mollymoo

What's on for kids

## child health specialists under one roof

**Does your child suffer from asthma?**
**Are you trying to manage eczema?**
**Are you worried about your child's nutrition?**

Specialists in these fields, and more, are coming together for Ireland's first Child Health Expo, on our doorstep in Glor Theatre Ennis, on October 15th from 10am to 5pm.

For a very reasonable €45 (incl lunch) parents will get to hear keynote speaker Dr Eva Orsmond (of RTE's Operation Transformation) uncover the importance of nutrition to ensure your child stays healthy naturally, and choose from a host of specialist workshops on asthma & respiratory, eczema & skin problems, behaviour management, alternative therapies and pediatric first aid.

To book your place call Glor on 065 6843103

Child Health Expo 2011 Oct 15th

***Key Expo Supporters***

*Eau Thermale Avene, SMA, Cow & Gate, Aptamil, SafetyMate, Glenisk, Bepanthen (who will be there on the day with goodies I'm sure!)*

## after school classes

When you see kids as engaged as this, having fun and growing in confidence with every class, it makes all the running around after school and weekends worth every second of feeling like nothing more than a taxi service!

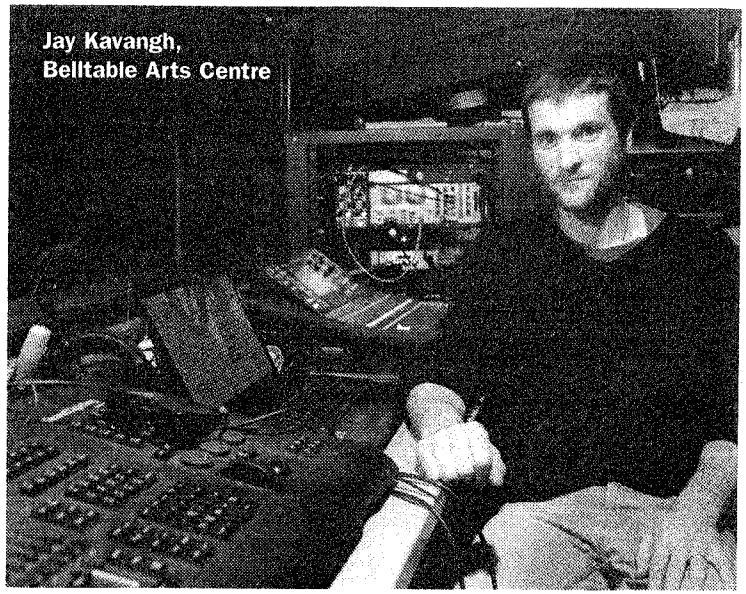
Now with the kids back in school we can turn our attention again to after school activities and I'm following the recommendation of many mums and calling Jean McGlynn of FrontLine Stage School, who's now enrolling for her classes in Castletroy, Caherdavin and Raheen. Phone 087 784 0282 or visit www.frontlinestageschool.ie

for what's on, activities, classes, craft & lunchbox ideas
visit mollymoo.ie - a Limerick mum's website

Post

# Belltable is new home to arthouse and indie films

By John O'Shaughnessy


Jay Kavangh, Belltable Arts Centre

WITH an investment in excess of €75,000 in the latest in digital projection, the 220-seater Belltable Cine Club, launched this week by Minister Jimmy Deenihan, proudly sits with the best in the land.

Over the next few months, film buffs will be treated to a rich diet in the best of World Cinema, with a promise of several new screenings each week.

Said spokesperson Gillian Fenton: "Not only do we have the best in digital equipment, but we have also installed a screen in keeping with the system.

"In terms of creature comforts, our recently renovated building offers an exciting new cinematic experience, and we have what it takes to compete with the opposition".

Both the Omniplex and Storm have shown reluctance to screen movies with limited audience appeal, and that is where the Belltable is set to score. The Omniplex management, to be fair, did dip their toes in the water on a few occasions, but found non-mainstream product to be not commercially viable.

Back to Gillian: "We will concentrate in the main in arthouse and indie films, and we believe there is an audience in Limerick.

"We have an advantage in that we are the only city centre cinema, in the heart of O'Connell Street.

"It is our policy to show a different movie on each of our screenings nights. Those who are seriously into film in Limerick regularly make the trip to the IFI in Dublin, and our presence will address that issue. We plan to show some mainstream movies".

Coming are: The Tree of Life, Sarah's Key, Project Nim, The First Grader, Congo: An Irish Affair, Build Something Modern, The Hedgehog, Incendies, etc.

Meanwhile, The Way, The Runway, Jig and Cell 211, recently seen at the Omniplex, are pencilled in for re-runs at the Belltable.

Limerick-born Jay Cavanagh, is projectionist at the venue.

Costcutter/Amber Service Station, Old Cork Road,

Amber Costcutter Always more to offer

YOUR LOCAL PUB

2010 BEST BAR FOOD IN LIMERICK