



**West Cork
Feel Good
Festival**

WEST CORK

FEEL GOOD FESTIVAL

**2024
OCTOBER
01 - 31**

MUSIC

FILM

TOGETHER AT THE HALL

**ARTS & WELLBEING
WORKSHOPS**

POP UP GAELTACHTS

LIVE LIFE & SING



www.musicalive.ie

AND SO MUCH MORE...

TOGETHER AT THE HALL

at Atkins Hall, Dunmanway
October 4 -6



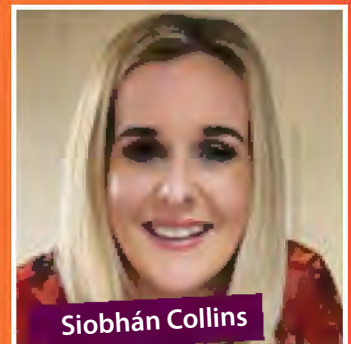
This year we are delighted to premiere **Together at the Hall**, a FREE mental health and wellbeing community event, presented in association with the HSE Connecting for Life programme and Dunmanway Chamber of Commerce.

Together at the Hall will feature an exciting series of events for the whole family to enjoy, including performances with John Spillane and Ger Wolfe, recreational activities, and information stands provided by local community groups and organisations. The event aims to foster a sense of community and raise awareness on the support services available to promote minding your mental health and wellbeing.

Friday evening (October 4th) sees a vibrant showcase of mental health-related organisations and resources. These will include community services such as Pieta House, West Cork Counselling, National Learning Network as well as some local service providers such as yoga, mindfulness, positive psychology and much more. On Saturday (October 5th) Ger Wolfe will perform his magical Irish-language amalgam of traditional and contemporary folk. He will also officially launch **Heartbeats of Hope**, a captivating short documentary film that delves into the transformative power of the West Cork Feel Good Festival in its true glory as a mental health celebration. On Sunday (October 6th), none other than John Spillane will take to the Atkins Hall stage with a show that will appeal to all ages.

There will also be performances by the wonderful Dunmanway Community Choir, Tony Cotter & band and Siobhán Collins. Dunmanway Family Resource centre is also hosting a raft of activities, from singing workshops to positive psychology, walking events and lots more. There is a packed schedule for Dunmanway and it comes together at the hall from October 4th.

All events are FREE over the weekend but booking is advised as hall has limited capacity. See Dunmanway section of this programme for booking information.



West Cork Feel Good Festival 2024 - Céad Míle Fáilte!

The West Cork Feel Good Festival, organised by 49 North Street/HSE and a broad range of community partners will take place once again in October. Dozens of workshops, sessions, film screenings, concerts, performances, peer support spaces will take place over the month long festival. These will include music, storytelling, open mic, yoga, Zumba, choirs, a grief circle and scarecrow building!

Now in its 12th incarnation, the festival connects more locations than ever from Bandon to Bere Island via Bantry, Ballineen, Skibbereen and Clonakilty. The theme of Connection is at the heart of the festival, and especially in the mental health sense of the word. Don't we all crave connection? With ourselves, nature, our relations and friends, our bodies and souls and spiritual sides.

As highlighted recently by the World Health Organisation, engagement with creativity and the arts has been shown to help us connect and is so beneficial to our mental health and well-being. Our festival is all about fostering these connections, in towns and villages throughout west Cork. Each event is important, because "mental health is everyone's business."

Some new additions to our programme, that you can read about in the following pages include **Together at the Hall**, a weekend of family friendly free events at Atkins Hall in Dunmanway, **Live Life & Sing**, a Choirs gathering and Concert in Bantry, **Party Piece**, a community music programme in collaboration with Creative Ireland, the premiere of the **Heartbeats of Hope** film, a **Wellness Day** in collaboration with Leap Scarecrow festival, **The Jolly Jam** Comedy night at DeBarra's Folk Club and concerts by some of Ireland's many gifted musicians at Levis Corner House and Connolly's of Leap.

We also have a growing number of Irish language themed events, so join us in using whatever Irish you have, throughout the month of October. The majority of events are free, except for some of the evening concerts.

Some other (free) events/workshops need to be booked also; see the descriptions in the following pages for details on all.

We hope you can join us at an event this year – **Bígí linn!**

If you would like to help organise a wellbeing event in your area for 2025, please contact barbara@musicalive.ie

BALLYDEHOB

LOCATIONS

The Bank House, Ballydehob, P81 AO21

Levis Corner House, Main St, P81 RC03

Working Artist Studios, Main Street, P81 H771

Sat 5 Oct

1.30pm

Ceol le Rud Sin agus seisiún Gaelach

Working Artist Studios, Main Street, Ballydehob

Music session with songs & poems as Gaeilge, with Pól Ó Colmáin, family and friends.

11am - 1.30pm

Compassion based Mindfulness for Family Carers

Fri 10 Oct

The Bank House, Ballydehob, P81 AO21

For more information or if you would like to book a place, contact Lorna Harte on 087 4001763

Thurs 17 Oct

7.30 - 9.30pm

Singing workshop led by Caz Jeffreys

Levis Cornerhouse, Ballydehob

Come and enjoy a fun with special guests Acapellabella Community Choir and Ballydehob Community Band. No experience needed...all welcome.

Tom Campbell art exhibition

Levis Cornerhouse, Ballydehob

Thurs 17- Sun 20 Oct

1pm matinee show

Ashley Campbell & Thor Jensen

Tickets from www.leviscornerhouse.com

Levis Cornerhouse, Ballydehob

Fri 18 Oct

8pm show **SOLD OUT**

Ashley Campbell & Thor Jensen

Levis Cornerhouse, Ballydehob

Ashley Campbell and Thor Jensen form a unique meeting of musical genres as the duo Campbell/Jensen. With Ashley coming from the world of country and Americana and Thor having a diverse background from rock to gypsy jazz, they create a fresh sound as a duo. Ashley Campbell, daughter of country legend Glen Campbell began her career playing in her father's band on several world tours. Thor Jensen, a virtuoso guitarist and songwriter from New York has travelled many different roads. Both being strong instrumentalists in addition to the combination of Thor's deep baritone and Ashley's clear as a bell vocals, together they make a one of a kind blend.



Sat 19 Oct

12.30pm
**Minding creative minds -
A Conversation with Ashley Campbell**
Levis Cornerhouse, Ballydehob

Free but booking essential. Email leviscornerhouse@gmail.com with MINDING CREATIVE MINDS Sat 19 Oct in the Subject Line

1.30pm

Tom Campbell papier-mâché making workshop

Levis Cornerhouse, Ballydehob

2 hour workshop to create a creature for the Samhain parade.

Free but booking essential. Email leviscornerhouse@gmail.com with papier-mâché in the subject line.

Sat 19 Oct

Sat 19 Oct

7pm

An interview/conversation with Jinx Lennon

& a little punk, folk beats & noise with special guests Wasps v Humans.

Levis Cornerhouse, Ballydehob



8pm

Jinx Lennon in Concert

Levis Cornerhouse, Ballydehob

"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
Tickets from www.leviscornerhouse.com

Sun 20 Oct

12 pm
**Autumn Soup with Rob Krawczyk
of Restaurant Chestnut,
Ballydehob**

Levis Corner House, Main St, Ballydehob

The award-winning Irish chef Rob Krawczyk will demonstrate and chat as he creates an Autumnal soup using beautiful West Cork ingredients. Born in the County Cork, he grew up in a home in Schull where everything revolved around the kitchen. As a child, he was strongly influenced by his parents' rich heritage of cooking and art. Restaurant Chestnut was awarded a star by the Michelin Guide.

Free but booking essential, limited numbers. Email leviscornerhouse@gmail.com with ROB KRAWCZYK in subject line

2pm

Heartbeats of Hope Film Screening (see feature panel)

Levis Cornerhouse, Ballydehob

Sun 20 Oct

Limited numbers so booking essential. Email leviscornerhouse@gmail.com with Heartbeats of Hope Film Screening in Subject line

Sun 20 Oct

3pm

Party Piece Open Music Session

(see feature panel)

Levis Corner House, Main St, Ballydehob

BALLINEEN/ENNISKEANE

LOCATIONS

Foley's Pub, Main Street, Ballineen-Enniskeane
Ballineen Resource Centre, Gort Mhuire, P47V186

9pm

Community Scríocht by the fireside

Foley's Pub, Main Street, Ballineen-Enniskeane

Wed 2 Oct

All welcome. Singers, musicians and storytellers. The Scríocht draws on our Irish traditional heritage. Communities were closely knit and people would call to their neighbours, relatives and friends in the evening to sing songs and tell stories by the fireside.

