

# Keep Active...

## OPERATION TRANSFORMATION

The Christmas cake has all gone and we've ushered in the New Year. It must mean it is time for Operation Transformation 2020. Many health professionals now encourage us to think more like tortoises than hares when it comes to "transformation". Think less about rapid weight loss and short-term change and more about small, manageable changes and healthy habits that embed into our lifestyles step by step and in the long-run. Operation Transformation gives us the opportunity to put gentle but regular activity into our lifestyles - on Beara there are at least five opportunities to walk with others in January and February. Beara West Family Resource Centre would like to set up a regular walking group on a Monday evening 6.30-7.30pm.

Castletownbere GAA will be running Operation Transformation walks from the GAA pitch on Wednesdays

and Fridays at 6.30pm for six weeks from Wednesday 8th January. They would like to welcome all the community to walk with them and join them for tea afterwards. Enquiries to Denise Power **0877642427**.

## ISLANDERS KEEP ACTIVE

Bere Island Projects group offer Taekwondo on Tuesday and Thursday, Couch to 5K on Wednesday evenings and bike spinning classes. To join in contact Bere Island Projects Group : Contact John Walsh, Project Co-ordinator **027 75099 www.bereisland.net**

## DID YOU KNOW...?

Glengarriff Park Run celebrated its 200th event in December 2019. Be part of their continuing story by running or walking in the lovely Glengarriff Nature Reserve. The fun kicks off at 9.30 every Saturday morning. Follow them on Facebook for further details or go to **www.parkrun.ie**

# Give...

## COMMUNITY SCHOOL'S CULTURE OF GIVING

In October Lehanmore Community Centre supported a 4k fundraising walk around the Garnish Loop, in memory of Maurice Cronin, to support the Wellbeing Programme at the Community School. Over €3,000 was raised to help students understand, promote and protect their wellbeing and develop emotional resilience through a varied programme of activities.

Students at the school did their bit for the wider community in the run up to Christmas by collecting and collating donations for Cork Penny Dinners.

## DID YOU KNOW...?

Through November and December eleven local Young People have been working hard to design a mural for the

town that represents how they think they are seen by the community. Keep your eyes peeled as we should see the fruits of their labour by the spring - weather permitting. The project to design and create the mural has been funded by the National Youth Council of Ireland and supported by Beara West Family Resource Centre, Foroige Beara Youth Project and local artist Brian O'Sullivan.

Designing the mural develops awareness of and encourages the relationship young people have with their community. Thanks to the CDA for supporting the project and supplying the wall!

The Wellbeing Network, Beara West Family Resource Centre and members of the newly formed "Beara Community Action Network" have joined together to produce a quarterly newsletter celebrating and promoting community opportunities on Beara to promote your wellbeing.

The New Economics Foundation suggest there are 5 things we can do for our wellbeing on a daily basis - Be Active, Connect, Keep Learning, Give and Take Notice. We've brought together just some of the opportunities to promote your wellbeing on Beara in a seasonal newsletter.

# Keep Learning...

## SHORT COURSES IN COMPUTERS AND DIGITAL PHOTOGRAPHY

Cork Education and Training Board, Castletownbere, continues to offer existing programmes through the first quarter of the year. But there are opportunities to try out short, six week courses of 2-3 hours a week, in computers and digital photography in April. For further details, and to book your place, please contact Deirdre on **086 823 9147**.

## WEST CORK LITERARY SOCIETY MEET UPS!

The West Cork Literary Society meets in MacCarthy's Bar at 7.30pm the third Thursday of every month. The group have been meeting for two years and have recently hosted discussions on the diverse themes of: Christmas

ghost stories, An Ode to Autumn, poems that became popular songs and literature inspired by the sea. Local experts and authors drop in to lead discussions and everyone is welcome. There's no need to book in but direct any queries to Geoff Ward **027 71726**.

