**Saturday 20 June - Saturday 4 July 2026**
***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 right across Inishowen and creative ideas 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.

**Happening throughout the Fortnight:**

**Feel Good Library Tree & Yarn bombing** - the iconic tree in Buncrana will be all dressed up in time for FGF and watch out for fun and beautiful art.

**Random Acts of Kindness with Buncrana GAA** throughout the two weeks. Every day the club will acknowledge the efforts of one of their volunteers as well as giving back to the community and surprising random members of the public with small tokens of appreciation.

**BONUS EVENT**

**Friday 19 June**
**Men's Mental Health Week Tri-sport Tournament**
6.30pm Inishowen Rugby Club, Moss Road, Carndonagh
Join us for a wonderful tournament to mark Men's Mental Health week in aid of Insight Inishowen with Inishowen RFC, Malin GAA and Moville Celtic FC. With refreshments from Anton's Chip Van and facepainting with Butterfly Beth.

## Saturday 20 June

**Buncrana Parkrun**
9am Meet: Tip O'Neill Statue Buncrana Shorefront
Join us for a Feel Good parkrun (or walk) for fitness, fun and wellbeing! Meet new friends. All ages welcome.

**Women's Nature in Mind Day**
10.30am-5pm at Amach Anseo Community Garden in Fort Dunree
(Cost €20 with a light lunch provided). A fun day of connection and learning, with practical tips to help support your wellness. Learn about the benefits of Ecotherapy, exploring our surrounding nature, finishing the day on the beach with the opportunity to swim or dip! For sign-up details contact Women's Collective Donegal on 0858638419 or Email donegal@womenscollective.ie

**Summer Solstice Nature Writing Workshop**
11am Meeting point The Exchange, Castle Avenue, Buncrana followed by a walk in Swan's Park.
Welcome the summer solstice by walking in nature, being inspired and writing about it! Bring a notebook and pen to compose a poem, a haiku or reflection. With poet and writer Siobhán Mc Laughlin.

**Summer Children's Festival with Buncrana Children's Charity**
12noon to 4pm at Buncrana Shore Front
Join an unforgettable day of FREE family fun as Buncrana Children's Charity celebrates its incredible 10th Anniversary. Get ready for the ultimate fun day out packed with excitement for all ages —

including giant bouncy castles, Kids Olympics, live music and dance performances, exhibitions, entertainment, and so much more. This special celebration promises a full day of laughter, community spirit, and unforgettable memories for children and families alike. (Donations to Buncrana Children's Charity appreciated on the day).

**Sunday 21 June**

### Open Garden

2pm-6pm Railway Road, Buncrana, F93 X3H5
An lovely opportunity to view a beautiful local garden. Donations in aid of Buncrana Community Garden. All Welcome.

### Mid-summer Melodies and Berries in Carnagarve Forest

From 5pm, Carnagarve is a townland between Moville and Greencastle. The forest coordinates are 55°11'53.9"N 7°01'18.0"W
Mark the longest day in Carnagarve Forest with an evening of music around a campfire, berry basket making, comfrey oil brewing, path side fruit picking and the unveiling of our "Wheel of Seasons" art installation.

**Monday 22 June**

### Clonmany Wellness Café

11am at Market House Café, Clonmany
Start your week the right way with a cuppa and good company. Our Wellness Café is a relaxed and welcoming space to chat, connect, and take a little time for yourself. Whether you drop in for five minutes or stay for the morning, you'll be met with a warm welcome.

### Solas Wellbeing Walk

11am Meeting Point: tbc
Solas Inishowen is an outdoor walking programme that supports mental health recovery. This wellbeing 'taster' walk offers the chance for people to join Solas for a walk and learn more about what is involved. Refreshments provided. Limited places. To book call or text Steven on 087 195 4938.

### Grow Mental Health Support Group

4.15pm The Exchange, Castle Avenue (upstairs)
Join this free weekly group for anyone with
depression, anxiety or mental ill health. A caring and confidential support group for over 18s.

### Zines for Teens

6.30– 8.30pm at MainStreet Kitchen, Buncrana
Get creative at our Teens Zine-Making Workshop**!** Design your own mini-magazine using collage, drawing, and writing – no experience needed. All materials provided. Come express yourself and leave with a zine that's uniquely yours! Facilitated by artist Geraldine Timlin

### Circle Dance

7 – 8.30pm Swan Park, Buncrana (RAINY DAY VENUE The Exchange, Castle Avenue)
Dance your cares away to music from all over the world. Easy dances; no partner needed. All welcome.

