

THE GRAPEVINE

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www.the-grapevine.ie



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The Best FREE Read in
West Cork & South Kerry



Westlodge Hotel
FESTNET RALLY
Bantry
Sunday
29th Oct



**Packed with local news,
photos and information
from your area!**

PATRICK LYNCH Kilgarvan

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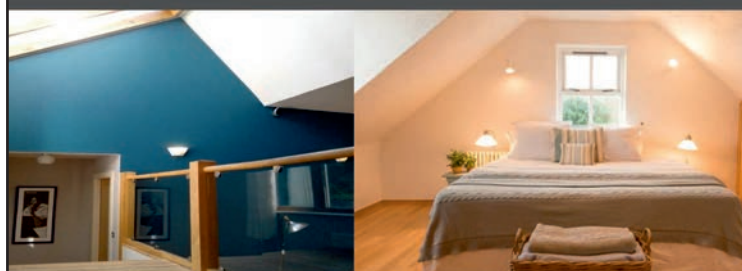
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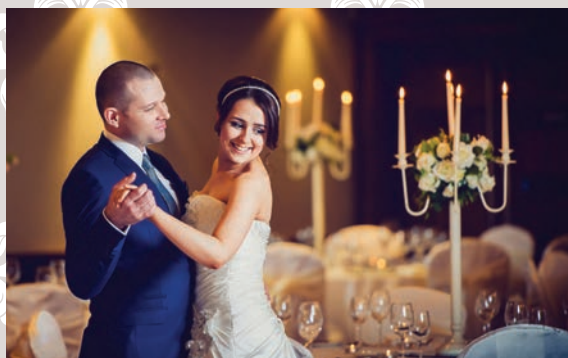
THE MARITIME HOTEL, The Quay, Bantry

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We are delighted to announce the opening of our new Fitness Room at Club Maritime

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	Mon	Tues	Thurs	Fri	Sat
7.00am		Suspension Training	Suspension Training		
10.30am		Step Aerobics	Aqua Aerobics	Aqua Circuits	Kids Swim Lesson <i>Beginner</i>
11.15am					Kids Swim Lesson <i>Advanced</i>
12.30pm	Lunch Time H.I.T.T 30 mins		Lunch Time H.I.T.T 30 mins	Lunch Time H.I.T.T 30 mins	Step Aerobics
4.00pm		Kids Swim Lesson <i>Beginner</i>			
4.45pm		Kids Swim Lesson <i>Advanced</i>			
5.30pm	Teen Fit				
6.00pm				Suspension Training	
7.00pm	Step Aerobics	Suspension Training	Suspension Training		



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EMILY RATAJKOWSKI VISITS CORK ARC CANCER SUPPORT HOUSE IN WEST CORK



International model, actress and regular visitor to Bantry, Emily Ratajowski, was a very welcome visitor to Cork ARC Cancer Support House in Bantry recently. The star of the film, *Gone Girl* and regular model on the catwalks of London, New York and Paris was delighted to see the development of cancer support services in Bantry that provide vital support services for cancer survivors, their family members, carers and friends over such a wide rural area of West Cork and South Kerry.

Emily Ratajowski pictured at Cork ARC Cancer Support House in Bantry with Catriona O'Mahony, Community Cancer Support Co-ordinator



Emily Ratajowski pictured at Cork ARC Cancer Support House in Bantry with left, Claire Spillane, Volunteer & right, Catriona O'Mahony, Community Cancer Support Co-ordinator

BREAKING CHAINS AT THE SKIBBEREEN ARTS FESTIVAL



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Pictured left at the launch of "Breaking Chains", a collaborative photographic exhibition between documentary photographer Eileen O'Leary and musician/singer/songwriter James O'Flynn of The Claddagh Rogues, exploring his journey of addiction, mental health difficulties and recovery:

From left to right in photo Tracey Griffiths, Team Coordinator, WCMHS, Mary Rossiter, Assistant Director of Nursing, WCMHS, Nora M. Edgeworth, Bantry Community Choir, Kevin O Shanahan Specialist Nurse, Arts and Music Mental Health with WCMHS and Artistic Director with Bantry Community Choir and Andrew Caverley, Dromleigh Garden Centre.

COLLINS CALLS FOR ACTION

WEST Cork Independent TD, Deputy Michael Collins has called on the government to put their words into action and tackle the housing and homelessness crisis head on.

As the new session of the Dáil opened Deputy Collins raised the urgent national crisis of housing.

'The housing crisis is not just an issue in my own constituency of Cork South West, but an issue of great national concern,' Deputy Collins said. There are many verbal plans to resolve this crisis, but no physical action – no shovel-ready projects, especially in West Cork.'

With an 81% increase in the number of people who have been forced to look for help due to homelessness Deputy Collins wants to see an urgent plan of action put into operation immediately.

'I have numerous people calling to my constituency clinics every weekend, either after losing their homes or on the verge of such with unscrupulous banks putting families under huge pressure. This stress is adding to the current high levels of poor mental health in our county.'

'During the programme for government talks, I spoke at length of a regeneration programme for small

rural towns and villages and the ability to rebuild said areas that have been decimated by emigration,' Deputy Collins said. Rents are rising at an extraordinary rate throughout many parts of West Cork, where HAP payments and rent allowance are falling far short of what is being sought. As well as this, far too many landlords are refusing to accept HAP, this must be stamped out immediately.'

'Minister, I don't envy your task in trying to turn this crisis around, but if your government fails to listen to the advice of the people on the ground, I fear to think what the future holds for the homeless people in our county,' Deputy Collins concluded.



GLENGARRIFF YOUTH GROUPS WORKING TOGETHER

Glengarriff Youth Theatre group travelled to Dublin in August to support one of their members, Josh Campbell, who was performing with the National Youth Theatre in the Abbey Theatre. Josh was one of sixteen young actors selected from youth theatres around the country to take part in the 2017 National Youth Theatre performance. Glengarriff Youth Club, of which Josh is also a member, donated €450 to the theatre group to help with costs associated with bringing the members to Dublin to see the show. Many of the members of GYTG are also members of the Youth Club.

Glengarriff Youth Club meets on Friday nights in the Community Hall, Glengarriff from 8.30 to 10.30pm, while Glengarriff Youth Theatre Group meets on Monday nights from 7pm to 9pm also in the Hall. The theatre group has a number of performances planned for the coming year, and are currently working with Glengarriff (adult) Theatre Group on this year's Christmas pantomime, "Beauty and the Beast".

Pictured below are, left to right: Deborah Hogan, Glengarriff Youth Theatre, Jane Goss, Glengarriff Youth Club, Josh Campbell, Liz Campbell, Glengarriff Youth Club and Maria O'Sullivan, Glengarriff Youth Theatre.



