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1st - 4th October 2026

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KINSALE WELLNESS WEEKEND

SEPTEMBER
26TH &
27TH

KINSALE,
CO. CORK



PROGRAMME ANNOUNCEMENT

TWO DAYS TO PAUSE. CONNECT. INSPIRE.

Saturday 26 Sept

11:00 - Dr. Barbara Barrett PhD:
The Art of Vibrant Aging

12:00 - Fi Tierney:
Singing For Wellbeing

13:00 - Dr. Sinéad O'Donovan PhD:
Unmasking Invisible Stressors

14:00 - Lauren McKeown:
Heal From Within

15:00 - Fi Tierney:
Nervous System Reset

16:00 - Pam Skinner:
Qigong & Tai Chi Practice

Sunday 27 Sept

10:00 - Rebecca Powell:
Natural Fibres & The Medicine of Clothing

10:30 - Sally Crowley: Everyday
Wellness. Tools for Positive Change

11:00 - April Danann:
Fascia Touch Work

12:00 - Anya Spark:
Activating Creativity for Wellbeing

13:00 - Dr. Barbara Barrett PhD:
Stronger Bones, Stronger You

14:00 - Elayne Greene:
Superhero Healing

15:00 - Amanda McCann:
Clinical Hypnotherapy

16:00 - COLIN SCANNELL-
The Healing Power of Sauna

SPEAKER TICKETS

(ACCESS TO ALL TALKS & WORKSHOPS)



ONE DAY: €40
TWO DAYS: €70



Scan the Code for Tickets
www.eventbrite.com



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www.kinsalewellnessweekend.ie

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KINSALE COMMUNITY SCHOOL



NIGHT CLASSES AUTUMN 2026



ENROLMENT: Wednesday 23rd Sept, 6.15pm-7.15pm

TERM STARTS: Week of Monday 28th September

Please enrol for classes in advance to avoid cancellation of classes.

Payments accepted in advance at school office, by post to Kinsale Community School, on enrolment night or via Payzone on school website.

MONDAY NIGHTS

FLORAL ART CLASS

Eileen O'Brien | 8 weeks | 7pm - 9pm | €90.

BRIDGE FOR BEGINNERS LEVEL 1

Mary Horgan | 10 weeks | €95.

BUTEYKO BREATHING

Aine Tierney | 6 weeks | 6.30pm - 7.30pm | €65.

INTERMEDIATE ENGLISH CONVERSATION

Aine Tierney | 8 weeks | 7.45pm - 8.45pm | €90.

WOMEN'S WELLNESS

Rebecca Gimeno Catala | 10 weeks | 6.45pm - 7.45pm | €95.

FITNESS DANCE

Rebecca Gimeno Catala | 10 weeks | 8pm - 9pm | €90.

COMPUTER COURSE

Anthony Angelini | 8 weeks | 7pm - 9pm | €90.

TUESDAY NIGHTS

SPANISH - CONVERSATION LEVEL 2

Viviana Selles | 8 weeks | 7pm - 9pm | €85.

SINGING FOR WELLBEING

Fiona Tierney | 8 weeks | 7.45pm - 9pm | €80.

A LASTING PEACE: RECONCILING A CONFLICTED WORLD

Anthony Angelini | 8 weeks | 7pm - 9pm | €90.
M(phil) International Peace Studies, MA Journalism and New Media.

WEDNESDAY NIGHTS

QIGONG, TAI CHI & MEDITATION

Pam Skinner | 8 weeks | 7pm - 8.30pm | €85.

ACRYLIC PAINTING

Natasha O'Shea | 10 weeks | 7pm - 9pm | €90.

PILATES LEVEL 1

Paula Arozamena | 10 weeks | 6.30pm - 7.30pm | €90.

PILATES LEVEL 2

Paula Arozamena | 8 weeks | 7.45pm - 8.45pm | €80.

CHAT GPT AND AI MADE EASY

Catherine Wilson | 8 weeks | 7pm - 9pm | €90.

ITALIAN FOR BEGINNERS LEVEL 2

Massimo Lucibello | 8 weeks | 7pm - 9pm | €85.

UNDERSTANDING DEMENTIA: PRACTICAL SKILLS FOR FAMILIES AND CAREGIVERS

Linda Jordan | 7 weeks | 7pm - 9pm | €100.

