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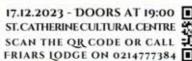
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KINSALE FRIARY PASTORAL TEAM **The Science of Wellbeing** with Dr. Zelda Di Blasi

3 Week Positive Psychology Course @ The Kinsale Friary

Wednesday 15th November, 7pm-8.30pm: SAVOURING Wednesday 22nd November, 7pm-8.30pm: GRATITUDE Wednesday 29th November, 7pm-8.30pm: HAPPINESS





Dr. Zelda Di Blasi is a lecturer of Applied Psychology at UCC and a Wellness Coaching Psychologist at Coaching-Psychology Ireland.

Zelda has over twenty years' experience lecturing in universities across the globe, teaching Coaching-Psychology skills, mindset change and positive psychology interventions. A naturally kind and empathetic person, Zelda uses her skills and knowledge to support clients manage stress and flourish in life.

To register please contact Kinsale Friary. Email: kinsale@carmelites.ie or phone: 021 477 2138



KINSALE COMMUNITY SCHOOL



The Board of Management of Kinsale Community School invites applications for the position of:

ASSISTANT FACILITIES MANAGER

This is a full-time position, working closely with our Senior Facilities Manager. The ideal candidate should have several years general maintenance experience and ICT skills. A qualification in construction related studies at level 6 or a technician's qualification or a trades qualification, would be advantageous.

Letter of Application, with CV and two recent references should be sent by post to: The Secretary of the Board of Management,

Kinsale Community School, Kinsale, Co. Cork, P17 R993

Email applications can be sent for the attention of: The Secretary of the Board of Management, at the following email address: vacancies@kinsalecommunityschool.ie

Closing date for receipt of applications is noon, Tuesday November 14th 2023

Shortlisting may apply.

- The appointment is made under the terms and conditions of appointment of a Caretaker in Community and Comprehensive Schools.
- The salary scale for the position is in accordance with the Department of Education pay scale for Caretakers.
- The position is subject to Garda Vetting.
- The duties and tasks associated with this position are available at www.kinsalecommunityschool.ie

Pier Due Restaurant

Private Dining, Special Occasions including Christmas Gatherings, for 30 guests or more.

Lunch & Dinner Set Menus Available.

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SHUTTERS | AWNINGS

S.N. Chóbh Chíonn tSáile Summercove National School

Summercove National School is now accepting applications for admission to Junior Infants for the 2024/25 academic year.



The Admissions Application Form, Admissions Policy and Annual Admissions Notice are all available on our website. Please contact the school on 021 4774488 or by emailing info@summercovens.ie for further information.

KINSALE hotel & spa

Served Friday to Sunday, 10.30am to 12.30pm

Special Porridge apple & cinnamon or nutella	€8.00
Eggs Benedict two poached eggs, panfried ham hock terrine, hollandaise sauce	€13.00
Eggs Florentine two poached eggs, wilted spinach, bollandaise so	€12.00 tuce
Eggs Royale two poached eggs, smoked salmon, hollandaise s	€15.00 auce
Avocado Toast	€14.50

Stacked Pancakes €11.50 bacon & maple syrup or mascarpone chantilly & berries

French Toast brioche, berries, honey or maple syrup

Shakshuka €12.50 eggs poached in aromatic tomato & vegetable sauce, naan bread, baby potatoes

Chicken Teriyaki Waffles belgian waffles, crispy chicken, homemade sweet & sour teriyaki sauce

Pancake Tray (to share) €19.50 bacon, maple syrup, mascarpone chantilly & berries

BUBBLES & BRUNCH Combine one of our delicious brunch dishes* with a bottle of prosecco & jug of refreshing orange juice - €25pp Based on two adults, one bottle prosecco to share *does not include sharing platter



€11.50

€14.50







90 acres of mature wooded parkland and Oysterhaven bay-side walks.
Panoramic views of Kinsale's countryside and rugged coastline from the restaurant.
Children's Playground.

www.kinsalehotelandspa.ie

Tel: 021 4706000



CLONTEAD DRAMA GROUP

CONFUSIONS By Alan Ayckbourn

Wednesday 15th - Saturday 18th November Actons Hotel

Doors Open @ 7.30pm, Curtains up @ 8pm sharp. Tickets €15 on sale from November 6th at Kinsale Tourist Office.

> SPECIAL PRE-SHOW DINNER MENU AVAILABLE by reservation with Actons Hotel

> > Pedestrians, Joggers, Cyclists!

BE SAFE! BE SEEN!

