

# FLOURISH NEWSLETTER

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

## Central Mayo

### "A thought for today"

This drawing is by Anja Rozen, a 13-year-old primary school student in Slovenia. She was chosen from 600,000 children around the world to create a piece of art to show what peace looks like.

She is the winner of the international Plakat Miru competition.

"My drawing represents the land that binds us and unites us."

"Humans are woven together. If someone gives up, others fall. We are all connected to our planet and to each other, but unfortunately we are little aware of it. We are woven together. Other people weave alongside me my own story; and I weave theirs," said the young designer.







## 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](http://www.thefamilycentre.com/flourish)



**Heart Space**

16 January at 14:26 · 🌐

⋮

We're back! Community Meditation this evening from 6pm to 7pm. Everyone is very welcome. For the zoom link, just PM here or email [flannellyjoan@gmail.com](mailto:flannellyjoan@gmail.com)

## Community Meditation

## HeartSpace



## Tuesday's 6pm-7pm Online



## 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 <sup>th</sup> Jan	3-4pm	Community Centre	Sinead: 0877063186	Indoor
Clare Island	Mon 19 <sup>th</sup> feb	10 – 11am	Community Centre	Ray: 0876973093	Indoor
Ballintubber		10.30am	Astro Pitch	Edel: 0838287396	Outdoor
Ballinrobe	Wed 18 <sup>th</sup> Jan	2-3pm	The Green	Mark:0876091463	Outdoor
Ballyhaunis	Fri 23 <sup>rd</sup> feb	10.45am	Clare Court	Tracy:0860618126	Outdoor
Ballycastle	Tues 23 <sup>rd</sup> Jan	11am	Community Centre	Brian:0868152254	Outdoor
COPD Belmullet	Friday 19 <sup>th</sup> Jan	12.30-1.30	Belmullet, Aras Inis Gluaire	Sinead: 0877063186	Indoor
Belmullet	Friday 19 <sup>th</sup> Jan	1.30-2.30	Belmullet, Aras Inis Gluaire	Sinead: 0877063186	Indoor
Currane	Wed 17 <sup>th</sup> Jan	11am	Community Centre	Ray: 0876973093	Indoor
Castlebar	Mon 22 <sup>nd</sup> Jan	12noon	Lough Lannagh	Sarah:0879446201	Outdoor
Castlebar Men's Shed	Tues 6 <sup>th</sup> Feb	12.30pm	GMIT Track	Sarah:0879446201	Outdoor
Geesala	Thurs 11 <sup>th</sup> Jan	3-4pm	Community Centre	Sinead: 0877063186	Indoor
Kilkelley	Wed 24 <sup>th</sup> Jan	11am	The Green	Tracy:0860618126	Outdoor
Knock	Mon 8 <sup>th</sup> Jan	12noon	Carramore, Meadows	Tracy:0860618126	Indoor
Moygownagh	Tues 30 <sup>th</sup> Jan	12.30pm	Community Centre	Brian:0868152254	Indoor
Mulranny	Tues 23 <sup>rd</sup> Jan	11am	Community Centre	Ray:0876973093	Outdoor
Newport	Wednesday 25 <sup>th</sup> Jan	10.45am	Cuan Modh Centre	Andrea:0834455761	Indoor
Swinford		11.15am		Edel: 0838287396	
Westport	Tues 23 <sup>rd</sup> 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](http://www.mayo.ie/sportspartnership)

Contact [mcnamara@mavococo.ie](mailto:mcnamara@mavococo.ie) or call 094 9064362



# Birdwatch Ireland Mayo Branch

Welcome to our first outing in 2024. We will meet in the car park of the Country Club, Taugheen at 12:00 (midday) on Saturday 10th February. Mike Oates has kindly volunteered to show us an area that he is familiar with from his Countryside Bird Survey. Recently there have been a good variety of ducks and whooper swans. If they have moved on, we will investigate neighbouring turloughs such as Greaghan's or Ballyglas. Depending on numbers we may need to car share as many of the roads are narrow with few parking spaces. For this event a telescope would be beneficial if you have one.

