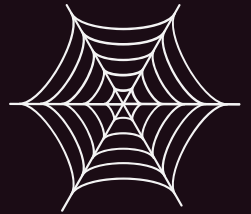
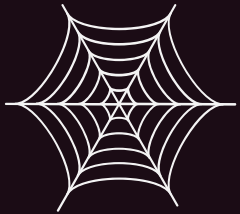


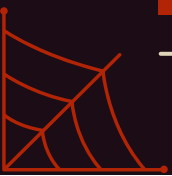


# AUTUMN NEWSLETTER



S h a r i n g   o u r  
m e m b e r   g r o u p  
a c t i v i t i e s   a c r o s s  
t h e   H a l l o w e e n  
s e a s o n

---





# SLIGO PPN PHOTOGRAPHY COMPETITION

## 1st Prize Winners



Sligo Childrens  
Community Garden



Achonry Farmers market



Cranmore Community  
Garden



Sligo Folk Park



Mebhs Dragon Warriors



Sligo Lawn Bowls Club

For full details of the competition and to see all prize winners and submissions go to;

<https://www.sligoppn.com/sligo-ppn-community-photography-competition/>



# Sligo Rivers Trust

Following a hugely successful public meeting on 20th September in the Sligo Park Hotel, the community of Sligo overwhelmingly voted to pursue the establishment of a Sligo Rivers Trust movement to protect the natural water sources of county Sligo

The event was collaboratively organised by the Rivers Trust, Local Authority Waters Programme (LAWPRO) and Sligo Public Participation Network (PPN). The aim was to introduce the concept of a Rivers Trust, how to go about establishing one and what a difference this kind of network can make to the protection of local water quality.

MC for the event was Pat Benson, Sligo PPN Secretariat and member of Carraroe and District Regenerations Association, and driving force behind the idea to bring this movement to Sligo.



[View presentations from Riverst Trust](#)

[View Presentations from LAWPRO](#)



# CHILDREN'S HALLOWEEN DISCO

Monday 31st October 2022

Dromore West Community Centre

1-3 pm

€5 per child

\*\*suitable for preschool

& national school children\*\*



Free  
Treat Bag  
Drinks  
Facepainting



Proceeds are going  
to the  
Dromore West  
Playground







# SLIGO ROWING CLUB

Oct 30

Zombie Hunt

Zombies by the river . Scary chase . Fun for all the family . Refreshments provided. Prizes for best costume Adult and Child

BySligo Rowing Club

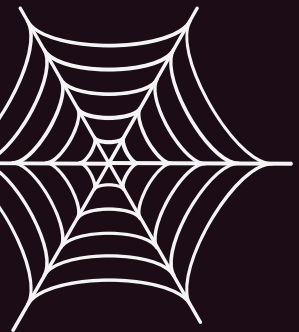
Follow

When and where

Date and time

Sun, 30 October 2022, 19:30 – 21:30 GMT

<https://www.eventbrite.ie/e/zombie-hunt-tickets-422448243067?aff=ebdssbdestsearch>



# SLIGO FOLK PARK



Prices  
€5 Adults €10 Children  
Prices for Sunday, 30 October 2022 @  
14:00

Whether it's a trick or a treat, it's time to get dressed up and enjoy a (slightly) spooky visit to the park this Halloween Sunday the 30th of October. Meet all of our friendly Ghosts and Zombies, have your face painted by the master witch or create some slime and visit Frankenstein's workshop.

There will also be a petting zoo, arts, crafts, activities and much, much more.

A fun day for the whole family.

Our Pumpkin carving competition is also open and free of charge to everybody attending the event. Just bring your finished masterpiece to the Park Reception on Saturday the 29th of October and we will display it during the event. The pumpkin carving champion will be chosen on Sunday.

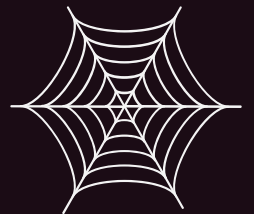






JOIN REBELLE SURF FOR A DIVA SURF SESSION IN AID OF DVAS ON 31ST OCTOBER. NON-SURFERS ALSO WELCOME TO DRESS UP, HAVE SOME FUN AND RAISE MONEY. FULL DETAILS HERE:

[HTTPS://WWW.FACEBOOK.COM/REBELLESURF/PHOTOS/A.396602847871609/903478503850705/](https://www.facebook.com/rebelleurf/photos/a.396602847871609/903478503850705/)



Strandhill

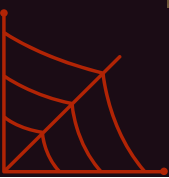
Sun 31st  
Oct @11am

Rebelle Surf Fundraiser

# DIVAS FOR DVAS

HALLOWEEN FANCY DRESS SURF

Dress up as a diva! Everyone welcome kids and adults. Prizes for best dressed & more! €10






# OTHER SPOOKY EVENTS

The Yeats Society are hosting a Samhain event on October 29th and 30th. Booking here

<https://www.eventbrite.ie/e/samhain-tickets-187763344217>

A white spiderweb illustration with a central star-like pattern, positioned to the left of the text.

