

West Cork Feel Good Festival

OCTOBER 2021



PROGRAMME

THURSDAY 7th

11am – 12pm

49 North Street, Skibbereen

Mindful Movement session with Patrick Cotter

Using movement to maintain health & wellbeing while improving breathing, balance and coordination

2 -4pm

49 North Street, Skibbereen

Going Write Within with Moze Jacobs

A creative writing group exploring inner landscapes

FRIDAY 8th

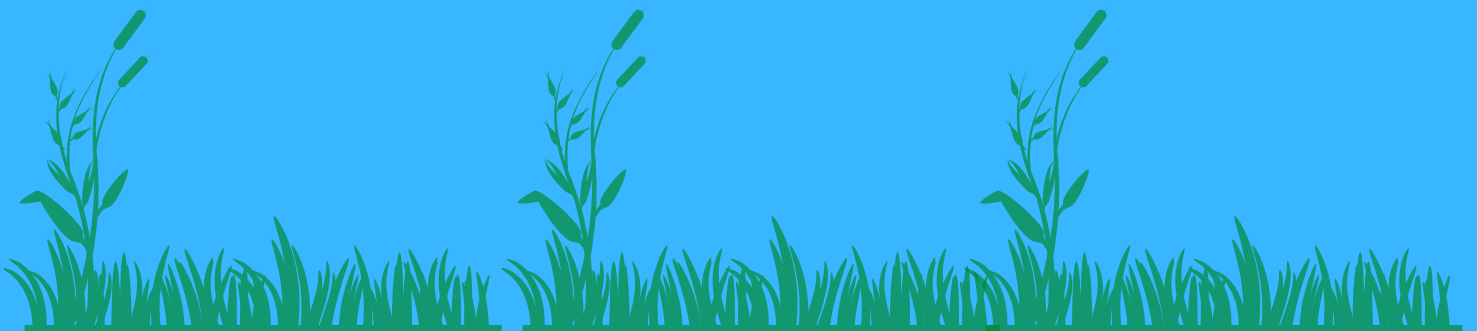
11am

Online Singing and movement workshop with Susan

McManamon & Helga Deasy, in association with

MusicAlive

Exploring the potential of integrating voice & movement



3-5pm

'Feelgood Friday'

Online broadcast in association with Mental Health Engagement & 49 North Street, Skibbereen

SATURDAY 9th

11am

Online singing and movement workshop 2 with Susan McManamon & Helga Deasy, in association with MusicAlive

Explore the potential of integrating voice & movement.

11am - 12pm

49 North Street, Skibbereen

A morning of Bilingual ballads with Ger Wolfe

Fite Fuaite I 'pop up' Gaeltacht in association with Cultural Companions, Cork

3pm

Levis Corner House, Ballydehob

An Afternoon of conversation and song with The Claddagh Rogues & guests

Includes a film screening, musical performances and a panel discussion, hosted by Leeanne O' Donnell. Singer and mental health advocate, James O' Flynn will reflect on his extraordinary life.

6pm

Levis Corner House, Ballydehob

Lisa O Neill in interview with Donal Dineen

Acclaimed songwriter Lisa O'Neill will be talking with Irish radio presenter, photographer, film maker and artist Donal Dineen.

8pm

Levis Corner House, Ballydehob

An evening of story and song with Lisa O Neill followed by tunes spun by
Donal Dineen

SUNDAY 10th

10-11:30am

Skibbereen Community and Family Resource Centre

Connecting People - Planting trees together

Starting small we will be sowing acorns to take home to begin your own
mini oak forest

11am

Online singing and movement workshop 3 with
Susan McManamon & Helga Deasy, in association
with MusicAlive

12am

Levis Corner House, Ballydehob

Autumn Soup with Rob Kravchek of Restaurant Chestnut & food

Rob is going to demonstrate and chat through the making of an autumnal
soup using beautiful West Cork ingredients.

2-4pm

Levis Corner House, Ballydehob

Sunday Sustenance

An afternoon of events exploring the relationship between our mental
health and the natural environment.



8pm

Levis Corner House, Ballydehob

An evening of story and song with Luka Bloom. Live Out Door Gig

MONDAY 11th

10am

49 North Street, Skibbereen & Online

Restorative Meditation with Anne Crossey

Make yourself comfortable and be guided into deep relaxation and
Meditation with a gentle and easy restorative practice.

2pm

Skibbereen Community and Family Resource Centre

Nature Art Café

Connecting people with art, nature, nibbles, a chat and a cuppa!

TUESDAY 12th

11- 1pm

Sheelagh Hennessy's outdoor learning centre

Outdoors & wellbeing event

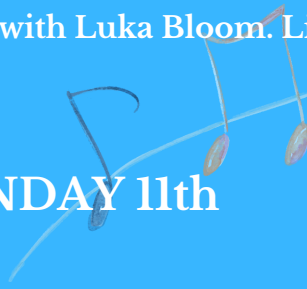
Sheelagh will facilitate a 2-hour arts and outdoor learning workshop.

3-4pm

49 North Street, Skibbereen

Sound out

Discover your voice & its capacity for creativity and wellbeing with holistic
voice coach Elizabeth Ewing.



WEDNESDAY 13th

11-12pm

49 North Street, Skibbereen

Culinary Herbs & wellbeing with Peter Dunican

Learn how to use culinary herbs to support your immune system and overall health.

1-3pm

49 North Street, Skibbereen

Éiri 's Ital: A Positive music & food sharing event with MusicAlive & TheHappiness Ensemble

Lift your spirits, by dancing to some cupful music from around the world,
with an emphasis on joy and movement.

6:30pm

Skibbereen Community and Family Resource Centre

Open Gamelan workshop with Kevin McNally

Discover the joy of music making on this tuned set of handmade
Indonesian percussion instruments.

West Cork Feel Good Festival 2021 has been made possible with the
support of an Arts Council Capacity Building award to MusicAlive.

