|  | **What is on** | **Where** | **When** | **Who is it for** | **Who is the Contact** |
| --- | --- | --- | --- | --- | --- |
|  | **What’s happening in Education, Children, Young People, Families and Health and Well-being in Inishowen** |
| 1. A group of children and a rainbow  Description automatically generated
 | Rainbows – Bereavement Level 2 | Scoil Iosagain | Wednesdays | Children who have experienced Bereavement | Sheila KeyesFamily support workerSheilakeyes@inishowen.ie |
| 1. A logo for a company  Description automatically generated
 | HUGG Buncrana Suicide Bereavement Peer Support Group, led by local trained volunteers with lived experience of suicide loss.  | Buncrana  | Meet monthly, on a Tuesday evening, 7.30pm-9.30pm. **Registration is necessary in advance.**  | Adults bereaved by suicide, regardless of the length of time since the death occurred, the relationship the person had to the person who died by suicide, or the circumstances of the death.  | To learn more about HUGG Suicide Bereavement Support Groups you can: **Call**: 01 5134048**Email** support@hugg.ie **Visit:** [www.hugg.ie](http://www.hugg.ie) and register your interest to ‘join a HUGG Group’ |
| 1. Sliabh Sneacht Centre
 | Beginners Meditation Class | Sliabh Sneacht Centre, Shandrim, Drumfries. | Beginning Tuesday June 4th 7-8pm | Beginners | Orla Mullan 00447867387693 |
| 4. | Pulmonary Exercise Class | Sliabh Sneacht Centre | Mondays 10-11am | Gentle chair exercise class aimed at people with mild COPD and breathing problems | SSC 0749361742 |
| 5. | Irish Dancing | Sliabh Sneacht Centre | Wednesdays 4:30-7pm | Ages 4+ | SSC 0749361742 |
| 6. | Walkie Talkies | Different meeting place every week. | Friday 10-11:30am | All welcome | SSC 0749361742 |
| 7. | Hall for Hire | Sliabh Sneacht Centre |  | Suitable for large Meetings, Exercise, Dance Class’s | SSC 0749361742 |
| 8. | Kitchen for Hire | Sliabh Sneacht Centre |  | Suitable for Cooking Class’s Coffee mornings etc | SSC 0749361742 |
| 9. | Meeting Room for Hire | Sliabh Sneacht Centre |  | Suitable for meetings or exercise classes with projector available | SSC 0749361742 |
| 10. A close-up of a logo  Description automatically generated | Parent & Toddler | Unit 6Unit 6Unit 10Unit 6Unit 10 | Tues 10am-1pmWeds 10am-12pmWeds 10am-1pmThur 10am-1pmSat 10am-1pm | Families | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 11. | Lego Club | Unit 6 | Tuesday 3.30-5.30pm | 5-15yrs | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 12. | Club Gaeilge | Unit 10 | Wednesday 4-5pm | 5-8yrs | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 13. | Club Gaeilge | Unti 10 | Wednesday 5-6pm | 9-13yrs | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 14. | Digital Creative Workshops | Unit 9 | Friday 3.30-5pm | 9+yrs | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 15. | Club Spraoi | Spraoi agus Sport | Saturdays 10am-1 pm & 2-6pm | Alternative Respite on a weekly basis for children with additional needs and / or Autism. | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 16. | Activity Water Sports Club | Bonagee Pier | Wednesdays 4-6pm | Children | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 17. | Meet & Code Gaming | Spraoi agus Sport | Wednesdays 4-6pm | 12+yrs | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 18. | Guitar | Unit 9Unit 10 | Tueadays4.30-7.45pm (30min classes)Thursdays 4.30-7.45pm (30min classes) | Children | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 19. | Piano | Millbrae Office | Mondays 3.15-7.15pm Tuesday 5.30-8pm(30 min classes) | Children | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 20. | Irish Tuition | Spraoi agus Sport | Mondays 4-5pm & 5-6pm |  | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 21. | Cruinniú na nÓg 2024 – Introductory to sewing | The Sewing room, The Old Gym, Carndonagh | Saturday 15th of June | 10am-12pm | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie)  |
| 22. | STEAM Exploration for Young Innovators | St Eugenes Hall, James Street, Moville  | Saturday 15th of June | 11am-1pm | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 23. | Sock Puppets – Creative Puppetry | Buncrana Community Library, St Mary’s Road, Buncrana | Saturday 15th of June | 11am-1pm | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 24. | Mold & Make: Pottery Workshop for Teens | The Sewing room  | Saturday 15th of June | 12-2pm | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 25. | Level Up: Beginners Guide to Game Development | St Eugenes Hall | Saturday 15th of June | 2-4pm | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 26. | Innovative Textile Workshop | The Sewing room | Saturday 15th of June | 2-4pm | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 27. | Shared Island Film Schools Week 1  | Unit 9 | Tuesday 4th – Friday 7th of June 10am-3.30pm | 14 – 19 years | Contact Mary @ booking@spraoiagussport.ie 0749373303 or 0868420203 [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 28. A green and white logo with black text  Description automatically generated | ASIST – Applied Suicide Intervention Skills Training | Inishowen Gateway Hotel, Railway Road, Buncrana | Wednesday 19th & Thursday 20th June 9am-4pm | Adults | cdlmstraining@pieta.ie  |
