

FLOURISH NEWSLETTER

A round up of events and activities that we know about in your local area

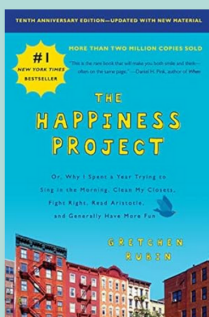
East Mayo



flourish at The Family Centre

presents

Sign up now!



Free of charge

We are looking for a group of people in Mayo to unite and read the above book and test out techniques and tools to try and increase their happiness levels throughout the year.

We will read the book chapter by chapter (or listen via an audiobook) and connect in once a month via zoom. We will link in for walks/ trips and activities throughout the year- tick a few things off your bucket list. No commitment necessary and all are welcome!

Contact us to register your interest

☎ (094) 9025900 ✉ flourish@thefamilycentre.com



Bereavement support at Knock shrine

The Knock shrine bereavement support group meet every Wednesday at 11am at the Family Centre, Knock. All are welcome. For further information contact Monica Morley on 094 9375320

An hour to spare?

ALONE are looking to recruit volunteers in your local area. The organisation seeks to combat loneliness and isolation among the elderly and thus improve their quality of life by having members of the community call into them to chat for one hour per week. If this is something that interests you, you can contact Paul Stafford, volunteer support officer at 086-0135043 or email paul.stafford@alone.ie



KILMOVEE HERITAGE PRESENTS

Cois Tine Nights

Celebrate Kilmee's cultural heritage at our monthly cois tine nights! Featuring live music, song, dance, homebaked goods, and a raffle!

2ND MONDAY OF EACH MONTH

KILMOVEE COMMUNITY CENTRE
8:30PM
FREE ADMISSION

WWW.KILMOVEE.IE

Birdwatch Mayo first outing of 2024

If there is yet another storm, the outing may be cancelled. Notice will be sent on our website, www.birdwatchingmayo.org and our Facebook page, WhatsApp "BWMayo Info" group, and email to all our registered members. If you would like to be included on our email list and WhatsApp please send your details to birdwatchmayo@gmail.com.

Carrowkeel and other south Mayo turloughs

Saturday 10th February 2024 at 12 noon

- Meet at the Country Club (Forde's Pub)
- Wear suitable clothing, wellies or boots
- Bring binoculars +/- a telescope
- Bring your own refreshments
- Non members of BWI welcome
- We ask that children are accompanied



If the weather is bad, this event may be cancelled. Notice will be posted by email, on BWMayo FB and WAP

Swinford Cultural Centre

WEEKLY EVENTS UPDATE



MONDAY 5th:	2pm – 4pm - Active Retirement 8pm - 9pm - AA Meeting
TUESDAY 6th:	9.15am - 10.15am - Pilates (085-2150781) 3.30pm – 4.30pm - Yoga (087 7164318) 6.30pm – 7.30pm - Pilates (085 2150781)
WEDNESDAY 7th:	12.00 – 1.00pm - Falls Prevention Programme 3.45pm – 6.45pm - Giggles (087 7929138) 8pm – 9pm - Active Minds (087 4150663)
THURSDAY 8th:	1.15pm – 3.15pm - Go Getters 3.30pm – 6.00pm - Morrison Ballet (085 2129561)
FRIDAY 9th:	11.30pm – 12.30pm - Active Minds (087 4150663) 3.30pm – 7.00pm - ECM Dance
SATURDAY 10th:	10.00am – 2.00pm - ECM Dance 8.00pm – 9.00pm – AA Meeting

To book the Centre contact: (094) 9064505 or email: noboyle@mayococo.ie
All classes must be booked individually with the class tutor / coordinator.



The Linenhall
arts centre

THE
CREATIVE
CAFÉ

Back by popular demand

"Arts and Wellbeing Programme" with Flourish and The Linenhall Arts Centre

The Linenhall Arts Centre and Flourish Social Prescribing service at the Family Centre are delighted to team up for A Creative Café offering participants the chance to try a new creative activity over six weeks to enhance their creativity and wellbeing.

