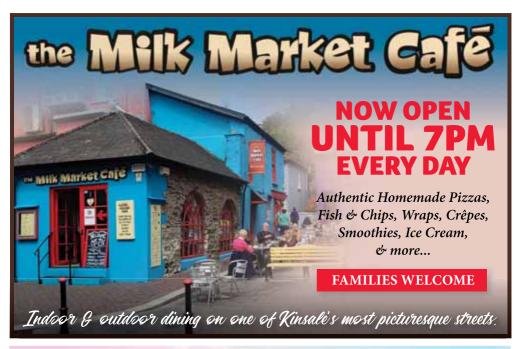




Book Online











Some conditions treated in the clinic:

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/ Problems
- Elbow/Wrist Problems
- Carpal Tunnel
- Syndrome
- Postural Distortions

- Hip Pain/Discomfort/ Soft Tissue Repair
- Problems
- Knee Pain/Problems
- Sciatica
- Nerve Entrapment Joint Pain/
- Discomfort
- Strains/Sprains
- Sports Injuries/ Recovery

- Connective Tissue
- Repair
- Ankle/Foot Problems
 Muscular Disorders/ Conditions
 - Coordination Development
 - · Loss of Balance
 - Stiffness
 - Impaired Mobility
 - Functional Exercise

By appointment: Sabine Graef (BEd., SMT, NMPT)

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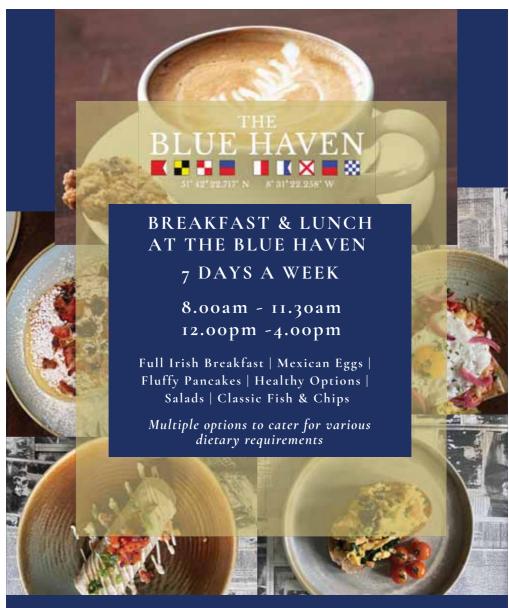
Clinics in Kinsale in August Monday 12th Monday 19th Monday 26th 5pm - 6pm in Salvi's Café

Please ring the office for an appointment or call in to see me

76 South Main St, Bandon 80 021 477 3399

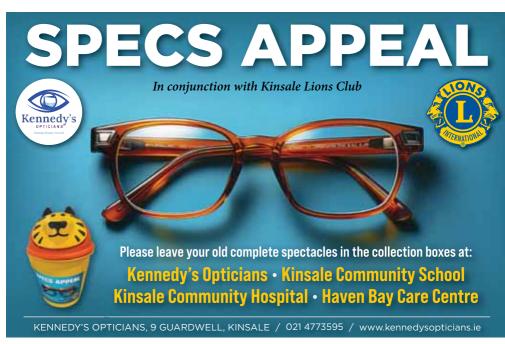
tim.lombard@oir.ie



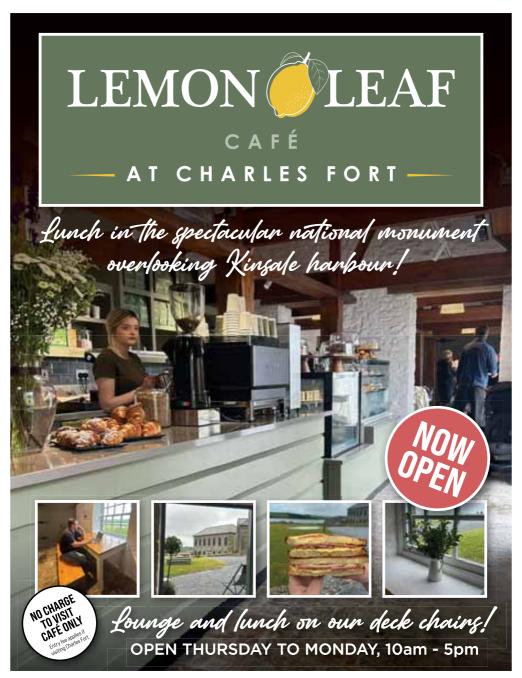


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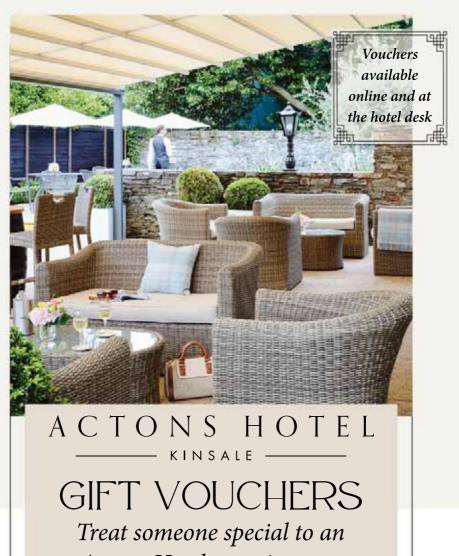


