Welcome to Inspire New Directions, Newsletter

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March 2024



Clontygora Court, Muirhevnamor, Dundalk, Co.Louth

In this Issue:

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Killeavy Castle

4SEEK Walking tour

Ulster Museum

Navan Sports Partnership

Birthday celebrations

We would like to welcome Darren to Dundalk Day Service...

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Darren started with us at the beginning of the year. Over the last number of weeks Darren has been settling in. We have been enjoying getting to know him and having someone new come to the centre...

inspire wellbeing, ability, recove

Killeavy Castle:

To start off the years activities we went to Killeavy Castle. We went for a lovely walk around the grounds and finished it off with

Some lunch...











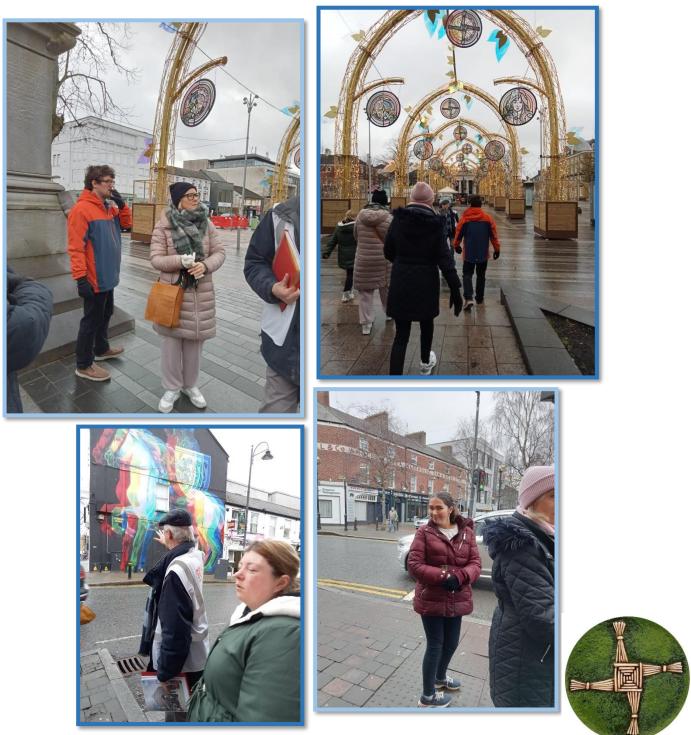
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Seek Walking Tour



To celebrate St Bridget's day we completed a guided walking tour around Dundalk town. This was very interesting and we found out some information that we had not known ...









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On Friday 1st March, we visited the Ulster Museum in Belfast. We had a great day and enjoyed having lunch in the Café...



Sports day

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On Wednesday 20th March, we participated in the Meath Sports Partnership Program. This was hosted in Navan. We really enjoying participating in all the different sports...



7

Birthday Celebrations...

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On Sunday 17th March Andrew turned 30! He celebrated by having a party with his friends and family...



In the next issue:

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Crumlin Road Gaol

Feede Loop

↓Dublin

Days out