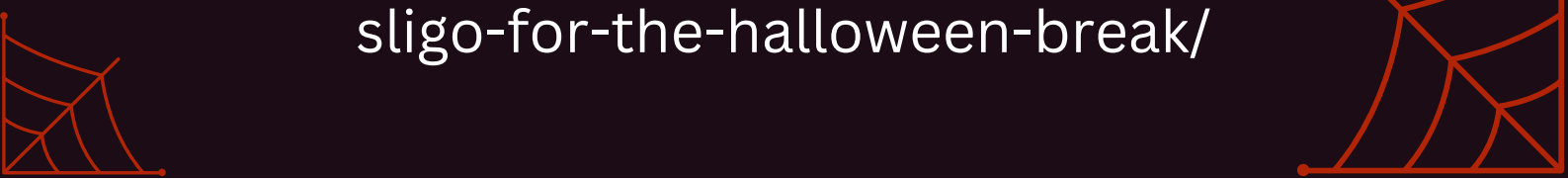
Sligo Leader Partnership are hosting a Spooky Scavenger Hunt for families. 29th October at 2pm in Cleveragh Park, Sligo. Places are limited and registration is essential. Please Phone Karen on 087 6872777 or email [ktonry@sligoleader.com](mailto:ktonry@sligoleader.com)

A white spiderweb illustration with a central star-like pattern, positioned to the right of the text.

Achonry Farmers Market have a Spooktacular Day planned on October 30th. The market is on from 10am – 1pm at the N17 between Ballinacarrow and Tubbercurry.

For More Information on great things to do in Sligo across Halloween visit

<https://magnumlady.com/2021/09/26/things-to-do-in-sligo-for-the-halloween-break/>







# BALLYMOTE FAMILY RESOURCE CENTRE



THE COST OF THESE  
CLASSES ARE €40 FOR  
6 WEEKS OR €7 PER  
SESSION.



## MUSIC WORKSHOPS

A series of music workshops, suitable for 10-12 year olds will be held at Ballymote FRC on the 2nd and 3rd of November. These workshops will include exploring ways of making and recording sound using everyday objects.

## MEET AND CODE

A coding event for 8-13 year olds will be held at Ballymote FRC on the 22nd of October.

## WOMEN'S GROUP

A women's group meets at Ballymote FRC every two weeks on Mondays at 7pm. Everybody is welcome.

## MEN'S GROUP

A men's group meets at Ballymote FRC every two weeks on Thursdays at 7pm. Contact Ballymote FRC at 071-9197818 for more details.

## Kids Yoga Classes

*Ballymote Family Resource Centre*

*6 week course starting Wednesday 14 September  
until 19 October 2022*

*Ages 6 to 9 years - 3.20pm to 4.05pm*

*Age 10 to 13 years - 4.15pm to 5.00pm*

*Intro Offer €40 for 6 weeks or €7 drop in session.*

*To book contact Emer Knowles on 087 1946000*

*or email at [emmieire@gmail.com](mailto:emmieire@gmail.com)*

**PLEASE BRING YOUR OWN MAT**





## Ballymote Family Resource Centre OPEN DAY Sat 22nd Oct

### ON THE DAY:

Introduction to CODING for 8-12yrs (Booking Required)  
Kids Face painting  
A visit from Community Garda & Ballymote Fire Service + Fire Truck  
Supports and Services  
Launching our new Website

**11:30AM - 1:30PM**

You can contact the contact below for more information.

- ☎ 071 919 7818
- ✉ ballymotefrc@gmail.com
- 🌐 www.ballymotefamilyresourcecentre.ie
- 📍 Wolfe Tone Street, Ballymote



Liz Rafferty,  
Dietitian & Life Coach



## Confidence in the Kitchen



### A 6-week Nutrition & Food Awareness Course for 9 to 12-year-olds



- 1) Safety in the Kitchen
- 2) Nutrition in Practice
- 3) Taste new Foods



- 4) Build Confidence & Self-Esteem by learning new skills

### Ballymote Family Resource Centre, F56 R282

**Dates:** Saturday mornings 5<sup>th</sup> Nov to 10<sup>th</sup> Dec 2022

**Times:** 10.30am – 12noon **Total cost:** €30 per child

**To book:** Call 071 91 97818

## Personal Growth Workshop

A new self-development group for young people in Ballymote

A safe group for young people who want to explore self-development issues in a confidential space

### COSTUME CONTEST



- Open to 15 to 20 year olds only - All gender identities welcome
- Every Monday 4.15 - 5.45 - Starts October 10th for 6 weeks
- Discover a new healing balance through insight and exploration



Contact Niamh Flaherty  
071 919 7818  
Email: ballymotefrc@gmail.com



## Family Support Services



### PROVIDING A RANGE OF SUPPORTS TO FAMILIES IN THE COMMUNITY

- Practical Help
- Emotional Support
- One to One Support
- Programme Delivery
- Information and Advice
- Advocacy to Access further service and supports

Where to find us : Wolfe Tone Street,  
Ballymote,

Phone : 071-9197818

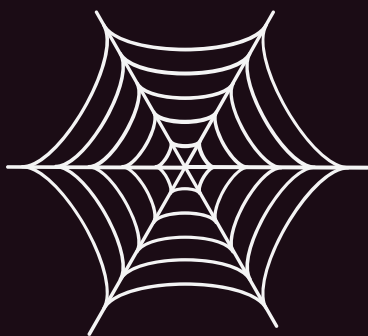
Email :ballymote frc@gmail.com







# SLIGO FAMILY RESOURCE CENTRE



## Sligo FRC Breastfeeding Group



Mums, Mums-  
to-be and Babies  
Every 1<sup>st</sup> & 3<sup>rd</sup>  
Thursday of the month

Come along for tea,  
coffee, pastries,  
useful info and chat!