Wed 16 Oct

10.30am- 12.00pm (third Wednesday of every month)

Ballineen/Enniskeane Community Café

Ballineen Resource Centre

Join us for a cuppa and chat at our newly launched Monthly Community Café.
Contact Wendy or Debbie at DFRC: 023 885 6818

BANDON

LOCATIONS

Bandon Library, Market Street, Bandon, P72 WD58

2.30-4.30pm

The Write Road

Bandon Library, Market Street, Bandon

12-18 years old.

Sat 5 Oct

Are you writing and are you on the write road?

We will write to make sense of the world in a supportive fun environment.

Award winning short story writer and novelist, Mary Rose McCarthy, will facilitate teenagers as they explore their world through metaphor, language, poetry, short fiction and graphic fiction. Bring an open mind, your notebook and pen.

Sat 19 Oct

Creating credible characters for comics with Rae McKinlay

1-3pm

Bandon Library, Market Street, Bandon

Age group 12-18

Profiles, gestures, verbal & visual tones, shadows, expressions, poses How real does your character need to be? All of the above (and more) goes into creating credible characters for comics. Of course, for a full-blown comic you also need a story but that's the next step. Experienced storyteller and comic (workshop) facilitator Rae McKinlay makes the creative process easy and enjoyable. Bring pens, pencils & sharpeners or go digital on your phone.

BANTRY & SURROUNDING AREA

LOCATIONS

Bridge St Community Café, P75 P75EC42

Bantry Square

Bantry Library, Bantry P75 K402

Glengarriff Nature Reserve, P75 H638

Maritime Hotel, The Quay, Bantry, P75 XW35

St Brendan's National School Hall, Bantry

Ma Murphys 7 New St, Town Lots, Bantry, Co. Cork, P75 DP82

Kealkill Community Centre, P75 K023

1-31 Oct

Mon's/Wed's/Fri's

Have you something on your mind?

Bridge St Community Cafe, Bantry

Book in for a half hour at our listening table with a trained volunteer.

Contact **083-4374096**

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6.30-8pm

Embodied Life with SOZEN

Bridge Street Community Café, Bantry

Tues 1 Oct

You will be guided through an embodied practice of yogic postures, a movement meditation through cosmic creation. Post practice then, settling into the anchor of the breath and the beat of the drum, exploring the depths of your inner worlds.

Space held by Sorcha Nic Craith

Booking sozenlifestyle@gmail.com

Limited to 8 people.

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Wed 2 Oct

4-5.30pm

Singing for Transformation

Bridge St Community Cafe, Bantry

Singing is of the Soul. It deals in the subtle life energies which can catalyse transformation us and connect us to our true Nature. Often the sound of our own voice is a kind of homecoming, reminding us of our own knowing. Joy is the hallmark of this arrival. Join Eilish to explore your voice as a vehicle for deep insight and connection. Booking: uncoveryourvoice@gmail.com

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2-4pm

Insider view

Bridge Street Community Café Bantry

Thurs 3 Oct

IFS-informed creative writing workshop by Moze Jacobs

Whatever we write, it all comes from inside. And just as natural systems are everywhere (trees, peatland, clouds, the universe), there are mental systems at work in all of us. IFS aka Internal Family Systems aka parts work offers effective tools and protocols that provide access to our inner worlds. Valuable source materials for creative writing.

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Fri 4 Oct

12-2pm

Beauty Through the Lens

Bridge St Community Cafe, Bantry

A duo photo exhibition by Bridget Hayes & Nuala Kenny

Exhibition Running until Oct 31

(café opening times are Mon 10-4, Wed 1-4, Fri 10-4 & 7-10)

Sale of photos goes towards the café.

7.30-9.30pm

Open Door Music Session with Trace Irwine

Bridge St Community Cafe, Bantry

Trace loves bringing people together through music, encouraging them to share, listen and connect. If you have a song to sing, a tune to play, a joke or story to tell, you're all invited. Listeners are welcome too! Further details, Trace **087 9533379** (Whatsapp only)

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Fri 4 Oct

Friday 4 Oct

7 - 9pm

Pop up Gaeltacht

Ma Murphys, 7 New St, Town Lots, Bantry, Co. Cork, P75 DP82

Conversational Irish group, that meets on the first Friday of every month. Open to all levels of Irish speaking ability – Fáilte roimh chách.

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11am-1.30pm

Stronger You with SOZEN

Bridge St Community Cafe, Bantry

Together we will explore the four pillars of movement, breath, nutrition and presence with personal trainer and yoga teacher Sorcha Nic Craith on the journey towards a stronger you. Learn the tools to enhance your wellbeing for a healthier and more balanced life.

Booking sozenlifestyle@gmail.com

Limited to 20 people.

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Sat 5 Oct

Sun 6 Oct

11.15am-12pm

Sound Bath Meditation for Adults

Bridge St Community Café, Bantry

Join Claudia for a relaxing sound therapy session with gong, harp, singing bowls, Indian overtone & more. Bring your own yoga mat & blanket. Bookings: text: 0899424781/email: timeoutinsound@gmail.com

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1pm-1.40pm

Chair Sound Bath

Bridge St Community Cafe, Bantry

An accessible sound bath with harp, singing bowls & more for people with limited mobility or older adults to relax and rejuvenate while remaining comfortably seated. Wheelchair accessible! Bookings: text Claudia **089 9424781** /email: timeoutinsound@gmail.com

Limited to 20 people.

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Sun 6 Oct

Mon 7, 14, 21 Oct (ongoing weekly)

10.30am-12.30pm

Art Exploration

Bridge St Community Cafe, Bantry

An invitation to come use the art materials at the café and meet other people. All over 18's welcome No experience / booking necessary

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4.30-6pm

Party Piece Open Music Session

(see feature panel)

Bridge Street Community Café, Bantry

Mon 7, 14, 21 Oct

Tues 8 Oct

2-4pm
Drawing and "walking" a finger labyrinth.
Bridge St Community Cafe, Bantry

Come and learn to draw and "walk" a finger labyrinth, guiding you on an inner journey, finding inspiration, insights or peace of mind with Frida Marie Stoop.

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6-7pm

Experience Inner Unity Through Guided Body Meditation
Bridge Street Community Café, Bantry

Tues 8, 15, 22, 29 Oct

Incorporating gentle movements, emotional work, and specific breathing techniques. Benefits include being fully present in your body, improved mental health, better stress management, and increased energy. With Muriel Laradi, booking 0838719456. Limited to 6 places.

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Wed 9, 23 Oct

10am-12pm
Fortnightly Peer Support Group
Bridge St Community Cafe, Bantry

"There is no greater agony than bearing an untold story inside you" - Maya Angelou. A non-formal, welcoming, safe, confidential, non-judgemental support group. Open to anyone over 18 to just be others or share what's on your mind. Contact Nuala 0876074908 for more information or just come along.

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7-8.30pm

Breathing for Optimal Health and Wellbeing Workshop,
Bridge Street Community Café, Bantry

Wed 9 Oct

We breathe everyday but how often do we think about it? Our breath is linked to our state of mind, nervous system, heart rate, blood pressure, digestion, vitality, sleep and much more. The quality of our breathing has a huge impact on the quality of our life. In this workshop we learn and explore how the breath affects the mind and body. The workshop finishes with a guided healing meditation and sound experience. Contact Natasha Edmondson on 086-3675373 Limited spaces booking essential. Weekly classes Thursdays 7.15-8.15pm

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Thurs 10 Oct

2 - 4pm
Heartbeats of Hope Film Screening & Party
Piece Open Music Session (see feature panel)
Bridge St Community Cafe, Bantry

7.30- 9 am

Community Conga
Bantry Square

Fri 11 Oct

Music and dance on Bantry Square before school or work. Please join us to make a long conga line.... All ages, abilities and perspectives welcome.

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Fri 11 Oct

11am-12.30pm
Autumn & Winter Gardening Tips and Tricks.
Bridge St Community Cafe, Bantry

Join horticulturist Peter Dunican for an informative discussion on the autumn garden and handy tips, tricks & tasks for the winter months.

7.30-9.30pm

Conversation Café

Bridge Street Community Café, Bantry

Fri 11 Oct

Are you tired of small talk and would love a real, energising, engaging conversation?

Conversation Café is designed to bring people together for meaningful, interesting and uplifting conversation on a whole range of various topics.

Join David Keegan & Nuala Kenny in a relaxed café style setting over tea coffee & cake in small groups to choose from a conversation menu of thought-provoking questions.

Sat 12, 26 Oct

10 am -12pm

Art Therapy for Wellbeing and Joy

Bridge St Community Cafe, Bantry

Contact hello@anyaspark.com or 083 022 4996 tricks & tasks for the winter months. Open to 12 people.