**Directions** The Country Club (known locally as Forde's Pub) is on R331 between Claremorris and Hollymount.

After the recent storms the ground will be wet so wear wellingtons or waterproof boots and dress appropriately for the forecast weather. Children are most welcome, but we request that they are accompanied. Bring any refreshments that you need. If there is yet another storm, the outing may be cancelled. Notice will be sent on our website, [www.birdwatchingmayo.org](http://www.birdwatchingmayo.org) and our Facebook page, WhatsApp "BW Mayo 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](mailto: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

 BirdWatchIreland  
Mayo Branch  
[www.birdwatchingmayo.org](http://www.birdwatchingmayo.org)

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

# Ballina – Castlebar Local Link Bus service

**For more information**

Tel: 094 9005150

Email: [mayo@locallink.ie](mailto:mayo@locallink.ie)

Web: [www.locallinkmayo.ie](http://www.locallinkmayo.ie)

Operated By:  
TFI Local Link Mayo,  
Castlebar Social Services Centre,  
Castle Street Car Park,  
Castlebar, Co Mayo  
F23 CV67

TFI Local Link Fares include single, return, weekly, adult, young adult and child fares. Cash is accepted and Free Travel Pass holders and children under 5 years travel for free. For more information on fares, please visit: [transportforireland.ie/fares/bus-fares](http://transportforireland.ie/fares/bus-fares) or call TFI Local Link Mayo

Our vehicles are wheelchair accessible

Ask your driver or other staff member for assistance. Full information on all available journeys and connections on National Journey Planner at [www.transportforireland.ie](http://www.transportforireland.ie)

You can use the TFI Leap Card to pay for your ticket. For further details, visit: [transportforireland.ie](http://transportforireland.ie)

TFI Leap  
Tap & Go

Service does not operate Christmas Day  
Information correct at time of print: October 2023

**TFI local link**

**Route 454**  
Ballina to Castlebar

**TFI local link Mayo**

**Timetable**

**454 Ballina to Castlebar**  
Day(s): Monday - Sunday

Ballina - Castlebar		Monday - Saturday			Sundays and Bank Holidays		
Departs	Stops						
Ballina	Dunnes Stores	07:00	11:30	15:59	07:15	11:45	16:45
Ballina	Bus Station	07:05	11:35	16:05	07:18	11:48	16:48
Ardeagh Cross	Eastbound	07:15	11:45	16:15	07:30	12:00	17:00
Crossmolina	Post Office	07:23	11:53	16:23	07:38	12:08	17:08
Errow Cross	Errow Cross	07:29	11:59	16:29	07:44	12:14	17:14
Lahardane	Leonards	07:35	12:05	16:35	07:50	12:20	17:20
Bofoenaun	Bofoenaun	07:40	12:10	16:40	07:55	12:25	17:25
Massbrook	Northbound	07:50	12:20	16:50	08:05	12:35	17:35
Pontoon	Bell Alley	07:55	12:25	16:55	08:10	12:40	17:40
Courane	Opp Old NS	08:00	12:30	17:00	08:15	12:45	17:45
Parke	Opp Church	08:05	12:35	17:05	08:20	12:50	17:50
Turlough	National Museum of Ireland	08:10	12:40	17:10	08:25	12:55	17:55
Turlough	Turlough	08:13	12:43	17:13	08:28	12:58	17:58
Castlebar	Garvey Way	08:23	12:53	17:23	08:38	13:08	18:08
Castlebar	Mayo General Hospital	08:24	12:54	17:24	08:39	13:09	18:09
Castlebar	Train Station	08:30	13:00	17:30	08:45	13:15	18:15

Castlebar - Ballina		Monday - Saturday			Sundays and Bank Holidays		
Departs	Stops						
Castlebar	Train Station	09:00	14:00	18:00	09:15	14:00	19:00
Castlebar	Mayo General Hospital	09:05	14:05	18:05	09:20	14:05	19:05
Castlebar	Garvey Way	09:06	14:06	18:06	09:21	14:06	19:06
Turlough	Turlough	09:16	14:16	18:16	09:31	14:16	19:16
Turlough	National Museum of Ireland	09:19	14:19	18:19	09:34	14:19	19:19
Parke	Opp Church	09:24	14:24	18:24	09:39	14:24	19:24
Courane	Opp Old NS	09:29	14:29	18:29	09:44	14:29	19:29
Pontoon	Bell Alley	09:34	14:34	18:34	09:49	14:34	19:34
Massbrook	Massbrook	09:39	14:39	18:39	09:54	14:39	19:39
Bofoenaun	Bofoenaun	09:49	14:49	18:49	10:04	14:49	19:49
Lahardane	Leonards	09:54	14:54	18:54	10:09	14:54	19:54
Errow Cross	Northbound	10:00	15:00	19:00	10:15	15:00	20:00
Crossmolina	Post Office	10:06	15:06	19:06	10:21	15:06	20:06
Ardeagh Cross	Eastbound	10:14	15:14	19:14	10:29	15:14	20:14
Ballina	Bus Station	10:25	15:25	19:25	10:40	15:25	20:25
Ballina	Dunnes Stores	10:30	15:30	19:30	10:45	15:30	20:30

