

“Turlough”

From Tragedy to Triumph

Inspired by real events from the 17th Century.
Woven together in words and poetry.
Enriched with the exquisite music that Turlough O’Carolan created



“Turlough” is a psychodrama based on the life of the 17th century Irish Composer and Harper, Turlough O’Carolan.

It was written by Eileen Beamish, Founder and Managing Director of Wellbeing in Mind Limited. Eileen is a multi-disciplinary scientist, writer and harpist who has made a special study of trauma and effective trauma recovery approaches.

This bespoke psychodrama carries with it the central message how *Moments of Kindness* can change lives and shows us what music and poetry can do for our wellbeing.

Turlough’s story takes us on journey back to the 1670’s and brings us into direct contact with our own unlimited potential.

Narrated by Paddy Creedon, with musicians Eileen Beamish (harp) and David Williams (flute) performing the exquisite music that Turlough himself created, this psychodrama brings us through the world of ‘O’Carolan's Concerto’ as we share a musical slice of the 220 masterpieces Turlough composed.

In the iconic words of poet,

Seamus Heaney,

*“History says, don't hope
On this side of the grave.
But then, once in a lifetime
The longed-for tidal wave
Of justice can rise up,
And hope and history rhyme”*