



# Lifted

**PROGRAMME!**

More events/activities  
can & will be added!  
So, keep checking out  
[www.insightinishowen.ie](http://www.insightinishowen.ie)  
fb. Feel Good Fortnight  
to get updates or  
to get involved!

As the government talks about “lifting” restrictions, many are in need of time to heal, restore and reconnect - a “lift” of spirit, mind and body both personally and as a community.

Since 2012 Insight Inishowen has co-ordinated “Feel Good Fortnight” to share all that is good, healthy and positive about our community and to promote positive mental health. An opportunity for individuals, community groups and businesses to organise events, projects and programmes to put a smile on everyone's face!

**NB. Data Protection notice. Please read.**

**Photos and Videos**

Many of the listed FGF events/activities invite submission of photos and videos. It is required that all individuals (or the legal guardians in case of minors or vulnerable adults unable to give informed consent) prominently featured and identifiable in photos or video understand and give clear verbal consent to the material being sent to us and for it to be used to report on and publicise the work of Insight Inishowen, including Feel Good Fortnight, through our social media and web pages, printed reports and future publicity and media/press releases. **In sending photos and media to us, please give your name and contact information with it, in case we need to verify consents.** This information will be stored according to Insight Inishowen’s data protection policy and only for this purpose.

**Contact names and data**

If entering any competitions included in the programme, you will be asked to submit basic minimal personal name & contact details to facilitate the competition. In giving your details you give consent that those details will be stored securely according to our GDPR policy and only be used for the purpose of the event/activity and will not be retained once that is completed.

-If you have any concerns or limitations about consent on contact details, photos or videos you send in, then please explain that concern in writing along with the submission.

-If there are any questions on this, please message us on Insight Inishowen facebook page or email [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com).

**Organise a Feel Good Activity in your Estate!**

What can **you** do as a street/ estate?

Some ideas to get you thinking:

Households have a garden picnic time, a quiz, or play bingo?

Do a community clean/tidy up?

Do some art in home windows, or make a recycled sculpture in gardens, or chalk art on drives or pavements?

Themed fancy dress day?

Send in photos & videos of your event by message on Feel Good Fortnight fb page, so we can share wider on our fb page.



**‘Collect & Craft!’**

**Buncrana Library**

Buncrana Library has 25 craft packs to give out free on a first come first served basis at the Library from **Tues 30 June**.

Use the packs to make your own creation. Bring it in to the Library before deadline of 2.30pm on **Saturday 4 July**. All work will be then put on public display. Open to all ages!



**Live and Original**

*Organised by Music Box*

Inishowen folk have loads of talent! Got a song or piece of

music to share (your own composition or a cover), or perhaps a poem or short story you’ve written? Send a video of your act by message to Music Box fbook pg <https://www.facebook.com/themusicboxschool/>.

Send it before end of day on **Tue 7 July**. There may be prizes!

Join us for Feel Good Fortnight facebook Live Video watch party featuring submitted acts on Thurs 9<sup>th</sup> July at 8pm.

<https://www.facebook.com/FeelGoodFortnight/>



**Inishowen’s Young Talent!**

*Organised by Music Box.*

For performers aged 5-15! What performing talent can you share: music, dance, comedy, video-making, drama, poetry, ...? There may be prizes! Send in a video of your talent by message to Music Box facebook pg <https://www.facebook.com/themusicboxschool/>. Send it before end of day on **Tue 7 July**.

Join us for Feel Good Fortnight facebook Live Video watch party featuring submitted acts on Thurs 9<sup>th</sup> July at 6pm.

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## Charity Car Treasure Hunt!

*Organiser: Janet Fletcher*

Over weekend Fri 3 – Sun 5 July  
Buncrana's first car treasure hunt with on-line clues!

Traditional format for hunting, but a modern method to help with social distancing - payment, clues and answering online! The hunt will also be in phased time slots over the weekend to avoid crowding. Two community groups will benefit - Buncrana Nursing Unit & Lough Swilly RNLI. Entry fee is €20/car. More

details and to register visit this link to fb event page:

<https://www.facebook.com/events/586952408892386/>

## Feel Good Poster competition!

*Organised by Claire Doherty*

Get creative! All children & young people are welcome to participate! Design an A4 size poster with a 'Feel Good' theme or about what makes you feel good! There'll be prizes to win and posters will be displayed in town shops over FGF! Leave poster(s) at the Buncrana library between now & **Fri 26th June** (closing time 2.30pm!). Or put in envelope and drop in letterbox at Exchange! Feel free to enter more than once! Don't

forget to write child's first name & age, & adult contact details on the back of poster!



## Paint along with Sinead!

Wednesday 8th July @ 8pm - 9.30pm

Live video event Feel Good Fortnight f'book pg.

*Organised by Sinéad Smyth*

Join artist Sinéad Smyth in a collective fun creative experience painting with oils or acrylics. Enjoy either working on your own project or follow Sinéad's step by step approach to painting a small still life, knowing that many others across Inishowen and further afield are creating alongside you. Interact with the tutor by sending photographs on messenger or engaging with the group on the live chat. For all creatives from beginners to advanced!

To join event visit Feel Good Fortnight facebook page at day & time of session and log in. <https://www.facebook.com/FeelGoodFortnight/>



**Suggested Materials:** Oil or Acrylic paint (tutor will be using oils).

Suggested colours - don't worry if you don't have all of these: cadmium yellow (mid or deep hue are best), cadmium red or magenta, white, burnt umber (brown), sap green, ultramarine blue or cerulean blue. One small round brush (approx. 3 - 5mm). One flat brush (3-5mm). One flat brush 1/2" (you can also use a cloth - old pillow cover is perfect). Low odour white spirits. A little linseed oil if you have it. A board or canvas - small 5"x7" board will be used by the tutor, but you can use what you have or prefer.

