|  | **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 | IFAN Integration subgroup activity fund open for applications to support activities for families who are refugees from Ukraine or International Protection Applicants | Request application form from [rachel@inishowen.ie](mailto:rachel@inishowen.ie) or [Leona.mcmenamin@tusla.ie](mailto:Leona.mcmenamin@tusla.ie) | First call open now, closing 19th April. | IFAN members and other community organisations supporting refugees from Ukraine & International Protection Applicants | [leona.mcmenamin@tusla.ie](mailto:leona.mcmenamin@tusla.ie) |
| 2. | Healthy Families | Moville FRC | Continuing Friday 5th of April | Parents / Carers | Claire Doherty  [claire@inishowen.ie](mailto:claire@inishowen.ie)  0749362218 |
| 3. | Parents Plus Special Needs coffee morning | IDP office Buncrana | April 8th 10am-12pm | Parents / Carers of children with additional needs | Claire Doherty  [claire@inishowen.ie](mailto:claire@inishowen.ie)  0749362218 |
| 4. | Movies & Tea | St Mary’s Hall, Buncrana | Mondays from 1-4pm | Everyone | Carmel Gallagher  [carmel@inishowen.ie](mailto:carmel@inishowen.ie)  0749362218 |
| 5. A group of children and a rainbow  Description automatically generated | Rainbows Bereavement Group | Buncrana | April 8th | Children who have experienced a bereavement | Sheila Keyes  [Sheila.keyes@inishowen.ie](mailto:Sheila.keyes@inishowen.ie)  0749362218 |
| 6.A logo with text on it  Description automatically generated | QQI Level 5 Business Admin with Payroll and Bookkeeping | Greencastle Community Centre | Starting April | Adults | Tel Donegal ETB: 0749120500. |
| 7. | Good Vibrations Sound Bath | Greencastle Community Centre | Last Thursday of the month at 7.30pm | Adults | WhatsApp to book: 00447717750896. |
| 8. | Tai Chi | Greencastle Community Centre | Fridays at 10am. | Adults | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 9. | Leona’s Sewing Club | Greencastle Community Centre | Every Wednesday 7-9pm. | Adults | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 10. | 5K Walk/Run in aid of Inishowen Hospice, organised by Trudy Doherty, Colorectal Cancer Awareness. | Greencastle Community Centre | 2pm Saturday 6th April | Adults | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 11. | Musical Memories singing group | Greencastle Community Centre | Every Wednesday 11:30am, continues after Easter on 10th April. | Adults | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 12. | Yoga with Julie Hegarty | Greencastle Community Centre | Mondays 10am & 7pm also Beginners yoga Monday 5:45pm – 6:45pm | Adults | Tel:00447912850724. |
| 13. | New term of Adult Community Education classes starting in April | Greencastle Community Centre | Call to book | Adults | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 14. | Next Step Football Academy | Greencastle Community Centre | Tuesdays from 7:15pm | Children | [nextstepfootballacademy@gmail.com](mailto:nextstepfootballacademy@gmail.com). |
| 15. | Next Step Football Academy Girls Group | Greencastle Community Centre | Starting 9th April 7:15pm | Children | [nextstepfootballacademy@gmail.com](mailto:nextstepfootballacademy@gmail.com) |
| 16. | Sarah’s Messy Monsters Messy Play, birthday parties and group sessions | Greencastle Community Centre | Call to book | Children | Tel: 0868766637. |
| 17. | Singing with Anna | Greencastle Community Centre | Thursdays 4:15pm – 5pm | For 3-6yrs | Book via Anna WhatsApp/text: 00447769230208 info@annamusic.co.uk. |
| 18. | Baby & Toddler group €3 per child €5 per family | Greencastle Community Centre | Thursdays 10am-12pm, returns Thursday 11th April. | Families | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 19. | Inishowen School of Ballet | Greencastle Community Centre | Tuesdays 5pm | Children | Tel: 0838636605 |
| 20. | Gwyneth’s Kids Art Club | Greencastle Community Centre | Tuesdays 4-5pm | Children | Tel: 0834627073. |
