



WEST CORK
FEEL GOOD
FESTIVAL

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FEEL GOOD FESTIVAL



2023
OCTOBER
01 - 31

MUSIC

FILM

POETRY

MENTAL HEALTH & WELLBEING WORKSHOPS

POP UP GAELTACHTS

AND SO MUCH MORE...



www.musicalive.ie



Cedella Marley



James O'Flynn

Reality and Redemption - Music, Stories & 14-minute film screening at Various Venues

A profound love of music has helped James O'Flynn, lead singer & songwriter of the Claddagh Rogues, to get off the streets and overcome the ravaging effects of a wrecked childhood. "I'd sing away to myself. ... Our words and music help you understand your own and other people's points of view, the big meanings in life and how you feel about things." An earlier incarnation of the band released a beautifully produced and well-received album, 'For the Record', in 2017. A lot of gigs followed. Then Covid hit. This summer, the band started to perform again. Regardless of the tough subject matter, the songs they play are lively and uplifting, a mixture of rock and trad with a hint of reggae. The accompanying short film, *Reality & Redemption* (A Film by Leeanne O' Donnell & Colm Rooney), documents the inspiring recovery stories of James and some of the original Claddagh Rogues. It is introduced by Cedella Marley (Bob and Rita Marley's daughter) in whose words: 'This film captures the redemptive power of music and how it can heal emotional pain and inspire joy, compassion and love'.

West Cork Feel Good Festival 2023

The West Cork Feel Good Festival, organised by 49 North Street and a broad range of community partners takes place every October, to coincide with World Mental Health day on the 10th of October. This year, celebrating its 11th anniversary there are events and workshops across many West Cork towns and villages including Adrigole, Ardgroom, Ballydehob, Bantry, Castletownbere, Clonakilty, Dunmanway, Glengarriff, Kealkill, Leap, Rosscarbery, Schull and Skibbereen.

Little shifts can make a big difference to mental health and wellbeing. The sudden realisation that, yes, we ARE creative (even if we might have been led to believe that this is beyond us) and yes, we ARE valuable in our own right and therefore worthy of connection. The festival is full of experiential workshops that offer moments of exploration, discovery, and connection. Processes that help us grow as individuals and as a community – via tools such as the creative arts, listening, peer support, creativity, mindfulness, the Irish language.

Visit 49 North Street on Facebook
www.facebook.com/49NorthStreet

or www.musicalive.ie/west-cork-feel-good-festival for the full programme and for regular updates during the festival.

All events are free, except for the evening performances (and one afternoon workshop) at Levis Corner House in Ballydehob that can be booked in advance at www.leviscornerhouse.com/listings/.

Some (free) events/workshops need to be booked also; see the descriptions in the following pages. We hope you can join us at an event this year – Bígí linn!

Special thanks to all our community partners. If you would like to help organise a wellbeing event in your area for 2024, please contact barbara@musicalive.ie.

BALLYDEHOB

LOCATIONS

Coolcaha, Ballydehob, Co. Cork, P81Y138

Levis Corner House, Main St, Ballydehob P81 RC03

Working Artist Studios, Main Street, Ballydehob P81 H771

Mon 2 Oct

11am- 1pm

Autumnal rewilding walk

Coolcaha, Ballydehob, Co. Cork, P81Y138

A guided walk with Fiona Ashley (yoga teacher/gardener & tree carer) through her land on a recently created trail through nature and young trees, looking at how to establish woodland, habitat protection, rewilding etc. Followed by a glimpse at the beautiful greenhouses and kitchen gardens, Q/A, and general gardening chatter. Fiona's work is proof that it doesn't take a lifetime to transform a bare field or ridge of rock into a lush habitat teeming with wildlife!

Parking very limited, park at bottom of track. Sturdy footwear required. Unsuitable for dogs /small children. Some parts are quite steep and strenuous. For more info contact: Fiona Ashley 086 3767467

Siomha

7- 7.30pm

"Minding Creative Minds"

An interview/conversation

Levis Corner House, Main St, Ballydehob



8pm

Siomha in Concert

Levis Corner House, Main St, Ballydehob

The music of the independent Irish singer and guitarist Siomha (pronounced She-vah), originally from Ennis, dances the line between folk, jazz and neo-soul as she effortlessly takes audiences on unexpected and unforgettable journeys. Her voice is clear, warm, soulful. She sings in English and as Gaeilge. Her debut album, 'Infinite Space' (2022), was described by The Irish Times as „a seriously accomplished and self-confident debut“. Starts with a live interview. <https://siomhamusic.com/>
Tickets €20 via www.leviscornerhouse.com/listings

Fri 13 OCT

Sat 14 Oct

Ceol le Clann Ó Colmáin agus seisiún Gaelach
12.30pm
Working Artist Studios, Main Street, Ballydehob

Music session with songs & poems as Gaeilge, with Pól Ó Colmáin, family and friends.

1-4pm

Mending & Minding with Alice Halliday

Working Artist Studios, Main Street, Ballydehob

Sat 14 Oct



A practical hands-on workshop where you can upcycle old clothes. Alice will inspire and demonstrate simple and effective ways of re-using, mending and embellishing fabrics and clothes so we can make more mindful choices. Bring along some vintage items which need a little love and attention. It will be fun!

