

# Mayfield Matters

**FREE COMMUNITY NEWSLETTER, HIGHLIGHTING LOCAL NEWS**

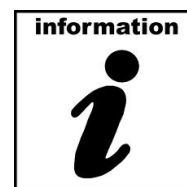
**ISSUE 69: Aug/Sept 2013**

## **Information Sessions**

### **Local Courses, Services & Supports in Mayfield**



**Wednesday, 11th September, 2013**



**10am to 1pm**

**7 to 8pm**

**Mayfield CDP Community Resource Centre, 328 Old Youghal Rd.  
Cork**

### ***Sign up to a new course this Autumn***

Computers, nutrition, stress management, personal development, fitness,  
art and craft, horticulture, dance and much more.

Get information on local supports and services.

*Organised by the Mayfield Community Education Network CEN*



Mayfield Matters is staffed by a dedicated team of volunteers who contribute to the Newsletter in all the various stages of production. All contributors who write for the Newsletter do so on a voluntary basis. Mayfield Matters operates independently and is entirely self-funded.



Open day in Aisling House, Mayfield Thursday, 18th July 2013  
Community Access Programme



## Gardening Hints

*Green Fingers*

**In Greek mythology, Mint was a nymph who was a favourite of Pluto. He transformed her into this popular herb when her husband became jealous of her friendship with Pluto.**

**The Mints are Herbaceous Perennials that thrive in most locations. The fresh and dried foliage provide flavouring for both sweet and savoury dishes.**

**Mint is a rampant spreader. To control it, plant in buckets that are (10in) deep, or in large pots. Harvest fresh leaves as needed. Just before blooming, cut the stalks and hang in bunches to dry. Leaves can also be frozen or infused in oil or vinegar.**

**Mints are said to grow well when planted where water drips, such as near outdoor taps. Any of the mints makes a refreshing addition to ice-cold water in summer and chewing on the leaves will relieve bad breath or a foul taste in the mouth. Precautions: Mint s have hairy leaves that can cause skin irritations and rashes. Handle them with care.**

**Mint tea should not be drunk continuously over a long period.**

**Culinary uses: leaves to accompany lamb, added to salads, used to flavour sausages, meat dishes, tomatoes and fruit salads.**

**Medicinal uses: Peppermint is used for indigestion, colic, colds, excess mucus and nausea. Mint is also used for minor burns.**

**Beech Hill Garden Centre has a wide variety of mints and is always worth a visit. Opening hours, Monday-Saturday 9.30-5pm, Bank holidays 1pm-5pm.**

**New ways to  
save every day**

**Real  
Rewards**  
SuperValu

**Always Ask**

**Scan the card at every transaction.**

**Every euro counts**

**Murray's Supervalu, Mayfield.**

# PRESENTATION OF CERTIFICATES

## Full ECDL Certificates & Cardiac First Response Certificates

A presentation of certificates was held on the 18<sup>th</sup> June 2013 where 5 participants who completed their 7 modules in their ECDL were awarded their full certificates. Additionally 19 Heart Saver AED cards were presented to participants who completed their Practical First Aid courses in 2012 and 2013. The Chairperson of C.A.L.P. presented the certificates to the participants.



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## **Glanmire Toastmasters Are Back**

On Wednesday September 11th, The Glanmire Toastmasters Club will resume it's fortnightly meetings in Sarsfields G.A.A. Pavilion in Riverstown, Glanmire, at 8pm sharp. If you have something to say but are unsure how to do so, this club is for you. If you have been asked to be best man, give a presentation, introduce a guest, have an interview, this club will help you in a fun, informative environment.

Come along on the night, observe, listen and learn something new (5euro entry charge to cover costs).

Thanks to Joe and his team in Sarsfields G.A.A., and to the outgoing Glanmire Toastmaster committee."

Thankyou  
A.O Mahony  
Club President





**National Learning Network provides training and educational services for people who are out of work due to disability, injury or illness.**

- Are you unemployed due to disability, injury or illness?
- Do you wish to re-define your life through further training?
- Are you interested in a career in **IT** or **Office Administration**?

**You may be interested in the following training in our training centre in Model Farm Road Cork City, (Commencing Sept 2013)**

**Information Processing  
Computer Course**

- 24-month, full-time course, 30 hours/week
- FETAC Level 5 Major Award, ECDL and Microsoft Office Specialist certification
- Work Experience
- Support in job-seeking and workplace skills
- Training allowance paid subject to current eligibility rules

For further information contact your local **FÁS/DSP Office**  
or phone **Alice McHugh** or **Maria Healy** at  
021 4341028 between 9am and 5pm.

**National Learning Network**  
Seward House, Cork Business & Technology Park

Model Farm Road, Cork

**Mayfield Community Adult Learning Project C.A.L.P.**

**C/o CDP Community Resource Centre, 328 Old Youghal Rd, Mayfield**

**Tel: 4508562**

**Email: [mayfieldcalp@eircom.net](mailto:mayfieldcalp@eircom.net)**



**Autumn 2013 Courses**

**Foundation Programme (Personal Development):**

- Starting Thursday, 3rd October 2013.
- 10.30am to 12.30pm.
- 8 sessions on Thursday mornings
- Content: Stress management, personal development, assertiveness, health, relaxation and you can suggest topics that can be included in the course.
- CDP Community Resource Centre.

**Beginners Computers with internet & email:**

- Starting Monday, 23rd September 2013 (group1) and Thursday, 26th September 2013 (group 2).
- 10.30am to 12.30pm
- 5 morning sessions per course.
- Content: Starting the computer, saving documents, opening documents, typing, internet skills and use of email.
- Computer room CDP Community Resource Centre. (8 places per course).

**Word-Processing level 3 FETAC: (8 places)**

- Starting Tuesday, 24th September for 16 sessions.
- 9.30am to 1pm.
- Content: Learn about word-processing applications, terminology associated with them, their functions and features. Develop skills and knowledge to support the practical use of a word processing application to create documents and enhance the appearance of documents produced.
- Open to adults who are unemployed or on a social welfare payment.

**ECDL Module1 - Concepts of Information and Communication Technology:**

- Starting Wednesday, 18th September 2013.
- Content: Understand what hardware & software are, information networks in computers, identify practical applications of IT in day to day life, health & safety, security and legal issues.
- This course forms part of an ECDL skills card and participants sit an exam at the end.
- Open to adults who are unemployed or on a social welfare payment.

**ECDL Module 2 - Using Databases:**

- Starting Wednesday, 18th September 2013.
- Content: Understand what a database is, how it is organised and operated. Create simple databases, create and edit a table, create routine reports and prepare outputs ready for distribution.

(Contd)

- This course forms part of an ECDL skills card & participants sit an exam at the end.
- Open to adults who are unemployed or on a social welfare payment.

#### **Practical First Aid Course:**

- Starts 8th October 2013, 9am to 1pm
- Content: Use of a defibrillator, common adult and child medical emergencies & resuscitation.
- Participants will receive an attendance certificate and a Heart Saver Card (valid 2 years)

#### **Occupational First Aid FETAC Level 5 Award:**

- This course is for anyone who wants to be trained and certified as an Occupational First Aider and deliver first aid care according to the protocols taught on the course.
- Starts Monday, 11th November 2013 to Wednesday, 13th November 2013. (full days)
- Content: First Aid in the workplace, patient assessment, respiratory emergencies, cardiac first response, wounds and bleeding, altered levels of consciousness, musculoskeletal injuries, burns, scalds, chemicals and electrical shock.

