

MAYFIELD MATTERS

FREE

YOUR COMMUNITY NEWSLETTER

FREE

ISSUE 92

JUNE/JULY, 2017

MUSIC TO OUR EARS: MAYFIELD YOUTH 2000

What a rollercoaster the last week has been for us here at the Foróige 'Mayfield Youth 2000' Project! Between the launch at Mayfield library on Wednesday, May 24th, Simon Zebo backing our rap and then the appearance of the group on the Ray D'arcy Saturday Night Live TV show last Saturday, May 27th!

Throughout it all Shane Keane, Paul Woods, Trisha Sexton & Megan Kelleher took everything in their stride! Nothing fazed them especially the rehearsals and performances in the RTE studios and of course the live TV show! The four teens were so respectful to everyone they met along the way and to everyone at RTE. Even people on the train up and down were drawn to them and loved them. I am so proud as the Youth worker involved so I can just imagine how friends, family and neighbours feel!!

The most inspirational part for me is that Trisha, Shane, Paul & Megan saw that bullying, anxiety and suicide were issues affecting them, their friends and their communities and they wanted to do something about it. The Rap and Peer Education piece is their response. It shows all of us that we can bring about change, we can get conversations going on these issues and help in our own small way....and it may just explode onto the press and media the way ours has!!!

Watch out for them this summer - the next performances will be local ones for the summer fun night in Glenamoy Lawn and Peer Education workshops with various groups.

We are so thankful to everyone for the support over the past week & want to make sure now that everyone linked to our rap knows exactly where support is available if you or someone you know is struggling with anxiety, depression, bullying or suicidal thoughts. In Cork Pieta House are specialists in supporting anyone affected by suicide in any way. Contact them at 021 4341400. The YHS run by Foróige and the HSE based in Penrose Wharf is a great support to young people. Contact them at 076 1084150.

The three Foróige projects in Mayfield also provide support to anyone struggling with a range of issues and can be referred on to other services if needed e.g. counselling. Contact Deirdre at 086 8523077.

For anonymous support you can connect online with Reachout.com or by phone with the Samaritans at 116 123 or with Aware at 1800 80 48 48.

The rap group want to spread the message to reach out and speak out but it is the above agencies that are able to provide the specialist support. Well done guys, you've done your family, friends and Mayfield proud and getting a strong message out to everyone to Reach Out, Speak Out. If you're struggling, Remember, you are not on your own, there's lots of help available.

Deirdre Dennigan



Deirdre Dennigan (far right) with the group - Shane Keane, Trisha Sexton, Paul Woods and Megan Kelleher - with Ray D'arcy at the RTE Studios in Dublin.

IN THIS ISSUE:

Details of local courses and services, articles, stories, poems, GAA news, life coaching, school news recipes & more!

NOTE: *Mayfield Matters* is available on the Mayfield CDP website at:
www.mayfieldcdp.ie

PLEASE NOTE:

To guarantee inclusion of items in the next issue of
MAYFIELD MATTERS
please ensure they are submitted before the closing date, which is:
FRIDAY, 21 JULY 2017



**MORE ABOUT
MAYFIELD
YOUTH
2000
INSIDE**

MAYFIELD MATTERS is a local community newsletter produced in the Mayfield CDP Community Resource Centre by volunteers with the support of the CDP staff; it is funded through the adverts placed in the newsletter, fundraising and grant allocations.

MAYFIELD TEENAGERS APPEAL TO THEIR PEERS TO 'REACH OUT, SPEAK OUT' ABOUT EXPERIENCES OF BULLYING, DEPRESSION AND SUICIDE.

A group of local teenagers who have been part of the Mayfield LDATF Project (Phase 1) approached Foróige Youth Worker Deirdre Dennigan last year about their concerns relating to the high rates of teenage bullying, anxiety, depression and suicide. The group who are all very musical decided to write a rap on the topic and so we approached Garry McCarthy for his expertise. Since then a lot has happened! The Rap group made up of Trisha Sexton (14) Paul Woods (17) and Shane Keane (20) not only wrote a rap, they made an accompanying video both of which hold very powerful and touching messages from teens to teens and the wider community about the importance of **reaching out and speaking out about mental health**.

Two members of the group designed a Peer Education Workshop and ran it off with three classes of Second Years in St. Patrick's College a few weeks ago. Trisha Sexton and Megan Kelleher made some very cool art pieces with Tom in Mayfield Arts Centre highlighting some of the key messages from the rap.

They shared the Rap and video and discussed the messages within it with their classmates. They finished up by discussing the help that is available from the Foróige Projects in Mayfield and across the City and County and also informed them of the Reachout.com website.



Every single lyric in the rap came from Shane, Paul and Trisha. Garry McCarthy was employed to come to the Youth Project to run the Rap Workshops with them. He produced the video and the backing beat to the Rap but the lyrics are 100% the group's own. The Rap, video and Peer Education piece were entered into **Foróige's National Citizenship Awards** and on April 29th we attended the awards in the City West Hotel and won the 'Ones To Watch' award!! We were all thrilled.



Above: Artwork designed by rap Group member, Trisha.

Deirdre Dennigan

**Mayfield Local Drugs & Alcohol Task
Force Project (Phase 1)
Kerrigan-Tyrell Youth Centre
Tinker's Cross
Mayfield
086 8523077**



HAPPY NIGHTS AT THE ARCADIA

A happy throng in
Arcadia Ballroom Cork
in the mid 1930s with
Pat Crowley's band in
the background.

Joe McGinnity, the
famous banjoist, is on
the extreme left.

Romance was always in
the air at the Arcadia
(or so we're told by
those who know about
these things...)



Fancy losing weight while eating all your favourite foods? why not join ***Slimming World Mayfield*** and find out how.

Group takes place every ***Thursday*** in the Mayfield GAA Sports Complex, Riverview Fitness & Leisure Centre, Lotabeg.

Group times are as follows:

9.30am, 11.30am, 3.30pm, 5.30pm and 7.30pm.

Just choose a time that best suits you and come along.

To find out more why not contact me,

Lisa, on 086 396 7876

and I can answer any queries or questions you may have.

Love food, love Slimming World!

TESTIMONIALS



Jim O'Sullivan: before and after visiting *SW Mayfield*

My name is Jim O'Sullivan and I am 53 years old. I'm married to Mary and I have one son, Shane. I work in T&A Building Supplies in Blackpool. Most of my life I have been battling weight. Over the years I've tried nearly every diet plan known. While I saw some results, I became bored with the diets after a few weeks. As well as gaining back the weight I lost, I would pile on more. I couldn't do regimental plans, but I also kept thinking that I couldn't keep doing as I was doing for the rest of my life.

Two years ago I started getting chest pains and shortness of breath. However, being a typical man I did nothing about it. Then a great friend of mine told me that his wife had joined *Slimming World* in Mayfield. I had never heard of them, but he persuaded me to try it out. When I told my wife about it, she ran me up to the group. It was a day that changed my life. *Slimming World* isn't like anything I have done before. I was allowed to eat almost any food I liked (within reason). There were no special foods or shakes that I had to buy. It was just ordinary simple food. Sometimes I had to make changes away from old eating habits. I loved Mexican food so I used to eat a lot of wraps and tacos. Instead, I now used boiled rice. I still get the flavour of the food but without the fat.

I go regularly to the 7.30pm group in Mayfield. It's the most important hour and a half of my week. Nothing is allowed to get in the way of me going to that group meeting. I have made friends there that I will have for the rest of my life. There is no putting anyone down. If you have a gain in weight, that's ok. Lisa the consultant will do her best to see where you went wrong and start again. I've lost five stone thanks to *Slimming World*. It took me 14 months to do that. For some people it's faster, for some a bit slower. You get out what you put in. I don't get any more chest pains. There's no more shortage of breath and I've been taken off my blood pressure tablets. But for me the best result is I've gone from wearing size 4XL tee-shirts to Large. Now try telling me that *Slimming World* doesn't work.



Above left: Fiona Rall O'Flynn (with daughter) before visiting *SW Mayfield*. Above right: Fiona today.

