

Askea - Bennekerry October Monthly Newsletter

The closing date for receipt of notices / message for the newsletter is 5pm on Wed by phone to 059 91 42565 by email to office@askeeparish.ie or in person to Askea Parish Community Centre.

Askea Country Market

The Market Continues in Askea Parish Centre every Friday from 10am to 12 Noon.

Benny's Flowers Fresh flowers, funeral wreaths, grave plaques and pots, shrubs, bedding and vegetable plants for sale. Contact 086 3994185. Free delivery.

Holiday to Torquay, Devon in 2013. 8 day tour departing Sat 8th June returning Sat 15th June 2013. Cost €599 per person sharing. €100 extra single supplement. Depart Rosslare Sat 8th June, arrive Cardiff. Mass in St David's Cathedral 5.30pm. Sunday tour St Fagan's National history museum and onwards to Torquay with day trips to Eden Project in Cornwall, visit to Plymouth and tour of Torquay and Bath returning to Cardiff for overnight before returning via Rosslare. Enquiries Ann on 087 9018753.

Carlow County Museum

is open seven days a week, opening times for Monday to Saturday from 10am to 5pm, and the Museum is open from 2.30pm to 4.40pm Sunday. The Museum is located on College Street and admission is free as always so come down and see what you're missing. Telephone 059 9131554 or www.carlowcountymuseum.ie

Askea Karate Club

Karate classes resume Monday 3rd September at Presentation College, Carlow. Monday 7pm - 8pm and Thursday 7pm - 8pm.

Code of Ethics & Good Practice for Children's Sport

- Basic Awareness Course Monday 8th October 6.45pm - 9.45pm Forward Steps Resource Centre, Tullow. Contact Sandra in the County Carlow Sports Partnership on 059 9136205 to book your place.

New Oak Community

Centre Are now taking Bookings for their annual Christmas Food and Craft Fair. Book your table in a warm clean environment, Date of fair December 1st. To book Ph 086 4002571. New Oak Centre offers a warm, clean friendly environment hall to rent Monday to Fridays 9am to 5pm. Seats 100, suitable for meetings, community groups, children's play group. Enclosed play area outside, Also we have 3 offices to rent which would suit a small business; Counselling services - one on one; WI Fi throughout; kitchen facilities; caretaker on duty. Reasonable priced Contact 086 4002571.

Firewood for sale. Hardwood. Car trailer 5' x 3' x 1' 6". €50. Contact 086 1569119.

Oak Tree Home Care Ltd

offers a range of home care services. All our Health Care Assistants receive FETAC Level 5 training and are Garda Vetted. Contact 059 9135253.

Dog Obedience Puppy

Training in St Fiacc's Hall, Thurs nights and agility on Sat mornings in Garryhill. Contact 059 91 37724 or 0086 3207287.

Parents! Carlow County Childcare Committee offers Parents a list of Registered Child-minders and Crèches in Carlow. Free booklets on Information and questions to ask when choosing childcare. Support and advice on quality childcare and Information sessions on parenting topics. Contact 059 9140244

Childminder available

to mind children in her own home. Qualified and experienced – phone 087 6931875.

Irish Charity Warehouse

supporting Holy Angels Day Care Centre are appealing for household goods and furniture, if you have something you would like to donate, please phone 059 91 40622 or text 086 400 46 80

Carlow Jobs Club is running a **Job Seeking Skills Programme.**

Training Areas include: CV Preparation, Creating Cover Letters, Interview Techniques, Filling in Application Forms etc. This is a free service and participants who attend and complete the programme will receive €60.00 on completion of the programme to help with additional costs. Social welfare payments will not be affected. Contact Ann at **059 9135534**/email: **carlowjobsclub@eircom.net**

Carlow Older Person's Network

is holding their Annual Halloween Dance on **Wednesday October 31st in the Seven Oaks Hotel. The event will run from 2.00 to 4.30pm and the tickets are €3** – which are being sold on a **first come first served basis** as only have room for 200 safely. Music is by "The Ramblers". There will be dancing, spot prizes, raffle, afternoon tea and lots of fun! Fancy Dress is optional; there will be lots of free prizes for those who make the effort!! So why not come along and bring a friend or your whole group. For more information and to purchase your **TICKETS** please contact Olive Fanning on 087 6165690 **as this is a ticket only event this year.**

Home Improvement Services

Stained Glass supplied and fitted for windows, hall door and internal doors. Contact 087 6968900.