5pm-6pm

Sing for Wellbeing

Bridge St Community Cafe, Bantry

Mon 14 Oct

Learn to sing songs and harmonies from around the world and have some fun. No experience required.

Ages 18+

Contact Mira to book in 086 353 9626

Wed 16 Oct

5.15-7 Pm

Relax, Release & Restore

Bridge St Community Cafe, Bantry

Guided meditation, movement and self-exploration, to calm your nervous system, unravel tension in your body and soften into a deeply relaxed state of being.

Limited to 8 people, booking Susan Keogh, holistic physiotherapist 087 2335292

12-3pm

Mad Hatters Tea Party

Bridge Street Community Café, Bantry

Fri 18 Oct

Come for A cuppa & cake and find out about the café?

What is the listening Table?

What is a Peer Support Group?

What is the meaning of "lived experience" of Mental Health Difficulties?

How to become a volunteer?

Sat 19 Oct

1-4pm

Hand Salves & Balms

Bridge St Community Cafe, Bantry

Demo & Hands on course in making hand salves & balms with Paul Lee 083 1747267

11am-1.30pm

Forest Bathing

Glengarriff Nature Reserve

Sun 20 Oct

Learn the practice of Shinrin Yoku/Forest Bathing to enhance your health and wellbeing. Awaken your senses through mindful sensory invitations in nature, deeply relax and experience the forest as never before. Booking essential only 12 spaces. Call Lisa from Glengarriff Forest Therapy 085 7838202

Sun 20 Oct

3-4.30pm
Community Grief Circle
Bridge St Community Cafe, Bantry

This is an invitation to build our capacity to be present for one another. Tending grief is a radical act: a space to share and be witnessed. For everyone who has experienced any form of loss or grief in their lives. With Melissa Murphy
Booking not necessary. starsbeyonourskin@gmail.com

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5.30-7.30pm

Conversations Around Neurodiversity
Bridge St Community Cafe, Bantry

Wed 23 Oct

Contact **083-4374096**

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Wed 23 Oct

7.30-9.30pm
Social Evening with Board Games
Bridge St Community Cafe, Bantry

An opportunity for connection & fun.
Bring your game of choice or select from the games at the café.
(4th Friday of every month)

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KEALKILL

11am to 2pm

Fun For All Ages
Kealkill Community Centre

Tue 10 Oct

Sitting Volleyball, games, music, singing with some of the local school pupils involved also.
All welcome to attend, but booking essential: contact Anne Harrington on **086-726 1086**.

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BERE ISLAND

Sat 5 Oct

8pm
Bere Island Open Mic Session
Dessies Bar, Rerrin, Bere Island

The Bere Island Open Mic Sessions would like to invite you to a night of ceol agus craic at Dessies Bar Bere island. Come and enjoy music, singing, poetry and all the fun that an open mic session can bring.
For further details please contact Oscar on **0851679052 / 027 75099**.

See www.bereisland.net for a full list of ferry times and accommodation options.

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BEARA

LOCATIONS

Beara West FRC Castletownbere P75WN88

Scoil an Chroi Ro Naofa National School Hall, Castletownbere P75CF68

The Caha Centre Family Resource Centre, Adrigole, Beara, Co.Cork. P75EK72

Thurs 3 Oct

5 – 7pm

Heartbeats of Hope Film Screening & Party Piece Open Music Session (see feature panel)

Beara West FRC Castletownbere

The Joyful Space: Come along and enjoy a celebration of music and song from our local and guest musicians. Refreshments provided. Booking required by contacting Beara West FRC on **027 70998**

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3.30 – 5pm

Grandparent's Day

Fri 4 Oct

Scoil an Chroi Ro Naofa National School Hall, Castletownbere

An afternoon of fun and games will be held for children and their grandparents, gran-aunties, gran-uncles and their 'older family friends' to mark Grandparents Day. Booking required by contacting Beara West FRC on **027 70998**

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Tues 8 Oct

11.30 – 1pm

Self Compassion for Caregivers

Beara West FRC Castletownbere

A morning for family caregivers and the person they care for to come together and nurture themselves using simple calming and meditative methods. Booking required by contacting Beara West FRC on **027 70998**

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2 – 3.30pm

Singing for the Brain Taster

Wed 9 Oct

Beara West FRC, Castletownbere

Singing for the Brain is a friendly, supportive and social music group that brings people together through songs, stories and memories. Evidence shows singing is good for the brain and our general health and wellbeing. The group is led by a musical facilitator. There is an opportunity to sign up for further sessions at the taster. Booking required by contacting Beara West FRC on **027 70998**

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Thurs 17 Oct

10.15 – 11.45am

Parent and Toddler Group Breakfast Club Morning

Beara West FRC Castletownbere

The morning will provide an opportunity for children, with the support of their parents, to make breakfast choices including fruits, low-sugar cereals, overnight oats, smoothies and snack plates. The aim is to build children's confidence when making choices. May be beneficial for fussy eaters or those struggling to eat new foods. Booking required by contacting Beara West FRC on **027 70998**

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11am-12:30pm

Flourish from within: How Gut Health Shapes Emotional Well-being

Wed 30 Oct

The Caha Centre Family Resource Centre, Adrigole,

Talk on the importance of Gut Health and how it can impact your emotional health and wellbeing. No booking required. Enquiries to The Caha Centre **027-60909**

CLONAKILTY

LOCATIONS

DeBarra's Folk Club, 55 Pearse St, Clonakilty, Co. Cork, P85 RH95

Spillers Lane, Clonakilty, West Cork P85 YN73

Cork College of FET – Clonakilty, Clonakilty Technical School, Western Road, Clonakilty, Ireland, P85 Y927

Clonakilty Community Resource Centre, 21 Western Road, P85 RW35

All welcome, please note events at CCRC are for over 18's only

(023) 883 3702 Clonakilty@corkmentalhealth.com

Tues 1, 8, 15, 22, 29 Oct

11am-12pm

Chair Yoga with Joan

Clonakilty Community Resource Centre

Gentle yoga on a chair. We will tune in to our breath, bring in gentle movement, and connect with ourselves to move with greater ease and flow.

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11am-1pm

Siúlóid@CCRC

Clonakilty Community Resource Centre

Wed 2, 9, 23, 30 Oct

A walking group that endeavours to include nature on their weekly walk to boost wellbeing.

Whether in a forest or close to home in the local green or park. Getting to know where we live, and each other.

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Fri 4, 11, 18, 25 Oct

10am-1pm

Clon Fir Men's group

Clonakilty Community Resource Centre

BBQ's, Walks, Day Trips to name a few of our activities – call in to find out what is happening each week.

All men welcome!

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5-6.30pm

Book Club

Clonakilty Community Resource Centre

Fri 4 Oct

A collaboration between Clonakilty Community Resource Centre and Clonakilty Library Services.

Membership is free and books will kindly be loaned by Clonakilty Library. Meeting on the first Friday of each month to discuss and connect over the books we read with a cuppa.

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Mon 7, 14, 21 Oct

11am - 12.30pm

Art with Mary

Clonakilty Community Resource Centre

Please feel free to come in and join this lovely class, facilitated by Mary, who will gently encourage your inner artist to flow out of you. All are welcome!!

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1- 3pm

Knitting/Crochet Group

Clonakilty Community Resource Centre

7, 14, 21 Oct

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!

Sat 5 Oct (every first Saturday of the month)

11am-12pm
Café on the Lane
Spillers Lane

Conversational Irish in a relaxed setting over a cuppa. All levels of Irish speaking ability welcome.

10-11am

Zumba with Flav in conjunction with Clonakilty Community Resource Centre and Clonakilty College of FET.

Cork College of FET – Clonakilty, Clonakilty Technical School, Western Road

If you have never tried a Zumba class now is the perfect time to start, so many benefits in just one hour! Mood boost; Feel good playlists; Feeling part of a community; Reduce stress & anxiety. Over 18s Only. Free event but booking essential, limited spaces available. Please text/WhatsApp your name to **086 1508747**

Thu 10 Oct

Fri 11 Oct

2.30-4.30pm
Self Spa Workshop with Adrienne Murphy
Clonakilty Community Resource Centre

Join Adrienne and learn how to make moisturisers and salves, from natural oils. This will involve two recipes, one face moisturiser and the second a salve recipe. Numbers are limited, booking is essential. To book your place text Adrienne on **087 4445279**.

