

# SLIGO HUB XMAS GUIDE

*All that's hot this Xmas in County Sligo*



XMAS GIFT  
IDEAS AND  
FESTIVE  
EVENTS!

*The most wonderful  
time of the year!*

*Ho Ho Ho.....Intro!*

We're delighted to put together this Sligo Hub Guide for Christmas.

Filled with great gifts, crafts and what you should do over the festive period - it doesn't seem like a blink of an eye since last xmas does it?

2021 was challenging but we made it! Together as one community; we hope that all will enjoy looking through these pages filled beautiful images celebrating our local area during the xmas celebrations.

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## **XMAS DIPS**

*THE BENEFITS OF SEA SWIMMING AT XMAS AND SUGGESTIONS FOR YOUR WINTER WELLBEING*



## **XMAS HAMPERS**

*THE BEST FOODIES HAMPERS TO GIFT THIS XMAS*

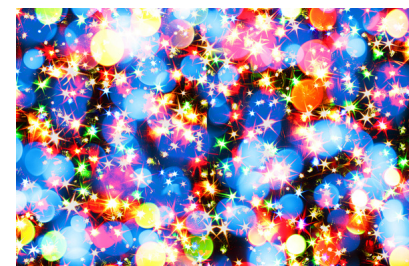
Check out yummiest food and drink hampers Sligo has on offer



## **TIPS**

*HOW TO GIFT GREENER THIS CHRISTMAS*

want to know how to be more waste concious this year



## **GIFTS**

*BEST OF GUIDE TO SLIGO XMAS GIFTS*

So many beautiful gifts to choose from



## SLIGO CHRISTMAS MARKETS



*Strandhill People's  
Market:  
Strandhill Airport.  
Sunday's 11-4pm:*



*Sligo Christmas  
Market:  
Friday and Sat 10-  
6pm then:  
from 3rd Dec  
7 days a week :  
Quayside Mezzanine*



*Rathcormac Market  
Branleys Yard  
Dec 4th, 11th, 18th,  
22nd, 23rd.  
12-7pm  
As the day roles into  
night markets it will  
be all lit up. Santa will  
be there on his cart  
on 11th at 5.30pm. it'll  
be lovely for the kids  
to see.*



# SLIGO CHRISTMAS MARKETS



*Art and Craft Fair  
Gilhooly Hall  
Every Sat and Sun  
from 4th Dec.  
12-7pm*



*Achonry Christmas  
Market:  
Sat 10-1pm*



*Beltra Country Market  
Sat 10-12.30pm*

*Merry Christmas!*



## SHARLENE KEMPLE CERAMICS

Sharlene is probably best known for fine glazed relief porcelain landscapes and artwork that draw from the oceanic surroundings and beach laden Sligo! Signature pieces such as 'Shelly River' literally translate from 'Sligo' and 'Sinach' or the 'Stormy Wave' is directly influenced by growing up by the coast.

New this Christmas is the piece 'Cairdeas' available in 3 sizes at The Cat & the Moon. Dressed in white glaze with green undertones and gilded in gold, the 'Cairdeas' intends to emulate the joy of friendship with a gang of chattering porcelain mouths influenced by the shells that cling to rocks in groups.

In landscapes, Sharlene has the iconic mountains of Sligo, Bluebells at Hazelwood, meadow flowers on Beezies Island and the glorious Glencar Waterfall all starting at €35. These can be viewed in person in the area at Glencar Teashed, Drumcliffe Tea House or at The Cat and The Moon and are also available to order online at [www.sharlenekempleceramics.com](http://www.sharlenekempleceramics.com)

Also new for gifting this year from Sharlene Kemple Ceramics is the mini Rosses Point Buoy replica. Natives of Sligo will understand how it represents summers at the beach or races around it to get warm on a blustery winter Sunday! The buoy is approx 5cm in width and comes with the option of a gorgeously wrapped giftbox and is only directly available on the website.

Ceramic Snowflakes are currently on sale on [www.sharlenekempleceramics.com](http://www.sharlenekempleceramics.com) Perfect for an add on or stocking present with the option of a festive red giftbox. Snowflakes can be arranged singly or in a 5 pack.



# GIFTS FOR HER

1. CLO'S BOOZY TRUFFLE SELECTION.

€32 [CLOCHOCOLATES.IE](http://CLOCHOCOLATES.IE)

2. NEOM ORGANICS CANDLE

€39 [KATE'S KITCHEN](http://KATE'S KITCHEN)

3. PATTERN HOOPS

€26 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

4. END OF THE WORLD IS A

CUL DE SAC. LOUISE KENNEDY.

€14.95 [LIBER.IE](http://LIBER.IE)

5. VOYA SEAWEED BATH

€14.95 [KATESKITCHEN.IE](http://KATESKITCHEN.IE)

6. GREEN ONYX EARRINGS

€80 [THECATANDMOON.IE](http://THECATANDMOON.IE)

7. COCO HANDLE BAG.

€79.95 [SHOPANNA.IE](http://SHOPANNA.IE)

8. SEODA (Treasure) PENDANT.

€30

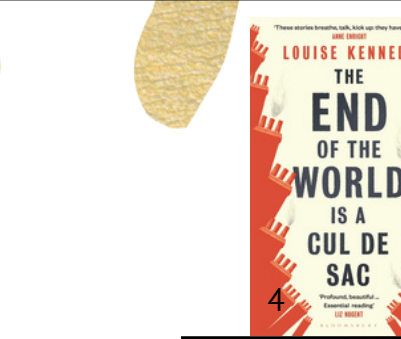
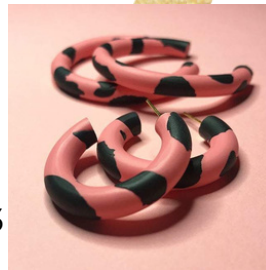
[SHARLENEKEMPLECERAMICS.COM](http://SHARLENEKEMPLECERAMICS.COM)

9. STAR EARRINGS.

€75 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

10. SLIGO HUB HOODIE.

€45 [SLIGOHUB.COM](http://SLIGOHUB.COM)





# GIFTS FOR HER

1. LISA BAG.

€139 [ANAFAYE.COM](http://ANAFAYE.COM)

2. DOWN BY THE SHORE

€60 [LOVE-LANIS-ART.COM](http://LOVE-LANIS-ART.COM)

3. WATER BOTTLE

€31 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

4. WOMAN'S SURF LESSON.

€35 [REBELLESURE](http://REBELLESURE)

5. 100% WOOL SLIPPERS

€80 [WESTSTRANDBYNINA](http://WESTSTRANDBYNINA)

6. REED DIFFUSER

€22 [A&S AROMAS](http://A&S AROMAS)

7. WINTER BEANIE.

€35 [SWEETBEAT.IE](http://SWEETBEAT.IE)

8. ARCTIC SEAWATER ORB

€120 [CELESTIALAQUATICS](http://CELESTIALAQUATICS)

9. MAKE UP VOUCHER

€50 [BRENDAMCARDLE](http://BRENDAMCARDLE)



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BRENDA MCARDLE

# Makeup

Brenda McArdle has a beautiful private studio nestled just under Knocknarea in Strandhill. It is a haven for makeup, lashes and brows! 'Every girl's dream room' is what clients say when they come to visit.

