proudly sponsored
Douglas Credit Union

Is there a community event or fundraiser in your area? Please let us know and we will be delighted to publish it for you. Email to – frontdesk@douglaspost.ie. To ensure publication your entry should reach us before 5 PM on Mondays

MS Day in Barry's

On Friday 25th May Barry's Bar in Douglas are very kindly hosting a coffee morning to mark World MS Day which will run from 9.30 to 11.30am – All welcome to attend and all proceeds raised are for the provision of services for People with Multiple Sclerosis in the South.

CAKE SALE - Douglas Union of Parishes

CAKE SALE In aid of Douglas Community Association Building Development Sunday May 20th 10.00 am – 1.00pm. In Canon Packham Hall, Douglas.

Free Cookery Class

Free cookery class to take place in Cork for people living with arthritis

'Let's Cook!' campaign launched last Friday as more than 50% say their arthritis prevents them cooking. 'Let's Cook!', a series of free cookery classes for people with arthritis, will serve up tailor-made recipes through demonstrations run across the country, with a Cork 'Let's Cook!' class taking place in The Maryborough Hotel, Maryborough Hill, Douglas at 19:30 on Tuesday 29th May. This exciting new initiative, developed by Arthritis Ireland with the support of healthcare company Abbott, will highlight the different skills that make cooking with arthritis comfortable and enjoyable and encourage a healthy, balanced diet.

Sleep Tips Coffee Morning at the East Village Bar

Sleep Tips Coffee Morning- What Every Parent Needs to Know! In aid of Cork's 96 FM Radiothon, raising funds to support cancer services in Cork. At The East Village Bar, Restaurant & Hotel, Douglas, Cork on Thursday 24th May 10-11.30am. All welcome.

Hosted by Lucy Wolfe, CGSC, MAPSC, Paediatric Sleep Consultant and mum of four young children, specialising in infant and child sleep problems that parent's experience and need assistance in solving. She can help you identify areas affecting your child's sleep and gently unlock your child's natural ability to sleep through the night and nap during the day, without leaving them to cry alone. www.sleepmatters.ie 0872683584 lucy@sleepmatters.ie Complimentary Tea, Coffee and Gentle Sleep Advice. Kindly sponsored by The East Village. Suggested donation €5

Family Fun Day

Ardfallen Methodist Church -Family Fun Day - 26 May 2-5pm - Lots of Fun and Games - Proceeds Towards Third World Development - BBQ, Bouncy Castle - Face Painting, Gift Stall. Plants for Sale, Teas Coffee's and Cake Sale.

Gala Fashion Show

Gala Fashion Show in Douglas GAA Club Friday 27th May Tickets 10 euro each available at the door or contact Margaret 0879956050

Douglas Writers Group

The next meeting of the Douglas Writers Group will be held in John O'Sullivan's (Business Centre), Douglas on Friday 11th May at 5.30pm. The Douglas Writers Group meets on the 2nd Friday of every month at 5.30pm. We look forward to seeing you there

• Lets Cook Launch at the Maryborough House Hotel

• Lisa O'Sullivan and Deirdre Heffernan of East Village prepare for european championship 2012, East Village Douglas, Cork City.

Douglas Sláinte Toastmasters Club

Would you like to improve your skills in public speaking in a warm, welcoming and supportive atmosphere? If so, Douglas Sláinte Toastmasters Club is the club for you. This club affords every member the opportunity to develop communication and leadership skills, which in turn leads to increased self-confidence and personal growth. You are welcome to attend any of our meetings, without obligation, where you can witness for yourself the opportunities for growth in participating in Douglas Sláinte meetings.

Meetings take place in the Rochestown Park Hotel every second Wednesday from now until late June 2012. Meetings begin at 8.00pm and finish at 10.00pm. Meeting Dates: May 30th & June 13th

Douglas Library Bealtaine Exhibition

On Saturday 19 May the Western Front Association will host a full day for any member of the public interested in the First World War. If you have any medals or documents bring them along and find out more about them. Full details of this day from the library .

On Saturday 26 May Chenta Ni Riordan will hold a Lunchtime concert with pupils from her music school. All welcome

Unique opportunity

To join Pat Falvey worldwide adventurer and explorer on a sponsored climb of Corrán Tuathail in aid of Suicide Aware (Ireland) limited on Sunday 20th May 2012

Meeting point -Kate Kearney's cottage, gap of Dunloe at 10am .sponsorship cards and details from Pat Behan 087/9454202, suicide aware is a voluntary organisation **n.b.** all funds raised go directly towards the provision of training courses for schools, colleges, committees, clubs, societies and everyone interested in the prevention of suicide in the community and referral to help lines. it is vital that we have all names in advance in terms of guides, safety and general enjoyment of the climb.

Please confirm participation at your earliest convenience

Look forward to meeting you on the 20th may next for what will no doubt again be an event to remember with Pat Falvey.

Douglas Community Association

Date for your Diary! Tidy Towns Concert on Friday May 25th at Rochestown Park Hotel

Tidy Towns are in dire need of funds this year for plants and shrubs to spruce up Douglas in readiness for the Annual Tidy Towns competition. With severe financial cutbacks at Cork Co. Co., they must do all the fund-raising themselves, and one of their members, Marian O'Sullivan, is organising a musical evening at Rochestown Park Hotel, on Friday May 25th. The entry fee is €10, and it promises to be a great night, a mix of a variety of individual and group performances, inc. Douglas Church Choir, and sing-a-long with the audience who will be given song sheets. Marian's husband, David, is a well known pianist and will be performing throughout the evening. Marian will give more specific details in next week's Post especially as to how and where to get the tickets, but keep May 25th in your diaries as it is going to be a very popular event.

Hall Rental

Remember our Community Hall is available at the moment on most week nights, it caters for 90-95 people seated, and there is ample parking of 46 car spaces in our car park, so anybody interested in renting it out, please see contact details below.

Care-Ring Douglas

This group are now available to make visits to people who would like someone to call to have a chat. They will be HSE approved and garda-vetted. So if interested in becoming a volunteer, please contact phil at 087-2987161.