

LOTS OF
FREE
EVENTS

well

Festival of Arts & Wellbeing

Mon 16 to Sat 21 February 2026

Garner Lane Arts Centre • Réalta (Waterford Healing Arts)
Waterford City & County Libraries

www.wellwaterford.com



well Well-come!

Welcome to the 13th **Well Festival of Arts and Wellbeing**, celebrating all the ways the arts make us feel good and inspire us. Our festival echoes nature's journey from winter into spring, with the evenings getting a little brighter and new life beginning to appear. We invite you, the people of Waterford, and our Well friends far and wide, to join us as we explore, reach out and make new connections each day.

Well is presented by Garter Lane Arts Centre, Réalta (Waterford Healing Arts) and Waterford City and County Libraries. Thanks to our tremendous funders and supporters, almost all of our events this year are free. Some need to be booked, so be sure to check each listing.

Join us, be creative, be social and be Well!

- From the **Well Festival team**

Festival Partners



Funding Partners



Supporters



Social Media

Facebook: [@wellwaterford](https://www.facebook.com/wellwaterford)
Instagram: [@wellwaterford](https://www.instagram.com/wellwaterford)

Front cover image:
Detail from The Grúagach's Lair,
by Rayleen Clancy (see pg 4).

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Event key

📖 Online Option Available	M Music	T Talk
👤 Workshop	L Literature	D Dance
TH Theatre	P Poetry	S Storytelling
	V Visual Art	C Craft
	N Networking	F Film



v The Grúagach's Lair

Rayleen Clancy



Inspired by the landscapes and coastline of County Waterford, Rayleen Clancy presents intricate stained-glass works that transport the viewer into a hidden, dreamlike world inhabited by the Grúagach, a guardian spirit from Irish folklore, and other shapeshifting beings. These pieces invite us to explore a realm where nature and myth co-exist, offering a sense of mystery and wonder. Each is formed from layers of painted and kiln-fired glass, creating detailed imagery that evokes forests, shorelines and fantastical habitats.

Based in An Rinn, County Waterford, Rayleen Clancy is a multi-disciplinary artist working with stained glass, video, sculpture and installation. Her work has been exhibited nationally and internationally. She has received an Arts Council Project Award for an immersive video and stained-glass installation at GOMA Gallery of Modern Art, Waterford in October.

University Hospital Waterford, corridor leading to Outpatients Dept.

Mon 16 Feb – Fri 10 April, 9am-6pm (excl Sat, Sun)

Access subject to prevailing visitor restrictions.



v Canvas agus Craic

Open Studio



This vibrant exhibition showcases the diversity of style, subject matter and artistic expression within the Open Studio group. From colourful abstracts and self-portraits, to serene landscapes, each piece reflects each artist's individual approach, inviting viewers to explore a broad spectrum of creativity and imagination.

Open Studio is a weekly art workshop at the Réalta Centre for Arts + Health, which offers a creative and social outlet for people living in the community who may experience isolation due to ill-health or disability. Led by artist Jill Bouchier – and Ann Nolan in 2025 – with support from volunteer Sarah Lee, the workshop provides a relaxed, inclusive space where participants can develop their own art projects, connect with others and enjoy the benefits of cultivating a creative practice.

Previous exhibitions by the Open Studio group include *Separate Storms* at University Hospital Waterford in 2011 and other Well Festival exhibitions including *Cupán Tea* (2013), *The Feel Good Factory* (2014), *The Feel Good Factory II* (2016), *This is WHAT we're all about* (2018), *Recollections* (2020) and *Gatherings* (2023).

Coastguard Cultural Centre, Tramore, Co Waterford

Mon 16 – Fri 27 Feb, 9am-6pm (excl Sat, Sun)



V New Shoots Photo Exhibition



The Well Festival is delighted to present this beautiful exhibition of images created by budding photographers who took part in the *New Shoots* programme between 2021 and 2024. Exploring themes relating to wellbeing, personal growth and positive change, these stunning pieces are sure to lift the spirit on a cold February day.

