|  | **What is on** | **Where** | **When** | **Who is it for** | **Who is the Contact** |
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|  | **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 | Slaintecare Healthy Communities presents the Parents Plus – Special Needs programme | The Anglers Centre, Buncrana | Starting on Wednesday May 1st from 10am-12pm | Parents / Guardians of children with additional needs | Sheila Keyes, Alison Bardini  [Sheila.keyes@inishowen.ie](mailto:Sheila.keyes@inishowen.ie)  [alison@inishowen.ie](mailto:alison@inishowen.ie)  0749362218 |
| 2. Sliabh Sneacht Centre | Yoga | Sliabh Sneacht Centre | Mondays 7-8pm | All Levels | Cathy King 0877112284 |
| 3. | Pulmonary Exercise Class | Sliabh Sneacht Centre | Mondays 10-11am | Gentle chair exercise class aimed at people with mild COPD and breathing problems | SSC 0749361742 |
| 4. | Irish Dancing | Sliabh Sneacht Centre | Wednesdays 4:30-7pm | Ages 4+ | SSC 0749361742 |
| 5. | Walkie Talkies | Different meeting place every week. | Friday 10-11:30am | All welcome | SSC 0749361742 |
| 6. | Stretching & Mobility Class | Sliabh Sneacht Centre | Thursdays 7-8:30pm | All Welcome | Ryan 0892646029 |
| 7. | Summer Craft Fair | Sliabh Sneacht Centre | Sunday the 14th of July | Crafters who would like to book a Table | SSC 0749361742 |
| 8. | Meeting Room for Hire | Sliabh Sneacht Centre | Call to book | Suitable for meetings or exercise classes with projector available | SSC 0749361742 |
| 9. | Kitchen for Hire | Sliabh Sneacht Centre | Call to book | Suitable for Cooking Class’s, Coffee mornings etc | SSC 0749361742 |
| 10.A logo with text on it  Description automatically generated | QQI Level 5 Business Admin with Payroll and Bookkeeping | Greencastle Community Centre | Starting in September | Adults | Tel Donegal ETB: 0749120500. |
| 11. | Good Vibrations sound bath | Greencastle Community Centre | Thursday 2nd May 7:30pm |  | WhatsApp 00447717750896. |
| 12. | Hive Cancer Support ‘Reduce Your Risk’ workshop | Greencastle Community Centre | Tuesday 21st May 7pm. | Adults | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 13. | AGM | Greencastle Community Centre | 13th May 6pm. | Everyone | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 14. | Tai Chi | Greencastle Community Centre | Fridays at 10am. | Adults | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 15. | Leona’s Sewing Club | Greencastle Community Centre | Wednesday 7-9pm. | Adults | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 16. | Musical Memories singing group every | Greencastle Community Centre | Wednesday 11:30am. | Adults | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 17. | Yoga | Greencastle Community Centre | Mondays 10am & 7pm also Beginners yoga Monday 5:45pm – 6:45pm | Adults | Julie Hegarty Tel:00447912850724. |
| 18. | FREE Manual Handling course | Greencastle Community Centre | May, date, and time TBC | Adults | Contact the Centre to register your interest. |
| 19. | Fundraising Princess Tea Party– Fully booked! | Greencastle Community Centre | Sunday 12th May 1pm | Children | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 20. | Coochie Coo Music & Movement session for babies and toddlers | Greencastle Community Centre | 4-week block starting Monday 29th April 10am and 11am | Children | To book PM or DM @coochiecoo. |
| 21. | Next Step Football Academy | Greencastle Community Centre | Tuesdays from 7:15pm |  | [nextstepfootballacademy@gmail.com](mailto:nextstepfootballacademy@gmail.com). |
| 22. | Sarah’s Messy Monsters Messy Play, birthday parties and group sessions | Greencastle Community Centre | Call to book | Children | Tel: 0868766637. |
| 23. | Singing with Anna | Greencastle Community Centre | Thursdays 4:15pm – 5pm | 3-6yrs | Book via Anna WhatsApp/text: 00447769230208 info@annamusic.co.uk. |
| 24. | Baby & Toddler group, €3 per child €5 per family. | Greencastle Community Centre | Thursdays 10am-12pm | Children | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 25. | Gwyneth’s Kids Art Club | Greencastle Community Centre | Tuesdays 4-5pm | Children | Tel: 0834627073. |
