

Summer 2019

Seirbhís Chúnaimh
d'Fhostaithe na Stáitseirbhíse

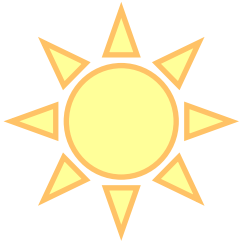
CSEAS



Connect

Issue 6

June 2019



In this summer issue we have focused on

fun, free and feasible

ways to boost your

health and happiness.

*Our list is just a sample of what is on offer
and is intended to provide ideas to suit every lifestyle.*

*Some old-fashioned things
like fresh air and
sunshine are
hard to beat.*

Laura Ingles Wilder

Festivals

are taking place in towns across Ireland during the summer. Here are some suggestions (check out your local area for one near you).

City Spectacular, Merrion Square, Dublin

July 12th— 14th

and Fitzgerald Park, Cork

July 20th— 21st

Galway International Arts Festival

July 15th— 28th

Durrow Scarecrow Festival

July 28th—August 5th

Spraioi, International Street Arts Festival,

Waterford

August 2nd— 4th

*A people without
knowledge of
their past history,
origin and culture
is like a tree
without roots.*

Marcus Garvey

The first Wednesday of the month means free entry to a range of heritage sites including Farmleigh, Kilkenny Castle, Glendalough, Ceide Fields

(see <https://bit.ly/1xfNmfQ> for details)

Word search

Summer
Festival
Fun
Heritage
Film trail
Happiness
Museum
Free
Walk
Healthy

S	U	M	M	E	R	C	X	M	V
B	W	R	B	U	H	J	W	U	F
N	H	E	R	I	T	A	G	E	I
R	E	N	L	H	L	D	S	S	L
P	A	Q	G	K	W	T	E	U	M
Q	L	S	T	G	I	N	E	M	T
A	T	S	H	V	Y	S	U	B	R
A	H	K	A	O	E	E	R	F	A
D	Y	L	J	W	F	F	X	I	I
S	S	E	N	I	P	P	A	H	L

*Reading is to the mind what
exercise is to the body. Joseph Addison*

Your **local library** has information about community events and other free resources
<https://bit.ly/2N1SmC2>

Tel: 0761 000 030

Email: cseas@per.gov.ie

Web: www.cseas.per.gov.ie

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*Nature does not hurry,
yet everything is accomplished.*

Lao Tzu

Staighre
Stairs



Do you need activity or rest?

The stairs are a free...

exercise machine...or a seat!



Resources in Nature

Exercise and spending time in nature is good for our physical and mental health. These website links provide information on walking, hiking, cycling trails as well as attractions and facilities:

- Irish Trails <https://bit.ly/1jNHdUI>
- Coillte Outdoors <https://bit.ly/2vEO38g>
- National Parks <https://bit.ly/2Op32z7>
- Wild Atlantic Way <https://bit.ly/2D8BtkA>
- Ireland's Ancient East <https://bit.ly/27COzRw>
- For film and television buffs, the Discover Ireland Atlantic Film Trail provides details about films set along the western seaboard and their locations. <https://bit.ly/2HzfMPj>

*The real
voyage of
discovery
consists not
in seeing
new
landscapes,
but in
looking with
new eyes.*

Marcel Proust

Entrance to many
Museums and Galleries
is **FREE**.

Here is a sample but there are quirky museums and galleries in towns around the country that are definitely worth a visit.

National Museum of Ireland, Dublin and Castlebar, Mayo

<https://bit.ly/1s4RcU6>

Science Gallery, Pearse Street, Dublin

<https://bit.ly/1n1OqK9>

Crawford Gallery, Cork

<https://bit.ly/2YNftGt>

Newbridge Museum of Style Icons,

Kildare <https://bit.ly/2EugGuG>

Jackie Clarke Collection, Ballina,

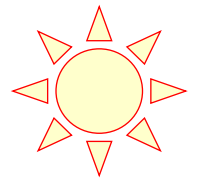
Mayo <https://bit.ly/2YHmlFa>



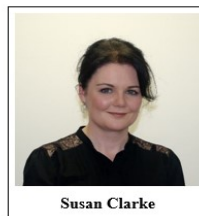
Have fun in the sun

But take care

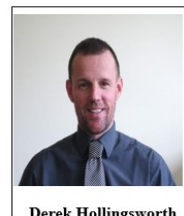
*Wear sunscreen or
stay in the shade*



CSEAS Comings...



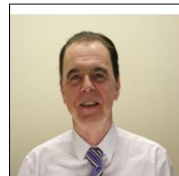
Susan Clarke



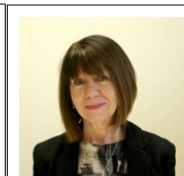
Derek Hollingsworth



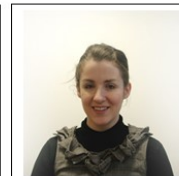
... and goings



Brian Hennessy



Lorus Collum



Karen O'Connor



Ann Jordan

*Try a thing you haven't done three times.
Once to get over the fear of doing it.*

Twice, to learn how to do it.

*And a third time to figure out whether you
like it or not.*

Virgil Thomson

A wide range of free information related to work and wellbeing (such as the new People Managers' Guide pictured here) is available online or in hardcopy from our office.

<https://www.cseas.per.gov.ie/pmg-links/>