New Shoots has been led by visual artist Rosaleen Heavin and developed in partnership with HSE Occupational Therapy, Waterford Mental Health Service, Waterford City and County Council Arts Office, Waterford City and County Council and Mental Health Ireland.

Index Gallery, Central Library, Lady Lane, Waterford Exhibition runs for the month of February.

Mon-Sat, 10am-5pm (except Wed, 1pm-8pm)

Closed for lunch on Saturdays (1pm-2pm)

Exhibition launch Wed 18 Feb, 6pm. All welcome.



L Embrace the Arts at your Library



Waterford City and County Libraries are a fantastic community resource, and here at the Well Festival, we know that expressing ourselves through any art form makes us feel good.

For this year's festival, library staff have once again shared their passion for the arts, curating a wonderful selection of books to celebrate the joys of reading, and inspire you to explore artforms of your choice.

Call to any of our 12 branches to browse our vibrant displays of books, DVDs, audiobooks and magazines.

Can't make it in person? Explore plenty of online resources here: <https://waterfordlibraries.ie/online-resources/>

Opening hours for each branch of Waterford Libraries vary slightly. To check your local branch opening hours see <https://waterfordlibraries.ie/branches>

If you enjoy reading, see also page 19: Sunshine: Sharing writings to brighten our souls.



P Fancy a Lift?

Daily poetry postcards, curated by Joanne McCarthy



“This is such a lovely surprise” (UHW patient)

Lifting people’s spirits every year, this Well Festival initiative has been curated this year by Waterford poet Joanne McCarthy. A new poem will be shared each day with the University Hospital Waterford (UHW) community via patient meal trays and staff emails, and the wider Well Festival audience through Waterford Libraries and online.

Poet Joanne McCarthy writes in English and Irish, and is co-founder and co-editor of *The Waxed Lemon*. Her recent poetry chapbook *All Your Shiny Braces* was Highly Commended for the 2025 Patrick Kavanagh Award, and she was shortlisted for Poem of the Year at the An Post Book Awards 2025. Joanne’s poem *Idir Dhá Theanga* won the Four Faced Liar Poetry Competition 2025, while *To Map a Leaf* was Highly Commended in the Gregory O’Donoghue International Poetry Competition 2025. Joanne’s work is published in *Poetry Ireland Review*, *The Stinging Fly*, *Southward*, *Aneas* and *Comhar*. Bhuaigh sí comórtas An Fhéich Dhuibh, 2023. Bhronn An Chomhairle Ealaíon dhá spáránachtaí uirthi. Joanne holds an MA in Poetry from the Seamus Heaney Centre, Queen’s University Belfast.

Fancy a Lift? is available daily, **Mon 16 – Fri 20 Feb, from 9am at:**

- University Hospital Waterford
- All libraries in Waterford City and County

And online from www.wellwaterford.com and Well Festival social media

M Sounds Good

Jane Pearson



This daily half hour of ambient music in the hospital foyer aims to soothe the body and soul. Sounding good today is cellist Jane Pearson, who will be playing some much-loved popular tunes for you to enjoy.

University Hospital Waterford
(main foyer)
Dunmore Road, Waterford
Mon 16 Feb, 11am-11.30am
Access subject to prevailing visitor restrictions.

M Healing Sounds

Liam Merriman & Jenny Burnes



The *Healing Sounds* programme brings live music to patients and residents in healthcare settings, to brighten the day and relieve tired and anxious minds.

Oak Ward, South East Palliative Care Centre
Monday 16 Feb.

Healing Sounds sessions are private events for patients, their families and staff, and are subject to prevailing hospital guidelines. *Healing Sounds* sessions on Oak Ward are kindly funded by Waterford Hospice.



T Réalta Annual Keynote: Why Arts?

Regius Professor Rose Anne Kenny in conversation with Jennifer O’Connell



The Well Festival partners are thrilled to welcome Regius Professor Rose Anne Kenny for the Annual Réalta Keynote Event, to talk about the significance of the arts in her life.