Alice Halliday is a couturier & fashion stylist based in West Cork. She specialises in sustainable couture, headpieces & accessories. Her award-winning creations have been worn by the likes of Florence + the Machine and featured by Vogue.

<https://www.alicehalliday.com>

Tickets €35 via www.leviscornerhouse.com/listings

Sat 14 Oct

Duke Special

7- 7.30pm

"Minding Creative Minds"

An interview/conversation with Duke Special

8pm

Duke Special in Concert

Levis Corner House, Main St, Ballydehob

Singer, songwriter, composer Duke Special, aka Peter Wilson, is one of our most distinctive creative forces with a devoted following in Ireland and elsewhere. In a career spanning 21 years, Duke Special has released 16 albums and EPs, published (song) books, toured extensively. Performing live is still one of his main passions and he has played to captive audiences across the world. This year, to celebrate the release of his first EP 21 years ago, he embarked on a series of live shows - Adventures in Belfast and Adventures in Ireland.

Starts with a live interview.

<https://www.dukespecial.com>

Tickets €20 via www.leviscornerhouse.com/listings



Sun 15 Oct *(Entry fee for all events on Sunday 15 October at Levis Corner House: Donation of Choice towards West Cork Feelgood Festival 2024)*



12pm
Autumn Soup with Rob Krawczyk of Restaurant Chestnut, Ballydehob
Levis Corner House, Main St, Ballydehob

The award-winning Irish chef Rob Krawczyk will demonstrate and chat as he creates an autumnal soup using beautiful West Cork ingredients. Born in the County Cork, he grew up in a home in Schull where everything revolved around the kitchen. As a child, he was strongly influenced by his parents' rich heritage of cooking and art. Restaurant Chestnut was awarded a star by the Michelin Guide. Booking essential, limited numbers. Email leviscornerhouse@gmail.com

Sun 15 Oct **Test Film Screening with Aoise Tutty Jackson**
Levis Corner House, Main St, Ballydehob

2 - 3pm

A sneak preview of a short documentary, (recorded at previous West Cork Feel Good Festivals & featuring Luka Bloom, Jinx Lennon & others) and currently being edited by the award-winning filmmaker and transformational photographer Aoise Tutty Jackson. Aoise's previous films explore themes of mental health, wellbeing, feminine wisdom and ancient ritual and recent collaborations with 49 North Street include the short films An Open Door, Anua, Listen, and Tune In with the Happiness Ensemble. <https://www.aoisetuttyjackson.com/> Screening will be followed by a short Q & A with Aoise and guests. Booking essential, limited numbers. Email leviscornerhouse@gmail.com

3.30-6pm
Open Door Music Session
Levis Corner House, Main St, Ballydehob

Sun 15 Oct

Join Pete Carney (former bassist with the soulful Geno Washington & the Ram Jam Band), the 49 North Street House Band, Liz Clark & singers from Skibbereen Community Choir for an afternoon of musical surprises. Expect a heady mix of trad tunes, rock n roll, folk/pop classics and more.

BANTRY & SURROUNDING AREA

LOCATIONS

*Bridge St Community Café Bantry P75 YD68
Glengarriff Nature Reserve, P75 H638*

*Maritime Hotel, The Quay, Bantry, P75 XW35
Kealkill Community Centre, P75 K023*

Wed Oct 4 & 18

10am-12pm
Fortnightly Peer Support Group
Bridge St Community Café Bantry

A non-formal recovery-based trauma informed support group. A welcoming, safe, confidential, non-judgemental space for anyone recovering from mental health difficulties, to be with others, where people can feel accepted and understood. Facilitated by people who have experienced their own mental health difficulties. All welcome.

7-9pm
Fortnightly Peer Support Group
Bridge St Community Café Bantry

A non-formal recovery-based trauma informed support group. A welcoming, safe, confidential, non-judgemental space for anyone recovering from mental health difficulties, to be with others, where people can feel accepted and understood. Facilitated by people who have experienced their own mental health difficulties. All welcome.

Mon Oct 9 & 23

Fri Oct 6

7.30-9.30pm
'Open Door' music session
Bridge St Community Café Bantry

Join Trace Irwine and guest musicians, all welcome to drop in, listen, play or sing. Trace Irwine loves bringing people together through music, encouraging them to share, listen and connect. If you have a song to sing, a tune to play, a joke or story to tell, you're all invited. Listeners are most welcome too. Wherever you're at, whatever your ability, Trace and her trusty ukulele guarantee a supportive environment full of enthusiasm, craic and connection.

