

**Askea - Bennekerry -
Monthly Newsletter
September 2017**

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.

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

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

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.

Federation for Victim Assistance provides emotional and practical assistance to all victims of crime and traumatic incidents. Contact: 083 1201553.

TALK IT OVER CARLOW
Suicide Bereavement Support Service- a confidential free non-judgemental service available at Castlehill House Castlehill, Carlow. One to One and group service available - contact 0863364961 for appointment.

Carlow MABS Ltd (Money Advice & Budgeting Service), 722 Tullow Street, Carlow. Tel: 076 107 2070. Free and confidential, Money Management and Advice Service. Assisting people in dealing with their existing debts and helping them to begin to manage their own resources. Community Education Programmes provided.

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. Ph: 01 8732699 www.al-anonuk.org.uk

Carlow Women's Aid
7 Old Dublin Road Carlow.
Freephone 1800 444944.

BODYWHYS – 2 SUPPORT 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 Centret.

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.

Alcoholics' Anonymous

Meetings in St Catherine's Centre, St Joseph's Road on Fri, Sat, Sun Mon and Tues at 8.30pm and also on Wed at 1pm. Contact 087 9106179. The 'Keep it Simple' AA meetings on Wed at 8.30pm & Sat at 11am in 46 Idrone Park, Carlow.

Low Cost Counselling

Service in Carlow Area. Contact 087 3910411.

Counselling Service

Affordable individual counselling in Carlow. Contact Dr Ivan Kennedy 085 1473040.
www.kennedycounselling.com

Counselling & Psychotherapy

Service Contact Helena 087 9204812. Fee negotiable.

Music Lessons

– Saxophone, Clarinet and Flute Lessons available for students and adults. On a one-to-one basis from beginners to advance. Contact 087 2419335. Instruments also available for sale.

"You are not alone" Family

Support Group for families living with drug / alcohol misuse within the family unit. Askea Parish Centre – Tues from 10.30am to 12 noon. Wednesdays from 7pm to 9pm. For more information contact 085 7872730.

Experienced Cleaner

available – part time. References available. 085 2880633.

"You are not alone" Men's

Group takes place on 1st Tuesday of every month in Askea Parish Centre from 8pm to 9pm. Contact 085 7872730 for details.

Jo Brecknell Counsellor and Psychotherapist.

One to one sessions, private and confidential. Counselling rooms in Stradbally Co Laois. 0858726367. All topics covered.

Legion of Mary Meetings

Graiguecullen: St Fiacc's House – Monday – 7pm; Cathedral Parish Centre – Tuesdays – 7.30pm; Tinryland: Parochial House – Fridays – 2pm; Tullow: Brigidine Convent – Wednesdays – 10am.

Guitar / Drums Tuition

(Michael Hennessy) Enrolling now for next term. Contact Mike on 087 2783125.

Vera and Terry Smith and Catherine and John Nolan, **Niall Mellon Educate Volunteers** are holding a Clothes Recycling Collection all year round in aid of their forthcoming trip to South Africa to help build schools in Capetown. Old clean clothes, shoes, bags, bed linen (no duvets or pillows please) cutains can be dropped at any time to Terry Smith Kitchens, Sleaty Road, Graiguecullen, Carlow or collection can be arranged by contacting Vera at 086 8317940. Mobile phones also accepted. Thank you for your continued support.

County Carlow Military Museum - The voluntary run museum housed in the old church to the rear of St Dymphna's Hospital on the Athy Road, Carlow is open every Sunday from 2 to 5pm. Large range of exhibits and artifacts documenting 800 years of Carlow's military heritage on display. Admission charges apply, all welcome.

Slimming World in Seven Oaks Hotel every Tuesday at 3.30pm; 5.30pm & 7.30pm. Contact 085 1293842.

Slimming World Meetings in Talbot Hotel, Portlaoise Road every Thursdays 10am, 12 Noon, 5.30pm & 7.30pm, Friday at 10am and also Saturdays 8am and 10am.