Saorview... Ireland's free Digital television service RTE 1, RTE 2 HD, TV3, TG4, RTE News Now, 3E, RTE Junior, RTE 1 Plus 1. Contact Padraig for any installation queries. 087 2727317 or www.tvireland.ie

C-clear Window Cleaning

All frames included. Telescopic poles. Hot Pure Water. Contact Jason 086 8397998. Don't risk a fall – give us a call.. (10 windows - €20). Also Oven Cleaning – double oven €60.

Handy Man available. No job too small. Also Bathroom renovations. Contact 086 1599806.

Joe's Heating & Plumbing

Services. Gas and Oil boilers serviced. Fully insured. RGI. Contact 087 9281267.

Home improvements, repairs and maintenance. Prompt reliable service, 087 1230108.

Carlow Men's Shed is open every Tuesday from 10.30am to 2pm at Askea Business Park, O'Brien Road, Carlow. Men, drop in and experience the friendly atmosphere. All men are welcome. Contact 086 1577487.

Painter / Decorator available. Great prices. Excellent finish. Phone Shea on 085 1235606.

Home Energy Savings, Is your gas or oil bill too high? I will show you how to reduce your costs. Initial call out free. Qualified BER Assessor, Contact Frank 087 1230108.

PC / Laptop Repair, Sales &

Upgrades, Professional Printing Services Available - Graphic Design Service also Available. Excellent Prices and Quick Turnaround on all Jobs. "No Fix No Fee" on all PC or Laptop Repairs. We also install and maintain computer networks for Home & Office. Ring now for Quotes!! Contact Liam @ 085 2832026 or email:

wohlgemuth.liam@gmail.com

Handy Man

Are you thinking of decorating, renovating, or general clean up. Handyman available for painting, gardening stone work and tiling. Can also do plumbing and small electrical work in renovation. No job too big or small, can work per job or hour. Recession rates. Contact Paddy 087 3617609.

Dance / Music & Fitness

Salsa Club Salsa Latin & Ballroom Dance Club for all ages. Beginners and Intermediate at the KYDS, Carlow Performing & Fitness Centre, Kernanstown Industrial Estate and every Thursday. 8pm – Beginners Salsa Course; 9pm – Improvers Salsa Course. Learn to dance from an experience Instructor, have fun exercising, no partner needed, or drop in on a, week by week Beginners & Intermediate Dance Class. Buy one course get 50% off the second. Freelance Dance Instructor. Champion Ballroom & Latin – American Qualified Instructor Wedding Dance Choreographer. Contact Kris 086 8360552.

Carlow Workman's Club

Dancing every Saturday night from 9pm. Top Bands. Members €3 and Non-Members €4.

Line Dancing Learn to Line dance every Monday at 7.30pm in Tinryland GAA Club. Adm €7. Contact Jerry 087 7937055.

Do you play an Instrument?

Do you want to play in an Orchestra? Join now! Carlow Junior & Youth Orchestra – Contact Majella Swan 059 91 40676 email info@carlowcollegeofmusic.ie

Guitar Lessons with Eddie Sheehan - children, teen and adult classes. Professional, expert and fun tuition. For more information ring Eddie on 087 6377483.

Irish Harp, Violin & Viola

Lessons now available at Carlow College of Music. Very experienced teacher and limited places. Contact 059 9140676. info@carlowcollegeofmusic.ie

Carlow Lions Club -Strollers, meet every Wed evening at 7.30pm at the Seven Oaks Hotel for a 5km walk. All welcome.

Music Lessons in Carlow

Piano, violin and music theory lessons available. Please contact 085 1900707 for further information.

Inches A Weigh Ladies Fitness centre, full body workout in 40 minutes, aerobics, step and Zumba® Fitness classes. Free supervised childcare. Open 9am-9pm. Call Linda /Trish 91 73936 for a free trial

Pregnancy Yoga on Tues and Thurs at 7pm. Classes are small and no previous yoga experience needed. For queries and bookings contact Mary on 086 8900191. Mats available to borrow.

Slimming World in Dr O'Brien Centre, Old Dublin Road every Tuesday at 7.30pm. Opposite Carlow Garda Station. Contact Michelle 085 1293842.

Dance / Music & Fitness continued

Weight Watchers Meeting

Carlow: Tuesdays: 9am in Askea Parish Centre, 5.30pm & 6.45pm Askea Girls' School, Wednesdays: 5.15pm & 6.30pm Seven Oaks Hotel, Thursdays: 9am, 10.15am & 12.30pm in Dr Donal O'Brien Centre.