## DID YOU KNOW...?

Bere Island Project Group run a variety of activities for all ages within the community. In January and March 2020 they will be running **Irish Classes** on Tuesday evenings. They will also be offering learning opportunities as diverse as **Radio Interview and Presenting Skills** Level 4 and **Basic Welding** in the first quarter of the new year! Exciting stuff! Contact John Walsh, Project Co-ordinator **027 75099 www.bereisland.net**

# Take Notice...

## FAMILY FOREST SCHOOL

Beara West Family Resource Centre are looking to try a Saturday Family Forest School this Spring/Summer. Gaining confidence in nature and the outdoors can bring great developmental benefits to children and is a great place to develop family relationships, build confidence and make memories! Forest School involves building dens, creativity in nature, learning to track animals, free play time and much more. We are looking to run a six week programme from April 18th to June 6th 2020 with the expectation that one or more parents/carers attend with their children and attend for the full six weeks. Sessions run from 11.30-2.30 on a Saturday. The Family Forest School is aimed at families with children of primary school age 5-11. To register interest please contact **ntreacher@bearawestfrfc.ie** or call **027 70998** for more information on Forest School visit **www.irishforestschoollassociation.ie**



## DID YOU KNOW...?

Foroige Beara Youth Project have been busy in 2019 and are looking forward to 2020!

The Beara Youth Project is for young people 12 years and older from all parts of the Beara Peninsula and Bere Island. During 2019 the Project engaged 220 young people in its programmes, clubs and services. The project helped over 60 pupils make the step up to Secondary School via their Transition Programme. During the Summer they ran Six action-packed programmes with lots of young people experiencing

new activities and enjoying healthy activities with their friends. Numerous trips to the beach, BBQs, trips to Star Sailing and Kenmare were enjoyed by many. Evening groups and workshops on Be Happy Be Healthy and graffiti were available to the older teenagers during the Summer months.

Afterschool and evening groups include young men and women's projects, a two-day film-making workshop, producing a documentary film called "People of Beara", Fit Dance, Story Boards and a mural art project with Beara West Family Resource Centre and local artist Brian O'Sullivan. All this on top of Foroige's youth work programmes promoting social, mental, physical and emotional health.

The Foroige Youth Clubs are on Friday nights in Castletownbere, Eyeries, Adrigole and Allihies/Cahermore. The Clubs are ran by volunteers, and are for first years and older up to Transition Year. During the club year members enjoyed club activities eg. Discos, trips, bingo and a basketball blitz! A recent celebration night was held in the Lounge to mark the retirement of three volunteers - Anne Crowley, Tommy Hartnett and Pauline O'Sullivan.

New young people are very welcome to join in 2020. The After School and Evening Groups will continue in the New Year. Please do not hesitate to get in touch. Thanks to all the young people, parents, school staff and volunteers who have made 2019 a very enjoyable year in Foroige. Tina and Gwen would like to wish all Happy Christmas and Good Health for 2020. Contact Tina on **086 8222656**, Gwen on **086 3841066**.



THE wellbeing NETWORK



Volume 3 - Winter 2020

National Learning Network  
Investing in People, Changing Perspectives



### Connect

Make time for yourself and the people around you.



### Be active

Go for a walk. Play a game. Dance.



### Take notice

Be curious. Catch sight of the beautiful.



### Give

Do something nice for a friend, or a stranger. Join a community group.



### Keep learning

Try something new. Rediscover an old interest. Sign up for that course.

You'll find a warm welcome at our Family Resource Centres

www.familyresource.ie

# winter wellness...

Beara West Family Resource Centre are kick-starting 2020 with a winter wellness programme, based on the Five Ways to Wellbeing. There are events and activities for all age groups to stave off the "winter blues". From January to March we'll be walking, crafting, chatting and eating ourselves well in the first quarter of the New

Year ... make sure you join us! For any of these activities contact 02770998 to sign up, drop in to the Family Resource Centre opposite Skippers in Castletownbere, pop a message to our page on Facebook or email us **ntreacher@bearawestfrfc.ie** or **amurphy@bearawestfrfc.ie**



# Coming UP / Dates for Your Diary Jan-Apr

## JANUARY

**6 January Operation Transformation Walk starts from 6.30pm @ Cah Centre Adrigole**

**9 & 23 January - 10am - 1pm Citizens Information drop in @ Beara West Family Resource Centre**

Citizens Information hold a surgery Centre the second and fourth Thursdays of the month. No booking required for this free service.



**13 January - Operation Transformation Walks 6.30pm**

Operation Transformation Walks six week programme start in Castletownbere and Eyeries courtesy of Beara West FRC and Urhan GAA, supported by volunteer walk leaders in association with Cork Sports Partnership and Murphy's Supervalu. Keep your eyes peeled for posters or follow Operation Transformation Beara on Facebook.

**14 January - First Social Lunch of 2020 12.30 @ The White Room**

The Social Lunch is every Tuesday, open to all for just €5.