### Laugh with AJ

7-8pm, The Plaza, Main Street, Buncrana (FREE event)
Come experience the power of Laughter Therapy which combines laughter, play, gentle movement, breathing and relaxation. Bring yoga mat or blanket for relaxation.

**Tuesday 23 June**

**Moville Wellness Café**
10am to 12 noon at The Cosy Cottage (next door to the Moville & District Family Resource Centre)
Wellness cafés allow for people to meet up in a relaxed and informal space to socialise and connect. All welcome to come along, meet other people and enjoy a cup of tea or coffee.

**Mystery Feel Good Film**
1pm – 4pm Buncrana Cinema
Enjoy a wonderful Feel Good Film followed by Afternoon Tea at Buncrana Cinema.

**Mindfulness Workshop**
7pm The Exchange, Castle Ave., Buncrana
A relaxing evening of mindfulness with Dr Breda Friel. Places limited. Booking essential. Contact: insightinishowen@gmail.com or TEXT 087 795 5401.

**Wednesday 24 June**

**Feel Good Walk with the Sliabh Sneacht Centre Walkie Talkies**
Leaving Ned's Point at 10am, walking to Stragill beach and back.
Tea/coffee and biscuits back at Ned's Point. All Welcome.

**Parkinson's Exercise**
2pm at The Exchange, Castle Avenue, Buncrana (downstairs)
Join our weekly gentle exercise class for anyone living with Parkison's Disease. All Welcome.

**Creative Flow**
7pm- 8.30pm The Exchange, Castle Avenue, Buncrana
A gentle, guided creative workshop for adults offering time to pause, reflect, and support your wellbeing through art-making. Taking place on the summer solstice -a natural moment of pause and transition, this session invites participants to step back from daily pressures and reconnect through creativity. Using simple materials and structured prompts, participants will explore drawing and expressive painting in a safe, supportive environment. The focus is on process rather than outcome, with no pressure or expectation. *No art experience needed.
*Led by Geraldine Timlin, HCPC-registered Art Therapist.* . Places limited please email insightinishowen@gmail.com to book.

**Thursday 25 June**

**Storytime Under the Tree**
11am Buncrana Community Library (under the tree)
All Children must be accompanied by an adult.

**The Music Box Summer Show**
7pm The Plaza, Main Street, Buncrana

Join The Music Box for their annual Summer Show at the Plaza, featuring children from aged 3 – 15. Boogie Bugs, Music Box Singers, and Guitar Academy kids playing and singing favourite Irish songs & popular sing-alongs with plenty of Feel Good cheer. Tickets available online or at the door.

## Friday 26 June

### Golden Lunches
1pm The Exchange, Castle Avenue, Buncrana
Food and fun for over 65s at The Exchange's weekly lunch with some feel good entertainment. All Welcome – no booking required.

### 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. €1 per person donation appreciated to cover the cost of materials.

### An Introduction to Play Therapy (for parents and carers)
7pm The Exchange, Castle Avenue, Buncrana (upstairs)
With qualified play therapist Claire O'Donnell. Find out what play therapy is, how it can help your child/ young person and the play therapy process. Play Therapy appointments will be available at The Exchange from mid-August.

### Inishowen Folk Collective Singing Circle
8pm – 10pm The Exchange, Castle Avenue, Buncrana (downstairs)
Join our Intercultural Music Circle for an evening of shared songs, poetry, stories, and connection. No experience is needed—just a listening ear and, if you wish, a willingness to join in; refreshments will be provided. Free event.

## Saturday 27 June

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

### Laugh in the Park
10:30 – 11:30am Meeting point Crana Bridge
Come experience the power of laughter Therapy as we walk through Beautiful Swan park together. Weather dependant. For more details check our Fb page leading up to event.

### Nature Walk with Wild Inishowen
Leaving from St. Egney's School, Desertegney at 10.30am
Discover the hidden treasure of Sharagore Wetland Trail in Desertegney with this guided nature walk led by the Wild Inishowen club members.

### Lullaby Project Early Years Music Celebration
11am – 1pm The Exchange, Castle Ave., Buncrana
Join us for a joyful Early Years Music Celebration filled with singing, music, movement, and playful activities for 0-3yrs and their families. A welcoming atmosphere to play, connect, and share refreshments together. Free event.

**Sandcastle Competition**
3-5pm Lady's Bay, Buncrana Shorefront
Grab those buckets and spades and get creative for the annual Feel Good Fortnight Sandcastle Competition. All ages welcome with plenty of prizes to be won including awards for creativity, teamwork, originality and more. Judges will tour the completed entries at 4.30pm before handing out prizes.