The evenings are drawing in now, so if you are out walking, jogging or cycling in these evenings, please wear a high visibility vest as it allows cars to see you sooner.

f

9 GUARDWELL, KINSALE, CO. CORK / 021 4773595 / www.kennedysopticians.ie Tues to Thur: 9.30am-5.30pm | Fri: 8.30am-5.30pm | Sat: 9.30am-2pm

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Drinks Reception Four Course Festive Meal MC Kevin Murphy Spot Prizes The Ian Hendrick Band & Disco until Late

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2 SESSIONS PER WEEK, 12 TOTAL

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CrossFit

4 WEEK COURSE / 2 CLASSES PER WEEK TUESDAYS 16:30 / THURSDAY 17.30

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COMMENCING 21 NOVEMBER 2023 <|> **€120**

To book a space email info@crossfitkinsale.com



THE GOOD HEALTH CIRCLE

Your directory of practitioners in the community

Email: info@thegoodhealthcircle.ie





Ballinspittle Community Hall Sunday 12th November 12noon - 6pm SUPPORT LOCAL BUSINESSES & CREATORS SUSTAINABLE ART & CRAFT

ENJOY A DAY OUT IN BALLINSPITTLE!

Check out the Winter Fair for original art, craft and more! Enjoy a drink and something to eat in the village, browse the shops, take a walk in Garrettstown woods or pop to nearby Garrettstown beaches. Feeling adventurous? Why not go for a surf or relax with a sauna! There's so much to do! Hassle Free Parking. BOOM!



Rehearsals on Monday evenings 7pm - 8pm.

For further information contact Director Frank Buckley on 086 0893118

Senator Tim Lombard

Bandon Constituency Office open Monday to Friday

Clinics in Kinsale in November

Monday 6th
 Monday 13th
 Monday 20th
 5pm-6pm in Salvi's

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

C 76 South Main St, Bandon O 021 477 3399 C tim.lombard@oir.ie





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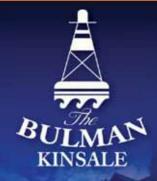
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GAEL



WINTER OPENING HOURS

MONDAY - TUESDAY: 4pm-11.30pm (bar only, kitchen closed)

WEDNESDAY - THURSDAY: 12.30pm-11.30pm Lunch 12:30pm-4pm (Served in the bar) Dinner from 6pm (Served in the restaurant)

FRIDAY - SATURDAY: 12.30pm-12.30am Lunch 12:30pm-4pm (Served in the bar) (Lunch also served in the restaurant on Saturday) Dinner from 6pm (Served in the restaurant)

SUNDAY: 12.30pm - 11pm Lunch 12:30pm-4pm (Served in the bar & restaurant)

LIVE MUSIC Sunday 5th November, 7pm-9pm KING K

OR RESERVATIONS Visit www.thebulman.ie or scan the code!

Kinsale Pottery & Arts Centre



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GIANT CHRISTMAS POTTERY SALE

Huge discounts on all our gallery stock. Hundreds of items at giveaway prices. Proceeds to Cork ARC and Future Kinsale.

Hot Drinks & Mince Pies!

Ballinacurra, Kinsale P17 HE24 www.kinsaleceramics.com

KINSALE AVIATION FESTIVAL

Actons Hotel Saturday November 25th

3.30pm-5.30pm Dinner at 7.30pm

Limited to 130

Presentation only: €15

Presentation + Dinner: €55

This year's theme is "Irish Airlines: Past, Present and Future" and will comprise a lecture and panel conversation about the history of the airline industry in Ireland and its future prospects.

The 2023 Aviation Valour Award will be presented to the No 3 Operations Wing of the Irish Air Corps to honour 60 years of helicopter service which has focussed heavily on aeromedical and search and rescue missions.

Tickets: https://flyingpoet.ie/event/kinsale-aviation



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DENIS BARRY COMMEMORATION WEEKEND

18TH & 19TH NOVEMBER 2023



Marking the centenary of the death of soldier, patriot and sportsman Denis Barry from Riverstick, who died on Hunger Strike in the Curragh Military Hospital in November 1923.

SAT 18th NOV REMEMBERING DENIS BARRY, 1883-1923 Presentation by JJ Hurley

7pm, Riverstick Community Hall

SUN 19th NOV COMMEMORATION CEREMONY Unveiling of Denis Barry Info Board Oration by Dr Gabriel Doherty

Noon, Riverstick Village

Followed by **BLACKROCK V BALLYMARTLE** Commemoration Hurling Match at Riverstick GAA Pitch



Chorcaí

Blackrock National Hurling Club Carraig Dubh



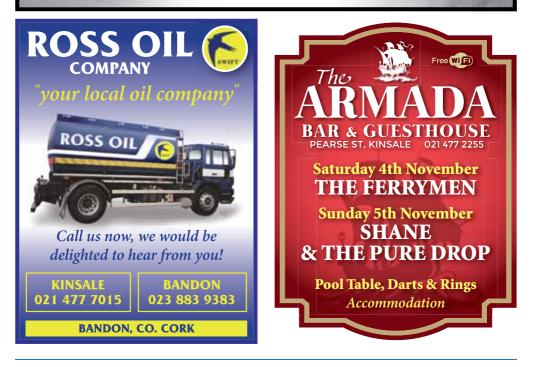
Temperance Hall AGM

Wednesday 22nd November @ 6.30pm

Everyone welcome

NEW COMMITTEE MEMBERS WELCOME

For queries please email: temperancehallkinsale1601@gmail.com



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BUMPER CHRISTMAS/NEW YEAR ISSUE will be published on Thursday 21st December 2023 Deadline for inclusion: Friday 15th December, 12pm





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IT'S BACK! Mary's Baby & Toddler Group

Childcare

TEMPERANCE HALL, P17 FD66 TUESDAY 7th NOVEMBER 9.30am - 11.30am

Have a cuppa & snacks with other parents while you watch your child play & interact.