#### **General comments on courses:**

- Courses are open to adults living in the Mayfield community.
- Course costs are small.
- Childcare may be available in the Rainbow Childcare Service.
- Courses are funded by part-time tutor hours from the Cork Education & Training Board and Cork City Partnership Ltd
- ***If you are interested in any of the courses outlined please contact Mayfield Community Adult Learning Project (C.A.L.P.) at 4508562 or drop into the projects office in the CDP Community Resource Centre.***
- ***Mayfield C.A.L.P. will have an information stand at this years information sessions being held on Wednesday, 11th September in the Mayfield Community Resource Centre, 328 Old Youghal Rd. (see front page).***

***Do you need access to a computer?***

***To write a letter, access the Internet or email, practice between C.A.L.P. computer courses and so on....If yes, this is for you.***

Access to computers in Mayfield is available at the CDP Community Resource Centre, 328 Old Youghal Rd....just contact the centre to book a time....

A small fee towards the upkeep of the computers is charged.

#### **Opening times:**

Monday to Thursday - 9.30am to 5.00pm, closed for lunch from 1 pm to 2 pm.  
Evening opening: 7pm to 9pm.

It is essential that you ring first to see that the computers are available for use.

Tel No: 021 4508562



## WE NEED EACH OTHER

The Irish people have been generous in extending the hand of welcome to foreigners and immigrants from many countries, offering their beautiful green country as a good place to live. In response, many people from other Nations have, over the last twenty years, come to settle in Ireland and enjoy many of the reasons why the Irish love their own Country.

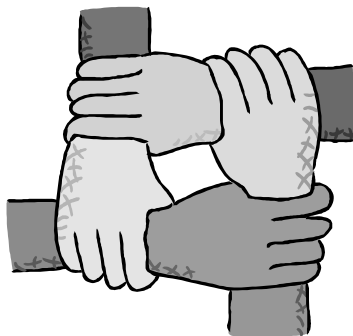
The journey of migrants is not complete until they are fully integrated into the welcoming society and the process of integration is never complete if the welcoming society is not receptive, fair, warm and supportive, and no society fully possess and is more deserving of these attributes than the nation of Ireland and her kind people in general and the amazing community of Mayfield in particular.

This invaluable and immeasurable equally opportunity and support to the native Irish and immigrants alike from the government and the governed gave birth to this vision to not only give back in our little way to the society but equally help other immigrants integrate and correlate with the society.

Christ fountain of love as we are known is a vision which has given and still birthing the integration of inter-cultural and multinational ethnic groups that makes up the Irish society through the eyes of God's word not just in the church but outside the church towards living life to the full.

It is a vision that reaches out to people dealing with, loneliness, drug issues, alcohol issues, suicide tendencies which is on the rise every day, abused teenagers, domestic abuse, assisting the elderly, out of jail persons, the hungered and the homeless. There is a verified and an alarming statistics of over 25% representing the aforementioned people in our society who are just existing in life instead of living life. It is our goal to provide a more conducive and enabling centre where they can socialise with people from different cultures be tutored, nurtured, mentored and given a sense of societal acceptance and belonging.

Presently we run a faith clinic and talent hunt on Thursdays from 11am until 4pm at our venue on 1 Mayfield industrial estate, Mayfield where people, irrespective of their religion, race or belief can walk in to be counselled, develop their talents in music, dancing, drama etc. make use our clothes bank and treated to free lunch. We also twice weekly take pastries to the homeless at Cork Simon and women centres in City centre and once a week do street storming where we come in contact, talk and invite them to our centre which marks the beginning of their reformation, restoration and integration. Every month we have Singles and Married Fun time, with music, dancing, jokes/comedy, questions and answers to life and relationship issues and lots mingling, enabling inclusion and integration.





## Our Lady Crowned Credit Union

11c Silversprings Road, Mayfield, Cork  
Tel: 021-4504923 e-mail: [info@olccu.ie](mailto:info@olccu.ie) Web: [www.olccu.ie](http://www.olccu.ie)

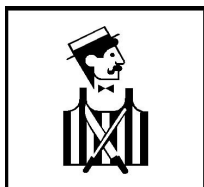
### Our Loan Book is open

Opening Hours	
Monday	10.00am – 4.30pm
Tuesday	10.00am – 4.30pm
Wednesday	Closed
Thursday	10.00am – 4.30pm
Friday	10.00am – 5.30pm
Saturday	9.15am – 12.45pm

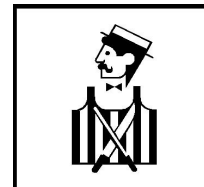


**Apply for a loan**  
**In the office,**  
**Over the phone**  
**On 021-4504923**  
**Or online**  
**At [www.olccu.ie](http://www.olccu.ie)**

# Coolmore Meats



Butchers and Grocery Shop  
7 St. Christopher's Drive, Montenotte, Cork.  
Phone: 021 451 8184



## Back to School Special Offers

- 5 Chicken Fillets only €5.00
- 1 lb Steak Mince only €4.00
- 2 packs of meatballs only €6.00
- 5 Tandoori Park Chops €5.00
- 1 lb Chicken Stir Fry €4.00

Now open on Sundays from 9am - 3pm.



## **GOOGLING AND GIGGLING IN THE GARDEN!**

The learners and tutors of Age Action's *Getting Started* class of July 2013 enjoy the sunshine in the garden of Mayfield's Resource Centre (CALP). Who said learning computers was hard... and tiring... and boring? We don't think so!



**THANKS GO TO ALL THE DEDICATED VOLUNTEERS WHO MAKE THIS PROGRAMME POSSIBLE**

Age Action Ireland have been running their *Getting Started* computer classes in Mayfield's Resource Centre, courtesy of CALP Mayfield for many months now. Classes run for 4 consecutive weeks, 2 hours a week (with a coffee break). Training is one-on-one and we charge a small fee of €20 Euro for the full course. The class takes place in a fun relaxed atmosphere and people learn the basics and the do's and don't's at their own pace, gaining in confidence as the weeks go by. To put your name down for a course in any part of Cork, (but we can't guarantee the sunshine), please call Ben or Martina on 0214536556 or call or text Julie on 0871956026.

*(Photographs by Tom O'Neill)*



## **Annual information sessions**

Call in anytime to the Mayfield CDP Community Resource Centre between 10am and 1pm or 7 to 8pm on Wednesday, 11th September 2013 and get information on local courses in computers, personal development, art & craft, dance, nutrition and much more.....



All welcome

## **Mayfield Youth Café**



Young people in Mayfield are welcome to come to the Youth Café in the Kerrigan Tyrell Hall when it re-opens after the summer holidays. Boys and girls aged 12 years + are welcome to come along and “hang out” with friends.

There is a pool table and a wide variety of games to play, or you can come for a hot chocolate, a few tasty nibbles and a chat with friends. The X BOX is always on the go and has all the latest games and the girls also have the nails stuff. Mayfield Youth Cafe members also participate in youth cafe tournaments with other groups around the city. If you are over twelve years old then come along because Mayfield Youth café is a cool place to be on a Friday evening. Parents are also invited to come along occasionally to share the supervision role. Doors open from 7.00pm and there is a 9.00 pm shutdown. Come on down for a bit of craic with your friends.

**Tel 4508562 or 087.1962028 or call to the CDP Community Resource Centre, 328, Old Youghal Road, Mayfield, for more information.**

# Mayfield CDP Community Resource Centre, 328 Old Youghal Rd.



Phone: 4508562  
Fax: 4508507  
[mayfieldcdp@eircom.net](mailto:mayfieldcdp@eircom.net)



## Resource Office:

This office is open Monday to Thursday 9.30am to 5pm and Fridays 9.30am to 1pm. Services provided to people and groups include:

- photocopying,
- faxing,
- laminating,
- typing of projects/letters/CV's,
- binding of projects ,
- posters/fliers/leaflets,
- information on services/groups in the Mayfield community.

