



## **Saturday 24 June – Sunday 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. 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](http://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.

**'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.

**Pavement / Chalk Art Images** on display at Buncrana and Carndonagh Libraries and a Feel Good craft in all three Inishowen libraries.

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

**Sundown Sessions** – random pop-up sets by musicians and singers in outdoor venues during the evenings (after 7pm). Keep an eye (or ear) out!

**Alcoves Art Exhibition** - organised by Artlink in association with Fort Dunree,  
Daily 10.30am to 4.30pm at Fort Dunree Military Museum

Opening Reception at 5pm Friday 23 June

At Fort Dunree the museum has recently been renovated to create a fantastic visitor experience. Within the main fort building are empty vitrines, embedded in the walls. Fort

Dunree has generously supported Artlink in allowing us to occupy these vitrines with artworks for Feel Good Fortnight 2023. Artlink invited artists, community groups and school groups to create an artwork for each of the nine vitrines. The artworks are all inspired by the fort and museum, referring to things such as the views at Dunree, military history, peacekeeping, wildlife. The exhibition includes artwork by students of Desertegney National School, Little Acorns Afterschool Club Carndonagh, Nursery Lane Afterschool Club Fahan, The North West Home Education Group, iCare Buncrana, and Inishowen based artists, Mark Cullen and Rois Deeney.

## **(Bonus event) Friday 23 June**

**Thank You Concert** 7.30pm Christ Church, Buncrana. On the eve of Feel Good Fortnight, join this a special concert of Rev. Judi's favourite music to say thank you to the Buncrana and Fahan communities for all their help and support over the past nine years. MC John McCarter and organised by Angela Tourish.

## **Saturday 24 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)

### **Teddy Bear's Picnic**

11am-1pm iCare Centre, Ballymacarry, Buncrana

Bring your favourite teddy bear, picnic and blanket for fun in the sun at iCare!

### **Creative Wellbeing Workshop: The Image and The Word**

11am-1pm & 2-4pm @ The Exchange

A creative workshop for adults combining collage and poetry to explore our inner world and our connection to the outer world. Imelda Maguire is a poet, Soul Collage® facilitator and is interested in the healing power of both. Booking essential as places limited. *To book contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) or Tel 0749362572. Fee: €10*

### **Take it to the Streets**

2 – 4pm Buncrana Main Street (Market Square)

Kick off the festival with some fun on the main street with lots of feelgood frolics, including games, special offers, chalk art, face painting, music and more!

## **Sunday 25 June**

### **Circle Dancing**

12-2pm Swan's Park, Buncrana

Dance your cares away to world music - no partner needed, easy and fun. Join Jean in the park for a relaxing and reviving way to start your Sunday. No booking necessary. Just come along!

### **Cupcake Decorating Workshop**

2 – 3pm The Exchange

Learn to decorate your own cupcakes in this delicious and fun workshop! Suitable for all ages. (Children must be accompanied by an adult.) Donations appreciated to cover costs.

### **Sundown Sessions: Inishowen Choir of Ages**

7pm Swan's Park, Buncrana

Relax and unwind in the evening to the melodious notes of outdoor music on our 'Sundown Sessions' music trail throughout the fortnight. First up is the brilliant and uplifting Choir of Ages performing a short set in the beautiful surrounds of Swan's Park (bandstand, right bank).

(\*Rainy Day Venue: The Exchange)

## **Monday 26 June**

### **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 contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) or Tel 0749362572*

## **Eco-Therapy Taster Session**

6-7pm Meeting Point: outside The Angling Centre, Buncrana

Join Michaela Mc Daid, Eco-therapist, for an introduction to the practice of eco-therapy. Take time to breathe, reflect and refocus in a natural setting. Learn all about the therapeutic and beneficial effects of nature while being immersed in it. Suitable for adults.

## **Zines for Teens**

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

Zines are a great way to explore your creativity by designing and publishing your doodles, art, poems, writing and collage...anything you want to express without anyone else's permission! During this workshop, you will be guided through the Zine making process and have the opportunity to make your own Zine using various art supplies. Participants will duplicate Zines, creating multiple copies for distribution to family and friends. No experience is necessary. Supplies provided. Places limited. Contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) to book

## **Tuesday 27 June**

### **Feel Good with Healthy Eating**

1pm The Exchange, Castle Avenue, Buncrana

In this lunchtime event, Anne-Marie from Slimming World Buncrana, will talk about healthy foods to feel good! All welcome.

### **Nature Walk and Talk**

#### **6pm Swan's Park, Buncrana (Meeting Point: Angler's Centre)**

Join Claire Thompson (Keeper of the Ways) for an informative and inspiring guide to the edible, medicinal and healing quality of plants that surround us. All welcome.