The activities will include felting, floristry, print making, journal decorating and the Infinite light experience @ The Linenhall

Dates: Thursday 15th, 22nd & 29th of February & 7th, 14th & 21st of March 2024

Time: 10.30–12.30 pm

Cost €30 for six weeks

Booking: Places are limited so booking is essential through the Family Centre at 094 9025900

As this is a popular course payment is required in advance to secure your place

Call: 094 9025900
www.thefamilycentre.com/flourish





Mayo Sports Partnership Calendar of Events

<https://www.mayo.ie/Admin/Mayo/media/Mayo/Sports%20Partnership/Downloads/MSP-Programme-of-Events-Winter-Jan-24.pdf>

Mayo Sports Partnership Activator Poles Walking Winter/Spring 2024 Programmes

Area	Start Date	Time	Venue	Contact	In/Out door
Achill	Tuesdays	10.30am	Various	Helen:0862712676	Outdoor
Achill	Tuesdays	12.30pm	Keel Hall (Indoor)	Helen:0862712676	Indoor
Ballycroy	Tues 9 th Jan	3-4pm	Community Centre	Sinead: 0877063186	Indoor
Clare Island	Mon 19 th feb	10 – 11am	Community Centre	Ray: 0876973093	Indoor
Ballintubber		10.30am	Astro Pitch	Edel: 0838287396	Outdoor
Ballinrobe	Wed 18 th Jan	2-3pm	The Green	Mark:0876091463	Outdoor
Ballyhaunis	Fri 23 rd feb	10.45am	Clare Court	Tracy:0860618126	Outdoor
Ballycastle	Tues 23 rd Jan	11am	Community Centre	Brian:0868152254	Outdoor
COPD Belmullet	Friday 19 th Jan	12.30-1.30	Belmullet, Aras Inis Gluaire	Sinead: 0877063186	Indoor
Belmullet	Friday 19 th Jan	1.30-2.30	Belmullet, Aras Inis Gluaire	Sinead: 0877063186	Indoor
Currane	Wed 17 th Jan	11am	Community Centre	Ray: 0876973093	Indoor
Castlebar	Mon 22 nd Jan	12noon	Lough Lannagh	Sarah:0879446201	Outdoor
Castlebar Men's Shed	Tues 6 th Feb	12.30pm	GMIT Track	Sarah:0879446201	Outdoor
Geesala	Thurs 11 th Jan	3-4pm	Community Centre	Sinead: 0877063186	Indoor
Kilkelly	Wed 24 th Jan	11am	The Green	Tracy:0860618126	Outdoor
Knock	Mon 8 th Jan	12noon	Carramore, Meadows	Tracy:0860618126	Indoor
Moygownagh	Tues 30 th Jan	12.30pm	Community Centre	Brian:0868152254	Indoor
Mulranny	Tues 23 rd Jan	11am	Community Centre	Ray:0876973093	Outdoor
Newport	Wednesday 25 th Jan	10.45am	Cuan Modh Centre	Andrea:0834455761	Indoor
Swinford		11.15am		Edel: 0838287396	
Westport	Tues 23 rd Jan	11.15am	Skate Park	Edel: 0838287396	Outdoor
Westport Men's Shed		12.30pm	Skate Park	Edel: 0838287396	Outdoor

For More Information log on to Mayo Sports Partnership at www.mayo.ie/sportspartnership

Contact rmcnamara@mavococo.ie or call 094 9064362





Balla Community Resource Development

Community Resource Centre, The Square, Balla, Co Mayo, Phone: 094 9365846: Mobile: 087 1850860
Info@balla.ie: www.Balla.ie Registered Charity Number (RCN) : 20031442: Company Number: 241062

DATE	TIME	WHAT	WHERE
Monday 29 th January	4pm	Artful Minds	Front Room
Tuesday 30 th January	10am 10am 7pm 7.30pm	QUEST Move it or Lose it Women's Shed Meeting Mindfulness with Maura	Front Room Main Hall Front Room Main Hall
Wednesday 31 st January	9.30am 9am - 2pm 10.30am 7.00pm	English Classes MSLETB Parent & Toddler Group Bridge Club	Long Balcony Main Hall Front Room Front Room
Thursday 1 st February	9.30am 9am - 2pm 10.15am 12pm 3.30pm 5.30pm 7pm 7pm	English Classes MSLETB Mum & Me Exercise Class Emotion Code: Body Code Kids Drama Class Alan McDonnell Knitwits Balla CRD Festivals/Events Meeting	Long Balcony Main Hall Front Room Main hall Main Hall Main Hall Front Room Long Balcony
Friday 2 nd February	3pm 7.30pm	ARA'S Foroige	Front Room Main Hall & Front Room
Saturday 3 rd February	8.30pm	25 Card Drive	Front Room
Sunday 4 th February	7.30pm	Bingo	Main Hall & Online

PUBLIC DISPLAY NOTICE

Check Balla Community Centre Facebook page for weekly updated timetable.