Thursdays  
10:30- 11:30am

Sligo Family Resource Centre, 49 The Mall, Sligo,  
F91 HR58

Contact: 071 9146315/ 087 9143646  
[sligofrc@gmail.com](mailto:sligofrc@gmail.com)



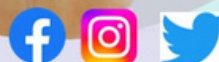
## Parent & Toddler Group

Every Tuesday morning  
Sligo Family Resource Centre  
49 the Mall, Sligo  
10:30-11:30

Chat, Tea, Coffee, Juice, Fruit and more....

For more information: 0719146315/0879143646

[www.sligofamilyresourcecentre.org](http://www.sligofamilyresourcecentre.org)  
<https://www.facebook.com/SligoFamilyResourceCentre>  
@SligoFRC



# Knitting Class

Tuesdays 10:30-11:30  
Sligo FRC  
49 the Mall, Sligo F91HR58

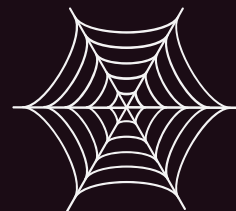
Chat, Tea, Coffee, Juice, Fruit and more....

For more information: 0719146315 / 0879143646

[www.sligofamilyresourcecentre.org](http://www.sligofamilyresourcecentre.org)

<https://www.facebook.com/SligoFamilyResourceCentre>

GET DISC @SligoFRC  
TICKETS



## Parenting GALA

Wednesday 21 September 2022

09:30 – 13:00

Glasshouse Hotel, Sligo Town

**SUPPORTS FOR PARENTS IN SLIGO/LEITRIM**

TO REGISTER click on the link  
<https://www.eventbrite.ie/e/396573290387>

TEA /Coffee and refreshments will be provided and a GALA BAG to  
the first 30 who register







## *Migrant Women Minding themselves*

*the Glasshouse Hotel, Sligo Town*

**Wednesday 05 October 2022**

**09:30- 13:30**

A space for migrant women to meet,  
chat, learn about women's health and to  
find a little time for themselves

09:30 - 10:00 Women arrive - meet and greet

10:00 - 11:00 Information on women's health

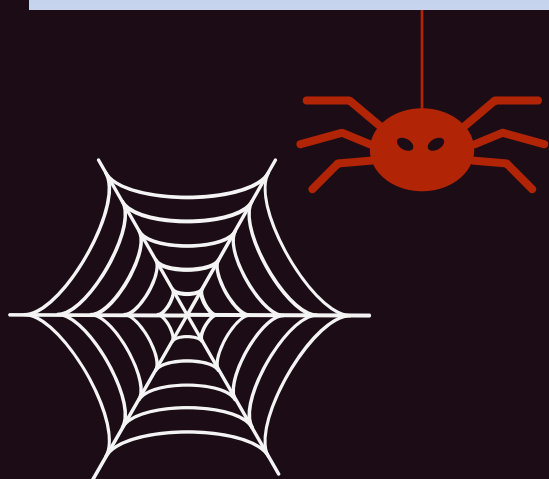
11:00 - 12:00 Refreshments

12:00 - 13:00 Craft and chat workshop



To REGISTER

<https://www.eventbrite.ie/e/396611494657>



Details to be confirmed

## Halloween Family Cookery Camp

For more information: 0719146315/0879143646

[www.sligofamilyresourcecentre.org](http://www.sligofamilyresourcecentre.org)

[@SligoFRC](https://www.facebook.com/SligoFamilyResourceCentre)





# WEST SLIGO FAMILY RESOURCE CENTRE



**WEST SLIGO FAMILY RESOURCE CENTRE**  
Invite you to...

Lets Chat, Lets Connect

**LETS CELEBRATE  
COMMUNITY**

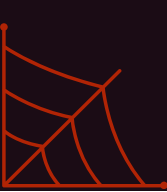
**ENNISCRONE COMMUNITY WELLNESS EVENT**

**MONDAY 10TH OF OCTOBER**  
**Ocean Sands Hotel, Enniscrone**  
**Doors open @ 6.30PM**

Join us for a **Cuppa** to celebrate World  
Mental Health Day & connect with  
Miffy Hoad from Mental Health Ireland; **FIVE WAYS TO WELLBEING**  
& Loretta McLoughlin from Sligo Social Prescribing Service  
**Tea/Coffee & Light Refreshments will be provided**









# COLEMAN CENTRE



## Matt Keane

Date : Saturday, 8th October 2022 / Time: 8.30 p.m. / Admission: €15

Galway award winning traditional musician and folk singer Matt Keane is one of the renowned Keane family from Caherlistrane in Co.Galway. In 2007 he recorded his first album in his own right 'Out In The Fields' and followed up with a second album featuring his daughter Orlaith entitled 'Pictures in Time' in 2008. Matt is as comfortable singing Johnny Cash or Kenny Rogers numbers as traditional Irish songs as he is a lover of both genres.

## Liam Ó Maonlaí, Kathleen MacInnes & Alana MacInnes

Date: Thursday, 27th October 2022 / Time: 8.30 p.m. / Admission: €15

The Coleman Music Centre Gurteen, Co.Sligo will host a concert with Liam Ó Maonlaí who will be joined by Kathleen MacInnes (vocals) and Alana MacInnes (pipes & flute) from the Outer Hebrides of Scotland for this special Cuairt nan Òran performance. This trio will give and take from both sides of the Irish Sea to compare and celebrate the Gaelic cultures, music, and songs which make up our great celtic cultures of Scotland and Ireland.

