

## Mitchelstown Parish & Community Newsletter

Volume: 5

Issue: 36

Date: Sunday 2<sup>nd</sup> February 2014

**Concerts:** This Sunday, February 2<sup>nd</sup> there will be a concert in St. Patrick's Catholic Church, Fermoy at 8.00pm. The following Choirs will participate: Castlelyons Gospel Choir, Frank Ryan – Tenor, Sinéad Ryan – Soprano, The Bel Canto Choir, Ian Sexton & Kelly McDonagh-Mongan (of the Voice of Ireland). Admission Free. Donations to Cope.

\*\*\*

Diocese of Cloyne Mass for Feast of Our Lady of Lourdes will be held in **The Most Holy Rosary Church, Midleton, on Tuesday, 11<sup>th</sup> February at 8pm.** All welcome.

\*\*\*

**New Adorers:** A number of new adorers signed up last weekend and we are most grateful. For those who may be considering the Adoration, we encourage you not to worry about times when you are away, as we have a number of substitutes. The benefit of a family taking an hour is that different members could take the hour, when a family member is away. The benefits of the Hour can only be discovered by trying it. We also welcome volunteer substitutes. Contact Nora Hogan on 024 41959 or Catherine on 087 7727496

**A History of the Medieval Diocese of Cloyne** by Paul MacCotter and published by Columba Press is now available. This study deals with the early ecclesiastical history of the diocese of Cloyne down to the early 1600's. The work includes an appendix where core material for parish history is given under the headings of the 133 medieval parishes found in the diocese.

**A History of the Medieval Diocese of Cloyne** is for sale at €25 per copy.

\*\*\*

### Seasons for Growth/Grief, Loss and Change - Adult programme

This free eight week course will provide a safe space to explore issues associated with change, loss and grief. You are welcome whether your loss is recent or has occurred many years ago.

**Starting:** Thursday, February 6<sup>th</sup>, 7.30 – 9.30 pm

**Venue:** The Ozanam Centre, Thomas Street, Mitchelstown

Brid – 025/84733; Fr. Fitzgerald – 025/84090; Pat McCarthy, SHEP – 021/4666180

\*\*\*

**St. Joseph's Foundation** will hold a **meeting** to discuss the forthcoming **Spring Fair** on **Monday, 3<sup>rd</sup> February, at 8.30pm in St. Joseph's Workshop**, Baker's Road, Charleville. Your help with this event would be greatly appreciated. We would be delighted if you could attend the meeting.

\*\*\*

For a great night out, **Ronan Collins and his band in Concert** singing all Joe Dolans classics. **Saturday, 8<sup>th</sup> February at The Celtic Ross Hotel, Rosscarbery, Co. Cork.** Tickets €22.50 available from the hotel. Ph. 023 88 48722. This night is in **Aid of the Ethiopian Deaf Project.**

**Great Attendance:** We had a great attendance at the Child Safeguarding Presentation on Monday night. It must be very pleasing in the eyes of God that we are taking the safety of our children so seriously, it is a great blessing for the world. At the meeting we were reminded to listen carefully to children when they express their concerns. Clarify what they are saying, take note of what is conveyed. If there is a reasonable basis for the concerns expressed, then contact the Diocesan Delegate Bill Meagher at no 086 / 036 8999. All our notice boards have full details of contact numbers. Thanks again to everybody who attended and to Patricia and her helpers, for the hours of work done in the parish to keep up with our policy of safeguarding. Thanks to everybody for their co-operation. Thanks to the presenters Con Lynch and Rosalind Riordan of the Diocesan Committee.

The Suicide Prevention Resource Office offers a **3 hour** workshop in **safeTALK training** for persons aged 18 years or older who are interested in supporting people who may be at risk of Suicide. The safeTALK workshop is an interactive workshop where participants develop their skills through active participation and role-plays. **safeTALK** is designed to help caregivers become more suicide alert and they will learn 4 basic steps to recognise persons with thoughts of suicide and connect them with suicide helping resources.