Brenda has 6 years experience under her belt and specialises in various fields of makeup including bridal & bridal parties, glamour, photoshoots, special events, lessons, competitions and of course that all important girl's night out!

She prides her work on creativity and individuality, ensuring to create the desired outcome whilst working with each client's request. Brenda understands that not everyone wants a cut crease, winged liner or even lashes! She will guide but most importantly listen to what her client wants.

When covid hit and her studio was forced to close, Brenda took this time to expand her services! She trained with The Beauty School in Newry and now offers the popular lash lift treatment, hd brows and also brow lamination.

Brenda has Christmas gift cards available for all of her services which you can view on :

[www.brendamcardlemakeup.as.me](http://www.brendamcardlemakeup.as.me)





BRENDA MCARDLE

# Makeup



Christmas is the perfect excuse to experiment with colour and sparkly makeup! You'll probably be partying into the early hours so choose long lasting waterproof makeup. Here are a few tips to help you look fabulous on Christmas Day and New Year's Eve

## ***Sweatproof your foundation:***

You'll need a high coverage foundation to create a long lasting canvas for your party look. Choose a long lasting foundation such as the Estee Lauder double wear. This is pretty lightweight despite being a full coverage foundation. It works great for all skin types. Set the foundation lightly with a translucent powder, especially any areas that are prone to shine.

## ***Try red lips!***

Red is the Christmas colour so go bold! If there was ever a time to try a red lip this is it! Go for something long wearing. Benefit Cosmetics do great lip stains which are super lightweight and can be used on the cheeks too! These lipstains can be topped with a gloss to finish the look.

My favourite Christmas lipglosses are from Mac Cosmetics. 'Woman of mystery' is a beautiful deep red lipglass. Brown Thomas have a wonderful Christmas lip trio available for €40 including 'woman of mystery' lipglass, 'chilli' lip liner and 'brick the spell' lippy. I recommend going natural on the rest of your face if you do opt for a red lip. This way all the focus is on our lips! A simple winged liner and nude eyeshadow (with maybe a little sparkle!) to create a balanced look.



BRENDA MCARDLE

# Makeup



## ***Lashes speak louder than words:***

Waterproof mascara won't fail you on your night out but there's no doubt that false lashes work even better! For a natural I recommend Eylure fluttery light , Eylure False Lashes or a full lash will look great in photos! Eylure dramatic 3D are great.

## ***Smokey Eye:***

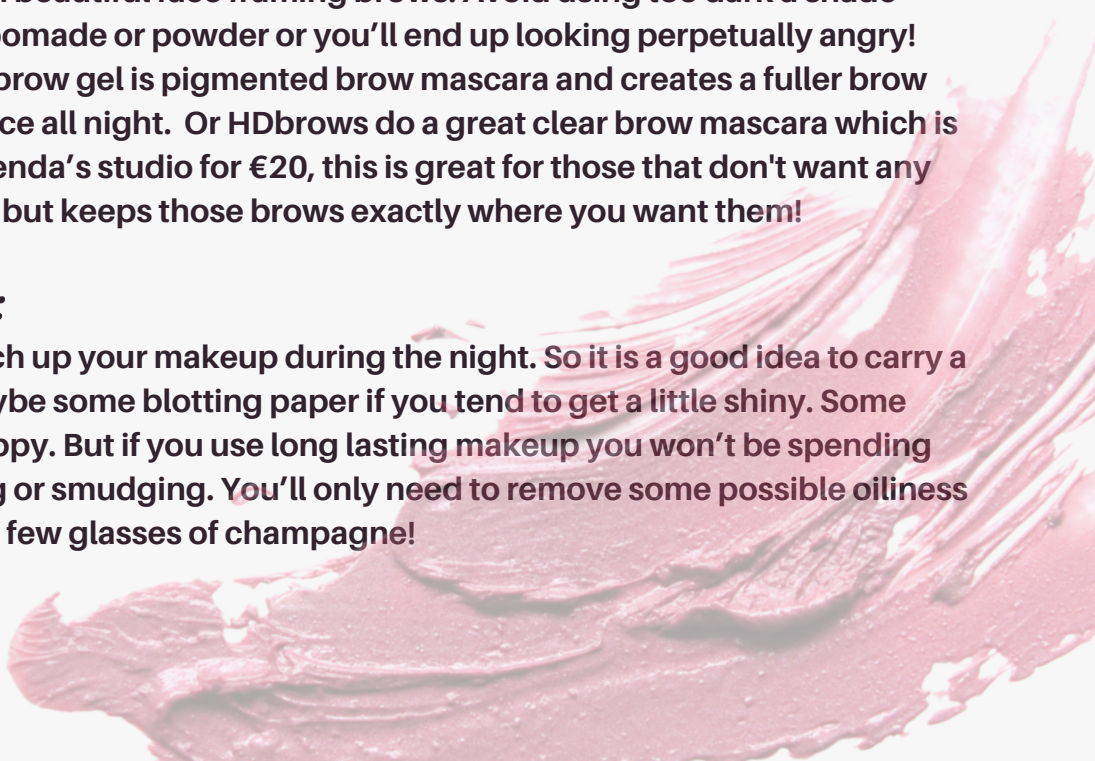
If you want a sparkly smokey eye make sure you use an eye primer so your makeup stays put! Create a classic smokey eye using greys or dark browns. Pop a little glitter primer Glitter Primer over your shadow. This is tacky and will keep whatever sparkly pigment you use in place all night!

## ***Eyebrows on fleek:***

Complete your makeup with beautiful face framing brows. Avoid using too dark a shade whether it's a pencil, brow pomade or powder or you'll end up looking perpetually angry! The Anastasia Beverly Hills brow gel is pigmented brow mascara and creates a fuller brow that keeps everything in place all night. Or HD brows do a great clear brow mascara which is available for purchase at Brenda's studio for €20, this is great for those that don't want any colour added to their brows but keeps those brows exactly where you want them!

## ***Carry your essentials:***

You'll probably need to touch up your makeup during the night. So it is a good idea to carry a few essentials with you. Maybe some blotting paper if you tend to get a little shiny. Some pressed powder and your lippy. But if you use long lasting makeup you won't be spending the night fixing any creasing or smudging. You'll only need to remove some possible oiliness and retouch your lips after a few glasses of champagne!





