# WEST CORK FEEL GOOD FESTIVAL

# 1-19 OCTOBER 2022 CELEBRATING 10 YEARS



For more information scan the <u>QR code above</u> or visit us on...

Facebook - @49NorthStreet Website - www.musicalive.ie

O Music including Luka Bloom | Jinx Lennon | Nóirín Ní Riain | Ger Wolfe & More
O Film Screenings
O Poetry readings
O Mental Health and Wellbeing workshops
O Fite Fuaite 'Pop up' Gaeltacht



Including stills from An Open Door, Tune In with the Happiness Ensemble, Listen, Anua, Photos by Aoise Tutty Jackson

# West Cork Feel Good Festival 2022

The West Cork Feel Good Festival takes place every October. This year, celebrating its 10th anniversary there are events and workshops across six West Cork towns and villages: Ballydehob, Bantry, Clonakilty, Dunmanway, Leap, and Skibbereen. The activities highlight how little shifts can contribute to mental health and wellbeing. The festival features experienced facilitators and community-based groups with a focus on listening, peer support, creativity, mindfulness, the Irish language, music ... And even Doughnut Economics! After all, mental health is everyone's business.

Visit 49 North Street on Facebook www.facebook.com/49NorthStreet

or www.musicalive.ie/west-cork-feel-good-festival for the full programme

All events are free, except for the evening performances at Levis Corner House in Ballydehob that can be booked in advance at www.leviscornerhouse.com/listings/.

Some (free) events/workshops need to be booked also; see the descriptions.







# Ballydehob – Levis Corner House

### Booking via www.leviscornerhouse.com/listings/

### 8pm

### Luka Bloom

The return of the acclaimed singer-songwriter from a very musical family who started at a tender age. He will play songs from the instrumental album he recorded during the pandemic, Out of the Blue, and other gems from his 50-year musical career.

Sat 8

October

# 5pm

Frí 7

October

Interview with Jinx Lennon.

### 8pm

#### Jinx Lennon

Sun 9

October

"The best songwriter in the country ... And he doesn't get airplay because he's telling the truth. Why can't people deal with that? Because it's very raw, and he doesn't sugar it up." Christy Moore

# 10pm

DJ set. Forget your troubles and dance! Booking: www.leviscornerhouse.com/listings/

#### 12pm

Rob Krawczyk (Restaurant Chestnut) creates: An Irish soup made of local ingredients (free; book via www. leviscornerhouse.com/listings/)

### 2-5pm

'The Bright Girl laughing at the Sea'

Song Writer Ger Wolfe will perform songs of migration released during lockdown and also some special sean nós songs from a project he is working on called 'Ar imeall' On the Edge.

# 'Éirí 's I-tal'

-Vital and life-affirming music & food from Ireland and Jamaica with Ger Wolfe, Pól O Colmáin & guests, Happiness Ensemble, Ryes & Shine Bread Company, Hungry Soul, and Core Nutrition.

### 5pm

The Big Muse

Words & Music. Poetry with a jazzy/Irish soundtrack, featuring Cork poet Lauren O' Donovan.

# Bantry

# LOCATIONS

Bridge Street, Bantry (beside Fastnet Business), P75 YD68 (for this venue, bookings are essential, please text 087-6074908 to reserve your space)

Church of Saint Brendan the Navigator, Wolfe Tone Square, P75 H593

# Church of Saint Brendan the Navigator

### 1-2pm

'Rekindling the Light Within', recital with the Vespertine Quintet. Hosting house concerts helped the quintet get through a particularly dark West Cork winter in 2014. It has since collaborated with Adrian Crowley, Camilla Griehsel, Pádraig Ó Tuama, Rajinder Singh and the Amici Dance Theatre.



# Bridge Street (booking is essential, text 087-6074908)

#### **12-2pm** Peer Support Group

A safe listening space where we can feel accepted & understood. For anyone recovering from mental health difficulties. Facilitated by Nora Lynch & Nuala Kenny, all welcome.

Mon

Octobe

# **World Mental Health Day**

Theme for 2022, 'Make mental health & well-being for all a global priority'

# Bridge Street (booking is essential, please text 087-6074908)

# 11am-1pm

Using breath work and the vocal ability to create music and song. A facilitated group-singing workshop with Gráinne McCarthy.

# 2-4pm

'Open Door', music session with Trace Irwine and guest musicians. It's a safe space. All welcome to drop in, listen or sing.