**15 January 5-7pm The Secrets of Making Successful Changes**

Hoping to adopt new healthy habits in 2020? Learn about successful strategies for making life changes in this one-off workshop as part of our winter wellbeing programme. Contact Natalie@ Beara West FRC. 02070998

**16 January - 10am-1pm MABS (Money Advice & Budgeting Service) @ Beara West Family Resource Centre**

Financial worries and stress can contribute to poor health. MABS is a free, confidential service that can help you manage debts and make the most of your money. MABS can provide support with mortgage arrears and help build a more secure financial future.

Face to Face consultations are ideally booked in advance. **027 70998 info@bearawestfrc.ie**



**16 January - 2-4pm Crafty Chat**

Crafty Chat... free social crafting and a cuppa in Castletownbere on Thursdays. As part of our winter wellness programme we'll be trying beading in four

weekly sessions with Julie Adridge. Venue will depend on numbers interested. Contact Beara West Family Resource Centre **027 70998** to book.

**16 January - 7.30pm Meeting of West Cork Literary Society in MacCarthy's Bar**

**17 January - 10am Learning Together**  
Learning Together - singing, rhymes and books for parents and their children aged 0-5. Family learning gives parents confidence and support to take every opportunity to build relationships with their children and promote their early development. Email [ntreacher@bearawestfrc.ie](mailto:ntreacher@bearawestfrc.ie) or call **027 70998**. This is the first of 8 free weekly sessions this quarter.

**18 January - 9.30am National Operation Transformation Walks**

National Operation Transformation kicks off with walks all around the country. Why not visit Bere Island or Glengarriff Park Runs to walk or run and join in the fun!

**19 January - 2.30pm Is Féidir Linn Walking Group, Ardroom, Operation Transformation Walk @ Cah Centre Ardroom**

All are welcome. Free of charge. Adults and accompanied children. All abilities. Please wear hi viz and bring a torch.

**22 January - 4-6pm Style Yourself for Confidence**

Viktorija Gecaite helps us discover how to dress for our colouring and body shape to make sure we start the new year with our best foot forward!

**23 January - 2-4pm Well Informed: National Childcare Scheme and ECCE**

Citizens Information answer your questions about the National Childcare Scheme and ECCE hosted by Beara West Family Resource Centre @ Friends Forever.

**29 January - 2-4pm Well Informed: Dementia Awareness**

Are you living with dementia or do you support someone who is? Come along to find out more about supports available and what you can do to promote your health and wellbeing. Vanessa from the Alzheimer's Society of Ireland leads a session on behalf of Beara West Family Resource Centre.



## FEBRUARY

**5 February - 5pm Listening Skills for Parents @ Beara West Family Resource Centre**

Techniques to help you listen to and connect with your children, help them solve their problems and manage their worries.

**6 February - 2-3pm Well Informed: Minding Your Money**

Minding Your Money - top tips for smart spending and saving from Noreen of MABS.

**6 & 20 February - 10am-1pm MABS (Money Advice & Budgeting Service) @ Beara West Family Resource Centre**

**12 February - 5pm Supporting Wellbeing and Resilience in young people for parents @ Beara West Family Resource Centre**

**13 & 27 February - 10am-1pm Citizens Information drop in @ Beara West Family Resource Centre**

**13 February - 4-6pm Crafty Chat**

Crafty Chat - free social crafting and a cuppa in Castletownbere. Rima leads a hand/needle craft session - bring your own craft projects or come to learn the basics. Rima will teach simple sewing/handcraft or offer support with your own projects.



**15 February - 9pm-10.30pm Weekly Beginners Social Dancing**

Weekly Beginners Social Dancing with Noraine @ Beara Bay/Beacon only €20 for 5 sessions. To register interest call **027 70998** or [amurphy@bearawestfrc.ie](mailto:amurphy@bearawestfrc.ie)

**19 February - 7pm Mindful Eating with Mary Love**

Mindful Eating with Mary Love - learn the principles of mindful eating and evidence-based support for weight loss.

**19 February - 7.30pm West Cork Literary Society meet in MacCarthy's Bar**

**26 February - 5pm Make a START on a Healthy Lifestyle for Parents @ Beara West Family Resource Centre**

A one-hour session looking at "quick wins" for parents to offer healthy food options and activity for their families.

## MARCH

**4 March - 5pm Cultivating Calm and Self Care for Parents and Carers @ Beara West Family Resource Centre**

**5 & 19 March - 10am-1pm MABS (Money Advice & Budgeting Service) @ Beara West Family Resource Centre**

**11 March - 11am Well Informed: Caring for Carers**

Caring for Carers - do you care for someone with a disability or health need? Find out if you could get more support.