Hi, my name is Fiona Rall O'Flynn. I'm 43 and I work at being an awesome wife to Len and mother to three of the biggest nutters you'll ever find - Tony 19, Claire 16, and Sophie 13. After nearly 20 years of being overweight I joined *SW Mayfield* on 1st October 2015. It took every bit of courage I could find to walk through those doors, as at the time I had little to no self-esteem. To be honest, I hated myself. At my heaviest I tipped the scales at over 21 stone. I'd seen some mothers at the school all looking amazing and asked how they did it, and that's how I found out about *Slimming World*. I was so sick of being in pain due to my weight. So on 1st October, 2015, I walked and have never looked back.

The night I joined I had stood on my own scales and I was exactly 20 stone on the button. At *SW* I stood that night and I was 19 stone 13 lb (I think I lost a pound with the fright of joining). I couldn't believe the amount of food I could eat. It sounded wrong like how was being able to eat as much pasta, rice and spuds going to help me to lose weight? But it did. It worked and I never had to count a calorie. It's all done for you; and as the weight fell off, my confidence gained. I go to the 7.30pm group in Mayfield and I'd be lost without them. I've gained so many friends and it's amazing the support, motivation and inspiration you get every week.

If you've had a bad week, it's ok. There are no judgements. Everyone there is in the same boat, going through the same issues and that's why I love my group. Lisa O'Donovan, our amazing consultant is a fabulous motivator and has a great "get up and go" attitude. She always has fab tips and information to help with your goals. One of the best tips I was given was to freeze seedless grapes (yeah, you heard right). They are so good, like ice cream sweets, I'm addicted and I have never been so healthy.

The proudest moment I've had so far is dropping six dress sizes. I've gone from a size 24 to a size 12. I suffer no more pains in my back or joints. I'm in *SW* a year and 7 months and I have lost 9 stone. I hope to reach my overall weight-loss target by the end of June. ***Whoo Hoo!***

MAYFIELD COMMUNITY ADULT LEARNING PROJECT (CALP)

c/o Mayfield CDP Community Resource Centre

328 Old Youghal Road, Mayfield

Tel: 4508562

Email: mayfieldcalp@eircom.net

Web: www.mayfieldcdp.ie

LEaRNING
Neighbourhood



THANK YOU

Thanks to all of the participants who have attended courses with the Mayfield Community Adult Learning Project (CALP) since January 2017. Over 100 adults participated on these courses which were a mixture of non-accredited and accredited options. During this period we were able to offer new courses in Caring for your Health and Well Being and a Refresher course for those of you who needed to renew your Occupational First Aid Level 5 certification. A huge thanks also to all of the tutors that have worked with the project and the support given by the team in the CDP Community Resource Centre. Behind all of these layers there is a voluntary management committee who oversee and plan the work of C.A.L.P. and their voluntary effort is greatly appreciated. During July and August the planning will commence for Autumn 2017 with many courses proposed. However if you do have ideas around possible courses, please let us know.

Throughout the last 6 months, Mayfield C.A.L.P. has also been busy with the **Learning Neighbourhood Mayfield 2017** initiative and the different events that have run so far. September will incorporate the UNESCO World conference (17th – 20th) in the City with over 600 foreign delegates attending. It is also hoped that some of these visiting delegates will come and visit Mayfield and get a great sense of what 'learning' takes place in our community during this week.

Look out for the annual information booklet on courses, services and supports as produced by Mayfield CDP and distributed at the end of August and start of September 2017.

Additionally this year's Community Education Network's annual information sessions on courses, services and supports is being 'pumped up' to a big Mayfield Learning Neighbourhood Expo on Wednesday, 20th September 2017, 2 to 5pm, venue to be confirmed. This event will give all of the information you need about the wide range of courses, services and supports in the area of 'learning' for young and old, and it will be a great opportunity to sign up for something new for the Autumn!



LEaRNING
Neighbourhood



UNITED STATES PRESIDENT JOHN F. KENNEDY IN CORK, 1963

Born 100 years ago this year, John F. Kennedy went out of his way to visit Cork during his state visit in 1963.

The photo on the right is of the President enjoying the adulation and reception of the Cork crowd.

Can you name the street captured in the photo?

And if you were there on the day, we would love to hear about it.

Contact Mayfield Matters on 450 8562 or call in to see us.





Camp 1: June 26th - 30th
Camp 2: July 3rd - July 7th

Venue: Gaelscoil an Ghoirt Álainn, Mayfield
 English speaking camp for ages 4-12
 (Primary school pupils)

9:30am - 2.30pm

Full range of activities including sport, art, dance,
 games, bouncing castles, mindfulness, lego, tug 'o war,
 cake decorating and much more!!



CONTACT KEITH TO CONFIRM PLACES:

Phone: 086 144 9760

Email: happydayzjuly@gmail.com

*Happy Dayz Camp is run by fully qualified and
 experienced primary school teachers.*

Happy Dayz

Summer Camp



Surname:

First Name:

Date of Birth:

1.

2.

3.

Address:

Email:

Mobile:

Emergency Contact Number:

School:

Class:

Please advise on any medical condition or special needs:

A deposit fee of €25 is required per child.
 (non-refundable/non-transferable)

I enclose € _____ deposit.

Camp 1 ____ Camp 2 ____ or both ____

Parent Signature:

Date:

WINNIE'S DRESSMAKING AND ALTERATIONS

OLD YOUGHAL ROAD, MAYFIELD
 (Opposite The Cow Bar)

We alter:

- School Uniforms
- Curtains
- Jeans
- Zips
- Jackets
- Buttons



LET'S SAVE MONEY

Contact Winnie on:
085 7804008

N&G Barbers

IONA ROAD, MAYFIELD
(Alongside All Round Beauty)
Phone: 2390019

NOW OPEN MONDAYS: 9.30 - 5.30

PRICE LIST

Father and Son only €15

Gents only €9

School Students only €8

Kids under 7 years only €7

Hot Towel Shave only €12

Hot Towel Shave and Dry Cut only €18

GIFT VOUCHERS AVAILABLE



OPENING HOURS

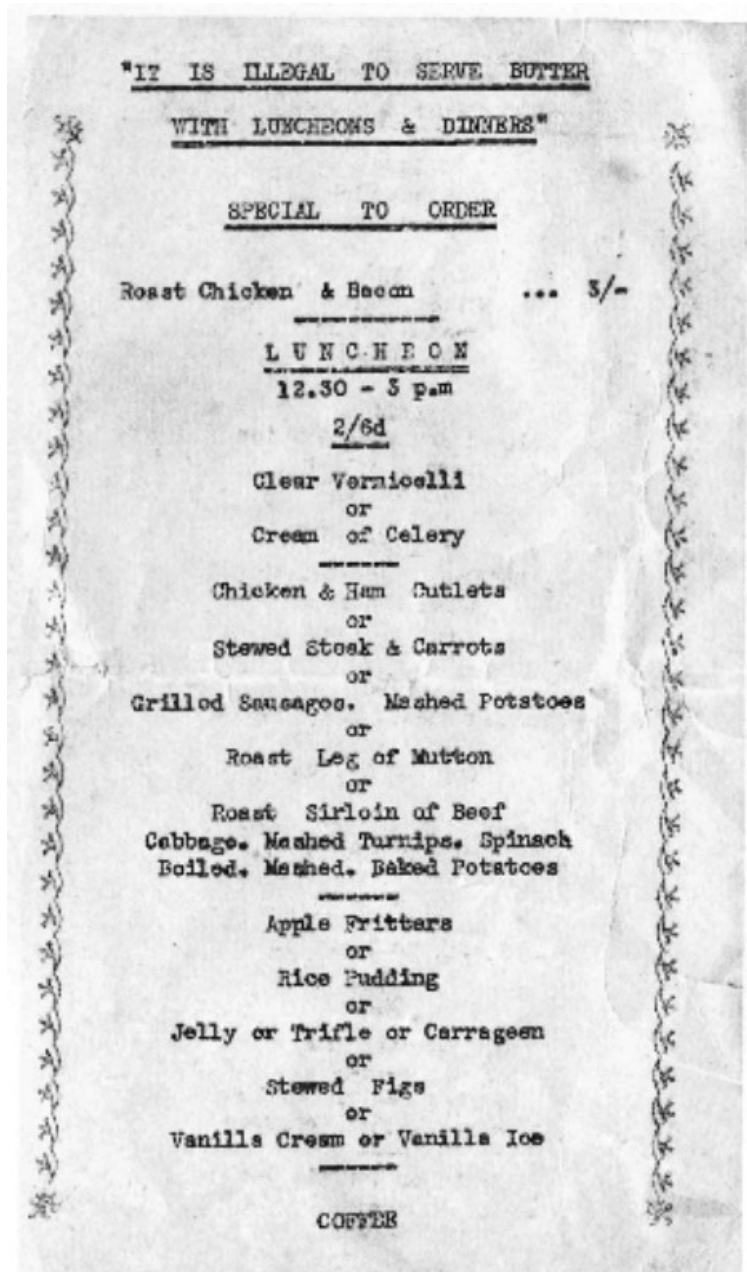
Mon - Fri: 9.30 am - 5.30 pm

Sat: 9.00 am - 5.30 pm

'I CAN'T BELIEVE IT'S NOT LEGAL...'