4.30-6.30 pm
'Remembered Treasures'
Bridge St Community Café Bantry

Mon 9 Oct

Donate an item with a story behind it and go home with an item with a story behind it. Do you have a treasure that you no longer have space for or would like to pass on to someone else to appreciate? If so, come share our pieces and the stories behind them. Contact Nuala 087-9719174

Tues 10 Oct

11am-12pm
Gentle yoga for wellbeing
Bridge St Community Café Bantry

Guided meditation, breathing exercises and physical postures to calm the mind and be more present, with Erin Kelly Ashworth Booking 0862080762 Limited to 12 spaces

7.15-8.15pm
Breathwork & Meditation With Natasha Edmonson
Bridge St Community Café Bantry

Tues 10 Oct

Our breath is an essential part of our everyday lives. Ancient cultures saw the breath as medicine, using a variety of techniques to heal the mind and body. Join Natasha for an introduction to breathwork where you will learn simple breathwork techniques that can help calm the mind, relieve tension and bring inner peace. 6-week block of classes starting (Thursday 19th Oct 7.15-8.15pm) For bookings & details Contact Natasha on 0863675373. Limited to 12 spaces

Wed 11 Oct

10am-12 pm
'What is Peer Support'
Bridge St Community Café Bantry

Come and explore what we mean by peer support and how being with other people, with shared experiences can help us through difficult times. Everyone welcome contact Nuala 087-9719174

2-4 pm
'Masking' Neurodivergent friendly workshop on masking.
Bridge St Community Café Bantry

Wed 11 Oct

Paint/draw or just come and hang out. We will chat about how we Neurodivergent people "mask" to fit in. Facilitated by Lucy Mathews/Mo Furniss

Thurs 12 Oct

2-4 pm
Open discussion
Bridge St Community Café Bantry

Open discussion around complex trauma, shame & recovery with Becky Firmage Bookings 0873257631

1-2.30pm
'What to grow in Winter' with Peter Dunican

Bridge St Community Café Bantry

Everyone welcome

Fri Oct 13

Sat 14 Oct

11am - 1pm
Line Dancing Taster session & Coffee Morning
Kealkill Community Centre, P75 K023

The 4 Valleys Group are hosting a Line Dancing Taster session alongside a coffee morning. Come along and give it a try, beginners welcome. Booking required: contact Anne Harrington on 086 7261086. Cost is €5 or mention the Feelgood festival when booking to get your FREE place.

6-8pm
'Conversation Café'
Bridge St Community Café Bantry

Are you tired of small talk and would love a real, energising, engaging conversation? Conversation Café is designed to bring people together for meaningful, interesting and uplifting conversation on a whole range of various topics. Join David Keegan & Nuala Kenny & guests in a relaxed café style setting over tea coffee & cake in small groups to choose from a conversation menu of thought-provoking questions.

Tues 17 Oct

10am - 1pm
Card Making Workshop
Bridge Street Community Café

Explore the process of lino printing and get together to make Christmas themed cards that will be sold at Bridge Street Community Café to help support its running costs. Limited to 8 spaces. Contact Natasha on 0863675373 to book.

4.30pm
'Singing for Wellness'
Bridge Street Community Café

In this introductory workshop we work towards uncovering the natural voice which is often hiding beneath layers of mental and emotional baggage. Deceptively simple yet profound these vocal practices can promote a sense of wellness and relaxation. Eilish Butler, with a conservatory voice training from the Netherlands and an M.A from the Irish World Music Academy in Chant and Ritual Song has made the study of the human voice her passion for the past 20 years. She is current musical director of Bantry Community choir. In a gentle way, she will lead you in revealing the voice you already have. For more information, contact Eilish on 0876823663 or uncoveryourvoice@gmail.com

Thurs 19 Oct

10am-12pm
No Bad Parts' A taster drama workshop
Bridge Street Community Café

Workshop to explore (and play) with some of the different characters and parts of us that make up the whole. Come and explore the outside / inside approach of a physical theatre look at character. (6 week workshop 24th Oct-28th Nov) Limited to 12 spaces. For bookings & details contact Sally Elsbury 083-0404944

7- 10pm,
Bantry Choir Performance Sing with Us!
Maritime Hotel, The Quay, Bantry, P75 XW35

Bantry Community Choir was set up in 2013 to promote wellbeing and with the intention of inclusion, social interaction and participation for all. Its latest musical director, Eilish Butler, believes that 'singing activates the natural ebb and flow between art and healing - we welcome metamorphosis and renewal because it springs from the merging of wellness and creativity - we look to the future with confidence in the choir's emerging form."

You are warmly invited to an informal evening of singing to celebrate the 10th anniversary of Bantry Community Choir featuring some very special guests, including the Sheep's Head Women's Chorus, the Muintir Bhaire Men's Choir, Dunmanway Community Choir, and Bantry Folk Choir PLUS a performance and film screening of Reality & Redemption with the Claddagh Rogues.

Sun 22 Oct

11am
Shinrin Yoku/Forest Bathing
Glengarriff Nature Reserve, P75 H638

Learn the practice of Shinrin Yoku/Forest Bathing to enhance your health and wellbeing. Awaken your senses through mindful sensory invitations in nature, deeply relaxing as you experience the forest as never before. Booking essential, Call Lisa Lionheart 0857838202.