SPANISH CONVERSATION

Viviana Selles | 8 weeks | 7pm - 9pm | €85.

YOGA FOR MEN - LEVEL 2

Rebecca Gimeno Catala | 10 weeks | 7pm - 8pm | €90.

No classes on Monday 26th,
Tuesday 27th and Wednesday 28th
October due to midterm break.

For further information contact the Director of Adult Education, Linda Dreehan: 087 849 1935 or 021 477 3174

info@kinsalecommunityschool.ie

www.kinsalecommunityschool.ie

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THURS

INDIAN NIGHT

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SUN

THE SUNDAY ROAST

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Email: bookings@bluehavenkinsale.com Visit: www.bluehavenkinsale.com Ph: +353 21 477 2209



KINSALE COMMUNITY SCHOOL



*The Board of Management of
Kinsale Community School, Kinsale, Co. Cork,
wish to invite applications for the position of*

SCHOOL TRANSPORT ESCORT

The position requires accompanying a student with Special Educational Needs (from the Belgooly area), to school in the mornings and back home in the evenings, this will take 3 hours per day approximately, Monday to Friday, with an early school finish of 1pm on a Wednesday.

Please submit your letter of application and CV to:
vacancies@kinsalecommunityschool.ie

Postal applications to be sent to:
**Joanne O'Connor, Kinsale Community School,
Kinsale, Co. Cork, P17 R993**

Rate of pay is €15.98 per hour plus 8% holiday pay.
Public holidays which occur during term time are paid.

Garda vetting is essential for this position.

Closing date for receipt of applications is 14th September 2026



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GROWING YOUR BOTTOM LINE:

Smart Sales Tips from Arboretum's Rachel Doyle

As the busy Christmas trading period approaches, this short evening event will give businesses across retail, hospitality and consumer facing services a concentrated burst of practical ideas they can put into action immediately.



RACHEL DOYLE – ARBORETUM HOME & GARDEN

Retail Excellence Lifetime Achievement Award Winner

Founder of Arboretum Home & Garden Haven, Rachel is one of Ireland's most respected independent retailers. She will share the story behind her successful business and the lessons she has learned around resilience, innovation, customer focus and continual reinvention.



JAMES BURKE

Retail & Food Expert

James will share practical thinking on winning at food and retail, improving customer experience, increasing spend, sharpening merchandising and making the most of the Christmas opportunity.

19.00 – 19.15	Opening and Welcome by LEO
19.15 – 19.45	Winning at Business in Kinsale and Maximising Christmas 2026 (James Burke)
19.45 – 20.15	From Selling Plants from a Garage in Carlow to Building one of Ireland's Most Successful Destination Retail Businesses (Rachel Doyle)
20.15 – 20.45	Q&A
20.45 – 21.00	Close



DATE

Thursday 24th September 2026



VENUE

**Blacks Brewery Kinsale
P17 AY10**



TIME

7:00 – 9:00 pm Doors open at 6:30pm



**LIGHT REFRESHMENTS
PROVIDED**



COMPLIMENTARY BOOK

Complimentary copy of book for the first **25 people** who attend!



**REGISTRATION
REQUIRED
TO ATTEND**

Places are limited.
Please register via the
Cork North West LEO website.

SCAN TO REGISTER



REGISTER TODAY AT:

localenterprise.ie/corknorthandwest/training-events/online-bookings/

Alternatively, visit the Cork North West LEO website and go to Training Events > Online Bookings.

For enquiries, email: westcork@leo.corkcoco.ie

Practical ideas. Real inspiration. Fresh thinking for Christmas & Beyond.



Calling All Sharks!

**Attention! Boys & girls born between 2009 and 2021:
THE KINSALE RUGBY SHARKS ARE BACK!**

Kinsale Rugby Club's season has kicked off and we're looking forward to a season of fun, fitness and friendship for hundreds of boys and girls at our fantastic facilities in Kinsale.

Every Saturday morning from 9.00am we host our Super Sharks sessions, where boys and girls from U6s to U12s enjoy organized coaching, teaching them the basics of rugby. The priority is on learning new skills with trained coaches leading children through a variety of mini games to develop their speed, movement and sense of play, in a safe and constructive environment.