<https://locallinkmayo.ie/wp-content/uploads/2023/10/454-1.jpg>



**Finding Feathers is with The Mood Designs and Keith's Cacao in County Mayo.**

11 February at 13:13 · 📍

In celebration of **#InternationalWomensDay**

Join us for a special workshop evening with 'Cacao Meditation and Mindful Ceramic Making', in the company of Julie from [@findingfeathers.ie](https://www.findingfeathers.ie)

Our guest Julie will open the evening by giving us an introduction to ceremonial cacao, explaining the benefits of pairing it with creative endeavours followed by a guided meditation, to help you connect with your creativity.

Following this tranquil beginning, it's time to immerse yourself in mindful ceramic making with Ella. Let the newfound connection with your heart guide your hands as you shape clay into beautiful expressions of your inner world.

Throughout the evening, our teacher(s) will be on hand to support and inspire, helping you bring your artistic visions to life.

Your piece will be ready to collect approximately 2-4 weeks after the class.

All materials and firing ceramics are included.

We look forward to sharing this mindful evening with you.

Date: FRIDAY, March 8th 2024

Time: 6 - 10 pm

Place: The Mood Designs (upstairs studio) Ellison Street, Castlebar, Co. Mayo F23 CD83)

PRICE: €65

Limited places, early booking essential via:

<http://www.themooddesigns.ie/.../special-workshop-mindful...>





**FEBRUARY**

# **ROCKS'N'ROSES**

If you are someone living with a Cancer diagnosis , we  
Invite you to join us for a cuppa, a bit to eat, a chat and a  
bit of craic on our WORLD TOUR OF MAYO.

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Sat Feb 10<sup>th</sup> in Clew Bay Hotel, Westport @12 p.m.

Thurs Feb 15<sup>th</sup> in The Linenhall, Castlebar @11.30 a.m.

Thurs Feb 22<sup>nd</sup> in Wyatt Hotel, Westport @11.30 a.m.

Thurs Feb 29<sup>th</sup> in Corleys Bar, Ballintubber @12 p.m.


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**CONTACT LOUISE ON 0872250704**

**FOR MORE INFORMATION**

Each month the dates and venues will be updated

**You're invited to celebrate life with us!**



**Victim Support at Court**  
2 February at 16:23 · 🌐

**Court Accompaniment Volunteers Wanted!!**

Are you looking for a rewarding volunteer opportunity helping victims of crime through their Criminal Court journey?

Victim Support at Court is looking for compassionate and empathetic people in Castlebar, Letterkenny and Wexford. If you would like to apply please do so through this link <https://www.vsac.ie/volunteering-with-us/>

Or if you are looking for more information please email [recruitment@vsac.ie](mailto:recruitment@vsac.ie)

**ATTENTION** ✨

**Volunteering opportunity in:**

**Castlebar  
Letterkenny  
Wexford**

**Are you:**

- Positive and Empathetic
- A Good Communicator
- Flexible
- Available a minimum of 2 days a week during court sitting

💖

**BREAFFY COUCH TO**

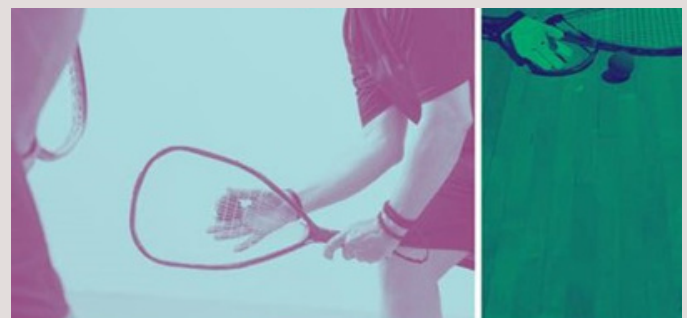
**5K**

**RUN OR WALK**

**STARTING TUESDAY 23RD**  
**EVERY TUESDAY | 8PM**  
**BREAFFY GAA PITCH**

ARE YOU LOOKING TO GET 2024 OFF TO A GOOD START - JOIN ELAINE AND MAGGIE FOR 8 WEEKS RUN OR WALK ALL LEVELS OF FITNESS WELCOME

