

# Schedule of Events

**Friday 1st March @ 7pm**

**Mná Month Launch**

**Dee Morrissey Concert**

Cashel Library launches Mná Month with a celebratory concert with Country and Irish Music singer Dee Morrissey. Refreshments served.

**Saturday 2nd March @ 11am**

**Crafty Women Wellbeing Workshop**

**With Noleen Watson.**

Are you ready to make some magic happen? This is a craft workshop with a twist and focuses on helping women find their voice and purpose. Noleen is a Wellness Facilitator, an Energy Healer, a Life Coach/Mentor, an Angel Card Reader, a Poet and an Author. Refreshments served.

**Monday 4th March @ 11am**

**Online Services in your local library**

**With Paul Devane.**

Did you know that your library card enables you to access lots of free online resources? IT guru Paul Devane shows participants how to navigate our local history resources, FREE eBooks, eMags, eNewspapers, learn a new language, FREE access to Irish Newspaper Archives, the JSTOR Archive and CRIF Vision Net which provides FREE access to information on UK and Irish registered companies. Refreshments Served.

**Monday 4th March @ 2pm**

**Childcare Info Clinic Tipperary Childcare Committee.**

Tipperary Childcare Committee will host a Drop-in Clinic which provides information on the various childcare supports available to you and addresses any queries that you may have, Including but not limited to the Early Childhood Care & Education Scheme, the National Childcare Scheme, the Access and Inclusion Model, Childminding and Parent & Toddler information. Refreshments served.

**Tuesday March 5th @ 7pm**

**Author Visit with Maureen o Sullivan.**

When Maureen was just 12 years old she was sent to a Magdalene Laundry. The Girl in the Tunnel is her harrowing account of that brutal regime. Refreshments served.

**.Friday 8th March @ 2pm**

**Go "Stone Mad" on International Women's Day With Sculptor Philip Quinn.**

Philip Quinn is a sculptor, living and working in Tipperary. He mainly works in stone, wood, bronze and found objects. In this workshop you will make stone pendants or "Worry Stones" using limestone and marble – black, white or red. The pendants can be bound using copper wire from the spent motors of old angle-grinders and drills - so the finished pieces will be very sustainable. The pendants and Worry Stones will be sanded and polished, and can be etched with Rune or other symbols. Refreshments Served.

**Monday 11th March @ 11am.**

**"Strong Women" Karaoke Sing-Along.**

**With Claire Grant.**

The "Karaoke Sing-Along" is an Age-Friendly event. Singing has multiple benefits for health and well-being; for example, it enhances lung function and can help improve memory and concentration! So come and join us – you don't need to be able to sing, it's just for FUN!!! . Refreshments Served.

**Tuesday 12th March @ 11am**

**Memory Café with Alzheimer's Society.**

This warm and inviting gathering is designed to bring together individuals connected to dementia. The aim of the cafe is to provide a supportive environment where you can connect with others who understand and share similar experiences. Refreshments Served.

**Wednesday 13th March @ 7pm**

**Author Visit—Eimear Ryan.**

Acclaimed author Eimear Ryan discusses her book "The Grass Ceiling: On Being a Woman in Sport" she burrows deep into the confluence of gender and sport. Refreshments Served.

**Friday 15th March @11am.**

**St Patrick & the Patriarchy with Maura Barrett**

St Patrick is synonymous with Christianity's arrival in Ireland heralding a new religious ideology, patriarchal and monotheistic, replacing the divine feminine. Refreshments Served.

**Until 15th March 2024 "Liminal" Exhibition With Ger Long.**

Ger Long is a visual artist who lives in Tipperary with her husband and 4 children. Ger grew up in Kildare where some of her earliest memories are of her beloved mother Mary who documented her and her sister Edel's childhood days with a Canon camera. Mary died from cancer when Ger was eight but her passion for life and photography lives on in Ger. Fast forward to today and Ger is herself a mother, a role she finds simultaneously oppressing and liberating. This exhibition titled "Liminal" shows works captured during these early years of motherhood. During this time Ger befriended her creativity and allowed it to reach inside and speak to the profound grief she was carrying. With her lens and the light of every passing hour she sought out the beauty of the mundane and reframed her attitude towards the seemingly trivial. Ger approaches portraiture, both family and environmental as she approaches life, with an empathetic open heart allowing her to capture real, sometimes raw and beautiful images that nourish the soul.

**From 18th March**

**"My Soul is my Art" by Maria Mitchell**

Belfast born artist Maria is an artist in love with colour and sees beauty in every day things. Exhbo until end of April.

**Tuesday 19th March @ 6.30pm**

**Women's Health & Menopause With Nicola Ryan**

Our health in our midlife years is directly linked with our health as we age, maintaining our health and wellbeing during our perimenopause and menopausal years is so important. Nicola who is a Menopause Pharmacist lends her expertise. Refreshments Served.