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EVENT DETAILS

FRI 16 AUG 10AM-12PM



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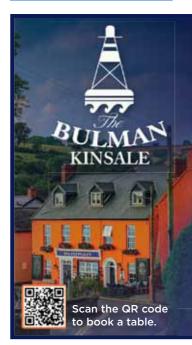














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RADIOTHERAPY APPOINTMENTS

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CANCER RELATED APPOINTMENTS

Passengers requiring Chemotherapy, or attending related appointments such as consultant visits, scans, blood tests, wig clinics, dental hospital, etc. are taken to Cork by car. These trips are organised on a 'one to one' basis. Appointment times vary. Passengers may require a family member to travel too, which is facilitated and encouraged.

BOOKINGS/ENQUIRIES 021 2038525

Email: info@cancerconnect.ie www.cancerconnect.ie 12 Barrack St, Bantry P75 H429 | CHY No: 22770

Want to drive, donate or require further details? Helen 085 2660918 | Julie 086 0587842 | Karen 1224404

RADIOTHERAPY TIMETABLE							
ROUTE 1 WEST		ROUTE 2 WEST		ROUTE 3 EAST		ROUTE 4 NORTH	
Castletownbere	9.00	Goleen	9.30	Youghal	11.30	Rockchapel	11.45
Adrigole	9.20	Schull	9.45	Killeagh	11.50	Newmarket	12.05
Glengarriff	9.40	Ballydehob	10.00	Castlemartyr	12.05	Kanturk	12.15
Bantry	10.00	Skibbereen	10.15	Midleton	12.15	Banteer	12.25
Dunmanway	10.30	Rosscarbery	10.30	CUH	12.45	Nad	12.40
Ballineen	10.45	Clonakilty	10.45	Bon Secours	12.55	Crean's Cross	12.45
CUH	11.45	Bandon	11.20			CUH	1.15
Bon Secours	12.00	CUH	11.45			Bon Secours	1.30
		Bon Secours	12.00				



On December 14th 2023, Joey's uncle Des Hurley tragically died at sea. Not only was he his uncle, he was his godfather and best friend.

Joey's world was shattered, this type of shock, pain and grief is something that no 12 year old should have to experience. Joey turned to exercise as a way of coping and as a form of therapy.

His good friend Mikey Power, knows only too well how grief can destroy a person and wanted to help Joey turn his grief into something positive. This led to the idea of doing "The Duathlon for Des"

Joey is going to kayak from The Bulman in Kinsale to James Fort (1 km), run from James Fort to Charles Fort and back (10.25 km), then kayak from James Fort back to the Bulman (1 km).

Let's come together on 10th August at 10.30am in the Bulman to support Joey and remember Des while raising funds for a vital charity in Ireland and especially the community of Kinsale.

We would love for anyone who would like to celebrate Des to take part in either the kayak or run section of the challenge or to celebrate the life of a loved one you may have lost to get in contact with us for further details.

This is not an easy challenge for someone so young to take on but Joey is determined and wants to do it in memory of Des.

He will be rising funds for the RNLI, one of the charities that were a great support to the Hurley family at that devastating time.

In another blow to Joey's life, 2 weeks before this fundraising event his nana to whom he was very close, died very suddenly.

He could have let this be a setback to the Duathlon but instead he is even more determined to do it, not only for Des but also for his nana who was super proud of him when he told her his plans.



https://tinyurl.com/z8mtdnw2



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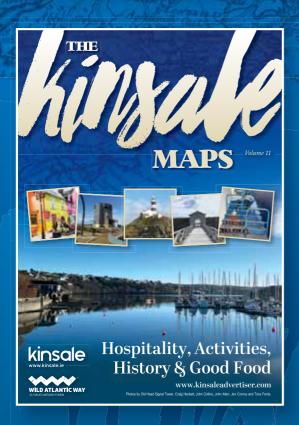


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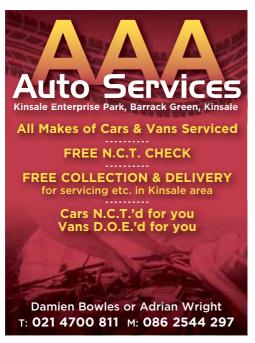


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NOTICES

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Saturday 10th Aug, 7pm **Hamlets of Kinsale**

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WHAT'S ON in Kinsale & District

THURS 8th AUGUST BLACKS BREWING & DISTILLING: Tours 11am, 12.30pm, 2pm & 3.3Ópm. **BLOOD DONATION** CLINIC: Saile Sports Centre. 3.50pm-8.00pm. Call 1800 731137 to make appointment (9am-5pm) or book at www.giveblood.ie **BLUE HAVEN:** Trad, 8pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am from Tourist Office. FOOTLOOSE: Summer sale now on. **HAMLETS:** Old No. 7, 7pm-9pm. **KINSALE HARBOUR CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm. KINSÁLE TÍDY TÓWNS: Litter picking. Meet at Library at 7pm. O'CONNOR'S PHARMACY: **Clarins Promotion** until 11th August. KINSALE REGATTA **FESTIVAL:** 6.00pm: GAA Kids Blitz.

