



## Job Search & C.V. Preparation Workshop

Tuesday 17<sup>th</sup> May, Ionad Áise, 8pm - 10pm

Are you currently looking for work or thinking of changing job? If so this workshop may be just the thing for you. It aims to help you make a good first impression with a professional c.v. / application form which will sell your strengths to a prospective employer. The workshop will also include some tips on how to approach your job search. For further information & / or to book your place please contact 026 - 45661 or email [eolas@muscraie.ie](mailto:eolas@muscraie.ie)

## Fish Cookery Demonstration

Cill na Martra ICA  
Ionad Pobal, Cill na Martra Thursday 12<sup>th</sup> May 8pm  
with Brid Clancy of Clancy's Fresh Fish, Macroom

**SouthDoc** provides doctor services for urgent medical needs outside of normal hours. SouthDoc also provides a call out service to those unable to travel. Generally, hours of service are:

**Monday to Friday 6pm - 8am (next day)**

**Weekends 1pm Saturday - 8am Monday**

**Bank Holidays 8am (bank holiday) - 8am (next day)**

Telephone: 1850 335 999 E-Mail: [info@southdoc.ie](mailto:info@southdoc.ie)

## CAO Change of Mind

[www.cao.ie](http://www.cao.ie)

From 5<sup>th</sup> May 12:00 noon to 1<sup>st</sup> July 5:15pm applicants will be able to register on-line a change of course choices, free of charge. **Change of Mind Forms may NOT be submitted by FAX.** There is no fee for using the Change of Mind facility.

**Enerco Energy Ltd.** are holding an Information Session for the proposed Cleanrath Wind Farm at the Ionad Áise, Réidh na nDoirí on Thursday May 12<sup>th</sup> 12.00 - 4.00pm. Contact: [info@enercoenergy.ie](mailto:info@enercoenergy.ie)

## Young People Creating Jobs: An Initiative of the Department of Children and Youth Affairs

Young people from 15 to 22 are invited to submit business plans or projects to develop an idea that they believe will lead to job creation. The top proposals will win a week shadowing a CEO or Board member of a major Irish company. The overall winner will also win market research of up to €15,000. Plans should be submitted by email or post before Friday July 22<sup>nd</sup>. Further details are available on the Dept of Children & Youth Affairs website: [www.omc.gov.ie](http://www.omc.gov.ie)

## MFG-Meitheal Mhúscraí

1 day **Refresher Occupational First Aid** course  
Saturday 7<sup>th</sup> May

**Safe Pass Course** Saturday 21<sup>st</sup> May

**Occupational First Aid** courses being held during May and June

For further information tel: 026 45661 or email [eolas@muscraie.ie](mailto:eolas@muscraie.ie)

## Citizens Information Lo Call 1890 777 121

Local Office: South Square, Macroom, Co. Cork

Tel: 026 42179 Email: [macroom.cic@citinfo.ie](mailto:macroom.cic@citinfo.ie)

Tuesday Wednesday & Thursday 10.00am- 4.00pm

Friday 10.00am - 1.00pm

## MABS: Money Advice & Budgeting Service

at the Citizens Information Office Macroom

Every Wednesday 10am-12.30pm

By appointment only - telephone: 026 42179

## Social Welfare Local Office,

3 The Terrace. Masseytown, Macroom, Co. Cork

Open Monday - Friday 9.30am-12.00pm & 2pm-4pm

Tel: 026 20110 or log on to [www.welfare.ie](http://www.welfare.ie)

## Health Centre, Macroom

Opening Hours: Monday to Friday 9am - 1pm & 2-5pm

for queries regarding services at the health centre

contact Tel: 026 20650

## FÁS outreach clinic at Town Hall Macroom

2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month 10.00am - 12.30pm

No appointment necessary.

**mfg-Meitheal Mhúscraí**, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí. Tel: 026-45661. [eolas@muscraie.ie](mailto:eolas@muscraie.ie)

**Disclaimer:** We take great care to research the information contained in this publication. It is, to the best of our knowledge, accurate and up-to-date at the time of publication. Our aim is to provide useful information to those who receive Dialann Mhúscraí. MFG-Meitheal Mhúscraí cannot accept any liability for any loss or damage arising as a result of reliance on this information.