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BANTRY BAY RUN RAISES A WHOPPING €11,000 FOR LOCAL CHARITIES



Over 645 entrants raised just over €11,000 for the Bantry Hospice, ARC Cancer Support House and other local charities when they partook in The Bay Run last May.

The 2017 programme included a half-marathon and a 10km run. The Bay Run was organised and managed by the team at The Maritime Hotel in Bantry and it is being hailed as a great success by the organisers and participants alike.

"The turn out for this year's Bay Run was fantastic and we are thrilled that so much money has been raised for our local charities," said Jason O'Sullivan, Leisure Manager at The Maritime Hotel. "This is our fourth year running this event and operating it as a charitable company - Bantry Bay Run Ltd - and we are delighted to have generated vital funds for the Bantry Hospice, ARC House and other local services."

"We would like to thank everyone that took part, all the generous sponsors and the volunteers for their hard work and enthusiasm. Thanks also to the local Gardaí and their team."

Following the success of 2017 and based on the excellent feedback received, the organisers are proud to launch the 2018 Bay Run. The 2018 Bay Run will take place on Sunday, 20 May 2018 so as not to compete with other events. A scenic Bay View route will remain in place with the same routes as 2017 for both the Half Marathon and the 10km, allowing participants to beat their own course personal best.

The Bay Run was a true community event with locals turning out in huge numbers both to lend a hand and also to cheer on the participants. The water stations and finish line were manned by Derrycreha National School, Bantry Blues GAA and the Bantry Hospice Committee.

The Bay Run 2017 was proudly sponsored by The Maritime Hotel, Rowa Pharmaceuticals, The Grapevine, Michael Moore's Fruit and Veg, O'Keeffe's SuperValu Bantry, The West Cork People, Cremin's Coaches, Fast.net and Ballygowan.

The Bay Run Earlybird Special is available until the 31st of December 2017 with the Half Marathon only €30 and the 10km only €17. For further information on The Bay Run visit www.bayrun.ie

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CITIZENS INFORMATION ON THE MOVE AROUND WEST CORK

West Cork Citizens Information Service, which is a free and confidential service, helps people to navigate the system and to access their rights and entitlements. Through its offices in Bantry and Macroom as well as weekly outreach clinics in **Dunmanway, Clonakilty, and Bandon**, the CIS staff provide information and advice on a wide range of issues including social welfare entitlements, employment rights, housing issues and family matters.

In order to make the service as accessible as possible, Citizens Information will have its Mobile information Unit in the following locations during October:

Ballineen/Enniskeane on Tuesday 3rd of October,
Skibbereen on Wednesday 4th & Thursday 5th October,
Dunmanway on Friday 6th of October,
Clonakilty Monday 9th to Friday

13th of October, and
Bandon Monday 16th to Thursday 19th of October. Opened from 10am – 4pm Daily.

In addition, the service regularly visits community groups around West Cork to give information talks on a range of topics, and holds weekly outreaches in Dunmanway, Clonakilty and Bandon.

The increasing demands on the service means that West Cork Citizens Information Service welcomes applications from locally based people who have 6 hours a week free and are available to train as volunteer Information Providers with the service.

Further information about the service and the locations of the Mobile Information Unit is available from:

Bantry Address:
Wolfe Tone Square, Bantry, Co. Cork.

Weekly outreach, in Clonakilty, Bandon, and Dunmanway.

Macroom Address:
South Square, Macroom Co. Cork
Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.

West Cork Helpline: 0761078390



Community Garda Brigid Hartnett on keeping us and our property safe this October

Hello readers,

It was really lovely to meet so many of you at the Bantry Show. Despite the poor weather of the previous day the Show went off successfully. Thank you to everyone that came over to the Garda stand and spoke with us and asked many interesting questions.

On the day we distributed over 200 Crime Prevention Packs. The packs contain vital security measures for home owners to consider. The packs also contain a UV marker (ultraviolet pen). These pens are available in stationery stores and online. The ink is invisible to the eye under normal light. By writing your eircode on all your possessions from lap tops to ornaments around your home you are providing an extra security measure. Eircode is unique to your home. Any item stolen can be checked by Gardai using a UV lamp and returned to their rightful owner.

Property Marking - What's the point?

Property marking cannot stop a theft from occurring. But it is one of the best deterrents to criminals. Property marking is recognised as a major factor in discouraging and detecting crime. Most criminals ignore marked property. This is because they are exposed to higher risks and selling the items is far more difficult.



What are the benefits?

Each year Gardai auction off thousands of unmarked property items which were either lost or stolen. If these goods had been marked by the owners it would be possible for Gardai to return the items. This in turn would reduce the payouts made by insurance companies. There is also the added advantage that marked property would increase prosecution rates where items are stolen.

We recommend people keep a list of their marked property, including serial numbers, make and model and a photograph of the item. All property can be recorded in the Garda Síochána Register log book which is available to download for free on the Garda webpage.

What to mark?

All valuable items can be marked including the following; laptops/iPods, phones, TVs and accessories, sports equipment, gardening equipment, antiques, bikes and motor bikes.

Stayin Alive at 1.5

This new initiative is a way of raising awareness among drivers of vulnerable road users and making the roads safer for cyclists. It is important to give time and space to cyclists on the road. The initiative is about saving lives and preventing serious injury. Safety will come through better road designs, traffic enforcement and modifying both drivers and cyclists behaviour in each other's presence.

The Stayin Alive at 1.5 development is helping to challenge the assumption that cars have more rights on the road. With cycling the fastest and biggest growing sport in Ireland we must create a more cycle-friendly culture on our roads.

We shall be distributing lots of the 1.5 metres stickers in the coming weeks to endorse this important message.

Halloween Safety Tips

It is a scary time of the year but An Garda Síochána is urging parents to take precautions to prevent any frightening accidents at Halloween.

• Ensure your children to not go "trick or Treating" alone. Ensure an adult or responsible person is present.

• Ensure costumes are flame resistant and have the CE mark, similarly that toys are suitable and safe for use.

• Make sure children wear reflective clothing when out and about or a good idea that I have seen some parents use is to carry a glow stick around. Be safe be seen!

• Children should be reminded to only enter houses with their parents' permission.

• Report any suspicious incident as soon as possible.

Halloween can be a difficult time for your dog between the noise and strange faces and costumes. The best advised action is to keep your dog indoors from early evening on the 31st

Until next month remain safe,

Brigid Hartnett,
Community Garda Bantry
Contact: Brigid.m.Hartnett@garda.ie

PROPERTY MARKING | UV PEN

STEP 1: Create a Special Code
Consider using your Eircode to mark your property. This postcode is unique to your home address and can be easily looked up online by you, and the Garda in the case of recovery of lost or stolen items.
For Example: D08 HX3X
If you enter this postcode into the Eircode Finder it will return the address of "Garda Headquarters".