Rose Anne Kenny is Regius Professor of Physic* (Medicine) and holds the Chair of Medical Gerontology at Trinity College Dublin. She is the founding Principal Investigator of The Irish Longitudinal Study on Ageing (TILDA), Ireland’s largest adult population study on the experience of ageing in Ireland. Regius Kenny is the Director of the Mercer’s Institute for Successful Ageing (MISA) at St James’s Hospital, where she is also director of a large national falls and syncope and autonomic function laboratory. She is also Director of the new WHO Collaborating Centre for Longitudinal Studies in Ageing and the Life Course.

A Member of the Royal Irish Academy and a Fellow of the Royal College of Physicians of Edinburgh, London and Ireland, Regius Kenny is also a Fellow of Trinity College Dublin, a Fellow of the European Society of Cardiology, Honorary Fellow of the Faculty of Public Health Medicine Ireland, and was recently awarded an Honorary Doctorate from the Royal College of Surgeons in Ireland. Her many books include *Age Proof – The New Science of Living a Longer and Healthier Life*.

Regius Kenny will be in conversation with Jennifer O’Connell, Opinion Editor and columnist with The Irish Times, and proud Waterford woman.

*Physic: *The art or practice of healing disease*

Réalta Centre for Arts + Health,
University Hospital Waterford, Dunmore Road, Waterford
Mon 16 Feb, 6pm
Adm free but booking required.
To book: info@realta.ie / 051 842664

M Sounds Good

Sandra Collins



This daily half hour of ambient music offers time out from your busy day to relax your shoulders and breathe gently. Sounding good today is Sandra Collins, who will ease you into a smile with the chocolate tones of her recorder.

University Hospital Waterford
(main foyer)
Dunmore Road, Waterford
Tues 17 Feb, 11am-11.30am
Access subject to prevailing visitor restrictions.

V Art at the Kitchen Table Studio

Dungarvan



Artist Eilis O’Toole makes art with older people in their own homes in West Waterford, as part of the *Art at the Kitchen Table* programme. Having completed three individual sessions at home, each person is then invited to join the Studio, a weekly workshop where they can continue making art and meet new friends in a relaxed group setting.

Old Market Arts Centre, Dungarvan, Co Waterford
Tues 17 Feb
Private event



C The Mindful Maker Workshop

Colouring & Craft for Adults



Step into a calm, creative space and explore your imagination using simple arts and crafts. In this relaxing workshop, participants are invited to unwind, create and leave feeling refreshed and inspired.

*Central Library,
Lady Lane, Waterford
Tues 17 Feb, 2.30pm-4pm
Adm free, but places limited.
Booking essential: 051 849975
Suitable for adults.
Light refreshments served.*

M Healing Sounds

Bill Stuart & Sandra Collins



The *Healing Sounds* programme brings live music to patients and residents in healthcare settings, to brighten the day and relieve tired and anxious minds.

*Medical Wards 3 & 5, and the Stroke Unit,
University Hospital Waterford, Dunmore Road, Waterford
Tues 17 Feb.*

Healing Sounds sessions are private events for patients, their families and staff, and are subject to prevailing hospital guidelines.



M Cór Chroí

Waterford HSE Staff Choir



Now in their third year singing together, Cór Chroí are a treat to listen to! Led by Waterford musician Damien Kehoe, this eclectic mix of medics, support and admin staff, and their light programme of popular songs, are guaranteed to make you smile. Come along and let your worries go for half an hour with these uplifting voices – their enthusiasm is infectious!

*University Hospital Waterford (main foyer),
Dunmore Road, Waterford
Tues 17 Feb, 5.30pm - 6pm
All welcome (Access subject to prevailing visitor restrictions).*

CÓR CHROÍ IS ALWAYS OPEN TO NEW MEMBERS

If you currently work in, or are retired from, the HSE in Waterford, and you'd like to join, please contact the Réalta Music Co-ordinator Lynn Cahill at info@realta.ie / 051 842664.





M Sounds Good

Damien Kehoe



This daily half hour of ambient music in the hospital foyer aims to soothe the body and soul. Sounding good today is Waterford musician Damien Kehoe, a guitarist who turns a performance into a conversation between heart and strings.