French & German Grinds- Carlow town. Experienced oral examiner. 083 0345487.

THE MARIE CASHIN SCHOOL OF DANCE. New term begins on Sat 9th Sept at Eire Og Club House. Dance and singing for girls and boys aged 5-19years for confidence building and fun. 086 1654740.

The '83 Bridget Club will resume on Wednesday 13th September in Reddy's Hotel at 7.30pm. New members welcome.

Oil Painting Workshop on Saturday 16th September from 10am to 5pm. Suitable for beginners and improvers €50. Light lunch included. Phone 087 2636520.

Tinryland ICA monthly meeting will take place on Wednesday 6th September at 7.30pm in Parish Hall, Tinryland (beside Church). New members are always welcome.

An Gairdín Beo, Old Dublin Road will be holding a Harvest Festival next Saturday the 9th of September from 2pm until 5pm. Bring along your surplus produce e.g. fruit and vegetables from your garden or jams, pickles and preserves that you have made etc. and swap them for other peoples surplus produce. There will also be lots of activities throughout the afternoon including food demonstrations using local and international flavours, workshops on pickling & preserving, seed saving & growing; and pizza making on our cob oven. **Free admission**

Dargan School of Irish Dance
Classes resume in New Oak Community Center Thurs 14th Sept 4:30pm. ALL NEW MEMBER WELCOME
Contact Adeline 0857259865

Marian Movement of Prayer for Priests on Tuesday 5th September in St Fiacc's House, Graiguecullen at 7.30pm. Rosary, Mass & Benediction. All welcome.

Carlow Active Retirement next monthly meeting on 13th September at 2.30pm in Cathedral Parish Centre. New members always welcome

Irish Wheelchair Association
will be holding their church gate collection on Saturday 16 & Sunday 17 September 2017. Your support would be gratefully appreciated. Free Internet and Email Courses for Beginners – on Computer, Smartphones or Tablets.

Carlow Regional Youth

Services are currently recruiting for the following positions on their CE Scheme : Youth Support Worker (a) in their After schools Programme and (b) with teenagers in the Vault in Burrin Street Carlow. They are also recruiting a Youth Support Worker /Caretaker to work with teenagers in Bishops House, Tullow. If you are interested in any of these positions please ring Lisa/Marie on 085 2101494 for further information.

St Catherine's Community Services

Centre Courses currently being organised in various locations around the county, if you are interested in enrolling yourself or arranging some FREE training for a group you are involved with, please contact Andrea Dalton in St Catherine's Community Services Centre on 059 9138706 or email andread@catherines.ie

Spotlight Stage School

Carlow's premier stage school Spotlight Stage School is back for its 22nd year in Carlow. Spotlight returns to the Presentation College Askea and enrolment for existing and new members takes place on Sat 9th Sept from 12-3pm. For new member enquires please contact Ciara on 087 8148161 . For more information check out www.spotlight.ie.

OPEN NIGHT - Carlow

Photographic Society -
Wednesday 6th September at 8pm Seven Oaks Hotel. Why not join our society to learn more about your camera and photography in a very sociable and enjoyable way. All types of cameras welcome. For more information: info@carlowphoto.ie www.carlowphoto.ie

Part-time Mini-Bus Driver for Carlow Day Care Centre

Askea Community Services Ltd are seeking a Part time Mini Bus Driver for their Day Care Centre. Current Class D Licence with CPC Certification essential. Previous experience desirable. Applicants may be short listed according to the information provided and subject to Garda vetting & reference checks.

Applications should be forwarded to:

The Manager
Carlow Day Care Centre
Brownshill Road
Askea
Carlow.

Closing date for receipt of application is 5pm on Friday 8th September 2017

Carlow Day Care Centre is supported by funding from the H.S.E.

Pre-marriage Courses.

