

Business Start-Up Workshops

which will be run by Údarás na Gaeltachta

Ionad Óige Cúil Aodha

Saturday 6th and 13th November 9.30am-1.30pm

The course will give participants a better understanding of how to generate business ideas or develop ideas they are already considering.

It will also assist them to carry out basic market research and assess the viability of their ideas

The two workshops are free of charge and early booking is recommended. For information contact:

Fionnán Ó hÓgáin at 066-9150100 or foh@udaras.ie

Open Day - New Day Centre in Baile Mhúirne

Sunday 31st October from 12noon to 2pm

Everybody welcome

Cúil Aodha Parent and Toddler Group

meeting in Ionad Óige Chúil Aodha

every Thursday from 10.30 am to 12 noon.

Whether you are mother, father, grandparent or carer, come and join in for lots of playtime and a cuppa.

Contact Valerie on 087 217 1303

Údarás na Gaeltachta are currently compiling a register of eligible participants to fill any vacancies which may arise from time to time on the

Rural Social Scheme. Application forms from :

Anne Marie Nic Gearailt Tel: 066 9150100 or

Micheál Ó Ceallacháin Tel: 026 45366

MUSKERRY SPECIAL OLYMPIC CLUB

are looking to recruit new volunteers. If you would like to help out at training for 1 hour on a Thursday night, please contact Deirdre on 086 1054858 or

Joan on 087 9982674 for more details.

The club would also like to invite all Special Needs Athletes who are aged 6 and over to join the club.

Aisling Gheal - 'Amhránathon' on Sunday 5th Dec. in the Museum at the Mills Inn. Everybody who feels like singing is welcome. All proceeds will support Aisling Geal a free singing scheme for the school children of the area. All support would be very much appreciated.

Breast Check will soon offer screening to women living in Cork/Kerry border - including Ballyvourney, Clondrohid, Kilnamartyra areas. Women aged 50-64 will receive an appointment by post to attend the BreastCheck mobile unit in Killarney for their free mammogram. BreastCheck aims to reduce the number of deaths from breast cancer by finding and treating the disease at an early stage. All women aged 50 to 64 are encouraged to check that their name is on the BreastCheck register by calling Freephone 1800 45 45

Cervical Check - The National Cervical Screening Programme provides free smear tests to women aged 25 to 60. Further information on www.cervicalcheck.ie or call CervicalCheck on Freephone 1800 45 45 55

Challenging Times Ahead

We are all facing challenging times ahead. MFG-Meitheal Mhúscraí would like to gather the opinions of the community about the work we should prioritise over the coming years. You can call in, call us on the phone, or send a note or email to the address at the end of the page, with ideas under the following headings:

~ Young People (under 18 years old)

~ Working Age People (18 - 65 years old) - incl. third level students ~ People of Retirement Age

~ People with Disabilities All ideas are very welcome

mfg-Meitheal Mhúscraí 026 45661 eolas@muscraie.ie

Ballingeary Mother & Toddler Group

every Tuesday from 12:15pm at Coláiste na Mumhan.

All Welcome.

The Irish Wheelchair Association provides assisted living services to people with a physical and sensory disability in their own home or community. We are currently looking to expand our team of part-time personal assistants in the Ballyvourney area.

Training & support will be provided.

Further information from Sinéad Cripps

Assisted Living Coordinator at 087 2041702.

Ionad Cultúrtha Baile Mhúirne

Cumann Scannáin Dhoire'n Chuillinn
 with the film 'His & Hers' **Thursday 11th Nov**
Traditional Concert **Friday 12th November**
 Eilís Ní Chinnéide, Pauline Scanlon and Donagh Hennessy
Oireachtas 2010 Celebration **Thurs 25th November**
 le 'Béal Beo' - scéim agallaimh bheirte & lúibíní do daltaí scoil
Classical Concert **Saturday 27th Nov**
 Cara O Sullivan & Ciara Moroney (Pre-booking advised)
 All above mentioned events at 8.30pm
 Art exhibition 'Lonradh' by Gene Goldberry and
 Kristen Gleeson continuing until 30th November
 Information: 026 45733 eolas@ionadculturtha.ie

Cúil Aodha/Barr d'Inse School Cúil Aodha

45 Card Drive **Friday 12th 9.00pm**
 Jackpot €170 Everybody welcome

Coffee Morning & Book sale Cill na Martra

Ó Murchú's Cill na Martra Wed. 1st Dec 9.30am- 2p
 Cake sale, coffee morning & sale of new children's book
 at less than half price. All baking gratefully received.
 Organised by Scoil Lachtaín Naofa Parents' Association

Bia Gleann na Laoi Ballingeary

Local Food Group Winter Presentations in Cuan Barra
 John Dolan **Friday 19th 8.00pm**
'Making the most of Marginal Land'
 Film **Friday 26th 8.00pm**
'The Turning Point - a return to community'
Dave Louks - Keeping Poultry Fri. 3rd Dec 8.00pm
 Tea will be served. Everybody welcome.
 Donations to support Bia Gleann na Laoi.
Fred La Haye 086 8770050 Email: juliakemp1@gmail.com

Lee Valley Walking November

> Purple Mountain (hill walk) **Sunday 7th**
 > Glengarriff Woods. **Sunday 21st**
 Each month we host a hill walk and a low level walk. This mean
 that new members are gradually introduced to the higher hills
 Monday hill walking for beginners.
Annual membership runs from 1st Oct to 30th Sept.
 Catherine Ketch, 026 45642 www.leevalleywalking.com

Our Language, Our Plan Gaeltacht Mhúscraí

A series of local meetings to draft a plan to support the
 Irish language in Múscraí is being organised by
 Comharchumann Forbartha Mhúscraí during November.
 Our aim is to get local action groups together to draft
 their own local plan and these plans would then form
 the overall plan for Múscraí. This is the latest step in a
 process which got underway in March.
Ionad Óige, Coolea Monday 8th 9.00pm
Cuan Barra Ballingeary Monday 15th 9.00pm
Abbey Hotel Ballyvourney Monday 22nd 9.00pm
Cois Cille Cill na Martra Monday 29th 9.00pm
 All who want to help out in this vital work are welcome. Those
 who feel they want to improve their Irish are especially
 welcome. Simultaneous translation service at each meeting.
 Info: **Concubhar Ó Liatháin 085 8130777/026 65781**

Ionad Lae Cuan Barra Béal Átha'n Ghaorthaidh

Lunch available each Monday & Friday at 12:30pm
 Contact: Siobhán /Lucy at 026 47777 or 087 1378099
Beauty Therapist - by appt. 4th & 18th November
 Contact Aisling Ní Laoire at 087 6579894
Chiropodist Appointment only **Mon. 1st November**
 Contact Ann O Donovan 027 50340 / 086 3679761
Dr. Ken Harte, 12.00 to 1.00pm Each Wednesday
 Cards every Thursday 9pm.
 Music classes each Tues. contact 086 0866668
Art with Pauline Dodds Hyland **Each Monday**
 For further information contact 026 47777

Ionad Lae Cois Cille Cill na Martra

Lunch available.
Monday Tuesday Wednesday & Friday at 12:30 in.
 Must be booked in advance.
 Transport available contact Ionad Áise 026 45661
 Chiropodist Appointment only
Body Massage available on Fridays by appointment only
Art with Pauline Dodds Hyland **Each Tuesday**
 For further information contact 026 40999

Parent & Toddler Group Réidh na nDoirí

Ionad Áise Each Wed 10am - 12pm
Everybody welcome