**ALL WELCOME**



**CASTLEBAR RACQUETBALL CLUB**

**MENS**

**BEGINNER/IMPROVER**

**RACQUETBALL NIGHT**

**WHEN?**  
MONDAYS, STARTING MON 12TH FEB

**TIME?**  
8.15PM - 9.30PM

**WHERE?**  
AN SPORTLANN, CASTLEBAR  
(ENTRANCE AT THE REAR OF BUILDING)

**COST?**  
€5 PER SESSION

**CONTACT:** MICHAEL - 0879234514  
INFO@CASTLEBAR-RACQUETBALL.NET

• All new players welcome!  
• No experience needed!  
• Equipment provided!





## 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 12 <sup>th</sup> February	10:30am 4pm 7pm 8:30	Sewing with Josie Artful Minds Women Healing Circle Balla GAA	Long Balcony Room Main Hall Front Room Long Balcony Room
Tuesday 13 <sup>th</sup> February	10am 7:30pm	Move it or Lose it Mindfulness with Maura	Main Hall Main Hall
Wednesday 14 <sup>th</sup> February	9:30am 10am 7pm	English Classes Parent & Toddler Group Bridge Club	Long Balcony Room Front Room Front Room
Thursday 15 <sup>th</sup> February	9:30am 3:30pm 5:30pm 7pm	English Classes Kids Drama Class Alan McDonnell Knitwits	Long Balcony Room Main Hall Main Hall Front Room
Friday 16 <sup>th</sup> February	3pm	ARA'S	Front Room
Saturday 17 <sup>th</sup> February	8.30pm	25 Card Drive	Front Room
Sunday 18 <sup>th</sup> February	11.45am 8pm	Private Function Bingo	Main Hall Main Hall & Online



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

[https://open.spotify.com/show/3q4ijbFijsUIBSaAaY9ZI5?](https://open.spotify.com/show/3q4ijbFijsUIBSaAaY9ZI5?si=90882381156e4f36)  
[si=90882381156e4f36](https://open.spotify.com/show/3q4ijbFijsUIBSaAaY9ZI5?si=90882381156e4f36)







West Be Well

14 h · 🌐



Find out about the many and varied community support services operating across the counties of Galway, Mayo and Roscommon and at a national level on the West Be Well website.

Browse the Community Support section of our directory of services via the link below and in our stories:

<https://www.westbewell.ie/loc.../community-support-services/>



**SATURDAY, FEBRUARY 24TH  
2024, 11AM-12:30MD**

## **SOUND FOR WELLNESS-GONGS AND BOWLS**

**Venue: Jacks Old Cottage,  
Islandeedy (near Castlebar -  
Westport). F23 AW97**



Join me in a soundscape of Gongs, Crystal Bowls, and heart poems to support your relaxation and wellbeing. €20 per person. All welcome!



'A leaf has a song in it. Stone is the face of patience. Inside the river is an unfinishable story and you are somewhere in it. And it never ends until all ends' – Mary Oliver

Immerse yourself in a  
soundscape of  
vibrational  
frequencies

Tunes and revitalizes  
energy flow

Many experience a  
sense of inner  
connectedness and  
peace

Helps soothe the body  
mind and heart mind

Supports relaxation  
and release of tension

**OLIVIA VARLEY**

Certified Gong Sound  
Practitioner, College of Sound  
Healing UK

Email: [olivia.varley@sound-for-wellness.com](mailto:olivia.varley@sound-for-wellness.com)

# We're looking for volunteers to assist us with our Housing Projects.

Are you in the Castlebar area and interested in volunteering with the Society of St Vincent De Paul Social Housing?

We are looking for volunteers with skills and experience in the areas of architecture, engineering, surveying, Health & Safety, social work / social care, business, legal and IT.