**Cúil Aodha/Barr d'Inse School Cúil Aodha**

**45 Card Drive Fri. 6th May 9.00pm**

Everybody Welcome

**Sponsored Walk Sun. 8th May 2.00pm**

The walk will commence from Halla Chúil-Aodha

Everybody Welcome

**Ionad Lae Nua Baile Mhúirne**

**Please note the following change: Lunch** now available each **Monday, Wednesday & Thursday** at 1pm

Must be booked in advance. Tel: 026 40999/45559

Transport available. Everybody welcome.

**Reflexology** on the 3rd Wednesday of each month

For appointment contact Peggy at 087 7648527

**Chiropodist** Jan Cumiskey 11th & 25th May

Information: Mary 026 45559/40999

**Ionad Lae Cuan Barra Béal Átha'n Ghaorthaidh**

**Lunch** available Mondays and Fridays at 12:30 pm.

Must be booked in advance. Transport available

**Beauty Therapist** - by appt. **Thursday 19th May**

Contact Aishling Ní Laoire at 087 6579894

**Chiropodist** Appointment only

Contact Ann O Donovan 027 50340 / 086 3679761

**Dr. Ken Harte**, 12noon to 1 pm . . . . . Every Wed

Contact Siobhán /Lucy at 026 47777 or 087 1378099

**Bia Glenn na Laoi Ballingearry**

Next meeting in Cuan Barra **Mon 9th May 8.30pm**

Anybody interested in local food is welcome

**The Library Baile Mhúirne**

To celebrate Bealtaine a **Beginners Patchwork Workshop** will be held in the Library. Information: **026 45767**

**Muskerry Breastfeeding Support**

Breastfeeding Support Group meet at the Ionad Áise

on the **1st & 3rd Thurs of each month 10am -12pm**

Contact: Maresa 026 65919 / Jana 085 7856960

**Parent & Toddler Group Réidh na nDoirí**

**Ionad Áise Each Wed 10am-12pm**

**Club Páistí Cúil Aodha**

**Ionad Óige Each Thursday 10.30 - 12.30**

Chat & Play, All are welcome

**Ionad Cultúrtha Baile Mhúirne**

**'Breacadh an Lae' opening 5th May 7.00pm**

Tacaais 1 Art Exhibition will run until 20th May

**Ger Wolfe Quartet 6th May 8.30pm**

Ger Wolfe, Edel Sullivan, Richard Lucey & Paul Frost

**'Scealta Mhúscraí' 12th May 8.30pm**

with the participants & Dónal O Céilleachair

**Music Network Concert 13th May 8.30pm**

Olov Johansson, Tom Morrow, Gerry Beirne, Conor Byrne

**End of year concert 20th May 7.00pm**

with the music pupils of Henry Cronin

**Trínár Súile Seniors' Art Exhibition 23rd May 7.00pm**

Tacaais 2 Exhibition will run until 3rd June

**End of year concert 26th May 7.00pm**

Pupils of Conal O Gráda, Tríona Ní hAodha & Geraldine O Calla

Further Information: **026 45733** [eolas@ionadculturtha.ie](mailto:eolas@ionadculturtha.ie)

**Ionad Lae Cois Cille Cill na Martra**

**Lunch** Monday Tuesday Wednesday & Friday 12:30 pm

Must be booked in advance **Transport** available

**Reflexology** on the 1st Tuesday of each month

For appointment contact Peggy at 087 7648527

**Massage** Appointment only Tel: 087 6759121

**Chiropodist** Appointment only *Mid May*

For further details call 026 40999

**Irish Water Safety**

Swimming & Life Saving Courses

**Ballingearry Pool 18th - 23rd July**

For information contact Mary Farrell 026 47207

**Coolea Pool 11th - 16th July & 8th - 13th August**

For information contact: Siobhan 087 9274671

**Lee Valley Walking May 2011**

- > **Cummeenatrush Waterfall . . . . . Mon May 2nd**
- > **Baile Mhúirne's Woods . . . . . Wed May 4th**
- > **Old Kenmare Road . . . . . Sun May 8th**
- > **Mweelin. . . . . Mon May 9th**
- > **Roughty Valley . . . . . Wed May 11th**
- > **Carriganima archaeology . . . . . Mon May 16th**
- > **Claragh Mountain . . . . . Wed May 18th**
- > **Mangerton . . . . . Sun May 22nd**
- > **The Gearagh . . . . . Mon May 23rd**

**Mon walks 10am - 1pm Wed 7 - 10pm Sunday 9am - 4pm**

For further information phone or text 087 2231225

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