(PS. There's plenty for adults and siblings to do too, with our KRFC Klubhouse Kafe open for hot drinks and refreshments while our mini stars play.)

**GIVE
IT A TRY!**

**SATURDAY MORNINGS
STARTS AT 9.00am
AT KINSALE RFC**

NEW BOYS & GIRLS WELCOME

*You don't have to commit, come and
try this fun way to make friends
and learn skills.*

IRELAND'S FIRST MIXED ABILITY TOURNAMENT THIS SATURDAY 12th SEPTEMBER at KINSALE RFC

KRFC is delighted to host the **FIRST EVER** all inclusive Mixed Ability Rugby tournament featuring teams from across Ireland. Players with and without physical, intellectual or learning difficulties will play on the same team v similar teams in an 8 team competition.

Food, drinks and great rugby on show!
Please come out and support what promises to be a very positive day of sport.

Gates open on Saturday, Sept 12th at 12pm.



www.kinsalerfc.com or contact Paul 087 7858476

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Denis Cronin
Manager
10 years experience



William Leigh
Solar Manager
10 years experience



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5 years experience



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5 years experience

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16th OCTOBER**
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BATTLE OF KINSALE

— 425TH ANNIVERSARY —

COMMEMORATIVE EVENTS • SEPTEMBER 2026

SATURDAY, 19TH SEPTEMBER 2026

1601 LIVING HISTORY DISPLAY

SHORT QUAY, KINSALE

Experience life in early seventeenth-century Ireland with historical encampments, military displays, living history demonstrations, and public engagement throughout the day.

SATURDAY, 26TH SEPTEMBER 2026

BATTLE OF KINSALE SEMINAR

ST MULTOSE CHURCH, KINSALE

A day of illustrated lectures examining the Spanish landing of September 1601, the Siege of Kinsale, and the Battle itself.

Tickets at www.eventbrite.com

086 1971870

CONFIRMED SPEAKERS:

- Dr Hiram Morgan (University College Cork)
- Dr James O'Neill
- Dr Ruth Canning (Maynooth University)
- Dr Igor Perez Tostado (Universidad Pablo de Olavide, Spain)

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CELEBRATING OUR HERITAGE

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Noel Madden

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na nGrást,
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**THURSDAY 17
SEPTEMBER 2026
(7.00PM-8.00PM)**

ALL WELCOME

For further information,
please contact (021) 4770712
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SATURDAY SAILING SKILLS

**Keep your Sailing Skills
up this Autumn!**

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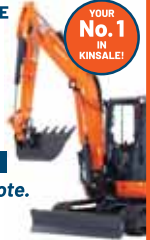
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25th Anniversary of 9/11 Commemoration Ceremony

Garden of Remembrance, Ringfinnan, Kinsale
Friday 11th September, 5.30pm

The public are cordially invited to attend



The Garden will feature on Nationwide at 7pm, Friday 11th September

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**Friday 25th
September
9am - 12 noon**

**Ballinadee
Community Hall
P72 HA27**

EVERY CUP COUNTS!

Donate whatever you can and help your
local hospice make life a little brighter.

Kinsale Active Retirement Association

**Tuesday 15th September
NO MEETING THIS WEEK**

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. DD*

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ST. MULTOSE AMBLE

40 Minutes Guided Tour

Every Monday & Thursday at 3pm

Donations welcome for church upkeep.

KINSALE BAPTIST CHURCH

**Every Sunday, 11am
Sáile Community Rooms**

All welcome

www.kinsaleabc.ie



WHAT'S ON in Kinsale & District

THUR 10th

SEPTEMBER

BLACKS BREWERY

& DISTILLERY:

Tour at 3.30pm.

Bar open.

021 4712058

www.blacksbrewery.com/tours

BLUE HAVEN:

Bear Bojack, 8.30pm.

Indian Pop-Up

Restaurant.

DALTONS BAR:

Trad Music, 8.30pm

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

KINSALE TIDY

TOWNS WEEKLY

CLEAN-UP:

Church Square

Car Park 7.00pm.

ST. MULTOSE

AMBLE:

40min Guided Tour

at 3.00pm.

Donations welcome

for church upkeep.

WHITE HOUSE:

Live music, 8.30pm.