SVP will be hosting a Social Housing information meeting in:

**Ellison Hotel, Castlebar**  
**22nd of February at 7.30pm** for those interested in getting involved.

**For enquiries contact**  
**Maureen Mitchell SVP**  
**Mobile 086 8163454**

Published by the Society of St Vincent de Paul, 2019. All rights reserved.



Society of St. Vincent de Paul





Join Us for a Mother's Day Paint-a-Pot Celebration!

This is a fantastic opportunity to express your creativity and make lasting memories with the mothers we hold dear.

We're encouraging bookings to guarantee your spot for this celebration.

Date: SUNDAY, March 10th, 2024

Time: Time slots available

Place: The Mood Designs (upstairs studio) Ellison Street, Castlebar, Co. Mayo F23 CD83)

Paint a Pot Info:

- Customize a ceramic pot with your unique designs, letting your imagination run wild.
- We'll handle the glazing and firing in our studio, a process that typically takes 1-3 weeks.
- We'll notify you via text message when your piece is ready for collection.
- The price includes all materials and firing for your ceramics.

Booking Info:

- Purchase 1 ticket per person for €15 to secure your spot.
- Each Paint-a-Pot booking slot is for 1.5 hours of creative fun.
- Select pottery pieces priced from €15 to €35. Pay the remaining balance at the shop on the day.



Westport Leisure Park

Yesterday at 10:40 · 🌐

...

Tai Chi and Qigong Classes at [Westport Leisure Park](#) - Book Direct - 086 8533395

## Tai chi and Qigong workshops and classes

Westport Leisure Centre

Saturday 3rd February Workshops

3-4pm Introduction to Qigong

4-5pm Introduction to Tai Chi

New term starts Wed 7th Feb

Tai Chi 12-1pm

Qigong 1-2pm

086-8533395 to book



UPSTAIRS  
@THECLOCK

UPSTAIRS @THE CLOCK  
TAVERN  
WESTPORT  
THE LAST FRIDAY OF THE  
MONTH FROM 9PM  
ALL WELCOME!

Hosted by



PATRICK DEXTER



NAN FEE

# OPEN MIC

AN EVENING OF MUSIC, ORIGINAL SONGS, COMEDY, POETRY  
COME & WATCH OR JOIN THE SHOW!  
ALL ACTS WELCOME

SIGN UP ON THE NIGHT OR CONTACT US ON  
WESTPORTOPENMIC@GMAIL.COM



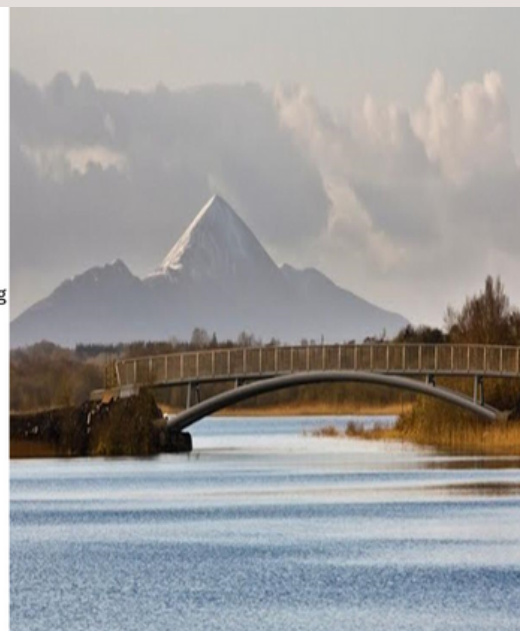
## Wellness Recovery Action Plan Workshops in Mayo 2024

Mayo Recovery College will host their next **WRAP Workshop** on **February 28<sup>th</sup>** in **the ATU Mayo Campus, Castlebar**.

This 4-part workshop will run every Wednesday evening for **4 weeks**, from **4pm to 8pm**, beginning on **February 28<sup>th</sup>** and ending on **March 20<sup>th</sup>**.

WRAP Workshops are facilitated by trained facilitators who have lived experience of managing mental health challenges. All participants who complete the 4-week workshop will receive a WRAP Certificate.

Places for this workshop are limited and must be booked by contacting Karen McHale by phone at: **086-0294901** or by email at: **recovery.educatormrc@hse.ie**







**ALONE**

YOU'RE NOT ALONE



**Telephone and Befriending  
volunteers urgently needed  
in Galway, Roscommon and  
Mayo**

We are working with number of Older  
People who are waiting for Telephone  
Support as well as befriending matches, do  
you have 1-2 hours per week to volunteer?