A Butter-less Menu from the Savoy Cinema and Restaurant

Date: 3 March, 1943



CHARITY GOLF CLASSIC

The Cork Association for Autism's 4th annual Golf Classic will take place in Mahon Golf Club on Thursday June 22nd. The CAA who provide a range of support services to adults with autism are hoping to raise over €10,000 from this event but need support from the local community and golf enthusiasts to reach their target. Teams of three are being recruited at a cost of €150 and tee boxes are available to sponsor by local businesses for €100. Right Price Tiles have come on board as the main sponsor again this year to support this worthy cause.

The Cork Association for Autism provides supports to over 300 individuals throughout Cork and Kerry. Services include residential care, respite, day service, home support and an Asperger Syndrome Support Service. This year the charity are fundraising to support the vehicle running costs of transporting Service Users from their homes to the provided service centres and to access community activities and daytrips.

Billy O'Brien from Ballincollig is one of the key organisers behind this event and his main motivation is that his son Paul uses the CAA respite and day services. Billy describes the CAA and the services provided as a lifeline to both parents and those with autism.

All are welcome to participate in the Classic, from beginners to Irish Open contenders! To book in a team for this golf classic or to sponsor a tee box phone Carol in the CAA fundraising office on 021 453 3642 or email c.walsh@corkautism.ie.

For more information log onto www.corkautism.ie.



Above: Seamus McDonnell Cork Hurling Captain with Richard O'Callaghan, Service User at the Cork Association for Autism.

Below: L to r: Carol Walsh, CAA Fundraising Coordinator, Richard O'Callaghan, Service User at the CAA and Seamus McDonnell, Cork Hurling Captain at the launch of the CAA Golf Classic.





MAYFIELD SUMMER SPORTS CAMP

Children's summer sports camp running 3rd – 7th July & 10th – 14th July
Suitable for 5 – 14 years.

Activities include: Swimming every day, Badminton, Tennis, Soccer, Hockey, Basketball, Rounders,
Bouncy castle and many, many more!!!
Camp times 9.0am to 2.00pm

CHILDREN'S INTENSIVE SWIM WEEKS

Take the plunge today and learn to swim or improve your technique with our
5 day x 40 minutes Intensive Swim Week only €50

4 weekly camp taking place this year. Suitable for complete beginners to advanced swimmers.
Monday to Friday, 12 noon.

Dates: 3rd – 7th July, 10th – 14th July, 17th – 21st July, 24th -28th July

FAI SOCCER SCHOOL

Whether you're new to the game or a seasoned campaigner we promise a fun-filled week where you will
learn new skills, make new friends & score plenty of goals. Camps are open to boys & girls aged between 6
& 14 and run from 10.30am – 3.00pm, Monday to Friday. Dates 17th - 21st July

ROOKIE LIFEGUARD SUMMER CAMP

Rookie Lifeguards is aimed at 8-14 year-olds to provide a fun and safe way to learn lifesaving skills and
water safety from qualified and registered Rookie Lifeguard Trainers.

As a *Rookie* you will learn about water safety that will equip you with the
skills which could help you save a life.

Week 1: Tuesday 1st – Friday 4th August from 11am to 2pm

Week 2: Tuesday 8th – Friday 11th August from 11am to 2pm

Log onto www.mayfieldsportscomplex.ie for more information or to download booking forms
or contact:

Mayfield Sports Complex

Old Youghal Road
Mayfield
Cork

021 4505284 or 021 4506232

MAYFIELD CDP COMMUNITY RESOURCE CENTRE

328 OLD YOUGHAL ROAD, MAYFIELD, CORK



Phone: 450 8562

Fax: 450 8507

Email: mayfieldcdp@eircom.net

Web: www.mayfieldcdp.ie

LEARNING
Neighbourhood



SERVICES PROVIDED AND SUPPORTED

CDP Resource Office

Photocopying,
faxing,
laminating,
typing of
projects, letters,
C.V's,
binding,
posters, fliers,
leaflets,
Senior Alert
Alarms for over
65's.

Mayfield Community Adult Learning Project (CALP)

See elsewhere
in **MAYFIELD MATTERS**
for CALP's
own article and
what it offers!

Rainbow Childcare Service

Morning
Service.

Contact
Kathleen at
4508562
for more
information.

Mayfield Matters

Local
Community
Newsletter.

Distributed
every two
months.

Volunteers
always
welcome.

Mayfield Community Garden

Grow your own
food and learn
new skills.

New members
always
welcome.

DAY-TIME GROUPS USING THE CENTRE:

Monday: Age Action Ireland computer courses (morning)
Aisling Services (afternoon)
Tuesday: Irish Speaking Circle (afternoon)
Friday: Haniel Therapy (morning)

NIGHT-TIME GROUPS USING THE CENTRE:

Monday: Haniel Therapy
Tuesday: One-to-One Weight Loss
Wednesday: Overeaters Anonymous
Thursday: Overeaters Anonymous

The computer room in the centre is available to local people who need access to it during the day and 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, including the upgraded computer room. Complementary tea and coffee available. Contact the Resource Office for more information (450 8562).

UPDATES:



Rainbow Childcare Service celebrating 10 years:

Rainbow Crèche will mark this milestone on Monday, 19th June. Parents whose children availed of the childcare service since 2007 are very welcome to join us for light refreshments.

Rainbow Community Crèche provides part-time low-cost childcare for children from 6 months to five years prior to preschool. Rainbow crèche is only one of two community crèches in Mayfield for children prior to pre-school.

Congratulations to our Voluntary Chairperson, Brenda Corcoran for winning a Nominee award and overall winner award in the Mayfield Community Volunteer Awards in April. Brenda has been an integral part of Mayfield Integrated Community Development Project for the past 5 years as a volunteer and the Coordinator prior to that for many years.

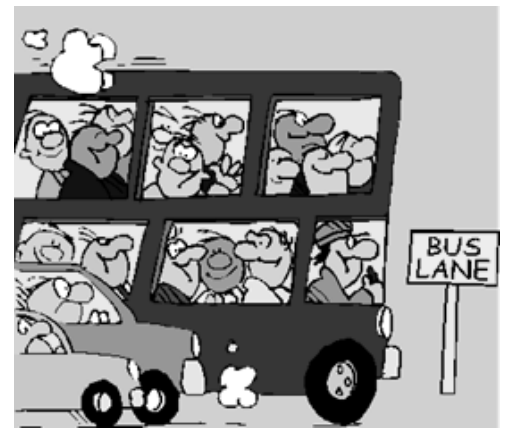
Learning Neighbourhood:

Meetings for this initiative continue to be hosted by the centre on a regular basis.

LEARNING
Neighbourhood

Family outings:

Possible destinations include Tramore, Ardmore, Youghal. Tickets are available from the reception in the Community Resource Centre. The first bus will depart on **Thursday, 6th July, 2017.**



For more information please call into the reception or call the office at 4508562. This initiative is run in conjunction with Mayfield Health Action Zone.

96fm Radiothon:

Thanks to everyone who supported the Radiothon held in the Centre on the 25th May, 2017. €360.00 was raised for this very worthwhile cause.