EXPLORE ART AND WELLBEING.
ON THE 5TH AND THE OF 26TH MARCH FROM 10AM TO 12 NOON

CONNECT AND CREATE
WORKSHOPS
AT CÚRAM FAMILY CENTRE
CLAREMORRIS

CONTACT LOUISE TO BOOK A PLACE ON
089 455 6717

Must make a Will

PROTECT YOUR FAMILY'S FUTURE BY MAKING A WILL

LOCAL SOLICITOR BRIAN JENNINGS WILL GIVE A PRESENTATION ON THE IMPORTANCE OF MAKING A WILL

ON MONDAY FEB 12TH AT 7.30 IN CÚRAM FAMILY CENTRE
BOOKING ESSENTIAL ON 094 9362096
COST €5

Women's Collective Ireland
CLAREMORRIS



Art Class

CLASSES ARE FUN AND RELAXED AND FOR ADULTS WHO WISH TO EXPLORE THEIR CREATIVE POTENTIAL AND LEARN NEW SKILLS.

COMMENCING TUESDAY FEB. 6TH
BEGINNERS CLASS @ 4-6P.M.
MORE ADVANCED CLASS @ 7-9P.M.
IN CÚRAM FAMILY CENTRE

COST €85.

Booking is Essential Contact Sean for
booking and more information on
085 2320402



IPHONE CLASSES

6-week course to MASTER Your IPHONE

This "Phone Masterclass" is a 6-week course designed for those who want to learn more about their phone.

COURSE CONTENT

- how to download apps
- browse websites safely
- book flights and appointments
- shopping and paying bills online
- and more



Commencing Monday Feb. 12th 7.30 – 9.30p.m.
in Cúram Family Centre
Cost €60

Booking Essential on
0949362096



Women's
Collective
Ireland
Claremorris

BABY MASSAGE



NURSE LED BABY MASSAGE CLASSES

COMMENCING WEDNESDAY

14TH FEBRUARY 10.30AM-12 NOON

FOR 5 WEEKS

CURAM FAMILY CENTRE, CLAREMORRIS

100 EURO

CONTACT TRACY CURLEY TO BOOK

086 3470227 OR EMAIL

TRACYANNKENNEDY@GMAIL.COM

CHAIR YOGA



6-WEEK COURSE

Keep your Mind and Body healthy,
Improve Flexibility and Release stress
through our weekly yoga classes.

COMMENCING WED. JAN. 31ST @ 2.30
IN CÚRAM FAMILY CENTRE

COST €50

JOIN TODAY

094 9362096

Email: coordinator.claremorris@womenscollective.ie



Women's
Collective
Ireland
Claremorris



CHESS CLASSES

STARTING MONDAY 26TH FEBRUARY

FOR BEGINNERS

- 11 AM - 12:30
- WEEKLY
- DURATION OF 6 WEEKS
- 60€ FEE

Places limited Book now!!

VENUE: CLAREMORRIS FAMILY RESOURCE CENTRE

CLAREMORRIS FAMILY RESOURCE CENTRE,
MOUNT STREET, TEL (094) 9377838



COMPUTER CLASSES

BEGINNERS COMPUTER COURSE

- 6 WEEKS - ONE 2 HOUR SESSION PER WEEK
- 10 AM TO 11:30
- 25€ FEE
- VENUE: CLAREMORRIS FAMILY RESOURCE CENTRE

Would you like to brush up on your computer skills? If so this is the course for you

For more information and to register your place on this course contact:

Claremorris Family Resource Centre,
Mount Street, Tel (094) 9377838

"Hola" conversational **Spanish classes** commencing **Claremorris Family Resource Centre** on Friday, February 29th at 4pm - duration 6 weeks - contact on 094-9377838



Senior Chair Based Exercise

- Strength & Conditioning
- Full Body Workout
- Mobility & Flexibility

Wednesdays
11-12pm

All fitness levels welcome!!

€8 per class (PAYG)

Carracastle Community Centre
Eircode F45DY61

Contact: Sarah at 0863879635
email:sarahtimlintraining@gmail.com

FREE BACHATA DANCE CLASS



Hudson Bar and Grill Charlestown

Valentine's Day
7:30 pm
Wednesday 14th February

Charlestown and District Mens Shed

Cards and Darts *Night*



Open 7pm every Wednesday from 31 January

25	Darts	Chat	Fun
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Refreshments • Finger Food

Game start 8.00

Men Shed CBD Complex Charlestown Rear Entrance

Open to members and non members

The Carracastle/Kilmovee Drama

Group are staging their 3 Act play

"The Year of The Hiker" in

Carracastle Community Centre on

Friday night February 23rd and

Sunday night February 25th.

Doors will open at **7.30pm** and the
play will start at 8pm. The proceeds

of the night will go to the

Community Centre and Scoil Iosa

NS. Your support would be greatly

appreciated.