STEP 2: Mark Your Property
It is best to mark your property near the serial number. If your property does not have a serial number the best place is the top right hand corner, on the back.
Please keep in mind that UV ink fades in time and will need to be reapplied, especially if kept in sunlight or handled regularly.
Some items that you should mark include:
✓ TV
✓ Camera
✓ Appliances
✓ Jewellery
✓ Game Consoles
✓ Smartphones
✓ Tools

STEP 3: Property Register
Also known as an inventory list, property registers are the perfect addition to property marking.
Lists are available on the Garda website at www.garda.ie. This list should be kept in a safe place and copies should be sent to your insurance company.
For items unsuitable for UV marking, such as jewellery, photographs should be taken and stored with your property register.

HOUSEHOLD PROPERTY REGISTER

As part of your home security, it is important to keep an accurate record of your property in a safe place.

This can help An Garda Síochána to:

- identify and return lost or stolen property to their owners
- prevent and detect crime
- assist with criminal investigations

It is important to also photograph your valuables, including jewellery and paintings.

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THANK EWE !

Thanks to all who tossed a coin and made a wish this season in the 'Wish-U-Well' at The Ewe Experience in Glengarriff.

An amazing total of €512 was collected. This money has now been donated by Sheena Wood to Pieta House Suicide Prevention in Cork.

Pictured left: The funds are collected from Sheena by Denis, from DHL. DHL are a charity partner of Pieta House.



Congratulations to..... Twins Rob & Chiara Mc Carthy from Gurteenroe Bantry, who celebrated their christening recently & will be 1 on November 1st.



Westlodge Hotel FASTNET RALLY

Sunday 29th October



Westlodge Hotel
Bantry | West Cork

Rally Launch Sat 28th at 7pm

Bantry Town Square,
Rally Cars, Music, Games & more for all the family!



www.skibbdcc.com

Westlodge Hotel
FASTNET RALLY 2017

FASTNET 2017

Keep The Race In Its Place

TRITON

PlasticBags.ie

The 2017 Fastnet Rally, supported by main sponsors **The Westlodge Hotel** and **Bantry Development and Tourism Association** will take place on **Sunday the 29th of October.**

This year the event is the final round of the Triton Showers National Rally Championship, the final round of The PlasticBags.ie Southern 4 Rally Championship and a round of the S.D.C.C. Championship kindly sponsored by Carbery Plastics. The rally will comprise of eight stages and will run two stages, three times and one stage twice. The rally will see hundreds of competitors, crews and spectators travel from all over Ireland to Bantry this October Bank Holiday and gives a huge boost to local trade at this otherwise quieter time of the year.

The annual **Family Friendly Launch Night** will be on **Saturday 28th of October from 7pm at Bantry Town Square** where many of the competing rally cars and competitors will invite locals to come see the cars with music and games to keep all the family entertained!

Ginjaninja Banners

New Business Starting In Bantry This Winter

www.ginjaninja.ie

SEAVIEW HOUSE HOTEL

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Céim ar Chéim

Oíche Oscailte Open Night

Scoil Mhuire, Béal Átha'n Ghaorthaidh

Déardaoín, 5ú Deireadh Fómhair 4:30-6:00i.n.

Thursday, 5th October 4:30-6:00pm

Óráid an Phríomhoide @ 5:30 i.n.

Principal's Address @ 5:30pm

Fáilte Romhaibh

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Daltaí Bl. 1,2 & 5 Ó Scoil Mhuire ag Treodóireacht sa Ghúgán

Chuaigh daltaí bliain a haon, agus a meantóirí ó Bliain 2 agus Bliain a 5 go Guagán Barra i mbun treodóireachta ar an gCéadaoin an 9ú lá de Mhí na Samhna. Chuadar timpeall an óstáin, an tséipéil agus an oileáin ag lorg códanna chun an chomórtais a bhuachaint. Bhaineadar an-spórt as an lá.

Question

I will need to take time out from work to provide full-time care for my father. What is available for people in my situation?

Answer

There are several entitlements available to you. In order for you to qualify, the person you are caring for (your father) must be in need of full-time care and attention.

If you are working at present and will be taking time off to care, you may be eligible for carer's leave of up to 2 years. You must have worked for your employer for a continuous period of 12 months to qualify for this leave.

While you are on carer's leave, you are entitled to get credited social insurance contributions to maintain your PRSI record.

You are entitled to annual leave and public holidays in respect of the first 13 weeks of carer's leave. Your employer cannot dismiss you or victimise you for exercising your right to carer's leave.

You may also be entitled to Carer's Benefit from the Department of Employment Affairs and Social Protection, if you have enough PRSI contributions to qualify.

If you do not qualify for Carer's Benefit, you may qualify for a means-tested Carer's Allowance. If you get Carer's Allowance, you may be entitled to a Free Travel Pass. If you live with the person you are caring for, you may also qualify for the Household Benefits Package.

There is also an annual Carer's Support Grant of €1,700, formerly known as the Respite Care Grant, which is paid to full-time carers in June each year. Even if you are not getting any other social welfare payment, you can qualify for this grant if you fulfil the conditions.

West Cork Citizens Information Service and West Cork Carer's Support Group have produced a Carers Information Pack which offers very comprehensive information on supports for Carers in West Cork. Copies of the pack, which is free, are available from your local Citizens Information Centre or from West Cork Carers Support Group in Bantry.

Question

I have been recommended to get a flu vaccination. Can I get it for free?

Answer

Influenza, usually known as the flu, is highly infectious and anyone can

get it. However some groups are at greater risk of complications if they get the flu. This includes people over the age of 65, pregnant women and people who have a chronic medical condition.

The flu vaccine can help protect you from getting the flu. The flu virus changes every year and this is why there is a new vaccine each year. Vaccination is strongly recommended if you:

- Are aged 65 and over
- Have a long-term medical condition such as diabetes, heart, kidney, liver, lung or neurological disease
- Have an impaired immune system due to disease or treatment
- Have a body mass index (BMI) over 40
- Are pregnant
- Live in a nursing home or other long-stay institution
- Are a carer or a healthcare worker
- Have regular contact with poultry, water fowl or pigs

You can get the vaccine from your GP (family doctor) or pharmacist. Children can get the vaccine from a GP.

The vaccine itself is free of charge if you are in one of the recommended groups.

However, doctors and pharmacists may charge a consultation fee when they give you the vaccine.

If you have a medical card or GP visit card, you can get the vaccine without being charged a consultation fee.

Further information is available from the Citizens Information Service below.

Know Your Rights has been compiled by West Cork Citizens Information Service which provides a free and confidential service to the public.