Ongoing Development work of the CDP

Men's Shed Initiative:

The members of the Men's Shed will give of their time voluntarily at the Midsummer Fun Night in Glenamoy Park on Friday, 23rd June.

Midsummer Fun Night:

Volunteers most welcome and needed for our community get together on Friday 23rd June in Glenamoy Park. Plenty of activities on offer including face painting, music and the talent of local groups represented.

Maintaining positive mental health:

The CDP hosted an introduction to WRAP training on the 23rd May, 2017 in the Resource Centre with eighteen people in attendance. WRAP (Wellness, Recovery Action Plan) serves as a tool for looking after one's health and well-being.

'Women Supporting Women to Stop Smoking':

The third group of women to participate in the 'Sister to Sister' programme will receive their certificates on Wednesday, 24th May. This is a wonderful achievement for all the women involved and is a joint initiative between Mayfield Health Action Zone and Irish Cancer Society.

CESCA (Cork Equal and Sustainable Communities Alliance)

CESCA continues to support social inclusion events across the city such as LGBT week, Traveller Pride Week and Africa Day. Mayfield CDP is a member of CESCA.

Public Participation Network (PPN):

Mayfield Integrated Community Development Project was represented at the re-launch of this network on the 2nd March, 2017 by our Chairperson Brenda Corcoran.

Mayfield Interagency Forum:

This forum enables organizations working within Mayfield to share ideas and information. Mayfield CDP was represented at the meeting on Thursday 4th May by Stanley Murphy, Resource Centre Worker. **Cork Cancer Action Network:** The Network will meet with the Churchfield community on Wednesday 21st June to offer feedback on the two community consultations in November 2016. The consultations were part of a process to establish a community focused approach to cancer prevention in Cork City North West.

RAPID: The CDP was represented at this Forum on the 18th May, 2017 in the Kerrigan Tyrell Centre by Mary Kelly, CALP Coordinator.

Cork Community Health Network:

Mayfield CDP Resource Centre Worker, Stanley Murphy represented the organization at the meeting on 23rd March.

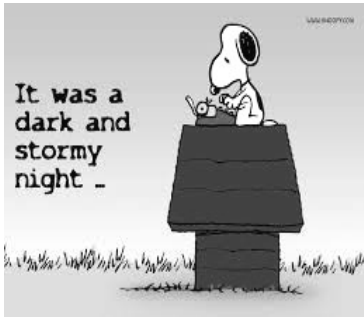
Summer Closing: The Community Resource Centre will close Friday, 11th August, at 1pm and will reopen on Monday, 21st August 2017 at 9.30am.

THANKS to Alex O'Brien, a transition year student from St Angela's, who was on placement with us at the CDP from 10 January, to 21 March.

NEW CDP INFORMATION LEAFLET now available from the Centre, so call in and pick one up.

For further information regarding any of the above items please contact the Mayfield CDP Community Resource Centre, 328 Old Youghal Road, Mayfield at 4508562 or call into the Centre, we would be delighted to talk to you!

POETRY PAGES



Please send your poems (or requested poems) to:
mavieldcdp2@eircom.net
or just hand them into us here at the
CDP Resource Centre
(we'll even type them up for you).

I wander the streets,
With my head down,
Without a smile or a frown,
I'm now on my own,
In this dreary town.

I'm just existing,
This is now my life.
My dad had found a new wife,
I'm not wanted
In his new life.

I'm just in their way,
They had two more children,
I wasn't welcome to stay,
Packed up my things,
And took one last look,
My old life now,
A closed book.

I had no one to turn to,
And nowhere to stay.
I walked the streets
That very first day.

I went to the shelter,
hoping a bed to get.
I was too late
I'm going to get wet.
I stayed in a doorway
In the damp and cold.
I was now on my own,
Just 15 years old.

I'm really scared,
Out of my wits,
Trying to mind
My precious few bits.
People passed
And people stared,
I felt so alone
And no-one cared.

HOMELESS ON THE STREETS

Deirdre O'Keeffe

Where can I go,
What can I do,
Is this really the life
I was destined to live?
I always thought
I had something to give.
I've been offered a fix
To block out the pain,
But I really want to stay clean.

It's been a year and a day,
Since this weary existence began.
I feel really lost,
In so much pain,
Struggling to survive
In the cold and the rain.

I want a home
And someone to care.
I'm willing to work
to make a new life,
I'd even consider
becoming a wife.

Will someone please
Give me a chance?
Remember those of us,
Who live on the street,
We need your help
To get on our feet.

Please think of us
that sleep in the door,
We could offer
so much more.

When you give
Some bread and some tea,
Some may think
This could have been me.
So many hopes, so many dreams,
Now all in tatters
Life is never what it seems.

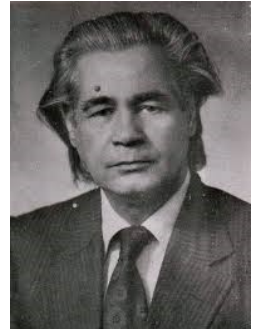
TO BE ALONE

Maria Whitley

I close my door,
I sit on my chair,
in my head I will never be alone.
I have so much to say but can't write it down
so I create a lot of images.
Sometimes it becomes very tiring and in my images,
I go to a lot of places but yet I'm still in my chair.
So that's what it means for me to be alone
but I am happy in my mind.

CAN NOBODY SAVE THIS CHILD?

Ali Sardar Jafri (1913-2000)



Gabriel Rosenstock presents a version in Irish and English of a poem by the famous Urdu poet Ali Sardar Jafri (1913-2000). Jafri was a communist, poet, writer, critic, and film lyricist. Born in Uttar Pradesh to wealthy parents, he was expelled from university and later imprisoned for his revolutionary views.

Ruainne

Fionn a mháthair síoda,
Sníomhann a athair cadás.
D'fhág sé dorchadas na broinne
Ar mhaithe le croí dubh botháin.
Nuair a imeoidh sé,
Breosla do na muilte a bheidh ann.
Chun a cholainn gan cháim a bheathú
Cothóidh sé ocras dochásaithe capitil.
Caithfidh a lámha go fánach bláthanna órga
Agus caithfidh a cholainn a cuid airgid.
Fuil a chroí a lasfaidh na laindéir gheala
I bhfuinneoga baine.
An páiste seo, nach saonta, nach bídeach
Craos capitil dó i ndán,
Ina sheasamh is é ag achainí os íseal:
Nach bhfuil éinne in ann mé a shábháil?

A Morsel

His mother weaves silk,
His father spins cotton.
He left the darkness of the womb
For the black heart of a hovel.
When he leaves it,
He will fuel the mills.
To nourish his innocent body
He will feed the insatiable hunger of capital.
His hands will squander flowers of gold
And the body will spend its silver.
The bright burning lamps in bank windows
Will be fuelled by the blood of his heart.
This child, so innocent, so small,
Destined for capital's maw.
Stands pleading silently:
Can nobody save me?

SATURDAY 27th MAY 2017

Richard Goodison

It's 8 to 6 p.m., it's Mary's hour.
The welcoming bell for Mass has softly tolled.
I sat outside my sturdy teak front-door;
Bright sunshine clear my presence did enfold.

Peace filled the place there as I quietly read
Some poetry, a detective novel too.
The sunlight over everything was spread.
The warmth was wonderful; the sky was blue.

But there is bungling trouble in the world
And stalking Death released its cruel play.
E'en children were not safe but Heavenward hurled
Or horribly injured on a darkened day.

Yet here, just now, as I declared, there's peace.
I'm grateful for this sunlit blessed eve.
Keep people, children, safe in every place
And let there be no further cause to grieve.

Let peace be nurtured as a suckling child;
Let hearts like blossoming trees be full of peace;
Let foolish peoples now be reconciled;
Let wars and murders mercifully cease.

I search my conscience and my inner being
To see if there is any cause for blame
So's I can put in order anything
To help to nourish peace's spreading flame.