**Friday 22nd March @ 10am**

**Write Minds Poetry Workshop**

**With Jenny Cox and Eileen Acheson**

Write Minds welcome all emerging writers to join them for a 2 hour Poetry Writing Workshop. This will be a safe and fun space to develop your writing using our creative prompts. Refreshments Served

**Saturday 23rd March @ 2pm**  
**Herb Craft with Melanie Lorien**

Learn how to make bespoke traditional Folkloric Charms, Amulets, Incense and Talismans utilising organic plants and herbs and foraged nature items. Refreshments Served

**Monday 25<sup>th</sup> March @ 12 Noon to 3pm**

**Silk Painting with Damien McCarron**

Dive into the beautiful craft of silk painting, once the reserve only of Emperors and learn how to make your own creation.

Refreshments Served.

**Tuesday 26<sup>th</sup> March @ 3pm**

**Genealogy with Mary Guinan Darmody**

Did you know that your library service holds many resources for genealogical research? Mary Guinan Darmody takes you through the free resources available. Refreshments Served.

**Tuesday 26<sup>th</sup> March @ 6pm**

**Movie Evening—Shirley Valentine**

Shirley Valentine is an Academy Award winning RomCom. The middle-aged Shirley Valentine unexpectedly rediscovers herself and rekindles her childhood dreams and youthful love of life. Refreshments Served.

**Wednesday 27<sup>th</sup> March @ 2.30pm**

**Sustainable Jewellery Making with Gillian Tobin**

Learn how to make earrings out of recycled materials. Refreshments Served

**Thursday 28th March @ 3pm**

**Circle Dancing with Tracey Tobin**

Circle Dance is a gentle healing way to bring body, mind & spirit together. This workshop helps to relieve daily stress and release creative energy. Let your mind learn from your body. Refreshments Served.

## Contact details:

**Address:** Cashel Library, Friar Street, Cashel, E25 K798

**BOOKING ESSENTIAL FOR ALL EVENTS**

**While the events celebrate women and the achievements of women they are open to all, however you identify.**

**Phone:** (062) 63825

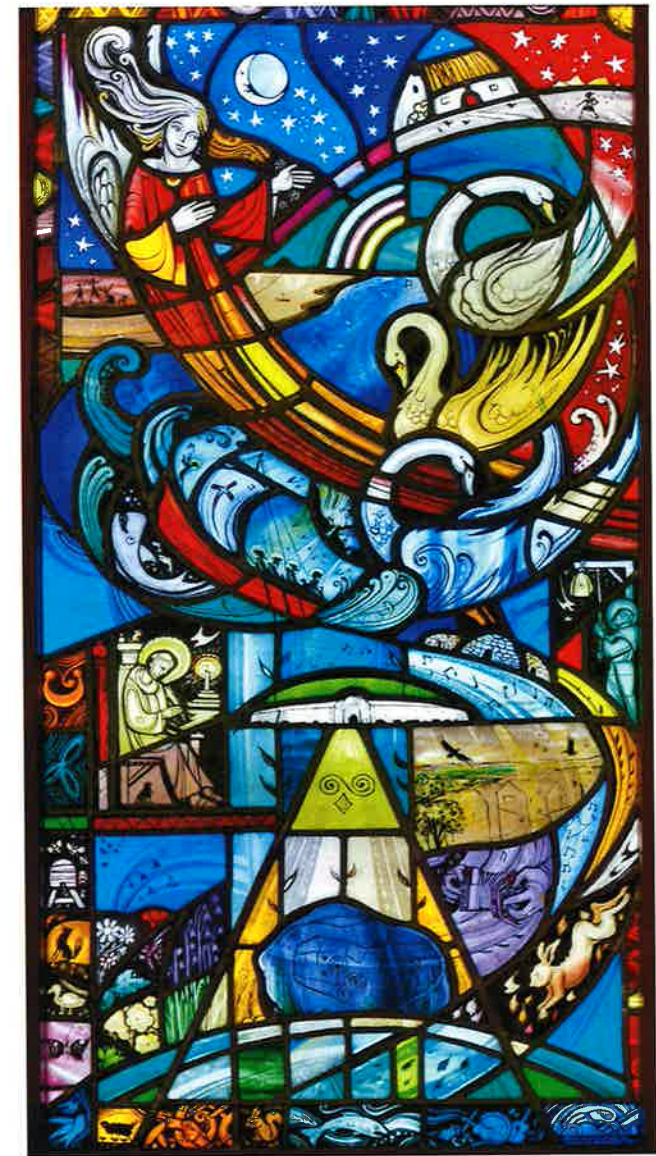
**Website:** [www.tipperarylibraries.ie](http://www.tipperarylibraries.ie)

<https://www.tipperarylibraries.ie/whats-on/>

**Twitter:** @creativeirl

**Facebook:** @CreativeIrl

**Instagram:** @creativeireland



**Mná Month 2024**  
**Schedule of Events**  
**Cashel Library**

*Creative*  
Communities

#Kaitias Aihua Eireann  
Tipperary Partnership of Councils

Tipperary  
County Council



**Comhairle Contae Thiobraid Árann**  
Tipperary County Council  
Library Service