|  | **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** | | | | | | | | | |
| 1A green and white logo  Description automatically generated | We Can Quit | | The Pastoral Centre, Carndonagh | | Begins Tuesday 8th of October 7-9pm | | Adults wishing to quit smoking | | Claire Doherty,  [claire@inishowen.ie](mailto:claire@inishowen.ie) | |
| 2 | We Can Quit | | The Angling Centre, Buncrana | | Begins Thursday 10th of October 7-9pm | | Adults wishing to quit smoking | | Claire Doherty  [claire@inishowen.ie](mailto:claire@inishowen.ie) | |
| 3 | At The Family Table | | St. Patricks Girls NS, Carndonagh | | Begins Tuesday October 15th, 10am-12pm | | Parents | | Sinead McLaughlin, HSCL.  Tel: 086 2383847  Email: [carnhscl@gmail.com](mailto:carnhscl@gmail.com) | |
| 4  IFAN DCB subgroup | DCB Resiliency: Primary Schools Programme | | Scoil Iosagain, Buncrana.  Scoil Naomh Fionan, Whitecastle, Quigley’s Point.  Scoil Naomh Colmcille, Craigtown, Carndonagh | | Programme will run during October & November. | | Children attending these primary schools. | | [denise@inishowen.ie](mailto:denise@inishowen.ie) or [rachel@inishowen.ie](mailto:rachel@inishowen.ie) | |
| 5. Pathways Parent Support Service | Circle of Security Programme | | Carndonagh Pastoral Centre | | Begins November 5th  For 6 weeks | | Parents/carers | | Ellen Lynch  0860218803 | |
| 6 | Parent Support Call back phone line | | Phone Line | | Monday to Friday | | Parents/carers | | 0861674343 | |
| A logo for a company  Description automatically generated7 | Furniture Restoration & upholstery | | Men’s Shed Carn | | Monday & Tuesday evenings @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 8 | Traditional music session | | Men’s Shed Carn | | Monday evenings @ 7.30pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 9 | Advanced mechanics course | | Men’s Shed Carn | | Tuesday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 10 | GROW mental health support group | | Men’s Shed Carn | | Wednesday @ 11am | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 11 | Watercolour painting course | | Men’s Shed Carn | | Wednesday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 12 | Introduction to carpentry | | Men’s Shed Carn | | Wednesday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 13 | Tiling course | | Men’s Shed Carn | | Thursday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 14 | Needle felting | | Men’s Shed Carn | | Thursday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 15 | Crochet classes | | Men’s Shed Carn | | Thursday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 16 | Cookery demonstration with Gary McPeake | | Men’s Shed Carn | | Thursday @ 7pm | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 17 | Craft course | | Men’s Shed Carn | | Friday @ 11am | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| 18 | Men’s Shed Charity shop | | Upstairs G&S Carndonagh | | 28th October for one month | | EVERYONE – volunteers and donations very welcome | | Deborah 087 461 1571 | |
| 19 | Introduction to Barbering | | Men’s Shed Carn | | Monday @ 11am | | Men & women over the age of 18 | | Deborah 087 461 1571 | |
| A logo of a community  Description automatically generated20 | Upholstery Class | Malin Head Community Centre | | Starting Wed 2nd Oct 7-9.30pm | | Over 18s | | info@malinheadcommunity.com | |
| 21 | Set Dancing | | Malin Head Community Centre | | Every Thursday 8-10pm | | Over 18s | | Bernadette 00447833061875 | |
| 22 | Whist | | Malin Head Community Centre | | Every Thursday 8pm | | Over 18s | | info@malinheadcommunity.com | |
| 23 | Yoga with Elma | | Malin Head Community Centre | | Starting Wed 9th Oct 10am | | Over 18s | | info@malinheadcommunity.com | |
| 24 | Chair fitness with Elma | | Malin Head Community Centre | | Starting Wed 9th Oct 11.30am | | Over 18s | | info@malinheadcommunity.com | |
| 25 | Flex yoga with Siobhan | | Malin Head Community Centre | | Date TBC 8pm | | Over 18s | | info@malinheadcommunity.com  or 00447890318593 | |
| 26 | Sewing Techniques | | Malin Head Community Centre | | Starting Mon 14th Oct 7-9pm | | Over 18s | | info@malinheadcommunity.com | |
| 27 | Irish Dancing with Sinead | | Malin Head Community Centre | | Every Thursday afternoon | | Ages 4+ | | 0868678178  Or FB/IG @smgschoolofirishdancing | |