Banty Address: Wolfe Tone Square, Bantry, Co. Cork.
Weekly outreach, in Clonakilty, Bandon, and Dunmanway.
Macroom Address: South Square, Macroom Co. Cork

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000. West Cork Helpline: 0761 078390



Citizens Information

West Cork Citizens Information Service will have its **Mobile Information Unit** in the following locations providing:

Information & Advice on Rights & Entitlements

Tuesday 3rd Oct	Ballineen/Enniskeane (Car Park near Church)	10am – 4pm
Wednesday 4 th & Thursday 5 th Oct	Skibbereen (Car Park behind Fields)	10am-4pm each day
Friday 6 th Oct	Dunmanway (Town Square)	10am-4pm
Monday 9 th to Friday 13 th Oct	Clonakilty (Church Car Park, across from Post Office)	10am-4pm each day
Monday 16 th to Thursday 19 th Oct	Bandon (Riverview SC Car Park)	10am – 4pm each day

This service is free & confidential. No appointment needed

West Cork Help-line: 0761 07 8390

National Helpline: 0761 07 4000

Web: www.citizensinformation.ie



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ELLEN HUTCHINS FESTIVAL AT FUTURE FORESTS

The magical wooden building at Future Forests, Kealkil was the venue for a wonderful series of activities one afternoon in August and a small permanent legacy from the day remains there to be seen and enjoyed by all those visiting the plant nursery this Autumn.

In a collaboration between the Ellen Hutchins Festival and the Masters of Tradition, well known traditional musicians Mick O'Brien (uilleann pipes) and Caoimhin O Raghallaigh (fiddle) (pictured right) played while award-winning botanical artist, Shevaun Doherty, gave a live demonstration, and members of the Hutchins family were present with a Pop Up exhibition of archives including Ellen's letters to her brothers about her botanising.

Ellen's letters to her brothers and to botanists are the main sources of information about her. As a young woman, Ellen Hutchins spent eight years, from 1805 to 1813, studying plants (including seaweeds, mosses and lichens) close to her home in Ballylickey, and she found many that were new to science, some of which are named after her. Ellen preserved them as specimens (dried plants on paper) and sent them to botanists in Dublin and the UK.



When frustrated at how one particular seaweed lost its shape and colour when dried, she did a watercolour painting of it to show how it looked 'when fresh'. Ellen proved to have great talent as a botanical artist as well as the skills needed for a botanist.

Ellen also lived in a great place for botany. Bantry Bay is one of the best places in the world for marine botany and the valleys, woods and mountains around the bay



host the most amazing range of native plants.

The annual Ellen Hutchins Festival celebrates local heritage and culture through Ellen's story, with a focus on botany and botanical art. The Festival will be back in August 2018 (18th to 26th) with a series of practical outdoor sessions, workshops, walks, talks and exhibitions and something special will be happening at Future Forests again.

In the meantime, there is a small display cabinet (pictured left) and information panel about Ellen Hutchins in the wonderful wooden building at Future Forests, showing photographs of a few of the plants she found, two of her specimens of seaweeds, of a lichen foray during the first Festival in 2015, and archives illustrating her gardening and the Hutchins family's botanical connections. See the website ellenhutchins.com for more on Ellen's story and the plants she called her 'Treasures'.

CAN YOU HANDLE TRIPLE THE TERROR?

~ *The Nightmare Realm, Ireland's most terrifying*

*Halloween scare house, returns this October ~
~ 3 haunts for the price of 1, new zombie shoot,
apocalypse and entertainment zone ~*

The Nightmare Realm, Ireland's most terrifying walk-through Halloween scare experience, is back this October in a new massive location on Kennedy Quay and it will be more petrifying than ever before.

There will be triple the terror with three different spine tingling haunts, zombie shoot paintballing, and an Apocalypse entertainment zone, where there will be plenty of opportunities to take selfies with creatures of the Realm.

CORK HAUNTS WILL INCLUDE:

The Realm Slaughterhouse

The Realm Slaughterhouse has been producing fine quality meats for generations. Mad cow disease didn't affect any of our produce.... unfortunately we can't the same for some of our staff. On your tour of our factory please keep your hands clear of the meat grinder unless you want to be part of our mystery meat burgers. Our Pig Butchers keep the sharpest of knives!

Chops Carnevil

Roll up, Roll up see these freaks in all their glory! Meet the lizard boy and the half bird man. Our clowns will keep you entertained all night, they may even follow you home - that's if you make it out alive. Don't ask what happened to Jiggles nose, remember kids, it's not nice to stare. Get your fortune told and have a run around our Big Top, we may even keep you as one of our acts.

Torrence Manor

Torrence Manor has long been rumored to be haunted. The Manor has changed ownership over the years - it was once a stately home of a tyrant landlord and then it was turned into an orphanage for demonic children. The Manor currently employs nurses to sedate the inhabitants that roam the dark corridors of this imposing building. Children's nursery rhymes can be heard at night and visitors often find themselves being lured to a whisper beyond a mirror. It is said if you stay long enough, the crooked man will hunt you down.

Zombie Shoot

Practice your target skills while shooting zombies with paintballs!

Charles Army of the Dead

Charlie has hired his own apocalypse army who roam the zones outside of the haunts. This slightly misguided army wants to enlist you to join in the fight for an independent Nightmare Realm State! If you're not with us, you're against us - long live Charlie chop!

The Nightmare Realm has carved out a notorious reputation as Ireland's premiere scare attraction by pushing the boundaries of sanity and mastering the artistry of fear.

Warning! This is not your typical (boo) haunted house - there are no ghosts and goblins. This is an audience participation event in which YOU will live your own Horror Movie. The interactive sets, vivid special effects and live creatures of the damned prey on your deepest darkest fears and bring your nightmares to life.

Those brave enough to venture into the Realm are advised to keep their wits about them as danger lurks in every shadow. It's a thrilling experience for all horror enthusiasts and Halloween fans, and you

will even spot references, characters and moments from iconic classic horror films along the way.

Commenting Director of The Nightmare Realm said, "We will test you to your very core. We push people outside their comfort zone, challenge their expectations, and scare the hell out of them! If you pee in your pants, we don't care."

The Nightmare Realm has been running in Cork for 9 years and this is the second year in Dublin - the sickening and twisted interactive experience has already terrified more than 250,000 souls.

Scream, laugh or pee your pants, this will be a complete adrenaline rush and not for the faint hearted! This really is the stuff of nightmares.

Scared? You should be. But think of the bragging rights you'll earn when you've faced down the fear and survived!

The Nightmare Realm takes place at a new venue on Kennedy Quay (across from Goldbergs Bar) from 6 October to 5 November. For more information, tickets and the best rates see www.thenightmarerealm.ie or social media #NightmareRealm. **Strictly over 13s.**

Cork Box Office prices

Peak: Fast Pass €26 | Adult €21 | Student €18
Off-peak: Fast Pass €24 | Adult €19 | Student €16

Cork Online prices (best price)

Peak: Fast Pass €24 | Adult €19 | Student €16
Off-peak: Fast Pass €22 | Adult €17 | Student €15

* Best rates available online. Please note there is a booking fee of €1 per person up to a maximum of €5 per booking.