5-6.30pm

Party Piece Open Music Session & Heartbeats of Hope screening (see feature panel)

Friday 11 Oct

Cork College of FET – Clonakilty, Clonakilty Technical School, Western Road

Sun 13 Oct

6pm-8pm
Abair Amhrán
DeBarras Folk Club

For this special version of Abair Amhrán in the auspicious surrounds of DeBarras Folk Club Clonakilty. First we will gather in the Folk Club to learn a couple of classics such as Mo Ghile Mear and Fáinne Geal an Lae. We will be then accompanied by classical strings in the form of the **Vespertine Ensemble**, Led by Justin Grounds, this ensemble specialise in sparse and soulful music, ranging from renaissance to modern minimalism, and they are well-known for their collaborations with an eclectic range of artists such as Liam O'Maonlaoi, Camilla Griehsel, Adrian Crowley and John Spillane. This will be an unmissable opportunity to sing these ancient anthems with a modern classical



chamber ensemble backing you up. Entry will be free but donations welcome.

7pm

Jokes and Jams

DeBarra's Folk Club

Thurs 17 Oct

An evening of laughter, connection and easy listening. The West Cork Feel Good Festival invites local musicians, actors, story tellers, comedians and entertainers to an open session, aimed at getting the community laughing. This event is sure to bring a smile to your face and lighten your heart. Local musicians and comedians will be gracing the stage but attendees are invited to sing along or join in with a funny story or favourite joke. There are no rules in comedy! For more info contact Eimear at eims.tierney@gmail.com

Wed 23 Oct

8:30-11:30pm
Wings, Words & Music
DeBarra's Folk Club



DeBarra's Spoken Word (a monthly event) and MC Stan Notte host a very special appearance of the Claddagh Rogues, a band that formed around frontman James O'Flynn and released a brilliant album, *For the Record* in 2017. Now with some magnificent additional musicians (Paul, Dave, Andrew, Moze, Kathy) plus initiator Kevin on percussion, the Rogues will play brand-new material by singer-songwriters James O'Flynn and Tony Cotter, one of the original guitarists. Both will introduce some of their songs with spoken word pieces. In James' case, these are connected to his (auto) biography in progress. The renowned MC Stan Notte will also perform one of his own poems.

DUNMANWAY (PART I)

LOCATIONS

Dunmanway Family Resource Centre (FRC), Kilbarry Rd, P47EC43

Atkins Hall, Chapel Street, Dunmanway P47 C803

Greyhound Bar, P47 HA21

Mon 30 Sept, Oct 7, 14, 21
(every Monday)

7.30pm- 9.00pm
Dunmanway Community Choir
Dunmanway FRC, Kilbarry Rd,

Come and sing a variety of songs & try harmonies in a relaxed and sociable group. First session free and a small cost thereafter. Choir takes place every Monday.
Contact Jane: **085-1665936** (or just come along)

10.00am – 12pm (First Tuesday of every month)

Carers Coffee Morning

Dunmanway FRC, Kilbarry Rd,

If you look after someone who is elderly, has an illness or a disability come and connect with other carers. This is a supportive environment to share experiences, receive information and make time for your self-care. Contact Debbie at Dunmanway Family Resource Centre: **023 8856818**

Tues 1 Oct

Tues 1 Oct

7.00pm – 8.30pm
An Introduction to Positive Psychology,
with Finn Kearney

Dunmanway FRC, Kilbarry Rd,

A brief introduction to positive psychology, which is a science-based psychology that focuses on the positive aspects of life. Learn effective new habits to help with the daily worries, anxieties etc. that we all must deal with.

Contact Dunmanway Family Resource Centre: **023 8856818**

LIVE LIFE AND SING A GATHERING OF COMMUNITY CHOIRS SAT 12 OCT



Bantry Community Choir presents a fun filled day of singing workshops and performances. Here's your chance to learn more about the variety of community choirs singing all around west Cork. This event has been kindly supported by Cork Mental Health Services, MusicAlive, West Cork Development Partnership, The Big Bash & the Oliver Cogan estate. All events are free/donations welcome. Bantry Community Choir have been collaborating with West Cork Feel Good Festival, since 2013 and meet Thursdays 7.30 – 9.30pm at the Fellowship Hall. No prior singing/musical experience necessary to attend.

For more information:

Email: livelifeandsing@pm.me

FaceBook: Live Life and Sing

Instagram: @livelifeandsing

10:00am – 4:00pm

Showcase of community choirs in West Cork

Garnish Suite, Maritime Hotel, Bantry

Come along and learn about the fabulous community choirs across West Cork. There will be poster displays and videos about these choirs and how singing can improve your physical and mental health and connect you with your local community. Free admission.

Sat 12 Oct

Sat 12 Oct

10:00am - 11:00am

Singing for your Soul Workshop

Windward Suite, Maritime Hotel, Bantry

Facilitated by Eilish Butler (live@eilishbutler.ie).

Singing deals in our subtle life energies which open us to transformation and connect us with our true Nature. Often the sound of our own voice is a kind of homecoming, reminding us of our own knowing. Joy is the hallmark of this arrival. Join Eilish to explore your voice as a vehicle for insight and flow in your life. Free admission.

10:00am – 11:00pm

Singing for Brain Workshop

St Brendan's National School Hall, Bantry

Facilitated by Liz Clark (lizclark@lizclarkmusic.com).

This workshop brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. It includes vocal exercises that help improve brain activity and wellbeing. Free admission.

Sat 12 Oct

Sat 12 Oct

11:15am – 12:15pm

Younger Voices Singing in Harmony Workshop (age 13 – 18 years)

St Brendan's National School Hall, Bantry

Facilitated by Susan McManamon (susan.mcmanamon@gmail.com).

Come learn and explore new songs together in two, three and more part harmonies. No experience necessary, all are welcome! This workshop is to enjoy singing in harmony and making music together. Free admission.

11:15am – 12:15pm

Deeper Voices Workshop

Windward Suite, Maritime Hotel, Bantry

Facilitated by Eoghan Horgan (eoghanruad@gmail.com).

This is a workshop for those with deeper voices to learn about the joys of singing and the role of deeper voices in community choirs. Although targeted at males, all genders are welcome. Free admission.

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Sat 12 Oct

Sat 12 Oct

12:30pm – 1:30pm

Singing for Fun Workshop (children aged 8 - 12 years)

Bantry Library, Bantry

Facilitated by Anne-Maria Murphy (annemaria.murphy5@gmail.com).

This is for young children to have fun and enjoy singing along with old friends and new friends . Free admission.

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12:30pm - 1:30pm

Abair Amhrán Singing Workshop

Bridge Street Community Café, Bantry

Facilitated by Eithne O'Mahony (eithnebomahony@gmail.com).

Abair Amhrán is a relaxed, supportive environment in which to explore the deep tradition of Irish song and improve your Irish while doing it. In this session we will look specifically at bilingual songs that mix Irish and English. No prior knowledge of music or Irish is necessary. Free admission.

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Sat 12 Oct

Sat 12 Oct

2:00pm – 3:30pm

Afternoon Concert: "Stories in Song"

St Brendan's Church, Bantry

Master of Ceremonies: Susan Nares (susieofstouke@gmail.com)

A concert of stories sung in some of the languages spoken in West Cork: English, Irish and Ukrainian. With performances by Bantry Community Choir, West Cork Choral Singers, and Ukrainian and bilingual (Irish-English) singers. The concert will end with a "big sing-along" involving the choirs, the guest singers and the audience. Free admission (voluntary donations at door welcomed).

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4:30pm – 6:30pm

Early Evening Concert: "Singing across West Cork"

Windward Suite, Maritime Hotel, Bantry

Master of Ceremonies: Eoghan Horgan (eoghanruad@gmail.com).

A concert with performances by Beara Singers, Clonakilty Voices, Drimoleague Community Choir and Bantry Folk Choir. The concert will end with a "big sing-along" involving the choirs and the audience. During the intermission; meet the choir members over tea/coffee and scones (free). Free admission (voluntary donations at door welcomed).

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Sat 12 Oct

Sat 12 Oct

7:30pm – 10:00pm

A Finale Concert: "Live Life and Sing"

Windward Suite, Maritime Hotel, Bantry

Master of Ceremonies: Kevin Balanda (kevin.balanda@protonmail.com)

A concert with performances by Bantry Community Choir, Dunmanway Community Choir, Muintir Bhaire Men's Choir and Skibbereen Community Choir. There will be a special performance of "Song of Amergin" sung by Eilish Butler with choir and musician accompaniment. The concert will end with a "big sing-along" involving the choirs and the audience. During the intermission; meet the choir members over tea/coffee and scones (free). Free admission (voluntary donations at door welcomed).

DUNMANWAY (PART II)

10am – 12.30pm

St Finbarr's Well Walk

Meeting at the Dunmanway FRC, Kilbarry Rd,

A short loop walk taking in St Finbarr's Well, followed by a chat and a cuppa for everyone. Information will also be available on the newly launched trails in Dunmanway.