WILD WINDS

Katherine O'Brien

Summer time her gifts may shower
Wantonly
Wealth of leaf and bud and flower
Bird and bee
Sunkissed sands alluring power
By the sea
Cloudlets soft at twilight weeping
Tenderly
Rosy beams at dawn light peeping
But to me
Dearer far the wild winds sweeping
O'er the lea

Far from mankind's dark excesses
Pain and care
From where greed of gain obsesses
I repair
To where in Nature's deep recesses
All is fair
To some lonely mountain keeping
By the sea
Watch and ward o'er landscape sleeping
Quietly
Over all the gentle west wind
Blowing free

But more dear when in my roaming
I behold
Storm clouds gather at the gloaming
Dull and cold
Strong and swift the wild wind blowing
O'er the wold

May I feel their soothing power
Life's unrest
Ease and calm 'til life's last hour
When on her breast
Mother Earth with arms extended
Bids me rest

Place me in her tender keeping
Where may be
Down the craggy hillside leaping
In its glee
Round me still the wild wind sweeping
Strong and free
Lake and plain and distant mountain
There outspread
Meadow river rill and fountain
While o'erhead
Clouds play hide and seek on hilltops
High and dread

MY SILENCE: WHAT CAN I DO?

Maria Whitley

I would like to smile but I can't
I feel like crying but can not
I will be still. I can not speak, I am not alive,
but in my mind I am alive but have no voice.
This is my way of life for me.

What a beautiful morning.
It is nice to see the fields,
the mist, the cold in the air,
to look up at the sky is so nice to see.

MAYFIELD'S DAY IN CROKE PARK

Deirdre O'Keeffe

The excitement was mounting,
The days I was counting,
Mayfield were heading,
To Croke Park.

A momentous occasion,
With hopes and dreams,
Of bringing,
That precious All-Ireland cup home.

My last trip there was,
In September '99,
A match between Cork
And Kilkenny

We were so elated,
That game was fated,
And to Cork we brought
That precious All-Ireland cup home.

The result was just magnificent,
Now this game was different.
In thousands we went,
Best wishes were sent,
It was Mayfield,
Versus Mooncoyne.
It was there in sight,
And to our delight

The Mayfield lads
Had played their hearts out.
To roars and shouts ,
The beating of a drum,
We awaited that final result.

The lads were on fire,
It came down to the wire,
PODGE,
The captain Shane O'Donovan
Nicky Kelly,
Scorers to name but a few,
And Wafers scored a goal too.

They played up a storm ,
That to them was the norm
And Yes they brought
That precious All-Ireland cup home.

I felt so proud,
I shouted out loud
As my son Richie played in goal.
My heart in my mouth
As he strongly pucked out
How can I explain just how I felt
A joy that made my heart melt.

They'd trained really hard,
Lawton he roared,
Come on now lads,
It's in your sight,
Put up a fight,
Its there for the grasp,
there was no let up,
No training did lapse.

They showed so much hunger,
Is it no wonder
They brought
That precious
All-Ireland cup home.

This historic moment,
To be shared by all,
And so to the church
they did call,
To share in
this wondrous occasion.

Mayfield awash
with bunting and flags,
The Red and the White,
Never far out of sight,
The parties began
And songs they sang.

They raised a glass,
To the boys first class,
Mayfield won't see
Another day like it.

Now it won't matter
how far the lads roam,
They will always recall,
The day they brought
That precious All-Ireland cup home.

LITTLE GIRL DREAMING *Maggie L. O'Shea*

It was my first concert,
And I felt so grown up.
I've always wanted to be grown,
And I was proud of myself there.

Eight years of dreams,
Eight years of wishing.
I will be like Mammy;
When I grow up....
Oh wait; you stole it,
You blew it to smithereens,
Thanks for that - NOT!!

But why?....
I was enjoying myself,
The music, the atmosphere.
I felt so grown up....

But I'll never grow up,
Because of something, I wasn't
Grown up enough, to know about.
You put me in a grown up situation;
I wasn't really ready,
I just felt grown up, that's all.

I had been so excited for so long,
My favourite music, my favourite songs.
Mammy used to put on the C.D,
And sometimes, Daddy danced with me,
And we laughed, a lot

He said one day I dance, with my husband; hahaha,
Dance with a boy, I haven't a notion!!
But I would like to dance with Daddy, on my wedding
day,
Who will dance with Daddy now?
I can't....

It wasn't only my dreams you blew up,
Mammy and Daddy had dreams too.

Can you explain to me;
In a way a child understands;
Why you did it?
No; 'cause my life meant nothing to you.
I thought all grown ups were good;
But I was wrong.
I could have changed the world,
Instead, you changed mine.

LILLIAN COURTNEY COACHING

Lillian Courtney

Hi Everyone, thank you for all your emails. My topic of the month this time is:

ARE WE GETTING TOO COMPLICATED AND NOT LIVING IN A NATURAL STATE?

Our natural state before we were soaked with ideas, dream-dashers and beliefs from others.

Look at children from 2 to 3 years of age. They run around doing what they want, taking chances not caring who is saying what about them or thinking about them.

They are in a NATURAL STATE unaware of society and its beliefs for example parents /siblings who might run the child down saying things such as "Your stupid, Your Ugly, your bad at maths, sports, music etc..." really anything that will knock the child's confidence, self belief and self esteem, TOOLS they urgently require to be assertive in life.

I am not a psychologist but have studied neuroscience and the workings of the mind from an early age. I am not an expert in child psychology but I do have qualifications on Neuro Linguistic Programming (the study of human behaviour) a qualified Coach (the study of Emotional Intelligence the working of the conscious/subconscious mind and how we stay motivated).

So, is it all too complicated now in the world we live in?

I like to live a healthy life as much as I can. We all get drawn into different habits of smoking, drinking, overeating, not exercising and what happens? We get lethargic, bored and unmotivated leading to depression and bad habits, which may I say can be changed in 90 days.

I was chatting to an amazing neighbour today about life and it was she who brought up the subject of being natural. I admire her so much, she is an amazing artist also and walks daily and is always on the go. We were discussing life and how it has changed and coaching. I also admire one of my neighbours who walks every morning to the bus and meets her friends in town hall, rain or snow.

Going back to the first lady, I asked how she kept healthy and on the go?

Live like NATURE, be natural, follow the animals routine in all the seasons.

In summer how they rise early to have a longer day in the sunshine and light. In the winter look how they rest their bodies and sleep more.

They take water during the day and only eat either when they want or once a day.

My Mom used to say "Early to bed, early to rise make a man healthy, wealthy and wise" how wise they were. I myself cannot talk as I am a night owl. I said to my children "Life is like the seasons we have spring, summer, autumn and winter and we have within us time to be sad, happy, lonely and angry. These are your emotions and you are human to go through all of these phases. Now children get sad and they are brought to a Dr for depression. (I am not talking about clinical depression) they have sometimes no purpose, direction, bored and on iPads, iPhone and lack communication skills from lack of conversation.

There are great advances in science and medical world with robotic parts but what will replace your subconscious/conscious mind and your emotional intelligence and your experience in living everyday with a purpose and in a NATURAL STATE?

Get a hobby, make YOU the new project, go and watch the animals and copy them. Up and out. Think of a solution and stop thinking of the problems you have.

Love you all, xxxxxx





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CORK'S NATIONAL MONUMENT

Aidan O'Shea

Last year's splendid centenary celebrations of the Easter Rising have awakened our national pride. They also drew attention to Cork's National Monument, prominently located at the junction of two of our widest streets, namely Grand Parade and South Mall. This monument tells the tale of nationalist rebellions of the 18th and 19th century, summarised in its inscription:

To perpetuate the Memory of the Gallant Men of 1798, 1803, 1848 and 1867, who fought and died in the wars of Ireland to recover her sovereign independence, and to inspire the youth of our country to follow in their patriotic footsteps and imitate their heroic example. And righteous men will make our land A Nation Once Again.

The rebellion of 1798 was widespread and significant, strongly influenced by the French revolutionary principles of Liberty, Equality and Fraternity. Its defeat led to the dissolution of The Irish Parliament and the imposition of The Act of Union with Britain. The Cork monument features two sculpted figures of that rebellion.

Theobald Wolfe Tone (1763-1798), was a Protestant nationalist and co-founder of The United Irishmen. His stated hope was:

To subvert the tyranny of our execrable government, to break the connection with England, the never-failing source of all our political evils, and to assert the independence of my country—these were my objects. To unite the whole people of Ireland, to abolish the memory of all past dissensions, and to substitute the common name of Irishman in the place of the denominations of Protestant, Catholic and Dissenter—these were my means.