## Feel Good Mindfulness Practice Workshops

*Organised by Inishowen*

*Mindfulness Centre & Insight Inishowen*

Tuesday 30th June 7.30pm – 8pm

Tuesday 7th July 7.30pm – 8pm

Feel Good Mindfulness Practice on Zoom with Breda Friel. Improving wellbeing through guided mindfulness with the Inishowen Mindfulness Centre and Insight Inishowen.

*To join click on link below just before scheduled time:*

**Title: Breda Friel's Zoom Meeting**

Weekly from 19:30 to 20:00 on Tuesday 30<sup>th</sup> June

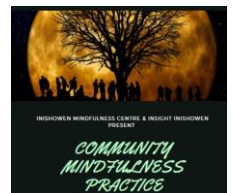
<https://us04web.zoom.us/j/6838002937?pwd=RnMzc1dJMWNoQXNrZnQTM1N3V2Zz09>

Meeting ID: 683 800 2937

Password: 3DFjrf

Or join with Google Meet <https://meet.google.com/pkz-pivn-hjf>

For more info contact organiser [bnfriel62@gmail.com](mailto:bnfriel62@gmail.com)



## Kahoot Quiz!

*Organised by*

*Caitriona Uí Dhoibhlin*

A fun general knowledge quiz for different ages! Quiz will be live from Mon 29 June to Fri 3 July. Join at any time

using your phone, laptop or tablet by clicking on the Kahoot! link that will be posted on Feel Good Facebook page on Mon (you don't need to download the Kahoot app unless you want to!). just follow instructions giving yourself a player nickname. You can do it all at once or come back different times to continue. It's all just for fun, but at end of the week we'll have some rewards for a few winners! Compete against family members or friends!



## Minding Mammy!

Online Zoom Workshop. Focusing on anxiety module.

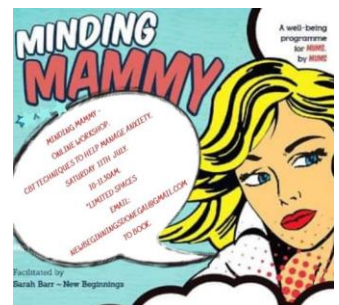
*Organised by Sara Barr of New Beginnings*

Saturday 11th July 10am to 11.15am

Learn CBT techniques and tips to help you catch, challenge & change negative & irrational

thoughts. Learn new strategies to help you to manage anxiety and overall care for your wellbeing. 'Minding Mammy' has been created by a qualified and registered integrative counsellor, Sarah Barr from New Beginnings. The workshop facilitated throughout Donegal, Derry and online for almost 3 years.

Limited spaces available (20 max). To book or for more details please email: [newbeginningsdonegal@gmail.com](mailto:newbeginningsdonegal@gmail.com). Zoom link to be provided to registered workshop participants prior to workshop commencing.





### Kids Fun Cartoon Drawing Workshop

*With Mick O'Toole*

Simple and fun step by step 1 hour on-line drawing class for all ages with

cartoonist Mick O'Toole.

3 opportunities to do a class: (NB. Unfortunately Mick has had to cancel previously listed weds class?)

Fri 3rd July 3pm – 4pm

Sat 4th July 3pm – 4pm

Tue 7<sup>th</sup> July 2pm – 3pm

No need to register, just visit facebook pg 'Mick O Toonz Animation' at day & time of session and log in to F'book live video.

<https://www.facebook.com/MickOToonz/>

Videos of classes will also be uploaded to Mick's Youtube channel afterwards in case you missed it or want to resse it!

### Sandcastle Competition

Grab you bucket & spade and head down to the beach! We're looking for the most creative & interesting sandcastles / sand sculptures. Individuals or household groups can take part. When you finish take a photo (preferably with the sculptors included!) of your work & send it to us by message on the Feel Good Fortnight fb page. Please note photos will appear on our web & fb pages. Include in the message an adult contact detail if you are entering the competition, so we can let you know if have won a prize! Deadline to send in photos to be included in competition is Thursday 9 July.



### Bike Floor Art Competition

*Run by Sustrans N. Ireland*

At home & using your floor as a canvas, create a picture of a bike by laying out whatever you can find at home! Take a photo & send it to us.

Winners receive a bike goodie bag.



### Seed Swap Box

*Organised by Amach Anseo*

Tue 30 June & Tue 7 July 10am – 6pm

Visit Amach Anseo's free seed & seedlings

swap box on Buncrana Main St/Market

Square. Pick up or drop off seeds and seedlings. Please maintain a distance and wash your hands before and after handling.



### Mural Painting

Over FGF and with the support of Buncrana Tidy Towns we will be replacing the murals on the Faulet Factory. Anyone wanting to help paint these message us on Feel Good Fortnight fb page.

### Buncrana Tidy Towns Clean Up

*Organised by Buncrana Tidy Towns*

Join in to help alongside Buncrana Tidy Towns volunteers in their fantastic work keeping Buncrana looking clean and well. Sat 11 July. Time and meeting point to be confirmed!

### Yarn-bombing /Benchweaving!

*Organised by Anna Stainsby*

Keep an eye out for different art and creative positive messages in and around Buncrana. Want to be involved message us on fb Feel Good Fortnight



### Lonely Bouquet!

In the Buncrana area during FGF some lonely flower bouquets have got lost! Should you find one, please feel free to pick it up and take it home – or give it to someone who'd appreciate it!



Insight Inishowen is a registered charity.

RCN 20107956 CHY 218114

Trustees: Ruth Garvey-Williams, Margaret McLafferty, Noel Bradley