Contact Dunmanway Family Resource Centre: **023 8856818**

Wed 2 Oct

Thurs 3 Oct

6.30-8pm

Community Jam Launch *(will take place on the first Wednesday monthly going forward, from 7pm to 9pm)* **Party Piece Open Music Session** *(see feature panel)*

Dunmanway FRC, Kilbarry Rd,

Come along for a bit of craic, ceol and connection for an Open-Door music session with Trace Irwine. All are welcome to drop by to play, listen or sing, whatever your ability.

For the launch, special guest Kevin McNally will provide some tips and instruction on playing an instrument.

Bring along your own or there will be a variety of instruments available to try out, including ukuleles. Listeners are most welcome too.

Contact Dunmanway Family Resource Centre: **023 8856818**

11am – 12.00pm

Chair Yoga with Lisa Kingston

Dunmanway FRC Kilbarry Rd,

Booking essential. Contact Lisa Kingston: **087 781 3434**

Fri 4 Oct
(every Friday)

Fri 25 Oct

9pm -11pm (Last Friday of every month)

Singing and Story Telling Session

Greyhound Bar, P47 HA21

Just come along and enjoy the singing, and of course the storytelling; and if you would like to sing a traditional song or tell a story yourself, you are more than welcome! Tea & Coffee available.

Contact: Tommy Collins **086 1225867**

11am to 1pm

Memory Café

Dunmanway FRC, Kilbarry Rd

Wed 30 Oct
(last Wednesday of every month)

This café provides a warm and welcoming place for people to meet others also living with dementia/memory loss, their friends & family as well as health & social care professionals.

Contact Debbie at DFRC: **023 8856818**

Together at the Hall - Atkins Hall Dunmanway

A weekend of community and wellbeing events with activities, workshops & performances including a showcase of local community groups and services that support and promote positive mental health and wellbeing. The events will balance that sense of fun with connection and understanding, whilst raising awareness for mental health and wellbeing. Light refreshments including Tea & Coffee available for all of these FREE events.

Contact: Claire Hurley 087 1881663 or email Claire.hurley@hse.ie

7pm – 9pm

Open Night at the Hall

Fri 4 Oct

An informational evening which will showcase local organisations and groups that offer services to support positive mental health and wellbeing in the community. There will be a short musical interlude as part of the evening.

Sat 5 Oct

12pm – 1.30pm

Harmony Singing for Fun, with Jane Goss

Community Singing is proven to be beneficial for our social and emotional well-being. Come and join in some fun vocal warm-ups and learn a few songs with 'easy-to-catch' harmonies in a relaxed uplifting session. Contact Jane: 085 1665936.

2pm- 4pm

Social Dancing Session

Sat 5 Oct

With Dunmanway Comhaltas & local musicians. Come along and enjoy an afternoon of traditional music and dance, listen, get involved or just relax and enjoy the session.

Sat 5 Oct

7pm- 9pm:

Heartbeats of Hope Film Screening (see feature panel)

followed by **Concert with Ger Wolfe** and Special Guests, including Tony Cotter and Dunmanway Community Choir.

A gentle and consistent voice on the Irish folk-roots scene, singer-songwriter Ger Wolfe has a subtle way of weaving his magical music into the heart of the listener. Ger plays spirited and heartfelt music, all at once lyrical, melodic and poetic and creates songs that have been described as 'carefully crafted vignettes of song to all who come to listen' (Irish Times) Prepare to be bedazzled by his unmistakable voice and inimitable guitar playing. Ger also features and will officially launch the Heartbeats of Hope short film this evening.

Free event but booking essential at: bit.ly/3Z8Nh3b Contact Claire.hurley@hse.ie



12pm-2pm:

Come & Try Board Games

Sun 6 Oct

Come & Try Board Games (new and traditional) with Skibbereen Board Games group. An afternoon of fun and learning with an opportunity to play and try some board games including Dobble, Kites, Chameleon and more. *Family friendly event.*

Sun 6 Oct

2pm-5pm

An afternoon with John Spillane and guests, including Siobhain Collins

John Spillane is a musician, songwriter, performer, recording artist, storyteller, poet and dreamer. Rooted in people, place and story, his music transports the listener and his live performances captivate audiences around the world. John is one of the most accomplished songwriters in Ireland. With an extensive back catalogue beginning with the 1997 album *The Wells of the World*, his songs have been covered by Christy Moore, Sharon Shannon, Sean Keane and many others. "John writes catchy, heartfelt folk-pop songs with the bonus of actually meaning something." - *The Sunday Business Post*

Free event but booking essential at: bit.ly/3Z8Nh3b Contact Claire.hurley@hse.ie



LEAP

LOCATIONS

*Connollys, Main St Leap, P81 AK20
CECAS, Myross Wood, Leap, P81Y192
Church of Ireland, Leap*

*Harbour Bar Main St. Leap
The Leap Inn, Leap Village*

Fri 4 Oct

6.30-7.30pm
Breathwork and Meditation Taster Class
CECAS, Myross Wood House

Join Natasha for an introduction to Functional breath work and meditation, exploring breathing techniques to relax the body, bring peace and clarity to the mind improving overall health. Donation based.

Contact Natasha Edmondson on **086-3675373** booking essential, spaces limited. Weekly classes Tues 6.30-7.30pm at CECAS.

10am-4pm

A Day of Happiness- A Practical Workshop

Myross Wood House

Sun 13 Oct

What if one day could change your life forever? Find out what more happiness could mean for you at this practical one-day workshop

Anne Crossey will host this one day hands-on happiness event at the beautiful Myross House in Leap, Co Cork. Expect to learn lots of practical techniques that you can use to increase your capacity for happiness, connection and resilience. It might even transform your life. Tea and coffee provided but you must bring your own lunch.

Limited free places available for anyone who mentions the West Cork Feel Good Festival by contacting Anne directly on **085 851 6172**

Tues 22 Oct

7:30pm -10pm
Storytelling, Songs and LeapLore
The Leap Inn, Leap Village.

Join storyteller **Conor Ó Buachalla** & friends for an evening of local tales songs and poetry. On this special evening, hear Samhain based stories and enjoy some wonderful songs and poems written by local people. You are also invited to join in and share a story or sing a song. Don't miss out on this wonderful opportunity to listen to or participate in a fun evening open to all. Contact leapvillagefestivals@gmail.com

10am-7pm

Wellness day in Leap: Take-Pause

Leap Village Hall

Tues 22 Oct

Enjoy some time out in Leap on Oct 25th, embrace your day with gentle yoga, pilates, head & neck massage, oracle card reading, watercolor art class and more. You will be spoilt for choice in a relaxing setting created for you in Leap village hall. See times for each activity and contacts details for booking on www.leapscarecrowfestival.com. Donations to support the development of Leap's playground are welcomed



Fri 25 Oct

**Open Door Music Session/Heartbeats of Hope Film
Screening (see feature panel)**

4pm

Harbour Bar, Leap

49 North Street: musicians & dancers all welcome. Bigú linn!

7:15pm -9:30pm

**Irish Mythology in photography & Musical
evening in Leap**

Leap Village Hall and Church of Ireland

The Lebor Gabála tells us that Ireland was settled (or “taken”) six times by six groups of people: the people of Cessair, the people of Partholón, the people of Nemed, the Fir Bolg, the Tuatha Dé Danann, and the Milesians. Join us in Leap hall to view a collection of photographs of local people bringing some of these extraordinary characters to life in stunning locations around Leap and West Cork. Enjoy some refreshments while you soak up some information on these characters, the local people who portray them and the nearby locations well worth visiting. At 8pm, round off your experience with music from West Cork Ukulele café, Skibbereen choir, and the mesmerizing sound of the Gamelan in Leap Church of Ireland (next door to the village hall). See www.leapscarecrowfestival.com to book a space or contact Leapvillagefestivals@gmail.com for more information.



Fri 25 Oct



Sat Oct 5

An interview/conversation with Brad Heidi

7-7.30pm

8pm

Brad Heidi in concert

Connollys of Leap



Starting out as a busker, Brad Heidi quickly began to gain popularity on TikTok, landing the No.1 spot and scoring an opening slot for Billy Joel at Hyde Park last summer. His impressive journey continued in 2023 when he won the Radio Broadcast Association of Ireland’s “A New Local Hero” Award. Brad’s latest single, “Don’t Let Go,” dominated the Irish Breakers Charts at number 1 and hit number 10 on the Shazam Charts. With standout performances on the mainstage at Electric Picnic and Forbidden Fruit festival, Brad Heidi is one to watch.