*University Hospital Waterford (main foyer),
Dunmore Road, Waterford
Wed 18 Feb, 11am-11.30am
Access subject to prevailing visitor restrictions.*

V Art at the Kitchen Table Studio

Waterford



Artist Caroline Schofield makes art with older people in their own homes in Waterford City, as part of the *Art at the Kitchen Table* programme. Having completed three sessions at home, each person is then invited to join the Studio, a weekly workshop, from where joyous sounds of art making, singing and laughter emerge each Wednesday morning.

*Réalta Centre for Arts + Health,
University Hospital Waterford, Dunmore Road, Waterford
Wed 18 Feb.
Private event*



N Arts + Health Mixer

Networking Social



Many people working in arts + health work alone, which can feel isolating and disheartening. This *Arts + Health Mixer* invites artists, healthcare professionals and arts + health managers working across this field of practice to come together to share experiences, explore collaborations and build connections through conversations, short presentations and creative activities.

*Réalta Centre for Arts + Health,
University Hospital Waterford, Dunmore Road, Waterford
Wed 18 Feb, 3pm-5pm
Adm free, booking required: info@realta.ie/ 051 842664*

F Thank you for hearing me

Special Preview with Q&A



This powerful short film explores how our voices shape the way we live, connect, and are heard – or unheard – in the world, and how age, accent, class, gender, health and history form our unique vocal identities.

A collaboration between Embrace Music and Darn Skippy Productions, funded through the Arts Council's Arts Participation Project Award 2025, with support from Riverbank Arts Centre.

*Réalta Centre for Arts + Health,
University Hospital Waterford, Dunmore Road, Waterford
Wed 18 Feb, 5.30pm
Preview screening followed by Q&A with Embrace Music co-founders Sadhbh O'Sullivan and Sharon Murphy.*



D Other Worlds
TH Jess Rowell Dance



This epic, other-worldly, immersive dance and live music adventure sees performers and audience embark on a quest through curious worlds, transporting us into new dimensions. Courageous characters, intriguing instruments, spectacular sights, scents and textures weave together to create an unforgettable, sensory-rich, theatrical experience. Join this music and movement journey to the final destination, the Cosmic Dance Party!

These performances are for members of local adult day services (18-24 yrs) and their companions. Specially designed audience spaces are positioned on stage, in close proximity to the performers, to encourage deeper connection. Fully wheelchair accessible.



Garter Lane Arts Centre, O'Connell St, Waterford
Thurs 19 Feb, 10.30am & 2.30pm
To book: (051) 855038
See also www.garterlane.ie for further info.

'Other Worlds' image design by Sarah Moloney. Photography by Ste Murray.

M Sounds Good
Alan Browne & Liam Kavanagh



This daily half hour of ambient music in the hospital foyer aims to soothe the body and soul. Sounding good today are Alan Browne and Liam Kavanagh, well-known musicians from the *Healing Sounds* team. Alan's soothing voice and Liam's tasty viola make them a winning combination.

University Hospital Waterford (main foyer),
Dunmore Road, Waterford
Thur 19 Feb, 11am-11.30am
Access subject to prevailing visitor restrictions.

M Shake, Rattle & Reminisce
with John Keane



Celebrate Waterford's Showband greats, with WLR FM's John Keane in the DJ Booth. Whether re-living cherished memories or experiencing the magic of the Showband era for the first time, all are welcome to this evening of song, dance, laughter, shared memories and new memory making.

Carrickphierish Library, Carrickphierish Road, Gracedieu, Waterford
Thur 19 Feb, 6.30pm-8pm
Adm free, but places limited. Booking essential: 051 849696
Sweet treats served.



M Sounds Good

Andrew Ryan



On our final day of *Sounds Good*, we invite you to pause and enjoy some delicious ambient music. Sounding good today is classical guitarist Andrew Ryan, who brings every note to life with passion and pinpoint precision.

University Hospital Waterford (main foyer), Dunmore Road, Waterford
Fri 20 Feb, 11am-11.30am
 Access subject to prevailing visitor restrictions.