| 26. | Blossom Academy Pre-School, breakfast club & Afterschool | Greencastle Community Centre | Call to book | Children | Tel:0834252274. |
| 27. | Coyle School Of Irish Dancing | Greencastle Community Centre | Friday 3:30pm – 5pm | Children | Tel:0868059955. |
| 28. | Reálta Academy of Speech & Performance | Greencastle Community Centre | Mondays from 3:15pm depending on age group | Children | Tel Bernie: 0868827323. |
| 29. | Dungeons & Dragons | Greencastle Community Centre | Fridays 4:30pm | Children | Tel: 0896117042. |
| 30. | North Star Speech & Lanuguage Therapy | Greencastle Community Centre | Call to book | Children | Tel:0863616878 |
| 31. | Garda Community Drop-in for information, signing applications etc | Greencastle Community Centre | Tuesday 7th May 6pm. | Everyone | Susan McAleer  0749381054  [susan@greencastlecentre.ie](mailto:susan@greencastlecentre.ie) |
| 32. A red background with white text  Description automatically generated | Stop Smoking Clinic | Moville – Serenity House | 2nd May 1pm – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 33. | Stop Smoking Clinic | Carn Community Hospital | 14th May 9am – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 34. | Stop Smoking Clinic | Moville – Serenity House | 16th May 1pm – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 35. | Stop Smoking Clinic | Newtown Primary Care Centre | 17th May 9am – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 36. | Stop Smoking Clinic | Buncrana Primary Care Centre | 20th May 9am – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 37. | Stop Smoking Clinic | Carn Community Hospital | 28th May 9am – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 38. | Stop Smoking Clinic | Moville – Serenity House | 30th May 1pm – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 39. | Stop Smoking Clinic | Newtown Primary Care Centre | 31st May 9am – 4pm | Anyone who wants to quit smoking | Sarah Thompson - 08604924645 |
| 40.A close-up of a logo  Description automatically generated | Parent & Toddler | Unit 6  Unit 6  Unit 10  Unit 6  Unit 10 | Tues 10am-1pm  Weds 10am-12pm  Weds 10am-1pm  Thur 10am-1pm  Sat 10am-1pm | Families | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 41. | Creative Writing | Online | Monday 5-6pm | 6-9yrs | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 42. | Lego Club | Unit 6 | Tuesday 3.30-5.30pm | 5-15yrs | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 43. | Club Gaeilge | Unit 10 | Wednesday 4-5pm | 5-8yrs | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 44. | Club Gaeilge | Unti 10 | Wednesday 5-6pm | 9-13yrs | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 45. | Digital Creative Workshops | Unit 9 | Friday 3.30-5pm | 9+yrs | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 46. | Clun 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](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 47. | Activity Water Sports Club | Bonagee Pier | Wednesdays 4-6pm | Children | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 48. | Meet & Code Gaming | Spraoi agus Sport | Wednesdays 4-6pm | 12+yrs | Contact Mary @ [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie/) |
| 49.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’ |
| 50.A blue and yellow sign with white text  Description automatically generated | Darkness Into Light 2024, proudly supported by Electric Ireland, will take place at 4:15am on the morning of Saturday May 11th, 2024. | Scoil Mhuire, Saint Oran's Road, Buncrana, Co. Donegal, F93 PN53 | 4.15am Saturday May 11th | Everyone | <https://www.darknessintolight.ie/sign-up?event=Donegal> |
| 51. |  | Spraoi agus Sport Unit 7 -Unit 9 - Unit 10 Supervalu Carndonagh Co Donegal, F93 EWV3 | 4.15am Saturday May 11th | Everyone | <https://www.darknessintolight.ie/sign-up?event=Donegal> |
| 52. |  | St Cholmcille National School, Greencastle | 4.15am Saturday May 11th | Everyone | <https://www.darknessintolight.ie/sign-up?event=Donegal> |