Accord Carlow are now taking booking for the following courses Oct 13th & 14th, Nov 17th & 18th 2017, Jan 12th & 13th 2018.

You are required to attend a Pre-marriage course if you are getting married in the Catholic Church.

Booking can be made on line www.accord.ie or phone Mary at 059 9142590 for further information.

Guided Meditation

This is a quiet and reflective way of praying and of pondering God's loving presence in our lives. If you would like to experience this way of deepening your relationship with God you are welcome to come to any of our sessions held daily from **Monday to Thursday** at **No. 9 Old Burrin, Burrin Road**. Morning meditation is at **11.30** and evening meditation at **8pm Mon, Tues and Thurs** and **9pm Wed**. For any queries please contact Sr. Eileen at 086/3194597 or call to the above address.

**Vacancies for Assumption Parish Services CLG,
Community Employment scheme.**

Project Assistant.

Duties to include but not restricted to cleaning of the centre, light reception duties, assisting Project Workers set up for activities with children, light shopping. This position will require garda vetting, confidentiality is a must in this position. Your 19.5 hours will be carried out over 2.5 days Monday to Friday. Please check your eligibility for community employment with your local Intreo office. For further information please contact Jo 0858726367.

Housekeeper/Cook.

Duties to include but not restricted to cleaning of bedrooms, linen, service users clothes and the centre itself, light cooking i.e salads, sandwiches and soup. Confidentiality is a must in this position. Your 19.5 hours will be carried out over 5 mornings Monday to Friday. This position will require garda vetting. Please check your eligibility for community employment with your local Intreo office. For further information please contact Jo on 0858726367.

Carlow Choral Society welcomes new members this Autumn. Our new term starts on Monday 4th September in The Cathedral Parish Centre in Carlow Town at 7.45pm. If you would like to join a diverse group of people of all ages who love to sing you are most welcome to come along on the 4th September. With Blanaid Murphy our Musical Director and our accompanist Yvonne Collier we welcome both new and returning members to join and start an exciting choral work. Music and learning lines will be available to all. For more information see www.carlowchoralsociety.net and also our facebook page.

Next Follow Me Up To Carlow Concert on Sept 9th in conjunction with Carlow GAA. Special guests, Paddy Cole, Trudi Lalor, Mickey Harte {Manager}, Nicky Kealy, Mick Kavanagh, Rising Star - Tadhg Griffin, The Duettes, John Candy, MC Ollie Hennessy. Tickets available at Seven Oaks and [eventbrite.ie](https://www.eventbrite.ie)

Carlow Speech and Drama Studio

"The Crossings" Quinagh, Carlow (Established in 1989)

Mary Doyle L.L.C.M. L.G.S.M. is a non-public performance Exam Centre of Excellence for Leinster Schools & Trinity College London
SPEECH & DRAMA STUDENTS From 8 years and upwards –
Adult & Student voice coaching classes also available privately,
PREPARED & BESPOKE TO YOUR REQUIREMENTS

"A good speaking voice is a very light rucksack to carry on life's journey". New term resumes Monday & Tues Sept 18th & 19th at 3.15pm 4.15pm and 5.15pm. Thurs Sept 21th 3.15pm, 4.15pm
ENROLEMENT WED AUGUST 30TH 4-5PM FOR ALL STUDENTS
@ THE STUDIO. ENQUIRIES TO 087 6821295 EMAIL
marydixer@yahoo.co.uk Thursday 3.30pm and 4.30pm .

Piano Lessons available for beginners of all ages.

Reasonable Rates. Contact John: 087 684 3482

Our next Dementia Support Group will be held in Bethany house Barrack St Carlow on Tuesday 5th September 11am - 12am All are welcome. Also we have Day Care places vacant at the moment open 5 days Mon - Fri 9.30am - 4pm for further information phone Hilda 0599134736

O Donoghue Heating & Plumbing Services

For all your heating, plumbing needs and gas and oil boilers serviced and installed. Fully insured and registered
Call on 0830345492

Pre-marriage Courses. Accord Carlow are now taking booking for the following courses. Oct 13th & 14th, Nov 17th & 18th 2017, Jan 12th & 13th 2018. You are required to attend a Pre-marriage course if you are getting married in the Catholic Church.
Booking can be made on line www.accord.ie or phone Mary at 059 9142590 for further information.