# Love Lani's Art



**LANI IS AN ARTIST WITH A LOVE FOR COLOUR, CAMPERVANS, COTTAGE LIFE AND DAYS BY THE SEA.**

**HER WATERCOLOUR AND ACRYLIC PAINTINGS ARE LOVINGLY MADE INTO PRINTS FOR ALL TO ENJOY.**

**HER PRINTS ARE FOUND IN SHOPS ACROSS IRELAND AS WELL AS ON HER WEBSITE,**

**[WWW.LOVE-LANIS-ART.COM](http://WWW.LOVE-LANIS-ART.COM)**

**YOU ARE SURE TO FIND A PIECE TO GIVE A SMILE TO ALL AGES.**







## ***Look no further!***



A Christmas Gifting Philosophy from Martina Hamilton and The Cat and The Moon Sligo

There has never been a better time to choose Irish and locally made gifts. This Christmas, At The Cat and The Moon our motto is Look No Further than your local shops, and Irish Craft makers for your perfect Christmas gifts.

At The Cat and The Moon we offer these timeless values and traditions of Irish craftsmanship and design for your discerning gift choices to those you love this Christmas.

Our supply chains don't need to reach around the world. At The Cat and The Moon we look no further than the makers and creators who live and work on the island of Ireland. Almost 150 artisan studios from every county in Ireland, north and south of the border can be found on our well stocked shelves.

Leading Irish artisan makers in precious metal jewellery and costume jewellery, in textiles, woodcraft, pottery and ceramic art and photography fill the shelves of The Cat and The Moon, so you need not worry about finding any of your most important gifts this Christmas. And remember, we also stock a wonderful selection of stocking fillers from Irish soap, scent and candle makers, charming miniature ornaments, handcrafted Christmas decorations that last a lifetime, as well as all the Irish made tableware you will need to make your Christmas celebrations and entertaining absolutely perfect.

So, with international trade, shipping and supply chain issues making the news every day, as we all try to reduce our carbon footprint, and with the importance of shopping local never being more important, our motto for your gifting ideas this Christmas is to Look No Further.

Look no further than your own local shops, than your own local makers and growers. Here you will find beautiful, enriching, imaginative gifts, gifts that reflect the care and insight of the giver, gifts that will endure in meaning and resonance with those who receive them for many years to come.

For that utterly special Christmas gift Look No Further than The Cat and The Moon.





# GIFTS FOR HIM

1. DRY ROBE.

€150 [CALLOFTHEWILD.IE](http://CALLOFTHEWILD.IE)

2. LUXURY HIP FLASK

€65 [ATHRU.COM](http://ATHRU.COM)

3. BEAN AND GOOSE CHOC

€16 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

4. BRUCE SPRINGSTEEN BOOK.

€25.59 [HOBBYSHOP.IE](http://HOBBYSHOP.IE)

5. FOSSIL WATCH

€119 [WEHRLYBROS.IE](http://WEHRLYBROS.IE)

6. HAPPY SOCKS

€39.95 [EJMENSWEAR.COM](http://EJMENSWEAR.COM)

7. CARROW COFFEE BEANS

€13 [CARROW.IE](http://CARROW.IE)

8. SLIGO ROVERS SEASON TICKET

[SRFCDIRECT.COM](http://SRFCDIRECT.COM)

9. VOYA VOUCHER

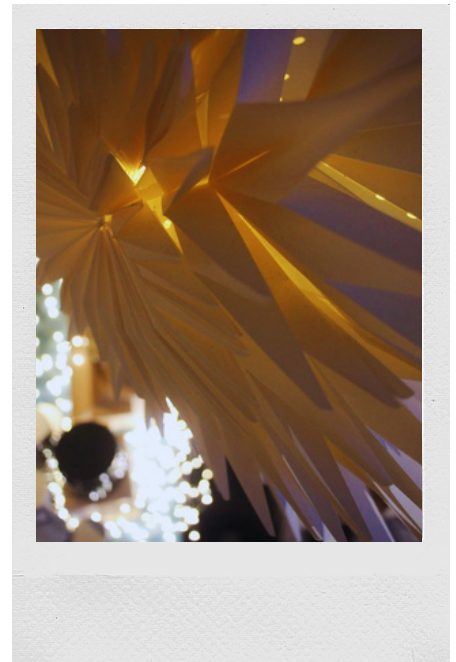
€100 [VOYASEAWEEDBATHS.COM](http://VOYASEAWEEDBATHS.COM)

10. A VINYL ALBUM  
THE RECORD ROOM





HEAR THE SLEIGH BELLS RINGING?



*Christmas is here!*

Shells Little shop have a beautiful selection of handselected gifts for you and your loved ones.

Take a peek at [shellscafe.com](https://shellscafe.com)





*Mullaney  
Brothers*



Ireland's Eye sweaters  
for Him & Her an Ideal  
Christmas gift shop  
instore & online

[MULLANEYBROTHERS.COM](http://MULLANEYBROTHERS.COM)





# GIFTS FOR KIDS

1. SCANIA TOY TRUCK

€48 [CAWLEYS.IE](http://CAWLEYS.IE)

2. CORAL REEF PUZZLE

€14 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

3. MAGICAL GARDEN

€6.96 [KATESKITCHEN.IE](http://KATESKITCHEN.IE)

4. CAPT. UNDERPANTS BOOK.

€29.95 [LIBER.IE](http://LIBER.IE)

5. LEGLER GUITAR

€33.99 [HOBBYSHOP.IE](http://HOBBYSHOP.IE)

6. HEIRLOOM TEDDY

€80 [MADEINSLIGO](http://MADEINSLIGO)

7. SLEEPING BAG

€33 [CALLOFTHEWILD.IE](http://CALLOFTHEWILD.IE)

8. MCNUTT SCARF

€34.95 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

9. ROBO TORI ELEPHANT

€14.95 [SGEDUCATION.IE](http://SGEDUCATION.IE)

10. BUG KIT

€19.95 [SGEDUCATION.IE](http://SGEDUCATION.IE)



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# THE HOBBY SHOP

## CHRISTMAS 2021



up to  
**20% off**  
Bestsellers



Great Value!  
**108**  
pieces!

was €94.99  
NOW €89.99

Lots of  
Stocking fillers  
inside!



Amazing  
Art Gifts!



1,000 piece  
Jigsaw puzzles  
from  
€12.99



Shop now at  
[www.hobbyshop.ie](http://www.hobbyshop.ie)





A family ran business based at Drinaghan, Knocknarea, Sligo. We are a main Scania dealer covering sale, service and CVRTs on commercial LCVs and HCVs.