To unite Protestant, Catholic and Dissenter under the common name of Irishmen in order to break the connection with England, the never failing source of all our political evils, that was my aim.

If the men of property will not support us, they must fall. Our strength shall come from that great and respectable class, the men of no property.

Tone engaged actively with French authorities, promoting their naval expeditions to Ireland in 1796 and 1798. The first was dispersed by storms at sea and, in the second attempt, Tone was captured by an English squadron in 1798. He was condemned to death and died of self-inflicted wounds in prison.

Michael Dwyer (1771-1826) was active in the 1798 rebellion and managed to evade capture by the British forces until 1803. Because he surrendered voluntarily, his penalty was deportation to Australia, where he became high constable of Sydney in 1815. He died there in 1826. The year 1803 also marked the failed rebellion of Robert Emmet.

The remaining patriot statues have a Cork connection.

Thomas Davis (1814-1845) was born in Mallow, the son of a British army surgeon, educated at Trinity College and called to the bar. He was co-founder of The Nation newspaper, which advocated Catholic Emancipation; that is the repeal of penal laws and restrictions against Catholics and dissenters from the Anglican Church. His editorials and particularly his nationalist ballads such as *A Nation Once Again* and *The West's Asleep* had a powerful effect on nationalist sentiment and are sung with pride today. His belief in the power of words is captured in his motto: *Educate that you may be free*. Three years after the death of Davis, the Young Ireland rebellion was limited to a few small skirmishes with police and troops. The Great Famine of 1847 had devastated the land and its people.

Peter O'Neill Crowley (1832-1867) was born at Ballymacoda near Youghal, County Cork, where his father was a respectable farmer. His uncle, Rev. Peter O'Neill, was flogged at Cork in 1798 for alleged involvement in the insurrection of that year. Peter inherited his farm, and cultivated it with great industry. He was a teetotaller, studious in his habits, and was respected in the community. He joined the Fenian Brotherhood and became an active propagandist. In March 1867, he served under Captain McClure in an attack on the local coastguard station. Arms and ammunition were taken without casualties on either side. The Fenians then marched northwards to link with other rebels in county Limerick. Afterwards they took refuge in Kilclooney Wood near Mitchelstown. They were attacked and defeated by military and armed constabulary. He was wounded in the fight, and died a few hours later at Mitchelstown. One who was with him to the end remarked: "His death was most edifying. Never did I attend one who made a greater impression upon me. He begged of me to tell his sister not to be troubled because of his death, which he hoped would be a happy one." He is buried at Ballymacoda. *(Continued on next page.)*



The National Monument was proposed in 1898, the centenary year of the 1798 rebellion. There were many differences of opinion and delays in gathering enough funds from the public. Therefore it was not unveiled until St Patrick's Day, 1906. The designer was Cork architect D. J. Coakley. He also designed St. Mary's Home for the Aged, Montenotte (1882) St Joseph's Church SMA, Wilton (1897) and the western façade and steeple of Holy Trinity Church, Cork for the Capuchin Friars (1889). In fact, the Gothic revival style of the monument closely follows the Holy Trinity design. The patriot figures and the central female figure of Éire are by sculptor John Francis Davis, whose studio was at College Road, Cork. Time has not been kind to the monument, in that the figures and inscriptions have been eroded by rain and air pollution. Michael Dwyer's rifle and arm remain broken by vandals. But the connection with the struggle for independence is clear. The veteran Fenian Jeremiah O'Donovan Rossa gave a powerful speech in favour of armed struggle at the unveiling, and Terence McSwiney stood nearby, having worked on the fundraising campaign. He, as Lord Mayor of Cork, died on hunger strike in Brixton Jail in October, 1920.

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- Free wi-fi
- Public-access PCs with internet access
- Self service printing and photocopying
- Daily newspapers and popular magazines
- Study spaces
- Weekly children's colouring competition

**BOOKS, CDS, EVENTS,
LIFELONG LEARNING, PCS,
WIFI FOR ALL AND IT'S FREE.**

Mayfield Library Book Club meets on the second Wednesday of each month at 11.00a.m.
New members welcome.

SUMMER EVENTS

Wednesday, 19th July, 2.30p.m. Arran Towers presents his **"Trunk of Tricks,"** a feast of Indian traditional string puppetry, magic, storytelling and juggling.

Friday 21st and Saturday, 22nd July. Come in anytime and try our **"Treasure Hunt."** Prizes to be won. Try our magic colouring.

Wednesday, 2nd August, **Mayfield Makes Pirates and Fairies**, come along to the morning (11.30a.m.) or afternoon session (2.30p.m.), and make crafts to bring home. 5 years + upwards.

Wednesday, 16th August, 2.30 - 4.30p.m. Puzzle afternoon. Try our written puzzles. Prizes to be won.

Celebrate our mascot Red's 10th birthday and take part in our reading challenge again this year.

Members can also access our digital services, including eBooks, eAudiobooks and digital magazines: visit



**CUMANN IOMÁNAÍOCHTA AGUS PEILE
BAILE NA MBOCHT** (Mayfield Hurling & Football Club)



GREAT NEWS: Kellogg's Cúl Camp will return to Mayfield this summer.

Kellogg's GAA Cúl Camps provide boys and girls – between the ages of 6 and 13 – with an action-packed and fun-filled week of activity during the summer holidays which revolves around maximising enjoyment and sustaining participation in Gaelic Games.

Activities are player-centred with a games-based approach with a strong emphasis being placed on personal development and well-being. **Activities** are also organised in an age-appropriate manner with a view to optimising **learning**, enhancing **friendships**, improving physical & psychological **well-being** and promoting **school and club** links.

The camp will run from 3rd - 7th July. Contact Tony Hegarty at 086-3486588 for registration forms and further information.

UNDERAGE TEAMS GOING WELL!

Well done to the underage boys and girls - in both hurling and football - who are progressing very well.

Keep up the Good Work!

THERESA KELLEHER

Theresa Kelleher (right) is well known for her service to the Mayfield community. You may know her as being one of the founding members of the St Vincent de Paul charity shop. Today we will find out how Theresa came to be involved in a community that puts an onus on learning, and how that learning is so important to her and in the community. Learning has been such an important part of her life here in Mayfield.



Theresa's journey started over 40 years ago, when she was approached by a priest to find out if she knew anyone who would be interested in opening a charity shop. At the time there was terrible unemployment in the area, and so it began. There was a time when Theresa herself was going through hard time and a lady told her about some of the courses in the local area and Theresa tells of how that learning brought her "back to herself" and how she has a "complete new lease of life" that has stood well to her for all the work she has done in the community.

When asked what some of the benefits of a learning community were, Theresa answered, it was a chance to meet new friends and getting to know her community better. She described herself as a "blow in" and that through her learning she got to know a lot of new people. Theresa has worn many hats in the community; she became part of the boy scouts and through her work with teachers in the early years, the breakfast club. She has worked with Adie Roche and SIMON to name a few and it all has been part of the learning she received here.

She repeats again about how all this learning has given her a new life, how it made her feel as "good as anybody else". To Theresa, her learning in the community is helping others and loving it. She is thankful to this experience as it has been good for her health and has brought her many good friends and a lot of happiness. Theresa is a prime example of what a learning neighbourhood can do for one person and how that resonates into a whole community of people in one fell swoop.

DEIRDRE O'KEEFFE

One may know Deirdre O'Keeffe (right) from her job as a dressmaker in Mayfield, or maybe for her work in Marymount. But there is another side to Deirdre that she herself only discovered a couple of months ago, she has an amazing talent for writing poetry. It is a talent she discovered from her correspondence with a friend who wrote a couple of poems for her birthday, she responded with a couple of lines and realised that she quite liked this writing business and there her story begins.



When asked what her technique in writing was she explained a line might come to her and that is how many of her poems are written. She also gets her inspiration whilst talking to people which is handy when you're a people person as she herself is. The first poem she wrote "My Boy Blue" tells the tale of a boy in Glanmire with autism. All her poems tell the story of the things that are close to her heart and are a great way for her to express herself. Her own favourite poem that she has written tells the story of a homeless girl. When writing Deirdre often puts herself in the situation she is writing about, and tries to feel how that person must be feeling, where they themselves are coming from. This it seems is the making of a good poet, which Deirdre really is.