Tickets for all evening events at Connollys of Leap on sale at www.connollysofleap.com/events/

7-7.30pm

An interview/conversation with John Francis Flynn

Sun Oct 13

8pm

John Francis Flynn in concert

Connollys of Leap

John Francis Flynn is a renowned Irish singer and multi-instrumentalist whose music captivates audiences with its deep roots in traditional Irish folk. Hailing from Dublin, Flynn has quickly established himself as a significant force in the contemporary folk scene, blending haunting melodies with evocative storytelling. Flynn's musical journey began in his youth, deeply influenced by the rich cultural tapestry of Ireland's musical heritage. His mastery of various instruments, including the tin whistle, flute, and guitar, complements his powerful and emotive vocal performances. His work reflects a profound respect for tradition while pushing the boundaries to create a unique and modern sound.



Fri Oct 18

An interview/conversation with Dan Donnelly

7-7.30pm

8pm

Dan Donnelly in concert

Connollys of Leap



Former frontman and song writer of old school favourites **Watercress**, Dan Donnelly has since toured the world playing with US Indie dream pop band **Joy Zipper**, Indie rock nasties, **The Wonder Stuff** and now with Folk Rock Legends **The Levellers**.

He returns to his favourite venue in the world for an intimate evening of songs and stories from the last 30 years.

7-7.30pm

An interview/conversation with Susan O'Neill

Sat Oct 26

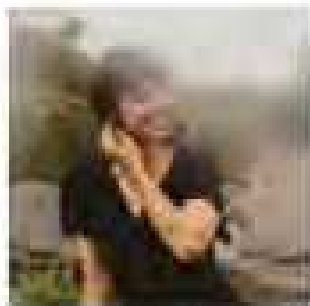
8pm

Susan O'Neill in concert

Connollys of Leap

Susan has spent the last few years honing her craft as a solo performer. A songwriter of hidden depths, with a timeless voice that is equal parts balm and blowtorch, she is audacity personified, a free spirit, a real performer.

Since the release of the critically acclaimed collaboration album with Mick Flannery 'In The Game', Susan has toured extensively across Europe and North America, performing both with Mick and solo on headline tours, festival stages, and as an invited guest to an array of artists including Phoebe Bridgers, Valerie June and The Teskey Brothers. Susan will release her solo album 'Now in a minute' later in 2024.



Mon 28 Oct

Open Door Music Session

5-7pm

Connolly's of Leap, Main St Leap

Join musicians and guests from 49 North St for an afternoon of musical busking around Leap. At 5pm, we will gather for an open session of all musical styles. Feel free to bring an instrument or a song. This is a family friendly event & all are welcome to join in, listen or sing.

ROSSCARBERY

LOCATIONS

Pier Road, Rosscarbery
Caherbeg, Rosscarbery, Co. Cork, P85 AE75

Celtic Ross Hotel, Rosscarbery

Wed 16 Oct

11am-1.30pm

**Footsteps by the Pier in conjunction with
Siúlóid@CCRC, Rosscarbery Social Services &
Cork Sports Partnership.**

Celtic Ross Hotel, Rosscarbery, Co. Cork.

A walk with reflective/meditation stages signposted on the route. The route is suitable for all abilities as you can walk the full route (5km from Celtic Ross Hotel to the pier and back) or complete your own chosen distance. Flat surface, no hills. Free event but booking essential: Please text/WhatsApp your name to **086 1508747**

11.00am (Last Tuesday of every Month)

Happy Feet Walking Group

Celtic Ross Hotel

Tues 29 Oct

Community Walk: The walks are open to all members of the community and are free of charge with light refreshments after.

Contact: Cathy **086 8294511**

Mon 28 Oct

3-5pm

Forest Bathing in Rosscarbery

Caherbeg, Rosscarbery, Co. Cork, P85 AE75

"Trees give peace to the souls of men." - Nora Waln

Swim in a green ocean; ride the wave allowing oneself to drift & intuitively absorb the healing powers of the forest. Join Avril Allshire-Howe for a two hour Forest Bathing Experience on the family farm near Rosscarbery, *'My role as a guide is to lead you but not dictate. Each one of us is individual & we will relate individually to this experience.'* Limited to 12 people booking essential by texting **087 9140811**.

SCHULL

LOCATIONS

D'Altons Corner House, Schull

Schull Harbour Hotel

10am

Pop-Up Gaeltacht

Schull Harbour Hotel

Mon 7, 14, 21 Oct

Fáilte roimh chách chuig an Pop-Up Gaeltacht, an crinniú a bhíonn i Schull Harbour Hotel gach Luan ar a 10 i.n. Idir Gaoluinn líofa nó meirgeach nó foghlaimóir nua thú, is é an craic, caint agus caifé atá mar aidhm againn!

All welcome.

Thurs 24 Oct

8pm

Scoraíocht do'n Deireadh Fómhair

D'Altons Corner House, Schull

The theme of our Scoraíocht evening for October is "High Spirits". Beidh an Oíche Scoraíochta ar siúl ar an 24ú lá Deireadh Fómhair, i dTigh D'Alton's, Scoil Mhuire, mar ba ghnáth, ar 8r.n.. 'Sé an téama ná "Barr na Gaoithe". Come join the fun!

SKIBBEREEN AND SURROUNDING AREA

LOCATIONS

49 North Street, Skibbereen, P81 Y433

Skibbereen Community and Family Resource Centre North Street, Skibbereen, P81 ND89

Skibbereen Library, North Street, Skibbereen, P81 PW10

An Coláiste, Oileán Chléire - Cape Clear

Uillinn: West Cork Arts Centre, P81 VW98

Sherkin Island Community Hall, P81AE02

Cnoc Búí, Union Hall, P81 X274

Tues 1 Oct

3-4:30pm
Community Grief Circle
49 North Street

This is an invitation to build our capacity to be present for one another. Tending grief is a radical act: a space to share and be witnessed. For everyone who has experienced any form of loss or grief in their lives. Facilitated by Melissa Murphy.

11am-12pm

Mindful Movement session with Patrick Cotter

49 North Street

Wed 2, 9, 16, 23 Oct

The session focuses on using movement to maintain health & wellbeing while improving breathing, balance, and coordination. Patrick is a Tai Chi and Chi Gung instructor. The gentle and mindful movements of these arts harmonise the body's energy systems and settle the mind, promoting inner peace and wellbeing.

Wed Oct 2, 9, 16, 23

7-9pm
Gamelan Spréacha Geala
Skibbereen Family Resource Centre.

Gamelan is the rich and ancient musical traditional of Indonesia using bronze gongs, xylophones, metallophones and other tuned percussion to create a shimmering texture and powerful resonance. It is a mesmerising sonic experience and west Cork is lucky to house the only Irish gamelan outside of a university city. These unique (no two sets are alike) hand-forged instruments are equally impressive visually, as they are intricately carved and brightly coloured. Gamelan Spréacha Geala (Bright Sparks Gamelan) are a non-professional, community music group based in Skibbereen. New members are always welcome and no prior musical experience is necessary.



11am-1pm

Trad and tunes with Andrew Rawlings and Gerry Touhy

49 North Street

Thurs 3, 10, 17, 24, 31

This group provides a repertoire-building opportunity to play your new tunes slowly and work on your old tunes at a reasonable tempo. While the focus is on traditional Irish music, we sometimes include the music of other folk traditions from around the world and songs in English and Irish. All levels of musical ability welcome, as this space is more about shared learning than performing. Mo cheol thú!

Thurs 3, 10, 17, 24 Oct

11am – 12.15pm
Gaeilgeoíri Bhréan Trá
Cnoc Bui, Union Hall P81 X274

Tá fáilte roimh gach duine go bhfuil suim acu sa Ghaeilge. Caife nó the le comhrá agus caidreamh. Níl de dhíth ach dhá rud; Grá agus suim sa teanga agus iarracht a dhéanamh an Ghaeilge atá agat (gach leibheal) a labhairt.

This conversational group is open to anyone with an interest in Irish and a willingness to use whatever cúpla focail you have, over a cup of tea/coffee.

Eolas: **0863022293 tclontaff@gmail.com**

5.30-7pm

Aperture 49 Photography Group

49 North Street

Thurs 3, 10, 17, 24 Oct

Would you like to dive deeper into photography?

Explore new ways of creating with the photographer and artist Tomasz Madajczak. Tomasz will help you to use your imagination in a new, unexpected ways. He will encourage you to realise that it is really possible to be creative in simple but effective ways once you allow yourself to think outside the box. The sessions are free of charge, everyone is welcome into the creative dialogue. Please bring your camera, your photographs and an open mind.

<https://www.tomaszmadajczak.com>

Fri Oct 4, 11, 18, 25 Oct

11am – 1pm
Studio 49 open days
49 North Street

Colm Rooney runs a community recording project in 49 North Street where he facilitates participants to engage in same day song writing and recording. They use real and virtual instruments to create new music every week. Just drop in, if interested in learning & hearing more. Some of the music produced can be heard here.