FRI 9th AUGUST

BLACKS BREWING & DISTILLING: Tours 11am, 12.30pm, 2pm & 3.30pm. **BLACKS LAGOON BAR:** 'Sunset Sessions' with DJ Chachou, from 7.30pm. Pizza until 8pm. **BLUE HAVEN:** Southern Roots, 9.30pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am from Tourist Office. HAMLETS: DJ Damien, 9.30pm. KINSALE **HARBOUR CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm. KINSALE MEN'S SHED: Get-together, 10am-12pm. KINSALĖ REGATTA **FESTIVAL:** 6.30pm: Boules Kids Competition, Town Park. TRUCOLOUR PAINTS, **CARRIGALINE:** Chat to our in-store colour consultant/ interior designer Gwen McCarthy, 9.30am-12.30pm. Free of charge.

SAT 10th AUGUST

ACTONS HOTEL: Love is in the air: **Mock Wedding** Fundraiser for Kinsale Friary Church Fund. Dinner and Drinks Reception. 5pm. Tickets €50. **BLACKS BREWING** & DISTILLING: Tours 11am, 12.30pm, 2pm & 3.30pm. **BLACKS** LAGOON BAR: 'Vibes by the Tide' Live Music & Pizza, 4pm-7pm. BLUE HAVEN: Wild Orange Country Club, 10pm. CONVENT OF MERCY REUNION: Leaving Cert of 1984 Reunion. Drinks only. Hamlets, 7pm. DON & BARRY'S **HISTORIC STROLL:** 9.15am & 11.15am from Tourist Office. **DUATHLON FOR DES:** In aid for RNLI. Starts from The Bulman, 10.30am. HAMLETS: DJ Billy, 9.30pm. KINSALE **HARBOUR CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm.

SUN 11th AUGUST

BLACKS BREWING & DISTILLING: Tours 11am, 12.30pm, 2pm & 3.30pm. **BLUE HAVEN:** Bought & Sold, 8pm.

BULMAN: Lady & The Amp, 7pm-9pm. **DON & BARRY'S** HISTORIC STROLL: 11.15am from the Tourist Office. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. KINSALE **HARBOUR CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm.

MON 12th AUGUST

ART SUMMER CAMP: Mia Foley Art. Sáile. Age 8+. Bookings: 087 275 8612. **ATLANTIC OFFSHORE ADVENTURES:** Summer Camps at The Dock & Garrettstown.

BANDON COOP: "Bloom & Shine" Up to 60% off Bulbs, Plants and more! **Until 24th August** or while stocks last. **BLUE HAVEN:** Ben and Clem. 8pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am from Tourist Office. HAMLETS: Hot Strings, 7pm-9pm. KINSALE **HARBOUR CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm. KINSALE OUTDOOR **EDUCATION CENTRE:** Weekly Sailing Summer Courses. 10am-4.30pm www.kinsaleoec.com KINSALE TENNIS CLUB: Summer Camp with Maria Bolster. 9.30am-11.30am: 6-8 years. 12pm-2pm: 9-13 yrs. www.kinsaletennisclub.com LUCY FRENCH SCHOOL OF DANCE: **Summer Dance** Intensives, Seniors:

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OYSTERHAVEN ACTIVITY CENTRE: Summer Sailing & Windsurfing Skills Camps. www.oysterhaven.com SENATOR TIM LOMBARD: Clinic in Salvi's, 5pm-6pm.

TUES 13th AUGUST

BLUE HAVEN: Trad & Irish Dancers, 8pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am from Tourist Office. **KINSALE HARBOUR CRUISES:** Opposite Actons. 12pm, 1pm, 2pm, 3pm. KINSALE MEN'S SHED: Get-together, 7-9pm. KINSALE YOUTH THEATRE PROJECT: New group starts: Summer Intensives 7-17 yrs. 4pm-6pm. Next dates are 14th, 15th, 27th, 28th & 29th August. Call 086 0479228.

WED 14th AUGUST **BLACKS BREWING**

& DISTILLING: Tours 11am, 12.30pm, 2pm & 3.30pm. **BLUE HAVEN:** Mike O'Riordan, 8pm. DON & BARRY'S HISTORIC STROLL: 9.15am & 11.15am from Tourist Office. KINSALE HARBOUR CRUISES: Opposite Actons. 12pm, 1pm, 2pm, 3pm. HOUSE OF HAIR: **New Nail Bar** opens today. **Bookings:** 085 7297691. TANTALUS PLANT **NURSERY:** Selling plants and flowers at Tantalus Farm Gate, next to Spaniard, 10am-3pm.





August 12th - 24th or while stocks last

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