We have an online shop where we sell our own merchandise as well as official Scania merchandise to suit truck enthusiasts of all ages.

Find us at [shop.cawleys.ie](https://shop.cawleys.ie)  
Delivery and local collection available.

Contact us at 0719169555 or email [info@cawleys.ie](mailto:info@cawleys.ie) for more information.





# ECO GIFT TIPS

It's the holiday season and we all want to buy gifts for our loved ones. There are so many options available but we should also consider buying eco-friendly gifts as well!

This will give you an opportunity to help save the environment and at the same time, gift your mom something special and unique. Here are some top tips to have an eco Christmas this year:

1. **Shop Local** - save on big delivery costs both monetary and emission wise.
2. **Buy handmade** - avoiding plastic mass produced where possible.
3. **Homemade Gifts** - get cooking. Tasty chutneys, cakes, biscuits...delicious and waste free. You could also get the knitting needles out!
4. **Less Packaging** - consider how much unnecessary packaging your purchase comes with.
5. **Wrapping Paper** - reuse old fabric and ribbons, maybe a cool magazine or paper. Personalised further by you?
6. **Vouchers** - Vouchers are a great way to gift an experience. Or to let someone chose what they really want so nothing is wasted.







# ART SHOP

Supporting Creativity

Wonderful Xmas Gift Suggestions  
from SG Art Shop!  
[sgeducation.ie](http://sgeducation.ie)



Make your own Xmas Gift tag  
with items from the SG Art  
Shop!

## SG's Christmas Opening Hours

**MON - FRI:** 9.00am - 5.00pm

**SAT:** 12.00 noon - 5.00pm

*Closing Christmas Eve at 1.00pm*



# Christmas at Gillooly Hall

Children's Art Contest and Exhibition



**NEW  
ART**  
& Craft Fair

New Art & Craft Fair, Gillooly Hall is excited to launch our first children's art contest with fantastic prizes sponsored by SG Art Shop, Carraroe, Sligo.

Participants are invited to create a piece of art in any medium not exceeding A3 in size with the theme of 'Christmas at Gillooly Hall'.

A curated exhibition of the finished artworks will be displayed at the Gillooly Hall Craft Fair with the winners announced in the hall and online on the 18th.

Anyone under 18's can enter, with age appropriate prizes in three age categories.

The launch date of the contest is immediately.

The deadline of the contest is Saturday the 18th of December 2021.

This is a free contest! To enter: Artwork must be 'shared' by participant or parent in a post on social media using the hashtag's, #christmasatgilloolyhall #newartandcraftfairgilloolyhall #SGartshop

Original artwork to be handed into: SG Education & ArtShop, 8a, Old Dublin Road Business Park, Ballisodare Road, Carrowgobbadagh, Sligo. During business hours.

Or

On a Saturday 10am – 4pm at the Gillooly hall Temple St, Abbeyquarter North, Sligo. To the Little Deer's Creative Corner in the hall.

Details must be written clearly on the back of artwork:

Name of artist, contact: email and phone, school attending (if applicable), date, medium, title.  
Description (optional)

Good Luck!

In Sponsorship with  
**SG ART SHOP**



# GIFTS FOR FOODIES

1. FISH AND BEAN VOUCHER 5. GOURMET PARLOUR XMAS PUD

[FISHANDBEAN.IE](http://FISHANDBEAN.IE)

[GOURMETPARLOUR.IE](http://GOURMETPARLOUR.IE)

8. COOKIE GIFT BOX

€20 [HAWTHORNEBAKES.IE](http://HAWTHORNEBAKES.IE)

2. WINE HAMPER

€TBC [SLIGOWINEBUFF](http://SLIGOWINEBUFF)

6. ELF CUPCAKES

€14 [ABACKHAUSL](http://ABACKHAUSL)

9. KATE'S KITCHEN HAMPER

€95 [KATESKITCHEN.IE](http://KATESKITCHEN.IE)

3. LYON'S CAFE CAKE

7. SHELLS CAFE HAMPER

€55 [SHELLSCAFE.COM](http://SHELLSCAFE.COM)

10. FINE DINING VOUCHER

€TBC [EALABHAN.IE](http://EALABHAN.IE)

4. BOX OF TREATS.

[HATCH22](http://HATCH22)





ESTABLISHED  
SINCE 1990

# GOURMET PARLOUR

## EXPERIENCE THE JOY OF CHRISTMAS

Christmas at the gourmet Parlour is a very special time of the year. There is nothing quite like the aroma of Christmas baking cinnamon and spices wafting through the kitchen. Our cakes puddings and mince pies are made with the best ingredients baked with care and attention. From September the weighing preparing and baking begins the kitchen is a hive of activity. Everything is made from scratch, hand-made for you to enjoy .

Celebrate the festive season with something truly delicious from our artisan bakery.

For the main event: Put your feet up, relax and let us do the cooking.

Our Christmas menu is available to order:

- Glazed Irish ham with an option of free-range Andarl ham.
- Roast Irish Turkey farm fresh or free-range Thornhill farm with herb stuffing and our mouth-watering gravy.
- Roast Thornhill free-range Goose or Duck.
- Also available are our very popular turkey ham and stuffing portions. Ready to place in the oven

To compliment your main course we have an extensive selection of wonderful seasonal vegetables and a delicious selection of vegetarian and Vegan dishes, and of course sumptuous desserts

View our delicious menu and order your Christmas feast at [gourmetparlour.ie](http://gourmetparlour.ie) or call us on 071 91 44617







## A Backhäusl:

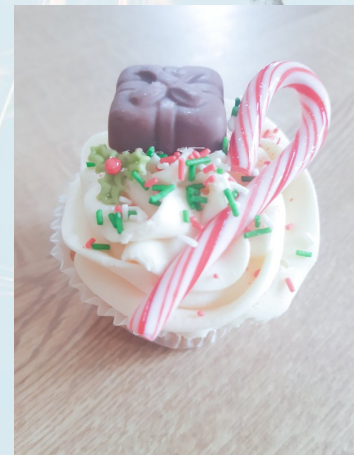
This is the ultimate cupcake decorating kit for the lead up to Christmas.

Imagine you are in your kitchen surrounded by your friends or family and you get together to have a little cupcake decorating party. Put on your favourite Christmas tunes and Christmas jumper, help yourself to a hot chocolate or mulled wine and decorate those cupcake buns.

With this cupcake decorating kit you will be able to whip up your own lush vanilla buttercream and decorate the cupcakes.