### The steps in the safeTALK training involve:

- General Awareness around the topic of suicide
- Alertness skills – to become alert to the signs of suicide
- Intervention skills – how to intervene safely and appropriately
- Assessment and management skills of the needs of the person at risk.

The **aim** of safeTALK is to help participants to become more suicide alert.

The **objectives** of the safeTALK training are to help participants to:

- Move beyond common tendencies to miss, dismiss or avoid signs of suicide risk.
- Identify people who have thoughts of suicide.
- Apply the safeTALK steps to connect a person with suicidal thoughts to people and agencies that can help.

### Important Information for Applicants who wish to attend safeTALK Training

**BE ON TIME!** – The training begins sharp at 7pm and participants **WILL NOT** be allowed to attend the workshop after the stated starting time and participate in all aspects of the safeTALK Training Workshop. **safeTALK** can be challenging at an emotional level and is not recommended for anyone who is feeling emotionally vulnerable. If you have been bereaved in the last year particularly if you were bereaved by suicide, or have had thoughts of suicide in recent months, we would recommend that you do not attend the course at this time.

The **venue** for the training is: **The Firgrove Hotel, Mitchelstown, Co. Cork from 7pm to 10pm on Thursday 27<sup>th</sup> February 2014.**

**Booking:** Booking a place on this training can be done by contacting local organisers or contact Ailbe Coleman on 086 78149849 or at [mitchelstownyouthcafe@hotmail.com](mailto:mitchelstownyouthcafe@hotmail.com)

**WOW Day (Walk On Wednesday) - C.B.S. Primary, Bunscoil na Toirbhirte and Bright Sparks Care Centre**, are collaborating to promote Active Travel amongst the school communities. We are encouraging the children to come to school in a sustainable manner, i.e. Walking, Car Pooling or Park and Stride. The Green Schools Committee will give "Park and Stride" locations nearer the date. We are launching our initiative on **Wednesday, 5th February**. We are hoping to make the launch day an occasion of celebration. We look forward to the whole community supporting us, in our aim to achieve our Fourth Green Flags.

\*\*\*

**Bright Sparks:** Friday mornings at 10.30am, for 4 weeks, commencing 7<sup>th</sup> February for babies up to 10 months old. A lovely morning to bond with your new baby, meet new moms and learn baby massage, all the health benefits can help your baby and have fun at the same time. Contact Pauline Lonergan at 086 0813423 or Bright Sparks at 025 86799

\*\*\*

**Mitchelstown Community Playgroup:** Enrolments are now being taken for the School Year 2014/2015. If you wish to enrol your child, please contact the school at 087-3377 618 or Mary Milward at 086-883 2533. Open day on March 12<sup>th</sup> from 10.30am to 12.30pm.

\*\*\*

**Sandbucket Theatre** is a new venture set up by Mary Cooney and Leonard Skinner. It focuses on building self-esteem and confidence in children and young people using drama skills. Leonard is a qualified teacher as is Mary; in addition Mary is also a counsellor. It is our belief, based on experience that children learn best in a secure environment where they interact with their peers and have fun. We have recently started a new course in drama skills, in Mitchelstown on Thursdays in the Town Hall from 3 to 4.15pm. It is aimed at primary school children from third class up and the cost is €5 per child per session. For full details of all our courses please check out our website, [www.sandbuckettheatre.com](http://www.sandbuckettheatre.com) or telephone 086 078 0297 for enquiries.

\*\*\*

#### **MITCHELSTOWN HEALTHY TOWN - TONING UP FOR SENIORS**

Graded Keep Fit Class for over 50's at Tesco, Mitchelstown on Wednesdays 7-8pm (provisional). Improved toning & flexibility, avoid falling etc. To Book Contact 087.3589734.

#### **MITCHELSTOWN AREA COMMUNITY GAMES**

Projects - Age after July 31 2014

Under 11 - My County - Present a project based on your own county; in it outline some of the defining features of your county, its history, and other information or Endangered Animals of World of your choice.

U13- The Role of Internet. Research and present a project based on history of the internet, exploring its development over time and influences it has had on many different aspects of life. E.g. Education/Business/Social

U16 - Research and discuss the influence pop music and culture surrounding it, has on young people today. Submit entry by Feb 25<sup>th</sup> to Ballyhoura Office, Baldwin St. Contact 087.3589734.