Mon 23 Oct

10.30am-12.30pm
'In the eye of the beholder'
Bridge St Community Café

Meet at Bridge St Community Café for a cuppa, make connections, then we will take a mindful stroll together around Bantry, take photos of whatever catches our attention. Bring your Camera or phone and let's capture Bantry together and we will hold an exhibition at the café later in the year. Contact Nuala on 087-9719174

2-3pm
EFT, Emotional Freedom Technique or Tapping
Bridge St Community Café

Join us for an experimental workshop where you will learn about this simple, easy to learn self-help technique to reduce stress and anxiety. Everybody welcome. Bookings Frida Marie Stoop 0899634621

Fri 27 Oct

7.30-9.30pm
Celebration of Sinead O'Connor
Bridge St Community Café

A celebration of us all, as we remember Sinéad O' Connor. Come together to chat about what Sinéad meant to us all as individuals, and to celebrate the uniqueness of us all. Come sing along & chat with the Bridge Street Community Café Crew. Everyone Welcome

Fri 20 Oct

Tues Oct 24

BEARA PENINSULA

LOCATIONS

Adrigole: Caha Centre, Ardgroom P75WR20

Castletownbere: Beara West Family Resource Centre, P75 YX38

Scoil an Chroi Ro Naofa National School, Castletownbere P75CF68

Wed 4 Oct

11am - 12.30pm

Happy & Healthy Nutritional Morning with Beara Holistic Centre
Caha Centre, Ardgroom P75WR20

Contact: Annmarie at The Caha Centre 027 60909

11 am – 12.00pm

Taster Tai Chi Session followed by tea/ coffee

Beara West FRC, Castletownbere

Wed 4 Oct

Tai Chi is a gentle form of exercise, highly beneficial in the promotion of balance and flexibility. This class will combine Tai Chi and general mobility exercises and can be done both standing and seated. There is an opportunity to sign up for further classes at the taster.

Booking required. Class is €5 or mention the Feelgood festival when booking to get your FREE place. Contact Beara West FRC on 027-70998

Wed 4 Oct

2-3.30pm

Singing for the Brain taster
Beara West FRC Castletownbere

Singing for the Brain is a friendly, supportive, and social music group that brings people together through songs, stories, and memories. Evidence shows singing is good for our brain and our general health and wellbeing. The group is led by a musical facilitator. There is an opportunity to sign up for further sessions at the taster. Booking required. Contact Beara West FRC on 027-70998

10.15-11.45am

Parent and Toddler group 'Breakfast Club morning'

Beara West FRC, Castletownbere

Thurs 5 Oct

The morning will provide an opportunity for children, with the support of their parents, to make a breakfast choice including: fruits, low-sugar cereals, overnight oats, smoothies, snack plates. Builds children's confidence to make choices, may be beneficial for fussy eaters or those who struggle eating new foods. Booking required. Contact Beara West FRC on 027-70998

Fri 6 Oct

3.30-5pm

Grandparents Day
Scoil an Chroi Ro Naofa National School, Castletownbere

An afternoon of fun and games will be held for children and their Grandparents, Gran-aunties, Gr-uncles or an 'elder family friend' to mark Grandparents Day, Booking required. Contact Beara West FRC on 027-70998

CLONAKILTY

LOCATIONS

The Green Dot, 42 Pearse St, Tawnies Upper, Clonakilty, P85 VY40

Spillers Lane, Clonakilty, West Cork P85 YN73

DeBarra's Folk Club, 55 Pearse Street, Clonakilty, P85 RH95

Clonakilty Community Arts Centre 2 Asna Square, Clonakilty, P85AK24

Clonakilty Community Resource Centre, 21 Western Road, P85 RW35

All welcome, please note events are for over 18's only
(023) 883 3702 Clonakilty@corkmentalhealth.com

Closed on Monday 30th (bank holiday)

Sun 1 Oct

7:30 – 8:30pm

Immram an Phréacháin (Journey of the Crow)
Clonakilty Community Arts Centre

Thaddeus Ó Buachalla writes exclusively in Irish. He was the winner of the Love Leabhar Gaeilge Irish Language Book of the Year at the An Post Irish Book Awards 2022 with El. His work Immram an Phréacháin is a surreal journey through Cork City by two pals at night, with musical accompaniment from Sam Uí Bhuachalla (harp), Moze Jacobs (sax) and Paul McMahon (guitar and banjo). Bilingual surtitles are projected throughout the performance. Followed by a Q&A.



3 – 5pm

The Claddagh Rogues, music, stories and Reality and Redemption screening (See Feature Panel)

The Green Dot, 42 Pearse St, Tawnies Upper, Clonakilty, P85 VY40

Wed 4 Oct

Sat 7 Oct

11am – 12pm

Cafe on the Lane
Spillers Lane

Conversational Irish in a relaxed setting over a cuppa. All levels of Irish speaking ability welcome

8:30-11:30pm

DeBarra's Spoken Word, 10 Year Anniversary Celebration with Stan Notte & Other Guests

DeBarra's Folk Club, 55 Pearse Street, Clonakilty, P85 RH95

Wed 11 Oct

DeBarra's Spoken Word grew out of the writers' group in the Clonakilty Library in 2013 and has been attracting authors to the legendary DeBarra's Folk Club ever since from all over Ireland and beyond (on zoom throughout the pandemic). The 10th anniversary celebration, MC'd by the wonderfully entertaining Stan Notte, promises to be a vibrant and exuberant affair, offering words, music, various comedy and theatrical elements, drink, some titbits or more to eat. Plus, a special appearance of Jack Kelleher and ChatGPT, an AI take on poetry and song titles.