## Sunday 28 June

**Ukrainian Family Fun Celebration**
2 – 5pm The Exchange, Castle Ave, Buncrana
Join us for a wonderful free family-fun afternoon hosted by members of our Ukrainian community featuring food, arts and crafts, and more.

**Sip and Sketch with Artlink**
5-8pm at Rodden's Bar, Buncrana
Bring your sketchbook and enjoy a relaxing Feel Good drawing session (art materials provided).

## Monday 29 June

**Call in for a Cuppa!**
11am to 1pm at the new Community Inclusion (CI) premises, Millbrae, Buncrana F93 T042 (next to Inishowen tyres).
We welcome all neighbours and community members to stop by, enjoy a cup of tea or coffee and chat, and learn more about what we do. Meet our staff and service users, and find out how we support and engage our community. It's a perfect opportunity to connect, ask questions, and share ideas. Everyone is welcome. We look forward to seeing you there!

**Creative Art and Storytelling Workshop**
With Buncrana Community Garden
2-4.30pm at The Exchange, Castle Avenue, Buncrana (downstairs)
Come together from different backgrounds to connect and share stories through art and conversation. Everyone is invited to take part in creative arts activities such as doodle, paint (easy painting exercises such a painting circles), write words whilst sharing stories with each other… these can be childhood memories, stories of culture, tradition, favourite foods, funny experiences and beautiful moments.

**Grow Mental Health Support Group**
4.15pm The Exchange, Castle Avenue (upstairs)
Join this free weekly group for anyone with depression, anxiety or mental ill health. A confidential support group for over 18s.

**Family Scavenger Hunt**
6.30pm leaving from The Exchange, Castle Avenue – arrive back by 7.45pm for prizes and refreshments.
A free fun family quiz answering questions around the town. All ages welcome. Under 12s must be accompanied by an adult.

## Tuesday 30 June

**Feel Good Fortnight Kindness Day**
All Day – anywhere, anytime
Watch out for random acts of kindness in your community today. Why not join in and show kindness in a simple way? Let us know if you've benefitted from kindness day or share your ideas and photos on the Feel Good Fortnight Facebook page.

**Moville Wellness Café**
10am to 12 noon at The Cosy Cottage (next door to the Moville & District Family Resource Centre)
Wellness cafés allow for people to meet up in a relaxed and informal space to socialise and connect. All welcome to come along, meet other people and enjoy a cup of tea or coffee.

**safeTALK**
Registration at 5.45pm The Exchange, Castle Ave., Buncrana (Workshop runs from 6pm to 9.30pm)
Help someone when they need it most - safeTALK enables you to identify people who are thinking about suicide and provides you with practical steps to help you connect them with the help they need. Refreshments provided. This course is FREE but booking is essential. Email insightinishowen@gmail.com or phone 0872564777.

## Wednesday 1 July

**"Stories of Connection" - Writing Workshop**
10am to 4pm IDP Offices, Main Street, Buncrana
Join Paul Doran for a creative writing workshop on the theme of Connection. Participants will get the chance to write a story from their own life on this theme. Facilitator Paul Doran is one of the founders of storytelling event tenx9 (see www.tenx9.com). Those interested in doing so will be able to work with Paul to polish their stories with a view to sharing them at a public tenx9 storytelling event later in the year. To book a place contact patricia.higgins@inishowen.ie

**Seed Saving Workshop**
10.30am to 3pm at Buncrana Community Garden F93 NX6W
Join Joanne Butler for this hands-on gardening workshop as part of the Community Garden's Peaceplus funded programme of events. Bring your own packed lunch (light refreshments provided). Transport from The Exchange available on request. To register email: Buncranacommunitygarden@gmail.com

**Food Preservation Workshop (Buncrana Community Pantry)**
11am The Exchange, Castle Avenue (Upstairs)
Join us for a hands-on food preservation workshop and discover how ingredients from The Community Pantry Network can be turned into delicious jams, chutneys, and pickles. Learn practical skills, reduce food waste, and make the most of pantry produce—together we can turn surplus into something truly special. FREE Workshops - bring an empty jam jar or two.

**Parkinson's Exercise**
2pm at The Exchange, Castle Avenue, Buncrana (downstairs)
Join our weekly gentle exercise class for anyone living with Parkison's Disease. All Welcome.

**Food Preservation Workshop (Clonmany Community Pantry)**
2pm Clonmany Community Centre
Join us for a hands-on food preservation workshop and discover how ingredients from The Community Pantry Network can be turned into delicious jams, chutneys, and pickles. Learn practical

skills, reduce food waste, and make the most of pantry produce—together we can turn surplus into something truly special. FREE Workshops - bring an empty jam jar or two.