THE KIT IS FILLED WITH:  
6X OR 12X CUPCAKE BUNS  
ICING SUGAR  
VANILLA EXTRACT  
PIPING BAG  
CUPCAKE KIT INSTRUCTIONS  
CHRISTMAS SPRINKLES  
CHRISTMAS TREE MARSHMALLOWS  
MILK CHOCOLATE PRESENTS  
CANDY CANE  
SUGAR HOLLIES



(PIPING NOZZLE OPTIONAL - ADD FROM \*SHOP\* SECTION on website)

Send your friends and family some Holiday Greetings because the cupcake decorating kit is available to be shipped anywhere in the Republic of Ireland. So even if you can't meet up with some of your friends and family you can still be sharing the Christmas Spirit.

Check out my instagram [@a\\_backhausl](https://www.instagram.com/a_backhausl)

or my website [www.abackhausl.ie](http://www.abackhausl.ie) for more information!

It's the season to be jolly, fa la la la la, la la la la !!



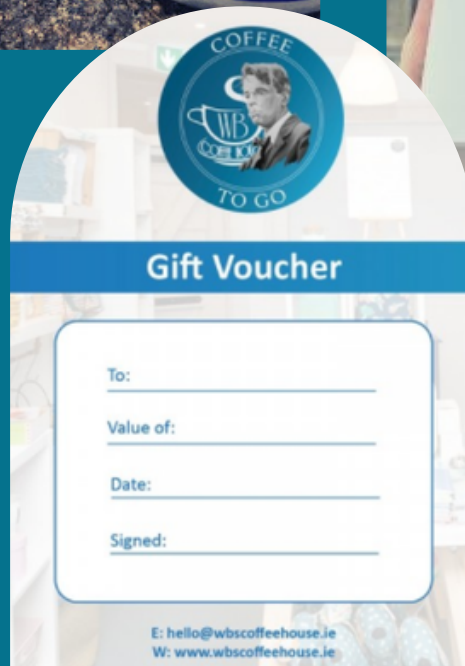


# WB'S COFFEE HOUSE

Beautiful Range of Irish Gifts This Xmas

## WB's Christmas Hampers

A RANGE OF HAMPERS THAT CAN BE CUSTOM MADE WITH A VARIETY OF GIFTS IN-STORE TO MAKE UP THE PERFECT GIFT FOR A LOVED ONE THIS CHRISTMAS! WE ALSO HAVE MANY BEAUTIFUL PRODUCTS AVAILABLE INCLUDING OUR VERY OWN YEATS CANDLE COLLECTION, SURE TO MAKE A GREAT PRESENT THIS YEAR.



SHOP NOW AT [WBSCOFFEEHOUSE.IE](http://www.wbcoffeehouse.ie)

SHIPPING NATIONWIDE AVAILABLE



## THE TRADITIONAL XMAS DAY SWIM

*Brace and embrace the cold on xmas day!*

Now a tradition in Ireland for over 40 years, the Christmas Day swim/dip is a really fun way to start the festivities.

Normally involving groups of friends or families coming together at this really special time of year. Some people will use this opportunity to raise money for charity.

With Sligo being coastal, we are spoilt for choice on locations to hop into the Atlantic.

This year, and last, most organised swims are cancelled unfortunately. But this doesn't stop Sligo folks who head in anyway.

It is vital that you take care and are safe. Please observe all precautions given by [watersafety.ie](http://watersafety.ie)

Bring a flask with hot coffee or tea to warm up after. Throwing on a Dryrobe afterwards is like a massive big hug too!

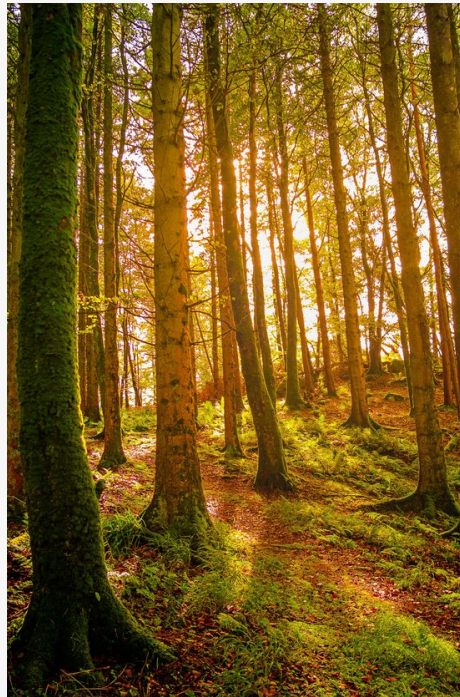
Here are some suggestions on where to dip. Some of these spots are tide dependant. So check conditions first.

- Aghris Head Pier
- Rosses Point - The Pool or beach
- Streedagh Beach
- Lissadell
- Mullaghmore
- Poll Gorm



*Get those endorphins going and jump in the ocean!*





BEAUTIFUL ARTWORKS FROM EDDIE  
LEE. PERFECT FOR A TIMELESS XMAS  
PRESENT

*Visit Eddie's pop-up shop in Johnston's Court. His work will also be available in Strandhill People's Market every sunday before xmas.*

*Shop more of Eddie's photography at :*

*[www.eddielee.ie](http://www.eddielee.ie)*

**Edd.ie**  
**Lee**



## Christmas is upon us & that means family, fun, and great food!

It's tradition at Shells Cafe in Strandhill that Myles' makes up a batch of his homemade Baileys and hands it out to family and friends. It's delicious! The recipe was originally published in their first cookbook, which is now out of print. BUT! Myles has given us a copy of the recipe to give to you! Enjoy. xx



### MYLES' HOMEMADE BAILEYS

#### Ingredients:

- 225ml (1 cup) Irish Whiskey
- 1 can sweetened condensed milk
- 450ml (2 cups) double cream
- 1/2 tbsp almond extract
- 4 eggs
- 1 tsp instant coffee

#### Directions:

- Mix all ingredients in a blender
- Taste and add more whiskey if required
- You can substitute condensed milk for double cream if preferred
- Chill well before serving
- Serve over Ice

This recipe should be kept refrigerated and shaken well before serving.

**As it contains fresh eggs, consume within a few days.**



**POST YOUR PHOTOS OF YOUR HOMEMADE BAILEYS**

Tag us @sligohub





# Yummy Xmas Cheesecake

Berenice is not a traditionalist when it comes to most things Christmas... The cheesecake is absolutely gorgeous, do try it and if not give her a shout and she'll make it for you.

The following will be available at The Cottage & Bay View Store in Rosses Point and Heart's Desire, Stephen St carpark...

