

BOYLE COMMUNITY NEWS & Una Bhan Newsletter

February
2011

Issue No.
88

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St Patricks Day Parade

A meeting of the St Patrick's Day Parade Committee will be held in the Royal Hotel on **Tuesday February 8th at 9pm.**

Anyone interested in getting involved is asked to come along to this meeting and everyone is welcome

Boyle Boxing Club

Boyle 'Fight Night' is Saturday, 5th March, 8pm until late in St. Joseph's Hall, Boyle. Have you ever thought about entering the ring? Boyle Boxing Club are organising this special event, and are looking for volunteers ... men and women who have never boxed in a ring before. Limited spaces left! You must train two nights a week to participate, Men Mon/Wed/Fri.(7:30 to 9pm) Ladies Tues/Thurs (7:30 to 9pm). If times don't suit please contact Simon on 086-4041830 so that suitable times can be arranged. All monies will be donated to the Meningitis Trust, Aware and the Irish Cancer Society.

GO FOR LIFE

A series of six exercise classes to be held over 6 afternoons in February and March at the Family Life Centre, Boyle.

These classes are free to those over 55 years of age and will include yoga, pilates and aerobics.

Booking essential contact 0719663000 or info@familylifecentre.ie



Family Support Agency



PLEAN FORBARTHA NAÍSIÚNTA



BOYLE SINGERS CIRCLE

The meeting of the Boyle Singers Circle takes place on the third Saturday of every month. The February meeting is on Saturday 20th in Dodd's Bar on the Crescent, Boyle.



Boyle GAA CLUB

Scór

The Club is currently taking entries for the forthcoming adult Scór competitions. Entries must be in by 13th February and entrants are being recruited for set dancing, figure dancing, instrumental music, ballad group, novelty act, recitation, solo singing and quiz.

Those wishing to take part should contact Martin Dolan at 086 2413529 immediately.



Boyle Library Book Club

The Boyle Library Book Club will meet in the Boyle Library on Tuesday 8th February, 6.45pm.

The book up for discussion this month will be "Salmon Fishing in the Yemen" written by Paul Torday. All welcome



Get Certified this year with an ECDL

An ECDL Course will commence in Roscommon Learning Links (next door to Trojan) on Monday 7th February at 7pm. This Course will run over 9 weeks two evenings per week. For further details call 071 9664510



MARCH Newsletter

We welcome your input!

Send in news from your club or society, upcoming events for your group or school! If it is of interest to people living/working in the Boyle Community area then it should be included in next months newsletter! Please drop in to the Centre or send information to:

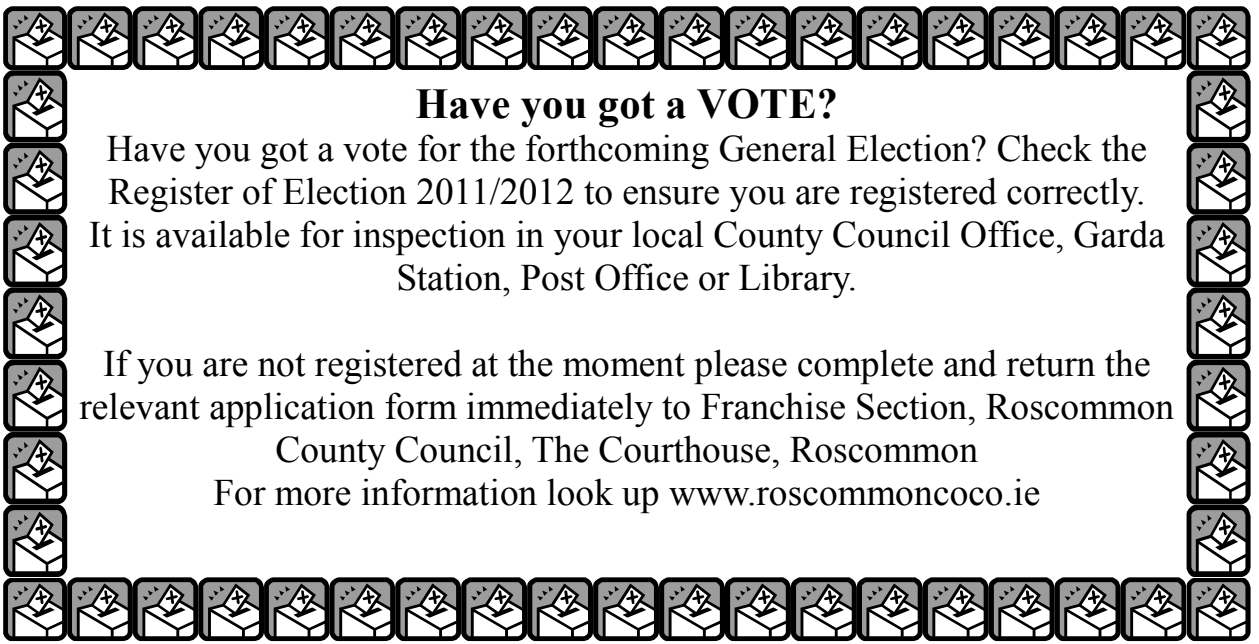
E-mail info@familylifecentre.ie

Fax 071 9662954

Phone 071 9663000

Post to Family Life Centre,
Boyle.

