



**West Cork
Feel Good
Festival**

WEST CORK

FEEL GOOD FESTIVAL

MUSIC

FILM

TOGETHER IN SONG

DRAMA

COMEDY

**MENTAL HEALTH AND
WELLBEING WORKSHOPS**

ART EXHIBITIONS

**2025
OCTOBER
01 - 31**



www.musicalive.ie

AND SO MUCH MORE...

CRUINNIÚ – A COMMUNITY CONSULTATION ON WORLD MENTAL HEALTH DAY

Brookpark Business Centre, Clonakilty Rd, Dunmanway
P47 RX28

Fri 10 Oct
10:30am - 1pm



Building on the evolving work of the West Cork Feel Good Festival in Dunmanway and together with local organisations and groups currently providing mental health supports, this community gathering will look at where we have come from so far. We will discuss our vision for what could be created in the future in Dunmanway, to benefit the mental health and well-being for as many people as possible in our local community.

After complimentary tea & coffee, there will be a screening of the inspiring Heartbeats of Hope short film. Artist and facilitator Becky Hatchett, who works at the intersection of creativity, strategy, and social change, will then lead a workshop, exploring how we can practically work further together as a community and imagine new possibilities for community mental health & well-being in Dunmanway for 2026 and beyond.

Booking essential & places limited. Contact: Claire Hurley 087 1881663 or email Claire.hurley@hse.ie.

Later in the afternoon, there will be yoga and meditation activities with Lisa Kingston, creative activities at the Together Collective and the 'Our Song' community choir's concert at St Mary's Church at 6.30pm. You can find further details about these events and more in the Dunmanway section.

Heartbeats of Hope is a captivating short documentary (14 mins), which delves into the transformative power of the West Cork Feelgood 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.



West Cork Feel Good Festival 2025

Welcome to the West Cork Feel Good Festival 2025, organised by 49 North Street/HSE and a broad range of community partners. Now in its 13th year, the festival continues to highlight the importance of community and connection to mental health and wellbeing.

A continually expanding and more diverse programme of events, delivered in partnership with local communities around West Cork, indicates the wide variety of creative and social activities that people find beneficial in connecting with others and minding their mental health.

This is important, because a recent EU policy document demonstrated that Ireland had the highest prevalence of loneliness of all European countries. Loneliness is a risk factor linked to higher levels of stress, depression, dementia and suicidality. A lack of adequate social spaces in Ireland for people to meet and participate in recreational, cultural, and sports activities has been identified as an issue of public health concern.

At a local level, our intention is to offer such social spaces for open and supportive events and spaces that celebrate community spirit and allow for authentic connections to be made. We are delighted to include a number of new neuro-inclusive events in this year's programme. All are welcome to our events as 'mental health is everyone's business.'

Other additions to this year's festival include Together in Song – community choir events & concerts in Bantry & beyond, Cruinniú a community consultation day in Dunmanway, Behind the Curtain drama weekend in Skibbereen, Thriving Together a community weaving project on the islands and an eclectic lineup on the Beara peninsula. We are also honoured to have Nóirín Ní Riain as our artist in residence this year.

The majority of the events are free. Those ticketed are to support the many artists and local arts venues that help us in our work. Without such support and the help of all from volunteers to funders, the festival would not be possible.

Go raibh míle maith agaibh.

BALLYDEHOB

LOCATIONS

Levis Corner House, Main St, Ballydehob, P81 RC03

Ballydehob Community Hall P81 FC89

An Sanctóir, Ballydehob, P81XF34

Wed 1 Oct

7.30-9.30pm

The 'Feel-Good' Singing Workshop

Levis' Corner House, Ballydehob

Come and join **Caz Jeffreys** and **The Ballydehob Community Band** for an uplifting kick-off to the festival, with a harmony -filled, group singing experience.

8.00pm **SOLD OUT**

Between Dog and wolf: An evening of storytelling with Tommy Tiernan & Martin Shaw

Levis' Corner House, Ballydehob

Storytelling is a way of talking about the stranger side of life. Not stand-up, not literary recital, this is a kind of dreaming with your eyes open. It's a world where you get lost on the way home from the fair, or a cow becomes a hill, or a woman has a fox tail hidden under her skirt.



**Tommy Tiernan
and Martin Shaw**

Fri 3 Oct

Sat 11 Oct



Inni-K

8pm

Inni-K

Levis Cornerhouse, Ballydehob

Renowned for her ever-evolving sonic landscapes and creative vision, Inni-K and band return with the launch of her fourth studio album, a powerful new collection of nine original songs. Tickets: www.leviscornerhouse.com/listings/.

7pm

Abair Amhrán/Sing a Song

Levis Cornerhouse, Ballydehob

For this special version of Abair Amhrán, we will first gather and sing through some of the classics from the Irish language song tradition. We will be then accompanied by classical strings in the form of the Vespertine Ensemble, led by **Justin Grounds**. Entry is free, but donations welcome.

Sun 12 Oct

11am-1pm

Liz Clark

Ballydehob Community Hall

Join Liz Clark for a joyful morning of song for family carers to have fun and enjoy the relaxing and feel good benefits of music.

For further information or to book, please contact **Lorna Harte** on 087 400 1763.

Thurs 16 Oct

Sat 18 Oct

8pm
You're having a laugh, right?
Levis Cornerhouse, Ballydehob

An evening of comical moments with invited guests and open mic! Come along and join in the craic.
'Pass the hat' donations welcome.

Sun 19 Oct

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

Rob is going to demonstrate and chat through the making of an autumnal soup using beautiful west cork ingredients. Guests will be able to interact with Rob while he cooks, ask questions & taste.
Free but booking essential, limited numbers. Email leviscornerhouse@gmail.com

Sun 19 Oct

2pm
Songwriters Hour with Jake Stanley & Tony Cotter
Levis Cornerhouse, Ballydehob

Singers and Songwriters Hour with **Jake Stanley & Tony Cotter** (see feature) followed by an 'Open Door' music session with **49 North Street & friends** including **Ballydehob and Skibbereen Community choirs**.

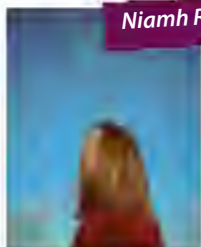
2-5pm
Postpartum well-being workshop with Mná na Broinne
An Sanctóir, Ballydehob, P81XF34

Sun 19 Oct

Workshop inviting the wider community to recognize the vital importance of honoring postpartum maternal mental health—not just for mothers, but for the wellbeing of children, families, and future generations.

Sun 26 Oct

2pm (Matinee show)
Niamh Regan
Levis Corner House, Main St, Ballydehob



With her stunning 2024 release *Come As You Are*, **Niamh Regan** has cemented her place as one of Ireland's most distinctive songwriters. Nominated for the RTÉ Choice Prize for Irish Album of the Year, this album is a masterwork of intimate storytelling, rich arrangements, and unflinching emotional honesty. Tickets: www.leviscornerhouse.com/listings/

6pm
Samhain Parade
Ballydehob

Fri 31 Oct

Spooktacular Community, fun and frolics for all the family!

TOGETHER IN SONG: A PROGRAMME OF SINGING AND COMMUNITY EVENTS CONNECTING PEOPLE & COMMUNITIES AROUND WEST CORK

Oct 1 - 26

West Cork is fortunate to have a wide range of welcoming choirs, who meet and sing throughout the year. Singing is a simple, yet powerful way of bringing people together and having a shared positive experience.

As part of Ireland's national strategy to reduce suicide, the **Connecting for life** plan in Cork highlights the importance of everyone in the community, doing what they can to prevent suicide and build mental health resilience.

Community choirs are a great example of how local groups can help to combat loneliness, isolation and contribute towards a platform for community resilience, while engaging people in a creative and joyful activity.



Níóirín Ní Riain, PhD, has had an extraordinary career as Ireland's Celtic jewel of song and soul. An internationally acclaimed singer, she has collaborated and performed worldwide with diverse artists such as John O Donohue, Mícheál Ó Súilleabháin, Anjelica Huston, David Whyte, Seamus Heaney, His Holiness the 14th Dalai Lama, Russell Crowe and Sineád O Connor.

We are honoured to host Níóirín, as our Singer in Residence. She has been a pioneer of the health benefits of singing in Ireland and worldwide, through her workshops, performances, lectures and writings.

Her latest book, **Sacred Rituals: An everyday book of prayer** was on the best seller list of non-fiction in 2024 and is now in its second edition. Níóirín will share her life-long passion for the incredible, transformative power of song and listening in improving and enriching human existence. As an ordained Interfaith minister, who offers spiritual mentoring and direction for people worldwide, she will also draw on her experience, of how connecting with the sacred, can benefit health and well-being.

Wed 1 Oct

7.30 - 9.30pm
The 'Feel-Good' Singing Workshop

Levis' Corner House, Ballydehob

Come and join Caz Jeffreys and The Ballydehob Community Band for an uplifting, harmony -filled, group singing experience.

4-4:50pm 7 to 11 year olds

5-5:50pm 12+

Sing Your Heart Out

Green Dot Café, Clonakilty (Please enter Green Dot by the back door)

Love to sing? Come along and sing your heart out. For more information contact Susan McManamon on 087 6505325.