| 29. A logo with text on it  Description automatically generated |  Hanging Baskets & Planters €35 incl all plants and materials  | The Greencastle Community Centre, Drumaweir, Greencastle | 3-week course starting Wednesday 5th June 7pm | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054<https://greencastlecentre.ie/events/planters-hanging-baskets/>  |
| 30. | Intermediate Guitar Course €35 register online. | The Greencastle Community Centre | 4 weeks starting Tuesday 4th June 7-9pm | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054<https://greencastlecentre.ie/events/intermediate-guitar/>  |
| 31. | Indoor car-boot sale €11.50 per table booking online. | The Greencastle Community Centre | Saturday 8th June 12pm – 4pm  | Everyone | Susan McAleersusan@greencastlecentre.ie 074 938 1054<https://greencastlecentre.ie/events/indoor-car-boot-sale/>  |
| 32. | Free Manual Handling Courses, fully certified, book via website. | The Greencastle Community Centre | Thursday 13th June 10am & 1pm | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054<https://greencastlecentre.ie/events/manual-handling-course/>  |
| 33. | QQI Level 5 Business Admin with Payroll and Bookkeeping  | The Greencastle Community Centre | now starting in **September** | Adults | Tel Donegal ETB: 0749120500. |
| 34. | Tai Chi. | The Greencastle Community Centre | Fridays at 10am | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 35. | Poetry Ireland residence on tour will be coming to Greencastle Writers Group  | The Greencastle Community Centre | 23rd June | Adults | To apply for a place email greencastlewritersgroup@gmail.com.  |
| 36. | Leona’s Sewing Club  | The Greencastle Community Centre | Every Wednesday 7-9pm. | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 37. | Musical Memories singing group. | The Greencastle Community Centre | Every Wednesday 11:30am | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 38. | Yoga with Julie Hegarty also Beginners yoga  | The Greencastle Community Centre | Mondays 10am & 7pmMonday 5:45pm – 6:45pm | Adults | Tel:00447912850724 |
| 39. | Children’s Guitar Lessons 4-week course. | The Greencastle Community Centre | Starting Tuesday 4th June 5:30pm | Children | To register email jamesmcivor82@gmail.com  |
| 40. | Next Step Football Academy  | The Greencastle Community Centre | Tuesdays from 7:15pm | Children | nextstepfootballacademy@gmail.com  |
| 41. | Singing with Anna  | The Greencastle Community Centre | Thursdays 4:15pm – 5pm | 3-6yrs | Book via Anna WhatsApp/text: 00447769230208 info@annamusic.co.uk  |
| 42. | Baby & Toddler group €3 per child €5 per family. | The Greencastle Community Centre | Thursdays 10am-12pm | Children | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 43. | Gwyneth’s Kids Art Club  | The Greencastle Community Centre | Tuesdays 4-5pm | Children | Tel: 0834627073. |
| 44. | Blossom Academy Pre-School, breakfast club & Afterschool  | The Greencastle Community Centre |  | Children | Tel:0834252274. |
| 45. | Coyle School Of Irish Dancing  | The Greencastle Community Centre | Every Friday 3:30pm – 5pm | Children | Tel:0868059955. |
| 46. | Reálta Academy of Speech & Performance  | The Greencastle Community Centre | Mondays from 3:15pm depending on age group | Children | Tel Bernie: 0868827323. |
| 47. | Dungeons & Dragons  | The Greencastle Community Centre | Fridays 4:30pm | Children | Tel: 0896117042. |
| 48. | North Star Speech & Lanuguage Therapy  | The Greencastle Community Centre | Call to Book | Children | Tel:0863616878 |
| 49. | Fundraising Quiz in  | The Trawlerman Bar | Saturday 15th June. | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 50. | Fundraising Quiz in  | The Sean Tí Bar | Saturday 12th July. | Adults | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 51. | Garda Community Drop-in for information, signing applications etc  | The Greencastle Community Centre | Monday 17th June 12pm. | Everyone | Susan McAleersusan@greencastlecentre.ie 074 938 1054 |
| 52.  | Understanding the Impact of Homelessness | Online  | Wednesday 5th of June 1pm | Everyone | <https://onefamily.ie/understanding-the-impact-of-homelessness-focus-ireland/>  |