20 OCT Ballinard Gigs near Baltimore (donations, 8pm)
Contact Jim on 0862433126 for more information.

21 OCT The Mariner, Bantry (free entry, 10pm)

22 OCT Levis', Ballydehob (donations, 8pm)

Drawing on narratives from curious everyday occurrences, global politics and folk legends, the Rubber Wellies multi-lingual performances are a mix of musical story-telling, good-time sing-alongs and fun-filled crowd participation that flip between poignant introspection and carefree raucousness which they have been bringing to audiences all over the world for almost a decade. Original, entertaining and thought provoking, The Rubber Wellies are a travelling folk outfit like few others.

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OCTOBER 2ND 2017
WEST LODGE HOTEL, BANTRY
11AM - 2PM

Sheila Lacey - Lactation Consultant

Cork Kerry Community Healthcare

West Cork Choral Singers
perform
"THE CREATION"
by Haydn
(sung in English)
with Guest Soloists,
Soprano- Deirdre Moynihan,
Tenor - Ryan Morgan and
Bass - Jeffrey Ledwidge
under the Musical Direction of
Diana Llewellyn
and
Accompanist Pianists - Annabel
Adams & Antoinette Baker -
Sunday 8 October 2017 - 8 p.m.
Abbeystrewery Church
Skibbereen. Admission €15 -
tickets available at Thornhill
Electrical, Main Street,
Skibbereen also available at the
Door.

**The Rowing Club
AGM will be held
on the 23rd of
October next at
8pm in Bantry
Rowing Club, all
welcome.**

**The AGM of Schull Drama
Club will be held on
Wednesday 11th October at
8pm in Newman's Pub.
Please spread the word -
everyone welcome!**

B.A.R.A.
(Bantry Active Retirement Association)

The committee of Bantry Active Retirement Association wish to sincerely thank everyone who contributed to their recently held Church gate collection at Bantry, Coomhola, and Kealkil. We would also like to thank the members who helped with the collection.
The sum of €1567 was collected which will support the activities during next year.



West Cork Living-Room Concerts

Music and Dessert

Ahabeg Vista, near Castletownbere

October 15th

White Horse Guitar Club

with David Syme
(€25 Admission)

December 17th

Liam O'Connor with

David Syme

(€25 Admission)

October 1st & 29th

David Syme Piano Solo

(€20 Admission)

Sundays at 3pm



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West Cork Feel Good
PRESENTS

Live Life and Sing

Bantry Community Choir & friends
Very Special Guest: John Spillane
The Claddagh Rogues, Muintir Bhaire Men's Choir, Bantry Folk Group & more

The Maritime Hotel, Bantry
Saturday 14th October 2017 8pm

Free event - Donations welcome

Bantry community choir

Supported by HSE and local partners to World Mental Health week 2017

Coláiste Pobail Bheanntaí

Adult Night Classes commence
Tuesday 3rd and Thursday 5th October.
See www.colasitepobailbheanntai.com
for full list of
courses available and
course content details.
To enrol email
adulteducationcpb@gmail.com.

School NEWS

Our schools are all back in action for the autumn/winter term and are already very busy judging by the number of reports and photographs we received for this month's issue! If you would like to share your school's news with us, email liz@the-grapevine.ie. While we can't promise to print everything we receive we do our best!



Coomhola School News

Our sixteen new Junior Infants have settled in well with Miss Shine and are enjoying their first days in primary school. We wish them well as they grow with us over the next eight years.

"Walk on Wednesday" has resumed meeting at Coomhola Bridge at 9'O clock. Weekly G.A.A. coaching sessions with John Paul have resumed on Tuesday afternoons. All of our boys and girls from infants to sixth class take part.

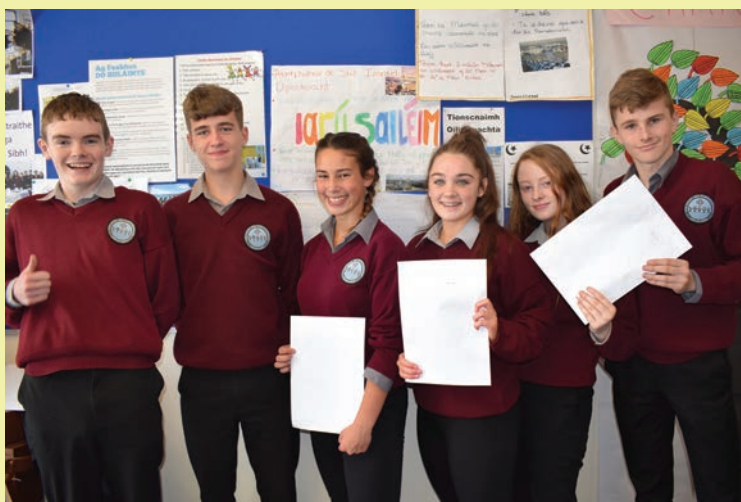
SCOIL MHUIRE BALLINGEARY



Top Left: Maidin Caifé i Scoil Mhuire ar son Óispís Marymount.

Déirigh le daltaí na scoile €250 a bhailliú ar son carthanacht Óispís Marymount an Déardaoín seo chaite. Dhein daltaí BL2 & 6 cistí & brioscaí blasta a bhácaíl don ócáid agus bhí cupán tae nú caife ag pobal na scoile i rith am sosa

Top right and bottom: Lucht na cúigiú bliana an sásta ar fad le Torthaí na Sraithe Sóisearaí



CAPPABUE NATIONAL SCHOOL

Cappabue NS is very proud to be involved in the art project for the new mobile library bus. Almost 500 entries were received, and we were delighted that artwork by five of our pupils, pictured below, was selected to be displayed on the bus!



From left to right Derry Ó Tuama, Páidí Ó hArgáin, Oisín O' Connor, Niall Houlihan and Chloe McCarthy with the Lord Mayor of Cork County Declan Hurley at the launch of the new mobile library in Dunmanway on September 2nd.



Bhí seisiún ceoil againn le Nell Ní Chróinín an t-amhránaí cáiliúil ó Bhéal Átha'n Ghaorthaidh, aintín le Doireann Ní Chríodáin i rang na naíonáin. Mhúin sí dhá amhráin dúinn, Bhain gach duine an taitneamh as. Go raibh míle maith agat Nell

DERRYCREHA NS

Pictured below our new junior infants, Isak O' Flynn, Sophie McCarthy and Charlie Allen (pictured left) and our new family, Sophie, Isak and Chloe O'Flynn. They have taken to school like ducks to water! We welcome them and wish them every happiness in their new school. Anna O'Sullivan, Principal and Angela Cronin her co-pilot, along with Heather the secretary/cleaner look forward to a happy, fun filled and healthy school year 2017/2018



ST BRENDAN'S N.S.

