|  | **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 green and white logo  Description automatically generated
 | Food Waste Demonstrations | Clonmany Agricultural Show |  August 6th | Everyone | Niamh Britton Community Food and Nutrition worker niamh@inishowen.ie  |
| 2. | Multisport Summer Camp | Cockhill Celtic Youth & Football Club | 13th-15th August 10am-2pm | Children | Barry McLaughlin Social Enterprise & Community Development Officer barry@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. HUGG, the national suicide bereavement charity, will host a FREE information event on **Saturday 17th August**,  **‘Finding Hope and Healing After Suicide’, from 12.30pm-2.30pm** in The Great Northern Hotel, Bundoran, Donegal, F94 YX30. **There is no need to register for this event, all are welcome**.  | Buncrana BundoranThe Great Northern Hotel, Bundoran, Donegal, F94 YX30 | Meet monthly, on a Tuesday evening, 7.30pm-9.30pm. Saturday 17th August,  ‘Finding Hope and Healing After Suicide,’ from 12.30pm-2.30pm | HUGGThis event will be beneficial to anyone bereaved by suicide, whether you have experienced a bereavement in the last year or at an earlier time in your life. Also, if you are supporting someone bereaved by suicide, we encourage you to attend as you might find the information useful to share. | HUGG Buncrana Suicide Bereavement Peer Support Group, led by local trained volunteers with lived experience of suicide loss. marie@hugg.iesandra@hugg.ie |
| 1. A logo with text on it  Description automatically generated
 | Walking Football  | Greencastle Community Centre | Wednesdays 11am | 40yrs+ | Register with Michael Tel: 085 204 2073. |
| 5. | Autumn Adult Education Classes: CBT, Fashion Embroidery, Creative Writing, Intermediate Guitar | Greencastle Community Centre | Dates TBC | Adults | Susan McAleer074 9381054susan@greencastlecentre.ie  |
| 6. | QQI Level 5 Business Admin with Payroll and Bookkeeping (3 months)  | Greencastle Community Centre | Starting in September | Adults | Tel Donegal ETB: 0749120500. |
| 7. | Yoga with Julie Hegarty  | Greencastle Community Centre | Mondays 10am & 7pm also Beginners yoga Monday 5:45pm – 6:45pm |  | Julie Hegarty Tel:00447912850724 |
| 8. | Music With Anna, 4-week baby & toddler sessions  | Greencastle Community Centre | Starting Saturday 17th August 11am and 12pm | Baby & toddlers | WhatsApp 00447769230208. |
| 9. | Glór Inish Eoghain Irish language Summer Camp €50  | Greencastle Community Centre | 22nd – 26th July 10am – 2:30pm | Children | Tel: 0860763903. |
| 10. | Family Fun Day face painting, arts & Crafts, balloon models, disco, entertainers. | Greencastle Community Centre | Thursday 8th August 1-3pm | Families | Susan McAleer074 9381054susan@greencastlecentre.ie  |
| 11. | Réalta ‘Getting Ready For School’ workshop 4 weeks  | Greencastle Community Centre | Starting Tuesday 30th July 11:30am – 1pm | Ages 3yrs+ | Tel Bernie: 0868827323 |
| 12. | Blossom Academy Summer Camp  | Greencastle Community Centre | 24th June – 30th August  | Children | Tel: 0834252274 |
| 13. | Dungeons & Dragons Club  | Greencastle Community Centre | Fridays 4:30pm | Children | Tel: 0896117042. |
| 14. | North Star Speech & Language Therapy  | Greencastle Community Centre | Call to book | Children | Tel:0863616878 |
| 15.  | Foróige group activities and one to one sessions for young people will be taking place throughout the summer months. | Inishowen Foroige Project |  Throughout August | Young people aged between 8 and 21 years old | Jacqueline Doherty 086 837 1335Jacqueline.doherty@foroige.ie |
| 16. A logo for a company  Description automatically generated | Ladies evening – take along your crafts/art/sewing or projects and work together with other likeminded ladies with tea and refreshments  | Men’s Shed Carn | Every Thursday evening 7-9pm | Ladies over the age of 18 – members non-members very welcome  | Deborah 087 461 1571 |
| 17. | Men’s Coffee & chat  | Men’s Shed Carn | Every Wednesday morning 12 – 1pm | Men over the age of 18 – members and non-members very welcome  | Deborah 087 461 1571  |
| 18. | Music session – come along, sing, play an instrument, share recitations or just listen – tea and refreshments served  | Men’s Shed Carn | Every Monday evening 7.30-10pm | Men and women – members and non-members very welcome  | Deborah 087 461 1571  |
| 19. | GROW mental health support group – 100% confidential  | Men’s Shed Carn  | Every Wednesday 11-12.30pm | Men and women over the age 18 who feel they would benefit from talking to others and the support the group could offer | Deborah 087 461 1571  |
| 20. | PHECC First Aid Responder 3 Day  | Men’s Shed Carn | Sat 17th, 24th & 30th Sept. | Everyone welcome – booking essential  | Deborah 087 461 1571  |
| 21. A close-up of a logo  Description automatically generated | Parent & Toddler Imaginative PlayNew Mothers & BabiesMessy PlaySensory Play | Unit 6Unit 6Unit 6Unit 6Unit 10 | Monday’s 10am-1pmTuesdays 10am-1pmWednesday’s 10am-1pmThursday’s 10-1pmSaturday’s 10am-1pm | Children with additional needs/autism0-5 yearsBabies0-5 years0-5 years | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 22. | Re-Thread Textile UpcyclingWeek Price €50 | Spraoi agus Spórt | 6th-9th August | 12–17-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 23. | Multi Activity Camp€15 per dayMax cost with NCS Discount is €8 | Spraoi agus Spórt | 24th-23rd August | Ages 4+ | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 24. | Brick Builders Bonanza: The Ultimate LEGO CampWeek Price €50 | Spraoi agus Spórt | 5th-9th August1.30-3.30pm&4-6pm | 5-12-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 25. | Kids Adventure Summer camp€12 | Spraoi agus Spórt | 12th-16th August9.30am-3.30pm | 7-12-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 26. | Gaming Adventure for Young Gamers€50 | Spraoi agus Spórt | 12th-14th August10am-12pm&1-3pm | 12-15-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 27. | The Art Farm | Spraoi agus Spórt | 12th-16th August1.30-3.30pn&4-6pm | 8-17-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 28. | Pier Jumping€60 | Spraoi agus Spórt | 19th-23rd August9.30am-11am&11.30am-1pm | 7-17-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 29. | Claire’s Textile Felt Making Class€50 | Spraoi agus Spórt | 19th-23rd August10.30am-1pm | 8–17-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 30. | Coasteering€70 | Spraoi agus Spórt | 19th-23rd August1.30-3.30pm | 13-17-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 31. | Sea Swimmers – Complete BeginnersTerm €60 | Spraoi agus Spórt | 18th July – 22nd August7-7.45pm | 16-80-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 32. | Sea Swimmers – Intermediate | Spraoi agus Spórt | 18th July – 22nd August7.15-8pm | 16-80-year-olds | booking@spraoiagussport.ie0749373303 or 0868420203[www.spraoiagussport.ie](http://www.spraoiagussport.ie) |