Fri 3 & 17 Oct

Sun 5 Oct

11am - 12noon
Singing for the Soul Workshop

49 North Street, Skibbreen

Discover with Eilish Butler how singing can deepen your consciousness of energy and insight and expand awareness. Drawing on a variety of UncoverYourVoice exercises, awaken your soul sound like a sleeping child. Admission free but booking required (0876823663).

4pm

Community song sharing

Skibbreen Town Hall

Come along and sing with Liz Clark & the Skibbreen Community Choir with a variety of uplifting songs to boost your mood and promote mental well-being. No prior experience necessary, just bring your enthusiasm.

Fri 10 Oct

10am – 11.30am
Singing for the Soul Workshop

Schools Singing Workshop

Coláiste Pobail Bheanntaí (open to school students only)

A workshop for transition year school students, including a screening of Listen & Q & A with Nóirín Ní Riain.

7pm-8.30pm

Singing Workshop based on Songs of na Déise

49 North St, Skibbreen

A singing workshop with Nóirín Ní Riain. Free admission, but prior booking required. E mail: barbara@musicalive.ie

6.30pm -8pm
'Our Song' Concert

St Marys Church, Main Street Dunmanway

Showcase of three amazing choirs: The Dunmanway Community Choir, Men's Shed Choir and Children's Choir. All welcome for this free show that shares an intergenerational love of music. Refreshments provided afterwards. Contact: DFRC 023-8856818

Sat 11 Oct

Live Life and Sing

Main Suite, Maritime Hotel, Bantry P75XW3

- 11am - 1pm Singing Workshop with Nóirín Ní Riain
- 2.20-2.50pm: Alison Boardman's West Cork Ukelele Café plays some upbeat songs to get everyone's toes tapping
- 3-3.15pm: Screening of the short film *Listen* (Directed by Aoise Tutty Jackson)
- 3.15-4pm: A discussion around listening, singing, community, collective trauma, spirituality and healing (within the context of the Residue exhibition) with Nóirín Ní Riain, Patrick Bracken, Kevin O'Shanahan, Nuala Kenny & Moze Jacobs
- 4-5pm: Performance & song sharing led by Nóirín Ní Riain
- 5pm: Raffle prizes in aid of the Bridge Street Community Café to be announced

1-2pm

Songs of Solace

St Brendan's Church, Bantry, P75 H593

Join Nóirín Ní Riain, West Cork Choral Singers & the West Cork Ukranian Choir for a sharing of sacred and healing songs to ease the mind and soothe the soul in troubled times. Admission free with donations welcomed at the door.

Sun 12 Oct

3 - 4:30pm

Song Sharing Session with The Ferns

Pod Páirc, Top of the Rock, Drimoleague

Come, share a song, sing individually & collectively with West Cork vocal collective The Ferns. A great way to come together simply to enjoy singing and listening. All are welcome, donations kindly accepted.

7pm

Abair Amhrán

Levis' Corner House, Ballydehob

Your chance to informally learn beautiful songs 'as Gaeilge', such as 'Mo Ghile Mear' and 'Fáinne Geal an Lae' with Eithne O' Mahony & a chairde.

7.30pm-9pm

Sing and Feel Good!

Dunmanway Family Resource Centre, Killbarry Road, Dunmanway

Community singing workshop with Jane Goss. Vocal, fun and harmony singing in a relaxed, open-door style session.

Mon 13 Oct

8pm - 9:30pm

Open Rehearsal and Sing Along with Drimoleague Community Choir

Parish Hall, Drimoleague

Drimoleague Community Choir, led by Susan McManamon, is a friendly mixed voice choir who come together in a shared love of a good song. Come and join them for an evening. All are welcome. Admission free with donations welcomed at the door.

Wed 15 Oct

11am-1pm

Join Liz Clark for a joyful morning of song!

Ballydehob Community Hall

A morning for Family Carers to have fun and enjoy the relaxing and feel good benefits of music with Liz Clark.

For further information or to book, please contact Lorna Harte on 087 400 1763.

Thurs 16 Oct

Fri 17 Oct

7:30pm - 9pm
**A Candlelight celebration of Bantry's three
community choirs**

St Brendans Church, Bantry, P75 H593

With Bantry Community Choir, Bantry Folk Choir and Crystal's Choir. With an opportunity for the audience to sing along! Admission free with donations welcomed at the door.

3 – 5pm

Open Door Music Session

Levis Corner House, Ballydehob

Including some informal song sharing with singers from Ballydehob community Band & Skibbereen Community Choir.

Sun 19 Oct

Tue 21 Oct

2 – 3pm

Singing for the Brain

Skibbereen Library, North Street, Skibbereen P81 PW10

Enjoy the therapeutic effects of music on the brain and body with Liz Clark. This session uses singing as a means to stimulate memory and promote health and wellbeing. Everyone is welcome, no singing experience necessary and refreshment is provided.

7-8.30pm

Abair Amhrán

49 North Street, Skibbereen

Songs 'as Gaeilge ' with Eithne O'Mahony – see Fite Fuaite feature.

Wed 22 Oct

7.30-9pm

Open singing workshop

The Sarah Walker Gallery, Castletownbere. P75R984

No singing experience is necessary to join Jane Goss and the Beara Singers for a fun open singing session. Adults only. No booking necessary.

11am – 1pm

Singing for the Brain

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

Thurs 23 Oct

Fun singalong morning for Older Persons and Family Carers with Liz Clark. Refreshments provided. Donations welcome. Book 028 23572 or opcworker@scfrc.ie

Sun 26 Oct

3-5pm

Skibbereen Community Choir Performance

Connolly's of Leap

Join singers Jake Stanley, Tony Cotter & Skibbereen Community Choir for an afternoon of song sharing, with our friends at the Leap Scarecrow festival.

BANTRY & SURROUNDING AREA

LOCATIONS

Bridge St Community Café, P75 P75EC42
St Brendan's National School Hall, Bantry
Cinimax Bantry, Co Cork, P75 YE09

Maritime Hotel, The Quay, Bantry, P75 XW35
Glengarriff Nature Reserve, P75 H638
Hairy Henry, Ballylickey Upper, Bantry P75AV82

Wed 1 Oct

10.30am -12.30pm
Well-Being Toolkit

Bridge St Community Café, Bantry, P75 EC42

Come along to find out about practical strategies and approaches to improving well-being, thriving every day and finding the joy. You will explore what you can and can't control, plan what you can deal with in spoonfuls, and practise finding joy. 16 places, booking essential Nuala Finegan nualafine@gmail.com.

11am -12pm

Heartfulness Relaxation & Meditation 'Advancing in Love'

Bridge Street Community Café, Bantry, P75 EC42

Join Eilish Butler for 20 minutes of Heartfulness, Relaxation & Rejuvenation and 20 minutes of Meditation. While Heartfulness meditation is open to all aged 18+, it is not appropriate for persons who are currently experiencing serious mental health issues; see <https://www.heartfulness.ie/policies/> bookings 0876823663

Thurs 2 Oct

Thurs 2 Oct

12.30 -1.30pm
Aromatherapy For Well-being

Bridge St Community Café, Bantry, P75EC42

Learn how Aromatherapy can help manage stress, improve day to day mood and create a sense of well-being. Contact Tara to book on 083 417 8421.

Limited to 12 spaces.

2.30 - 4pm

Nourishing Mind, Body & Soul

Bridge St Community Café, Bantry, P75 EC42

Traumatic events can cause the Mind, Body & Soul to be out of kilter. Let's come together and share how we can try to create equilibrium. Facilitated by Nuala Kenny. Bookings please by text to 087 607 4908.

Fri 3 Oct

7.30-9.30pm
Conversation Café

Bridge St Community Café, Bantry P75 EC42

You're invited for an informal get together to have conversations on some chosen light-hearted topics. Just come with open-mindedness, acceptance, curiosity, discovery, sincerity, honesty. We will provide the cake and non-alcoholic drinks. For more details or bookings contact Nuala 087 607 4908.

1 - 3.30pm

Chess Workshop

Bridge St Community Café, Bantry, P75 EC42

An opportunity to either learn, improve upon or casually enjoy a beautiful game of chess in a friendly, calm, environment. Sets and refreshments provided. Tel/Text/WhatsApp: 087 057 8790.

Sun 5, 12, 19, 26 Oct



6.30 -7.30pm

Inner Unity

Bridge St Community Café, Bantry, P75 EC42

Guided body meditation, 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 on 083 871 9456. Limited to 6 places.

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Mon 6, 13, 20, 27 Oct

Tues 7 October

Acupressure And Movements to Stimulate and Calm Body & Mind

11 - 1 pm

Bridge Street Community Cafe, Bantry P75 EC42

Do-In Meridian Tapping and simple Qi-Gong movements. Energy feeling exercises and self-help acupressure points with Grit Glass and Diana Morrison (Cork Shiatsu School). Booking 089 242 5731

Limited to 12 spaces.

3 - 4pm

Uncover Your Voice

Bridge Street Community Cafe Bantry, P75 EC42

A warming, workout for your voice - discover your breath support, resonance and energy flow in a series of in-depth vocal exercises to awaken your true sound and uncover your singing voice. With Eilish Butler, booking 087 682 3663.

6.30 - 7.30pm

Breathwork and Meditation Taster Class

Bridge St. Community Café, Bantry, P75 EC42

Join certified breathwork instructor Natasha for an introduction to Functional Breathing. Together we will explore a variety of breathing techniques to relax the body, bring peace and clarity to the mind and improve overall health.

