



Saturday 29 June – Saturday 13 July

Two weeks of sunshine whatever the weather

Feel Good Fortnight is an opportunity to share and celebrate all that is good, healthy and positive in our community and to invite other people to take part. This year's programme is packed with fun events, creative ideas and projects to put a smile on your face. Don't miss out! Try something new, find out what is happening across our community, meet new friends and take care of your wellbeing.

Feel Good Fortnight is an award-winning community festival organised by local volunteer-run suicide prevention charity Insight Inishowen. Most events are free or by donation with proceeds supporting the work of Insight Inishowen or other local charities. See www.insightinishowen.ie to find out what we do!

Throughout the Fortnight:

Feel Good Library Tree - watch out for the iconic tree all dressed up in time for Feel Good Fortnight.

Feel Good Wee Library - check out a selection of "feel good" titles promoting positive mental health and wellbeing in the library outside The Exchange

Pop Up Yarn Bombing and bench weaving - keep an eye out for fun and beautiful art around town.

Random Acts of Kindness – watch out for some lovely surprises or plan your own to celebrate the fortnight.

Feel Good Mural – this year, we are changing the mural opposite Tierney's Chemist at the top of Dr Denis McLaughlin Road. If you'd like to join the team or volunteer to help please email insightinishowen@gmail.com or TEXT 087 256 4777.

Saturday 29 June

Buncrana Parkrun

9am Meet: Tip O'Neill Statue, Shorefront, Buncrana

Wear your most colourful clothing for a Feelgood parkrun (or walk) for fitness and fun! Run or walk as fast as you like and meet new friends along the way. For all ages. Dogs and buggies also welcome. (9am: briefing, 9.30am: start)

Feel Good Food Festival

1 – 3pm The Exchange, Castle Avenue, Buncrana

Join us for food tasting, cooking demonstrations and lots of colourful feel good fun at the start of the fortnight including pavement chalk messages, fun quizzes and prizes.

Making Mountains

2-4.30pm at Artlink, Fort Dunree

(For ages 7 to 15 years)

Join artist Karen Rann for “mappy” activities at Fort Dunree. Using materials and equipment from her exhibition Drawing with Altitude II, sand, plaster, and vats of coloured water will be used to make contoured model hills (to take home). The sessions will also include making simple measuring equipment surveyors used for 100s of years and trying them out around Dunree. The sessions are designed for curious minded and fun-loving young people.

Book by WhatsApp, text Artlink phone 083 869 6513, or message on Facebook messenger

Note: Children must be accompanied by an adult during the workshop.

The Music Box Summer Show

6pm at The Plaza, Main Street, Buncrana

Get into the Feel Good Fortnight spirit with a family friendly music show from all the boys and girls of The Music Box. With performances from our junior Boogie Bugs aged 3-6, through to our Music Box Singers aged 6-14, and our Guitar Academy musicians aged 6 - 14. Lively, fun and full of joy, this Summer show is (loosely!) country themed. We have a brilliant country themed photo op set up too, so feel free to grab your cowboy hat and get a pic with your friends and family! Tickets are €8 each for kids and adults. Available from www.ticketsource.eu/the-music-box-school

Sunday 30 June

Beach Art

3pm Ladies Bay, Buncrana

Join us for some creative fun on the beach making sand sculptures and pictures, feel good messages and more. Artists and budding artists of all ages and abilities welcome. Prizes for the most creative beach art. Whatever the weather!

Monday 1 July

Solas Wellbeing Walk

11am Meeting Point: Fishing Greens

Solas Inishowen is an outdoor walking programme that supports mental health recovery. The ethos is based on the benefits of walking, talking and listening in the beautiful green spaces that we have in Donegal. This wellbeing 'taster' walk offers the chance for anyone to come along and join Solas for a walk and learn more about what is involved. Refreshments provided. Limited places available. Booking essential. To book call or TEXT Steven on 087 195 4938.