**Visit [alone.ie/volunteer](http://alone.ie/volunteer)**

ALONE are looking for volunteers in Galway and Mayo and its surrounding areas for older people who need befriending for one hour per week and/or telephone support for 2 hours per week. Our befriending program is designed to help older people combat loneliness and isolation. They need your help more than ever.

If this is something that interests you, then please reach out to Paul Stafford on 086 0135043, email [paul.stafford@alone.ie](mailto:paul.stafford@alone.ie) or follow the link

<https://alone.tfaforms.net/.../ALONE-Volunteer-Expression...>

**New Transport Link Service  
Available from Surrounding  
Towns to our Centre.  
Monday - Friday  
For more information  
Call 094-9365987 or email  
[training@mayoabbey.ie](mailto:training@mayoabbey.ie)**

**St. Colman's  
Training Centre  
Mayo Abbey F12 X8P5  
[www.mayoabbey.ie](http://www.mayoabbey.ie)**



**FREE Car Parking  
Fresh Food  
&  
Beverages Daily**

<u>Start Date</u>	<u>Course Title</u>	<u>Course Provider</u>	<u>Duration</u>	<u>Dates</u>	<u>Times</u>
Jan 29 <sup>th</sup>	Quad Bike Training QQI L5	FRS Training	2 Days	Jan 29 <sup>th</sup> Feb 6 <sup>th</sup>	10.00am – 4.00pm
Jan 31 <sup>st</sup>	Start Your Own Business	South West Mayo	1 Day	Jan 31 <sup>st</sup>	9.30am – 5.00pm
Feb 12 <sup>th</sup>	Power Tools	FRS Training	1 Day	Feb 12 <sup>th</sup>	10.00am-4.00pm
Feb 19 <sup>th</sup>	First Aid Responder	FRS Training	3 Days	Feb 19 <sup>th</sup> 20 <sup>th</sup> 21 <sup>st</sup>	10.00am-4.00pm
Feb 26 <sup>th</sup>	Home Repairs and Maintenance QQI L4	FRS Training	5 Days	Feb 26 <sup>th</sup> 27 <sup>th</sup> 28 <sup>th</sup> 29 <sup>th</sup> March 1 <sup>st</sup>	10.00am-4.30pm
Feb 28 <sup>th</sup>	Start Your Own Business	South West Mayo	1 Day	Feb 28 <sup>th</sup>	9.30am – 5.00pm
Feb 29 <sup>th</sup>	Reception and Frontline Skills QQI L5	HCT Learning	5 Days	Feb 29 <sup>th</sup> Mar 7 <sup>th</sup> 14 <sup>th</sup> 21 <sup>st</sup> 28 <sup>th</sup>	9.30am – 4.30pm
March 6 <sup>th</sup>	First Aid Responder	FRS Training	3 Days	March 6 <sup>th</sup> 7 <sup>th</sup> 8 <sup>th</sup>	10.00am-4.00pm
March 19 <sup>th</sup>	First Aid Responder	FRS Training	3 Days	March 19 <sup>th</sup> 20 <sup>th</sup> 21 <sup>st</sup>	10.00am-4.00pm
2024	Culinary Operations QQI L3	St Colman's Training Centre	5 Days	TBD	10.00am – 4.30pm
	Pastry Baking & Desserts QQI L5	St Colman's Training Centre	8 Days	TBD	10.00am – 5.00pm
	Restaurant Service QQI L3	St Colman's Training Centre	5 Days	TBD	10.00am – 5.00pm
	Barista Training	St Colman's Training Centre	1 Day	TBD	10.00am – 5.00pm
	Payroll Manual & Computerised QQI L5	St Colman's Training Centre	6 Days	TBD	10.00am – 5.00pm

## 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

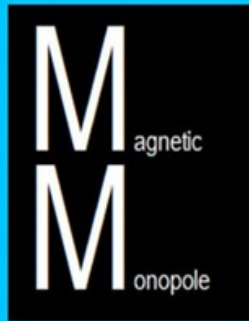
- Horticulture Tools & Equipment
- Safe Pass
- Training Delivery & Evaluation
- Reception & Frontline Skills

# CRCfm102.9

GIGS...