Mon 2, 9, 16, 23 Oct

11am- 12.30pm

Art with Mary
Clonakilty Community Resource Centre

Please feel free to come in and join this lovely class, facilitated by Mary, who will gently encourage your inner artist to flow out of you. All are welcome!!

1-3pm
Knitting/Crochet Group
Clonakilty Community Resource Centre

Mon 2, 9, 16, 23 Oct

Beginner, expert or anywhere in between? Join us to share a common love of crafting. This is more than just working on projects. We love the spirit of community that being together creates!

Tues 3, 10, 17, 24, 31 Oct

11am-12pm
Chair Yoga with Joan
Clonakilty Community Resource Centre

Gentle yoga on a chair. We will tune in to our breath, bring in gentle movement, and connect with ourselves to move with greater ease and flow.

Wed 4, 18, 25 Oct
(except on 11 October instead one-off special event see below)

11am-1pm
Siúlóid@CCRC
Clonakilty Community Resource Centre

Walking group that endeavours to include nature on its weekly walk to boost wellbeing, whether in a forest or close to home in the local green or park. Getting to know where we live, and each other.

11am - 1.30pm
Footsteps by the Pier
(one-off event - including refreshments)

Wed 11 Oct

Clonakilty Community Resource Centre, Rosscarbery Social Services Centre, and Cork Kerry Community Healthcare, invite you to a walk with reflective/meditation stages on a signposted route. Suitable for all abilities (5km from Celtic Ross Hotel to the pier and back). Flat surface, no hills. Places are free but **must be registered** for catering purposes at sinead@wcdp.ie

Thurs 5, 12, 19, 26 Oct

10.30am-12.30pm
Women's group
Clonakilty Community Resource Centre

Drop in to help develop, explore and plan what you would like to see happen within this group. A space to meet and connect with others. All women welcome!

1-3pm
LGBTQIA+ Group
Clonakilty Community Resource Centre

Thurs 5, 12, 19, 26 Oct

Providing a safe non-judgemental peer space for all in our community.

Fri 6, 13, 20, 27 Oct

10am-12pm
Clon Fir Men's group
Clonakilty Community Resource Centre

Drop in to help develop, explore and plan what you would like to see happen within this group. A space to meet and connect with others. All men welcome!

4.45-5.45pm
Book Club
Clonakilty Community Resource Centre

Fri 6 Oct

A collaboration between Clonakilty Community Resource Centre and Clonakilty Library Services. Membership is free and books will kindly be loaned by Clonakilty Library. Meeting monthly to discuss and connect over the books we read with a cuppa.

DUNMANWAY

LOCATIONS

Dunmanway Family Resource Centre, Kilbarry Road, Dunmanway, P47EC43
Dunmanway Heritage Centre, Atkins Hall, Chapel Street, Dunmanway Co. Cork, P47 C803
Greyhound Bar, Dunmanway, P47 HA21

Fri 27 Oct

9 - 11pm (Last Friday of every Month)
Singing & Story Telling
Greyhound Bar, Dunmanway, P47 HA21

Just come along and enjoy the singing, and of course the story-telling; and if you would like to sing a traditional song or tell a story yourself you are more than welcome! Tea & Coffee available.
Contact: Tommy Collins 086 1225867

11am-1pm
'Coffee and Conversation' morning to explore 'The Pieta Way'

Tues 31 Oct

Dunmanway Family Resource Centre, Kilbarry Road, Dunmanway, P47EC43

An informal morning to find out how therapists at Pieta West Cork replace stigma with acceptance, build resilience and give hope to those affected by self-harm or suicide.

Tues 31 Oct

2-4pm
'Open Door' music session
Dunmanway Family Resource Centre, Kilbarry Road, Dunmanway, P47EC43

Join Trace Irwine and guests - all welcome to drop in, listen, play or sing.

7-9pm
The Claddagh Rogues, music, stories and Reality and Redemption screening (See Feature Panel)

Tues 31 Oct

Atkins Hall, Chapel Street, Dunmanway Co. Cork P47 C803

ROSSCARBERY

LOCATIONS

Pier Road, Rosscarbery

Celtic Ross Hotel, Rosscarbery P85 WF86

Wed 11 Oct

11am - 1.30pm
Mindfulness Walk
Pier Road, Rosscarbery

Public walk open to everyone with reflective/meditation stages on the route which will be signposted and also circulated prior to starting the walk. Contact: Clonakilty Family Resource Centre (023) 883 3702. Clonakilty@corkmentalhealth.com

11.00am (Last Tuesday of every Month)
Happy Feet Walking Group
Celtic Ross Hotel

Tues 24 Oct

Community Walk: The walks are open to all members of the community and are free of charge with light refreshments after. Contact: Cathy 086 8294511

LEAP

LOCATIONS

CECAS, Myross Wood House, Ardagh, P81 Y192
The Harbour Bar, Keamore, P81 YN96

Connollys, Main St., P81 AK20
The Church of Ireland, Leap

Thurs 5 Oct

7:30pm
**Pizza's & Poetry Pied Wagtail Collective at
Connolly's of Leap ft. Cormac Lally**
Connollys, Main St. Leap