V Paint with Joy

KiKi Roosli



In this playful painting workshop, artist Kiki Roosli invites participants to let go of any desire for perfection, explore colour freely, and reconnect with your inner child's creative spark. No experience needed. Expect laughter in a relaxed space while making art that feels good.

Tramore Library, Market Street, Tramore, Co Waterford
Fri 20 Feb, 4pm-5.30pm
 Adm free, but places limited.
 Booking essential: 051 849 594

V Stone Soup

Siobhán Clancy



If you're hungry for change, join Artist in Residence Siobhán Clancy for some delicious (vegan, gluten-free) soup and a re-telling of a famous folktale of villagers who share their morsels of food to create a community feast. With a focus on creative climate action, participants will depart this thoughtful event with warm bodies and inspired minds.

Réalta Centre for Arts + Health, University Hospital Waterford, Dunmore Road, Waterford
Fri 20 Feb, 1pm-2.30pm
 Adm free, but places limited, registration essential.
 To register: 051 842664 / info@realta.ie

L Sunshine: Sharing writings to brighten our souls*



Join us for our annual celebration of uplifting writing. This friendly evening of poetry and song will warm your hearts, while the inspirational words of our audience's favourite writers will send you off with a pep in your step. With the wonderful Catherine Drea as MC.

Kindly sponsored by The Book Centre, Waterford.
 *Inspired by Eeyore in AA Milne's *Winnie the Pooh* when he says 'It never hurts to keep looking for sunshine'.

The Book Centre, Waterford
Fri 20 Feb, 6pm
 Free but ticketed. To book: www.eventbrite.ie



F Yes, but do you care?

Film screening & discussion



This short film by artist Marie Brett reimagines family caregiving, the ethics of autonomy and the implications of Ireland's new capacity legislation. It explores the human right to make a 'bad' decision and the complex emotional terrain of caregiving.

This event is part of a national tour, supported by the Arts Council, designed to spark conversations about care, capacity, humanity and legislation in Ireland today.

Created in collaboration with the Dementia Carers Campaign Network and supported by The Alzheimer Society of Ireland, choreographer and dancer Philip Connaughton, and advisors in law, advocacy and human rights.



Garter Lane Arts Centre, 5 O'Connell Street, Waterford
Sat 21 Feb, 2pm
 Adm free, booking required: www.garterlane.ie

V MINI WELLBEING FLOAT MAKING



Artist Eilis O'Toole invites children and their families on the Paediatric Ward to create their own miniature float for the Well Festival's Mini Wellbeing Parade. Each float can be calm and peaceful, or bright and full of joy - whatever makes you feel good.

*Paediatric Ward,
 University Hospital Waterford
Mon 16 & Wed 18 Feb.
 Private event*

M D PLAY, MUSIC & MOVEMENT

Ready Steady Play



Bring your little one along to sing, move, and play together in this fun, nurturing session led by a child development specialist from Ready Steady Play. A wonderful event to promote early learning and wellbeing, in a fun and safe environment.

*Central Library,
 Lady Lane, Waterford
Wed 18 Feb, 10.30am-11.30am
 Adm free, all welcome.
 Suitable for 0-3yrs.*



M MAKE SOME NOISE

☞ Déise Music Therapy



Join creative arts therapist Catherine Sweeney for a fun music workshop, encouraging imagination, listening, movement, connection and expression.

*Ardkeen Library,
Ardkeen Shopping Centre,
Waterford
Thurs 19 Feb, 10am - 11am
Adm free, places limited.
Booking essential: 051 849755
Suitable for 8-12 yrs.*

S WANDERING TALES



Storyteller Joe Brennan captivates children and their families on the Paediatric Ward with his gentle approach, sharing stories, wonder tales and folk tales, and bringing everyone to the mystical lands of their imagination.

*Paediatric Ward, University Hospital Waterford
Thurs 19 Feb.
Private event*

V DOODLE YOUR MONSTER MOOD



Drop into Brown's Road Library on Friday, or Central Library on Saturday, and let your child unleash their creative imagination by contributing to our giant monster doodles. A fun, playful way to celebrate wellbeing through shared art and imagination.

SCRIBBLES, GIGGLES AND GENTLE CREATIVITY FOR CHILDREN!