<https://soundcloud.com/happyness-ensemble>

2-4pm

Find your flow (Taster Workshops)

Uillinn Arts Centre workspace, Skibbereen

Fri 4, 11 Oct

Art session to explore your creative path; discovery through experimenting with materials and ideas, with Becky Keyser.

Booking: bexykeyser@gmail.com

Limited to 12 places

Sat 5, 12 Oct

2-4pm
Abalonia Blue Building a figure for the
Leap Scarecrow festival to represent Doughnut Economics
49 North Street

We will be creating a 'scarecrow' figure, inspired by nature goddess Danu, using natural and upcycled materials. Her dress will flow out and encompass the two circles of Doughnut Economics.

The inner circle represents what humans need to thrive, the outer circle represents the planetary boundaries and the damage that is done when we push the earth past its limits. The nature goddess being central in the piece will suggest that as humans, we can get all we need to thrive if we work in harmony with nature. During the workshop we will be creating the main 'scarecrow' figure and all the smaller elements that lie in the two circles.

The 'scarecrow' will be displayed at Leap Scarecrow Festival with an 'interactive board' asking visitors "What makes you thrive?"

2-4pm

Community Café

*Skibbereen Community and Family
Resource Centre*

Mon 7, 14, 21 Oct
Every Monday (excl Bank Holidays)

The community café is a safe and welcoming space, giving everyone the chance to be looked after with a warm and nutritious meal, connection and chat. Donations gratefully accepted.

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Mon 7, 14, 21 Oct

11am-12pm
Mindfulness with Paola Vais
49 North Street

Experience a skill you can learn to help deal with stress, exhaustion, overwhelm, pain, either physical or emotional or just with the usual ups and downs of life. Evidence suggests that it has a positive effect on our emotions while supporting our wellbeing. "I teach ways for the mind to rest through a focus on breathing, the senses (hearing, seeing, touching), and/or hands or feet. By creating a little distance, thoughts or emotions no longer overwhelm. You can come back to the 'now'. People find it grounds them. And I show them movements to help reduce stress." <https://westcorkmindfulness.com/>

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12.30pm

In Stitches

49 North St

Mon 7, 14, 21 Oct

Starting on the 30th of September (with knitting), these weekly classes will alternate between knitting and crochet. This community based group is open to all and there will be complimentary tea & coffee. Knitting classes will be facilitated by AnnMarie Kenneally and crochet classes by Adriana Maya Lorenzo. For further information contact AnnMarie at **089 6168725**.

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Tues 24 Sept, 8 Oct

1pm
Abair Amhrán
An Coláiste, Oileán Chléire - Cape Clear

Learn some beautiful Irish songs with Eithne O'Mahony. No need to speak Irish or feel you are a singer to attend.

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7-8.30pm

Abair Amhrán

49 North St

Tue 8 Oct

Abair Amhrán (say a song) is a relaxed, supportive environment in which to explore the deep tradition of Irish song and improve your Irish while doing it. Each session invites singers to share their Irish songs and learn new ones under the guidance of Eithne O'Mahony from the Muskerry Gaeltacht. From lullabies to worksongs to love songs, you'll be surprised how much Irish you pick up on the way.

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Thurs 10 Oct

11am - 1pm
Heartbeats of Hope Screening & Party Piece
Open Music Session (see feature panel)
Sherkin Island Community Hall P81AE02

Join us for this special short film screening and participatory live music session. There will be tea/coffee with fresh home baked goodies on beautiful Sherkin Island. Ferry Leaves Baltimore pier at 10.30am. All Welcome!
Enquiries to: sidssecretary@gmail.com

Action for Happiness Events

Action for Happiness is a charity and movement of people taking action to create a happier and kinder world.

We are grateful for the permission to screen these films.

For more information about Action for Happiness (AFH) see:

<https://actionforhappiness.org/>

**Every Monday
in October**
(Excluding Bank Holiday)

3:30 pm – 5 pm

Screening of Action for Happiness talk

Skibbereen Community and Family Resource Centre

Wellbeing skills with Richard Davidson

Mon 7 Oct

Neuroscientist Prof Richard Davidson joins Dr Mark Williamson for a conversation about how we can use science-based skills and methods to boost our wellbeing. Recorded at an Action for Happiness event on 12 January 2022.

Conversation and ideas exchange after the screening, facilitated by Paola Vais.

Mon 14 Oct

Ecological happiness with Dr Vandana Shiva

Physicist, social and environmental activist Vandana Shiva will share how we can only be truly happy when we care for the natural world around us. Recorded at a live Action for Happiness event for International Women's Day, on the 8th of March 2023. Conversation and ideas exchange after the screening, facilitated by Paola Vais.

The art of rest with Claudia Hammond

Mon 21 Oct

BBC presenter Claudia Hammond helps us discover how to find more rest in a frantic world and reminds us that rest isn't a luxury, it's essential. This was filmed at an Action for Happiness event in London on 25 Feb 2020. Conversation and ideas exchange after the screening, facilitated by Paola Vais.

Thurs 10 Oct

**Breathing for Optimal Health and Wellbeing
Workshop**

2-3.30pm

Skibbereen Family Resource Centre

We breathe everyday but how often do we think about it? Our breath is linked to our state of mind, nervous system, heart rate, blood pressure, digestion, vitality, sleep and much more. The quality of our breathing has a huge impact on the quality of our life. In this workshop we learn and explore how the breath affects the mind and body. The workshop finishes with a guided healing meditation and sound experience. Contact Natasha Edmondson on **086-3675373**. Limited spaces booking essential.

2-6pm

Skibbereen Boardgames Group

49 North Street

Oct 13, 27

Every other Sunday (starting from 29 Sept)

Fortnightly sessions where attendees play board games (with tea & coffee). Minors must be accompanied, by an adult. Run by experienced players who bring their own modern games such as Settlers of Catan, Wingspan and Cascadia. Rules are explained on the day. All welcome, free.

Email : skibboardgames@gmail.com

Wed 16 Oct

7-9.30pm
Introduction to Expressive Arts
49 North Street

Amanda Moat (community educator, trainer, life coach professional facilitator in Expressive arts) will introduce you to an evening of Expressive arts. This experiential workshop will incorporate creative activities to help process feelings and memories for participants. This process witnesses and reveals its own wisdom as the journey unfolds. Let the journey begin!

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8pm
AFTER ALL by Solène Weinachter
Uillinn West Cork Arts Centre

Fri 18 Oct

AFTER ALL is a show about death. In this celebration of our vulnerable and courageous existence, Solène Weinachter melds dance, comedy, storytelling, and theatre to ask - what happens in the end? AFTER ALL is a heartfelt exploration of the different death rituals we have; the ones we've lost and those that need to be invented. Joyously bringing us together to explore the role that dancing might play in healing. ...See trailer HERE <https://vimeo.com/848816451>
Performance is part of Uillinn Dance Season 2024 - tickets available from September.

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Fri 18, 25 Oct

2-4pm
Ealaíon - Art Group with Rebecca Keyser
49 North Street

Explore your creativity during these taster workshops in a supportive, relaxed atmosphere. All materials are provided and no prior experience of making art is necessary. Rebecca Keyser is a visual artist, committed to helping others encounter and express their innate creativity. She has over 20 years experience of arts facilitation in West Cork. Please contact Rebecca by email: bexykeyser@gmail.com if you would like to book a place.

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11am to 1pm
Death Café
Uillinn West Cork Arts Centre

Sat 19 Oct

Lisa Fannen will host a Death Café <https://lisafannen.uk/about/>(€2 donation). A space for people, often strangers, to gather to eat cake, drink tea and discuss death in a way that is accessible, respectful and confidential.

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Thurs 24 Oct

2-3pm
Breathwork and Meditation Taster Class
Skibbereen Family Resource Centre

Join Natasha for an introduction to Functional breath work and meditation, exploring breathing techniques to relax the body, bring peace and clarity to the mind and improving overall health. Contact Natasha Edmondson on **086-3675373** booking essential, spaces limited.

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7-9pm
Heartbeats of Hope Film Screening & Party Piece
Open Music Session (see feature panel)
Skibbereen Family Resource Centre

Thurs 24 Oct

Wed 30 Oct

3:30-5:30pm
Happiness Ensemble
49 North Street

Since it was set up by Peter Fitzgerald in 2014, the Happiness Ensemble has been a space where people "leave their labels at the door" and engage with music or movement whatever their level of experience. And whatever life throws at them. For all that is required is the willingness to hear, watch, and/or feel the sound, movement and the inclination to participate. All sorts of instruments are available at 49 North Street or bring your own, use your voice, clap your hands. A gently facilitated session, with loving spoonfuls of improvisation, rhythm and of course happiness.