CLAREMORRIS DRAMA & FRINGE FESTIVAL 2024

14th - 23rd March

www.claremorrisdramafestival.com
www.fringe festival.ie



Official Opening Night
Thursday 14th at 8^{pm}
Prosecco Reception 7.30^{pm}



Adjudicator: Irene O'Meara
B.Ed., LL.M., MA Drama and Theatre Studies
Under the auspices of Amateur Drama Council of Ireland.

Ticket Prices:

Adults.	€16.00
Concessions.	€13.00
5 Night Ticket.	€55.00
Season Tickets	€95.00

Tickets available from:
Claremorris Town Hall: 094 93 10999
www.townhall.ie
NO ADMITTANCE AFTER 8^{PM} (SEATED BY 7.45^{PM})

New Transport Link Service
Available from Surrounding
Towns to our Centre.
Monday - Friday
For more information
Call 094-9365987 or email
training@mayoabbey.ie

St. Colman's
Training Centre
Mayo Abbey F12 X8P5
www.mayoabbey.ie



FREE Car Parking
Fresh Food
&
Beverages Daily

Start Date	Course Title	Course Provider	Duration	Dates	Times
Feb 13 th	Power Tools	FRS Training	1 Day	Feb 13 th	10.00am-4.00pm
Feb 19 th	First Aid Responder	FRS Training	3 Days	Feb 19 th 20 th 21 st	10.00am-4.00pm
Feb 24 th	Barista Training	St Colman's Training Centre	1 Day	Feb 24 th	10.00am-5.00pm
Feb 26 th	Home Repairs and Maintenance QQI L4	FRS Training	5 Days	Feb 26 th 27 th 28 th 29 th March 1 st	10.00am-4.30pm
Feb 28 th	Start Your Own Business	South West Mayo	1 Day	Feb 28 th	9.30am-5.00pm
Feb 29 th	Reception and Frontline Skills QQI L5	HCT Learning	5 Days	Feb 29 th Mar 7 th 14 th 21 st 28 th	9.30am-4.30pm
March 6 th	First Aid Responder	FRS Training	3 Days	March 6 th 7 th 8 th	10.00am-4.00pm
March 19 th	First Aid Responder	FRS Training	3 Days	March 19 th 20 th 21 st	10.00am-4.00pm
March 21 st	Handheld Pesticide Application QQI L5	FRS Training	2 Days	March 21 st 25 th	10.00am-4.00pm
March 22 nd	Patient Moving and Handling	FRS Training	1 Day	March 22 nd	10.00am-4.00pm

NOW TAKING NAMES FOR 2024 COURSES

- Cookery/Hospitality
- Horticulture
- Payroll
- Computers

- First Aid/Patient Handling
- Health & Safety
- Chainsaw Operations/Pesticide
Spraying
- Quad Bike Training/Abrasive wheels

- Horticulture Tools & Equipment
- Safe Pass
- Training Delivery & Evaluation
- Reception & Frontline Skills



**Healthy Mayo Message with Midwest
Radio and Healthy Mayo (Podcast on
Spotify)**

[https://open.spotify.com/show/3q4iijbFijsUIBSaAaY9ZI5?](https://open.spotify.com/show/3q4iijbFijsUIBSaAaY9ZI5?si=90882381156e4f36)
[si=90882381156e4f36](https://open.spotify.com/show/3q4iijbFijsUIBSaAaY9ZI5?si=90882381156e4f36)



Free Weaning workshop

Castlebar Library

Monday 12th February 2024

10:30am- 12:00pm

HOSTED BY
HEATHER MILLER
COMMUNITY
DIETITIAN



Are you weaning your baby or planning to wean?

Ask your questions or just listen, it is up to you!

FIND OUT HOW, WHEN AND WHAT TO FEED YOUR BABY

Why not join our workshop to learn more and have your questions answered

Flourish Social Prescribing Service is one of the support services provided by the Family Centre in Castlebar, Co. Mayo. There are four link workers as part of this service. Together, they cover the areas of Castlebar, East Mayo, Belmullet/Erris, Ballina, Achill and surrounding areas.

The Flourish service is ideal for any adult who feels they would like to explore ways to meet new people, develop new interests and hobbies.



If you have an upcoming event that you would like to feature on our monthly newsletter, please email it to flourish@thefamilycentre.com

Useful Numbers

Flourish Social Prescribing Service	(094) 9025900
The Family Centre, Castlebar	(094) 9025900
Mayo University Hospital A&E	(094) 9021733
West Doc	0818 360 000
Samaritans	116 123
Text "Hello" to	50808
Pieta House	1800 247 247
TFI Local Link Mayo (Bus)	(094) 90 05150