## PJ Murrihy & Seamus Shannon

Date : Saturday, 29th October 2022 / Time: 8.30 p.m. / Admission: €15

PJ Murrihy accompanied by Seamus Shannon live on stage here at the Coleman Music Centre on Saturday, 29th October 2022. Admission €15 The singer-songwriter from Co. Clare, has built up a loyal following over the years. .P.J.'s latest album, 'Childhood Memories' is a collection of songs both old and new which is quickly proving a firm favourite with audiences nationwide.

## Sean Keane

Date: Saturday, 5th November 2022 / Time: 8.30 p.m. / Admission: €25

"There is a simple lucid clarity to Seán Keane's singing voice which – like a laser – cuts through the cacophonous clatter and bang of a noisy world. He is a storyteller, whose voice is the sound of everyman; as ancient history [simultaneously] as vital as a digital radio signal, winging its way across the heaven in search of new civilisations. Sometimes he can sound as lonely as an emigrant standing on the prow of a ship taking him away from his native homeland and more times he can sound like a cyber survivor, full of strength and valour that provides comfort to those who battle unequally with the hostile emotional landscape of the modern world. Seán Keane is a touchstone of great singing tradition. He is the past, the present and the future." Shay Healy, songwriter, broadcaster and journalist.

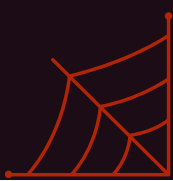
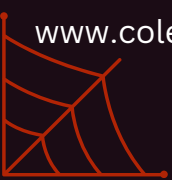
## Tommy Fleming

Date : Sunday, 4th December 2022 / Time: 8.00p.m. / Admission: €32.50

Concert is on Sunday evening December 4th 2022 @ 8pm ..Doors open 7pm in St. Patricks Church Gurteen Co.Sligo.

Call the ticket line 071 9182599 or visit our website

[www.colemanirishmusic.com](http://www.colemanirishmusic.com)





# HEALTHY SLIGO INVITES YOU TO VISIT THE **CONNECT CAFE**

WEDNESDAY 19TH OCTOBER

11AM-12.30PM

THE MODEL, SLIGO

ENJOY A CHAT AND A CUPPA AND MAKE CONNECTIONS WITH THE FOLLOWING:

**DEE HAMIL** – NUTRITIONAL THERAPIST

**TED KELLY** – PEER EDUCATION WELLBEING

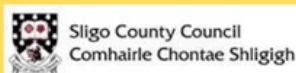
**MICHEAL O'DOMHNAILL** – SLIGO WALKS

**MIFFY HOAD** – MENTAL HEALTH SLIGO LEITRIM

**DONAL GALLAGHER** – SUICIDE PREVENTION SLIGO



TEA/COFFEE AND HOMEMADE SCONES PROVIDED  
ALL WELCOME







### **Bard of Connacht sought!**

A new Bard of Connacht is being sought as part of the 40th annual Creggs Harvest Festival, with €1,000 in prizes up for grabs for the competition finalists.

The Bard of Connacht poetry competition is being organised by Kilbegnet Ballinakill Historical Society as part of the 40th annual Creggs Harvest Festival.

The competition aims to encourage aspiring and established poets to pen their thoughts on a topic of significance and be in with a chance to have their poetry adjudicated upon against the best poets in the region and perhaps be selected as one of four winners.

Creggs is a small village with big ideas on the Galway/Roscommon border but organisers of this year's Bard of Connacht have sworn independence and all poets who enter this competition are in with a chance of winning the Vincent Keaveny Memorial Trophy or one of four prizes ranging in value from €500 to €100.

The historical aspect of this year's Creggs Harvest Festival will focus on the 175th anniversary of the Famine of 1847 and its many repercussions on a local, national and international level. Local historian William Gacquin will give a talk on the Famine at an event in the Historical Centre in Creggs at 9 pm on Friday night, October 28th followed by a night of traditional music and dancing. A famine walk will also take place on Bank Holiday Sunday, October 31st in the vicinity of the Creggs area, demonstrating some aspects of the local heritage. With this in mind, organisers of the Bard of Connacht decided upon the Famine as the topic for this year's competition.

Poets are invited to submit one entry to [bardofconnacht@gmail.com](mailto:bardofconnacht@gmail.com) and all entries must be received by October 18th 2022 at 5 pm. A judging panel will then select the ten best entries, four of which will be winners. First prize is €500 and the Vincent Keaveny Memorial Trophy. Second prize is a Bard of Connacht Certificate and €250 and third and four prizes will also receive a certificate and €150 and €100 respectively. All entries must be original and there is no entry fee.

Composers of the ten best entries will be invited to attend an event in the Creggs NS on Bank Holiday Monday, October 31st and recite their poem and the five prize winners will be announced at that event and the prizes presented.

So it's time to put pen to paper on the subject of the Famine of 1847 and maybe you will win the title of Bard of Connacht 2022.