For a person who is only new to the poetry scene it feels like she has been writing for many, many years. When asked if any particular poet inspired her she notes Helen Steiner Rice as a favourite and though Deirdre believes that their writing techniques are different, Helen Steiner Rice is known for inspirational poetry which also is key to Deirdre's writing so they may be more similar than she realises herself.

PROJECT INFORMATION

The Learning Neighbourhood Steering Group through consultation with the local community and organisations identified the following project that is being developed through the Mayfield CDP team: Directory of Education providers/organisations in Mayfield and reflections of Learning Neighbourhood Mayfield 2017.

If you are an organisation/school/club based in the wider Mayfield community and involved in education/learning and would like to have your organisation listed in this publication, please contact: mayfieldlearningmatters@gmail.com or 4508562 before 23rd June.

LEARNING Neighbourhood

A Learning Neighbourhood is an area that has an ongoing commitment to learning, providing inclusive and diverse learning opportunities for whole communities through partnership and collaboration.

ANTI-BULLYING WALK

St Josephs Youth Programme are organising a Community Event on June 16th to raise awareness about Bullying Issues. A Community Walk is planned to take place at 6pm around the area.

Registration will open at 5.30pm on the night. The staff are running a number of workshops with the projects young people which will explore Bullying Issues and highlight the supports available to those in need. The Event is open to all people and it is hoped that there will be a big turnout on the night. For more information contact Niall 087 997 0951 or Geraldine 086 810 3632.

A Learning City:

- Promotes inclusive learning from basic to higher education;
- Re-vitalises learning in families and communities;
- Facilitates learning for and in the workplace;
- Extends the use of modern learning technologies;
- Enhances quality and excellence in learning; and
- Nurtures a culture of learning throughout life.

Learning Neighbourhood Principles:

- Co-create
- Consult and involve
- Celebrate what is good
- Communicate and connect
- Develop the sustainability of initiatives
- Develop a bottom up approach
- Promote 'new' as well as support existing activities
- Promote equality and inclusion

DOIREANN AND CLODAGH HEALY

Sisters Doireann and Clodagh Healy (right) are well-known faces in Music Mash Up. Doireann has been in Music Mash Up for the past three years. She plays bass guitar and sings. Doireann loves all things music. She studied music up to third year in secondary school, but had to drop it in order to take up other subject choices, in senior cycle. She now sees it as an added bonus that she can do it outside of school, and play without having to pay for lessons. During her time in Music Mash Up, Doireann has been involved in Mash Up summer camps, in which she was a Junior Leader, for the past two summers. She has also written two songs, and was part of a flash mob in Cork City last year. She also really enjoyed being involved in the recent Music Mash Up concert that was held in Scoil Mhuire Banríon, on April 5th, last, and is looking forward to the end of year performance which will be held in Mayfield Library on Wednesday, May 24th.



Doireann first heard of Music Mash Up through a Youth Worker in St. Joseph's Youth Project, and was encouraged to join. She says, "Music Mash Up gives a sense of community. Everyone can come together to learn new skills, get to know each other and make friends."

When asked, "What does a Learning Neighbourhood mean to you?" Doireann replied; "Somewhere to go to learn a new skill. You don't have to travel a great distance to get there. The fact that it's so close means that I can focus on that one skill, and perfect it."

Clodagh really enjoys music and heard about Mash Up through her sister Doireann, and has been an active member of Music Mash Up for the past two years. She has learned to play the piano through Mash Up and she also sings. Music Mash Up has provided her with lots of performance opportunities, which has really helped her to grow in confidence. Clodagh says that the benefits of learning in her community is that: "You know most of the people there already and you also get to make new friends." When asked: "What does a learning neighbourhood mean to you?" Clodagh replied: "A learning neighbourhood means to me, being able to learn new things close to home."

Music Mash Up Summer Camp will run from 31st July – 4th August 2017, for 8-18 year olds. For further info, please contact Eamon on: 021-4643229.

A Date to Remember: MAYFIELD LEARNING NEIGHBOURHOOD EXPO

Wednesday, 20th September 2017

2pm to 5pm

Venue TBC

Come join us and discover what is happening in your community. This event will provide you with lots of information on educational courses, social and sports clubs, services & supports that all happen in your learning neighbourhood. Local groups/choirs will perform throughout the afternoon. Refreshments provided on the day. Bring your family, your neighbour, your friend and get involved. All welcome.

For further information please contact Mayfield CDP at 4508562, keep an eye on Mayfield Learning Neighbourhood Facebook page, the Learning Neighbourhoods Cork Facebook page & the local Mayfield Matters newsletter.

The Learning Neighbourhood Mayfield 2017 steering group consists of representatives from community education, community development, family centres, youth groups, local library, schools (primary and secondary), community training centres, health, community, arts, community employment, disability sector, Cork City Council & UCC.

KEEPING BABY IN MIND

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**LEARNING
Neighbourhood**

AFTER THE CHRISTENING

(A Poem Composed 2015)

Richard Goodison

The Most Holy Trinity visited the Earth
To bless, to cleanse, to adopt and to love.
The priest made welcome the new of birth;
Water and oil brought grace's dove.

Baptism opened Christendom's gate
To the powerful avenue of heroes' Faith
As the ancient roads of Rome the great
To the central Forum led in straight.

But then what happens?! What occurs?!
An outburst of worthy happy force
Makes noisy tumult that, irreverent, stirs
Into loud 'guffaws' and laughter coarse,

With women's shouting and children's screams,
Riotous cavorting on altar steps
While well-dressed parents gossip unseeing
And louder and louder the din erupts.

I felt as The Lord must then have done
On that fretful day in The Temple fine
When He took up cords, yes, He, the Son,
And with wrath burst forth to prune the vine.

"My Father's house is a house of prayer
Not a market place or a playing yard;
My Father's house is a house of prayer,
It's yours to respect, it's mine to guard!"

As anger swelled His noble breast
So in my heart did wrath arise;
I felt like striding out with zest
To there confront the crowd-built noise.

Ah, but I paused, for my coward heart
Remembered brick-making Moses stayed.
"Who are you to chide us for your part
Who with murdering hand the Egyptian slayed?!"

And I remembered one long-ago day
When, beleaguered, I raised a rebel hand,
And I've been a miscreant in my own ways,
Have offended by word and deed the land.

I asked: "Who am I to take up whips?!
Or who am I to challenge the field,
For 'I am a man of unclean lips'
Like the prophet of old, with my heart congealed?!"

"And does God abhor a hearty laugh?!
Or the children's playing at Heaven's door?!
Or innocent partying, the place apart?!"
Ah yes, I paused and scrupled more.

So I waited till all the crowd were gone
And home I slunk like beaten ships
With my head held low and the battle done,
And to writing a poem I 'got to grips'.

Like the good doctor in Shakespeare's 'Macbeth'
Who observed the lady with sad appal
All I can say with bated breath
Is: "God, God forgive us all!"

REST IN PEACE

(A Sonnet composed 2016)

Richard Goodison

With limping foot I then approached the church;
Outside I found an open hearse alone.
I entered to the 'sound of silence' but
The church was almost full; the Mass was done.
The priest with censer blessed the coffin still;
The people were as silent as a stone.
I thence retreated to the chapel till
My time of adoration there was gone.
I noticed how the close-knit gathering true
With subdued voices left that holy place;
Respect for God, the dead, the mourners too,
Was wonderful to witness in its grace.
Some singing called on Mary, Lady of Knock;
Yes, 'Golden Rose' consoled the listening flock.

ONE EVENING IN MAY

Resurrection

(A Poem)

Richard Goodison

A white moon in a light blue sky on a blackbirds' Summer evening,
One bird answers the other, lazily challenging, singing.
The sparrows gossip with chirpy talk and with pigeons break the silence.

It's May, once Mary's, the trees are green
In their newest, freshest dalliance.

But there's something troubling my mind;
A deep disquiet ails me.
My peace of soul is spoilt
And inner happiness fails me.