Pear and ginger minced meat,  
Green tomato chutney  
Spicy pear chutney  
Red onion marmalade



Contact her on [berenicetcooks@gmail.com](mailto:berenicetcooks@gmail.com) or 087 191 7395



## QUARK BAKED CHEESECAKE

### Ingredients:

- 250g butter or margarine
- 250g sugar
- 16g vanilla or 10ml vanilla essence
- 2½ tsp baking powder
- 4 eggs
- 8Tbsp semolina or plain flour
- 1kg Quark
- Juice of half a lemon

### Directions:

- Mix semolina or plain flour with baking powder
- Mix all other ingredients then add Quark last
- Bake at 170°C for 1 hour
  
- Leave to cool in tin
- Top with berry compote of something of your choice
- Dust with some icing sugar and serve



**POST YOUR PHOTOS OF YOUR CHEESECAKE**

Tag us @sligohub





# Sligo Oyster Experience



Sligo Oyster Experience  
Vouchers available for our Oyster Farm Tour!



## Oyster Farm Tour

- Enjoy a unique seafood experience, the Sligo Oyster Farm Tour guided by Aisling owner of Sligo Oyster Experience.
- Learn all about Sligo's ancient seafood.
- Get exclusive access to a long established working oyster farm producing delicious oysters.
- Learn about the care, craft and expertise that goes into growing Sligo Bay Oysters from a tiny seed all the way to your plate.
- Take in the views of the iconic mountains of Benbulbin and Knocknarea, the grand expanse of Sligo Bay and learn how land and sea together influence the taste of our oysters.
- Complete the experience by enjoying oysters by the shore with a local craft beer, bubbles and

## SLIGO OYSTER HAMPERS

We have gift boxes available that are sure to be the perfect gift for oyster lovers this Christmas! We have three boxes to choose from;

- Oysters & Champagne €100
- Oysters & Muscadet €65
- Oysters & Chablis €69

Each box also includes;

- Rustic wooden box of 12 Sligo Bay Oysters – oysters cultivated in the Wild Atlantic waters of Ireland
- Wildwood Wild Blackberry Balsamic locally produced
- Scarlet For Yer Ma Hot Sauce Original
- Irish Seaweed Blend – 20g blend of dried Irish Seaweeds by Prannie Rhatigan
- Sligo Oyster Experience Candle handmade by Glenn & Aisling

We also have other gifts available on our website to choose from!

You can pre-order your Christmas Oysters now at [sligooystereperience.ie](http://sligooystereperience.ie)

## HAVING OYSTERS THIS CHRISTMAS?

Some folks may feel cooking oysters might be beyond their culinary capabilities but that's not the case. It's actually very easy and delicious. And you can look very fancy on Christmas Day. Enjoy. xx



### **SLIGO OYSTERS BAKED HERB CRUST OYSTERS**

#### **Directions:**

- Mix your breadcrumbs and thyme and then add garlic butter, once this is done you shuck your oysters and add the mix on top of each oyster and then put into the oven to bake for ten minutes and they are ready to serve!

A great addition to your Christmas dinner that is  
little fuss!



**POST YOUR PHOTOS OF YOUR HOMEMADE OYSTERS**

Tag us @sligohub





# Eala Bhan

## EALA BHAN AFTERNOON TEA

MAKE A RESERVATION FOR EALA BHAN'S FESTIVE  
AFTERNOON TEA FROM DECEMBER 1ST

ENJOY AN EXCLUSIVE AFTERNOON TEA EXPERIENCE (ADD  
BUBBLY) AND CELEBRATE CHRISTMAS 2021 WITH FAMILY,  
FRIENDS OR COLLEAGUES AT EALA BHAN SLIGO. 12-3PM  
THURSDAY TO SUNDAY. €26.95PPS

PURCHASE A VOUCHER ONLINE AT [WWW.EALABHAN.IE](http://WWW.EALABHAN.IE)



# SLIGO XMAS HAMPERS

We've so many lovely delicious hampers to choose from this xmas - here's a few suggestions. .



1. Pudding Row
2. Kate's Kitchen
3. Cosgroves Deli
4. Baker Boys
5. Sligo Oysters
6. Shells Cafe
7. Fish and Bean
8. Sweet Beat
9. Nook





Fish & Bean, is the North West's newest Seafood cafe, headed up by Sligo local Chef Dave Mullan. Serving the Freshest local seafood, with stunning views overlooking the water at Sligo Yacht Club in Rosses point.

Their spacious restaurant will be open right up to Christmas and New Year's eve, ideal for festive catch-ups with colleagues, family and friends. The hugely popular Taco Thursdays are running every Thursday in Dec, with beef and vegan options available for the non-fish eaters, served up alongside delicious Margaritas, making for the perfect pre-Christmas evening out.

To view sample menus, book your table or to purchase gift vouchers and Christmas hampers visit [www.fishandbean.ie](http://www.fishandbean.ie)  
Instagram [@fishandbeansligo](https://www.instagram.com/fishandbeansligo)  
Facebook Fish & Bean, Seafood Cafe

Fish & Bean Seafood Cafe,  
Sligo Yacht Club, Rosses point



# HOOKED ON CHRISTMAS



CHRISTMAS 2021 SORTED!  
**HOOKED** on festive food  
BRUNCH  LUNCH  DINNER  
Now taking bookings for parties of 6 or more



Now booking for festive brunches, lunches and dinners right up to  
Christmas week!

Ring in the festive season with good food, fine wine, bubbles and a  
warm Sligo buzz with friends, colleagues or family

Parties 6 or more!

Email [hookedsligo@gmail.com](mailto:hookedsligo@gmail.com) or  
PM for enquiries! Our team will  
be happy to help you plan your  
Christmas gathering!

Vouchers available online at  
[hookedsligo.ie](http://hookedsligo.ie) #gift





# *Christmas Comfort Kits From Pudding Row The Grocer*

Sligo's **Pudding Row The Grocer** has launched its Christmas Comfort Kit collection, an exquisite assortment of artisan products and homemade Pudding Row favourites carefully selected to bring joy to the lucky recipient this Christmas.

- The Christmas Comfort Kit, €70
- The Deluxe Christmas Comfort Kit, €85
- 'Build A Box' from €30
- The Corporate Christmas Kit, €50 (minimum order of ten kits applies)

**Dervla James**, chef and co-owner of Pudding Row, said " We've had a phenomenal response to our Comfort Kits, it's so rewarding to see the products we create with so much care and attention, given with so much love and received with so much joy. It's particularly wonderful at Christmas to help people treat family and friends, bringing a little slice of connection and celebration to their doorsteps."

Pudding Row The Grocer Christmas Comfort Kits are available now, order early to avoid disappointment. For more information and orders, please see [www.puddingrow.ie](http://www.puddingrow.ie).

Keep up to date with the latest news and variety of Comfort Kit updates by following Pudding Row on social at [@PuddingRowSligo](https://www.instagram.com/PuddingRowSligo).