| 28 | Meditation | | Malin Head Community Centre | | Ongoing in Sept TBC for Oct Wed 7.30-8.45pm | | Over 18s | | Bronagh 00447825588989 | |
| 29. Sliabh Sneacht Centre | Yoga | | Sliabh Sneacht Centre | | Mondays 7-8pm | | All Levels | | Cathy 0877112284 | |
| 30 | Pulmonary Exercise Class | | Sliabh Sneacht Centre | | Mondays 10-11am | | Gentle chair exercise class aimed at people with mild COPD and breathing problems | | SSC 0749361742 | |
| 31 | Irish Dancing | | Sliabh Sneacht Centre | | Wednesdays 4:30-7pm | | Ages 4+ | | SSC 0749361742 | |
| 32 | Walkie Talkies | | Different meeting place every week. | | Friday 10-11:30am | | All welcome | | SSC 0749361742 | |
| 33 | Music Box singers | | Sliabh Sneacht Centre | | Beginning Tuesday the 1st of October 4-5pm | | Age 6-14 | | PM: Facebook.com/The Music Box School  Email themusicboxireland@gmail.com | |
| 34 | Guitar Academy Beginners | | Sliabh Sneacht Centre | | Beginning Tuesday the 1st of October 5-6pm | | Age 7+ | | PM: Facebook.com/The Music Box School  Email themusicboxireland@gmail.com | |
| 35 | Boogie Bugs | | Sliabh Sneacht Centre | | Beginning Friday the 4th of October 9:30am | | 0-3yrs | | PM: Facebook.com/The Music Box School  Email themusicboxireland@gmail.com | |
| 36 | Patchwork Quilting Course | | Sliabh Sneacht Centre | | Beginning Tuesday the 1st of October from 7-9pm, running for 8 weeks. | | Course is open to all levels from beginners up, either machine or hand sewing. | | SSC 0749361742 | |
| 37 | Beginners Meditation Class | | Sliabh Sneacht Centre | | Tuesdays 7-8pm | | All Welcome | | Orla 00447867387693  Email orlamariecoach.com | |
| 38 | Christmas Craft Fair | | Sliabh Sneacht Centre | | Saturday 23rd of November  2-5pm | | Tables available for Crafters | | SSC 0749361742 | |
| A logo with blue and yellow flowers  Description automatically generated39 | Youth Group | | Carndonagh- Spraoi Agus Sport | | Friday 4-7pm | | Group is for10-17-year-olds.  One to one support available for 10–24-year-olds | | [mark.reader@donegalyouthservice.ie](mailto:mark.reader@donegalyouthservice.ie)  0864401775 | |
| 40 | Youth Group | | Clonmany- Clonmany Community Centre | | Tuesday 4-6pm- | | Group is for10-17-year-olds.  One to one support available for 10–24-year-olds | | [mark.reader@donegalyouthservice.ie](mailto:mark.reader@donegalyouthservice.ie)  0864401775 | |
| 41 | Youth Group | | Buncrana- Buncrana Youth Community Club | | Wednesday 4-6pm-Buncrana Youth Community Club | | Group is for10-17-year-olds.  One to one support available for 10–24-year-olds | | [mark.reader@donegalyouthservice.ie](mailto:mark.reader@donegalyouthservice.ie)  0864401775 | |
| 42 | Youth Group | | Moville- Moville FDRC | | Thursday-4-6pm | | Group is for10-17-year-olds.  One to one support available for 10–24-year-olds | | [mark.reader@donegalyouthservice.ie](mailto:mark.reader@donegalyouthservice.ie)  0864401775 | |
| 43A 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’ | |
| A red background with white text  Description automatically generated44 | Stop Smoking Clinic | | Carndonagh Community Hospital | | 01/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 45 | Stop Smoking Clinic | | Moville – Serenity House | | 03/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 46 | Stop Smoking Clinic | | Buncrana Primary Care Centre | | 07/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 47 | Stop Smoking Clinic | | Carndonagh Community Hospital | | 14/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 48 | Stop Smoking Clinic | | Moville – Serenity House | | 17/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 49 | Stop Smoking Clinic | | Newtown Primary Care Centre | | 18/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 50 | Stop Smoking Clinic | | Buncrana Primary Care Centre | | 21/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 51 | Stop Smoking Clinic | | Carndonagh Community Hospital | | 29/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 52 | Stop Smoking Clinic | | Moville – Serenity House | | 31/10/2024 | | Anyone that wants to stop smoking | | Sarah Thompson - 0860492465 | |