Making Mountains

2-4.30pm at Artlink, Fort Dunree

(For ages 7 to 15 years)

Join artist Karen Rann for "mappy" activities at Fort Dunree. Using materials and equipment from her exhibition *Drawing with Altitude II*, sand, plaster, and vats of coloured water will be used to make contoured model hills (to take home). The sessions will also include making simple measuring equipment surveyors used for 100s of years and trying them out around Dunree. The sessions are designed for curious minded and fun-loving young people.

Book by WhatsApp, text Artlink phone 083 869 6513, or message on Facebook messenger

Note: Children must be accompanied by an adult during the workshop.

Family Scavenger Hunt presented by Buncrana Foroige Club

7pm leaving from The Exchange, Castle Avenue, Buncrana

A free fun family quiz answering questions from around the town. All ages welcome. Under 12s must be accompanied by an adult. Return by 8.15pm for refreshments and prizes.

Tuesday 2 July

Crafting Circle Display

1-4pm Christ Church Hall, Church Street, Buncrana

Browse the beautiful work created by the Crafting Circle (a group that meets weekly in The Exchange), have a go at needlework or crochet and enjoy some pop-up music and refreshments.

Yoga in the Park

3pm Swan Park

All welcome for a relaxing outdoor yoga taster session.

Wednesday 3 July

Crafting Circle Display

1-4pm Christ Church Hall, Church Street, Buncrana

Browse the beautiful work created by the Crafting Circle (a group that meets weekly in The Exchange), have a go at needlework or crochet and enjoy some pop-up music and refreshments.

Board Games

2pm Buncrana Community Library

Relax and enjoy some fun board games every Wednesday afternoon.

Fun with Lego

3pm Carndonagh Community Library
Drop in to get creative with Lego.

Glow in the Dark Music & Arty Party

4 – 6pm at The Exchange, Castle Avenue, Buncrana
Black lights, neon colours and lots of music and art - this will be something different and fun for 5 to 8 year olds €10 per child and booking is essential
at themusicboxireland@gmail.com or FB: www.facebook.com/themusicboxschool

Launch of the Feel Good Art Exhibition

6pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists. All welcome. Light refreshments provided.

Feel Good Pilates

7pm The Exchange, Castle Avenue, Buncrana (upstairs use side door)
An opportunity to relax and unwind with this free Pilates session. All abilities welcome.

What's in a name?

7.30pm The Exchange, Castle Avenue, Buncrana (downstairs).
Find out the meaning behind local Irish names and townlands in a fascinating talk by author Seirse Ó Dochartaigh ('The Great Name Book of Inishowen'). All welcome whether you have Irish or not!

Thursday 4 July

Feel Good Art Exhibition

9.30am to 5.30pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists.

Intercultural Café

11am The Exchange, Castle Avenue, Buncrana
Come along to The Exchange's weekly Intercultural Café meeting new friends and enjoy some free feel-good arts and crafts. All welcome!

Grow Mental Health Support Group

7pm The Exchange, Castle Avenue (downstairs)
All welcome to join this free weekly group for anyone suffering with depression, anxiety or mental ill health. A caring and confidential support group for men and women (over 18s).

Crafting with Love Workshop

7pm The Exchange, Castle Avenue (upstairs)
One of the most important relationships in your life is the relationship you have with yourself. It's important to take time for self-care. Crafting is a great way to incorporate this into your daily routine. During Feelgood Fortnight, Women's Collective Ireland - Donegal invite you to join a fun and creative self-care themed crafting workshop, where you will

enjoy creating and have some good laughs with other women. Places limited (women only).
Fee: €5. Contact: donegal@womenscollective.ie or text 0858638419

Friday 5 July

“Feel Good” Art Exhibition

9.30am to 5.30pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists.

Boogie Bugs Early Years Music

10am The Exchange, Castle Avenue, Buncrana
A fun free music and movement session for toddlers and their carers with Bernie Doherty from The Music Box. All Welcome.