| 21. | Blossom Academy Pre-School, breakfast club & Afterschool | Greencastle Community Centre | Weekdays | Children | Tel:0834252274. |
| 22. | Blossom Academy Easter Camps. | Greencastle Community Centre | 25th – 27th March and 3rd – 5th April, morning, afternoon, and full-day available | Children | Tel: 0834252274 |
| 23. | Coyle School Of Irish Dancing. | Greencastle Community Centre | every Friday 3:30pm – 5pm | Children | Tel:0868059955 |
| 24. | Reálta Academy of Speech & Performance | Greencastle Community Centre | Mondays from 3:15pm depending on age group | Children | Tel Bernie: 0868827323. |
| 25. | Dungeons & Dragons | Greencastle Community Centre | Fridays 4:30pm | Children | Tel: 0896117042. |
| 26. | North Star Speech & Language Therapy | Greencastle Community Centre | Call to book | Children | Tel:0863616878 |
| 27. | Garda Community Drop-in for information, signing applications | Greencastle Community Centre | Tuesday 2nd April 6pm | Everyone | Susan McAleer  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie)  Tel: 0749381054 |
| 28. | Storm Essentials Reiki and Relaxation | Greencastle Community Centre | Call to book | Everyone | Tel: 0877965829 or crystalstormmiles@gmail.com |
| 29.A group of arrows with letters and numbers  Description automatically generated | Golden Melodies | The Exchange | Fridays at 12pm from the 12/04/24 | Everyone | Insight Inishowen  0871708743  [Insightinishowen@gmail.com](mailto:Insightinishowen@gmail.com) |
| 30. | The Lullaby Project | The Exchange | April 16th, 23rd & 30th | Everyone | Bernie Doherty  [themusicboxireland@gmail.com](mailto:themusicboxireland@gmail.com) |
| 31. | Leaving Cert HL English Intense Revision Session | The Exchange | Friday 5th of April 2-5pm | Leaving Cert students | Booking Essential; contact Siobhan on 0863630074 |
| 32. | Golden Lunches | The Exchange | Fridays 1-2.30pm | Over 65’s | The Exchange  [info@exchangeinishowen.ie](mailto:info@exchangeinishowen.ie) |
| 33.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](mailto:support@hugg.ie) **Visit:** [www.hugg.ie](http://www.hugg.ie) and register your interest to ‘join a HUGG Group’ |
| 34. A close-up of a logo  Description automatically generated | Parent & Toddler | Unit 6 Spraoi agus Spórt  Unit 10  Unit 6  Unit 10 | Tuesday with access to the Sensory Room - 10am-1pm Wednesday for children with additional needs/autism in 10am – 12pm  Wednesday is Breast Feeding Support Group– 10am – 1pm  Thursday with Messy Play - 10am-1pm  Saturday with Sensory Play- 10am-1pm | 0-5year olds | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 35. | Creative Writing | Spraoi agus Spórt | Every Monday 5:00pm - 6:00pm (online) | 6-9year olds | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 36. | Lego Club | Spraoi agus Spórt Unit 6 | Tuesdays 3.30-5.30pm | 5-15yead olds | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 37. | Club Gaeilge | Spraoi agus Spórt Unit 10 | Wednesdays 4-5pm  Wednesday 5-6pm | 5-8year olds  9-13year olds | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 38. | Adult Cooking Course | Spraoi agus Spórt | Tuesdays 6.30-8.30pm | Adults | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 39. | Digital Creative Workshops | Spraoi agus Spórt Unit 9 | Fridays 3.30-5pm | 9+ year olds | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 40. | Couch to 5K | Spraoi agus Spórt | Tuesdays & Fridays 7-8pm  Starting Tuesday 9th of April | Everyone | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 41. | Club Spraoi | Spraoi agus Spórt | Saturday’s 10am-1pm & 2-6pm | Alternative Respite on a weekly basis for children with additional needs and / or Autism. | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |
| 42. | Meet & Code Gaming | Spraoi agus Spórt | Wednesdays 4-6pm | 12+ year olds | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) |