## **Wednesday 28 June**

### **Fun Music Workshop for Grown-Ups**

10.45-12.45 Buncrana Community Library

Join Annette McNelis for some fun-filled music making and a cuppa. No musical training or background is necessary. Just bring your inner child along in comfortable clothing and enjoy the experience. It's child's play! *Cost: Free. Booking is essential as places are limited. To book: Contact Annette on 087 9264448*

### **Gentle Stretch Yoga & Meditation**

7pm The Exchange, Castle Avenue, Buncrana (downstairs)

Join Sabrina from The Yoga Loft for a relaxing gentle stretch yoga class with some guided meditation. Suitable for beginners. All ages welcome.

### **Mindfulness Coaching Workshop**

7-9pm The Exchange, Castle Avenue, Buncrana (upstairs use side door)

An evening of reflection and inner work to find solutions through intuition and promote self-confidence, self-healing and wellbeing. Facilitated by Noel. Places limited. Booking essential. Please contact [insightinshowen@gmail.com](mailto:insightinshowen@gmail.com) or Tel: 0749362572 to book a place.

## **Thursday 29 June**

### **Intercultural Café**

11am The Exchange, Castle Avenue, Buncrana

Come along to The Exchange's weekly Intercultural Café which will be held *al fresco* in our carpark especially for Feelgood Fortnight, (weather depending!) Sample some international cuisine and music and meet new friends. All welcome!

### **Imagination Map for Wellbeing**

2pm, Imagination Map for Wellbeing, The Exchange (upstairs)

Join Wendy for a wellbeing creative activity for children with the 'Imagination Map', a nature-inspired mandala to encourage creativity and wellbeing. Suitable for children 7-11 years. *To book contact [insightinshowen@gmail.com](mailto:insightinshowen@gmail.com) or Tel 0749362572.*

### **Feelgood Mini Make-up Demo**

7.30pm The Exchange

Join Charlene from Charlene Greene Make-up for a look-good, feel-good 'A Summer Day' make-up demonstration. *Places limited, booking essential. Contact [insightinshowen@gmail.com](mailto:insightinshowen@gmail.com) or 0749362572 to book a place.*

### **Sundown Sessions: String Empire**

7pm Amazing Grace Viewing Point, Fishing Greens, Buncrana

Don't miss local band String Empire's acoustic set in the beautiful scenic surrounds of the Shorefront in this very special 'pop-up' Sundown Session.

## **Friday 30 June**

### **Golden Lunches**

1pm The Exchange, Castle Avenue, Buncrana

Food and fun for over 65s at The Exchange's weekly lunch. All Welcome.

### **Art Therapy Taster**

2-4pm The Exchange

Join artist and MSC in Art Psychotherapy student Geraldine Timlin for an introduction to art therapy. This workshop will cater for a small group of 8 participants and is suitable for anyone curious about art psychotherapy and those considering availing of the service. No experience is necessary. Suitable for: adults. Supplies provided. Registration required. Please contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) or Tel: 0749362572 to book.

### **Sundown Sessions: Boogie Bugs**

6pm at The Exchange, Castle Avenue, Buncrana

Join Bernie from Boogie Bugs for a special Sundown Session especially for 0-3yr olds. A sensory experience of lights, music, bubbles, sounds and more this 30 minute session will end your busy Feel Good Fortnight day with relaxing sounds and songs. An indoor 'under the stars' experience. Feel free bring your bedtime teddies.

## **Saturday 1 July**

### **Buncrana Parkrun**

9am Meeting Point: Amazing Grace Viewing Point\*

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)

\*Note change of venue because of Buncrana Music Festival

### **Wild Inishowen Nature Walk**

10.30am Meeting Point: The Exchange, Castle Avenue,

Explore the hidden nature of Swan's Park with the knowledgeable guides from Wild Inishowen Club. Suitable for adults, parents & children.

### **Yoga in the Park**

12pm Swan's Park, Buncrana

Join Sarah-Jane from Full Circle Wellness for some relaxing and refreshing yoga outdoors in the beautiful and tranquil surrounds of Swan's Park. (Please bring a yoga mat. Weather-dependant event! – Rainy day venue: The Exchange)

### **Swap Shop**

12-2pm The Exchange, Castle Avenue, Buncrana

Practice sustainability & save the planet. Bring an item, take an item in our big Swap Shop of anything and everything. One person's junk is another's treasure. Reuse and recycle. Come browse and find something you love.

### **Warhammer Armies on Parade**

1-5pm Porter Computers, Main Street, Buncrana

The 'Donegal Dice Flingers' hobbyist group present an exhibition to celebrate and display their efforts from the past few years enjoying this wonderful pastime and game. Warhammer is a tabletop wargame where the miniatures are lovingly constructed and painted before being deployed in a friendly skirmish. On display will be several armies, - all hand-painted by folks from across Donegal and Derry. There will also be a chance to join in. Have a go at the hobby: grab a paintbrush at the painting to paint a free miniature to take home or join a short demonstration game. Free entry, strictly 12+

## **Sunday 2 July**

### **The Cuidiú Big Family Picnic**

2 – 4pm at the Playpark, Shorefront, Buncrana

Head to the Playpark this afternoon for games, crafts and lots of fun. There will also be breastfeeding counsellors available for support. Bring your picnic blanket and goodies and join in the fun! Free event for families. All welcome!