FOR INFO CALL MARY @ 085 745 9011



FOR RENT F/F 4 BED TOWNHOUSE *located in a quiet residential street in Kinsale town centre.* Everything provided, easy parking.

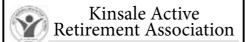
Available 1st November for 5 months, may be possible to extend.

Call 087 6847979





Call 085 232 8519



TUESDAY 7th NOVEMBER TEMPERANCE HALL, 2PM

A representative from Kinsale Hospital will present the new procedures and programs at the hospital.

KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall All welcome www.kinsaleabc.ie





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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 meriful 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. AK



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If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors.

WHAT'S ON in Kinsale & District

THURS 2nd NOVEMBER HAMLETS: Trad Duo, 7pm. STRONGER WITH SIOBHAN: 7.30pm: Stretch & Roll @ Saile. 8.30pm: S&C @ Saile. 087 2771899

FRI 3rd NOVEMBER BLUE HAVEN: Trad Duo, 9.30pm. HAMLETS: Live Music, 9pm. KINSALE LIONS CLUB **30th ANNIVERSARY** BALL: Actons Hotel, 7pm. Formal Wear (Black Tie optional). Tickets €75 pp. www.kinsalelionsonline.com or from the Boathouse Gallery, Kinsale.

SAT 4th NOVEMBER ARMADA: The Ferrymen. **BLUE HAVEN:** Mike O'Riordan. 10pm.

COSY CAFÉ: Cheese Fondue Nights, TIM LOMBARD: from 6.30pm. Fully booked. www.cosvcafe.net HAMLETS: DJ, 9.30pm. STRONGER WITH SIOBHAN: 8am: Bootcamp @ Dock Beach. 087 2771899

SUN 5th NOVEMBER ARMADA: Shane & The Pure Drop. **BLUE HAVEN:** Bought n Sold, 8pm. BULMAN: King K, 7pm-9pm. **KINSALE BAPTIST** CHURCH: Temperance Hall, 11am, 6 Week Functional ST. JOHN THE **BAPTIST CHURCH** CHOIR: Singing at Mass at 12 noon.

MON 6th NOVEMBER **BLUE HAVEN:** Bought n Sold, 8pm. SENATOR Clinic in Salvi's, Kinsale, 5pm-6pm. STRONGER WITH SIOBHAN: 6.15am: S&C via Zoom. 087 2771899 ST. JOHN THE BAPTIST CHURCH CHOIR: Rehearsals, 7pm-8pm. New members welcome. Contact Frank Buckley 086 0893118.

TUES 7th NOVEMBER

BLUE HAVEN: Jorge Kachmari. 8.30pm. CROSSFIT: Bodybuilding Course. 2 sessions per week. Tuesdavs & Thursdavs 07.15 or 18.30. Secure your place now: STRONGER info@crossfitkinsale.com

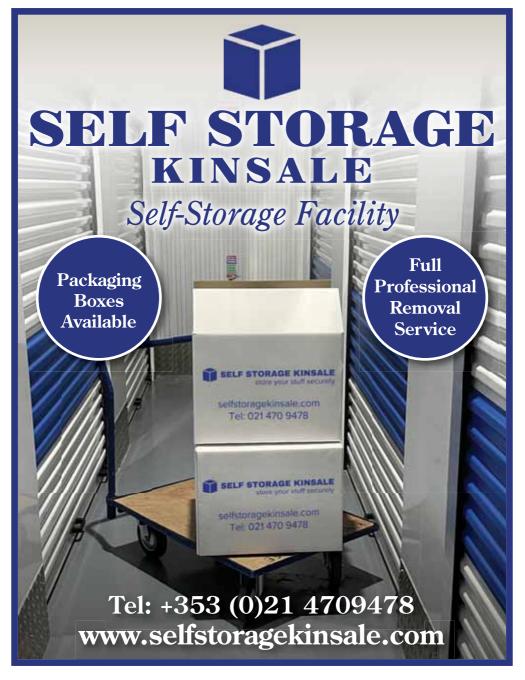
KINSALE ACTIVE RETIREMENT

ASSOCIATION: Temperance Hall, 2pm. A representative from Kinsale Hospital will give a presentation. MARY'S BABY & **TODDLER GROUP** IS BACK: Temperance Hall. 9.30am-11.30am. STRONGER WITH SIOBHAN: 9.30am: Bootcamp @ Dock Beach. 8pm: Lift Heavy @ Madden Park. 087 2771899

WEDS 8th NOVEMBER **BLUE HAVEN:** Mike O'Riordan. 8.30pm.

THURS 9th NOVEMBER HAMLETS: Trad Duo, 7pm. WITH SIOBHAN: 7.30pm: Stretch & Roll @ Saile. 8.30pm: S&C @ Saile. 087 2771899





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