

Louisburgh HQ News

28th June 2013

2013 Issue 11

"The whole is greater than the sum of its parts" So says Aristotle and Louisburgh HQ

Visitor Information Point

Last year, Louisburgh HQ operated a tourism desk using local knowledge and friendly, helpful volunteers. This year, the aim is to be more professional and yet still maintain the community aspect.

HQ is delighted to announce that it is now an approved Failte Ireland Visitor Information Point. This means that Louisburgh appears on the official Failte Ireland website as a destination with an approved tourist office, thus giving the town a higher public profile, and hopefully this will achieve the objective of raising awareness of all that Louisburgh has to offer to a Visitor.

There are now two desks in the HQ building, one with all the local information that has been given to us, along with our local maps and the other desk holds the official Failte Ireland books and maps.

The recent competition in The Irish Times (Top Holiday Destination in Ireland) saw Louisburgh feature in the top twenty five choices. It was stiff competition but it raised the area's profile.

Those who live here know the area's attractions: we just need to spread the word, and the Visitor Information Point is another step on the way. Manned by volunteers, from June to September, seven afternoons a week.

Congratulations to all who were instrumental in making this happen!

OPENING TIMES FOR SUMMER at HQ

We aim to be open at HQ every day from 12.30pm to 5pm. Please remember that the service is run by volunteers so occasionally we may need to close early or open later.

LOUISBURGH HQ
PROMOTING
TOURISM, ENTERPRISE & COMMUNITY
ACTIVITIES
LOUISBURGH, LECANVEY & KILLEEN

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Workshops at HQ for July 2013

We have a wide range of exciting workshops running at HQ this July. There are too many to include in the newsletter so see that attached brochure which includes the calendar and details of each course and the facilitator. There is something for everyone! All workshops are booked directly with the facilitator. If you want to take part please ensure that you book in advance as facilitators need to know how many they are working with.

Please note that 'Link and Loop Crochet and Craft' will not start until July 9th. This was previously advertised as commencing on July 2nd.

Change of Venue for Yoga

The Yoga Class has moved. It now takes place upstairs in Duffy's

Killeen National School

A new bus service will commence in September from the square in Louisburgh to Killeen NS and returning in the afternoon, Monday to Friday. For further information please contact Jennifer on [\(087\) 294 4995](tel:0872944995)

Killeen Childcare will run an after school service in Killeen School, Monday to Friday from 2-3 pm commencing in September. For further information please contact Breege on [086 3237691](tel:0863237691)

GAA Cup Camp

The GAA Cul Camp takes place on the Sancta Maria Pitch from July 8th-13th.

Register online at gaa.ie/kelloggsculcamps. Contact County Co-ordinator BillyMcNicholas on 087 2497407 or Club Co-ordinator, Philip McKiernan 086 8079199.

Lecanvey Summer Camp: Summer Camp in Lecanvey Community Centre suitable for primary school children. Monday July 15th to Friday July 19th. Art, Crafts, Cookery, Drama, Games etc. Cost is 45 euro per child. Bookings and more details from Mags at 087 9231671

Plant & Produce Sale Every Saturday

10.30am – 12.30pm At HQ

Profits support HQ



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Profile of a Business Member of Louisburgh HQ

Psychotherapy & Counselling

Catherine Conneely is a Psychotherapist / Counsellor and holds a Graduate Diploma (Hons.) from Dublin City University. She has additional training with a Certificate in Jungian Sand Therapy from the Sand Therapy Institute of Ireland.

Catherine is an accredited member of ICP.(Irish Council for Psychotherapy) IAHIP. (Irish Association of Humanistic & Integrative Psychotherapy) IJSTA. (International Jungian Sand Therapy Association)

Catherine has years of experience having originally trained and worked in New York from 1968 until 1979. She holds a Bachelor of Social Science from Hunter College in Manhattan. Catherine returned to live in Ireland in 1979.

Having raised her family she decided to return to University to retrain in Psychotherapy & Counselling. She has her own private practice for the last 12 years, at Silver Strand, Thallabawn, Louisburgh, Co. Mayo.

Catherine works with Adults, Couples, Adolescents & Children and works with feelings around Bereavement, Depression, Adoption, Dreams, Suicidal thoughts, Relationship Issues, Panic attacks, Phobias, Illness, Recovery from addiction, Shock & Trauma, Sexual issues, Change/ Transition & Loss, Abuse.. Emotional/ Sexual/ Physical Abuse, Anger, Building Confidence/ Self Esteem, Bullying in the workplace and school, General Stress & Anxiety that can make it difficult to cope with everyday experiences.

Catherine also works with Sand Therapy and is very healing for Adults and children who may find it difficult to express themselves verbally. Very young children express themselves through play, they don't have words for how they are feeling so sand therapy is very useful for them.

Sand Therapy



Sand Therapy was developed by Swiss based Jungian analyst Dora Kalff who gave talks and seminars in the approach in various parts of the world in the last century.

More recently, neurological studies have found that when a painful experience has been blocked, the brain itself is restructured. If you explain to someone the effects of abuse or an accident, they are still traumatised after the explanation, because it's very

difficult to reach certain kinds of trauma in a rational way.

Sand therapy promotes the development of new neural pathways that aren't blocked by the trauma, and gives the client a physiological experience which helps new neurological pathways to be formed.

When clients use sand therapy, they are introduced to a sand box and an array of miniatures - figurines, plastic animals, birds, religious symbols, semi-precious stones, shells, feathers, jewellery and all sorts of other objects big and small Toys, dolls, teddies etc. The client then selects certain items to put wherever they like in the sand box. They can also choose to sculpt the sand by adding water to it.

Contact Catherine on 098 6 68730 or 086 6 8185675. Fee is on a sliding scale.