Contact Natasha Edmondson on 086 367 5373 booking essential, spaces limited.

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10am-12pm

Fortnightly Peer Support Group

Bridge St. Community Café, Bantry, P75 EC42

'There is no greater agony than bearing an untold story inside of you'- Maya Angelou. A non-formal, welcoming, safe, confidential, non-judgemental support group for over 18's to just be with others or share what's on our mind. Please text Nuala 087 607 4908 for bookings.

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Wed 8, 22 Oct

Wed 8, 22 Oct

Conversations Around Neurodivergence

5-7.30pm

Bridge St. Community Café, Bantry, P75 EC42

A fortnightly open group for anyone over 18 interested in neurodiversity. We start with a sharing circle (a few words each about how we're doing) and evolve into talking about whatever anyone wants to discuss. For more info what's app Lucy on 089 264 7722.

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11.30am -1pm

Various Stress Release Modalities

Bridge St Community Café, Bantry P75 EC42

Thurs 9 Oct

When dealing with stress or anxiety you might like to have some simple tricks in your toolbox to manage it. Come and learn various modalities for daily self-care, with Frida Marie Stoop frida.labyrinth@gmail.com 089 963 4621.

Thurs 9 Oct

5.30-7pm
Gentle Partner Yoga & Bodywork
Bridge St Community Café, Bantry, P75 EC42

Fun & simple partner yoga and nourishing back/ shoulder massage, seated on the floor. Solo bookings welcome. Bookings Katherine Flynn 085 838 8060. Limited to 10 spaces.

5.30-7pm

Introduction to Deprogramming Coaching

Bridge St Community Café, Bantry P75 EC42

Begin to explore the unconscious mind through pattern hunting. And learn how to let go of lifelong programs which keep you stuck and drain your energy.

Booking Maija Apse maijaapse@gmail.com 083 059 6478.

Limited to 6-8 spaces.

Tues 14 Oct

6pm – 8pm

Movie – “I’ll be Me”

Cinemax Bantry, Co Cork, P75 YE09

Movie Screening of the acclaimed movie “I’ll be me” Documenting the life of musician Glen Campbell as he starts a farewell tour after he is diagnosed with Alzheimer’s disease. He and his family navigate the unpredictable nature of the disease through love, laughter and music.

Admission is free, no booking required. Contact Gemma 087-9103036 with any queries.



8.30-10pm

“Heartbeats of Hope”

Bridge St Community Café, Bantry, P75 EC42



You are invited to an inspiring documentary 14 minutes long, exploring the West Cork Feelgood Festival's fostering of hope, support and connection within communities. Featuring Bridge Street Community Café, Bantry. Directed & produced by Aoise Tutty Jackson & Kevin O' Shanahan. Nuala Kenny will chat about how the café idea came about, and how with the support of volunteers and Cork Mental Health Foundation it is going from strength to strength. Come meet the volunteers and find out about how to get involved. Light refreshments will be served.

10am -1pm

Forum Theatre workshop

Bridge St Community Café, Bantry, P75 EC42

Join Sally & Carol Ann to Step into the Story!! A short scene is devised, ending in conflict. Become a “spect-actor” Stop the action and try out different ways to empower the victim. Open to all, no acting experience necessary. For more info, bookings contact Sally on 083 040 4944.

Thurs 16 Oct

Fri 17 Oct

1-3pm

Mad Hatters Tea party

Bridge St Community Café, Bantry, P75 EC42.

Life can be absurd and when we experience traumatic events, it can impact our lives both physically and /or mentally. Let's celebrate individuality, the adventurous & curious spirit that exists within all of us & try break the stigma by coming together to have Chats with Hats on, Tea & Cake. No booking necessary.

3 - 4.30pm

Death Café

Bridge St Community Café, Bantry, P75 EC42

Living to your fullest is also acknowledging death and giving it a 'place' in your life. Conversations on dying, loss and grief in a confidential and settling atmosphere, with Nicky van Woerden. Booking essential, 12 spaces, nl.vanwoerden@gmail.com

Sat 18 Oct

Sun 19 Oct

Singing & Songwriting for Mental Health

Bridge Street Community Café, Bantry, P75 EC42

A creative workshop exploring how singing and songwriting can support emotional wellbeing. Open to all – no experience needed. With Julia Elias. Booking: juliaeliasmusic@gmail.com or 0851779800.

Limited to 12 spaces.

11am-1.30pm

Forest Bathing

Glengarriff Nature Reserve, P75 H638

Learn the practice of Shinrin Yoku/Forest Bathing to enhance your health and well-being. 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 on 085 783 8202.

7.30 - 9.30pm

Songwriters Hour with Jake Stanley & Tony Cotter

Bridge St. Community Café, Bantry P75 EC42

Singers and Songwriters Hour with Jake Stanley & Tony Cotter. Come and get inspiration if it's something you have thought of doing. (*See Feature*)

Thurs 23 Oct

Fri 24 Oct

Open Door Music Session with Trace Irwine

Bridge St Community Cafe, Bantry, P75 EC42

Trace brings people together through music, encourages them to share, listen and connect. Bring a song, joke or story. Listeners are welcome too! Further details, Trace 087 9533379.

Limited to 10 spaces.

2.30 - 5.30pm

Plant Music and All That Is Wild

Bridge Street Community Café, Bantry P75 EC42

What do plants really sound like? An afternoon of discussion and a chance to listen and learn with The Tailor Birds. Feel free to bring in your own plant, and hear it sing, as we look at the unique electrical currents and the musical sounds that appear through plant music. Email Sophie at tailorbirdsmusic@gmail.com or WhatsApp on 089 982 6016 for more info.

Maximum 25 spaces, with room for drop ins.

Sat 25 Oct

Tues 28 Oct

An introduction to Therapeutic Horse Riding

Hairy Henry, Ballylickey Upper, Bantry P75AV82

Therapeutic Riding is an activity which uses the horse as a partner in the therapeutic process. The focus lies on gaining benefits from the unique neuromuscular stimulation while riding and handling the horse, and from building a relationship with the horse as part of the therapeutic team. Limited numbers for booking contact Sandra 087 938 9867 referencing West Cork Feel Good Festival.

5 - 6.30pm

F*cks To Give: A Workshop

Bridge St Community Café, Bantry, P75 EC42

Tues 28 Oct

For anyone wondering what the f*cking point is? Life is short. Don't waste your f*cks on anything that doesn't ultimately bring you joy. In this playful and irreverent workshop, (recovered) master of self-sabotage Dylan Owens shares the practical 'survival wisdom' tools he used to connect to the WiFi signal of the universe - and get his life back from the brink. Bookings 089 484 6282 dylan@denizen.one

2pm - 4pm

Plant Study and Autumn Colour

Bridge Street Community Café, Bantry, P75 EC42

Thurs 30 Oct

Experience the joys of the fruits and colours of Autumn through plant study and watercolour painting. Get in touch with your natural surroundings in a whole new way. Unleash your creative potential with Gail Mary. Booking: 086 208 0762

Six Places Available

Fri 31 Oct

7.30-9.30pm

Wrap Up Party

Bridge Street Community Café, Bantry, P75 EC42

Come join the crew from the café, make connections & have a boogie and let your hair down to some of the best 80's tunes in a non-alcoholic environment.

BEARA

Locations

Adrigole GAA Pitch, Hall and Astroturf P75EK72

Beara West FRC Castletownbere P75WN88

Bere Island Community Centre, Bere Island, Co. Cork, P75W660

Scoil an Chroi Ro Naofa, National School Hall, Castletownbere P75CF68

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

Cork College of FET Beara Centre P75X674

The Caha House, Ardgroom P75WR20

Dzogchen Beara, Garranes, Allihies, Co. Cork, P75 C670

Eyeries Meeting Rooms. P75VN29

GAA club Rerrin Village

Lauragh Community Centre. V93HR98

Lehanmore community Centre, Garnish

Tuosist Parish Hall Tuosist, Tuosist. V93RK33

The Sarah Walker Gallery, Castletownbere. P75R984

11am-12:30pm

Party Piece

Caha Centre, Adrigole FRC P75 EK72

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. All singers, instrumentalists and listeners welcome, see www.partypiecemusic.com for more.

Wed Oct 1, 8, 15, 22, 29

Wed 1, 8, 15 Oct

2.15pm - 3.45 pm

Rhythm Room

Beara West, Main Street, Castletownbere P75WN88

Come join us for a cuppa, a singsong, some storytelling, and plenty of laughs! It's a warm, welcoming space to spend an afternoon in great company. All are welcome - just bring yourself and a smile. Booking is strongly advised due to its popularity. Call 027 70998.

11am-12.30pm

Mad Hatters Tea Party

Eyeries Meeting Rooms. P75VN29

The Caha House, Ardgroom P75WR20

Don't be late for a very important date! Wear your best hat or your most colourful outfit...or come just as you are and enjoy a cuppa in a china cup and some delicious treats. All welcome.

Wed 1 Oct

Fri 3 Oct

7.00 – 8.30pm

Open Door Music Session

Beara West, Castletownbere P75WN88

Join local musicians for an open music session. Bring your own instrument, sing a song or simply sit back and enjoy the music. All welcome.

