



A Boyle View

ARDCARNE GARDEN CENTRE



Near Boyle just off N4
Tel: (071) 9667091
Lanesboro Road, Roscommon town.
Tel: (090) 6627700

SPONSOR OF 'A BOYLE VIEW'

OPENING TIMES:
Monday to Saturday
9.00 am to 6.00 pm
Sunday and
Bank Holidays
1.00 pm to 6.00 pm



AMAI visit Boyle

Members of the Association of Municipal Authorities of Ireland (AMAI) held their first ever meeting in Boyle on Saturday, March 20th last.

The group met in Boyle at the request of President of the Association and local member of the town council, Cllr. Frank Geelan. Following the meeting in King House, the AMAI Executive Council members and members of Boyle Town Council were treated to lunch in the

town's newest restaurant Mirek's M&K restaurant, located in the premises formerly occupied by Tapsters. AMAI members were very impressed with the reception received in Boyle and also with the many wonderful attractions in the locality.

After the meeting, AMAI President, Frank Geelan, presented a new medallion to Mayor of Boyle, Jan Flanagan, for the Mayoral Chain of Office.



Members of the National Executive Council of the Association of Municipal Authorities of Ireland pictured with members of Boyle Town Council. Pic courtesy of realboyle.com.

Help for the newly unemployed

'Changing times, changing life' is the title of a new six-week programme aimed at helping people who are newly unemployed.

It takes place at the family life centre in Boyle and consists of information, advice, stress management, coping skills and other topics as requested by participants. For further information contact Louise or Marie at the Family Life Centre on (071) 96 630900.

Other events currently ongoing at the Family Life Centre in Boyle include Yoga on Wednesday mornings at 11 am with facilitator Liz Dwyer and Childsplay every Tuesday and Thursday morning from 10.30 am to 12.30 pm.

Women who have experienced and are in abusive situations meet in a confidential and safe environment on Mondays from 10.30 am. Further information from Patricia or Mairead on (071) 96 63000 or

(071) 96 63840.

Roscommon Violence Against Women Service is another service that provides support and information to women in situations of domestic violence. You can contact the service in safety and confidence at (071) 96 63000 or direct line (071) 96 63840 and ask for Patricia or Mairead. If you are a male experiencing violence from you partner and need support, contact the Family Life Centre on (071) 96 63000.

Counselling and psychotherapy is also available at the Family Life Centre. This involves working with a professional therapist who offers you a confidential, impartial and safe place to explore whatever specific issues you present with. Shorter issue-focused counselling and long term therapy is also available by appointment only, call (071) 96 63000.

'Me time' is an informal social evening

for parents/guardians, meeting the first Tuesday of every month at 8.30 pm in the Family Life Centre, Boyle, (071) 96 63000. It is a chance for parents or guardians to take time out of their busy lives and meet with other parents in a relaxed and friendly environment, also a chance to enjoy a cup of tea and some adult company. Next date is Tuesday 6th April.

A mindfulness course is also available at the Family Life Centre in Boyle. It's a series of eight evenings, starting on Wednesday, 14th April at 7.30 pm. It's a series of eight evenings starting Wednesday 14th April at 7.30 pm. This course can help people take better care of themselves, reduce stress and live lives more fully and healthily. To cultivate a way of being that enables us to tackle life's problems. For more information and booking please contact the Family Life Centre on (071) 96 63000.



Michael and June Sharkey pictured presenting the Paddy Sharkey Memorial Cup to Joe McDermott (centre) on Sunday night last. Pic courtesy of realboyle.com.

boyle notes

■ Cake sale

A cake sale will take place on Good Friday in Scoil na nAingeal Naofa after the 3 pm Church ceremonies. This year the school is improving the playground and all monies raised will go towards this project. Your support would be much appreciated. Home baked cakes will be gratefully received by members of the Parents' Association at the school from 11 am on Good Friday.

■ Sponsored swim

Due to poor weather conditions, the Sponsored Christmas Swim in aid of people with special needs was postponed until Easter. It will now take place on Good Friday 1 pm at Doon Shore. Organisers hope for a good number of swimmers and supporters.

■ Good food

Lovers of good cooking will gather at The Saddlers Inn on Tuesday, 30th March at 8 pm to watch author, broadcaster and chef instructor Frank Moynihan ply his trade. This is an evening not to be missed. Proceeds will go to The Boyle Branch of Friends of Children of Chernobyl. Come early and please bring a friend to support this worthy cause while having a good night out at the same time. Admission €10.

■ Grow your own

Grow your own classes continue at Ardcarne Plansplus Garden Centre, Ardcarne, Boyle. A three week course of 'A-Z of growing your own herbs' takes place on Saturday, April

10th from 11 am to 12.30 pm. A course entitled 'A-Z of growing your own fruit' takes place for three weeks from Saturday April 24th to May 8th from 11 am to 12.30 pm and costs €50. Courses include practical demonstrations by an expert team. Booking is essential and fee must be paid when booking. Limited places. Further details email ardcarne@ardcarneplansplus.ie

■ Positive thinking

Use positive thinking to achieve greater well-being. A group that meets at the Family life centre in Boyle aims to impart Cognitive Behaviour Therapy skills to help change old thinking habits and develop new positive self-talk. A six-week course takes place on Monday mornings from 10.30 am to 12.30 pm. For information contact Denise or Marie at the Centre.

■ Games morning

A games morning takes place on Wednesday mornings from 10.30 am to 12.30 noon in the Family Life Centre, Boyle. It's a space for people to meet, chat and play games in a relaxed comfortable environment. All welcome.

■ Volunteers needed

Volunteers are urgently needed at the Boyle After School Club. Can you spare two hours on a Wednesday or Thursday afternoon between 3-5 pm to assist with the club? Training will be provided. Please contact the Family Life Centre on (071) 96 63000.