FRI 11th SEPTEMBER

BLACKS BREWERY

& DISTILLERY:

Tours at 2pm &

3.30pm. Bar open.

021 4712058

www.blacksbrewery.com/tours

BLUE HAVEN:

Life & Soul, 9.30pm.

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

GARDEN OF

REMEMBRANCE,

RINGFINNAN:

25th Anniversary of

9/11 Commemoration

Ceremony, 5.30pm.

All welcome.

HAMLETS:

Ben and Clem.

KINSALE

MEN'S SHED:

Get-together,

10am - 12pm.

TRUCOLOUR

PAINTS,

CARRIGALINE:

Gwen McCarthy,

Colour Consultant

& Interior Designer,

9.30am-12.30pm.

Free of charge.

SAT 12th SEPTEMBER

BLACKS BREWERY

& DISTILLERY:

Tours at 2pm &

3.30pm. Bar open.

021 4712058

www.blacksbrewery.com/tours

BLUE HAVEN:

Electric Kiss, 10pm.

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

HAMLETS:

DJ Dennis.

KINSALE

MEN'S SHED:

Join us for a walk,

10am - 12pm.

KINSALE RFC:

Super Sharks
Session U6-U12 yrs
New Girls & Boys
welcome. 9.00am.
KINSALE RFC:
Ireland's First
Mixed Ability Rugby
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www.sccc.ie

SUN 13th SEPTEMBER BLACKS BREWERY & DISTILLERY:

Tour at 3.30pm.
Bar open.
021 4712058
www.blacksbrewery.com/tours
BLUE HAVEN:
Bo Collins, 10pm.
The Sunday Roast.

BULMAN:

Roni's Ramble
7pm - 9pm.
DON & BARRY'S
HISTORIC STROLL:
11.15am,
Tourist Office.
KINSALE BAPTIST
CHURCH:
Sáile Community
Rooms, 11am.
All welcome.

MON 14th

SEPTEMBER

BLUE HAVEN:

Trad Duo,
8.30pm.

DALTONS BAR:

Trad Duo, 8.30pm

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

HAMLETS:

Hot Strings.

KINSALE

COMMUNITY

SCHOOL:

Deadline for
applications for
the job of School
Transport Escort.

ST. MULTOSE

AMBLE:

40min Guided Tour
at 3.00pm.

Donations welcome
for church upkeep.

TUES 15th

SEPTEMBER

BLUE HAVEN:

Trad Duo,

8.30pm.

BLUE HAVEN:

When it rains it
pours: If it's raining,
join us for dinner in
our Bar & Bistro
and enjoy a
complimentary
mini Prosecco
taster on us.

DALTONS BAR:

Trad Music,
8.30pm

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

HAVEN BAY

CARE CENTRE:

Support for those
caring for someone
with Dementia.

7pm - 9pm

Contact Susan

to register

089 430 3880.

KINSALE ACTIVE

RETIREMENT:

No meeting.

KINSALE

MEN'S SHED:

Get-together.

7.00pm - 9.00pm.

WHITE HOUSE:

Live music,
8.30pm.

WED 16th SEPTEMBER

BLUE HAVEN:

Mike O'Riordan,
8.30pm.

DALTONS BAR:

Trad Music, 8.30pm

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

KINSALE MEN'S

SHED:

Cards/45,
7pm - 10pm.

WHITE HOUSE:

Live music, 8.30pm.

THUR 17th

SEPTEMBER

BELGOOLY NS:

Scoil Mhuire na
nGrást.

Open Evening,
7.00pm-8.00pm.

All welcome.

www.belgoolyins.ie

BLACKS BREWERY & DISTILLERY:

Tour at 3.30pm.

Bar open.

021 4712058

www.blacksbrewery.com/tours

BLUE HAVEN:

Bear Bojack, 8.30pm.

Indian Pop-Up

Restaurant.

DALTONS BAR:

Trad Music, 8.30pm

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am,

Tourist Office.

KINSALE TIDY

TOWNS WEEKLY

CLEAN-UP:

Church Square

Car Park 7.00pm.

ST. MULTOSE

AMBLE:

40min Guided Tour
at 3.00pm.

Donations welcome
for church upkeep.

WHITE HOUSE:

Live music,
8.30pm.

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