7.45-9.45pm

Big Night – movie night in Lauragh

Lauragh Community Centre. V93HR98

Feast your eyes on 'Big Night', a film set in the 1950's. It follows 2 Italian brothers who travelled to the land of opportunity to build a restaurant. Tea/coffee and cake available.

Fri 3 Oct

Sat 4 Oct

11am-1pm

Sportsfest

Adrigole GAA Pitch, hall and astroturf P75EK72

Launch of new walkway around the pitch and activities to suit all ages from 3-103! Cúl camp type activities, activator pole demos, tennis, volleyball, boules, gentle exercise and craic. All welcome. No booking necessary.

Sun 5 Oct

10am-4pm

Activator Pole Training

Adrigole Hall P75EK72

Learn how to use poles correctly to improve posture, to give you confidence on the new walkway, for a good workout or for better balance and stability. Booking essential through Cork Sports Partnership 021-4347096.

11am-1.30pm

Caring for you: A gentle pause for Carers

The Caha House, Ardgroom P75WR20

Join John Douglas, Counsellor and Psychotherapist for a relaxed reflective workshop, where you'll learn simple tools of self-kindness, balance and resilience. Come rest, share and be reminded – you matter too. Light lunch provided. All welcome. Booking essential 027-60909.

Wed 8 Oct

Thurs 9 Oct

11am – 1.00pm

Needle felting

The Caha Centre, Adrigole P75EK72

Create a landscape, under the guidance of Miriam Brady in one short session using wool fibres and a special barbed needle. All materials supplied. Booking essential. 027-60909. 8 places.

11am – 1.00pm

Needle felting

Lauragh Community Centre. V93HR98

Create a landscape, under the guidance of Miriam Brady in one short session using wool fibres and a special barbed needle. All materials supplied. Booking essential. 027-60909. 8 places.

Fri 10 Oct

Sat 11 Oct

9.30am start

Dementia Awareness Park Run

GAA club Rerrin Village

2-5pm

Thriving Together: A Community Weaving Project exploring People and Environment (See Feature)

Bere Island Community Centre, Bere Island, Co. Cork, P75W660

Sat 11 Oct

10.30-12.30PM

The Gift of Gratitude

Eyeries Meeting Rooms. P75VN29

Discover the proven health benefits of mindfulness and gratitude practice. Make your own handcrafted journal in this relaxed hands-on workshop with Susan O'Regan and Marie O'Shea from the Caha Centre. Booking 02760909. 12 spaces.

Thurs 16 Oct

Fri 17 Oct

11am – 12.30pm

Introducing lifestyle medicine

The Caha Centre, Adrigole P75EK72

Learn about small changes we can make for positive health with Aileen Murphy and Susan O'Regan (Social Prescribing link worker).
Booking 083 1491543. 12 spaces.

12.30 – 5.00pm

Beara Gathering

Eyeries Meeting Rooms. P75VN29

Join us for a special Beara Gathering – a relaxed and welcoming afternoon for older people from across the Beara peninsula. Always assured to have good food, craic and excellent company.
Booking 02760909 OR 02770998 OR 02775099.

Sat 18 Oct

7.00-8.00pm

Line dancing

Adrigole Community Hall P75EK72

Shake off the cobwebs with Bridie and strut your stuff. Booking 02760909.

11am-1pm

Coffee morning a la king

Cork College of FET Beara Centre P75X674

Coffee and treats coordinated by the CETB 3 Cookery Groups.

Mon 20 Oct

Tues 21 Oct

11am-12.30pm

Making Flower Brooches

Tuosist Parish Hall Tuosist, Tuosist. V93RK33

Create a unique flower brooch using fabric scraps with Marie O'Shea from the Caha Centre. Suitable for beginners and/or people with basic sewing skills. Booking: 02760909. 8 spaces.

5.00-6.30pm

Music and movement

The Sarah Walker Gallery, Castletownbere. P75R984

Join Daniel Kramer, internationally renowned opera, dance and theatre director to experience how dance and music can transform your life. Booking 027-60909.

Wed 22 Oct

Wed 22 Oct

7.30-9.00pm

Open singing workshop Sing and Feel Good!

The Sarah Walker Gallery, Castletownbere. P75R984

No singing experience is necessary to join Jane Goss and the Beara Singers for a fun open singing session. Adults only. No booking necessary.

10.30am-12.30pm

A gentle introduction to compassion-based mindfulness

The Caha Centre, Adrigole. P75EK72

Guided meditation, mindful movement and self-compassion practices to ease our hearts, minds and bodies, with Susan O'Regan. Booking 083 1491543. 12 spaces.

Thurs 23 Oct



Thurs 23 Oct

7pm – 8.30pm
Men's Group – A Doctor's Sword
Beara West, Castletownbere P75WN88

Come learn of the fascinating story of Dr. Aidan McCarthy who became a prisoner of war during World War 2 and gifted a Samurai Sword. Talk delivered by his daughters Adrienne and Nikki McCarthy who will have the sword on display. Booking advised as space is limited. Contact us on 027 70998 or reception@bearawest.ie.

3.00 – 4.30pm

Grandparent's Day Celebration

Beara West, Castletownbere P75WN88

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. Any queries contact us on 027 70998 or reception@bearawest.ie.

Fri 24 Oct

Sun 26 Oct

11.30 am
Samhain Storytelling Session
Lehanmore community Centre, Garnish

Come and join the West Cork Islands acclaimed Storytellers in Residence Paddy O'Brien, Nuala Hayes and Simone Schuemmelfeder as they explore the stories and tales of the Samhain traditions and of Dursey and the surrounding area.

11am

Bere Island Coffee Morning

Bere Island Community Centre

Come join the Bere Island Active Retirement Coffee morning for great chats and treats.

Thurs 30 Oct

Thurs 30 Oct

7.30 – 9.30pm
Care and repair 4 stroke engine with Sean Donegan
The Caha House, Ardgroom P75WR20

From wear to repair, Sean will get you there. Smooth stroke – no smoke is Sean's promise All welcome. Booking essential 027-60909.

9am to 9:45am

Daily Guided Meditation

Dzogchen Beara

Suitable for everyone and guided by experienced instructors, you can sit on a chair or on a cushion on the floor, wherever you are comfortable, and there are no difficult postures or complicated techniques. www.dzogchenbeara.org.

Oct 1-31

Weekdays in Oct Mon- Fri

2:15pm to 3pm
Loving Kindness Meditation
Dzogchen Beara

Everyone is welcome. Loving Kindness meditation is a method that helps us to develop unconditional love, starting with developing a healthy and loving relationship with ourselves and then extending out into all our relationships and ultimately to all beings. www.dzogchenbeara.org.

"What makes me Happy" Art Trail

Beara West Resource Centre, Main Street, Castletownbere P7WN88

Art pieces from young and old will be displayed at events in Beara throughout the month of October. Any budding artists that have interest to Paint, Draw, Create an expression of "What Makes you Happy!" and submit their pieces to Beara West Resource Centre, Main Street, Castletownbere P7WN88. Last day to enter is September 30th at 5pm.

CLONAKILTY

LOCATIONS

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

Shanley's, Clonakilty 11 Connolly Street, Youghals, Clonakilty, Co. Cork, P85 VX31

Clonakilty Community Resource Centre, 21 Western Road, P85 RW35

Camus Farm, Ardfield, Clonakilty, P85 PX57

Green Dot Café, 42 Pearse St. Clonakilty P85 PY84

Mon 6, 13, 20 Oct

1pm - 3pm
Knitting and Crocheting Group

Clonakilty Community Resource Centre

A knitting and crocheting class suitable for beginners and experienced alike. No need to book, just pop in.

11am - 12pm

Chair Yoga with Joan

Clonakilty Community Resource Centre

Gentle movement and breathwork to help move with greater ease and freedom.

Registration required - please contact the Centre 086 013 6903.

Tues 7, 14, 21, 28 Oct

Tues 7, 14, 21, 28 Oct 24

2pm - 3pm
Meditation with Bernadette

Clonakilty Community Resource Centre

Step into stillness and calm, creating greater opportunity for harmony and wellness in your life.

Registration required - please contact the Centre 086 013 6903.

11am - 1pm

Siúlóid@CCRC Walking Group

Wed 1, 8, 22, 29 Oct

Join for a social walk throughout the Clonakilty community, visiting landmarks, exhibitions, parks and gardens, and finishing up with tea and chats back at the Centre. No need to book, just pop in.

11am - 1pm

Footsteps by the Pier with Siúlóid@CCRC & Rosscarbery Social Services Centre

Celtic Ross Hotel, Rosscarbery

Wed 15 Oct

A gentle 5km walk from the Celtic Ross Hotel to Rosscarbery Pier and back with the option to choose a shorter route too. Healthy resources and complimentary refreshments available.

Registration required - please text your name to 086 1508747.

Fri 4, 11, 18, 25 Oct

10am-1pm
Clon Fir Men's group
Clonakilty Community Resource Centre

Join Clon Fir Social for a relaxed and friendly time and enjoy casual chats, light games, fresh newspapers to browse, and some good food to share. There's something for everyone.

No need to book, just pop in.

4-4:50pm: 7 to 11 year olds

5-5:50pm: 12+

Sing Your Heart Out

Green Dot Café, Clonakilty (Please enter Green Dot by the back door)

Love to sing? Come along and sing your heart out. For more information contact Susan McManamon on 087 6505325.