Storytime Under the Tree

11am Buncrana Community Library (under the tree)
All Children must be accompanied by an adult

Golden Lunches

1pm The Exchange, Castle Avenue, Buncrana
Food and fun for over 65s at The Exchange’s weekly lunch with some special feel good entertainment. All Welcome.

Art for Wellbeing

3pm The Exchange, Castle Avenue, Buncrana
Relax and enjoy creating art in a fun and supportive environment. No previous experience needed. All ages and abilities welcome but under 12s must be accompanied by an adult.

Buncrana Bake Off

2-4pm St. Mary’s Hall, Buncrana
Enjoy a wonderful afternoon bringing and sharing your favourite cakes and bakes with some prizes for the most beautiful and delicious cakes! With Inishowen Development Partnership. All ages welcome.

Saturday 6 July

Buncrana Parkrun

9am Meet: Tip O’Neill Statue, Shorefront, Buncrana
Wear your most colourful clothing for a Feelgood Parkrun (or walk) for fitness and fun! For all ages. Dogs and buggies welcome. (9am: briefing, 9.30am: start)

Feel Good Art Exhibition

10am to 5.30pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists.

Fun with Lego

11am – 2pm Buncrana Community Library

Drop in to create something special out of Lego.

Ukrainian Weekend Family Fun Day

1 – 5pm St Mary's Hall, Buncrana

Join us for a wonderful free family-fun afternoon hosted by members of our Ukrainian community and featuring food, arts and crafts, face painting and music. All Welcome.

Sunday 7 July

Feel Good Fortnight Sandcastle Competition

2pm – 4pm Lady's Bay, Buncrana Shorefront.

Join the annual Feel Good Fortnight Sandcastle Competition. Come as a family or create a team to battle out for the winning design. All welcome. Prizegiving at 3.45pm. Whatever the weather!

Ukrainian Weekend Concert

6pm The Exchange, Castle Avenue, Buncrana

Enjoy a feast of music with this free pop up concert.

Have-a-go Karaoke

8pm The Exchange, Castle Avenue, Buncrana

Try your hand at Karaoke for a fun and relaxing evening. BYOB or free tea and coffee provided. All welcome.

Monday 8 July

Stone Painting Workshop

2pm The Exchange, Castle Avenue, Buncrana

Paint some feel good "happy stones" in this creative workshop. Materials provided. All welcome but children must be accompanied by an adult.

Circle Dance

6.30pm Swan Park (Rainy day venue The Exchange, Castle Avenue, Buncrana)

Dance your cares away to music from all over the world. Easy dances: no partner needed. Some dances gentle and meditative others lively and energetic. All dances taught first. No wrong steps only variations. Lots of fun. All most welcome.

Board Games Evening

7pm – 8.30pm at The Exchange, Castle Avenue, Buncrana

Try your hand at chess, draughts, scrabble and more or bring a game of your own to share with others. Have fun and make new friends at the same time!

Tuesday 9 July

Feel Good Art Exhibition

9.30am to 5.30pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists.

Storytelling for Wellbeing

5 -6pm at The Exchange, Castle Avenue, Buncrana
A fun free workshop for children aged 6 – 9 years old telling stories as a group. Booking essential. Contact insightinishowen@gmail.com or TEXT 087 795 5401.

Wednesday 10 July

Feel Good Art Exhibition

12.30am to 8pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists.

Board Games

2pm Buncrana Community Library
Relax and enjoy some fun board games every Wednesday afternoon.

Fun with Lego

3pm Carndonagh Community Library
Drop in to get creative with Lego.

Food to Boost your Mood

4pm The Exchange, Castle Avenue, Buncrana (upstairs use side door)
Cooking demonstration and tasting of healthy food alternatives that will boost your mood. Recipes provided.