The centre is open in the evenings from 7 to 9pm.

Over-eaters Anon on Wednesday and Thursday nights.

One-to-One Weight Management on Tuesday nights

GROW meet on a Tuesday night.

The computer room in the centre is available to local people who need access to it during the evening hours.

## Rooms for hire:

The Community Resource Centre has a training/meeting room (20-25 people capacity) which is available for use by individuals and groups. Smaller rooms are also available for use. Contact the resource office for costs involved.

## Computer room:

The Community Resource Centre has a computer room with 8 computers which are connected to broadband and which are available to local people to use in a drop in basis. The room is also available for groups to use to run courses. To find out about this resource please contact the centre's resource office.

## Mayfield Community Adult Learning Project C.A.L.P.:

This project is based in the Community Resource Centre and runs community education, first step courses for adults living in the Mayfield community. Courses include beginners computers, FETAC Level 3 computers, ECDL modules, first aid, personal development and horticulture. See C.A.L.P.'s article for more information.

## Rainbow Childcare service:

This service is available to parents/carers of children aged 6 months to 5 years. Please contact Helena at 4508562 to enquire about available spaces.

## Mayfield Community Garden:

This local newsletter is produced in the community resource centre on a bi-monthly basis by a group of volunteers. If you are interested in getting involved please contact the centre.

**Senior Citizen - the Essential Guidebook:** available from the resource office in the centre so drop in and pick one up.

**Alarms for the Elderly:** for information and application forms for this scheme call into the Resource Office.

**For further information regarding any of the above items please contact the Mayfield CDP Community Resource Centre, 328 Old Youghal Rd, Mayfield at 4508562 or drop into the centre and we would be delighted to talk to you!.**  
(Contd)

*Thanks, Good Luck and Welcome.....*

The Management and Staff of the Mayfield CDP would like to thank John Mallon who was on a Tús Initiative placement with the Community Resource Centre for the past year. John worked in the Resource office reception and helped people with any queries regarding local supports and services, typing CV's, letters etc, photocopying and much more. We wish John the best of luck in his work in the future. John will also be missed from the Mayfield Matters team as he was very involved in the production of Mayfield Matters over the last year.

Thanks also to Veronica Harris who was on placement with the project during the summer with the project. This placement was in conjunction with the National Learning Network based on Model Farm Road. Veronica worked in the reception of the Resource centre and has trained in inputting into Mayfield Matters and all of the stages involved in this initiative.

Mayfield CDP would like to welcome Ann Marie O'Reilly to their team in the Resource Centre, Ann Marie has started a CE scheme with the project and will be working in the reception of the Community Resource Office every afternoon.

#### **Buses to Youghal..**

Thanks to the staff of the Mayfield CDP for issuing the tickets for families who availed of the buses to Youghal this year. Buses were organised by Mayfield HAZ for about 6 weeks and the weather was perfect for the day trips.

**Cork's Giving for Living Radiothon:** Just over €100 was lodged to the radiothons account back in May 2013. Thanks to all who donated so generously.

**Mayfield CDP Community Resource Centre will host the annual Mayfield CEN information sessions on Wednesday, 11th September 2013. The information sessions will be held from 10am to 1pm and 7 to 8pm. Information on courses, services and supports available in the Mayfield Community will be available. All welcome.**



RAINBOW

SESSIONAL CHILDCARE

☎ **021 450 8562**

H E Independence to Inclusive Education Adult Service Scheme NDP NATIONAL DEVELOPMENT PLAN pobal EUROPEAN UNION

Places still available, but please call early to avoid disappointment. To learn more about our centre and its services, contact Helena on: 021 450 8562 or email:

[mayfieldcdp@eircom.net](mailto:mayfieldcdp@eircom.net)

# STRESS CONTROL

If you want to learn better ways to handle common problems such as anxiety, depression, low self-confidence, poor sleep and panic attacks then come along to Stress Control. Stress Control is a class that runs over six mornings in Mayfield starting on Wednesday 18<sup>th</sup> September 2013 at 11.15am. More classes will be run according to demand.

Stress Control is a class – **not** a group therapy – so you do not have to talk about your problems in front of others. You just sit back and learn some great ways to control stress. This approach was devised by Dr. Jim White – a Clinical Psychologist in Glasgow – and is now used across the world. Stress Control is run by Dr. Rosarie Crowley, Clinical Psychologist with the Mayfield Primary Care Team.

As stress is so common, there are often 40 people in the class. As it is so popular, we make sure the courses run frequently throughout the year so you will not need to wait long to start a class. Feel free if you want to bring someone with you. They can give you a bit of support and also gets that person on the same wavelength.

What happens in each of the sessions?

**Session 1:** Information about stress

**Session 2:** Control your body: relaxation, exercise

**Session 3:** Control your thoughts: learn to think your way out of stress

**Session 4:** Control your actions: boost self-confidence

**Session 5:** Control panic

**Session 6:** Control sleep problems; control your future

As part of the Stress Control classes, there are booklets to read before the course starts. These will tell you:

- All about stress
- How to measure stress
- How to work out how and why stress is affecting you
- Self-help ideas to tackle stress

You can also get more booklets and a relaxation CD when you start the course.

***To book a place, please call 086 787 1716.***



# Newbury House Family Centre Ltd.

## 021 4507999

### Family Support Services



We are here to provide services to families and individuals who need help.

At Newbury House we support families in every aspect of our work. The Coordinator will work with each family on an individual basis, support can range from providing information on services available to giving someone the opportunity to speak in confidence about an issue they are dealing with.

### Carer and Toddler Group



The group gives parents/carers a chance to meet other parents/carers in similar circumstances to compare notes develop friendships while their children play safely together.

If you are interested in joining this group  
Please contact Newbury House Family Centre  
021 4507999

We also have a number of courses available to support parents and carers with their young children

### Childcare Services



The primary focus of the childcare service to support families from the locality by providing a high quality childcare service.

We offer the following childcare services:

#### **Places available for September 2013**

- ECCE Free Pre-school
- Special Needs Service
- Early Years Centre Crèche

### Reflexology and Massage



The centre also provides a Reflexology and massage service.

Some of the benefits of this therapy are:

- Helps individuals deal with stress.
- Opportunity to relax in a peaceful environment.
- Beneficial for circulation, digestion, and respiratory problems
- Helps the body to naturally maintain its balance

To book an appointment contact Breda Grealish at  
(087) 6279027

### Child & Family Counselling



We offer a low cost counselling service.

Counselling provides you with a safe space to talk. You can talk about any personal or family problems that may be troubling you, in a private and confidential setting.

**If you would like further information please contact the centre on 021 4507999**

### Adult Education Courses



We run a range of courses throughout the year to meet the needs of people from the area. Some of the courses we ran in the past have been:

- Interior Design
- Growing your own vegetables
- Introduction to Massage
- Stress Management.

If you are interested in in any of the above or there is course you would like to do please let us know, we're always open to new ideas.



**Know Your Rights  
August 2013**

**Question**

I have just got a medical card. Will I have to apply again next year?

**Answer**

A medical card issued by the Health Service Executive (HSE) allows the holder to receive certain health services free of charge. To qualify for a medical card your weekly income must be below a certain figure for your family size.

If your circumstances change, you must inform the HSE, as you may no longer be eligible for a medical card. For example, if your income changes, you must inform the HSE Central Medical Card Office as soon as possible either online at [medicalcard.ie](http://medicalcard.ie) or by phoning Callsave 1890 252 919.