St Brendan's NS would like to welcome our two new Junior Infants, Max and Morgan, to school. They have got off to a great start, making lots of new friends and enthusiastically participating in all the activities! We would also like to welcome Mrs Melanie O'Sullivan as a permanent member of staff. The children are delighted as Mrs O'Sullivan specialises in Music and Drama and so the pupils are benefiting from daily lessons incorporating Creative Arts. We have lots of exciting, educational things lined up this term including taking part in the Food Dudes programme which encourages healthy eating. We are also continuing our Active Flag programme and hope to achieve it as soon as possible. We are looking forward to our Science day at school coming up shortly- we will be participating in chemistry workshops and doing lots of experiments.



The bigger children help the younger ones build a house during wet play in the school hall

encouraged as can be seen in the Junior room's "Caterpillar hotel" which they designed and set up during break time. We would like to wish everyone a great first term - the children are already looking forward to Halloween, we will update you in this regard in the next issue!

St Brendan's is a small school where individual attention is paramount and we strive to help each child to reach their full potential. Imaginative play is



The Caterpillar hotel

RUSSNACAHARA NS



Charlie Tobin and Holly Arundel, pupils of Russnacahara N.S. Ahakista, whose pictures were some of those chosen for the new West Cork Mobile Library.



BURNOUT IS REAL!

Psychotherapist Caroline Crotty tells us how to recognize the symptoms

A friend of mine recently said she felt like her head was so full, it felt empty. That is a warning sign of burnout i.e. feeling overwhelmed with an inability to take in new information.

Burnout is real. It is not simply feeling tired or having a bad day and it's not enough just to take a few days annual leave to recover and recharge the batteries.

Burnout doesn't happen overnight – there can be a slow build up with several warning signs. Things to watch out for are feeling exhausted and drained (mentally and physically), having a feeling of dread, not falling asleep quickly or having an interrupted night's sleep; forgetfulness, nausea, fuzzy head, not being able to focus or concentrate; everything that you would associate with stress you can associate with burnout like headaches, heart palpitations, quickened breath, feeling dizzy or disoriented or maybe even fainting; fighting infections (illnesses) more often because your system is depleted, being on edge and snappy, feeling guilty when there is no need, feeling trapped and begrudging your employers because you feel

overextended.

Burnout is a state of emotional, mental and physical exhaustion. It is caused by prolonged, chronic and excessive stress. Burnout can result in a loss of energy, motivation or enthusiasm, feeling overwhelmed, useless, cynical, detached or resentful, emotionally or physically drained and unable to undertake usual tasks or having zero sense of accomplishment. It is hard to feel good about yourself if you're heading towards burnout or if you are in it and thus our emotional health suffers. When someone says to you that you need to take it easy or you'll burnout – pay attention!

Common Work Stressors include being micromanaged with little control or little supervision with no supports; changes including new staff or systems; working crazy hours without downtime; difficult colleagues or customers; impossible deadlines; working outdoors in bad weather or heavy lifting can all take their toll on our stress levels.

Now that you know that burnout is, how do you take steps to avoid it? Firstly, pay attention to your body and to what it is trying to tell you e.g. taut muscles, cloudy head, headaches etc. Don't leave it until it is too late to take preventative action! Start by setting **boundaries** for your wellbeing. **Make**

Caroline Crotty B.Soc.Sc. M.A.
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 (Dr Denis Cotter & Dr Joan Lynch's Surgery)
 Clinic also at 23 Sullivan's Quay, Cork City
 To Discuss How Therapy May Benefit You
Tel: 087 710 7032
www.carolinecrotty.ie

time for friends, family and you. **Exercise.** Think about how far you have come. Learn how to control your **breath** www.carolinecrotty.ie/calm-breathing Spend time in nature every day. Consider your options. Take up a **hobby.** Tell a trusted friend or a healthcare professional how you are feeling. Having someone to listen will give perspective and help you plan how to tackle and resolve your issues. Take regular breaks. Good quality, sufficient **sleep** helps you think clearly and is beneficial for your health and wellbeing.

Caroline Crotty B.Soc.Sc. M.A. (Counselling & Psychotherapy) works with adults and adolescents at Dr Denis Cotter & Dr Joan Lynch's

Surgery in Newtown, Bantry. In Cork City Caroline is based at www.thenaturalclinic.ie and provides wellness workshops, training and talks. Contact Caroline 0877 107 032 or www.carolinecrotty.ie



NEW BEGINNINGS

by Amanda Roe, Hypnotherapist
How do you know when enough is enough?

Have you ever heard of the saying 'Better the devil you know than the devil you don't!' For many just keeping the equilibrium is the most important thing. Energy levels are low and focusing day to day is the only thing that's possible right now.

For others it might be the fact that their deep feeling of overwhelming, sadness or anger runs in their family so they have resigned themselves to always feeling that way.

For myself it wasn't until I came out the other end of postnatal depression that I realised how bad it had been.

It is normal to feel emotions like guilt, sadness, grief, anger, embarrassment, but when these feelings overwhelm or turn into shame, rage, fear, depression or anxiety it's time to look for help.

Finding balance in your life is important for restoring energy levels,

for thinking more clearly and emotional equilibrium. Life should not have to be desperate before you make the change.

Imagine stress (or emotional overload) as the heat under a saucepan of milk if you keep adding to the heat the milk will eventually boil and overflow but if you pay attention, when the milk is simmering or at the desired temperature you can turn down the heat, or turn off the stove.

When you identify that your stress or emotional levels have moved from healthy motivational stress to an emotional overload. When you find yourself short tempered and saying things you regret later then it's time to seek some help.

What would life be like without your current issue? Take some time now and imagine how your life would be different or what would no longer be happening in your life.

What will having your issue gone mean to you?

Now ask yourself what is stopping you?

Hypnotherapy is a short term therapy that helps you to work through and understand your current life journey

and disconnect over whelming emotions so you can learn from your past and plan for the future, increasing confidence and motivation so you feel in control.

If you prefer NOT to talk about the details of past events then as a Psy Tap practitioner we can work together to release or disconnect the charge of past emotions so you can think clearly and memories are no longer charged with emotion.

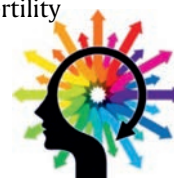
For more information, a free telephone consultation or to book an appointment in Skibbereen or Kinsale, call Amanda Roe on 087 6331898.