Named after a resilient little bird that is believed to bring good luck, the Pied Wagtail Collective has certainly seen some of its members (Thaddeus Ó Buachalla, Paul McMahon, Lauren O'Donovan) garner their share of literary awards since it began. On stage, it creates an alchemist blend of spoken and sung words against a mesmerizing soundtrack that has been described as, „Sean Nós meets An American Prayer“. The other musicians are Marie-Laure Haas (accordion/flute/clarinet), Pat Barrett (double bass), Sam Uí Bhuachalla (harp), Moze Jacobs (sax/sound poetry). Last but certainly not least, Cormac Lally, one of Ireland's top spoken word artists, is invited as a very special guest specifically for the West Cork Feel Good Festival. And what better to start your evening at the fantastic Connolly's of Leap venue with some fantastic pizza's?

<https://connollysofleap.com/food/>

7-9pm

**The Claddagh Rogues, music, stories and Reality and
Redemption screening (See Feature Panel)**

Harbour Bar, Leap

Kindly supported by Leap Scarecrow Festival

Fri 6 Oct

Wed 11 Oct

10am - 4.30pm
Minding your Wellbeing Workshop- HSE/CKCH Staff
CECAS at Myross Wood Leap,

Minding your Wellbeing is an in person, full day training suitable for all HSE staff. The programme aims to encourage and reinforce positive mental health and wellbeing for everyday living. This is a **closed workshop** for HSE/CKCH staff in west Cork. Please contact Claire Hurley churley@hse.ie for further information.

8pm

**Concert of Gamelan Music and Storytelling in
collaboration with Leap Scarecrow Festival**

Church of Ireland, Leap

For this unique performance, the listener will hear repertoire from the court tradition of the city of Surakarta, central Java, mixed with arrangements of Irish music, and new compositions based on traditional stories of Samhain. A great night of Halloween magic and fun is assured! For tickets and further details visit Leap Scarecrow festival on facebook.



SCHULL

Mon 2, 9, 16, 23 Oct
(Every Monday in October)

10am
Pop-Up Gaeltacht
The Harbour Hotel, East End, P81 DY88

Pop-Up Gaeltacht i Scoil Mhuire & all are welcome to this fun and informal group. Fáilte roimh cách chuig an Pop-Up Gaeltacht, an crinniú a bhíonn i Schull Harbour Hotel gach Luan ar a 10 i.n. Idir Gaoluinn líofa nó meirgeach nó foghlaimóir nua thú, is é an craic, caint agus caifé atá mar aidhm againn!

SKIBBEREEN

LOCATIONS

49, North Street, P81 Y433

SWERVE Gallery, 8 Cork Road, P81 YX40

Cycle Sense Workshop, Carbery Showgrounds, P81 FY79

Uillinn: West Cork Arts Centre, P81 VW98

Skibbereen Community & Family Resource Centre, North St, Gortnaclohy, P81 ND89

Sun 1 Oct

2-5pm
Joy in the Yard
49 North Street

A tribute to the Joy in the Park festival, which celebrates life whilst highlighting the importance of minding our mental health and well-being through bringing the community together and finding our Joy. Trad, tunes and songs with Julian Halpin & friends, Liz Clark & Skibbereen Community Choir, The Claddagh Rogues & a little punk, folk beats & noise with very special guests Wasps v Humans.

11am-12pm

Mindfulness with Paola Vais
49 North Street

Every Monday October
2, 9, 16, 23

Experience a skill you can learn to help deal with stress, exhaustion, overwhelm, pain, either physical or emotional or just with the usual ups and downs of life. Evidence suggests that it has a positive effect on our emotions while supporting our wellbeing. „I teach ways for the mind to rest through a focus on breathing, the senses (hearing, seeing, touching), and/or hands or feet. By creating a little distance, thoughts or emotions no longer overwhelm. You can come back to the ‚now‘. People find it grounds them. And I show them movements to help reduce stress.“
<https://westcorkmindfulness.com/>

Mon 9, 23 Oct

2-4pm
West Cork Peer Support Network
49 North Street

A free confidential and safe listening space aimed towards people living with or in recovery from mental health challenges. Drop in, feel accepted & understood. Fortnightly at 49 North St, Contact Dave on 086 8916619 or skibbpeers@gmail.com

11am-12pm

**Mindful Movement session
with Patrick Cotter**
49 North Street

Wed 4, 11, 18, 25 Oct

The session focuses on using movement to maintain health & wellbeing while improving breathing, balance, and coordination. Patrick is a Tai Chi and Chi Gung instructor. „The gentle and mindful movements of these arts harmonise the body's energy systems and settle the mind, promoting inner peace and wellbeing.“

Wed 4, 11, 18, 25 Oct

7-9pm
Gamelan Spréacha Geala
Skibbereen Family Resource Centre.