Yoga Classes available on Tuesdays from 7.30pm to 9pm in Tintean Community Centre, Pollerton Road. Contact Bernie 087 1237687 for details.

Zumba classes 6 days a week, mornings & afternoons, toning & Kids classes. Contact Lisa on 086-3342428. www.zumbacarlow.com

Yoga Classes on Tuesday and Thursday 10.00am -11.30am. Beginners welcome. Contact Mary on 086 8900191

Pregnancy Yoga Classes

Enjoy a fit and healthy pregnancy with energising but gentle yoga stretches, and learn to relax with yoga breathing and relaxation techniques. New Pregnancy Yoga classes will commence Thurs 8pm Sept in KYDS Hacketstown Rd. Suitable from 12 weeks, no experience necessary. Contact Elaine on 085 741 28 65 or email elaine@yogabalanceireland.com.

Get in shape, with exercise programme to suit all needs. Fitness Bootcamp starting again in Palatine GFC, every Tuesday & Thursday, mornings 9.45am-10.45am & evenings 7-8pm. Also in Tinryland GFC on Mondays & Wednesdays 7-8pm. €4 per session, contact Pat Kenny 087 2425830.

Self Improvement Services / Training Courses

Interview Skills Training / CV Preparation If you need assistance with C.V. preparation and Interview Skills Training, contact Interview Excellence, Enterprise House, O'Brien Road, Carlow. Phone 087 6570603, or email interviewexc@gmail.com (one-to-one, or group training).

Driving Lessons Approved Driving Instructor and RSA Registered. Contact Peter Walsh 087 6158431 or email peterwalsh01@eircom.net. Gift vouchers available.

Spanish Lessons

Available for Primary School children – Tuesdays and Thursdays from 5pm to 6pm. €5 per hour. Starting Tuesday 2nd October. Contact Ana 085 81401967 after 4pm.

ÉIRE ÓG LOTTO WINNING NO's

5 10 20 32 No Jackpot Winner. Match 3 x6 = €25 IUNVA, Helena Nolan c/o Hugh Kelly Alan O' Dwyer Burrin Manor, About Time, Noel Dowling & John Donohoe c/o Tony Noctor Our Reserve Jackpot now stands at €2,900. Tickets may be purchased from the Club, Flower Shop Fairgreen, and Riverside Stores in Hanover. NEXT WEEKS JACKPOT €12,050. Draw takes place every Monday night in Teach Asca at 9.30pm

Carlow Jobs Club is running a Job Seeking Skills Programme.

Training Areas include: CV Preparation, Creating Cover Letters, Interview Techniques, Filling in Application Forms etc. This is a free service and participants who attend and complete the programme will receive €60.00 on completion of the programme to help with additional costs. Social welfare payments will not be affected. If interested contact Ann at **059 9135534**/email: carlowjobsclub@eircom.net

Maths Grinds available, Leaving and Junior Cert. All Project Maths topics covered. €30 p/h. Call 085 1013354.

Qualified Dyslexia Tutor

available for students with Dyslexia and other learning difficulties. Individual or own groups. Limited places available. Contact 086 8287281.

The Cracked Pot Studio,

Milford Co. Carlow offers night classes in the following this Autumn:
Monday Nights Beginners Pottery - for 7 weeks. 7-9pm
Learn the basic pottery skills to get you started in coiling, slab building and throwing on the wheel. €30 Deposit for materials then €10 for each night you attend.
Tuesday Nights Various Crafts - for 10 Weeks. 7-9pm
This class gives you the chance to experiment in various mediums such as Pottery, Mosaics, Marquetry, Lino Printing, History of Design, Sculpture, Furniture Restoration and Drawing. €30 Deposit and €10 for each night you attend.
Please contact 086 3608728 or email crackedpotstudio@gmail.com to book a place

Bennekerry & District Active Retirement Group

Are holding a fund raising dance in the Dolmen Hotel, Kilkenny Road, Carlow on Friday 12th October. Music by Jimmy Hogan from Rosslare. Tickets are €7 at the door. Finger food served. Doors open at 9pm. Enquiries to Ann on 087 9018753 or Monica on 087 9151650.