| 53 | National Breastfeeding Week;  Supporting Breastfeeding from  bump to baby and Beyond | | Radisson Hotel, Letterkenny | | 1st of October, 10am-3pm | | Anyone who is considering breastfeeding or is currently breastfeeding | |  | |
| 54 | Lagan Health & Wellbeing event | | Columban Hall, Newtowncunningham F93 HE43 | | 3rs of October  10.30am-3pm | | Everyone | |  | |
| 55. A close-up of a logo  Description automatically generated | Parent & Toddler  Imaginative Play  New Mothers & Babies  Messy Play  Sensory Play | | Unit 6  Unit 6  Unit 6  Unit 6  Unit 10 | | Monday’s 10am-1pm  Tuesdays 10am-1pm  Wednesday’s 10am-1pm  Thursday’s 10-1pm  Saturday’s 10am-1pm | | Children with additional needs/autism  0-5 years  Babies  0-5 years  0-5 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 56. | Irish Tuition | | Unit 10 | | Mondays 4-5pm or 5-6pm | | 4-13 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 57. | English & Maths Tuition | | Unit 10 | | Tuesdays, 1-hour classes | | 4-13 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 58. | Creative Writing | | Online | | Monday’s 5.30-6.30pm | | 6-13 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 59. | Club Gaeilge | | Unit 10 | | Wednesday’s 4-5pm or 5-6pm | | 9-13 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 60. | Creative Stitch | | The Sewing Room | | Tuesday’s 4-6pm | | 8-13 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 61. | Breakfast Club  NCS accepted | | St Patrick’s Girls NS | | Mon-Fri 7.15-9.15am | | National School Students | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 62. | After school club  NCS accepted | | Spraoi agus Sport | | Mon-Fri 1.50-6.30pm | | Children | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 63. | Breakfast Club  NCS accepted | | St Patrick’s Boys NS | | Mon-Fri 7.15-9.15am | | National School Students | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 64. | Club Spraoi - Alternative Respite on a weekly basis for children with additional needs and / or Autism. | | Spraoi agus Sport | | Saturdays 10am-1pm & 2-6pm | | Children with additional needs/Autism | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 65. | Gaming for All | | Unit 9 | | Wednesday’s 4-6pm | | 12-18 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 66. | Future Creators Club | | Unit 9 | | Friday’s 3.30-5pm | | 9-12 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 67. | Guitar  30-45min sessions | | Unit 9  Unit 10 | | Tuesday’s 4.30-7.30pm  Thursday’s 4.30-7.30pm | | Children | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 68. | Sea Swimmers | | Malin Head Pier | | Every Thursday | | Beginners – 6.30-7pm  Intermediate – 7-7.30pm  Advanced – 8-8.30pm | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 69. | Adult Sewing Classes | | The Sewing Room | | Wednesdays 6.30-8.30pm | | Adults | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 70. | Cooking & Baking | | CCS | | Tuesday 15th October – 26th November 6-8pm | | 9-12 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 71. | WainFest – Boogie Bugs  Lego Club  3D Game Development  Pottery  Wardrobe Refresh  Boogie Bugs  Pottery  Unplugged Q&A with professional Musician | | Unit 6  Unit 6  Unit 9  Naiscoil  The Sewing Room  Unit 6  Naiscoil  Unit 10 | | 08/10/24 12-1pm  08/10/24 3.30-5.30pm  09/10/24 3.30-5.30pm  09/10/24 4-6pm  09/10/24 4-6pm  10/10/24 12-1pm  10/10/24 4-6pm  12/10/24 | | 0-5 years  5-15 years  9-13 years  8-12 years  8-12 years  0-5 years  8-12 years  10-18 years | | [booking@spraoiagussport.ie](mailto:booking@spraoiagussport.ie)  0749373303 or 0868420203  [www.spraoiagussport.ie](http://www.spraoiagussport.ie) | |
| 72. | Drop-In Board Games | | Buncrana Library | | Every Tues 11am-12.30pm | | All welcome: new communities and locals; young and old | | Patricia Higgins at IDP 086 200 5774 | |
| 73. | Monthly Wed Lunch Club | | Tbc – local community venue in Buncrana | | Wed 16th Oct ( 1st of a monthly series) 12-1.30pm | | IPAs based in Buncrana | | Patricia Higgins at IDP 086 200 5774 | |
| 74. | Volunteer Appreciation Evening | | Tbc – local community venue in Buncrana | | Tue 22nd Oct 7-9pm | | Those who attended the Volunteer Fair in Jul: both local groups and those interested in volunteering | | Patricia Higgins at IDP 086 200 5774 and/or  Aine McLaughlin  086 1028846 | |