

Louisburgh HQ News

11th May 2013

2013 Issue 7

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

P.Duffy's Craft Shop - A Major Success Story



P. Duffy's Craft Shop is part of Louisburgh HQ and it is run entirely by volunteer. There is a volunteer Stock Controller and 'buyer', volunteers stock auditors, volunteer window-displayer, and volunteer shop assistants. The craft shop is now recognised on the Mayo Craft Trail and has earned excellent commissions for some of the artists- several bespoke pieces have been done to order. Louisburgh HQ is proud to display the work of these artists and crafts persons and equally delighted at

the sales figures achieved to date. As Louisburgh HQ is a non-profit organisation, HQ takes a 20% commission from all sales in order to cover rent, heat and lighting costs.

We are looking for some more volunteer shop assistants! We would like to extend our opening hours for the summer months (June -Sept), and need a few more hands to do this. Would you like to volunteer for an afternoon once a week (or even two and a half hours)? Would you enjoy the buzz of meeting new people and chatting to tourists while selling local goods? If you have any retail experience - fantastic! If you don't have retail experience, we'll train you- in fact, we'll train you anyway!

If you are interested and would like to sign up, drop into P. Duffy's Craft shop on May 25th at 11am for a cuppa and a chat. Or phone Tricia on 087-7994513

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

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Louisburgh Scouts Revival

Dear Parents

After a successful meeting with the Scout Commissioners of the West of Ireland, we will shortly be recruiting potential Scout Leaders, now known as Scouters. All Scouters will be fully trained by Scouting Ireland. Training for Stages 1 & 2 will be free and hopefully after some fundraising, the following Stages 3 through to 6 will be free also.

Already we have 5 volunteers, we need more.

What we need:

7 Fulltime Scouters - A F/T Scouter will be asked to commit to 2 hours per week after training and must be over 18.

12 Part time Scouters - A P/T Scouter will be asked to commit to 2 hours every 2-3weeks after training and must be over 18.

We will also need people who may not be interested in becoming a Scouter but may like to be involved at a committee level ie; Secretary, fundraising, treasurer etc

Please note the Ratio for adult to children is as follows;

Section	Ratio A ó C	Age Group
Beavers & Cubs	1 - 6	6-8 & 9-11
Scouts	1 ó 8	12 - 15
Venturers	1 ó 10	15 ó 17

If you are interested in helping us in anyway Revive the Louisburgh Scout troop please text or email us. Denise 0872629199 , Kerrie 0862472667 Or by email louisburghscouts@gmail.com

Thank for your time.

Kerrie & Denise

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English Tuition Given By Qualified Teacher

Tefl/Esol Trained

One To One Or In Small Groups

Reasonable Hourly Rate.

Contact David On 0871251157

Gentle Summer Yoga at Louisburgh HQ with Siobhán Sloane

Gentle Hatha Yoga with Siobhán Sloane begins on Tuesday 4th June at 6.30 pm at Louisburgh HQ. Suitable for beginners, Siobhán's classes are uplifting, combining breath awareness with gentle movement for a greater sense of wellbeing.

Siobhán believes that Yoga is suitable for everyone regardless of age or level of fitness. Gentle movement releases tension in the body and develops balance. Yoga nurtures healing and some of the benefits of yoga include improved breathing and posture. Siobhán holds an internationally recognised Diploma in Hatha Yoga Teaching from Ard Nahoo Yoga School (RYS200). She also has a Foundation Certificate from Yoga Therapy Ireland.

Siobhán first began practicing yoga while on holiday in the South of France in 2007. She was inspired by the benefits and continued to attend regular classes and developed a regular personal practice. *"After attending classes for a number of years I wanted to further deepen my own practice of yoga. I took the Foundation Course with Yoga Therapy Ireland" says Siobhán. "I then went on to train at the Ard Nahoo Yoga School under Noeleen Tyrell and I gained a Diploma in Yoga Teaching after completing the 200 hour Hatha Yoga Teacher Training Programme to Yoga Alliance standard"*.

Siobhán practices Hatha Yoga inspired by the Anusara style which focuses on finding the brightness of the inner body and the stability of the outer body. She has attended workshops with Anusara Yoga teacher Deb Neubauer.

6 week course runs at HQ from Tuesday 4th June to Tuesday 9th July from 6.30 pm to 8.00 pm and costs €60 for six weeks.

Contact Siobhán for enquiries or to book a place: 087 234 9183

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Jumble Sale
IN AID OF MISCHA'S WISH TO WALK
25th May @ Louisburgh HQ 2-4pm

Stalls with new & used items, Cakes, Face Painting & Raffle - prize is Family ticket for 4 to Westport Pirate Adventure Park

WESTPORT HOUSE
A PIRATE ADVENTURE

If you wish to donate any items please contact us on mywishtowalk@outlook.com or FB

The poster features a festive design with colorful polka dots in red, blue, green, and pink. It includes an illustration of a cupcake on the left and a green shopping bag with a 'SALE' tag on the right.

Mischa Gleeson (aged six) from Louisburgh is just like all other little girls her age, she loves to play and have fun. But Mischa has spastic diplegia cerebral palsy which restricts her movement and makes her muscles tight which makes it impossible for her to walk like other children her age. Fortunately Mischa has just been accepted to have an operation.



The selective dorsal rhizotomy operation involves cutting the nerves at the base of Mischa's spine that cause the abnormal tone in her legs. This will permanently reduce the spasticity in Mischa's lower limbs, improving her sitting and standing postures significantly.

The hospital in Washington University School of Medicine in St Louis, Missouri, has been performing successful operations on children for some time now, however it will cost more than €60,000 for the operation and travel. An Ulster Bank account for fundraising has been set up—account number (10266153), sort code (986430), and

anyone interested in donating or helping with fundraising can contact mywishtowalk@outlook.com