In any case, the HSE will ask you periodically to confirm your circumstances. For people aged 66 years or over their medical card is normally reviewed every four years. For people aged under 66, their medical card is generally valid for three years but, depending on the individual's circumstances, it may be issued for a shorter period. Medical cards awarded on a discretionary basis are usually valid for two to three years.

The HSE sends you a review form, which you must fill in and return to the HSE Central Medical Card Office. If you do not return your review form your application cannot be re-assessed and your card may not be re-issued.

You can use your expired card while a review is taking place, as long as you are still involved in the review process. Your eligibility can be confirmed by any GP or pharmacist, or you can confirm it yourself online at [medicalcard.ie](http://medicalcard.ie).

As well as the standard assessment and review processes, the HSE carries out random audits. If you are selected for review, you will be asked to submit up-to-date income details.

**Further Information**

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880 *Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm*

Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at [www.citizensinformation.ie](http://www.citizensinformation.ie)

**PLEASE NOTE MAYFIELD CIC WILL NOT OPEN ON WEDNESDAY EVENING FOR THE SUMMER PERIOD**

Dept. of Education Approved  
**Early Start Pre-school**  
Scoil Mhuire Banríon, Boherboy Road,  
Mayfield

**Monday to Friday**  
**9.00 - 11.30am or**  
**12 noon - 2.30pm**

**Free Places Available!**  
**No Fees**  
**Apply!**

Fully Qualified Primary School Teacher and  
Child Care Assistant.

**Enrolling NOW for**  
**September 2013!**

For Further Information call:  
**021 450 3003**

Frances Nolan,  
N.C.C.L.C.CH.M.I Ch.Pod.Org

**CHIROPODIST**

Glanmire Medical Centre  
Glanmire, Co. Cork.

Gift Vouchers Available  
For appointments:  
Tel. 021 486 6745  
Mobile: 086 369 3204



**Home Visits**  
**on Request**

## Cork Money Advice & Budget Service

MABS is a Free Confidential and Independent  
Service for People in Debt or in Danger of Getting into Debt

MABS can help you to:

Create a Personalised Budget Plan to Manage Your Money

Avoid Disconnection of Electricity/Gas Supply

Avoid Rent Arrears

Take Control

Maximise Your Income

Pay Your Debts

Negotiate with Your Creditors

Advice Clinics at Roseville House (lower level)  
Old Youghal Road, Mayfield

Wednesday Morning: 9.00am-1.00pm  
Tel for Appointment: 0761 07 2090

Email: [cork@mabs.ie](mailto:cork@mabs.ie) or: [www.mabs.ie](http://www.mabs.ie)

Main Office:  
Unit 12  
Penrose Wharf  
Penrose Quay  
Cork

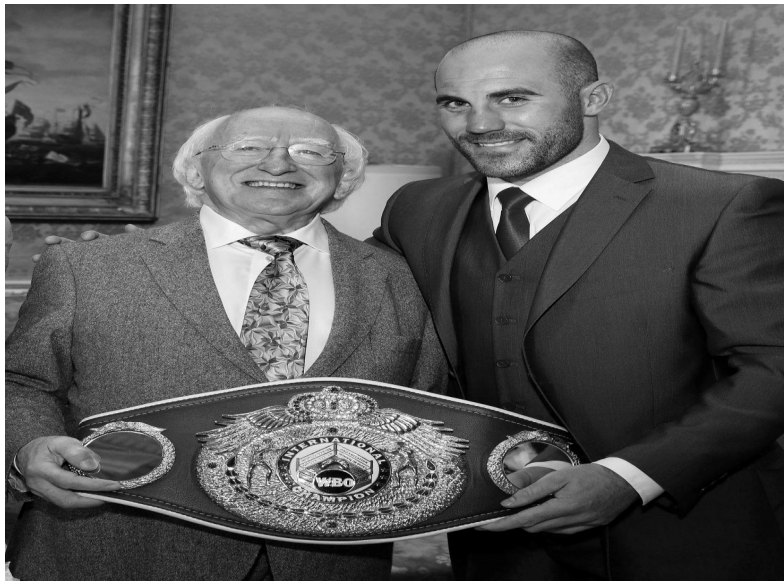
National Helpline: 0761 07 2000

**FUNDED AND SUPPORTED BY CITIZENS INFORMATION BOARD**

## PRESIDENT HONOURS WBO MIDDLEWEIGHT BOXER

WBO International Middleweight Boxer Gary ‘Spike’ O’Sullivan who recently flew to the UK to defend his title at Wembley Arena

O’Sullivan – who was invited to Áras an Uachtaráin to meet with Irish President Michael D. Higgins earlier this month in recognition of his achievements as a professional Irish athlete – is currently ranked fourth in the world by the WBO and is looking to improve on his perfect record of 16 wins from 16 fights, with 10 knockout victories.



## HOME HELPS

The Home is a very important part of the Health Service. In fact the Home Help and Carers are the people who deal with the sick and the elderly in their homes on a daily basis. Very often the Home Help and the Carer are the only people that the sick and elderly would see or be in contact with. People who are confined to their homes rely on the Home Help service to call and ensure that they are looked after. Very often the Home Helps go beyond the call of duty to make sure that the person’s needs are addressed.

In recent years the H.S.E have reduced the Home Help Service by 50%. They expect this service to complete the work that normally takes one hour in 30 minutes and in some cases the time allowed is reduced to 15 minutes. This has created a lot of stress and fear in the people that are relying on the Home Help and they feel a lot more isolated and vulnerable because they are losing the only person who has contact with them.

The H.S.E has outsourced the Home Help Service to Private companies to save money and it is the sick and elderly who are paying the price for this. The Home Helps have also lost a lot of hours in their working calendars: therefore cutting their wages significantly and in many cases bringing a lot of hardship on families as well.

The H.S.E has now stated that there will be more cuts to the Home Help service. Therefore, we are inviting all home Helps and Care Assistants to come together to stop these cuts and to support the people dependent on this service. It is only by coming together and making our voices heard that the people in government will and do something about these savage cuts to this vital service. We invite all Home Helps and Care Assistants to join the union and have your say.

This article was written by Margaret Healy, Home Help Representative Independent Workers Union, 55 North Main Street Cork- 087/2469079.

## **Mayfield Action On Suicide Information Update**

Mayfield Action On Suicide are currently undertaking a strategic review of its work. As a committee we will review the direction of the group with the aim of focusing on positive mental health in the Mayfield community.

As the community would be aware a lot of excellent work has been done by the MAOS committee, volunteers and committed local people. Thank you all for this.

The aim of MAOS is and will continue to be:

- To inform and educate people locally
- To look at developing responses to the issues of suicide
- To create links with like-minded groups
- To provide support directly to bereaved families and young people through counselling

There is a committee to give on-going support to families and individuals who may require this support from time to time.

This can be accessed by telephoning or calling into :

Lotamore FRC – 20, Lotamore Park – 021 – 4503066

Newbury House – Old Youghal Road – 021 – 4507999

Mayfield HAZ – Patty O’Brien – 087 – 6534419

Contact: Console – 1800 201 890  
Samaritans – 1850 609 090  
Pieta House – 01 – 6010000

MAOS FACEBOOK PAGE has all contacts listed.

We will endeavour to keep you updated on developments in the coming months.

## **THANK YOU ALL FOR YOUR SUPPORT**







## Mayfield Arts, Newbury House

Globalfest Youth Arts Festival 2013 took place in July. It brought together a range of events and projects by and for young people.