| 53. A blue and black logo  Description automatically generated | Understanding the Impact of Homelessness | Online  | Wednesday 12th of June1pm | Everyone | <https://onefamily.ie/understanding-the-impact-of-homelessness-svp/>  |
| 54. A logo for a company  Description automatically generated | Understanding the Impact of Homelessness | Online  | Wednesday 19th of June 1pm | Everyone | <https://onefamily.ie/understanding-the-impact-of-homelessness-threshold/>  |
| 55. A group of arrows with letters and numbers  Description automatically generated | Beginners English Class | The Exchange, Castle Avenue,Buncrana | Mondays 10am-12pm | Non-English speakers | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 56. | Advanced English Class | The Exchange | Mondays 12-2pm | Non-English speakers | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 57. | Irish Classes | The Exchange | Mondays 12-1pm | Beginners | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 58. | Circle Dance | The Exchange | Mondays 2.15-3.45pm | Everyone | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 59. | Grow Mental Health group | The Exchange | Mondays 4-5.30pm | Everyone | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 60. | Grinds – Maths | The Exchange | Mondays 4.30-7pm | Students | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 61. | Foroige Youth Club | The Exchange | Mondays 7-8.30pm | Young people | Danny Harkin 086 7808867 Danny.Harkin@foroige.ie  |
| 62. | Red Cross | The Exchange | Mondays 8-10pm | Buncrana Red Cross members | Secretary.buncrana@irishredcross.com  |
| 63. | Slimming World | The Exchange | Tuesday 6.15-7.45am & 7.30-11am | Slimming world members | Anne Marie 086 084 8705annemarieslimmingworld@gmail.com  |
| 64. | Creative Writing | The Exchange | Tuesdays 5.30-6.30pm | Teens | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 65. | Beginners English Class | The Exchange | Wednesdays 10.30am-12.30pm | Non-English speakers | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 66. | Advanced English Class | The Exchange | Wednesdays 11am-1pm | Non-English speakers | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 67. | Parkinsons Exercise | The Exchange | Wednesdays 2-3pm | People with Parkinsons | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 68. | Boogie Bugs/ Music Box Singers | The Exchange | Wednesdays 4-6pm | Children | Bernie Doherty086 306 8655themusicboxireland@gmail.com  |
| 69. | Grinds – Maths | The Exchange | Wednesdays 4.30-7.30pm | Students | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 70. | Choir of ages | The Exchange | Wednesdays 6.30-7.30pm | Everyone | Bernie Doherty086 306 8655themusicboxireland@gmail.com  |
| 71. | Early Years Music | The Exchange | Thursdays 9.45-10.45am | Children | Bernie Doherty086 306 8655themusicboxireland@gmail.com  |
| 72. | Intercultural Café | The Exchange | Thursdays 11am-1pm | Everyone | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 73. | Tai Chi | The Exchange | Thursdays 1.30-2.30pm | Adults | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 74. | The Music Box Guitar Academy | The Exchange | Thursdays 4-6pm | Children/teens | Bernie Doherty086 306 8655themusicboxireland@gmail.com  |
| 75. | Kids Art Club – Gweneth’s Clubhouse | The Exchange | Thursdays 6-7pm | Children | Gwyneth Doherty 083 462 7073gwynethdoherty@gmail.com  |
| 76. | Creative Writing | The Exchange | Thursdays 7.30-9.30pm | Adults | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 77. | Crafting Circle | The Exchange | Fridays 10am-12pm | Adults | Louise Crossan Moore087 714 3916 |
| 78. | Food Bank | The Exchange | Fridays 11am-1pm | Everyone | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 79. | Golden Lunches | The Exchange | Fridays 1-2pm | Over 65’s | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 80. | Safe Haven Christian Community | The Exchange | Sunday 11am-12.30pm | Everyone | The Exchange 074 936 2572info@exchangeinishowen.ie  |
| 81. A group of colorful dots  Description automatically generated | Understanding Challenging Behaviour in the Early Years | Online | Wednesday 12th of June 7-8pm | Parents/Guardians | [www.eventbrite.ie/e/understanding-challenging-behaniour-in-the-early-years-tickets-910283631847](http://www.eventbrite.ie/e/understanding-challenging-behaniour-in-the-early-years-tickets-910283631847)  |
| 82.  | Foróige are holding an event as part of Cruinniú no nÓg – ‘Colour Dash’ Activity evening.Places are limited due to the nature of the event and booking is required. | Buncrana Foroige Premises | 15th June 2024 | Young people 14- to 18-year-olds | Jacqueline Doherty – Jacqueline.doherty@foroige.ie Danny HarkinDanny.harkin@foroige.ie  |