

Uisce Álainn: Embracing the Healing Power of Water

Uisce Álainn is an inspiring event led by Medb's Dragon Warriors. Medb's Dragon Warriors, Sligo's first All Cancer Paddler (ACP) Dragon Boat Club, are dedicated to cancer survivors and their supporters. Their mission is to spread awareness about the healing properties of water, both mentally and physically, for those surviving from or living with cancer.

Event Overview

Uisce Álainn is a participatory distance event held on the Garavogue River and Lough Gill. It is open to Dragon Boats, Kayakers, and Rowers, promoting three key themes:

1. Blue Mental Health

The power of water in bringing peace and tranquillity while promoting healing within one's mind and body. Participants will experience firsthand the soothing effects of water, fostering mental well-being.

2. Code of Conduct on the Water

Educating water users on the importance of complying with the code of conduct, respecting other water users, as well as the plants and animals that inhabit these waters. This ensures a safe and harmonious environment for everyone involved.

3. River Environment and Ecosystem Education

Raising public awareness about the flora and fauna living in and around our riverbanks. By respecting their environment, we can mutually benefit from our daily interactions.

Event Schedule

The event will commence with a Wakening the Dragon ceremony, a powerful start that symbolizes the strength and unity of the participants. This will be followed by the Flower Ceremony, where attendees honour and remember their loved ones who have passed from cancer. There will be an opportunity to hang a symbolic memory on The memory Tree.

As participants embark on their watery voyage, the public will be invited to partake in an interactive Biodiversity Workshop providing an opportunity to learn about the local ecosystem and the importance of preserving it.

Upon the return of the boats, a closing ceremony will be held, followed by food, beverages and music. This final gathering offers a moment of reflection and celebration, reinforcing the community spirit and the healing journey experienced throughout the event.

Conclusion

Uisce Álainn is more than just an event; it is a movement to highlight the therapeutic benefits of water for those affected by cancer. Through education, participation, and community support, Medb's Dragon Warriors aim to create lasting positive impacts on mental and physical health. Join us in embracing the healing power of water and supporting a cause that touches the lives of many.