This year was our 5th year hosting this annual youth art festival and it focused on participation of youth as active local and global citizens. It created space for creative expression and development of creative skills and personal skills. It also reflected on how art can be part of our lives and part of the changes we hope for ourselves, our communities and our world. Week long workshops in art, music and video culminated in a main event at Bishop Lucey Park on Sat June 17<sup>th</sup>. The event was funded by Irish Aid and part sponsored by local Mayfield businesses.

We would like to thank our main sponsors Synergy.

Also Sun Cabs, Cork Arts Supplies, Pat McDonnell Paints, Bourke's Pharmacy, Dave Moran Office Supplies, Supervalu Glanmire and Paper Assist.



# NEWS FROM NOWHERE

Michael O'Donnell

## Quote of the Month

Not for me a life of leisure  
Not for my tumultuous soul  
But for me a life of struggle  
For a proud and lofty goal.



## ALDERMAN TADGH BARRY

Having been influenced by nationalist Christian Brothers in the North Monastery, Tadgh became involved in the Irish-Ireland movement, others involved were Tomas MacCurtain and Sean O'Hegarty. They joined the Gaelic League and help found the first Irish-language training college, Colaiste na Mumhan in Ballingeary.

The Eire Og GAA club was founded in 1903 and Tadgh wrote an article, Hurling and how to play it. This was a guide to those in charge of teams and to players who were keen to develop their skills in Ireland's historic game.

Tadgh Barry was a founding member of the Irish Volunteers in Cork in 1913. He sided with the IRB after the 1914 split with Redmond over support for the British war effort and remained a leading member of the Irish Volunteers for the rest of his life.

Tadgh was involved in organising ITGWU leader Jim Larkin's final public address before his departure for the USA and in May 1915 he brought James Connolly to Cork city to speak at an Independent Labour Party meeting. Barry's socialist ideals were evident during this period and he remained loyal to his principles throughout.

Tadgh was interned in Ballykinlar camp and it was there that he met his untimely death on November 15<sup>th</sup> 1921. News had gone round that some of the internees were being released on parole and their comrades gathered to give them a cheer and send off. Suddenly a shot rang out and Tadgh Barry fell mortally wounded.

History seems to have forgotten this great Irishman and it is only fitting that this unselfish patriot be remembered in his native city.

Tadgh Barry ranks alongside great Republican Socialists of the Irish Revolution James Connolly and Liam Mellows and their lives and times should be an example to all.



# *Walking to Paris in west Cork*

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*By Aidan O'Shea*

It was an average summer Saturday in Ireland, with showers and woolly clouds blowing in from the west. My eye caught the by-line of Tony Doherty in *The Irish Times* travel supplement. He writes skilfully and precisely about the hidden treasures of the southwest, the mountain peaks, the crags and the de-populated valleys in between. Many of these treks are beyond my range of stamina and fitness. But this column was different, describing a trip to Heir Island, Oileán Uí Dhrisceoil ([www.heirislandwestcork.com](http://www.heirislandwestcork.com)) off the coast near Skibbereen.

One day and a couple of phone calls later, we, a family group of five aged seven to seventy were on our way to Heir. Raincoats, sun cream and sandwiches were packed in the rucksacks. Sunshine and heavy showers beckoned us westwards, and the novelty of crossing to an island drew us on. Taking a left turn at Church Cross, 5km west of Skibbereen, we nudged along a warren of unmarked byroads, keeping to the track of the freshest tarmac. We passed a chapel and a school, a few curious cattle and a tight bend, and straight ahead lay a cluster of small boats at anchor, Cunnamore (Cú na Mara) pier. Sure enough, a small shelter displayed the timetable of MV Thresher, the island ferry. She is a tidy little craft, with a capacity of twelve, serving the island population of 25 in winter, increasing to 70 in summer. Five minutes sailing across Roaringwater Bay and we climbed the mossy steps at Heir Island pier.



## **THE ARTIST**

Heir is compact, being 2.5km long and 1.5km wide, so we should not get lost. I remembered buying a landscape painting in The Cork Arts Society thirty years ago. I had it framed and wrote *Percy Hall, Heir Island* on the back of the frame. Would he still be here? A short distance from the pier, a small sign for an art gallery led us to a stone house facing on a wild meadow, just like the meadow in my painting. No response to our ringing at the front door, but the youngest grandchild pushed open the door of an adjoining stone shed. Inside was a studio, sketches, works in progress, paint pots, a coffee cup or two, all proof that Percy Hall, a gentle Englishman now 78 years old, is still living his island idyll. No need for locks on his studio, it seems.

We walked along the spine of the island, passing by the de-commissioned primary school. In the early 20<sup>th</sup> century, there were almost 200 people living on Heir. Now there are just two children, who take the ferry daily to school on the mainland. Heir has a tiny shop and no pub, so how do they manage? We met an English lady resident who stopped for a chat. She loves the peaceful life of the island. She has electricity, running water and broadband. She emails her grocery order weekly to the supermarket in Skibbereen. They deliver the grocery boxes to the ferry, and the ferryman brings her parcel to the door for a small charge. He even delivers her tablets from the pharmacy once a month. Because Heir is sheltered and close to shore, they are hardly ever cut off from supplies.

(Contd)

## FISH PALACES.

It was she who told us to walk to Paris, yes Paris, a little hamlet further on. A narrow elegant stone bridge leads to a cluster of sturdy cottages by a small pier. It had the well-planned look of works done by The Congested Districts Board. The Board was established by the Chief Secretary, Arthur Balfour in 1891 to alleviate poverty and congested living conditions in the west of Ireland. The board was dissolved in 1923 and the staff was absorbed into the Irish Land Commission. The CDB was part of the Conservative policy of 'Constructive Unionism' or 'killing Home Rule with kindness'. Its purpose was to alleviate poverty by paying for public works, such as building piers for small ports on the west coast, to assist fishing, modernising farming methods or sponsoring local factories to give employment and stop emigration from Ireland.

The pilchard is a small oily fish of the sardine family. This was the basis of a thriving industry along the coasts of Cork and south Kerry from the early 18<sup>th</sup> century. Large sheds (fish palaces) were built in remote places like Heir to smoke and salt the pilchards. Pilchard oil was also extracted by pounding the fish to a paste and pressing out the oil. In peak season from July to September, men fished for pilchard and women worked in the fish palaces. Barrels of salted fish and of oil were exported to Spain, Portugal and Italy. Additional work went to coopers making the barrels, clerks and local transport to assemble the catch along the coast. The entire industry declined and ceased during World War One. I eventually hunted down the reason for the name Paris for this little island quay. The pilchard paste made by pounding down the fish and extracting the oil was known in Irish as *Prais*; the name carried over as Paris when the Irish language declined! We still say *Dheineas praiseach de* (I made a mess of it) in everyday Irish speech.

Time and tide dictated that we turn back for the ferry, paying a fleeting visit to a superb sandy beach along the way. From here we had an uninterrupted panoramic view. Oileán Cléire to the left, Mount Gabriel to the right. Joining us on the ferry was a young couple who run the island bakery school ([www.thefirehouse.ie](http://www.thefirehouse.ie)). They carried wicker baskets of fragrant fresh bread. Seeing the glint in our eyes, they gave us a bag of cheese puffs to munch on the voyage (five minutes!) back to Ireland. That kept us going until the pleas that “we are starving” were answered by an excellent meal at The West Cork Hotel in Skibbereen. We must return to Heir and Sherkin, Cléire and Dursey, Garnish and Bere and Spike, the islands of County Cork.

### CIORCAL COMHRÁ GAEILGE AN GORT ÁLAINN.

An bhfuil Gaeilge agat agus fonn ort í a chleachtadh?  
Bí linn ag Ciorcal Comhrá An Ghort Álainn gach Déardaoin ó  
2.30 go 4.00pm.  
Ag Mayfield CDP, 328 Old Youghal Road, Corcaigh.  
Tosnóimid Déardaoin 12 Meán Fomhair.  
Bíonn comhrá, ceol agus comhlúadar bríomhar againn. Táille €2.