2 - 3pm

Fite Fuaite pop up Gaeltacht

49 North Street

Thurs 31 Oct

You do not need to be able to speak Irish to attend this group, as the emphasis is on informal learning & so all from absolute beginners to fluent speakers are welcome. The facilitator/fear an tí is the multi-talented artist and poet Pól O Colmáin, who has many years of experience, teaching and re-introducing people to the beauty and wonder inherent in the Irish language.

Tues 8 & 22 Oct

2-4pm
West Cork Peer Support Network
Skibbereen Family Resource Centre

A free confidential and safe listening space aimed towards people living with or in recovery from mental health challenges. Drop in, feel accepted & understood. Fortnightly meeting, Contact Dave on 086 8916619 or skibbpeers@gmail.com

The Realm of Trauma exhibition by Tomasz Madajczak

49 North Street (open for viewing before/after any of the timetabled groups)

Oct 1- 31

This exhibition will incorporate a light installation and a set of large format photographs displayed on the surrounding walls. The understanding of the nature of trauma as an experience which alters reality by breaking through the boundaries of safety, leading to consequences that can re-emerge, and influence life in a disturbing way. "The place of the real [...] stretches from the trauma to the phantasy" [Lacan]

Wed 30 Oct

12-1.30pm
Autumn & Winter Gardening Tips and Tricks
49 North St

Join horticulturist Peter Dunican for an informative discussion on the autumn garden and handy tips, tricks & tasks for the winter months.

Halloween Celebration

Club Chléire, Cape Clear

Time TBC

Beidh imeachtaí agus céiliúradh Oíche Shamhna Club Chléire Celebration for Halloween on the island & all welcome
Eolas: ruairiodonnabhainopt@gmail.com 086 8930410

Thurs 31 Oct

**Sat 5 October
- Wed 20 November**

10am-4:30pm
Creative Connections (exhibition)
Uillinn Arts Centre, Stairwell Gallery

An exhibition showcasing creative diversity. Artworks by participants from three community art groups: 'Ealaíon', 'Artists Bantry Way' & 'Bank Place Art Group' Facilitated by Becky Keyser. No booking required

Skibbereen Library events

Tues 1 Oct to Thurs 31 Oct 9:30am – 5:30pm

Your Good Self Book Display

Skibbereen Library, North Street, Skibbereen

Your Good Self book titles have been hand-picked and reviewed by HSE Psychologists and other Health Professionals and cover a variety of topics from bereavement to stress, from parenting to low self-esteem and many more. Call into Skibbereen library to choose from a selection of these books or find out how to read these books on the BorrowBox App. Library membership is free, borrowing books are free and all library Apps are free. Opening hours are Tuesday to Saturday from 9:30am to 5:30pm. Library staff will be on hand to help you get started!

Wed 9 Oct 11:30am – 1:00pm

Poetry Circle

Skibbereen Library, North Street, Skibbereen

Join us for a Poetry Circle where you can read your favourite poem, or even one of your own in the relaxed atmosphere of Skibbereen Library. This informal poetry circle is open to all, and everyone is welcome.

Thurs 10 Oct 11:30am – 1:00pm

Anxiety in Children - A talk by HSE Psychologist Jo Boniface

Skibbereen Library, North Street, Skibbereen

Clinical Psychologist Jo Boniface will talk about worries and anxiety in children. This free talk is part of Your Good Self- Cork's Positive Self-Help Programme and will give you the opportunity to learn more about your child worries and what you can do to help. This talk is open to all and everyone is welcome.

Fri 4 & 25 Oct 2.30-3.30 pm

Ukulele Family with Music & Language teacher Alison Boardman (child's age 9+)

Skibbereen Library, North Street, Skibbereen

Join our fun hour, learn three chords plus song that the whole family can enjoy learning together. No musical experience required. Booking essential, instruments can be provided if required please reserve your place and instrument by contacting Library.

Fri 4 & 25 Oct 3.45-5pm

Mind your Language & attract Prosperity with Music & Language teacher Alison Boardman

Skibbereen Library, North Street, Skibbereen

Alison, an experienced and licensed Louise Hay teacher and coach will lead us in a series of awareness activities on how our internal chatter and negative words impact our lives and how we can change them to attract love, joy, peace and fun into our lives. 'Easy, not always simple' said Louise Hay. Booking essential by contacting the library!

Every Fri morning in Oct 10am – 1pm

Gach Duine- Peer Support Group for Disabled People, Carers, Family & Close Friends

Skibbereen Library, North Street, Skibbereen

Come and enjoy a relaxed morning in an inclusive space. We have different activities on every week, with no demands made of any of our members. All ages and abilities are welcome.

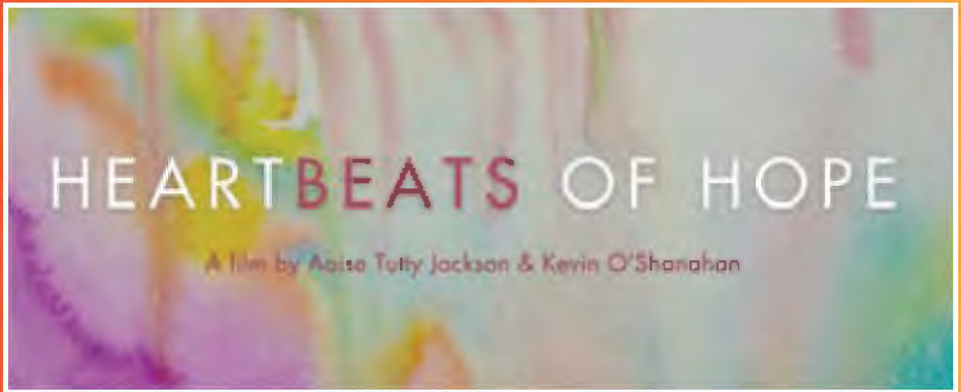
Fri 4 Oct This week, we will be making a collage.

Fri 11 Oct 'Let's talk non-verbal' is the activity this week.

Fri 18 Oct This week, we will have an inclusive bingo.

Fri 25 Oct This week, we will be making Halloween crafts.

HEARTBEATS OF HOPE



Heartbeats of Hope is a captivating short documentary (14 mins), which delves into the transformative power of the West Cork Feel Good Festival, which has been uplifting and connecting communities for more than a decade. Through intimate interviews and compelling narratives, the film features contributions from Luka Bloom, Jinx Lennon, Donal Dineen, Lisa O'Neill, Joe O'Leary, Nuala Kenny and others. As these individuals share their insights and stories, the documentary reveals how the festival has become a beacon of hope and support, fostering a sense of unity and resilience. Ultimately, **Heartbeats of Hope** is a call to action, inspiring viewers to initiate small yet impactful changes within their own communities, creating a ripple effect of positivity and mental well-being.

PARTY PIECE



Would you like to have a party piece? That one song or tune that you can pull out at a gathering that will get everyone singing along, tapping the lyrics, or some support with the musical accompaniment, or maybe you'd like to learn something new from scratch. **Party Piece** is a relaxed participatory music session for everyone, regardless of musical experience in which we help you to play the music that's close to your heart. It is about the simple joy of sharing songs and tunes with each other and the aim is to grow a shared repertoire of pieces that are easy to join in with and that have a wide appeal.

Kindly supported by the Department of Culture, Heritage and the Gaeltacht/Creative Communities, Cork County Council, Cork South Community Work Department and MusicAlive.

See www.kevinmcnallymusic.com/community-projects/party-piece for updates.



**West Cork
Feel Good
Festival**

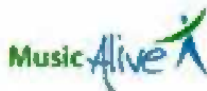
WEST CORK

FEEL GOOD FESTIVAL

**2024
OCTOBER
01 - 31**

With thanks to our sponsors:

Cork Mental Health Services, Cúram Sláinte Pobail/Community Health Care Corcaigh Ciarraí/Cork Kerry, MusicAlive, HSE/Connecting for Life, Cork South Community Work Department and Health Promotion & Improvement, West Cork Development Partnership, Levis Corner House, CETB Bord Oideachais agus Oiliúna Corcaigh/Cork Education and Training Board, Leap Scarecrow Festival, Oliver Cogan Estate, Cork County Council Libraries Department and Arts Office, Resonate/Skibbereen Arts Festival, All at 49 North Street and the Family Resource Centres. And most of all, a special thanks to our volunteers and community partners/venues without whom the festival wouldn't happen.



Visit 49 North Street on Facebook www.facebook.com/49NorthStreet
or www.musicalive.ie/west-cork-feel-good-festival for the full programme
and regular updates during the festival.