



Feel Good Fortnight Programme 2022



Saturday 25 June – Saturday 9 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. We are delighted to be back in person this year with a programme that is packed full of 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 but this year with a difference. Our team of creatives have chosen the theme of PEACE for this year.

Forest of Intentions - write a positive message and hang it in the trees at the edge of the Fishing Greens, Cahir O'Doherty Avenue, Buncrana. Read lovely messages from others too.

'Feelgood' 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.

Watch out for:

- Pop up appearance from 'Climate Clamour' choir
- Flash mob dancers
- Random Acts of Kindness

Saturday 25 June

Parkrun

9.30am Tip O'Neill, Statue, Shorefront, Aileach Road, Buncrana

Get fit, stay healthy, meet new friends and have fun. Walk or run the 5km route along the shore path.

Yoga at The Grind

12.15pm Fishing Greens, Cahir O'Doherty Avenue, Buncrana

Try out Yoga in the open air.. With Sabrina from the Yoga Loft. All welcome. Contact: frielsabrina@gmail.com or visit The Yoga Loft on FB and Instagram

*Weather-dependant event

Reflexology Sessions

9-1pm, *The Exchange, Castle Avenue, Buncrana*

Put your feet up literally with some taster reflexology sessions to relax and de-stress. Contact Sabrina, reflexology practitioner, to book a spot: sabsmckin@hotmail.com

Everyone Welcome Inter-cultural Picnic

2.30pm-4.30pm, Fishing Greens, Cahir O'Doherty Avenue, Buncrana

Join us for an afternoon of family fun with lots of feel good games for all the family, featuring a taste of food from the different cultures that make up our diverse community including delicious Syrian, Polish, Moroccan and Irish foods, and more... Feel free to come along and bring a sample of your own food to share.

**Wet Weather Venue - The Exchange, Castle Avenue.

Open Day and Forest Bathing Taster

2pm -5pm, Carnagarve Forest (Carnagarve is a townland between Moville and Greencastle - forest coordinates: 55°11'53.9"N7°01'18.0"W)

Spend some revitalising time in nature 'forest bathing' to relax, de-stress and reinvigorate your mind and body amongst the trees. Enjoy all the beauty and the benefits of the forest.

Contact: Liam Tel: 00447890569718. For more detailed directions email: insightinishowen@gmail.com.

Sunday 26 June

Poetry and Pastries

3pm, The Exchange, Castle Avenue, Buncrana

Join us for a relaxed afternoon tea and poetry reading. Bring a favourite poem or some of your own work to share. Or simply sit back and listen. Suitable for all ages.

Monday 27 June

Music and Movement – event cancelled due to unforeseen circumstances.

'Leave No Trace' Environmental Workshop – event cancelled due to unforeseen circumstances.

Eco-Therapy Wonder Walk: Keeping Nature in Mind

6pm-8pm Meet at The Exchange, Castle Avenue, Buncrana

Learn about Ecotherapy and how nature supports our wellbeing. See a familiar walk differently, with renewed awe and wonder. Slow down, breathe deeply, connect with nature, others and self. (This is a free session, but places are limited, so please book in advance by contacting Michaela Mc Daid Ecotherapy on FB or Instagram @natureinmind www.michaelamcdaidecotherapy.com 083 017 6264)

Please dress for the weather and wear comfortable walking shoes!

Board Games Evening & Chess Tournament

7 - 8.30pm, The Exchange, Castle Avenue, Buncrana

Relax and have fun with a range of fun board games or join in a mini chess tournament organised by Buncrana Foroige Youth Club. Refreshments provided. All ages welcome.

Tuesday 28 June

Craft Workshop

11am, Greencastle Community Craft Workshop, Greencastle

A positivity crafting workshop including positivity canvas painting and rock painting. All the work will be exhibited at the centre and members of the community can add to the exhibition. Positivity rocks created during the workshop will be distributed throughout the community. For more details or to book contact: susan@greencastlecentre.ie www.greencastlecentre.ie Tel: 0749381054

Sand Art

6pm, Porthaw Beach, Buncrana (car parking at Ned's Point)

Join us for early evening fun on the beach, creating beautiful sculptures, drawings and collages out of natural materials. Suitable for: all ages

Wednesday 29 June

Meditative Mandala Stone Painting Workshop

10am-12pm, The Exchange, Castle Avenue, Buncrana

Come and join us in a meditative mandala stone painting session. Learn how focused attention can help you switch off and forget your stresses for a wee while. The finished stones will be placed on the land as part of a Celtic peace spiral. Have a cup of tea, a bit of banter and chill out.