For further information please contact Larry Kilcommins, Secretary, Kilbegnet Ballinakill Historical Society on (086) 3468761 or email [bardofconnacht@gmail.com](mailto:bardofconnacht@gmail.com)



M-PACT

A FREE eight-week programme will begin  
Tuesday 25TH October 2022 at 6.30pm in  
the Northside Community Centre

# M-PACT<sup>®</sup>

Moving Parents And Children Together

**FREE PROFESSIONAL SUPPORT  
FOR THE WHOLE FAMILY**

**Next programme Tuesday 25th October 2022**

**You don't have to be addicted to suffer from addiction**

**MOVING PARENTS AND CHILDREN TOGETHER**

Is a family Programme, helping families to work together to understand how parental alcohol or other drug misuse has affected all their lives. Providing support, along with methods to improve communication and understanding, whilst encouraging positive change.

*Who can attend?*

Families where there are children aged between 8 -17years old.



**Contact for information**

Tel: 085 8759313

E: [sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)

M-PACT is an initiative of Alcohol Forum Ireland

**M-PACT<sup>®</sup>**  
Moving Parents And Children Together

**Alcohol  
Forum  
Ireland**

Reg Charity No: CHY 17835

## The 5-Step Support Programme

**You Don't Have To Be Addicted To Suffer From Addiction**

Information for any adult affected by the misuse of alcohol or other drug by another individual

### What is the 5-Step Support Programme?

'5-Step' is a free, one-to-one consultation programme for any adult affected by the misuse of alcohol or other drug by another individual, either family member or friend. '5-Step' recognises the impact that addiction has on everyone, including family members, friends and others and offers support, knowledge and guidance in helping to manage often confusing and emotional situations.

### The 5-Step Support Programme aims to:

With the help of a dedicated support worker who understands that dealing with a lot of stress may start to affect physical and mental health, social life, finances, employment and impact on the whole family. They will guide you through the 5-Steps programme putting you and your needs at the centre, helping you to focus on the here and now, which empowers you to deal with often complex and difficult situations.

### How the 5-Step Support Programme helps:

'5-Step' helps by giving you support, knowledge and guidance. Putting you and your needs first, helping to reduce the stress and pressure you feel by building on your strengths, increasing your range of coping skills, helping to identify additional resources available to you, improving your resilience in dealing with complex situations and aiming to improve your emotional wellbeing.



### For further information contact:

M-PACT Sligo, Leitrim, West Cavan  
First Floor, The Westward Town  
Centre  
Bridge Street, Sligo, F91 XH77

07191 50578 OR 085 8759313  
Email: [Phillip@alcoholforum.org](mailto:Phillip@alcoholforum.org) /  
[sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)

Reg Charity No CHY17835

M-PACT is an initiative of Alcohol Forum Ireland

**M-PACT<sup>®</sup>**  
Moving Parents And Children Together

**Alcohol  
Forum  
Ireland**

**YOU DONT HAVE TO BE ADDICTED  
TO SUFFER FROM ADDICTION!**

# 5 Step Support

**FREE, ONE TO ONE SUPPORT**

**FOR ANY ADULT AFFECTED BY THE MISUSE OF ALCOHOL  
OR OTHER DRUG USE BY A FAMILY MEMBER OR FRIEND**

**FREE one-to-one  
consultations  
with a dedicated  
Support Worker**

**It's Okay  
to look for help  
when you  
need it**

**Your needs first  
reducing stress &  
helping to focus on  
all the options**

**Guidance to  
build on your  
strengths & improve  
your emotional  
wellbeing**



**Knowledge to  
improve your  
coping skills &  
build resilience**

**Contact for more information:**

**[sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)**

**07191 50578 / 085 8759313**

M-PACT is an initiative of Alcohol Forum Ireland

**M-PACT<sup>®</sup>**  
Moving Parents And Children Together

**Alcohol  
Forum  
Ireland**

Reg Charity No: CHY 17835



# ST MICHAEL'S FAMILY CENTRE, CHURCH HILL, SLIGO



## ART CLASS

Aideen Connolly

8 Monday mornings 10-12pm starting September 26th. Cost: €50 Part funded by msletb

## HEALING AND HELPING YOURSELF BUILD RESILIENCE IN A POST COVID WORLD OF TURMOIL.

Gerry Farrell

Saturday October 22nd 10-1.30pm Cost: €30

Gerry is a psychotherapist who has lectured at ATU Sligo as well as NUI Maynooth and UCD

## MAKING A START ON YOUR FAMILY TREE

Eileen Sheridan

6 weeks starting Tuesday 27th September at 10.30am. Cost: €60

Eileen has a degree in History for UCD, a certificate in Family History for UCL and a Post Graduate Diploma in Genealogy from UCC



## UNDERSTANDING OURSELVES AND OTHERS USING THE ENNEAGRAM-AN INTRODUCTION

This is a 2 day workshop Sat 12th and Sun 13th November 10-4pm. Light lunch is provided each day. Cost: €100

Therese is an Enneagram teacher in the Narrative tradition. She is also a coach facilitator, and Iyengar yoga teacher

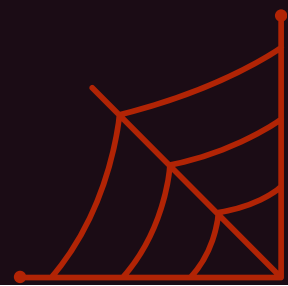
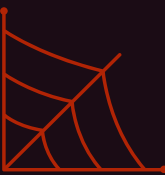
## COACHING FOR PSYCHOLOGICAL WELLBEING WORKSHOP

Dr Patsy McSharry

Saturday 26th November 10-2pm. Cost: €50

Patsy is an accredited Health and Wellbeing Coach as well as being Doctor of Health Promotion and a Lecturer in nursing and health. Website: <http://patsymcsharry.com>