*Brown's Road Library, Lisduggan, Waterford
Fri 20 Feb, 10am-1pm & 2pm-5pm
All welcome.
Children are invited to stay as long as they wish,
but must be supervised by an adult.*

*Central Library, Lady Lane, Waterford
Sat 21 Feb, 10am-1am & 2pm-5pm
All welcome.
Children are invited to stay as long as they wish,
but must be supervised by an adult.*

C UNDER THE SEA
 Hand Craft Workshop



All aboard as we embark on a journey of creativity and mindfulness. Let your imaginations soar as you explore the wonders of the ocean through our artistic creations.

Central Library, Lady Lane, Waterford

Fri 20 Feb, 11am-12 noon

Adm free. Places limited, booking essential: 051 849975

Suitable for 4-7 yrs.

C RE-FASHION REVOLUTION
 Hand Blast Store



Embrace sustainable fashion with Blast Store. Love your clothes for longer by learning how to creatively upcycle and repair, with patchwork, hand painting, stitching and more. Discover how to create fashion that feels like you in this hands-on workshop!

Central Library,
 Lady Lane, Waterford

Sat 21 Feb, 2.30pm-4pm

Adm free, but places limited.

Booking essential: 051 849975

Suitable for 13-15 yrs.

V MINI WELLBEING FLOAT-MAKING
 Hand Workshop



Get creative and design your very own miniature float for the Well Festival's Mini Wellbeing Parade! Each float can be calm and peaceful, or bright and full of joy – whatever makes you feel good. Led by artists Eilis O'Toole and Jaki Coffey.

Réalta Centre for Arts + Health,

University Hospital Waterford, Dunmore Road, Waterford

Sat 21 Feb, 9.30am - 11am

Adm free, booking required: info@realta.ie/ 051 842664

All welcome. Suitable for families with children aged 5yrs+.

MINI WELLBEING PARADE

Following the Mini Wellbeing Float-Making Workshop, the Mini Wellbeing Parade springs to life with a joyful procession of miniature floats, each one a tiny masterpiece of imagination and a personal story of feeling good. Together, they'll create a miniature celebration of creativity, community and the countless ways we can nurture our wellbeing.

From Réalta Centre for Arts + Health,

University Hospital Waterford to the hospital foyer

Sat 21 Feb, 11.15am

Adm free, all welcome.



Well Festival Calendar

MONDAY 16 FEBRUARY

9am-6pm	The Grúagach's Lair VISUAL ART (p4)
9am-4.30pm	Canvas agus Craic VISUAL ART (p5)
📄 9am-	Fancy a Lift? (1) POETRY (p8)
10am-5pm	New Shoots - Photo exhibition VISUAL ART (p6)
📄 *	Embrace the arts at your library LITERATURE (p7)
11am-11.30am	Sounds Good with Jane Pearson MUSIC (p9)
📌 2pm-4pm	MINI WELLBEING FLOAT MAKING VISUAL ART /WORKSHOP (p21)
6pm-7.30pm	Healing Sounds MUSIC (p9)
6pm-7pm	Annual Réalta Keynote: Why Arts? TALK (p10)

TUESDAY 17 FEBRUARY

9am-6pm	The Grúagach's Lair VISUAL ART (p4)
9am-4.30pm	Canvas agus Craic VISUAL ART (p5)
📄 9am-	Fancy a Lift? (2) POETRY (p8)
10am-5pm	New Shoots - Photo exhibition VISUAL ART (p6)
📄 *	Embrace the arts at your library LITERATURE (p7)
11am-11.30am	Sounds Good with Sandra Collins MUSIC (p11)
11.30am-1pm	Art at the Kitchen Table Studio (Dungarvan) VISUAL ART /WORKSHOP (p11)
2.30pm-4pm	The Mindful Maker Workshop CRAFT /WORKSHOP (p12)
2.30pm-4pm	Healing Sounds MUSIC (p12)
5.30pm-6pm	Cór Chroí MUSIC (p13)
6pm-7.30pm	Healing Sounds MUSIC (p12)