# Bridge Street (booking is essential, please text 087-6074908)

# 11am-1pm

Conversations with multimedia artist Tomasz Madajczak who will introduce the principles of photography and open a conversation about understanding the idea and meaning of photography.

# Bridge Street (booking is essential, please text 087-6074908)

### 11am-1pm

'Grow an Oak for Hope' with Peter Dunican

Rescue an acorn from your local woods and learn how to plant it. Bring a photo or actual plant in need of nurturing and get advice on how to revive it. Also, a general Q&A session on plant-care tips.



# Bridge Street (booking is essential, please text 087-6074908)

11am-1pm

Explore your creativity through experimenting with a variety of art materials and ideas.

A taster workshop with Rebecca Keyser in a supportive, relaxed atmosphere.

# Bridge Street (booking is essential, please text 087-6074908)

### 11am-1pm

IFS-informed Creative Writing workshop with Moze Jacobs An exploration of our inner parts that provide fantastic 'source material' but also help us dive deeper into writing. Please bring pen & paper and/ or a phone as a writing tool. All parts are welcome.





### Bridge Street (booking is essential, please text 087-6074908)

### 11am-1pm

'Our relationship with Food & Mood' with Nuala Kenny. Explore together in a relaxed way how food can help us feel vital as well as tips on natural remedies to improve low mood, insomnia, and to reduce stress & anxiety.

# 2-4pm

# 'Listening workshop'

A place to listen, be listened to, and consider the gift of listening that we offer each other. Facilitated by Iseult Twamley & Nuala Kenny who are offering an eight-week training on listening skills and how to be with someone in distress from 24th October in Bantry. Open to applicants who have been on their own journey with mental health difficulties and are able to commit to using their learnt skills to support others in Bantry in the near future.

# Bridge Street (booking is essential, please text 087-6074908)

# 12-2pm

Peer Support Group

A safe listening space where we can feel accepted & understood. For anyone recovering from mental health difficulties. Facilitated by Nora Lynch & Nuala Kenny, all welcome.



# Clonakilty

# LOCATIONS

Clonakilty Community Resource Centre, 21 Western Road, P85 RW35



# Community Resource Centre

# 1-3.30pm (over 18s only)

Knitting/Crochet Group Beginner, expert or anywhere in between? Join us to share a common love of crafting. This is more than just working on projects. We love the spirit of community that being together creates!

# **Community Resource Centre**

1-2.30pm (over 18s only) LGBTQIA+ Group Providing a safe non-judgemental peer space for all in our community.





# **Community Resource Centre**

# Meet at 11am (over 18s only)

Siúlóid@CCRC Walking group that endeavours to include nature on their weekly walk to boost wellbeing. Getting to know where we live, and each other.

# **Community Resource Centre**

# 10.45am-12.45pm (over 18s only)

Women's group Drop in to help develop, explore and plan what you would like to see happen within this group. All women welcome!

# 2-4pm

Rae McKinlay's Interactive Storytelling Workshop. This workshop will re-imagine our own alternative story that will breathe life into our mind, body, and soul. Includes rhythm and some basic movement activity but nothing strenuous. Places are limited. Email mckinlayrae@gmail.com or clonakilty@ corkmentalhealth.com to book.



# Dunmanway

# LOCATIONS

Dunmanway Family Resource Centre, Kilbarry Road, P47 EC43 Southern Bar, East Green, Dunmanway, P47 PH63



# Family Resource Centre

# 11am-1pm

'Open Door' music session with Trace Irwine and guest musicians.

If you have a song to sing, a tune to play, a joke or story to tell, you're all invited. Listeners are most welcome too! Trace and her trusty ukulele guarantee a supportive environment.

# Southern Bar

# From 7.30pm

Sing and Feel Good

An informal evening, open to everyone, to promote singing and positive mental health, hosted by the Dunmanway Community Choir (and facilitated by Jane Goss).

Meets every Monday evening at 7.30-9pm in the Family Resource Centre, Kilbarry Road.



# Skibbereen

### Some (free) events/workshops need to be booked also; see the descriptions.

### LOCATIONS

49, North Street, P81 Y433 Cycle Sense workshop, Carbery Showgrounds, P81 FY79 Uillinn: West Cork Arts Centre, P81 VW98

### **49 North Street** 11am-12pm

# Mon 3 October

Mindfulness with Paolo Vais.