### **Poetry & Pastries**

3pm The Exchange

Join us for a relaxed afternoon of poetry and pastries. Bring your own poem to read or share a favourite.

## **Monday 3 July**

### **Stone Painting Workshop**

2pm The Exchange, Castle Avenue, Buncrana

Paint some feelgood “happy stones” in this creative workshop. Materials provided. Adults and children welcome!

### **Family Scavenger Hunt presented by Buncrana Foroige Club**

7pm leaving from The Exchange, Castle Avenue, Buncrana

A 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.

## **Hope: A Conversation**

7pm Mullan Hope Centre, Moville

Presenters: Geraldine Mullan, Breda Friel and Marie Dunne

In what promises to be a very special evening, Geraldine, Breda & Marie share their reflections and experiences of hope as a concept, a theory, and in their everyday lives. Learn skills and strategies for finding and practising hope, and consider how this improves mental health and wellbeing. Free event. To book please contact [insightinshowen@gmail.com](mailto:insightinshowen@gmail.com) or Tel: 0749362572

## **Tuesday 4 July**

### **Yoga for Teens Taster**

2pm The Exchange, Castle Avenue, Buncrana

Join Michaela from Blossom Holistic Therapies for Yoga and de-stressing techniques specifically tailored for teens. All teens welcome.

### **Beach Art**

6pm Shorefront, Buncrana

Join us for some creative fun on the beach. From mandalas to mermaids draw, sculpt, collage or craft your own design in the sand to create a pop up art gallery on the beach. Suitable for adults and children – all welcome.

### **Crafting with Love Workshop**

7pm The Exchange, Castle Avenue

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 make découpage glass holders with homemade tea lights and have a good few laughs with other women. Places limited (women only). Fee: €5. Contact: [donegal@womenscollective.ie](mailto:donegal@womenscollective.ie) or text 0858638419

## **Wednesday 5 July**

### **ASIST Suicide Prevention Training Day One**

9am-4.30pm Ballyliffin



Free Certified Suicide Intervention Training but booking essential. Please contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) or Tel: 0749362572 for registration details.

### **Stories under the Tree**

11am Buncrana Community Library, St. Mary's Road, Buncrana

Join the staff at Buncrana library for a morning of storytelling fun under the library tree! Suitable for children.

### **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](mailto:insightinishowen@gmail.com) or Tel 0749362572

## **Thursday 6 July**

### **ASIST Suicide Prevention Training Day Two**

9am-4.30pm Ballyliffin

Free Certified Suicide Intervention Training but booking essential. Please contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) or Tel: 0749362572 for registration details.

### **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!

### **Stories on the Green**

2pm Carndonagh Library, Carndonagh

Come along for some storytelling fun with the staff of Carndonagh library. Suitable for: children and parents.

### **Writing for Wellbeing Workshop**

7pm at The Exchange, Castle Avenue

Discover the many therapeutic benefits of writing for wellbeing with Siobhán. Learn about journalling, personal writing and the cathartic power of self-expression. No writing experience necessary. Places limited. Booking essential. Contact [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com) to book or Tel: 0749362572

## Friday 7 July

### Ginko/Haiku Walk

12pm – 1pm Swan’s Park. Meeting Point: The Exchange

A ‘*ginko*’ is a special walk in nature where you write about what you see through ‘*haiku*’. *Haiku* is a short form of poetry that takes its inspiration from the natural world. It is a great way to practice mindfulness and learn to appreciate nature around us. Learn how to ‘haiku’ with Siobhán while walking in the beautiful surrounds of Swan’s Park. (Bring a pen & notebook or phone!)

### Golden Lunches

1pm at The Exchange, Castle Avenue

Food and fun for over 65s at The Exchange’s weekly event. All welcome!

## Saturday 8 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)

### Boogie Bugs Summer Concert

1pm St. Mary’s Hall, Buncrana

Bernie’s solo show features popular Boogie Bugs songs like “The Freeze Song,” and “Busy Buzzy Bee,” – and plenty well-loved songs you might remember from your own childhood! Kids should plan to bring their dancing shoes and whatever helps the party along, like a shaker or instrument from home or a stuffed animal. Summer will be in full swing at this show, full of colour, palm trees and some interesting animals on stage. All children must be accompanied and admission is €5 per person.

Tickets at: [www.ticketsource.eu/The-Music-Box-school](http://www.ticketsource.eu/The-Music-Box-school)

### 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.

## Sunday 9 July

## **Picnic in the Park**

2pm Swan's Park, Buncrana

Bring your blanket to enjoy a relaxed fun afternoon in the park with face painting, family games, activities and entertainment for all ages. Fun Family Photo Booth. Children are welcome to come in fancy dress.



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](http://www.insightinishowen.ie).