## Mayfield Polytunnel Project

After months of preparation, planning and fundraising the Mayfield Polytunnel Project finally became a reality on the first week of August 2013. The Community Garden Committee had their efforts rewarded when the makings of the polytunnel which were purchased from Polydome Ltd in Birr County Offaly, was delivered to the Mayfield CDP at 328, Old Youghal Road on Wednesday 7<sup>th</sup> August. All the hard work of fundraising made this project a reality and this achievement is attributed to each and every one of the Community Garden Committee.



The digger and driver arrived the following day and the ground was marked out to excavate

the site for the erection of the polytunnel. After the excavation was completed the hard work of assembling the tunnel started in earnest. This is where the team effort came into play and the voluntary members of the Community Garden rose to the challenge with great enthusiasm and energy. This was a project that



entailed the members getting their hands dirty so to speak and they were a tired bunch after three solid days of hard grafting. (excuse the gardening pun). Getting the frame assembled and secured in the ground was not a job for the faint hearted. Then came the delicate job of nursing the polythene cover over the assembled frame and pinning it securely to the ground. Hanging the gable door and vent completed the job much to the satisfaction of the members. After three solid days of hard work there was a celebratory site lunch and just to explain that the lunch came before the launch as the official launch of the project will come later, but for now back to the celebratory site lunch.

When the tunnel was erected a celebration was called for, so the assembly team simply went to the plot where the nicest British Queen spuds you could ever taste were dug freshly from the ground having reached a timely maturity. We set those spuds before Patrick's Day which is an Irish tradition. Community Garden member Breda Kelleher assumed the head chef role and she soon had a pot full of floury spuds bursting from their jackets emptied onto the plates. Fresh peas accompanied the spuds that were smothered in pure Irish butter and a lash of sea salt and then came a pan full of sizzling perfectly browned sausages which completed the feast. Hot mugs of tea washed it down and you could travel the length and breadth of Cork to get a meal

so tasty and appetising. The happy faces all round told their own story and the plates were licked clean by the satisfied Community garden members. The next part of the Polytunnel initiative will now begin in earnest as we prepare for the interior layout with new soil beds and seed cultivation. If you wish to join this happy group of people and make new friends and wish to get involved in something very interesting and worthwhile you should join Mayfield Community Garden Group. Call down to 328, Old Youghal Road any Wednesday morning or call 4508562 for more information. New members are very welcome and you are guaranteed a bit of craic with a great group of people.



(Contd)





## Mayfield Community Garden

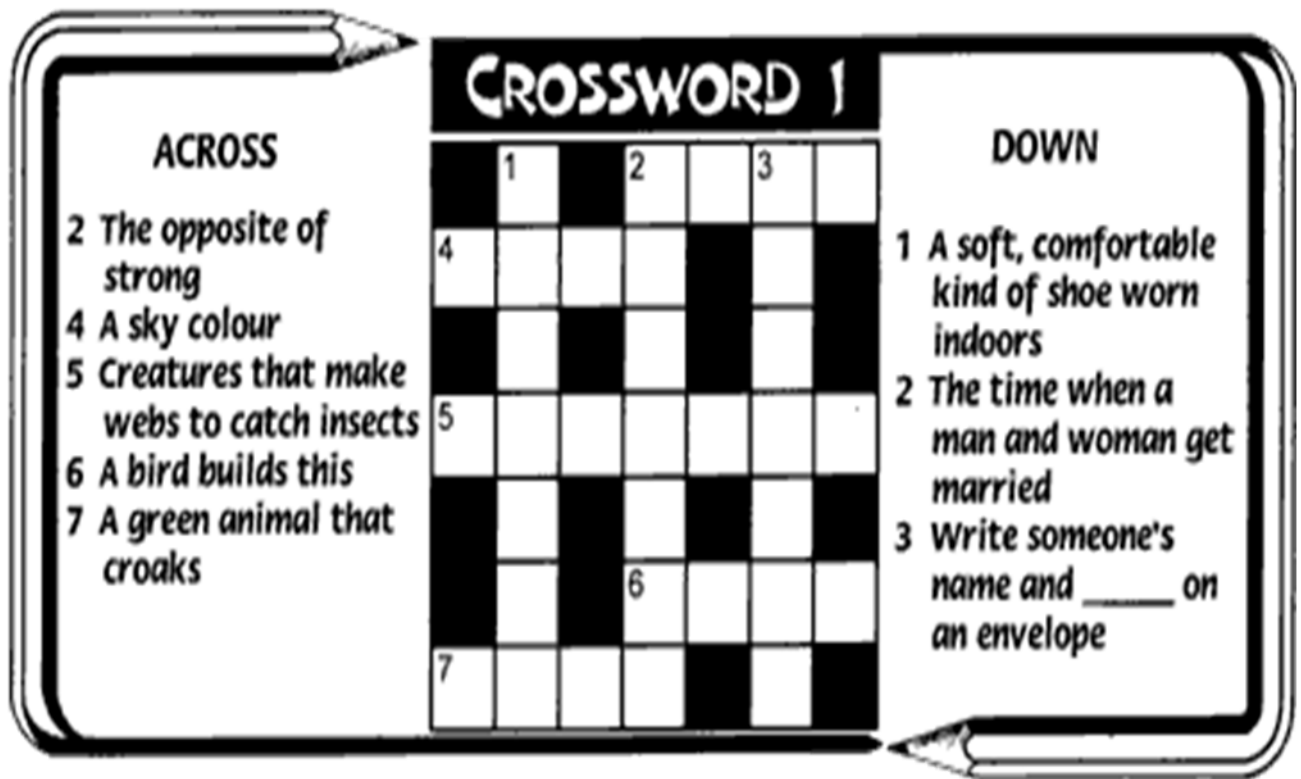


The Community Garden Project continues to thrive at the rear of the Mayfield CDP premises at 328, Old Youghal Road, Mayfield, Cork. A lot of effort has gone into developing raised vegetables beds and a group of local people meet every Wednesday morning to avail of a gardening course provided by a tutor. The latest initiative is to develop a polytunnel project to further enhance the growing capacity of the gardening group. The polytunnel will also extend the growing season and enable the group grow their own produce from seed. Trojan work has been done to raise the necessary finance to purchase and erect the polytunnel. The gardening group wish to acknowledge the contributions from Cork City Council, Cork Partnership, and also Mayfield CDP who raised some money for the project at their Quiz Night.

We extended invitations to local schools before the holidays and asked them to send small groups of students to see at first hand the progress in the community garden. They really enjoyed the experience and we hope to continue the student visits when the schools resume after the summer.

If you would like the group or if require further details about the community garden you can contact Mayfield Community Development Project (CDP) 328, Old Youghal Road, Tel: 4508562 or Tel Mobile: 087-1962028.