Gamelan is the rich and ancient musical traditional of Indonesia using bronze gongs, xylophones, metallophones and other tuned percussion to create a shimmering texture and powerful resonance. It is a mesmerising sonic experience and west Cork is lucky to house the only Irish gamelan outside of a university city. These unique (no two sets are alike) hand-forged instruments are equally impressive visually, as they are intricately carved and brightly coloured. Gamelan Spréacha Geala (Bright Sparks Gamelan) are a non-professional, community music group based in Skibbereen. New members are always welcome and no prior musical experience is necessary.



5.30-6.30pm
Aperture 49 Photography Group
49 North Street

Would you like to dive deeper into photography? Explore new ways of creating with the photographer and artist Tomasz Madajczak <https://www.tomaszmadajczak.com>. Tomasz will help you to use your imagination in a new, unexpected ways. He will encourage you to realise that it is really possible to be creative in simple but effective ways once you allow yourself to think outside the box. The sessions are free of charge, everyone is welcome into the creative dialogue. Please bring your camera, your photographs and an open mind.

Thurs 5, 12, 19, 26 Oct

Fri 6 Oct

11am-1pm
Caint agus Ceol – Join in or listen
49 North Street

This is a friendly, repertoire-building opportunity to play your new tunes slowly and work on your old tunes at a reasonable tempo. While the focus is on traditional Irish music, we sometimes include the music of other folk traditions from around the world and songs in English and Irish. All levels of musical ability welcome, as this space is more about shared learning than performing. Mo cheol thú!

2-4pm
Ealaíon - Art Group with Rebecca Keyser
49 North Street

Fri 6, 13 Oct

Explore your creativity during these taster workshops in a supportive, relaxed atmosphere. All materials are provided and no prior experience of making art is necessary. Rebecca Keyser is a visual artist, committed to helping others encounter and express their innate creativity. She has over 20 years experience of arts facilitation in West Cork. Please contact Rebecca by email: bexykeyser@gmail.com if you would like to book a place.

Tues 10 Oct

12.30pm
Exhibition Opening: Looking for the Light Within and Teanga Agus Tírdhreach
49 North Street

Looking for the Light Within and *Teanga Agus Tírdhreach* (Language and Landscape) are celebrated through a joint exhibition at 49 North Street. Everyone is very welcome to join us and experience the creativity from both the Cape Clear and mainland communities here in West Cork, who have been working with the artist Tomasz Madajczak over the past year. This project is kindly supported by a generous donation from Oliver Cogan.

7:30-10pm
Readings & Open Mic at Swerve Magazine
SWERVE Gallery, 8 Cork Road, Skibbereen

Tues 10 Oct

Swerve is far more than just a magazine. Set up and designed by artist/writer Mich Maroney, it offers poetry as well as visual arts, essays, shorts stories, interviews. SWERVE 1 was launched at the West Cork Literary Festival in 2022 and SWERVE 2 at this year's Skibbereen Arts Festival. In addition, SWERVE Gallery on Cork Road in the former Medical Centre is hosting exhibitions and artist-in-residence programmes. Appropriately, as art plays such an important part in mental health, Swerve is hosting a special event in partnership with 49, North Street on 10 October (World Mental Health Day). Invited contributors to Swerve 1 and Swerve 2 will read from their work. If you wish to register for the Open Mic, send an email to info@swervemagazine.org

Mon 16 Oct

2-4pm
Recovery & Writing, a conversation,
49 North Street

Jim Scanlan knows a thing or two about addiction. He has also found a personal way out of that predicament through creativity. He makes videos about historical events and is writing a fascinating autobiography about the unfolding of his life and recovery. A story that is both unusual and relatable. This conversation may be of interest to many people who face (or know of) similar challenges and have their own unique views and experiences. In addition to Jim himself, it features Nuala Kenny, Mental Health Recovery Worker and initiator of the fabulous Bridge Street Community Café (Bantry) as well as Dave Cal of the Skibbereen Peer Support group. Responses from the audience are very much appreciated as part of the discussion.

For anyone wanting to communicate more about these and other mental-health related issues, there are fortnightly peer support group meetings in Skibbereen (Monday 2-4pm, 9 & 23 October, 49 North Street) and Bantry (Monday 7-9pm, 9 & 23 October, Bridge Street Community Café).

12-2pm
A Light from Within
49 North Street

Wed 18 & 25 Oct

A LIGHT FROM WITHIN --- through movement, discussion (creativity and community), art, and sound, we hold a space to explore what allows a sense of our whole being to come into our everyday life. Our experience and potential for community is created when we come together, when we see each other, feel each other's presence, move together. Movement Workshop every Wednesday facilitated by Clair Lalor and Patricia O'Sullivan. For more info contact Clair 087 0629514 or Patricia 086 0604647

Thurs 19 Oct

8- 9:30pm
IFS-informed creative writing
(on zoom, <https://us02web.zoom.us/j/86784671996>)

More information: mozejacobs@hotmail.com

4:30-6:30pm
Comic Magic at the Hive
The Hive Youth Space, Community & Family Resource Centre

Thurs 19 Oct

Are you interested in (creating) comics? Or even in talking about it? In her free workshop, Rae McKinlay will show you how to turn your photos, including selfies, into a (one page) comic. You'll learn how to apply filters, apps, programmes and all sorts of materials. And how to set up a story. You'll discover that making comics can be lots of fun. For ages 13-18yr. Any questions? mckinlayrae@gmail.com

Fri 20 Oct

1.30pm-3.30pm

Ealaion Art Group

Uillinn: West Cork Arts Centre P81 VW98

On Friday 20th October, Ealaion Art Group from No. 49 North St will run at the Uillinn Arts Centre. The session will begin with a gallery tour of Pascal Ungerer's exhibition of paintings, 'Speculative Artefacts'.