# .BAKER BOYS.

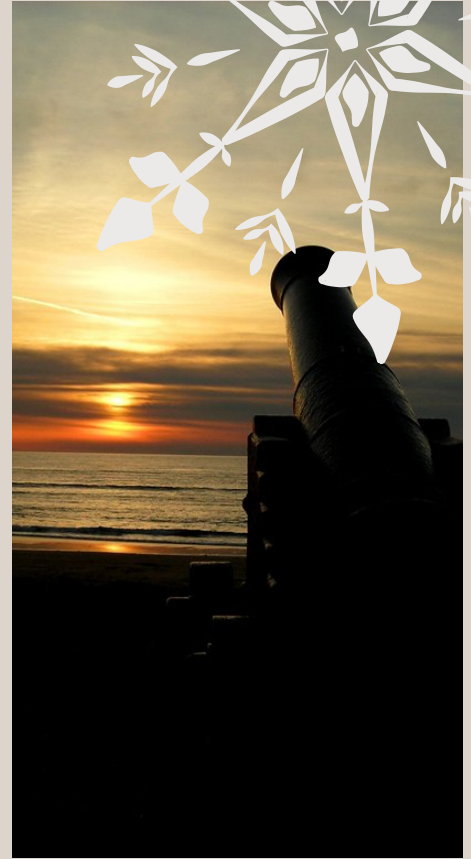
SERVIN' THE GOOD STUFF



Order your homemade  
delicious Christmas Hamper  
with [bakerboys.ie](http://bakerboys.ie) or drop us  
a line at 071-9103570



# CHRISTMAS WALKS IN SLIGO



## INTO THE WILD

A BRISK WALK ON CHRISTMAS  
DAY AFTER A DELICIOUS MEAL  
IS OFTEN INVIGORATING

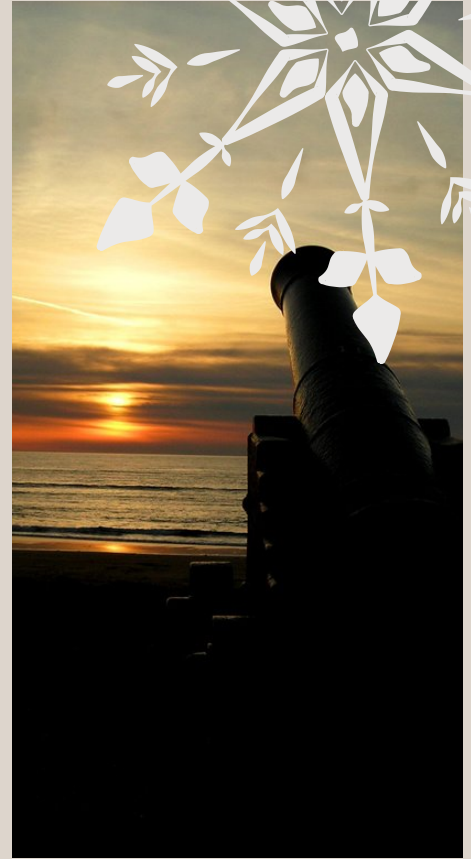
Another Sligo tradition is to head out for a leisurely walk after the dinner. To burn off some of the excess calories and get ready for round two!

Some folks want an easy meander with family and friends for a change of scenery and fresh air, others want a bit more of a challenge and might decide to climb Knocknarea.

Whatever your choice, you'll most likely meet lots of friendly faces on the way, wishing each other a Happy Christmas.

There are so many options for walks over at [sligowalks.ie](http://sligowalks.ie)

# CHRISTMAS WALKS IN SLIGO



## ONTO THE BEACH

ROARING WAVES, BEAUTIFUL  
SKIES AND BRACING WINDS

We can never guarantee the weather in Sligo and a walk on the beach on St Stephen's Day can be a windy one.

With zero protection from the wind it can be hair raising. But, its our favourite.

Strandhill, Rosses Point, Lissadell, Dunmoran, Enniscrone and more...

Dress warm and dry and the weather won't matter a bit.

See more on Sligo walks at Sligo Hub blog [sligohub.com](http://sligohub.com)





UP TO **610** KMS  
TO DRIVE YOU HOME FOR CHRISTMAS



**PLUG-IN  
HYBRID**

**ALL  
ELECTRIC**

**ECOBOOST  
HYBRID**

## Into the depths of winter

There's no landscape that fails to take our breath away. The stunning winter landscapes of Sligo are no exception.

Order your 221 vehicle before christmas. Beat the January rush and the stock shortages!

[PORTERFORD.IE](http://PORTERFORD.IE)

MERRY CHRISTMAS FROM

**PORTER FORD**



TOP TIP

# Subjects Not Safe For Xmas Dinner

The holidays are shaping up to be different than we thought they would be this year. We're all under a little bit of pressure and tensions are high. Add in some baileys and Prosecco and things could go south at the Christmas dinner table.

Don't mention :

- Vaccinations
- Religion
- Money
- Bodily Functions
- Politics
- Conspiracy Theories
- Past Family Feuds

LOL

Be on the safe side and just talk about the weather... ;0





# Coming to Sligo - neighbour food - January 2022

NEIGHBOURFOOD

## Did you know...

- ✓ All of the products listed in a NeighbourFood market are grown or produced by **local farmers or artisan producers**.

The sale of any large-scale commercially grown vegetables, non-organic imported fruit or vegetables, genetically modified products, intensively reared meat, imported fish or battery eggs are not permitted to be sold at a NeighbourFood market.



NEIGHBOURFOOD

## Shopping is simple

- ✓ Choose from a wide range of local produce including fruit and veg, bread, pastries, cheese, meats, beers and many more. When you're happy with the items in your basket, complete your purchase online.
- ✓ Each week you collect your order at a local venue. At the collection, all your items are packed and ready to be collected. A fast and efficient way to do your weekly shop!

JOIN THE MARKET BELOW

[JOIN HERE](#)

NEIGHBOUR FOOD ROSSES POINT



# NBI BROADBAND IS COMING

DO YOU WANT TO **WIN**  
1 YEAR OF **FREE BROADBAND?!**

**PRE  
ORDER  
NOW**



**CALL US TODAY**

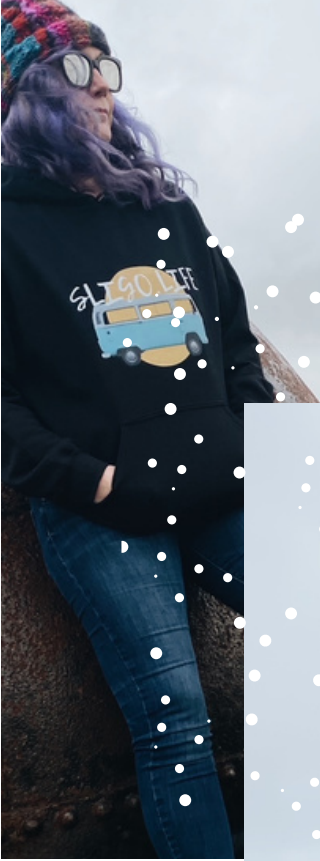
**0818 70 71 71**

**GET FREE INSTALLATION  
WHEN YOU SIGN UP THIS  
DECEMBER**





# SLIGO HUB HOODIES FOR XMAS



[sligohub.com](http://sligohub.com)

[sligohub.com](http://sligohub.com)



Amazing gift for any lover of Sligo!