Fri 3 & 17 Oct

Thurs 2 Oct

Includes a pre - gig screening of the short film Reality & Redemption (produced by Leeanne O'Donnell & Colm Rooney) featuring James O Flynn & John Spillane. Join us to hear, how James story, with the support of John has helped inspire an international community music collaboration between 49 North St, MusicAlive (west Cork), the Alpha School of Music (Jamaica) & the Baylis Foundation (Canada).

*'This film captures the redemptive power of music and how it can heal emotional pain and inspire joy, compassion and love.'
(Cedella Marley, musician/daughter of Bob and Rita Marley)*

7-8pm

Singers and Songwriters Hour with Jake Stanley & Tony Cotter (see feature)

Shanley's, Clonakilty

8.30- 11.30pm
John Spillane & the Band of Wrens
DeBarra's Folk Club, Clonakilty



Fri 3 Oct

Sun 12 Oct

The global no-pressure book club is back in Cork! Bring your own book and enjoy reading with others in the beautiful surroundings of West Cork countryside. Register for this free event on Eventbrite or text 086-2691180.

8.30pm

A Night of Music & Poetry

DeBarra's Folk Club, Clonakilty

Members of the Pied Wagtail Collective accompany established poets as well as newcomers that responded to an open call. The music adds an extra dimension as the authors throw themselves into live performances that captivate the audience.

3.00- 5.00pm
Cork Silent Book Club
Camus Farm, Ardfield, Clonakilty, P85 PX57

Wed 15 Oct

Fri 24 Oct



'The best comedian in Ireland, hands down' — Blindboy Boatclub

Tickets at: debarra.ie/event/comedy-shane-clifford-shane-of-fools/.

8pm
Shane Clifford: Shane of Fools
DeBarra's Folk Club, Clonakilty

A brilliant, brand-new show full of hilarious stand-up comedy has tumbled straight out of Shane Clifford's silly mind and he has GOT to share it with you. Join Shane as he takes you on a whirlwind tour of his world and tackles ALL of the big themes, from Irish history to parenthood, from the meaning of existence itself to the tragic fall of Diet Coke.

As one of Tralee's top 5 comedians, and nominated eight years in a row as Irish comedy's "Next Big Thing", Shane Clifford is guaranteed to change your life*

*Not guaranteed.

DRIMOLEAGUE & DUNMANWAY

LOCATIONS

Pod Páirc, Top of the Rock, Drimoleague P47 KF66 Parish Hall, Main St. Drimoleague P47 CP76
Dunmanway Family Resource Centre (FRC), Kilbarry Rd, P47EC43
The Together Collective, Sackville Street, Dunmanway, P47V500
Brookpark Business Centre, Clonakilty Rd, Dunmanway P47 RX28
Doheny GAA Pavillion St Marys Church, Main Street Dunmanway
Hummingbird Gift Shop Studio, Main Street Dunmanway
Dunmanway Library, Market Square, Dunmanway

Sun 12 Oct

3pm-4.30pm
Song Sharing Session with The Ferns
Top Of The Rock, Drimoleague P47KF66

Come, share a song, sing individually & collectively with West Cork vocal collective The Ferns. A great way to come together simply to enjoy singing and listening. All are welcome, donations kindly accepted.

8am-9.30am

Sing Along with Drimoleague Community Choir

Parish Hall, Drimoleague P47CP76

Drimoleague Community Choir is a friendly mixed voice choir who come together in a shared love of a good song. Come and join them for an evening. All are welcome.

Wed 15 Oct

Wed 1, 15, 29 Oct

4.30pm - 5.30pm

Party Piece

Parish Hall, Drimoleague P47CP76

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. All singers, instrumentalists and listeners welcome, see www.partypiecmusic.com for more.

Fri 10 Oct

11am - 1.00pm

Cruinniú -A Community Consultation

(See Feature)

Brookpark Business Centre, Dunmanway P47RX28

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



3.45pm - 4.30pm

Chair Yoga

Doheny GAA Pavillion

Explore and expand your range of motion, learn postures to improve your balance, concluding with a short meditation.

4.45pm - 5.30pm

Yoga for Complete Beginners

Doheny GAA Pavillion

Defining what Yoga is, An Introduction to Meditation and Yoga Postures for beginners
Booking via Lisa Kingston 0877813434. Equipment provided. Limited numbers available.

Fri Oct 10

Fri 10 Oct

4pm - 5pm and 7pm - 8pm

A Creative 'Get-Together': Create, Connect & Unwind with Art, Tea & Tunes

The Together Collective, Dunmanway P47V500

The Together Collective (www.thetogethercollective.ie), Sackville Street, Dunmanway, P47V500.
Connect with others over a cuppa tea while decorating handcrafted wooden plaques and enjoying a mix of soulful classics on vinyl. Feel free to bring a friend or record! Booking: info@thetogethercollective.ie. 6 places.

6.30pm - 8pm

'Our Song' - Dunmanway Choirs Performances

St Marys Church, Main Street Dunmanway

Showcase of Dunmanway's amazing choir groups- the Community Choir, Men's Shed Choir and Children's Choir. All welcome for this free show that shares an intergenerational love of music. Refreshments provided afterwards.

Contact: DFRC 023-8856818.

Fri 10 Oct

Mon 13 Oct

7.30pm - 9pm
Sing and Feel Good!

Dunmanway Family Resource Centre, Kilbarry Rd P47EC43

Community singing workshop with Jane Goss. Vocal fun and harmony singing in a relaxed, open-door session.

10.30am - 12.30pm

"Recipes For Resilience" West Cork Counselling & Support Service

Dunmanway Library, Market Square, Dunmanway

Life challenges can knock us. This is a workshop about building bounceback-ability. Bring yourself & your creativity & we'll share some Tools for Surviving & Thriving. Spaces Limited.

Booking (023)8855411 or Dunmanway.library@Corkcoco.ie.

Wed 22 Oct

Sat 25 Oct

10am - 12pm
Shaping Positivity- An Introduction to Clay & Ceramics

Hummingbird Gift Shop Studio, Main Street Dunmanway

In this two hour workshop you'll learn the fundamentals of working with clay: from basic hand-building techniques and wheel throwing to glazing and firing. But beyond the skills, you'll discover how ceramics can serve as a meditative practice — helping you channel positive energy, build focus, and create with intention.

12 places- Adults only. Cost €10/participant payable on the day.

To book: email Claire.hurley@hse.ie or text 087 1881663.

10.30am - 12.30pm

11am Talk: "Living with Loss & the Power of Self Compassion"

Dunmanway Library, Market Square, Dunmanway

West Cork Bereavement Support Network is a coming together of support services for people living with loss. Call in & meet us, more info and leaflets available. No booking required/ drop in.

Wed 29 Oct

LEAP

LOCATIONS

Connollys, Main St Leap P81AK20

Myross Wood House, Leap P81Y192

Wed 15 Oct

11am - 1pm
Connecting to Nature

Myross Wood House, Leap P81Y192

Step into the woods – observing details of the natural world in this very special habitat. 15 places. Book with Nikki Keeling on 0877916919.

7.30pm

Bernard O'Shea – Desperate House Husband Fri 10 Oct

Connollys, Main St Leap P81AK20

Laughter really is good for the soul. Join Bernard O'Shea as he hilariously navigates the ups and downs of stay-at-home parenting — from mischievous household appliances to the elusive dream of a full night's sleep. His witty take on modern family life reminds us that humour can be one of the best tools for resilience and wellbeing. Tickets www.connollysofleap.com.



Celebrate the Halloween season with a great line up of family-friendly & community activities, including storytelling, street entertainment, fancy dress events & a festival parade.
<https://www.leapscarecrowfestival.com/>.

Sun 26 Oct

3pm - 5pm
Songwriters Hour with Jake Stanley & Tony Cotter
Connollys, Main St Leap P81AK20

Singers and Songwriters Hour with Jake Stanley & Tony Cotter (see feature) followed by an Open Door participatory music session & songs with Skibbereen Community Choir. Guest musicians & singers always welcome.

ROSSCARBERY

LOCATIONS

Páirc an Tobair, Rosscarbery P85E729
Celtic Ross Hotel, Rosscarbery, Co. Cork, P85 WF86

Sat 11 Oct

2pm - 5pm
Connecting to Nature
Páirc an Tobair, Rosscarbery P85E729

Step into the woods – observing details of the natural world in this very special habitat. 15 places. Booking: Nikki Keeling on 0877916919.

11am - 1pm

Footsteps by the Pier with Siúlóid@CCRC & Rosscarbery Social Services Centre

Celtic Ross Hotel, Rosscarbery, Co. Cork, P85 WF86

A gentle 5km walk from the Celtic Ross Hotel to Rosscarbery Pier and back with the option to choose a shorter route too. Healthy resources and complimentary refreshments available. Registration required - please text your name to 086 1508747.

Wed 15 Oct

SCHULL

LOCATIONS

D'Altons Corner House, Main St. Schull P81 CX93
O'Regans Pier Rd, Schull, P81 WV81

Thurs 9 Oct

8pm - 10pm...ish
Scoraíocht evening of music, story and craic!
D'Altons Corner House, Schull P81 CX93

An evening of sharing & company, based on the theme of Go easy / Tóg go bog é! Primarily in English, but Gaoluinn and any other languages very welcome.
Fáilte roimh cách! / Everyone welcome!
No booking.