Suitable for: all ages, children must be supervised. Painting materials provided. Bring your own stone! Numbers limited, to book contact: insightinshowen@gmail.com

Dathanna Abú! Hurrah for Colours!

1.30-3.30pm, The Exchange, Castle Avenue, Buncrana

Bi-lingual Irish / English art workshop for 6-12 year olds. Colour and creativity, dathanna agus cruthaitheacht! Craic, spraoi agus positivity! Gaeilge agus Béarla, Irish and English throughout. Bígí linn a chairde, look forward to seeing you there! Numbers limited to 15. To book contact Sinéad on 087 7198543.

Yoga at The Grind

6pm Fishing Greens, Cahir O'Doherty Avenue, Buncrana

Try out Yoga in the open air.. With Sabrina from the Yoga Loft. All welcome. Contact: frielsabrina@gmail.com or visit The Yoga Loft on FB and Instagram

*Weather-dependant event

Crafting Workshop

7pm-10pm, The Exchange, Castle Avenue, Buncrana

An evening of soap-making and bracelet-making from Donegal Women's Collective. Booking essential as places limited. Please contact Danielle at devworker.donegal@womenscollective.ie to book a place

Thursday 30 June

Sound Bathing Taster Session

11.30am -12.30pm, The Exchange, Castle Avenue, Buncrana

A meditative workshop from Marie Fitzpatrick Sound Healing Practitioner, in which participants are immersed in healing sound waves. Relax and recharge, forget the world for a while. Please bring a blanket. Places limited, contact Marie to book: Sound Healing by Marie on Instagram, Tel or text: 0872962646

NEW EVENT - Make Music and wake up to Nature!

2PM - 3:30pm - The Exchange, Castle Avenue, Buncrana.

Annette McNelis invites you to an action-packed, fun-filled music workshop, guaranteed to get you abuzz about nature. No musical experience necessary. Suitable for 8 - 12 year olds. Limited places so booking is essential. To book, contact Annette on 087 9624448

Comedy and Mental Health

7pm - 8.30pm at Rodden's Bar, Main Street, Buncrana

A light-hearted look at how comedy can help our mental health and wellbeing with Bill Vaughan from Mental Health Ireland. All welcome.

Friday 1 July

Haiku Walking/Writing Workshop

12pm-1.30pm Meet at The Exchange, Castle Avenue, Buncrana (Walk to Swan's Park)

Immerse yourself in the wonders of nature and learn to be present in the moment with the mindful practice of haiku poetry. Bring a notebook and pen! We will write as we walk! Limited places, contact Siobhán for more details or to book: siobhanbsb@hotmail.com, 0863630074

*Weather-dependant event

Golden Years Social Afternoon

1-2.30pm, The Exchange, Castle Avenue, Buncrana

Enjoy an afternoon of music, board games, tea and treats and lots of craic! In partnership with ALONE. For over 65s.

Saturday 2 July

Reflexology

9-1pm, The Exchange, Castle Avenue, Buncrana

Put your feet up literally with some taster reflexology sessions to relax and de-stress. Please contact Sabrina to book a place: sabsmckin@hotmail.com

Wild Inishowen Nature Walk

10.30am, meet at The Exchange, Castle Avenue, Buncrana

Join local wildlife experts to discover the wonderful creatures that live under our noses.

Mosaic Workshop Open Day

10am until 4pm, ArtSurgery, Castle Avenue, Buncrana

A workshop to design and create mosaic from beach rubble, sea pottery, tiling waste and recycled materials. Drop in on the day or confirm your attendance in advance to give an idea of numbers and any skills or materials you can share. Contact:

Instagram @artsurgery1or artsurgery on FB or Patricia on 087 609879

Step by Step Drawing Classes

10:30 to 11:30; 12 to 1pm, The Exchange

Join Mick with fun step by step drawing classes, good craic for all ages. Just bring your pencils/rubber and we'll supply the paper. All children under 8 must be accompanied by an adult.

Games on the Green

2.30pm - 4pm, Cinema Green (St. Mary's Hall), St. Mary's Road, Buncrana.

**Wet Weather venue: Inside St. Mary's Hall.

"Games on the Green" a free event for all ages featuring giant garden games (connect four, chess, jenga, snakes and ladders) plus plenty of feel good fun. Children are welcome to come dressed up as their favourite princess or superhero.

Open Mic for Peace

8pm, ArtSurgery, Castle Avenue, Buncrana

Poets, performers, singers and audience members are invited to an open mic hosted by Rory McSwiggan of Bennigan's Chicken Box Comedy fame. Please bring your talents, your stories, your cookies, your ears... whatever makes you Feel Good! Free event, small donations on the night to the Red Cross in Ukraine. Contact: Instagram @artsurgery1or artsurgery on FB or Patricia on 087 609879.

