



Yoga with Maria Coleman

A lovely way to start the week - stretch out with Maria!

Monday 18th Sept 10.30 – 11.45 6 weeks €30 or €8 per/w

Computers for Farmers a 'Skills for Work' course

Designed especially for farmers this beginner's computer course will teach you how to use a computer, get on-line and fill out the on-line farmers' forms. There are no exams!

Monday 18th Sept 7.00 – 10.00 7 weeks FREE

Watercolour Painting with Aidan McCole

A relaxing art class for beginners and more accomplished artists.

Monday 6th Nov 7.30 – 9.30 book with Aidan 085 7857199

Essential Skills – Maths, English & IT

Brush up on your basic skills. Delivered in a relaxed style, it's nothing like school used to be!

Tuesday 19th Sept 10.00 – 12.00 10 weeks FREE

The Power of Positive Thinking for Women with Emily Whelan

Develop and grow a more positive mindset. Free workshop with optional 4-wk course to follow.

Tuesday 12th Sept 7.30 – 9.00 1 workshop FREE

Cookery for Men with Martina Barrett

Cook simple, tasty meals with confidence, whether you are cooking for one or for your family!

Tuesday 10th Oct 7.30 – 9.30 6 weeks €30

Interior Design with Anne Blake from La Maison

Learn about different interior styles, use of colour, window treatments, flooring and lighting and with an opportunity to create a new look for a room in your own home.

Tuesday 17th Oct 7.30 – 9.30 6 weeks €30

Sign Language with Kevin McCauley

An introduction to sign language or an opportunity to brush up on forgotten skills. Should you wish to gain a qualification this course is the first step to ISL Level 1.

Thursday 21st Sept 7.30 – 9.30 10 weeks €20

Patchwork Quilting with Marian McGinley

Join the patchwork craze, learn the basic techniques and create an individual piece. Starter kits for different projects will be available from Marian or bring your own fabrics.

Thursday 21st Sept 7.30 – 9.30 8 weeks €40

Archaeology with Paula Harvey

Learn more about the historic archaeology of Donegal. This popular course is a mixture of talks and a field trip, delivered in a relaxed style with plenty of opportunity for discussion.

Friday 29th Sept 10.00 – 12.30 6 weeks + trip €40

Community Activities & Workshops

Baby & Toddler Groups

A great way to help your little one socialise and for Mums and Dads to meet other parents in the locality, have a cup of tea and a chat. These friendly groups are all led by volunteer parents who will make you feel welcome. The groups are also open to grandparents, childminders and other caregivers. **€2 per session**

Lettermacaward Baby & Toddler Group

St Brigid's Hall Mondays 10.30 – 12.00

Glenties Baby & Toddler Group

The Market Hall Mondays 10.30 – 12.00

Downstrands Baby & Toddler Group

The Dolmen Ctr Tues & Fri 10.30 – 12.00

Bumps & Beyond- breastfeeding support group

Based in Ardara for Mums-to-be, new Mums and Mums with older children. For more information and support call breast-feeding counsellor, Donna on 0876735585

St Shanaghan House Weds fortnightly 10.30 – 12.00

Downstrands Community Library

Open to everyone. Children's books, novels and a selection of self-help books chosen by 'Bibliotherapy'. The service is free.

Monday - Friday 9.00 – 3.00 & 7.00 – 9.30

Creative Writing Group

A small supportive writer's group meets twice a month on the 1st & 3rd Wednesdays. New members very welcome.

Wednesday 6th Sept 8.00 – 10.00 €2

Book Club

The book club meets monthly on a Wednesday to discuss a book chosen by members. Books are provided through the library.

Stress Control Talks



This very popular 6-week programme sponsored by Majella O'Donnell helps you to gain a greater understanding of the affects of stress and how to manage it. Everyone welcome, including returning participants.

Thursday 28th Sept 11.00 – 12.30 FREE

Glenties Knitters



A weekly knit & crochet group.

Come along and join this friendly group whether you are a complete beginner or have expert skills. You are also welcome to just drop in for a cuppa!