Contact 071 9170329 or 087 3902661 for further details or [centrestmichaels@gmail.com](mailto:centrestmichaels@gmail.com) for our full brochure





## HEALING AND HELPING YOURSELF BUILD RESILIENCE IN A POST COVID WORLD OF TURMOIL

FACILITATED BY GERRY FARRELL PSYCHOTHERAPIST AND  
LECTURER

**SATURDAY 22<sup>ND</sup> OCTOBER**

**10 AM TO 1.30PM**

**ST MICHAEL'S FAMILY CENTRE  
CHURCH HILL SLIGO**

RELEVANT TO ALL AGE GROUPS;

BOTH THE GENERAL PUBLIC AND MENTAL HEALTH  
PROFESSIONALS;

BASED ON UP TO DATE TRAUMA RESEARCH;

**COST: €30**

FOR MORE INFORMATION CONTACT: 071 9170329 OR 087 3902661

## BANADA ABBEY BINGO

Play online from the comfort of your own home

Lots and Lots of Prizes waiting to be won every Tuesday both Online and, in the Hall at 8.00pm

Game 10 ....New Jackpot is €2,000 for the full house now in 42 calls or less. (€500 in 44+ calls).

Games 1-4 and 6-9 ...Full House €500 in 42 calls or less. (€100 in 43+ calls).

Game 5 Flier ... Full House €1,000 in 42 calls or less. (€250 in 43+ calls).

Extra pay-out for the single line in every game if checked on 10 calls or less.

Extra €50 on Game 5 full house check on flyer sheet.

First check on Lucky number 22 gets and extra €100.

Shopping Vouchers, Interval Draw, Free Books, 50:50, etc.etc.All add up to an exciting evening's entertainment.

So don't delay, join us online or in the Hall, order your book now.....

[https://member.clubforce.com/memberships\\_cart\\_m.asp?LL\\_ID=2826&intMF\\_ID=8010#Anchor](https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2826&intMF_ID=8010#Anchor)





# SLIGO NORTHSIDE

## Sligo Northside Community Partnership CLG

Room rental for all occasions : Contact the centre on 071-9147097

### Pre-school – Afterschool

Pre-school enquiries contact Denise on 087- 2593031

Afterschool enquiries contact Joanne on 087- 7718535

### Chair Based Exercise

Gentle Chair Based exercise for Vintage years every Monday 12-1pm. Cost is €3per class. Contact 071-9147097 for further info

### Cookery Classes

Sligo social services - cooking and healthy eating classes from Nov, 10th – Dec 15th 2022. Contact Sue on 071-9147097

### Senior Alarms

As evenings start to get dark older people can begin to feel isolated or afraid. If you or someone you know would like to apply for an Alarm system through our Centre please contact Sue or Martina on 0719147097.

### Outreach Support and Services

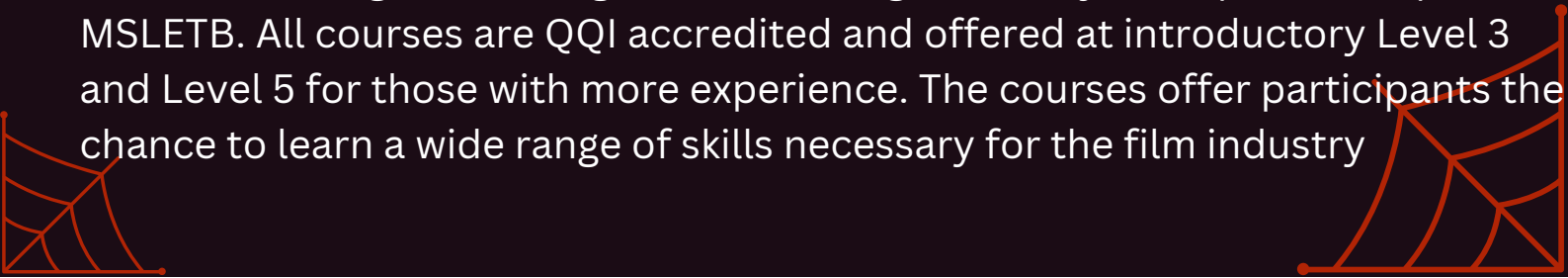
Our Drugs and Alcohol misuse counselling service, runs all year round, supporting those and their families with addiction issues. The Outreach workers are based in Sligo Northside and in Cranmore.

### Mediation

Mediation service to serve the needs of those in Sligo Communities who are in conflict.

### Film Making & Editing

Free Filmmaking and editing courses throughout the year in partnership with MSLETB. All courses are QQI accredited and offered at introductory Level 3 and Level 5 for those with more experience. The courses offer participants the chance to learn a wide range of skills necessary for the film industry





# SLIGO NORTHSIDE

## Sport & Recreation

Sligo Sport & Recreation Partnership have funded some much appreciated programmes to our Pre-School Afterschool programme, Chair exercise for the Vintage years. Northside are working in partnership with Sligo Sport & Recreation Partnership to identify and provide other possible programmes to different sectors of the community.

## Smart Recovery Programme:

SMART Recovery are offering a 8-week Family and Friends programme Meeting, starting Wednesday 12th of October 2022 10am - 12pm

Available to family and friends who are living with the addictive behaviour of someone close to them. Providing a supportive group environment where you can: Concentrate on your own wellbeing, gain insight around behaviour, and focus on identifying helpful solutions that you can utilize in daily life.