Carlow Historical &

Archaeological Society :Artistic Bombs: The Shemus Cartoons in the Freeman's Journal 1920-24;a lecture by Felix M Larkin, Historian & Chairman of Newspaper & Periodical History Forum of Ireland. On Wednesday October 10th at 8pm in the Talbot Hotel Carlow. Admission Free. All Welcome.

Typing Service

Do you need CV typed up to avail of Special offer on C.V's €20 per CV includes 2 x copies for the month of October quote (Askea Parish) Please Contact Teresa on 059 9169385 or 086 8929613 or email teresa@admin-solutions.ie or call into the office of Admin Solutions at Shamrock Plaza, Corporate Suites, 2nd Floor, Shamrock Square, Carlow. Other services include Book-keeping, General Typing, Photocopying, Printing, Laminating, Scanning, Binding.

CARLOW Pioneers will hold an Oíche Cheoil at 8pm on Saturday 20th October, 2012 in Askea Parish Community Centre. Come along and enjoy music and song.

Upcoming events at Mount St Anne's, Killenard,

Portarlinton Craft Fair on Sunday 11th November, 2012. 11am to 4pm

A wide selection of homemade crafts including: Crochet, Knitting, Christmas Cakes, Chutneys, Jewellery, Cards, Candles and stock clearance of our Bookshop, etc. Raffle and Tea/Coffee served.

You can book a stall to sell your produce or just come along on the day to do some bargain shopping!

Women in the Gospel Story at Christmas takes place over 3 Wednesday nights beginning on 28th November. Facilitated by Sr. de Lourdes Sheridan pbvm. 8 - 9.30pm each evening. We will be discussing the important part women play in the story leading up to the birth of Christ. No charge – donations welcome.

Meditation continues every Tuesday from 8 - 9pm. There is no charge and booking is not required. Information and booking for any of the above from Catherine on 057-8626153

Special Lunchtime Theatre

Show will be presented at 1pm next Thursday (11th October, 2012) at George Bernard Shaw Theatre, Carlow. Items will include themes related to Féile an Fhómhair. Tickets €7 including Tea/Coffee. Numbers limited - booking 059 9172400.

St Catherine's Community Services Centre are encouraging people to apply for a socially monitored alarm. This provides the elderly with a sense of security in their own home. Contact Edel Keogh or Pamela O'Neill on 059 9138700.

FÉILE AN FHÓMHAIR 2012:

Autumn bilingual festival from 11th-18th October. Great lineup of events. Free programme from Tourist Office, Carlow Library & VISUAL or to download from www.glorcheatharlach.ie . Ph 085/1340047 or 087/2857048.

Sean Nós for a day:

Féile an Fhómhair presents Sean-Nós Dance workshops for 1 day only with champion dancer Liam Scanlon on Saturday, 13th October at 11am and 2.30pm in the Seven Oaks Hotel. Adm: €5 per session. To register phone 085 1340047 or 087 2857048.

Comhrá Gailge do Mhicléinn:

Afterschool Oral Irish Conversation for senior post primary students on Wednesdays from 4.30-5.30pm commencing 10th Oct. Fee for 8 weeks is €20. Only 20 places. To register contact Glór Cheatharlach on 085 1340047.

Team Hope – Christmas Shoe

Box appeal. Forms available in Askea Parish Centre. Teddy Bears / cuddly toys needed for this appeal.

Art Exhibition – The Barrow Valley Group of Painters will be exhibiting in the Visual Arts Centre, Carlow from Friday October 12th to Sunday October 28th. Opening hours 11 am to 5.30pm, Sundays 2 to 5. Visual is closed on Mondays. The official opening is on Thursday October 11th at 7.30 pm.

Arty Parties Packages include: Pottery, Painting, Textile, Sculpture, Puppetry, Fun Group Drawing Activities. Contact Jean at 086 8686783 or www.muralmayhem.com

St Catherine's Community

Services have places available in pre-school, afterschool and crèche. Contact Eileen on 059 91 38700.

Patrician Meeting – Discussion on Thurs 18th October at 7.45pm. Cathedral Parish Centre – Topic – Year of Faith. All are welcome. Refreshments supplied.

For Sale - Large Bags of Kindling. Contact Denis at 059 91 32405.

Junior Certificate Music

Grinds Bachelor of Music undergraduate and classically trained singer available to give grinds in Junior Certificate music and lessons in voice training. Contact Kathleen on 085 7156635.

'You Are Not Alone' **Family Support Group**

For families living with drug abuse. Meetings in Askea Parish Centre Wed from 6pm until 8pm. Call Margaret on 085 7872730.