In the workshop area of the centre, participants will then be encouraged to reflect on the work and explore art materials in response to the show.

Facilitator: Rebecca Keyser. Meet in the foyer at 1.30.

2-4pm

Community Clothes Swap

49 North Street

Sat 21 Oct

Decluttering your wardrobe? Do you have clothes that no longer fit you, suit you and/or make you happy? But they're still good and you don't want them to end up in landfill. And at the same time, you could do with something new, something different. Just a few, interesting pieces! Without hurting your pocket ... If so, the Community Clothes Swap might be just the retail therapy that you need. It's a lovely gentle way to bring community together. There is the, 'feel good' factor of giving and receiving. And maybe you'll also find some like-minded friends in the welcoming colourful space of 49, North Street (a former shop).

Wed 25 Oct

3:30-5:30pm

Happiness Ensemble

49 North Street, Skibbereen

Since it was set up by Peter Fitzgerald in 2014, the Happiness Ensemble has been a space where people „leave their labels at the door“ and engage with music or movement whatever their level of experience. And whatever life throws at them. For all that is required is the willingness to hear, watch, and/or feel the sound, movement and the inclination to participate. All sorts of instruments are available at 49 North Street or bring your own, use your voice, clap your hands. A gently facilitated session with a focus on percussion.

11am - 1pm

IFS-informed creative writing

49 North Street (in person)

Thurs 26 Oct

The world's confusing. And so are we. Especially as most of us are not one monolithic bloc. Let alone, completely transparent. Instead, we are full of surprises, polarised parts, inner conflicts, fluctuations, hidden cues. IFS (Internal Family Systems) is a psychological method that can help us navigate and understand our inner 'structures', using simple tools that are innate to our system. Creative writing can be a great help during these processes. Not just to chart the waters or follow a trailhead into unknown territory but also to 'flesh out' the various characters that inhabit our internal space; perhaps as a launching pad for a poem, story, play or whatever else you'd like to write. Facilitated by Moze Jacobs.

Thurs 26 Oct

2 - 3pm

'Fite Fuaite pop up Gaeltacht'

49 North Street

You do not need to be able to speak Irish to attend this group, as the emphasis is on informal learning & so all from absolute beginners to fluent speakers are welcome. The facilitator/fear an tí is the multi-talented artist and poet Pól O Colmáin, who has many years of experience, teaching and re-introducing people to the beauty and wonder inherent in the Irish language.

Thurs 26 Oct

7 - 8.30pm

Oíche amhránaíochta/An evening of song le Máire Ní Chéileachair.

49 North Street, Skibbereen



Ar mhaith leat cúpla amhrán Gaeilge a fhoghlaim? If you'd like to learn some songs in Irish and macaronic (Irish & English) you are most welcome and no prior singing experience is necessary. Máire has won many prizes for her singing, including the prestigious Corn Uí Riada and TG4 singer of the year in 2018. She has two albums to her name and has performed all around the world, including the United Kingdom, Germany, France, Canada and the United States. Free but donation of choice towards West Cork Feelgood Festival 2024 welcome. For further information email barbara@musicalive.ie

11am -1pm

What Makes Us Thrive

49 North Street

Sat 28 Oct

What if It wasn't money that made the world go round? If it was all about flourishing, developing, creativity, connection, community and if we tried, tirelessly, to survive by working with nature instead of against it? What a change that would be but we can start by taking small steps in our immediate environment. Tweak our own systems until they are fit for purpose ... And then expand outward ... Into the streets, town, landscapes that surround us. Not to mention the wider world. This is a follow-up to a What Makes Us Thrive workshop during the Resonate Festival in August. If you attended that workshop, you're very welcome of course but so are newcomers. Bring a pen!

Sat 28 Oct

2-4pm

Cycle Sense Boom Box Bike Ride

Starts from Cycle Sense, Carbery Show Grounds, Mill Road, Gortnaclohy, Skibbereen

Come along for a leisurely, colourful, musical cycle tour around the town centre. Fancy dress, helmet, and high viz vest advised. Bring your own bike or, if that's a problem, there may be one that you can borrow. Kids can join as long as they are able to keep up.

11am -1pm

An Introduction to the Alexander Technique with Bridget Sheeran

49 North Street

Sun 29 Oct

The Alexander Technique is a unique tool, useful in learning HOW to change. It is useful in how we can physically and mentally move, in a constructive simple manner, towards freedom and ease in our everyday life. We have the ability to reach our potential and increase our energy to act with this tool; reduce stress and anxiety, and connect with others. The Alexander Teacher, can suggest ways of operating ourselves, with a gentle use of hands, so that you can operate better, and continue to think constructively, carrying on into activities, thereby getting more out of life.

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