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- ➔ Weight Loss
- ➔ Hypnobirthing



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Call Amanda: 087 633 1898

NATIONAL LEARNING NETWORK FOCUS PROGRAMME (CLONAKILTY): OFFERING YOU A NEW DIRECTION

Minister Jim Daly visited the National Learning Network Programme, Clonakilty, on Monday Sept 11th to lend his support to this innovative rehabilitative programme which supports people with mental health difficulties. A 12 month programme, which is due to begin October 2nd, offers a training programme which is person-centred, and geared towards supporting people in their wellness and recovery, through a variety of centre-based and community activities. Funded by the HSE, we can offer a training allowance to students of €31.80 a week (which will not affect any social welfare payments).

It is not a programme where you necessarily are under the care of a GP or mental health team in helping your recovery. Neither do you need to be on medication. If you feel your wellbeing is being affected because you feel isolated, that you find it difficult to integrate socially, that you are very

down, anxious, needing support in trying to establish a routine amongst peers, perhaps this programme is for you?

We are based near the Supervalu complex in Clonakilty, entrance to the right of the PTSB bank, second floor, which is also accessible by lift.

Call in to find out more; give us a ring or ask your GP or mental health team, if you are under their care.

Minister Daly made a huge impact on the audience regarding his huge awareness of the mental health issues people face and the need for programmes like Focus to help people know they are not alone. He spoke so eloquently about looking for the "light bulb" moment and how it can happen at anytime to help you source your direction in life. Perhaps Focus could offer you just that?

Give us a call: 087 2316919. Mon-Fri 9-5

Below from left:

Elva Barron Instructor; Lee Cole Instructor, Professor Smyth, Executive Clinical Director, Cork Mental Health Services; Minister Jim Daly, T.D.; Dr. Fiona Brennan, Area Manager; Toufik Messabih, Rehabilitation Officer, Mary Russell Instructor.



Markus Hohmann

(MIAHIP, Reg. ICP, ECP)

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Glengarriff Rd.,
Bantry

Counselling & Psychotherapy

Trauma-specific Treatments & Recovery

email: info@markushohmann.ie

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Below is an extract from an essay written by one of the students who recently completed the Focus Programme with National Learning Network.

HAPPINESS – TAKE BACK THE CHOICE

Happiness is one topic which is continuously touched on at Focus. Researching happiness is fascinating. Happiness is much more than simply a positive mood. It is a state of well-being. As an emotion, happiness differs from thoughts, failing to remain entirely in the brain. This is true for all emotions but happiness is the only one which has the power to fill the entire body. In fact happiness has such an influence on our bodies that it can change our genetic codes. Studies show that individuals with higher levels of happiness also exhibit a higher level of antibody and antiviral genes.

Happiness has been studied for decades and is still being studied. It is amazing that peoples levels of happiness have not changed from what they were 60 years ago. This could be due to the fact our lives today are so hectic that we forget to make time for our own happiness. Happiness has become something we continually postpone. Think about it, how many times have you said to yourself 'I'll be happy when I get this finished' or 'I've too much to do I can't be happy right now, I'll be happy when I'm done'. Without realizing it we repeatedly take rain checks on our own happiness. One of the most beneficial things I have learned through the National Learning Network is that happiness is a choice.

If being happy is broken down to simply making a decision – then make it. When you wake in the morning remind yourself that happiness is a choice. Tell yourself that today you are going to choose to be happy. No matter what difficulties you are experiencing, what hardships have occurred, what worries you feel for the day ahead, none of these factors can take your choice of happiness away. It is funny to think that we have forgotten that we have control over your emotions. Taking this control back is somewhat empowering. It's as if you can look at the word and laugh knowing that whatever it throws your way you will still be happy.

Choosing to be happy is the first step. There are simple actions you can incorporate into your daily life which are proven to increase happiness and pleasure.

.....From the above list it is clear that happiness is not as complicated as it seems. When you break it down it is a simple choice. Remember that you control your own happiness. Do not forget how such simple things can hold happiness. One quote which I feel capture the simplicity of happiness as wrote by Thich Nhat Hanh. He wrote: 'Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy'. To sum it all up, happiness is a choice so what are you waiting for? – make it.



Bereavement Information Evening

Venue: The Clayton Hotel, Silver Springs, Tivoli, Cork
Date: Wednesday, October 4th 2017
Time: 7.30pm – 9.30pm (Registration from 7:15pm)

Anam Cara, the all-Ireland organisation providing support services to bereaved parents and families, is hosting a Bereavement Information Evening in Cork. This event gives parents an opportunity to hear an **experienced bereavement professional** talk about the many challenges their family may face after the death of a son or daughter.

Please note this event is open **to all bereaved parents**, regardless of the age of their child or the circumstances of their death.

If you have attended a previous Bereavement Information Evening, we would encourage you to come again because **each time you will hear something** that will help you along the difficult and challenging journey of grief. There will also be time after the talk to interact with other bereaved parents.

Details for the upcoming Bereavement Talk on Wednesday 4th October:

Guest Speaker: Peter McCartan

Peter is a Professional qualified Senior Medical Social Worker and Registered Systemic Family Therapist.

This talk will cover:

- The complex issues grieving parents must face when they have experienced the death of their child, highlighting what is normal in this process.
- The gender differences in facing such a loss will be explored to give an understanding for both parents of their differing worldviews.
- It will highlight the milestones on the journey through this unique grief and the small supports that can make the journey a little easier.
- Various types of loss, whether expected or sudden, will also be discussed to understand their impact on grieving parents, their families and the deceased child's siblings.

Anam Cara provides a range of support services for bereaved parents which include a comprehensive website with links to resources including videos and information booklets compiled by bereaved parents. See anamcara.ie or contact us at info@anamcara.ie or our information line on 085 2888 888.


Along with bereavement information evenings, Anam Cara runs monthly parent evenings which give parents an opportunity to meet with other parents in a safe and comfortable place over a cup of tea or coffee. Throughout the year Anam Cara also hosts a variety of social and remembrance helping to bring families together.

Recognising that some parents may prefer not to talk openly about their loss, Anam Cara would like to reassure parents there is no pressure for them to contribute and they are welcome to listen to how other Mums and Dads have coped through the intense grief and sense of loss.


This information evening, like all Anam Cara events, is provided free of charge to parents.

Anam Cara will need to confirm numbers attending to help set up this event. We would appreciate if you could RSVP to info@anamcara.ie before Tuesday 3rd October 2017 or contact us on 01 4045 378 – 085 2888 888

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WEST CORK AND SOUTH KERRY SPORTS CLUBS GET FITNESS MONITORING CALL

Sports clubs, coaches and athletes in West Cork, South Kerry and beyond are invited to take part in a competition supported by fruit importers Fyffes for which prizes of a one year opportunity to use performance monitoring software devised by Dundalk-based specialists, Metrifit, are offered.

Said to be the latest innovation in sports technology, the Metrifit system helps athletes and team players reach peak performance using information gleaned by monitoring elements like health, nutrition, sleep, stress, illness, injury and activity levels.

Commenting, Fyffes marketing manager Emma Hunt-Duffy said: 'given our own commitment to healthy eating, Fyffes is pleased to support a project that aids the development of fitness and a healthy lifestyle generally'.