Low Cost Counselling Service

in Carlow Area Contact 087 6272628 or 086 4063043.

Moving On Overcoming

Depression (MOOD) – A group for relatives of those experiencing depression takes place on the first Wed of every month at 8pm in Cathedral Parish Centre, College Street, Carlow.

One 2 One Counselling

Psychotherapy Accredited C.B.T. Therapists. Private and Confidential therapy for Individual, Couples, Child and Adolescent Counselling. Ph: 059 91 71909 or 085 160 0999.

Al-Anon Family Groups

Carlow: Support for friends and relatives affected by someone else's drinking Mon - St. Catherine's Social Services 8pm; Thurs - Askea Parish Centre 8pm. Sun – St Catherine's Social Services 8.15pm. (Ph: 01 8732699 www.al-anonuk.org.uk)

BODYWHYS – 2 SUPPURT

GROUPS 1st. for people with eating disorders. 2nd. for family and friends of same at 7.30 pm on Wed 1st of each month in the Cathedral Parish Centre, College St.

Aware Support Group
Helpline 1-890 303 303

Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. Meetings every Mon at 7pm in Aislinn Centre, Ballyraggett Co Kilkenny. Phone 085 2191031.

Carlow Dial to Stop Drug

Dealing Dial 1800 220 220 anonymous and safe. *You dial, we act.*

Co Carlow Drugs Initiative

Would you like to talk to somebody about a drug or alcohol problem? either your own or someone close to you. Contact 059 9140616 or 085 7176423.

Senior Help Line

Senior Help Line is a confidential listening service for older people provided by trained older volunteers for the price of a local call anywhere in Ireland, **LoCall 1850 440 444.**

Support Group

For Adult Children of Alcoholics and Dysfunctional Families in Cathedral Parish Centre on Thursdays at 8pm. Contact Alan O'Dwyer 059 9134865/ 087 2455994.

Carlow Women's Aid

7 Old Dublin Road Carlow. Freephone 1800 444944.

Alcoholics' Anonymous Meetings take place in St Catherine's Centre, St Joseph's Road nightly on Friday, Saturday, Sunday Monday and Tuesday at 8.30pm and also on Wednesday at 1pm. Contact 087 9106179. The 'Keep it Simple' Alcoholics' Anonymous meetings take place on Wednesdays at 8.30pm and Saturdays at 11am in 46 Idrone Park, Carlow (Please note new venue).

Talk it Over the free and confidential bereavement service wish to announce their new Walk in Service which is now available at our premises at "Talk It Over House" Castlehill, Carlow (formerly HSE Offices). Contact us on 086-3364961.

Federation for Victim Assistance provides emotional and practical assistance to all victims of crime and traumatic incidents. We are recognised by the Commission for the Support of Victims of Crime which was established by the Minister for Justice, Equality and Law Reform in 2005. Our service is free and confidential. For assistance or any further information please call or text: 083 1201553.

Anam Cara is a national voluntary organisation that provides bereavement support to parents after the death of their son or daughter. We have parents from the Carlow area who attend Anam Cara Support Groups and it is so important for parents to know there is specific support for them after the tragic death of a son or daughter. All our on-line and face to face services are offered free of charge for as long as parents need them. I have attached our leaflet to give you a little more information about Anam Cara and our services for parents and if you need any other information or have any questions, please just get in touch. On Saturday 3rd November 2012 we are having a national bag pack in conjunction with Dunnes Stores to help us raise awareness and funds for Anam Cara. We would be delighted if you would consider including the information in your next newsletter to highlight this event?

Co Carlow Person of the

Year 2012 Nominations are invited for the County Carlow Person of the Year 2012. *Your nomination could be for a person who made an outstanding contribution or attained high personal achievement in any area such as: COMMUNITY SERVICE, SPORT, YOUTH WORK, ENVIRONMENT, MUSIC, MEDICINE, COURAGE, ARTS & CULTURE, HERITAGE, TOURISM, BUSINESS & ENTERPRISE, AGRICULTURE, ENTERTAINMENT, SCIENCE & TECHNOLOGY, COMMUNICATIONS.* *There are nine category awards, Hall of Fame and Overall Winner. Please return completed nomination forms by **WEDNESDAY, 17th OCTOBER 2012** to: Person of the Year Awards 2012 c/o RehabCare, Killeshin Road, Graiguecullen, Carlow Tel: 059 9132266*