Caroline: 087 349 0780. or email: [familyandfriends@smartrecovery.ie](mailto:familyandfriends@smartrecovery.ie)

## Other Activities

- Pieta House provide supports for those in suicidal distress and those who engage in self-harm. Contact Mags Whyte 074-9126594

- Dochas Clubhouse - a resource for individual experiencing mental ill health. It aims to enable participants to access employment, educational, social opportunities in the community. Contact Rosaleen Sherlock at [dochasclub@yahoo.co.uk](mailto:dochasclub@yahoo.co.uk)

- Provide space for other groups to run programmes and activities including cookery programmes, digital skills, Yoga, Tai Chi, art, meetings, sports programmes etc. Keep an eye on our Facebook page for updates.

We have found being a member of the PPN very beneficial, the experience has allowed us to develop strong networks with other groups and agencies. We believe the involvement allows community groups the opportunity to learn from each other which is greatly benefiting the Sligo communities throughout the county.

Drugs and Alcohol misuse counselling services Mark 0872208602 Ciaran 087-78783555

Mediation service Brendan on 087 754 2660

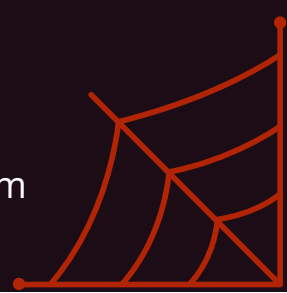
Pre School Denise 071 91 47097

After School Helena/Joanne, 087 771 8535

Vintage Years Danny/Sue 071 91 47097/085 229 5011

Film & Editing Programme Sinead [northsidefilm@gmail.com](mailto:northsidefilm@gmail.com)

Room Hire Martina 071 91 47097





# MUSICIANS

## Sligo Concert Band is Recruiting



Did you once play an instrument and wondered why you stopped? Would you like to play with other musicians?

Why not dust down your brass or wind instrument or if you play percussion come join us this September for a relaxed introduction to playing with Sligo Concert Band? We rehearse at Summerhill College on Saturday afternoons.



Sligo Concert Band, founded in 1990, has played an integral part in the rich musical tradition in the Sligo community. We are an amateur wind band consisting of brass, woodwind and percussion instruments. We enjoy playing a variety of music, including classical favourites, movie themes, jazz and modern pop along with the traditional marches and church pieces.

Join our group of music-loving enthusiasts, improve your playing skills and have fun taking part in both indoor and outdoor performances throughout the year.



Contact us at:

[sligoconcertband@proton.me](mailto:sligoconcertband@proton.me)

Phone: 087 9387545

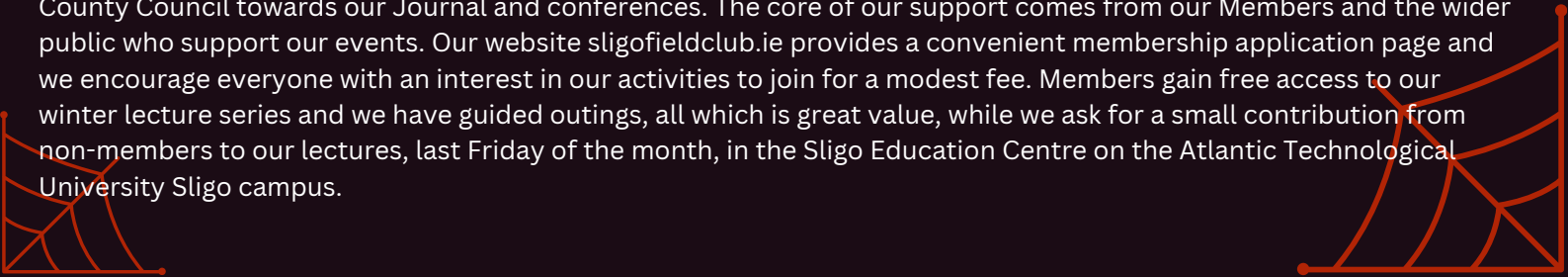


Sligo Field Club Journal, Volume 8, is about to go to press and will be available from mid-November onwards.

This volume will be a special one in that it recognises the tremendous work of Dr. Don C.F. Cotton who died in January. Nigel Monaghan has brought together from friends and colleagues a tribute article for him.