Mindfulness Workshop

7pm The Exchange, Castle Avenue, Buncrana
A relaxing evening of mindfulness with Dr Breda Friel from the Inishowen Mindfulness Centre. Places limited. Booking essential. Contact insightinishowen@gmail.com or TEXT 087 795 5401.

Thursday 11 July

Feel Good Art Exhibition

9.30am to 5.30pm Buncrana Community Library
Enjoy beautiful paintings created by local amateur artists.

Sound Healing with Marie Fitzpatrick

10.30am at The Exchange, Castle Avenue, Buncrana (upstairs)
Experience the healing properties of sound during this sound bath taster session. €10 per person including a special 50% discount for Feel Good Fortnight. Places limited. Booking essential – email insightinishowen@gmail.com or TEXT 087 795 5401

Intercultural Café

11am – 1pm The Exchange, Castle Avenue, Buncrana

Come along to The Exchange's weekly Intercultural Café. Sample some international cuisine and meet new friends. All welcome!

Grow Mental Health Support Group

7pm The Exchange, Castle Avenue (downstairs)

All welcome to join this free weekly group for anyone suffering with depression, anxiety or mental ill health. A caring and confidential support group for men and women (over 18s).

Writing for Wellbeing Workshop

7pm at The Exchange, Castle Avenue (upstairs)

Discover the many therapeutic benefits of writing for wellbeing. Learn about journalling, personal writing and the cathartic power of self-expression. No writing experience necessary. Places limited. Booking essential. Contact insightinishowen@gmail.com to book or TEXT 087 795 5401.

Friday 12 July

Feel Good Art Exhibition

9.30am to 5.30pm Buncrana Community Library

Enjoy beautiful paintings created by local amateur artists.

Storytime Under the Tree

11am Buncrana Community Library (under the tree)

All children must be accompanied by an adult

Golden Lunches

1pm at The Exchange, Castle Avenue

Food and fun for over 65s at The Exchange's weekly event with some special "feel good" entertainment. All welcome. No booking necessary.

Art for Wellbeing

3pm The Exchange, Castle Avenue, Buncrana

Relax and enjoy creating art in a fun and supportive environment. No previous experience needed. All ages and abilities welcome but under 12s must be accompanied by an adult.

Moville Bake Off

2- 4pm Methodist Hall, Moville

Enjoy a wonderful afternoon bringing and sharing your favourite cakes and bakes with some prizes for the most beautiful and delicious cakes! With Inishowen Development Partnership. All ages welcome.

Inishowen Choir of Ages Pop Up Concert

7pm Swan Park (rainy day venue The Exchange)

Enjoy the feel good sounds of Inishowen's Choir of Ages in this special free pop up concert in the park.

Feel Good Open Mic Night

8pm The Exchange, Castle Avenue, Buncrana

Share a song, poem, piece of music or more in this relaxed and fun open mic night. BYOB or enjoy tea and coffee provided.

Saturday 13 July

Buncrana Parkrun

9am Meet: Tip O'Neill Statue, Shorefront, Buncrana

Wear your most colourful clothing for a Feelgood Parkrun (or walk) for fitness and fun! Run or walk as fast as you like and meet new friends along the way. For all ages. Dogs and buggies also welcome. (9am: briefing, 9.30am: start)

Backwards Running Demonstration

Buncrana shorefront – straight after Parkrun

Join local world champion backwards runner Garrett Eddie for a demonstration and an opportunity to try it for yourself!

Feel Good Art Exhibition

10am to 2.30pm Buncrana Community Library

Enjoy beautiful paintings created by local amateur artists.

Fun with Lego

11am – 2pm Buncrana Community Library

Drop in to create something special out of Lego.

Family Fun Picnic

2 -4pm Swan Park

Bring a picnic and share in the free family fun with face painting, games, crafts and music. Enjoy a relaxed afternoon in the park. All Welcome.



Insight Inishowen is a registered Irish charity: RCN: 20107956 based at The Exchange, Castle Avenue, Buncrana. To find out more visit our website: www.insightinishowen.ie.