7pm

Songwriters Hour with Jake Stanley & Tony Cotter

O'Regans Pier Rd, Schull P81WV81

Singers and Songwriters Hour with Jake Stanley & Tony Cotter (see feature).

Thurs 16 Oct

TOGETHER IN SKIBBEREEN INCLUDING BEHIND THE CURTAIN THEATRE WEEKEND

Sat 4 - Sun 5 Oct

A two-day theatre extravaganza which shines a light on local talent, topical issues and new creative initiatives in West Cork.

Sat 4 Oct

Giggle, howl, and belly laugh your way to better health—no punchlines needed! Come play at Laughter Yoga with Be Well With Deborah and feel the joy bubble up!

11am - 12pm

Laughter Yoga For All

Skibbereen Town Hall, The Square, Skibbereen P81 X951



Sat 4 Oct

12.15pm - 1.30pm

Qigong

49 North Street, Skibbereen P819443

Acupressure and movements to stimulate and calm body and mind.

Do-In meridian tapping and simple qigong movements. Energy feeling exercises and self help acupressure points with Grit Glass and Diana Morrison (Shiatsu School Cork).

12 spaces. Booking 0892425731.

11am - 5pm

Residue Exhibition (open for viewing)

49 North Street, Skibbereen P819443

Photography, Memory & Resonance engages with the silent echoes of history in Skibbereen as well as with the idea of collective trauma. It is a collaborative and expanding exhibition containing photos, quotes, and texts produced by participants in creative writing workshops.

Sat Oct 4



2pm

Sensory Walk, Food & Music

St Patrick's BNS sensory Garden, Skibbereen P81 KP63

A walk through the Sensory Garden followed by soup and music. Booking: 02821948. 20 spaces.

Sat Oct 4

3.30pm - 4.30pm

Machnamh - A Welcome Reflection

Meet outside Perrott House, Community Hospital Grounds P81 E279

Launch of Machnamh, a sensory garden community project and labyrinth centred on an ancient oak and young forest. Enjoy a slow, guided introduction to a space that fosters quiet reflection, inviting calm, connection, and a sense of belonging.

www.weareneurohive.com/machnamh.



3pm - 5pm

Singers and Songwriters Hour with Jake Stanley & Tony Cotter (see feature)

Ar n-Áit (Our Place)

Levis Quay, Coronea, Skibbereen, P81 ED83

Two original singer-songwriters, in one of Skibbereen's quirkiest human-friendly coffeshops. Gig will be followed by a live podcast interview, hosted by Rob Hurden of westcorkcommunity.ie - discussing music, addiction, love, loss, recovery & more.

Contact: Rob 087 6710 163. 'Pass the hat' gig.

Sat 4 Oct

5pm - 6pm

Sightline Arts Production Company

Skibbereen Town Hall, The Square, Skibbereen P81 X951

Sightline is a new youth-led initiative by professor Mía Perry with Liz Clark and Eimear Tierney who are excited to give young people opportunities to help produce shows and experience live performance. This is the company's first offering: a simple idea that is workshopped and developed into a performance.

6pm Q&A with Sightline members.

8pm

A Bite Of Broadway

Levis' Corner House, Ballydehob

Méadbh Tierney (16) known locally for her lead performance in *Spongebob the Musical*, recently, will be centre stage in the Town Hall, performing all of your favourite Broadway hits. Méadbh's mother Eimear (also no stranger to the boards) will join her for a few numbers. As may some surprise guests ...

Sun 5 Oct

11am - 1pm

Heartfulness Relaxation & Meditation 'Advancing in Love'

49 North Street, Skibbereen P819443

Join Eilish Butler for 20 minutes of Heartfulness, Relaxation & Rejuvenation and 20 minutes of Meditation. While Heartfulness meditation is open to all aged 18+, it is not appropriate for persons who are currently experiencing serious mental health issues; see <https://www.heartfulness.ie/policies/>. Bookings: 0876823663.



Sun 5 Oct

2pm - 6pm

Skibbereen Boardgames Group – Introductory Session

49 North Street, Skibbereen P819443

Introductory session to modern boardgames. Minors (Over 10s) must be accompanied by an adult. Run by experienced players who will bring their own games such as Wingspan, Codenames and Cascadia. All welcome, free. Group meets regularly in Skibbereen. Please email skibboardgames@gmail.com for more details.

Sun 5 Oct

2pm - 3.30pm
**Experiential & exciting theatre workshop
for actors and non-actors over 16**

Skibbereen Town Hall, The Square, Skibbereen P81 X951

Explore theatre techniques with experienced producer/director Trish Edelstein as you develop a monologue and bring it to life on stage in an ensemble of words, sound and movement. Bring an object that is significant for you and please wear comfortable clothes.

Sun 5 Oct

3.45pm - 5.30pm
Open Door Music Session

Skibbereen Town Hall, The Square, Skibbereen P81 X951

A wonderful chance to sing along, listen or dance to some uplifting songs with Liz Clark & the Skibbereen Community Choir & musicians from 49 North St & beyond..... All welcome to join in with the music & maybe some other playful surprises on the day!

from 5pm

Music from the Cape-Verdean Islands

Skibbereen Town Hall, The Square, Skibbereen P81 X951

And other exotic locations by the formidable singer/musician Kathy Henderson & guests.

8pm
Smugglers

Skibbereen Town Hall, The Square, Skibbereen P81 X951

Staged reading of a play by Irish historian Kieran Doyle, directed by the Palestinian theatre-maker Nasser Swirki about Syrian refugees travelling to Ireland in the back of a dark lorry at the mercy of two hard-hearted smugglers. They argue, dance, pray, fight or shed light on each other amid fear and uncertainty. As human as the rest of us.

SONGWRITERS HOUR WITH JAKE STANLEY & TONY COTTER

Local singer/songwriters Tony Cotter and Jake Stanley present an ensemble cast performing original songs and stories. Tears and laughter, love and loss- songs of the human journey.

Jake will perform The Ballad of Will Jones - A tale of love, trials and rivalry told in songs and spoken word interweaving three lives unfolding under the shadow of The Great War of 1914.

Tony pours his heart and soul into acoustic singer songwriter compositions, inspired by bands like Travis, Crowded House, The La's & Rubyhorse. His upcoming EP Tales from Mardyke street is currently in the works.



Jake Stanley

Tony Cotter



SKIBBEREEN & SURROUNDING AREA

LOCATIONS

49 North Street, Skibbereen P81 Y433

Uillinn: West Cork Arts Centre, P81 VW98

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

Skibbereen Library, North Street, Skibbereen P81 PW10

Sherkin Island Community Hall P81AE02

Cnoc Buí, Union Hall P81 X274

Skibbereen Town Hall, The Square, Skibbereen P81 X951

Ar n-Áit, Skibbereen P81 ED83

Perrott House, Skibbereen Community Hospital grounds P81 E279

St Patrick's BNS sensory Garden, Skibbereen, Cork Rd, Gortnaclohy, Skibbereen, Co. Cork, P81 KP63

Wed 1 Oct - Fri 31 Oct

9.30am - 5.30pm

Your Good Self Book Display

Skibbereen Library, North Street, Skibbereen P81 PW10

Hand-picked and reviewed by HSE Psychologists & Health Professionals these books cover a variety of topics from bereavement to stress, from parenting to low self-esteem and many more. Library membership/ LibraryApps (Borrowbox) all free.

Wed 1, 8, 15, 22, 29 Oct

11am - 1pm

Mindfulness in Nature with Patrick Cotter

49 North Street, Skibbereen P81 Y433

Mindful Movement and opportunities for gardening, environmental sustainability awareness, bio-diversity and exploring our place in nature and its benefits for good mental health.



10am - 12pm

'Growing Together' community gardening group meet

Skibbereen Community Hospital grounds P81 E279

Join horticulturist Peter Dunican and other enthusiastic gardeners to learn more about the community garden projects happening around Skibbereen.

Wed 1, 8, 15, 22 Oct

Wed 1, 8 15, 22 Oct

7pm - 9pm

Gamelan Spréacha Geala

Skibbereen Community and Family Resource Centre P81 ND89

See Fite Fuaite Feature.

8pm - 9pm

Re Play Trad

Cnoc Buí, Union Hall P81 X274

Wed 1, 8, 15, 22 Oct

Dust off the tin whistle, open up the violin case,unwrap the accordion and join with some other rusty folk in rediscovering the joy of playing tunes together. All welcome, no matter how long it's been. Contact Martin 0831790722.

Thurs 2, 9, 16, 23 Oct

10am - 12pm

Be Active Be Well Workshops

Skibbereen Library, North Street, Skibbereen P81 PW10

Series of workshops helping you to make positive physical activity changes. HSE facilitated but not an exercise class! Some light movements/focus on setting personal goals and how to achieve them -open to all adults.

5.30-7.30pm

Aperture 49 Photography Group

49 North Street, Skibbereen P81 Y433

Thurs 2, 9, 16, 23 Oct

Dive deeper into photography. Welcome to the creative dialogue! Use your imagination in new, unexpected ways with the photographer/artist Tomasz Madajczak. Please bring your camera, your photographs and an open mind.