- The largest article this year is Don's detailed record of his work as Leitrim County Botanical Vice-Recorder.
- Still with nature Ian Sanders explains the metamorphic geology of the Ox Mts. south of Lough Gill.
- Cian Hogan, Marion Dowd and James Bonsall write of a chance discovery of several Mesolithic cherts found near the west end of Glencar Valley
- Pdraig Meehan explains his thoughts on the internal duality within Carrowmore and within Carrowkeel passage tomb cemeteries, and then between Carrowmore and Carrowkeel, two linked by the Unshin River.
- Martin A. Timoney writes again about Knocknashammer, an imitative ferta and places that ferta a national context. Among the footnotes is the recognition, perhaps for the first time, of a secular cemetery of the 5th – 7th centuries at Carrowmore. A ferta is where a tribe buried their dead at an ancient monument or what appeared to be an ancient monument.
- Mathew Seaver, Bernard Gilhooly and Linda Lynch show what was found in the excavation of a lintelled long cist grave Carrowgarry near Inishcrone and put it in a local and national context. The C14 date for the burial centres on 468 AD.
- Jim Higgins elaborates on the decorated high altar in Sligo Dominican Abbey, showing how much has been lost of the surroundings of that altar over the centuries. Following that Higgins and Martin A. Timoney identify some of the scattered parts of the altar that was in the south aisle of the Abbey, something not recognised before.
- Martin A. Timoney sets out what can be said so far about a sub-circular enclosure, hardly deserving of the late 17th century 'great fortification', though almost a kilometre in diameter, in Ballinafad and Bunadobber townlands. This enormous feature was not recognised until recent years. Its date lies somewhere between 1590 and 1620, and was probably associated with Ballinafad castle.
- John McKeon details the many phases of the building of Mullaghmore harbour and illustrates it with many 19th century maps and more recent photographs.
- William Gregory Wood-Martin was the colossus of Sligo antiquarian publication in the 19th century. Martin A. Timoney explains how Wood-Martin's life changed from 1874, lists his publication of nine books and how one led to the recognition of a crannóg near Nobber, Co. Meath. It corrects some comments published in a book recently about Wood-Martin and Terence O'Rourke, the other major 19th-century Sligo antiquarian author.
- John Mullaney recalls memories of his youthful trips across the eastern part of Tireragh, reaching the Corragh Donn sea caves.
- Louise Keegan details the non-Sligo Field Club part of the life of her grandfather, Patrick Tohall, who was the founding Secretary of Sligo Antiquarian Society in 1945 which became Sligo Field Club the following year. Tohall survived WWI to make a huge contribution to Armagh and Tyrone history and then to Sligo and Leitrim archaeology, folklife and architecture.
- Jim Foran, in the Presidential for 2022, opens with 'the ongoing flow of events, unprecedented in our lifetimes. No sooner did the efforts to battle the Covid 19 pandemic achieve some success, than we witnessed large scale warfare in Europe for the first time since World War II.'
- The Editor looks at the passing of time and the passing of people, and he includes a time chart for Sligo that should help put our past in sequence.
- The articles are copiously illustrated in colour and extensive further reading lists are included – the footnotes in many cases prompt further research
- This volume will be at least as big as last year's but will still cost only €25. Back numbers of SFCJ are available – this would be a good time to complete your set, as the reserve stock of some are running low!

On a different theme, may we say that Sligo Field Club faces practical challenges covering the costs of venues, lectures and publishing. We are very grateful for the support of funding agencies, including regular generous grant aid from Sligo County Council towards our Journal and conferences. The core of our support comes from our Members and the wider public who support our events. Our website [sligofieldclub.ie](http://sligofieldclub.ie) provides a convenient membership application page and we encourage everyone with an interest in our activities to join for a modest fee. Members gain free access to our winter lecture series and we have guided outings, all which is great value, while we ask for a small contribution from non-members to our lectures, last Friday of the month, in the Sligo Education Centre on the Atlantic Technological University Sligo campus.







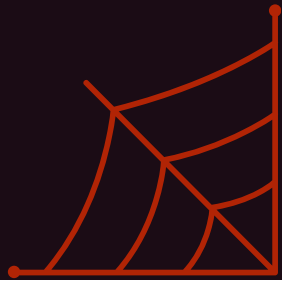
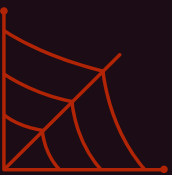
# OTHER NEWS

## Hazelwood Heritage Society Update

In 2006 our "Save Hazelwood" group was formed to campaign against a planning application to build a housing estate in the grounds of Hazelwood House. Planning was eventually denied, and we continued campaigning till in 2015 Mr. David Raethorne bought both the house and the old factory. Since then he has created a world class whiskey distillery and had done much conservation work to protect and restore the house. This summer Hazelwood Demesne including the House, grounds and the distillery was bought by the U.S, company Sazerac. They have plans to continue David's vision of restoring the house and also to develop the distillery still further. This is good news for Sligo both as a tourist destination and to provide employment.

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Please check out the new **Parent Hub Website** for Sligo Leitrim and West Cavan which links in with all services and organisation's for free supports for parents [www.parenthubslwc.ie](http://www.parenthubslwc.ie)  
This website links to Tulsa supports, Sligo Leitrim CYPSC, HSE, Family Recourse centres , Sligo and Leitrim County Childcare Committee's and much more.



# TRAINING & WORKSHOPS

[academystworkshop](http://academystworkshop) ([academystreetworkshop.com](http://academystreetworkshop.com))

## Christmas Fundraising workshop

Recognises that Christmas is a hugely important time of year for most organisations. This workshop will help you focus on breaking down your income targets in to sensible chunks and understand what is most likely to help you generate the income you need. The session will be simple, practical and will leave you feeling that your goals are achievable.

The workshop will be run twice on the 11th & 12th October with a morning and an evening session to cater for as many people as possible.

## Planning for 2023

lunches this October. Starting a new year with a blank page is daunting and not the best way to ensure you succeed. Taking the time to work out what your goals for the next 12 months are for: projects, fundraising, organisation development etc and making a practical plan for reaching those is the best way to avoid panic, confusion and the feeling that you're just keeping your head above the water. This workshop will help you make that plan. It will be practical, focused and aimed at helping you achieve your goals for 2023. We're running this session twice on the 18th and 19th October with a morning and an evening session to cater for as many people as possible.

If you're interested in finding out more about any of these sessions or would like to talk about your organisation and how we might support you please get in contact on 086 6010 434 or [kevin@academystreetworkshop.com](mailto:kevin@academystreetworkshop.com)