Sunday 3 July

Boomtree Bees Workshop

12pm, Boomtree Bees, Westbrook/Tullyarvan Buncrana

Help with the protection of the native Irish honey bee. We will be making a natural nest box (loghive) for our native honeybees. You will learn about the life of the honeybee, have a go at making a loghive for the Inishowen community which will be put up somewhere in Inishowen. This is a hands-on workshop - bring gloves with you for protection as we are working with wood! To book contact: Mick at boomtreebees@gmail.com

Family Quiz Afternoon

3-5pm, The Exchange, Castle Avenue, Buncrana

Enjoy a fun family table quiz suitable for all ages. Teams of four. Refreshments provided. No need to book, just show up on the day.

Monday 4 July

Start a Gratitude Journal

11am - 12noon at The Exchange, Castle Avenue, Buncrana

Bring your own notebook or journal. Learn about the benefits of journaling to improve positive mental health and kickstart your gratitude journey. Refreshments provided. Suitable for anyone 10 years or over.

Family Scavenger Hunt (presented by Buncrana Foroige Club)

7 - 8.30pm leaving from The Exchange, Castle Avenue, Buncrana

All ages welcome. Under 12s must be accompanied by an adult. Return by 8.15pm for refreshments and prizes.

Tuesday 5 July

Random Acts of Kindness Day

ALL DAY - watch out for some fun things on Main Street, Buncrana to spread the smiles. What will you do? Stuck for ideas? Check out our website: www.insightinishowen.ie/acts-of-kindness. In partnership with Buncrana YouthReach.

Sandcastle Building Competition

5-7pm, The Ladies Bay, Buncrana Shore Front, Buncrana

The ever-popular all-age Feel Good Sandcastle Competition is back! Bring your own buckets and spades, your imagination and creativity! Make sure to register to be in with a chance to win. Judging at 6.45pm sharp. Prize Giving at 7pm.

Wednesday 6 July

Storytelling Morning

11am, under the Feel Good Tree, Buncrana Community Library, St Mary's Road

A morning of storytelling fun for all our young people. Hosted by the Library.

Mindfulness Taster Workshop

7.30pm-9pm, The Exchange (upstairs), Castle Avenue, Buncrana

Relax and revive in this introduction to mindfulness practice to relieve stress, manage anxiety and enjoy living in the moment. Presented by Breda Friel, Mindfulness teacher from Inishowen Mindfulness Centre.

Places limited. To book please contact: insightinishowen@gmail.com or tel: 0749362572

Thursday 7 July

Frameworks for Change: Coaching Process

10 - 2pm The Exchange, Castle Avenue, Buncrana (upstairs)

Personal development workshop - a chance to take time out to work through an issue in your life with help and support. Facilitated by Noel Bradley.

Food Tasting

12 - 3pm Supervalu, Buncrana

Our friends at Supervalu Buncrana have lots of tasty treats for you to try.

Storytelling and Pavement Art

2pm, Carndonagh Community Library, Malin Road, Gort Glebe, Carndonagh

An afternoon of storytelling fun and pavement art for children of all ages.

Gateway Singers in Concert

8pm Christ Church, Main Street, Buncrana

Enjoy a beautiful feel good feast of music from the fabulous Gateway Singers.

Friday 8 July

Swap Shop

11am, The Exchange, Castle Avenue, Buncrana

Bring something, take something. Don't throw things away - share them. Practice sustainability and find some new treasures! Watch out for books, bric-a-brac and more. No clothing please (please donate old clothes to a local charity shop).

Musicals Sing-a-long

With Greasepaint Productions

8pm, The Exchange, Castle Avenue, Buncrana

Wilkommen... Be our Guest... Join with the cast and volunteers of "Musicality" for a fun evening singing along to well known classics from much-loved shows. Refreshments provided. BYOB.

Saturday 9 July

Parkrun

9.30am Tip O Neill, Statue, Shore front, Buncrana

Regular Buncrana parkrun and parkwalk. Get fit, stay healthy, meet new friends and have fun!

Kite Making Workshop

10.30 - 12noon The Exchange, Castle Avenue, Buncrana

Make your own kite. Children must be accompanied by an adult. Join us to fly the kites at the shorefront.

Let's Go Fly a Kite

12.30 - 1pm, Shore Front, Aileach Road, Buncrana

Bring your kite or make one at the workshop in the morning and let's fill the sky with colour for our Feel Good finale 2022.

Insight Inishowen

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