10% of any profits goes to Sligo charity  
Havin' A Laugh

# Yoga Classes



**Outdoor Yoga and Wellbeing  
2022 Calendar**

**Beach Yoga**  **Weekly  
April - October**

**The Sligo Way**  
Grade C : Hike to Yoga  
April 2022 

**Lough Lumman**  
Grade C : Hike to Yoga  
March 2022 

**Benwiskin**  
Grade B : Hike to Yoga  
May 2022 

**Devils Chimney**  
Grade C : Hike to Yoga  
June 2022 

**Carrowkeel Solstice**  
Grade C : Meditation Hike  
June 20th 2022 

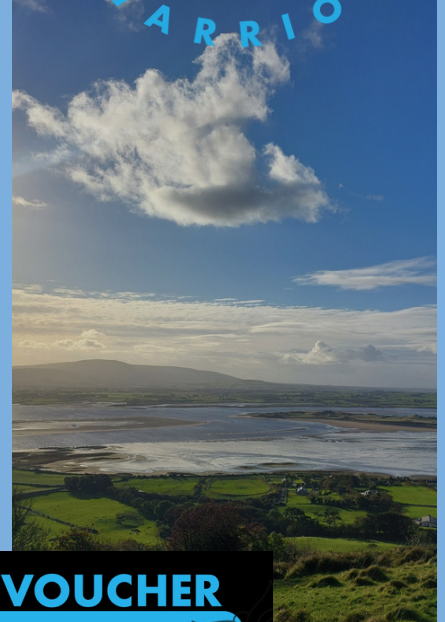
**SUP to Beezies**  
SUP to Beezies Island for Yoga,  
journaling and relaxation  
July 2022 

**Kings Sunrise**  
Grade B : Hike to Yoga  
€45 per person, €10 extra for food 

**Tin Whistle**  
September 2022 

**More to come**  
[www.yourwellbeingwarrior.com](http://www.yourwellbeingwarrior.com)

**CHRISTMAS  
VOUCHERS** 



**YOUR WELLBEING  
WARRIOR**

**VOUCHER**

From: \_\_\_\_\_

To: \_\_\_\_\_

Value: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: / /

Voucher No.: \_\_\_\_\_

[www.yourwellbeingwarrior.com](http://www.yourwellbeingwarrior.com) E-mail: [info@yourwellbeingwarrior.com](mailto:info@yourwellbeingwarrior.com) Phone: 00353 (0)87 7782261



**VOUCHERS AVAILABLE**

[ORDER VOUCHERS HERE](#)

Beach Yoga €14pp: Class  
Passes will be available

Adventure Yoga Excursions  
range from €35-€65

**MERRY  
CHRISTMAS  
FROM BLAITHIN  
XX**

[@your\\_wellbeing\\_warrior](#)

[YOURWELLBEINGWARRIOR.COM](http://YOURWELLBEINGWARRIOR.COM)





## **7 Ways to Enhance Feelings of safety and boost Immunity and overall wellbeing throughout the Winter from Your Wellbeing warrior**

**Being vague about your nerves** - Don't underestimate the importance of your nerves for strong immunity. A sense of safety is crucial for strong immune function. Our sense of internal safety lives in our nervous system, the primary nerve responsible being The Vagus Nerve. Healthy vagal tone is the foundation of all healing. One simple practice you can do at any time, indoors or out is the Whats on the Horizon tip below.

**Listen to the Ocean** - The crashing waves of the ocean releases a full range of vibrations from high to low. The cells in our bodies respond to these vibration becoming more alive and better able to absorb healthy signals throughout the body. Simply being at the ocean is enough, listen and you will hear high pitched and low bass sounds. Even without listening the magic happens, you can be present and just allow your cells to absorb the oceans healing vibrations.

**Wake early to Sleep Well** - Your circadian rhythms, your sleep cycle, is set by the first light that you see in the morning. Get up early, go outside and witness the first light of day. This will set your internal system to be ready to sleep when you go to bed at night.

**Hug Your Loved Ones** - The electromagnetic radiation vibrating from your heart are stronger than what is vibrating from your brain. When we connect with other people through our hearts it strengthens our own vibration and enhances your immunity.

**Be Seen by the Trees** - All trees are connected through a complex root and mycelium network below the surface. The trees in your garden are in communication with the trees in your neighbours. And they know you and your coming and going. Allow yourself to be seen by the trees, without judgement, without praise, just hello!

**Sing to your Soul** - We all know Music evokes memories and emotion and sometimes makes you want to sing or dance. Hold your hand on your heart and hum and you will feel your cells dance in response to the music you make, no words no melodies required, just hum into your heart, its music for the soul.

Support Your Creativity Winter is a wonderful time to get creative indoors. Enhance your creative projects by tuning into a meditation or taking a yoga practice. [Anois Yoga](#) has a Winter Creativity Yoga Workshop if you really want to indulge. Any time you spend connecting inward will enhance what creativity comes out of you.

**Whats on the Horizon** -When outdoors make the choice to look far away and become aware of the movement of your eyes. With your head facing straight on, turn your eyes as far as you can to the left or right, keep the eyes turned and continue to breath until you yawn or sigh. Then do the other side. This triggers the vagus nerve and the relaxation response in the body.



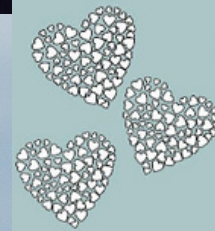


**Atlantic  
Dental Care**  
Your Smile Our Passion



*May your days be*

**MERRY  
& BRIGHT**



Atlantic Dental Care

**HOME BLEACHING KIT  
GIFT VOUCHER**

To:

From:

Atlantic Dental Care,  
Unit 2A Airport Business Park,  
Strandhill,  
Co. Sligo. (071)9168670

[atlanticedentalcare.ie](http://atlanticedentalcare.ie)



🎄 We would like to thank all our patients for their overwhelming support this year and wish them a very Happy Christmas and our very best wishes for 2022 🎄

Matthew & Cathy



**Closing 23rd December 2021-  
Re-opening 4th January 2022.**



**Atlantic  
Dental Care**  
Your Smile Our Passion



[atlanticedentalcare.ie](http://atlanticedentalcare.ie)





MERRY  
CHRISTMAS



Sligo  
Hub  
.com