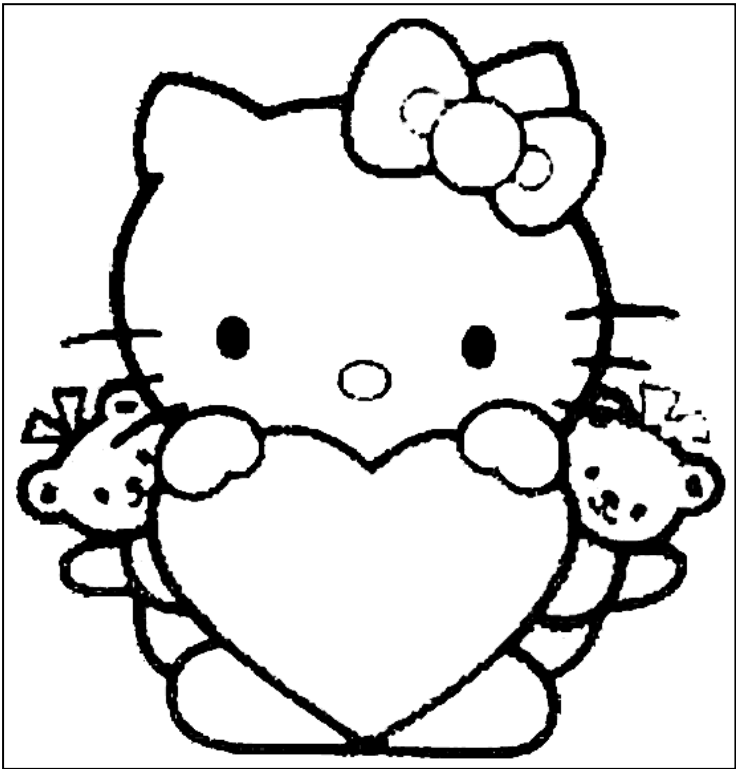
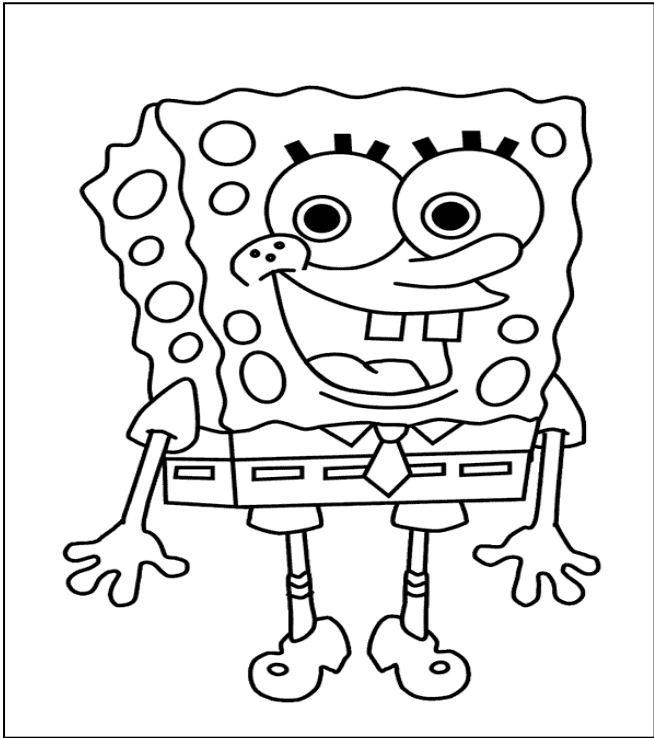
**MAYFIELD MATTERS KIDS CORNER FUN PAGES FOR OUR  
YOUNGER READERS**



**Solve The Riddle**

**3 MEN WERE SAILING ON A BOAT  
THE BOAT TIPPED OVER BUT NOT A  
SINGLE MAN GOT WET  
WHY?    *ANSWER ON Back Page***

Colour us



# Summer Fun



Y	Y	Z	P	S	K	A	T	E
G	X	Y	U	L	V	B	A	K
D	M	S	W	I	N	G	A	G
O	U	D	A	D	I	P	Z	S
H	B	I	K	E	F	I	S	H
I	O	V	V	R	S	C	C	B
K	A	E	C	W	H	N	A	A
E	T	M	N	C	L	I	M	B
R	X	S	W	I	M	C	P	R



BIKE  
BOAT  
CAMP  
CLIMB  
DIVE  
FISH

HIKE  
PICNIC  
SKATE  
SLIDE  
SWIM  
SWING





## HAZ Mens Shed

Most men have learned from our culture that they don't talk about feelings and emotions. There has been little encouragement for men to take an interest in their own health and well-being. Unlike women, most men are reluctant to talk about their emotions and that means that they usually don't ask for help. Probably because of this many men are less healthy than women, they drink more, take more risks and they suffer more from isolation, loneliness and depression.

Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind. Becoming a member of a Community Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of friendship. Importantly, there is no pressure. Men can just come and have a chat and a cuppa if that is all they're looking for.

Members of Men's Sheds can come from all walks of life – the bond that unites them is that they are men with time on their hands and they would like something meaningful to do with that time.

Because men don't often make a fuss about their problems, these problems have consistently been either ignored or swept under the mat by both our health system and our modern society. It's time for a change and the Men's Shed movement is a powerful tool in helping men to once again become valued and valuable members of our community.

The Irish Men's Sheds Association (IMSA) was set up to act as a resource for Men's Sheds in Ireland and to promote the idea of Independent Community Men's Sheds. The association aims to represent and promote the Shed movement, and to act as a communications hub with this website being a key mechanism.

A shorter description of Men's Shed could be:

A Men's Shed is any community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men and where the primary objective is to advance the health and well-being of the participating men. Men's sheds may look like a shed in your back yard yet they innovatively share some characteristics of both community education and health promotion projects.

**Mayfield health action zone will be setting up a Mens shed in the Mayfield area for more information contact Patty O'Brien on 0876534419**

**All HAZ activities will resume again in September.**



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**And not forgetting our own in-house Pizzas made to order.**

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# **999 Abbey's Wish to Walk Boxing Event**

Sue-Ellen Moloney  
PRO  
086 1029306  
[suemoloneypro@gmail.com](mailto:suemoloneypro@gmail.com)

The official launch of the '999 Abbey's Wish to Walk Boxing Event' took place on Friday 9<sup>th</sup> August at the Glen Boxing Club.

The event will see male and female members of the Fire Service, Army, Gardai, Navy, Airport Search Unit and other volunteers lacing up their gloves and stepping into the ring to support Abbey's Wish to Walk, on September 20<sup>th</sup> at the Silversprings Moran Hotel.

All those taking part will join the Glen Boxing Club and be trained for 6 weeks by fully qualified and accredited boxing coaches – including Thomas Kelleher, Bobby O'Driscoll and ex-Olympian Michael Roche. Contestants will be insured by the IABA and the event already has sponsorship thanks to the generosity of Murphy's Brewery, Welsh Sports and The Distillery.

Event organiser Martin Coughlan said on Friday "Abbey's great-grandfather Tom Lynch was a member of the Cork County Board and a lifelong supporter of boxing. Being a member of Cork Ex-Boxers myself it seems only fitting that we run a fundraiser for Abbey involving boxing."

Abbey McGeough - now aged 5 - was born with hydrocephalus (a condition resulting in water on the brain) but if she can get the right physiotherapy she will regain her strength and be considered as a viable candidate for the potentially life-changing Selective Dorsal Rhizotomy procedure in America. This complex operation can cost up to €60,000 with pre and post-op physio costing as much as €30,000.

Local Area Representative Sue-Ellen Carroll said at the launch "We are looking for males and females aged between 20 and 34 to get involved in this worthwhile event. Full protective gear like gum shields, head gear, hand wraps, groin guards – only for the men I'm afraid! - and gloves will be provided courtesy of Welsh sports. Everybody taking part will be fully insured and it will be a fun alternative way for any of us who are bored by the gym to get fit and do something life-changing for a very special little girl".

(Contd)

To sign up for the event and ask any questions that you might have, please contact Martin Coughlan on 086 1005324 or Sue-Ellen Carroll on 086 1029306. You can also find us on Facebook by searching for '999 Abbey's Wish to Walk Boxing Event'.