WEDNESDAY 18 FEBRUARY

9am-6pm	The Grúagach's Lair VISUAL ART (p4)
9am-4.30pm	Canvas agus Craic VISUAL ART (p5)
📄 9am-	Fancy a Lift? (3) POETRY (p8)
📄 *	Embrace the arts at your library LITERATURE (p7)
📌 10.30am-11.30am	PLAY, MUSIC & MOVEMENT DANCE /MUSIC (p21)
11am-11.30am	Sounds Good with Damien Kehoe MUSIC (p15)
11am-12.30pm	Art at the Kitchen Table Studio (Waterford) VISUAL ART /WORKSHOP (p16)
1pm-8pm	New Shoots - Photo exhibition VISUAL ART (p6)
📌 2pm-4pm	MINI WELLBEING FLOAT MAKING VISUAL ART /WORKSHOP (p21)
3pm-5pm	Arts + Health Mixer NETWORKING (p15)
5.30pm-6pm	Thank you for hearing me FILM (p15)
6pm-	New Shoots - Photo Exhibition Launch VISUAL ART (p6)

Key

- 📄 Online Option Available
- 📌 Events for younger audiences
- * Check library opening hours at <https://waterfordlibraries.ie/branches>

THURSDAY 19 FEBRUARY

9am-6pm	The Grúagach's Lair VISUAL ART (p4)
9am-4.30pm	Canvas agus Craic VISUAL ART (p5)
📄 9am-	Fancy a Lift? (4) POETRY (p8)
10am-5pm	New Shoots - Photo exhibition VISUAL ART (p6)
📄 *	Embrace the arts at your library LITERATURE (p7)
📌 10am - 11am	MAKE SOME NOISE MUSIC (p22)
10.30am-11.30am	Other Worlds DANCE /THEATRE (p16)
11am-11.30am	Sounds Good with Alan Browne & Liam Kavanagh MUSIC (p17)
📌 2pm-3pm	WANDERING TALES STORYTELLING (p21)
2.30pm-3.30pm	Other Worlds DANCE /THEATRE (p16)
6.30pm-8pm	Shake, Rattle & Reminisce MUSIC (p17)

FRIDAY 20 FEBRUARY

9am-6pm	The Grúagach's Lair VISUAL ART (p4)
9am-4.30pm	Canvas agus Craic VISUAL ART (p5)
📄 9am-	Fancy a Lift? (5) POETRY (p8)
10am-5pm	New Shoots - Photo exhibition VISUAL ART (p6)
📄 *	Embrace the arts at your library LITERATURE (p7)
📌 10am-1pm & 2pm-5pm	DOODLE YOUR MONSTER MOOD at Brown's Road Library VISUAL ART /WORKSHOP (p23)
11am-11.30am	Sounds Good with Andrew Ryan MUSIC (p18)
📌 11am-12noon	UNDER THE SEA CRAFT /WORKSHOP (p24)
1pm-2.30pm	Stone Soup VISUAL ART /WORKSHOP (p18)
4pm-5.30pm	Paint with Joy VISUAL ART /WORKSHOP (p19)
6pm-7pm	Sunshine: sharing writings to brighten our souls LITERATURE (p19)

SATURDAY 21 FEBRUARY

📌 9.30am-11am	MINI WELLBEING FLOAT MAKING for families VISUAL ART /WORKSHOP (p21)
10am-4.30pm	Canvas agus Craic VISUAL ART (p5)
📌 10am-1pm & 2pm-5pm	DOODLE YOUR MONSTER MOOD at Central Library VISUAL ART /WORKSHOP (p23)
10am-5pm	New Shoots - Photo exhibition VISUAL ART (p6)
📄 *	Embrace the arts at your library LITERATURE (p7)
📌 11.15am	MINI WELLBEING PARADE VISUAL ART (p25)
2pm-	Yes, but do you care? FILM /TALK (p20)
📌 2.30pm-4pm	RE-FASHION REVOLUTION CRAFT /WORKSHOP (p24)

Overleaf image by Emma Jane O'Connell
from *New Shoots* photo exhibition (see pg 6).

Please follow page references for event details and venues.