Aspiro Choir is celebrating its 20th Anniversary! Come join us for an exciting year of singing and celebrating as we reflect on the last 20 years and reimagine the next 20! Membership available for boys and girls age 4 - 18+ in all after-school ensembles. Especially welcome are tenors and basses to maintain our exciting and challenging mixed voice ensemble at youth level. Adults who enjoy singing are welcome to attend our weekly Aspiro Inspired sessions Friday 10am. Further details re schedule of rehearsals contact info@aspirochoir.ie or phone 085-7451111.

**Creative Ireland Carlow ‘Grants Scheme
for Halloween Community Events’**

Grant funding is available for those who are interested in developing a creative free family friendly Samhain (Halloween) Community Event during the week of 28th Oct - 5th Nov 2017. Consider the theme “exploring old Irish customs and traditions for celebrating Samhain” this could include costumes, masks, Halloween food, music, song, dance, poetry, story-telling, guided tours, talks etc. Contact kmooney@carlowcoco.ie for application form, Closing Date 8th September 2017. See ‘Creative Ireland Carlow’ on Facebook.

Culture Night Carlow 2017

Culture Night is a unique celebration that gives you the opportunity to sample more than 16 creative events all taking place on Friday 22nd Sept around Carlow. Carlow County Council Arts Office is delighted to host a cultural trail of family friendly events, all free of charge as part of Culture Night with everything from hands on creative workshops, celebrations of culture and diversity, musical performances and special guided tours and talks have been devised by local artists, music and cultural groups, making Carlow Culture Night 2017 an evening not to be missed! Full programme available from Carlow Libraries, Carlow Tourist Office and County Council Buildings, or download on Carlow.ie.

LEARN SEAN-NÓS DANCING: Sean-Nós dancing classes with Irene Cunningham will be held in Carlow Town Hurling Club, Oak Park on Tuesdays commencing 19th September. Beginners at 6pm and intermediate level at 7pm. Children and adults welcome. €5 per class. Ph 087 2857048

IRISH CLASSES FOR ADULTS: Irish language classes for adults begin in Carlow at the end of September. Elementary levels on Monday nights with intermediate levels on Tuesdays. Classes 7-9pm for 10 weeks. Information Meeting in County Council Building, Athy Rd on Monday 18th September at 7pm. Full details on www.gaelchultur.com and from Glór Cheatharlach on 085 1340047, 087 2857048 or email emma@glorcheatharlach.ie

Evening classes at Colaiste Eoin Hacketstown start back on Monday 11th September, 7-9:30pm, offering Levels 5 & 6 Childcare Modules and Level 5 Healthcare Modules. Contact 059 6471198 / 087 4144395

PILATES: 6 week course beginning Monday 11th September 7:45pm and Tuesday 12th at 10am in 'Adrenaline HPL' Deerpark Business Complex, Carlow, 6 weeks €60 or €12 drop in. Please contact Thérèse (087) 7731107 or email pilates@tmpilates.com

FREE events in Carlow Library. There is Storytime for the Under 6's on Saturday mornings at 11 am. Smart Phone training at Carlow Library on Thursday, 14th September at 10 a.m. and will run every second Thursday. Computer Classes for beginners (Seniors) starting in September which will be one morning a week for 5 weeks. Contact 059 9129701 if you are interested as places are limited. The Irish Wheelchair Association are reading from their second collection of short stories at Carlow Library on Wednesday, 6th September at 11.30 a.m., All Welcome. Come along to the Volunteer Expo at Fairgreen Shopping Centre on Thursday, 14th September where Carlow Library will have a stand.