# A light-hearted recollection of change

*By Billy Herdman*

It was in the mid-fifties on the M.V. Innisfallen and we were relaxing in our mess room, expounding our views on world affairs. It was usually like a mini Dáil get together, and we had on A.B. there who would have made a great Taoiseach, as he was an expert on everything. His nickname at one time was Johnny The Lawyer, but slowly changed from that name to Johnny The Liar. He has long since passed away, R.I.P., but will always be remembered. Anyway, out of the blue he made a statement which made us cock up our ears. "Did ye know" he said "That the 3<sup>rd</sup> class accommodation is going to be upgraded to second class" and that he'd heard it in the galley, which was the source of all our information as there was no wireless, telephones or television on the ferries at that time and Johnny The Liar was a fully-fledged ball hopper and storyteller. So we sent the deck boy up to the galley to confirm the truth. He arrived back breathless and shaking and said "It's true lads and it's happening next Monday." The Liar sat there smirking with a look of complacency on his face.

This was life-changing news and we were on tenterhooks until Monday arrived. We carried on our duties that Monday morning painting, chipping rust and general cleaning. The Liar said that someone from the Ministry of Transport would arrive soon to make a speech.

He also said that he had heard the Chief Steward giving instructions to the stewards in 3<sup>rd</sup> class to put more butter and ham in the sandwiches. Johnny was manipulating us like putty. But we took that with a grain of salt.

We kept our eyes on the gangway for any sort of movement, but the only person spotted was the Shore Carpenter coming on board with his box of tools. He went around the accommodation removing the brass signs, which read, 3<sup>rd</sup> class this way, and replacing them with 2<sup>nd</sup> class signs. Then it dawned on us that the changeover was complete. We would have words with Johnny The Liar, but he had disappeared into his liars den and would not be available for comment. That afternoon, as the 2<sup>nd</sup> class passengers came on board, their tickets would announce that they were travelling 2<sup>nd</sup> class but there was no upgrading whatsoever. But we had to check the sandwiches to verify if the liar was telling the truth. There was still just a waft of butter and see through slices of ham which would have graced a ladies tea party in any church hall, but not for husky young farm workers who would eat a pound of ham between two loaves of bread. And just across the deck in the 1<sup>st</sup> class restaurant they were eating fillet steaks with bottles of wine to wash it down. I wonder what they thought of the 3<sup>rd</sup> class passengers beginning to encroach on their domain. But it would happen fifteen years later when the new car ferry 'Innisfallen' arrived. I was appointed master at arms, which was the ship's security and remained in that position for the next thirty years on various ferries - but that is another story, I suppose that Johnny The Liar is in a higher region now, ball hopping the angels.



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Wednesdays & Fridays from 11.30am—12 noon and 12 noon—12.30pm for 10 Weeks  
Starting 4<sup>th</sup>/6<sup>th</sup> September 2013

**PILATES WITH ALAN/JACKIE**

Monday Beginners 9.15am-10.00am, Starting Monday 9<sup>th</sup> September  
Monday Improvers 10.00am-11.00am, Starting Monday 9<sup>th</sup> September  
Thursday Open Level 7.00pm-8.00pm, Starting Thursday 19<sup>th</sup> September  
Duration: 10 Weeks

**YOGA WITH CATHERINE**

Tuesday Beginners 7.00pm-8.00pm, Starting 10<sup>th</sup> September  
Tuesday Improvers 8.00pm-9.00pm, Starting 10<sup>th</sup> September  
Thursday Open Level 10.00am-11.30am, Starting 12<sup>th</sup> September  
Duration: 10 Weeks

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**For further information, please contact Brenda at 087 636 6407 or at [friendlycallcork@yahoo.ie](mailto:friendlycallcork@yahoo.ie)**



## **ST JOSEPHS (MAYFIELD) NO NAME CLUB – NOTES**

The past year has been one of the most successful and enjoyable seasons in the 15 years of the clubs existence.

The club was set up in 1998 to provide a real and viable alternative for young people in the St Josephs catchment area in the 15 – 19 age categories, to the present alcohol and drugs culture in society by providing a programme of healthy activities.

Through their involvement in the No Name Club activities the young people develop to their full potential by building up their confidence and self esteem that enables them to say “no” to alcohol and drugs that are so prevalent throughout all levels of society with such devastating effects on the lives of young people and on family life in general.

The young people who become involved in the growing number of over 50 No Name Clubs that are operating successfully countrywide learn by their experience in a wide ranging programme of social activities that it is unnecessary to get involved with alcohol and drugs in order to enjoy their young adult lives socially.

The No Name Club is innovative in its approach in dealing with young people in a safe, warm and friendly environment that is free from the dangers of them becoming involved in alcohol and drugs.

Since the setting up of the St Josephs (Mayfield) No Name Club in 1998 over 600 young people have benefited from the training courses in Personal Development, Leadership and Organisational Skills that are provided to the club members annually by the club’s voluntary adult leaders.

Over the past 15 years the Mayfield based club has had a very positive influence on the lives of hundreds of young people and on family life in the local community. This has been achieved by demonstrating to the young club members that they can socialise with their peers in a warm and safe atmosphere where they are free from the dangers of becoming involved with alcohol and drugs.

Through the process of an annual evaluation of the clubs programme of social activities the local young people have consistently rated their membership of St Josephs (Mayfield) No Name Club very highly.

The work done by the adult club leaders with the young people in the No Name Club complements the efforts of the parents in the home and the teachers in the schools in helping the young club members to use their free time constructively by supporting them in making good life choices in their young adult lives by advising them of the dangers that are inherent in indulging in alcohol and drugs.

The next term of the St Josephs (Mayfield) No Name Club commences in early September in St Josephs Community Centre, Old Youghal Road.

The club members meet on Monday nights between 7pm – 8.45pm and the adult leaders are issuing an open invitation to all young people aged between 15 – 19 years who are living locally or attending any of the local secondary schools to come along and join with their peers in experiencing what this club has to offer to those who wish to enjoy their teenage years.

For further information about the St Josephs (Mayfield) No Name Club please contact  
Mr. Joe Mullane Hon Secretary – 021 4550059



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**OF**  
**MAYFIELD DENTAL PRACTICE**  
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## **Mouth Cancer Awareness Month**

By Dr Louise O' Keeffe BDS NUI  
Dentist at Mayfield Dental Practic

September has been designated as mouth cancer awareness month here in Ireland. Members of the public are encouraged to visit their local participating dentist for a free mouth cancer screening examination.

Mouth cancer is a concerning global healthcare issue. There are more than 300 cases reported in Ireland every year with this figure rising annually. Worldwide it affects 650,000 people a year and is the 6<sup>th</sup> most common type of cancer.

The problem with mouth cancer is that it is mostly detected at an advanced stage making treatment very complex and this in turn, affects the chances of survival.

Dentists have a key role to play in early detection of mouth cancer and in prevention of the disease by identifying those patients who are exposed to risk factors.

We would encourage and invite you to avail of a FREE cancer screening at our dental practice in September. You can telephone or drop in to the practice to book your appointment. It is quick, easy, pain-free and best of all it could save your life.



## **Eoin Marshall Acupuncture**

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**Contact: Eoin Marshall**  
**086 2111491**

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Near Mayfield GAA  
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Children from 2 yrs 8 months upwards

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021 496 0027 or 085 970 2501

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### **COMMUNITY NEWSLETTER HIGHLIGHTING LOCAL NEWS**

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Deadline for inclusion of stories, news or  
advertising in the next issue is

**STRICTLY: Mon Sept 30th**

Email items to: [mayfieldcdp2@eircom.net](mailto:mayfieldcdp2@eircom.net)

For further information contact:

021 450 8562