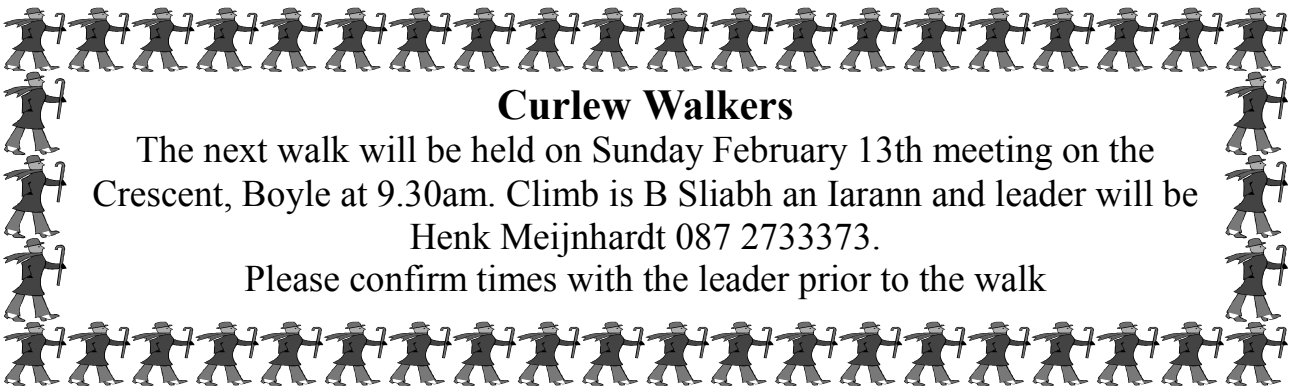
For information to be included in the February Newsletter, please have your piece in, on or before 23rd February 2011



Have you got a VOTE?

Have you got a vote for the forthcoming General Election? Check the Register of Election 2011/2012 to ensure you are registered correctly. It is available for inspection in your local County Council Office, Garda Station, Post Office or Library.

If you are not registered at the moment please complete and return the relevant application form immediately to Franchise Section, Roscommon County Council, The Courthouse, Roscommon
For more information look up www.roscommoncoco.ie



Curlew Walkers

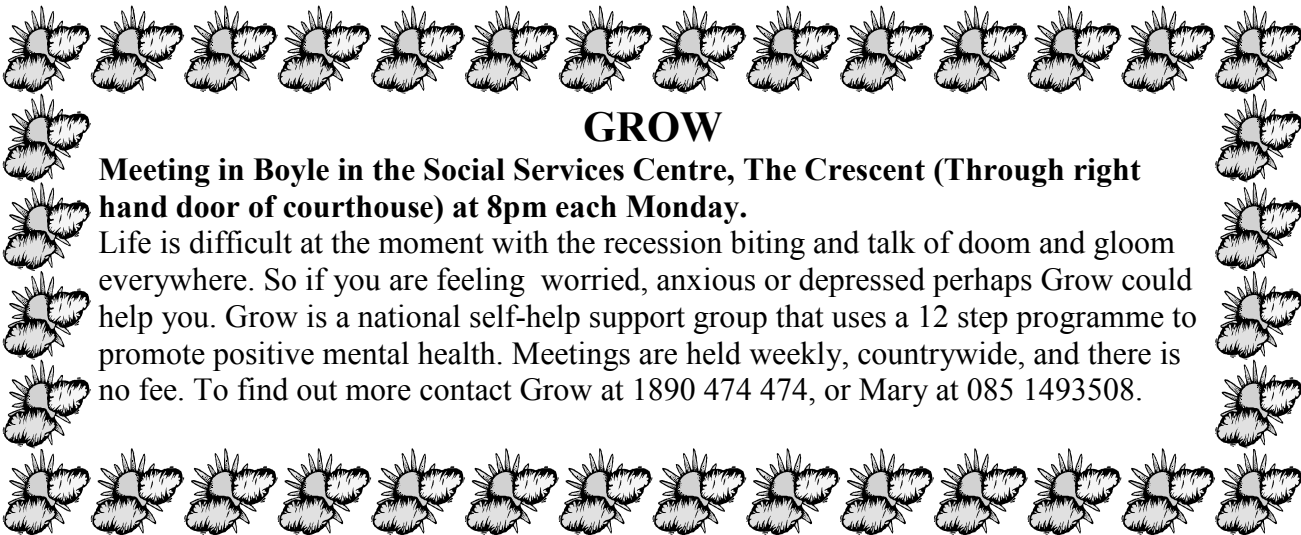
The next walk will be held on Sunday February 13th meeting on the Crescent, Boyle at 9.30am. Climb is B Sliabh an Iarann and leader will be Henk Meijnhardt 087 2733373.

