



**SOCIALISING
FRIENDSHIP
GOOD TIMES**

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"There is no hope of joy except in human relations."
Antoine de Sainte-Exupery



Anam Cara Singles

Times

**A GROUP TO ENCOURAGE SOCIALISING AND FRIENDSHIP
AMONG SINGLE ADULTS IN THE WEST OF IRELAND**

Single and want to socialise in Galway?

Fed up of the usual social scene? Feeling isolated? Want to make a fresh start in life and meet people for friendship/socialising? Founded in 2006 a revolutionary approach to socializing has given a new lease of life to many Galway singletons. Anam Cara Singles is a social group for singles, its promise - meeting new people through fun social events. "Anam Cara Singles gives people the chance to mingle without the dating pressure", explains founder Raphael Frendo. "It's more of a social club than a dating

service", he says. "Though there have been two marriages and some long-term relationships". Social events and activities organized by the group include card games, movie nights, a monthly Book Club, bowling nights, Corrib boat trips, walks, dancing, dinners and weekends away. With over fifty members, anyone can join for an annual fee of just €35. Meetings are held every second Sunday at 7pm in the Harbour Hotel, new Docks, Galway City as advertised in Galway Advertiser's classified "Friendship" column.



SINGLE MINGLE MEETINGS

Anam Cara Singles is open to all and meets every second Sunday at 7pm in The Harbour Hotel, New Docks, Galway City as advertised in Galway Advertiser's classified "Friendship" column and on the website www.anamcarasingles.net. **FREE PARKING/FINGER FOOD**. People who register get an Email/Text of upcoming events which is also on the website.

MEMBERSHIP

€35 PER YEAR **FREE TRIAL TO 1ST OCT**

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What Are the Psychological Benefits of Single Cubs?

By Sophia Cross
eHow September 11, 2010

Singles' clubs offer members a number of positive psychological benefits. In today's modern society, being single doesn't have the social stigma it once did. Many singles are happy to remain so, while others are searching for life partners. Finding activities to do with other like-minded singles can be a challenge, especially if you maintain a busy schedule. Finding the right singles' club can make a difference in your psychological well-being and help you find the road to life-long happiness.

You're Not Alone

If you're newly single, whether it's because of the death of your

spouse or a breakup, joining a singles' club can give you the reassurance that you are not alone. Many people find it difficult to open up to family and friends about the loss of a loved one or relationship, but when among new people in similar circumstances, it can be easier. Even people who have been single for a long time can benefit from being part of a group. The feelings of acceptance and friendship are great ego-boosters and incentives to get out of the house and begin socializing.

Mutual Interests

If you find a singles' club that offers activities that you enjoy, you're more likely to meet life-long friends or a compatible mate. People who are widowed

can benefit greatly from a group for widows because each member understands the challenges the others face, including starting a new relationship once the time is right. If you have an interest in a specific activity, such as online gaming, join a group where you can meet new people and discuss the latest gaming trends. Finding a club that caters to a particular interest can help you feel less alienated from society.

Shared Beliefs

No matter where you live, you can find or create your own singles' group based on shared spiritual or political beliefs. If you live in an area where your own spiritual or political convictions go against the mainstream, you may feel a sense of

relief in finding others in the area who share your views. The ability to show your true self can be a liberating experience.

Learning Something New

Expose yourself to new experiences and reap the rewards of accomplishment and new friendships. If you've always wanted to skydive, a singles' club for daredevils will give you the tools you need for making your first dive. If you've always wanted to write a book, join a writers' group for singles where you can critique each others' work. The feeling of branching out into new pastimes with like-minded individuals can widen your perspective and give you a new approach to life.

What Are the Disadvantages of Online Dating?

By Sarah Dray,
eHow May 2011

Online dating is often considered a good way to meet other singles without hassle. Although this may be true in many cases, there are disadvantages to online dating that you should take into consideration before making the jump.

Deception

One of the major disadvantages of online dating is that anyone can enhance the truth as much as he wants. Not all sites require a photo, and even those that do cannot guarantee that the photo is a real one. Clear signs that the photo may be a fake are strange backgrounds that might indicate a stock image, photos that appear professionally taken (unless the person is a model or actor) and photos that seem old rather than current. Since the internet makes it easy to lie, it's impossible to discern whether the ad is honest or the truth is being embellished.

Chemistry

While it's true that looks aren't everything, chemistry plays an important role in whether a relationship will work. Body language, appearance and even voice tone determine attraction, and none of those can be clearly evaluated through an online ad. Also, chances are the person writing the ad will leave out the negative bits, which can be something as simple as a tick or as serious as a disease. Even in an honest ad, in which someone seems to match the body type or look you prefer, chemistry cannot be guessed in advance, so you may end up spending time in a virtual relationship that has no chance of working, once you look at each other face to face.

Flirts

Even if the ad says a person is looking for a real relationship, chances are the poster will keep his options open for a while. Since many online daters have profiles in more than one site,

this means they're getting responses from all over the place and from many different groups and types of people. Online flirting is fun, easy and somewhat addictive. If you're there for the fun, it's fine, but if not, make sure that you don't spend all your time jumping around profiles. Instead, concentrate on a few people whom you find interesting and would like to get to know in real life. This will weed out the ones who are lying about their status, the ones who are just looking for online fun and the serial daters.

Distance

Because online dating reaches everywhere, there's always the chance that you'll end up meeting and exchanging messages with someone who doesn't live anywhere near you. This may not seem like a big issue at first, but relocating is difficult when you have a career and a life set up somewhere. Long-distance relationships are extremely difficult, especially at the beginning. Un-

less you limit your search to people living within a short distance of yourself, you will have to deal with this issue at some point.

Cost

While online dating may at first seem cheaper than "real world" dating (no need to pay for drinks or cab rides), the truth is that most matchmaking sites charge a fee. This fee may not be all inclusive, and extras sometimes add up. Some websites charge a basic membership fee for setting up an account, but you will need to pay extra to receive messages, contact members or expand your profile. Knowing what the fee includes before you sign up will save you money. Also, you may not be able to see the type of ads available on the site until you pay for a membership, and once you do, there's always a chance that nothing there will match with your taste or preferences.