\*\*\*

**FUN GENEALOGY IN MITCHELSTOWN LIBRARY:** Mitchelstown Library will host a free workshop on how to trace family trees on Saturday February 15<sup>th</sup> at 10am. Forensically explore family history. Locate long lost relatives, rich cousins, celeb or convict hanging out in your tree. [www.paxad.ie/clansearch](http://www.paxad.ie/clansearch). Contact 087.3589734

**International Speaker on Divine Mercy:** A Polish Priest Fr. Peter Prusakiewicz will celebrate Mass and give two talks on Divine Mercy and the Holy Angels on **Thursday 20<sup>th</sup> February at 7.30pm in the Parish Church**. He has a deep knowledge of St. Faustina and the message of mercy and we encourage you to avail of his visit to us,

\*\*\*

**The Monday Morning Club - Ballindangan Hall:** The next meeting will be Monday February 10<sup>th</sup> at 10.30am. At this meeting there will be a talk on nail & hand care. Bring your own products from home & you'll be shown the correct way to use them. This is an open invitation to all would like to attend from 10.30am for a cuppa and a chat. A nominal fee of €2 each is for hire of the hall. Looking forward to seeing you.

\*\*\*

#### **Computer Courses at the Ozanam Centre 2014**

Intermediate Computers:	Monday night	20 <sup>th</sup> January
Advanced ECDL Word Processing:	Tuesday Morning	11 <sup>th</sup> February
Web Design	Thursday Night	27 <sup>th</sup> February
FETAC Level 5 Manual & computerised Payroll	Wednesday Night	5 <sup>th</sup> March
Beginners Typing	Monday Morning	31 <sup>st</sup> March
E-Banking	Tuesday Night	13 <sup>th</sup> May
Skype	Tuesday Night	20 <sup>th</sup> May
E-Bay & Pay Pal	Tuesday Night	27 <sup>th</sup> May
Twitter	Tuesday Night	3 <sup>rd</sup> June
Facebook	Tuesday Night	10 <sup>th</sup> June

A Deposit of €30 (non-refundable) will secure a place on any one of our courses. If you are entitled to funding, please contact your local **Department of Social Welfare Protection** representative (**Fás**) well in advance of the course commencement date. **Please note** Courses will only run if sufficient numbers enroll. Enquiries: **025/84733**. E-mail [svpmitchelstown@gmail.com](mailto:svpmitchelstown@gmail.com) for further information on the following courses, please visit our web site [www.ozanamcomputers.com](http://www.ozanamcomputers.com)

\*\*\*

Ballyhoura Macra will be hosting a **Bingo Night** in conjunction with T.O Park on **Thursday 6<sup>th</sup> February**. This event will kick off at **8.30pm sharp**. It will take place at **T.O Park Barn** outside Mitchelstown. This event promises to be great fun for the community and many prizes can be won. A raffle will also be held on the night. This night is for all in the community and everyone is welcome! For more information, contact Maria 086 3653484.

\*\*\*

**St. Fanahan's College, Mitchelstown Open Night for incoming 1<sup>st</sup> Years** will be held this **Thursday, February 6<sup>th</sup> from 6.00 p.m. to 8.30 p.m.** Throughout the afternoon students will enjoy a hot meal and engage with a series of practical and academic workshops in Science, Home Economics, Music and Drama, Woodwork, Metalwork, Home Economics, Art, PE and many more. Following those workshops parents are invited to attend at 6.00 p.m. to experience for themselves what St. Fanahan's College has to offer. We look forward to seeing you on the night where our staff and students will be present to answer any questions you may have.

\*\*\*

**NET YOUTH GROUP** this Sunday and Monday. If you're in 1<sup>st</sup> -3<sup>rd</sup> year, then this Sunday, 8:30pm – 9:30pm is for you; 4<sup>th</sup> – 6<sup>th</sup> year students are welcome to come on Monday, 7:30pm – 9:00pm, and it will be held at the town hall. We're looking forward to seeing you there!