Please confirm times with the leader prior to the walk



Ardcarne Plantsplus Garden Centre

This year we will be starting a series of FREE gardening classes. The first course is 'The Complete Guide to Growing Your Own Vegetables'. This is a 4 day course and will start Saturday 26th February, 1.30 pm - 3 pm and continues over the next 3 Saturdays until 19th March. Please ring 071 9667091 to confirm a place. Look out for other courses taking place during the spring. These will include Growing your own Fruit, Trees & Hedges, Lawn Care Clinic, Propagating your plants for free and much more



GROW

Meeting in Boyle in the Social Services Centre, The Crescent (Through right hand door of courthouse) at 8pm each Monday.

Life is difficult at the moment with the recession biting and talk of doom and gloom everywhere. So if you are feeling worried, anxious or depressed perhaps Grow could help you. Grow is a national self-help support group that uses a 12 step programme to promote positive mental health. Meetings are held weekly, countrywide, and there is no fee. To find out more contact Grow at 1890 474 474, or Mary at 085 1493508.

FAMILY LIFE CENTRE

Boyle, Co. Roscommon 071 96 63000
info@familylifecentre.ie www.familylifecentre.ie

JOIN US ON FACEBOOK—www.facebook.com/flcboyle

Family Resource Centre

WINNING NEW OPPORTUNITIES

Date: Monday 28th February for one week, Mon- Fri

Time: 9.45am to 1.45pm **Cost:** FREE

Winning New Opportunities is a **job search programme** targeting people who are unemployed. It was developed to help people who are unemployed to find work and cope with the challenges of unemployment & looking for a job.

LIVING WITH TEENS

Date: Wednesday 2nd March for 6 evenings

Time: 8.00pm—10.00pm **Cost:** Donation

Six sessions designed specifically for the parents of Teenagers. Please phone to book your place
This course looks at the following:

- Communication/ Listening
- Health /Stress
- Drugs /Peer pressure
- Conflict/Love and Limits
- Needs of Young People
- Self-esteem for all the family

ASSERTIVENESS ‘Stop the Inner Talk & Act Now!’

Date: Saturday 12th March **Cost:** €35

Time: 11am—4pm **Facilitator :** Maura Williamson
Drama Therapist/ Drama Facilitator

Overcome your fear, that inner voice of self doubt, take a step forward and find your wings for flight in the safe environment of a day for yourself using fun and creative drama skills. This is your spring board. Drama is not always about stage performance.

IRISH CONVERSATION CLASSES (for Adults)

Date: Wednesday 9th February for 10 weeks

Time: 7.30pm - 9pm **Cost:** €80

Facilitator: Michael O’Toole, Native Irish Speaker
Participation will be encouraged according to the level you are at and some material will be provided each week. Booking Essential

ART FOR ALL!

Date: Wednesday 9th March for 6 weeks

Time: 10am—11.30am **Cost:** €60

Facilitator : Veronica O’Connor

Ever wanted to give art “a go”? Here is your chance – in a fun way we will explore colour and line using acrylic

Counselling & Psychotherapy Centre

Counselling and Psychotherapy

Available Monday to Friday, day and evening.

It is available in as far as possible at a time to suit the individual, family or couple and is by appointment only.

Emergency times are available

The cost is on a sliding scale and is negotiable.

Director of Counselling and Psychotherapy:

Denise O’Dowd

071 9663000 or 071 9663841 (Direct Line)

Staff Counselling and Psychotherapy Team:

Denise O Dowd, Eleanor Shortt, Maura Callaghan, Margaret Glacken, Brian Conlon, Karen Leonard.

Counselling Team: Sean Simon, Marie Brennan, Therese Brady, Cormac Quinn, Andrew Sleater, Carol Kiernan, Tracey Walsh, Marie Carty, Maureen McLoughlin, Carol McLoughlin.

Positive Thinking to Greater Well Being (CBT Skills)

Morning Group

Date: Monday March 7th 2011 for 6 weeks

Time: 10am—12.30pm **Cost:** €80

Facilitated By: Trained Group Therapists.

This 6 session course will look at what prevents us from achieving our potential and will help participants look at how thoughts affect feelings and actions.

The CBT skills include:

- Learning to recognise the patterns of negative thinking behind issues like anxiety, low self-esteem & depression.
- Learning behavioural strategies to increase motivation and reduce depressed mood.
- Learning relaxation & anxiety management techniques
- Learning problem solving skills

The group will consist of a max of 12 participants. It will involve weekly sessions of 2.5 hour duration including a short break and participants are required to practice skills between sessions. Application form available from Family Life Centre.

Closing date for completed applications February 25th 2011