Open to teams irrespective of sporting discipline, whose members are 14 years and over, the overall prize, valued over €3,000, includes use of the Metrifit system and training for coaches and staff. Fitness testing, a nutrition workshop and jersey sponsorship from Fyffes and Metrifit are included. Five runners-up prizes covering one year's use of the Metrifit system are also offered.

*Information and entries can be made online at
<http://www.metrifit.com/fyffesfit> with winners to be
announced at the end of October.*



Fyffes Emma Hunt-Duffy and Metrifit's Peter Larkin launch a competition for five lucky sports teams to win a year's use of Metrifit's performance monitoring software – designed to help athletes reach peak performance.

WEST CORK KICKBOXING CLUB ENJOY EUROPEAN SUCCESS

Five members of West Cork Kickboxing Club travelled to Skopje Macadonia, as part of the Irish National team representing Ireland at the WAKO (World Association of Kickboxing Organisations) Junior and Older Cadet European kickboxing Championships. The competition was held over an eight day period and attracted over 1600 kickboxers from all over Europe.

The five West Cork club fighters, Luc Cronin, Grainne Begley, Hannah Green, Ian O Flynn and Gearoid Debarbouille were fighting in two divisions, in different weight categories. The arena, in the centre of Skopje was a fantastic venue, and easily catered for the 1600 fighters. The temperatures were in the low thirties, and the heat in the arena was energy sapping. However West Cork Kickboxing clubs fighters were well prepared for it, and over the 8 days of the Championships put up some fantastic displays in Continuous Contact and Low Kick.



The results are impressive! In the Older Cadet category, Luc Cronin fought his way to the final in Low Kick and triumphed over an excellent French opponent to claim Gold. Ian O Flynn fought tremendously well throughout, and was narrowly beaten in the final in Continuous Contact to claim Silver. Gearoid Debarbouille had some excellent fights and claimed Bronze in his Continuous Contact category. Grainne Begley, who moved up to Junior this year fought extremely well and was also just narrowly beaten in Continuous Contact. Hannah Green, fought magnificently to bring home two Bronze medals in Continuous and Low Kick. For Luc, Ian, Hannah and Gearoid, this was their first international competition and their performances were fantastic, which bodes very well for the future. West Cork Kickboxing's Head Coach, Ian Kingston stated he was proud of his fighters and all the hard work and dedication they had put in throughout the year, and said he was delighted with all of their performances.

Ian's attention now turns to the clubs senior National team members, Deirdre Begley, Lily de la Cour, Tony Stephenson and Catherine MacGregor who will be competing in the WAKO Senior World Kickboxing Championships to be held in Budapest, Hungary in November.

The club would like to thank its sponsors, The Brick Oven, Calor Gas, and Laide & O'Brien for their continued sponsorship and support, which has helped to make this success possible.

**IF YOU HAVE NEWS TO SHARE, SEND IT IN
TO US!**

LIZ@THE-GRAPEVINE.IE

**DEADLINE FOR NOVEMBER ISSUE
FRIDAY 20TH OCTOBER**

MOVEMENT EDUCATION

with Eleanor Fitzgerald

We are moving from the moment we came into being, even when not actively doing "something", breathing, heart beating, veins, arteries, intestines move, and so on, and so on..... This means we cannot stop, or step away from movement.

Various forms of exercise are like a map, but movement is like the actual land, the maps can help us navigate and find our way, but they are a layer of information separate to our deeper experience of movement.

In my classes, we use the "form" of Pilates, and also draw on other disciplines (e.g. Yoga Tune Up, primal movement) to help us navigate, but what really interests me is the fundamental connection to our body's capacity & potential for healthy movement: the deeper landscape.

It is not simply going through a sequence, or perfecting a position. Interacting deeper with ourselves as human beings, we can restore, prolong, and expand our health & longevity. Getting it "right" becomes less important in this approach, the intention is becoming more aware of what is really going on in the

body.

The more one learns about various exercise disciplines, and the evidence for the benefits, the more apparent it becomes that there are no right or wrong answers. Take for example, supposedly good posture: think about what is YOUR "map" for good posture.

If you are interested in possibly improving your posture it is worth starting by finding out what you actually think good posture is. Posture is often talked about as if it is a noun. A thing. A position. Something you must put in place & hold.

But as humans we are always moving. Switch your focus to posture as a "doing"... let it become like a verb.

If we are trying to find the "perfect" position, when sitting or standing, notice that holding it may just cause tension, rigidity and strain. What we might consider as good posture really ought not to feel effortful.

Allowing yourself the freedom to move a bit, settle into the body, and dare we say, slouch!! can be quite a relief. Discovering a more balanced sensation in your body as you find it, realise that balance, and therefore "good" posture is a process. Balance is not a thing that you find and then grip onto. We are

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constantly finding balance, losing it slightly and finding it again.

So, it is helpful to consider that you are always balancING. The -ING is important.

Try this:

Stand with your feet about hip width apart and close your eyes.

When your eyes are closed you will notice a very gentle sway in yourself as you stand.

That is you finding your balance, losing it slightly and then finding it again.

In other words, balancING. Seemingly doing nothing, but in fact

constantly moving.

Allow that gentle movement to be in you all the time.

When you find that you are trying to hold yourself in the right position, experiment with balancING instead. And allow your posture be a verb not a noun!

Letting go of having to get it "right" is a foundation of MOVE WELL Pilates classes, allowing a rediscovery of natural vigour & vitality, learning to listen to, & converse with your body, and importantly, having some fun along the way!! Contact 087 7530430 for more information.

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Join 3, 6 or 12 months
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"You don't get what you wish for, you get what you work for...."

lifebalanceyoga

Upcoming Events

8th October
Anniversary Celebrations - **FREE** afternoon taster class

11th, 18th, 25th October
3 Forrest Yoga Themed Focused Classes - 5:30pm - 6:45pm
Breath * Core Strength * Integrity & Mindful Movement

14th October
Prenatal Partner Workshop, 11am - 3:30pm

26th October
Restorative Yoga & Yoga Nindra, 6:30pm - 8:30pm

5th November
Laughter Yoga, 11:30am - 1:30pm

Full List Of Classes At:
www.bantryholistic.com Call Erin: 086 208 0762

Bantry Holistic Centre, Upper Main St, Bantry




New Winter Term 2017

6 Weeks starting 7th & 8th
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DEREK RYAN

27th of October

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Joe Dolan Concert

Saturday 4th November

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Mary Black

Live in Concert

Saturday 21st October

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Joe Dolan Supper Club

Friday 3rd November

- 4 course meal with entertainment followed by Original Joe Dolan Band
- €40, €35 for leisure members
- Hannie Murphys at 8pm, Dinner at 8.30pm

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