**Thursday 2 July**

**Mighty Me Summer Camp (part one)**
Choose either 10am or 1.45pm at Hughie's Corner, Barrack Hill, Chapel Street, Carndonagh.
The Mighty Me Summer Camp is designed to help children build resilience, understand their emotions and learn positive coping skills in a fun, supportive environment. Run by Hughie's Corner, this is an excellent opportunity to support children aged 7+ who are struggling with confidence and anxieties. Cost: €20. Limited spaces available To book or find out more, please contact Olive on 086 880 9577 or email: olivemorrissey@gmail.com

**Feel Good Yoga**
10am The Exchange, Castle Avenue, Buncrana (upstairs)
Join this free yoga taster-session to relax and re-charge.

**HUGG Coffee Morning**
10.30am to 12noon The Exchange, Castle Avenue, Buncrana (upstairs)
Call in for a lovely cuppa and a chat all in aid of the wonderful work of HUGG, a charity that supports people bereaved by suicide. Find out about what they do and support their work while enjoying delicious scones and bakes. Free event (donations appreciated for the work of HUGG.ie).

**Beach Art**
3pm Porthaw Beach, near Ned's Point fort. Buncrana
Get creative with sand, stones, shells and seaweed to make feel good designs or simply visit our pop-up beach art gallery. Prizes for the best artwork.

**Feel Good Crafting and Creative Self-Care for Women**
7pm – 9pm at The Exchange, Castle Avenue (Main Hall)
(Cost €10 all materials provided) In Celebration of Feel Good Fortnight, join Women's Collective Ireland-Donegal for a fun and creative crafting workshop, making your own personalised bracelets and magnets. For sign-up details contact Women's Collective Donegal on 0858638419 or email donegal@womenscollective.ie

**Mindfulness Workshop**
7pm The Exchange, Castle Ave., Buncrana (upstairs)
A relaxing evening of mindfulness with Dr Breda Friel. All Welcome. Booking essential.
Email: insightinishowen@gmail.com or TEXT 087 795 5401.

**Friday 3 July**

**Mighty Me Summer Camp (part two)**
10am at Hughie's Corner, Barrack Hill, Chapel Street, Carndonagh (all together)
Second of a two-part programme, see above for details.

**Golden Lunches**
1pm at The Exchange, Castle Avenue.
Food and fun for over 65s at The Exchange's weekly event with some "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.

## Saturday 4 July

**Buncrana Parkrun**
9am Meet: Tip O'Neill Statue Buncrana Shorefront
Wear colourful clothing for a Feelgood Parkrun (or walk) for fitness and fun! (9am: briefing, 9.30am: start)

**iCARE Teddy Bear's Picnic**
10am to 1pm iCARE Centre, Looking Glass Brae, Ballymacarry, Buncrana
Bring your teddy bear for a fun morning at the iCARE centre. All Welcome. Children must be accompanied by an adult.

**Family Fun Day**
11am – 1pm Inishowen Credit Union, Buncrana Office.
Call in for fun activities for children provided by your local credit union.

**Menopause Wellness Day for Women**
10.30am to 3.30pm at The Exchange, Castle Avenue, Buncrana (FREE event)
A supportive and uplifting space for women experiencing the perimenopause/menopause. Join Women's Collective Donegal for a day of connection with nature and yourself. Discover how engaging with nature and holistic practices can support wellbeing during this transformative life stage. For sign-up details contact Women's Collective Donegal on 0858638419 or email donegal@womenscollective.ie.

**Flea Market and Plant Swap**
12noon to 4pm at The Potting Shed, Fort Dunree.
Enjoy an afternoon in the beautiful surroundings of Fort Dunree with the added bonus of a plant swap and flea market at The Potting Shed.

**The Great Peg Hunt**
3pm Swan Park, Buncrana
Feel Good Fun for all the family – join us to hunt for colourful pegs around the park and exchange them for prizes in our Feel Good Fortnight finale.

**Laugh, Dip & Dance**
7-8pm Ludden beach, Buncrana
Come experience a taste of laughter Therapy, a dip in the ocean, then a dance on the beach to warm up. For more details check our FB page leading up to event.

***Check out Feel Good Fortnight on Facebook or visit our website for news of any additional events or special offers for the fortnight.***

To join the team or volunteer to help - email insightinishowen@gmail.com or TEXT 087 256 4777.

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!

Insight Inishowen
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