

Join us for a Unique Musical Event. Celebrate An Autumn Evening in St. Patrick's Church, Glenbrohane on Monday, 18th August at 8pm (Doors open at 7.30pm) Featuring Deak Rivers, Gospel Singer from UK, Bel Canto Choir, Mitchelstown / Cork City. Tickets €10 available from Noirin 087-9291794, Theresa 087-7983412, Book on or before August 15th. Hosted by Glenbrohane Community Association. Donations to Crumlin Children's Hospital and Local Community Needs. Tea and Refreshments on the Lawn.

FREE PRESCHOOL YEAR - Commencing September 1st 2014.

Early drop off and snack included. No extra fees.
For bookings call 025-86799 or text 086-2653839

SHAPE UP FOR OVER 55'S Why not join a Tone Up Class for seniors over 55's being conducted weekly at Tesco, Mitchelstown on Wednesdays 7-8pm Based on improved mobility, toning, balance, flexibility, fall prevention etc. Contact 087.3589734

Ballyhoura Development is currently offering two exciting new courses. The Outdoor Recreation FETAC Level 5 full time course in conjunction with SOLAS will commence this September in Kilfinane and will be run over a 9 month period. Also, the Logistics and Distribution Training Level 5 full time course in conjunction with Cork Education and Training Board will commence in September over a 9 month period in Mitchelstown. Both of these are new and exciting, and there is a great interest in them, so places are filling up quickly! To apply, contact Anisa on 063 20555 or e mail amoynihnan@ballyhoura.org

MITCHELSTOWN HEALTHY TOWN WALKING: Every Tuesday safe guided walks are conducted from John Mandeville New Square at 7pm covering 3 km -5 km routes. A good aerobic walk for 30 minutes will enhance physical and mental well being. Why not switch off the TV and invite family / friends to join in. It's all free for God's creatures in the fresh air.

Trócaire's Door-To-Door Fundraisers will be in your area for a couple of days during August/September 2014. The Fundraisers are clearly identifiable, as they will be wearing a blue branded Trócaire jacket. Also, each fundraiser will be carrying photo ID.

The purpose of their visit to your area is to raise awareness of the work Trócaire does and to ask people if they would like to support Trócaire on an ongoing basis. Trócaire works with the poorest families and communities in Africa, Asia and Latin America, helping to build better futures. Please support this campaign if you can. To find out more about Trócaire's work, please visit our website, www.trocaire.org. If you have any queries, please call: Susan Kirk, Trócaire, Maynooth, 01-6293333.

Get your Holiday Reading at the **Ozanam Shop**, Thomas Street. 025 84733.
Fiction €2, Non-Fiction €1, Children's Books 50c. All proceeds go to the St. Vincent de Paul Society.

Mitchelstown Cope Sensory Garden. The launch for the opening of this very special garden for very special people will take place on **THIS Sunday 10th August 2014, 2.30pm to 4.30pm** with official opening at 3pm, at Cope Residence and Garden, Ballinwillin.

MONSTER GALA DAY ALL PROFITS TO THE IRISH CANCER SOCIETY:

On **Sunday August 17th 2014** we will hold a **10K Fun Run** this is part of our Gala Day Events, Proceeds to the Irish Cancer Society. Registration is (€15p.p.) and this will take place at **T.O. Park., Community & Sports Complex, Labbamogga, Knockadea. On Sat 16th August from 12-1pm & Sunday, 17th August ... From 11am to 12noon and the RUN will start at 12:30pm Approx.** Thank you for your support. Registration Info contact Claire O'Brien Organizer, Mobile.087-3833335.

After the RUN the Gates to the Gala Day will open at 1-30pm

VOLUNTEER IN AFRICA – Humanitarian Volunteers are looking for volunteers to travel to East Africa in Sept 2014. The volunteers will work on a humanitarian project for two weeks. No experience required and no age restrictions. No large fundraising. Volunteers will pay their own costs. In addition, the Group will visit the resting place of the Venerable Edel Quinn during the mission. Contact Denis – 086 8520271.

Looking for a new and exciting change to your career?? Then Ballyhoura Development Ltd has a wide range of fantastic courses available to suit everyone!! These will provide participants with a recognised qualification on completion. In conjunction with both SOLAS and Cork Education Training Board, we are offering courses in Retail Skills FETAC Level 4, Outdoor Recreation FETAC Level 5, Logistics and Distribution FETAC Level 5 and finally, Catering Skills FETAC Level 4. These are full time and run over a 9 month period commencing in September. To qualify for a place, you must be unemployed at the time of applying. Places are filling quickly in all of these, so if you are interested in applying contact reception on 063 20555 or e mail amoynihnan@ballyhoura.org.

Team Leaders and Collectors Required: Barnardos Children's Charity are looking for Team Leaders to help coordinate a collection for Barnardos in Mitchelstown on Friday September 19th and help raise €100,000 for disadvantaged children and their families in communities around Ireland. For more information contact Sarah on 1850 222 300 or email fundraising@barnardos.ie

*"Holiness doesn't mean doing extraordinary things,
But doing ordinary things with love and faith" Pope Francis*

The Sue Ryder Foundation: This week we are starting a stock clearance sale. All ladies, kids and men's clothes plus linen and curtains are half marked price. Books are 50c each or 3 for €1. Please call into Lower Cork St. and bag a bargain. We are currently looking for volunteers. So if you have any time to give us, it would be gratefully appreciated. We are always grateful for donations. These include clothes, Bric a Brac and books. We also welcome furniture and collection can be arranged. There are approximately 300 residents in our care with an average age of 84 years in our homes located throughout the country.

Thank you for your continued support. The Sue Ryder Foundation