Starts back Thurs 14th Sept

10.30 – 12.30
Highland Hotel
Glenties

Join Glenties Knitters for their annual trip to the

RDS
'Knit & Stitch'
Show Dublin

Saturday 11th Nov
€35 includes bus & entry ticket

Book early at the Resource Centre Office

ACTIVITIES FOR CHILDREN & YOUNG PEOPLE

For further information or to book a place please call Michelle on 074 9545879

Badminton with Bronagh Heverin

Monday 18th Sept

Racquets and shuttles are provided

2 nd – 4 th Class	5.30 – 6.30	€2 per session
5 th Class – 2 nd Year	6.30 – 7.30	€2 per session

Kilclooney Judo Club with Albert Kyles

Wednesday 13th Sept 6.00 & 7.30 €40 per term

There are some places available for new members 8 years plus. Please call the Resource Office if you would like to register.

Guitar Lessons with Conal Herron

Wednesday 13th Sept 5.00, 6.00 & 7.00 €5 per session

Parents will be contacted to advise them of the time of the class.

Relax Kids with Bernadine Boyle

Thursday 14th Sept 4.00 & 5.00 €30 for 6 weeks

Creating calm and confident children through games, play and breathing techniques. 4.00pm for 5-8 years; 5.00pm for 9-12 years. Book with Bernadine on 0877474232.

Basketball with Paul McKeown

Fridays starting 15th Sept 6.15 – 7.15 €2 per session

3rd – 6th Class and 1st years. Please note the slightly later start time.

Downstrands Foróige Club with Michelle & Sharon

Fridays starting 8th Sept 7.00 – 9.00 €2 per session

Led by trained youth workers and volunteers this popular club offers activities, outings and chill out time for 1st years upwards. Foróige Membership €20

Friday Night Disco with our Staff & Volunteers

Next Disco Friday 29th Sept 9.00 – 11.00 €5

Last Friday of every month, fully supervised for 12 – 15 years

THE HUB Youth Centre

A fully supervised youth centre next door to Glenties Comp. The Hub provides activities, games, information, chill out area, great wifi, free tea and snacks.

Drop-in after-school for activities, programmes, study groups

Coder Dojo computer coding for the techies

For further information contact Sinéad

0876023933 thehubglenties@gmail.com supported by 'Shop n Share'



Downstrands Family Resource Centre
The Dolmen Centre, Portnoo. Open Mon – Thur 9.30 – 5.00, Fri 9.30 – 1.00

AUTUMN ACTIVITIES 2017

Resource Office 074 9545879

Counselling Service 087 3652577

IGNITE Your FUTURE

An exciting new programme for young people aged 16 – 25 who need support finding their path and moving forward.

Career guidance,
Personal learning,
CVs, builds skills,
confidence and
resilience to *ignite*
your future.



Call/txt Sinéad for
more info
087 6023933

Carers' Support Group

Talks, relaxation,
sharing information
and peer support.

This group for family carers meet on the 3rd Tuesday of the month in the:

Highland Hotel
8pm

Supporting Our LGBTI Young People

Thursday 21st September
7.00pm



An evening workshop facilitated by Haley Fox-Roberts from LOOK Loving Our Out Kids and Sinéad Murray-Lynch, Donegal Youth Service to look at ways to support and empower LGBTI young people. Open to parents, teachers, volunteers and youth and community workers.

The workshop will be held in The Hub Youth Centre, Glenties.

Child Development Through Play with Pauline Hunter

Monday 11th September 7.00pm

A fantastic opportunity to learn more about children's early development through movement and play from well-know teacher and neural therapist Pauline Hunter.

Give your child the best start in life by introducing the full range of movements through play. Pauline will explain how the infant brain develops through movement and how to use play with older children to support and improve a range of childhood conditions.

Social Prescribing with Caroline Barrett



Social Prescribing supports positive health and wellbeing by encouraging people to get involved with community activities such as: art, crafts, exercise, men's sheds or adult education classes.

Taking up a new activity is a proven way of reducing stress, anxiety and isolation. People who take up Social Prescribing feel happier, experience improved wellbeing and visit their GP less often! Call Caroline our Social Prescribing Co-ordinator on 087 3652577 to make an appointment or talk to your GP.