**12 & 26 March - 10am-1pm Citizen's Information drop in @ Beara West Family Resource Centre**

**18 March - 7.30pm West Cork Literary Society meet in MacCarthy's Bar**

## APRIL

**Short courses in IT and digital photography begin @ Cork ETB Castletownbere.**

Call Deidre on **086 823 9147**.

**18 April - Family Forest School Starts!**

11.30-2.30 for six weeks. Register your interest with Natalie @ Beara West Family Resource Centre **027 70998**.

**Take a look at our full schedule of Winter Wellbeing Activities in the "Meet Up" pull out.**

## Connect...

### MUSIC @ MACS

Gather to make music at Macs in the New Year - Join in by playing, singing or listening from 6.30 on a Sunday evening at MacCarthy's Bar Castletownbere.

### THE WHITE ROOM

Having worked on/at it for three years now, team whiteRoom are proud to present the fully developed place in the middle of the town to the public!

The popular Social Lunch on Tuesdays from 12.30 is held here to give anyone at a loose end an opportunity to connect with their Beara neighbours over a beautiful two-course lunch for only €5.

Apart from the already operating cafe, whiteRoom houses, among others things: the action hall equipped with a proper floor, bar, lighting, and panorama screen, it is ready to be used for dance, yoga, live painting, creativity classes or workshops, dance events or parties, markets (our first market in 2020 we'll have on Easter Sunday 12th April, again), our film and gaming club (starting early spring) and anything creative people in the community will come up with space upstairs offering room for conferences including fast broadband and technical support, 20 co-working places for self-employed people, digital nomads, or small businesses.

Everybody interested in the development of the place is welcome to call in to see it with their own eyes or to get more information about possibilities and opportunities. We're open from Tuesdays to Fridays every week - even during winter!

### BEARA FEST!

Aideen Murphy, Development Worker from Beara West Family Resource Centre describes the annual Beara Fest...

The Beara Fest, which has been supporting the social gathering of retired people for many years, took place again on the 5th November 2019. More than 70 people from across the Beara peninsula and beyond attended and what a great time was had by all! The small group of organisers would like to extend a huge thank you to everyone who worked so hard to make this such a successful event. The staff at the Beara Coast Hotel were marvellous and helped to ensure that we were all welcomed and fed with a wonderful meal. James Kelleher entertained us all from start to finish with

music that got a great crowd onto the dance floor. We were entertained by some wonderful singers who encouraged everyone to join in and sing some of the old favourites. This proved to be a wonderful community social occasion and one we must repeat again next year.



Please contact Aideen at the Beara West Family Resource Team if you have any further ideas as to how we can promote and support community activities **02770998** [amurphy@bearawestfrc.ie](mailto:amurphy@bearawestfrc.ie)

### BERE ISLAND PROJECTS

Bere Island Projects offer a variety of opportunities for islanders of all ages to connect with each other:

- After school group meets on a Monday
- Parent and Toddler Group every Thursday morning from about 10.30am
- Active Retirement Group twice monthly on Wednesdays at 11am

Contact Tim Hanley, Development Worker @ Bere Island Projects **027 75099** [timbigg@gmail.com](mailto:timbigg@gmail.com)

### DID YOU KNOW...?

Beara West Family Resource Centre are launching a family learning programme at Friends Forever Childcare. Family learning helps parents of children 0-5 to build relationships with their children and gain confidence in supporting their development every day. The programme includes sessions on early maths, early literacy, communication, physical development and social and emotional development. Sessions include songs and rhymes, reading together, simple activities and take home tips, they also give the opportunity to meet with other parents and children. Introduction sessions will be run on Fridays 17th and 24th January at 10am with the hope of running a six week group programme from the 31st January to the 6th March. Sessions are free. If you would like to join email [ntreacher@bearawestfrc.ie](mailto:ntreacher@bearawestfrc.ie) or call **02770998**.

### Find our Newsletter online!

If you'd like to see our newsletter online visit [www.bearawestfrc.ie](http://www.bearawestfrc.ie) and go to the Wellbeing Newsletter tab to download the pdf. You can also follow Beara West Family Resource Centre on Facebook

If you have any information about community events, groups, activities or services that promote wellbeing that are inclusive and free or low cost let us know by emailing [ntreacher@bearawestfrc.ie](mailto:ntreacher@bearawestfrc.ie)