**Fri 3, 10, 17, 24,
31 Oct**

10.15am - 12pm

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

Skibbereen Library, North Street, Skibbereen P81 PW10

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.

12pm - 1pm

**Seanchaí Pat 'The Hat' Speight, our
favourite Irish Storyteller**

Skibbereen Library, North Street, Skibbereen P81 PW10

Pat the Hat is a master storyteller, who brings the Irish and international tradition of storytelling to life. Pat draws on an extensive catalogue of folktales, myths and legends. Known for his quick wit, mischievousness, and cúpla focal, Pat's unique storytelling style has delighted audiences at home and abroad for many years.

Fri 3 Oct

2pm - 4pm

Find Your Flow

Uillinn: West Cork Arts Centre, P81 VW98

Visual art session facilitated by Becky Keyser, designed to support people in finding their own creative path. With a wide range of materials available, participants are encouraged to make choices based on whichever medium they are drawn to. Letting go of any pressure to 'do a good picture', the emphasis is on discovery through experimenting. Booking through Becky only bexykeyser@gmail.com.

11.30am - 1pm

**Trad and Tunes with Andrew
Rawlings and Gerry Tuohy**

49 North Street, Skibbereen P81 Y433

Fri 3, 10, 17, 24, 31 Oct

This group provides a repertoire-building opportunity to try out new tunes and work on your old tunes at a reasonable tempo. All levels of musical ability welcome. It's all about shared learning rather than performing.

Mon 6, 13, 20 Oct

11am - 1pm

Art For Active Retired

Skibbereen Community and Family Resource Centre P81 ND89

Curious about learning to draw, or want to rekindle your skills? Materials provided. Donation welcome. Contact Betty 087 7430882.

Mon 6, 20 Oct

See Fuaite Fite feature.

11am - 12.30pm
**Bilingual Mindfulness –
Meabharachas Dhá-theangach**
49 North St Skibbereen P81 Y433

12.15pm - 2pm

In Stitches Knitting Group
49 North Street, Skibbereen P81 Y433

Interested in learning how to knit or to improve your knitting skills in a friendly and relaxed environment? Pop in to Number 49 North Street, Skibbereen and meet the facilitator and the group that meet here every Monday and enjoy a cuppa and a chat. No booking required.

Mon 6, 13, 20 Oct

Tues 7, 14, 21 Oct

10.30am - 12.30pm
**Creative Calm – Art Making Workshops for
Family Carers**
Skibbereen Community and Family Resource Centre Skibbereen,
P81 ND89

Art making workshops for Family Carers. For curious non-artists and artists alike, with Sarah Ruttle. Free. Booking 028 23572 or opcworker@scfrc.ie.

12pm - 1pm

Parent and Toddler Group
Community and Family Resource Centre, Skibbereen, P81 ND89

For little ones and Parents to socialise, play & enjoy together! Providing Tea, Coffee and Snacks. Donation welcome. Booking 028 23572 or info@scfrc.ie.

Tues 7, 14, 21, 28 Oct

Tues 7, 14, 21 Oct

4pm - 5.30pm
Screening of Action for Happiness Talks
Community and Family Resource Centre, Skibbereen, P81 ND89



Join us for the screening and discussion after on the different ways to improve our general well-being, from sleep to deep listening. For more details Whatsapp or text Paola at 087-2453292.

Action for Happiness, a charity and movement of people taking action to create a happier and kinder world. www.actionforhappiness.org/.

Tues 7, 14, 21, 28 Oct

10am - 12pm
Creative Writing
Skibbereen Community and Family Resource Centre

Enhance your capacity to express yourself through Creative Writing with Luisa. Beginners very welcome. Donation welcome. 028 23572 info@scfrc.ie to book.

2.30pm - 4.30pm

Studio 49 Open Days
49 North Street, Skibbereen P81 Y433

Drop in to Colm Rooney to learn more about the possibilities of digital media production, incorporating music, photography & video production. Listen to some of Studio 49's recordings at <https://soundcloud.com/happyness-ensemble>.

Tues 7, 14, 21 Oct

Wed 8 Oct

11.30am - 1pm
Poetry Circle

Community and Family Resource Centre, Skibbereen, P81 ND89

Join us to read your favourite poem, or even one of your own. This informal poetry circle is open to all, everyone welcome.

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Wed 8, 15, 22, 29 Oct

2pm - 4pm
Wednesday Craftnoons

Community and Family Resource Centre, Skibbereen, P81 ND89

Warm, friendly space, drop in & be creative! Bring your own projects or try something new, with Luisa McCarthy. Tea/coffee, Donation welcome 028 23572.

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11am - 12.45pm

Improvisation Dance Workshop

Uillinn: West Cork Arts Centre, P81 VW98

Facilitated by Hetty Gazzaniga, participants are invited to take part in a led improvisation workshop, starting from the ground up. No experience necessary, just willing to engage with movement and others.

Wear loose comfortable clothing (bring socks and water).

Booking info@westcorkartscentre.com or 02822090.

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Fri 10, 17, 24, 31 Oct

2pm - 4pm
Ealaíon - Art Group with Rebecca Keyser

49 North St Skibbereen P81 Y433

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. Please contact bexykeyser@gmail.com if you would like to book a place.

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11.30am - 1.30pm

Drop In

49 North Street, Skibbereen P81 Y433

Sat 11, 18, 25 Oct

Weekends can be long and dreary for some of us so why not drop in to our friendly space, enjoy a cup of tea, a chat or a quiet read. You don't need a reason. Our volunteers will be there for a couple of hours every Saturday.

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Sun 12 Oct

11am - 1pm
Awakin Circle

Lough Hyne Cottage, Ballyoughtera, Skibbereen P81P984

Come together in a beautiful space for a silent meditation. Share Inspirational moments from a reading, followed by a light meal. No teachers, no agendas Booking: <https://ie.powertik.com/events/awakin-circle>.

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2pm - 6pm

Skibbereen Boardgames Group

49 North Street, Skibbereen P81 Y433

Sun 12, 26 Oct

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.

Mon 13 Oct

11am - 12pm
Restorative Meditation
49 North St Skibbereen P81 Y433

Join Anne Crossey to experience how the practice of meditation can help deal with stress, anxiety, pain, and the usual ups and downs of life.

Mon 13 Oct

4.30pm - 6pm
Creative Drama Workshop with Ann Callanan
49 North St Skibbereen P81 Y433

Ann Callanan is an experienced actress and teacher/dramatherapist. In her creative workshop, based on the Six-Part Story Method, the participants explore different roles as they craft their own stories. Booking: 083 0248964, 10 spaces.

1pm - 2.30pm

Yes, But do You Care

Uillinn: West Cork Arts Centre, P81 VW98

Tues 14 Oct



Film screening and discussion of work by visual artist Marie Brett and choreographer/dance artist Philip Connaughton exploring how issues of capacity, autonomy and dementia care-giving are raising dilemmas amid Ireland's new capacity legislation.

Booking info@westcorkartscentre.com or 02822090.

Thurs 16 Oct

11am - 12.30pm
Slow Art Gallery Experience
Uillinn: West Cork Arts Centre, P81 VW98

Public Engagement Assistant, Sylwia Migdal facilitates a slowed down exploration of the current exhibition. Slow Art is a simple mission - close-looking and the joy of spending time with art, 'It's not what you look at that matters, it's what you see.' Henry David Thoreau.
Booking info@westcorkartscentre.com or 02822090.

Fri 17 Oct

5pm - 8pm
Thriving Together: A Community Weaving Project
exploring People and Environment (see Feature)
Sherkin Island Community Hall, Sherkin, P81AE02

See Feature

Workshop 11am - 2pm

Final Gathering 2pm - 3.30pm

Thriving Together: A Community Weaving Project exploring People and Environment (see Feature)

Uillinn: West Cork Arts Centre, P81 VW98

See Feature



Sat 18 Oct

6.30pm - 8.30pm

Spell 2 Communicate (S2C) Presentation

Community and Family Resource Centre, Skibbereen, P81 ND89

Presentation on the new-to-Ireland communication method for disabled children & adults who have zero, minimal or unreliable speech. Talk by West Cork local & author David Mitchell, co-translator of *The Reason I Jump*; parents of nonspeaking spellers; & Certified S2C Practitioners. Nonspeakers including Caoimh Connolly Murphy, demonstrate how S2C enables them to express their otherwise locked-in thoughts.

Q&A. Disabled adults & children, family members, teachers, SNAs, therapists & other supporting professionals welcome. Event is free but places are limited. Booking essential. Adrienne Murphy 086 363 2554.

Sat 18 Oct

9am - 5pm

Spell 2 Communicate (S2C) one-to-one sessions for disabled children & adults who are nonspeaking, minimally-speaking & unreliably-speaking

Community and Family Resource Centre, Skibbereen, P81 ND89

Certified S2C Practitioners Adrienne Murphy (www.s2cwithadrienne.com) & Anna Lechleiter (www.palz.ie) coach children & adults whose speech is impacted by conditions that affect motor-sensory skills, to develop accuracy in pointing at letter-boards. Ongoing practice leads to the ability to communicate otherwise locked-in thoughts. Suitable for autism, Down, Angelman, CP etc. 18 spaces only, booking essential. There is a charge for these sessions. Contact Adrienne Murphy 086 363 2554.



