



# Family News



## AND EVENTS

### Fun to the Xtreme

A travelling fun park will be touring Ireland soon with attractions from family rides to 'white knuckle' rides.

Xtreme Funfair will be making an appearance around the country from March 2, with the first event being held in Swords, Pavilions Shopping Centre Co. Dublin from March 2-19.

It will be open from Monday to Friday 6pm-10pm and then Saturday, Sunday and bank holiday Monday from 2pm-10pm and on St Patrick's Day from 12pm-10pm.

There are rides and attractions for children as young as two, with more exhilarating rides for thrill-seekers. Peak times are generally Friday evening, Saturday evening and Sunday afternoon. Majority of prices range from €2-€3.

Xtreme Funfair Date's run from March to October. See <http://xtremefunfair.ie/> for a calendar of events. Call 00353877587857 for more info.

Discount tickets are valid Monday to Friday and at selected venues only. For further information visit <http://xtremefunfair.ie/tickets-discount/>

**DON'T BURST THE BUBBLE:** Parents are often looking for different activities for their children to do, and it's hard to think of something as different as bubbleball.

Bubble football is the recreation/sport of playing football while half-encased inside an inflated bubble which covers the player's upper body and head

Going to birthday parties at the usual venues with the same games and slides may become a bit boring for some, so investing in your own bubbleball or finding out how you can arrange a game of bubble ball through Bubbleball Ireland at <http://www.bubbleballireland.ie/> may be your best bet.

They cater for children from age 6-15 with custom made bubbleballs and provide package deals to suit children's party needs.

They can also arrange food and

refreshments on the day of the party in certain venues while also catering for indoor/outdoor fun days, summer festivals and school events.

Alternatively you can source your own bubbleball online, and have fun at home with the family.

### Mental health: do you know someone?

Over half of Irish people know someone affected by mental health problems, a new survey has revealed.

Out of 1,000 respondents, 58% said they knew someone who has suffered with mental health issues.

Research carried out by insurance firm Royal London showed that 61% of 18 to 34-year-olds in Ireland came into contact with someone who had mental health problems.

Anxiety disorders were found to be the most common form of mental illness followed by mood disorders in this age group.

Colette Houton, underwriting and claims lead at Royal London, said: "The factors affecting mental health are complex, but thankfully the stigma surrounding the topic is being broken.

"The high incidence of mental health issues, as evidenced by these figures, perhaps relate, in part at least, to the effects of the social, professional and personal pressures we increasingly live with today.