A gentle way for the mind to rest and to ground yourself. Discover stress-reducing movements. 2-4pm

Peer Support Group

A safe listening space around mental health recovery. Drop in, feel accepted & understood.

### **49 North Street**

2-4pm

# Tue 4 October

Wed 5 October

Thu 6 October

Fri 7 October

An Afternoon of Talking, Tea, and Sweet & Savoury Doughnuts Doughnut economy-themed workshop with refreshments, chats, exchange of information.

### **49 North Street**

### 11am-12pm

Mindful Movement session with Patrick Cotter

Using movement to foster wellbeing while improving breathing, balance, and coordination.

### 3.30-5.30pm

The Happiness Ensemble 'Open rehearsal' of improvised music. Instruments are available or bring your own.

### **49 North Street**

#### 5.30-6.30pm

Aperture 49 Photography Group

Explore photography with Tomasz Madajczak. No previous experience required.

7pm

Filiocht/poetry performance with Julie Goo Julie Goo, a "fresh voice in Irish Language poetry", will be reading in both Irish and English.

### **49 North Street**

### 11am-1pm

Caint agus Ceol - Music and chat

Fite Fuaite pop-up gaeltacht with musician Ger Wolfe in English and Irish. Join in or listen. 2-4pm

Ealaíon - Art Group with Rebecca Keyser Explore your creativity. A taster workshop in a supportive, relaxed atmosphere.

### 49 North Street

### 11am-1pm

Active Hope workshop, facilitated by Debra Davies Find clarity and inner resilience in challenging times. Booking: debraliebedavies@gmail.com

### Cycle Sense Workshop (087 7589716)

### 2pm

### Happiness on a Bike

A cheerful & musical cycle around Skibbereen featuring our own BoomBox Bicycle.

### **49 North Street**

#### 3.30-5.30pm

Open music and improvisation session with The Happiness Ensemble.

Come and play! Experience unnecessary. Instruments are available or bring your own.

# 6pm

A conversation with visual artist Tomasz Madajczak around creating spaces to recycle ideas and materials. To learn more, visit https://preciousplastic.com/

### 49 North Street

### 1pm

Fite Fuaite pop up Gaeltacht with spiritual singer Nóirín Ní Riain who discusses and performs some of her favourite Irish language songs. No knowledge of Irish is necessary to attend.

### 3pm

Sound Out with Elizabeth Ewing

Explore your voice in aid of your well-being and creativity. No singing experience necessary.

### **Uillinn: West Cork Arts Centre P81 VW98**

### 7-9pm

Listening: Film screenings, Part 1 (Part 2 takes place in CECAS, Leap, 15 October 5-8pm) An interactive evening with director Aoise Tutty Jackson and friends including conversations with Nóirín Ní Riain and Nick Murphy around the importance of listening, mental health and well-being. Booking is essential https://www.eventbrite.je/e/listening-film-screenings-tickets-404532626977

### 49 North Street

### 1pm

Fite Fuaite poetry reading by Paddy Bushe

A political poet with a deep concern for the environment and a wide international reach.

# Leap

#### CECAS, Myross Wood House, Ardagh, P81 Y192 5-8pm

ANUA: Film screening, music, photography, poetry + more

Part 2: Featuring the premiere of director Aoise Tutty Jackson's new film 'Anua' made in collaboration with Gamelan Spréacha Geala, Music Alive, Cork County Council and Escape Pod Media. 'Anua' is an experimental film and sonic journey exploring our relationship to land, language, sound, mythology and the 'Otherworld'. Gamelan Spréacha Geala will perform a combination of traditional Javanese and newly composed music for the gamelan. Afterwards there will be a chance to play the instruments. Poet Paddy Bushe, will be our guest speaker, tying together the conversations around land, sound, environment and ecology. Includes a post-film discussion with the creative team behind the film.

Light refreshments will be provided.

This screening is suitable for ages 12+.

Booking essential via https://anuascreening.eventbrite.com.

# Sat 8 October

# Wed 12 October

# Thu 13 October

Sat 15 October



With thanks to our sponsors: Cúram Sláinte Pobail/Community Health Care Corcaigh Ciarraí/Cork Kerry, MusicAlive, Levis Corner House, CETB Bord Oideachais agus Oiliúna Corcaigh/ Cork Education and Training Board, HSE Mental Health Engagement & Recovery, Ludgate Hub













HSE Mental Health Engagement & Recovery