Caoimh Connolly
Murphy

Mon 20 Oct

Hacking Happiness: Simple Tricks from Psychology to Make Your Life Happier

Community and Family Resource Centre, Skibbereen, P81 ND89

Anne Crossey from The Happiness Clinic and MindMatters shares easy to use tips and simple techniques to increase your level of happiness.

20 places are available by donation.

All other tickets e15.

To book visit Eventbrite and choose your ticket type: <https://shorturl.at/aXZcg> or email anne@mindmatters.online.

2pm - 3pm

Singing for the Brain

Skibbereen Library, North Street, Skibbereen P81 PW10

Enjoy the therapeutic effects of music on the brain and body with Liz Clark. This session uses singing as a means to stimulate memory and promote health and wellbeing. Everyone is welcome, no singing experience necessary and refreshment is provided.

Tues 21 Oct

Tues 21 Oct

Abair Amhrán with Eithne O'Mahony

49 North St, Skibbereen – see Fite Fuaite feature.

Join Eithne O'Mahony agus a cáirde for an informal Irish sing along circle. Beagán craic geallta freisin!



11am - 1pm

Singing for the Brain

*Community and Family Resource Centre, Skibbereen,
P81 ND89*

Fun singalong morning for Older Persons and Family Carers with Liz Clark. Refreshments provided. Donations welcome. Book 028 23572 or opcworker@scfrc.ie.

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Fri 24 Oct

9am - 11am

Clay Play!

49 North St Skibbereen P81 Y433

Glóthach Ceramics in collaboration with Gach Duine runs a monthly pottery workshop for the disabled community, carers, family and everyone! Children and adults alike are welcome to come and have fun with clay.

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Fri 24 Oct

6pm - 7.30pm

Other People's Trauma- Encountering Trauma in the Workplace

49 North St Skibbereen P81 Y433

A talk by Anne Crossey about what to do when encountering other people's trauma in the workplace. Especially in the wellness and healthcare sectors, public-facing roles, shops, or hospitality. To book: anne@mindmatters.online.

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2pm - 4pm

49 Ways To Play

49 North St, Skibbereen, P81 Y433

Join with play strategist Martin O'Donoghue to invent new games & explore how play can make us more creative.

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Wed 29 Oct

7pm - 9pm

Maturing Neurodivergent

49 North St Skibbereen P81 Y433



An intimate evening of conversation and storytelling for late-diagnosed autistic or otherwise neurodivergent adults. Join a warm, sensory-considerate space, hosted by Ian Lawton, to share experiences, reflect on identity, and connect without pressure. Families, friends and allies welcome.
www.weareneurohive.com/mnd.

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11am

Party Piece

Sherkin Island Community Hall P81AE02

Thur 30 Oct

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. All singers, instrumentalists and listeners welcome, see www.partypiecemusic.com for more.

FITE FUAITE

49 SRÁID AN TUAISCIRT, (49 NORTH STREET) AN SCIOBAIRÍN

Buníodh Fite Fuaite sa Sciobairín sa bhliain 2018. Cad is brí le Fite Fuaite? An saghas smaoineamh atá i gceist ná rud éigin a bheith dlúth-cheangailte le rud éigin eile ionas go mbeidís fite le chéile (woven together). Agus sé atá i gceist sa Sciobairín ná go mbunófaí pobal ina mbeadh dlúth bhaint againn le chéile (inter-connected mar a deirtear as béarla) le béim ar ár stair, ár gcultúr, ár dteanga, ár dtír, ár n-áit agus an chomhshaol chomh maith.

To create a caring community where everyone matters and is important for the health of the community as a whole. Mar a deirtear as Gaeilge 'Ar scáth a chéile a mhaireann na daoine'.



Wed 1/8/15/22 Oct

Bígl linn – Join Kevin McNally agus a cháirde, to experience ensemble music making, as part of this inclusive orchestra of gongs agus xylophones.
No prior musical experience necessary agus a chance to learn/refresh your Irish too. Seans chun an Ghaeilge agus and Ceol a chur le chéile.

7pm – 8.30pm

Gamelan Spréacha Geala
Skibbereen Family Resource Centre



Fri 3 Oct

Learn & sing along to some well known Irish songs with Gerry Tuohy, Andrew Rawlings and guests. Ceol agus canadh traidisiúnta.

11am – 1pm

Trad & tunes

Skibbereen Town Hall, The Square, Skibbereen P81 X951

11am - 12.30pm

Bilingual Mindfulness – Meabharachas Dhá-theangach Le Lonán ní Dhubháin

Mon 6 & 20 Oct

Beidh fáilte ar ais roimh na daoine a bhí linn i Mí Iúil ag an bhFéile Ealaíon agus beidh céad fáilte roimh daoine nua – no experience needed – just an interest in practising together – Bí linn más féidir libh. Beidh tae agus cómhra chomh maith.

Fri 10 Oct

7pm-8.30pm
Songs from the Déise

Cleachtadh a dhéanamh le Nóirín Ní Riain - internationally acclaimed singer – ar amhráin álainn ó Ghaeltacht na Rinne i bPort Láirge (from the Ring Gaeltacht in Co Waterford).

7pm – 8.30pm
Abair Amhrán

Tue 21 Oct

Join Eithne O'Mahony agus a cáirde for an informal Irish sing along circle. Beagán craic geallta freisin!

Sat 25 Oct

11am - 1pm
Fite Fuaite sa Mhargadh

Seans eile chun bualadh leis an bPobal agus aithne a chur ar mhuintir a' Mhargadh. Gaeilge, ceol agus rince, amhránaíocht agus cómhra gan trácht ar chiste blasta ó Chlíodhna.

2pm – 3.30pm
Ciorcal Comhrá's Craic

Thurs 30 Oct

Le fear an tí Pól Ó Colmáin. Join us to learn a few new Irish words, a little béaloideas and a smattering of ráiméis freisin, b'fhéidir.

Fri 3, 10 Oct

12 noon -1pm
Seanchaí Pat 'The Hat' Speight, An Seanchaí is fear linn

Leabharlann an Sciobairín

Seanchaí agus Scéalaí don scoth is ea Pat a' Hata agus tagann na scéalta chun bheathaigh i lámha an mhaistir. Tá cáil air ó chian is ó cóngar le blianta fada. Úsáideann sé foinsí ó thradisiún an bhéaloideas, agus ón mhiotaseolaíocht agus ós na finscéalta chomh maith.

Ionad Cultúrtha An Dr Ó Loinsigh, Baile Mhúirne (P12X239) Séasúr an Fhómhair 2025

Beidh gach aon sort eachtra, idir ceol, céardlanna agus taispeántais, ag tárlú. Is féidir an Clár ar fad a aimsiú ar www.ionadculturtha.ie.

7pm
Immram le Neil Ó Lochlainn Bunaithe ar sraith dánta le Nuala Ní Dhomhnaill
Ionad Culthúrtha, Baile Mhúirne (P12X239)

Sat 4 Oct

8pm (€20/€15) - Ráta speisialta €15 do mhuintear Fite Fuaite – cuir in iúil nuair atá tú ag ceannach na ticéidí.

**Beidh na heachtraí ar siúl i 49 North Street mura luaitear a mhalairt.
(all events take place in 49 North Street unless otherwise stated)**

THRIVING TOGETHER: A COMMUNITY WEAVING PROJECT EXPLORING PEOPLE AND ENVIRONMENT

11, 17, 18 Oct

Join us for Thriving Together, the "Feel Good" community weaving project exploring how people and place can flourish. 3 workshops take place over 3 days as we come together in community to learn the art of weaving, discover what connects us and celebrate our shared hopes for a sustainable future. No experience necessary.

We'll weave with items you bring from home — just bring your curiosity and a small collection of materials to upcycle such as clothing, textiles, wools.

Workshops are taking place at Sherkin Island, Bere Island and West Cork Arts Centre, Skibbereen and will be held in conjunction with the Global Doughnut Economics Days.

All are welcome to join us at West Cork Arts Centre from 2 - 3.30pm Saturday 18th October where we show the final woven piece and share our experiences.



Sat 11 Oct

**2-5pm: Bere Island Community Centre, Bere Island,
Co. Cork, P75W660**

Fri 17 Oct

5-8pm: Sherkin Island Community Hall, Sherkin, P81AE02

Sat 18 Oct

11am-2pm: Workshop
Uillinn: West Cork Arts Centre, P81 VW98

2-3.30pm: Final Gathering
Uillinn: West Cork Arts Centre, P81 VW98

Thriving Together - Inspired by Doughnut Economics

Learn more at <https://doughnuteconomics.org/gdd2025>



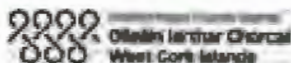
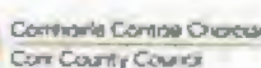


WEST CORK

FEEL GOOD FESTIVAL

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, Healthy Ireland Cork, Cork County Council Libraries Department and Arts Office, West Cork Development Partnership, the Arts Council, CETB Bord Oideachais agus Oiliúna Corcaigh/Cork Education and Training Board, Oliver Cogan Estate, Cork Mental Health Foundation, Green Economy Foundation, Uillinn: West Cork Arts Centre, Drimoleague Singing Festival, Leap Scarecrow Festival, Resonate/Skibbereen Arts Festival, Levis Corner House, Connollys of Leap, Shanleys & De Barras Clonakilty, All at 49 North Street and the Community and 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.