## CASTLEBAR

presents live music from ...



### CANIS TIRE

### MART

acoustic punk  
advocacy service



OutWest  
choir


CRCfm  
102.9


IVY TOWER HOTEL

Saturday - March 2nd - 2024

Doors Open - 6pm Admin €10


( €5 student / unwaged )

 *Cúpla focal Club*



**DO YOU HAVE A FEW WORDS OF  
GAELIGE?  
JOIN OUR CÚPLA FOCAL CLUB  
FOR BEGINNERS/IMPROVERS**

**CASTLEBAR LIBRARY  
DÉ CÉADAÍN 6-7  
WEDNESDAYS 6-7PM**



**FEABHRA/FEB  
7TH, 14TH, 21ST, 28TH  
MÁRTA/MARCH  
6TH, 13TH**

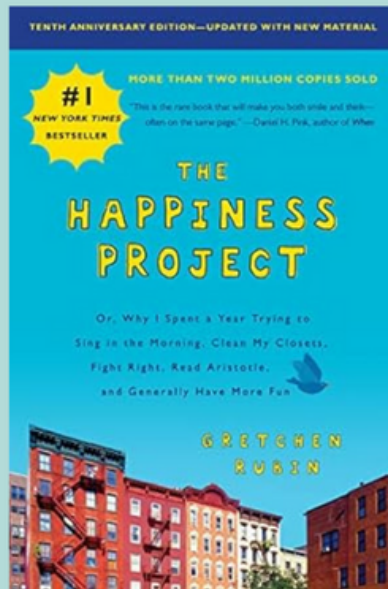




# flourish at The Family Centre

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 committment necessary and all are welcome!

## Contact us to register your interest




(094) 9025900



[flourish@thefamilycentre.com](mailto:flourish@thefamilycentre.com)

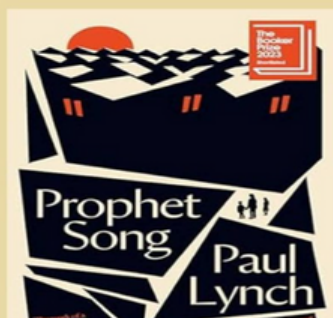


Flourish\_Mayo

 **Mayo County Library**  
15h · 🌐

#Castlebar Library Book Club is reading Paul Lynch's Prophet Song for their February meeting - it was the obvious choice really as so many of the book club members had received a copy for Christmas! Have you read it yet? Looks like tonight will be another night to stay put and snuggle up with a book. #StormJocelyn #LoveBooks #LoveReading

## CASTLEBAR LIBRARY BOOK CLUB IS CURRENTLY READING:



Would you like  
to discuss books  
& reading with  
others?

The Book Club  
meets on the  
second Tuesday of every month

All are welcome

**WESTPORT SALSA CLUB  
SALSA CLASSES**

**EVERY  
WEDNESDAY  
EVENING**  
in  
**The Clock Tavern**

Beginners 7.30-8.30 pm  
Intermediates 8.30-9.30 pm  
9.30pm onwards Dancing

€10 (incl dance)

**museum**  
National Museums of Ireland  
and affiliated institutions

— Country Life

Our museums Search...

Visitor Information Exhibitions Upcoming Events Engage & Learn Projects

Home / Country Life / Events / WORKSHOP: Easter Art Workshop

2pm & 3pm, Saturday 30 March 2024, Families

## WORKSHOP: Easter Art Workshop

Free Admission | Booking Required



— Decorating Easter Cards

**Easter was an important celebration in the traditional folk calendar as it marked the end of Lent and of fasting.**

The build-up of eggs and dairy produce during Lent provided for a welcome breakfast and there were usually enough eggs for children to decorate and use in Easter games. Have a go at designing some Easter cards similar to those used in Easters past, examples of which are now part of the Irish Folklife Collection.

This is a free event, suitable for adults and children. Booking required.  
Email [bookingcountrylife@museum.ie](mailto:bookingcountrylife@museum.ie) or telephone the Bookings Office on +353 94 90 31751 to book the 2pm slot or the 3pm slot.

**Location:**

**WORKSHOP: Easter Art Workshop is located at:**  
Turlough Park,  
Castlebar,  
Co. Mayo  
F23 HY31

Creative Easter art based on designs on display in the NMI-Country Life collections.



**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](mailto: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