There is no one on earth I can turn to,
All I know is the kind God helped me;
When everything good seemed lost
He with His Spirit saved me.

I had no defence 'gainst my wretchedness;
The Mass and prayer protected me,
But life is changed forever
And unhappiness now has bereft me.

I was wrong, I knew, yes I know now;
I shattered the portals of peace.
Now a sullen future looks joyless;
To Mary I'll turn in retreat.

Praise the Father, the Son and the Spirit;
Let them lift me again to go on,
To try to make others happy
In a new surge of life like the sun
That rises in silence at morning
To bring life to the earth one more time,
Like the other Sun when the stone rolled back,
Yes, Jesus arose in His prime.

Fear and repentance make bold;
Happiness returns to the soul.





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NEWS FROM NOWHERE

Michael O'Donnell

Quote of the month:

"The original writer is not the one who refrains from imitating others, but one who can be imitated by none."

Francois Rene Chateaubriand

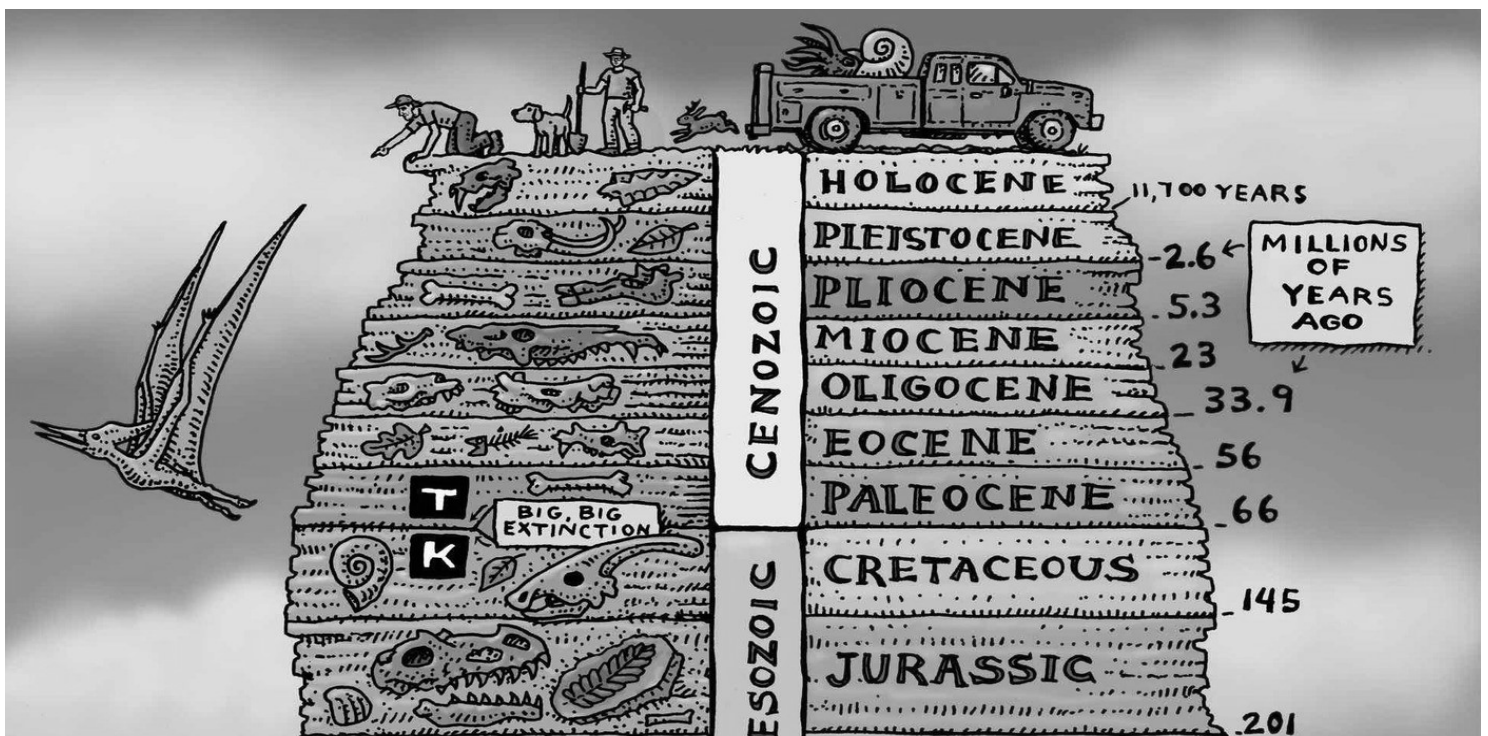
CLIMATE CHANGE

Scientific researchers studying climate change have come to the conclusion that the effects are so great that the earth has entered a new epoch, which they have named the Anthropocene. The existence of global warming and the threat of catastrophic climate change are now generally accepted as fact. Governments, as represented at international conferences, have reluctantly recognised the need for action - not that they ever fulfilled their commitments. Their continued, well-financed campaign of climate change denial, which featured largely in Trump's election campaign in the United States, threatens to derail even the inadequate response that Governments have promised.

Since the middle of the 19th Century, scientists have expressed concern over the damage to the environment caused by modern industry and agriculture. As evidence mounted in the 20th century that the damage was on a planetary scale, this concern turned to alarm. In 1986 the International Council of Scientific Unions set up the International Geosphere-Biosphere Programme to "describe and understand the interactive physical, chemical and biological processes that regulate the total earth system." It has come to the conclusion that the effects of human activity are so great as to begin a new geological epoch, which they call the Anthropocene. Human activity has influenced the climate, at least locally, since we learnt to cultivate the land some 10,000 years ago. The Holocene epoch, and the end of the Ice Age, brought in a relatively stable climate, which made agriculture possible. Throughout history, though, the impact remained local-until the Industrial Revolution began the burning of fossil fuels. First the steam engine, then the railway, steamships, motor cars and aeroplanes consumed coal, oil and gas at an ever increasing rate, Ian Angus calls it "fossil capitalism."

In the 1950s there was a great acceleration in the rate of production of Carbon Dioxide and the consequent rise in temperature. First in North America, then in Western Europe, there was a massive increase in car ownership and the accompanying build-up of suburbia. Air traffic became commonplace, and trade expanded. Agriculture became more mechanised, using more fertilisers and pesticides, to the extent that the energy output is ten times greater than the food energy produced. All these required vast quantities of oil, while the Military Industry, the greediest and dirtiest of all, grew out of all proportion. The carbon dioxide produced is a "Greenhouse Gas," which has the effect of holding the heat in the earth. Were it not in the atmosphere the earth's temperature would be 35 degrees lower; with too much it would be unbearably hot. If business as usual continues the temperature could rise by 4 degrees by 2080. A rise of 2 degrees or more would have disastrous effects on the poorer, tropical countries of the world. The people who contributed nothing to the problem are the ones suffering the greatest hardship: the world's wealthier countries produced 80 per cent of the carbon dioxide and the poorest countries less than 1 per cent.

Some see this as a security problem: how to keep immigrants, whether they are fleeing the consequences of global warming or the wars created by the Imperialist powers, which are also about oil. Capitalist states and the capitalist system are neither willing or able to facing up to finding a solution to the crisis of the earth system. The solution, if we can make it in time, can only be a socialist one or, as Ian Angus calls it, "Ecosocialist." Reference: *Ian Angus, Facing the Anthropocene: Fossil Capitalism and the crisis of the Earth System* (New York: monthly review Press, 2016).



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Tuesday mornings: 9.30am - 1.30pm

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KNOW YOUR RIGHTS

JUNE, 2017

Question

I'm getting a Domiciliary Care Allowance for my daughter so I was happy to hear that medical card cover was being extended to children who qualify for the payment. The medical card application form seems to require a lot of information that doesn't appear relevant in this situation. Is there another way to apply?

Answer

You don't need to complete the medical card application form to get the medical card for your daughter. The medical card for children who qualify for Domiciliary Care Allowance (DCA) isn't subject to a means test so information about your income is not required.

Instead, you can register your child online by going to the website medicalcard.ie and clicking on 'Medical Cards (DCA)'. The site also has a form you can download if you prefer to apply by post. You will need to provide the following information:

- Your Personal Public Service (PPS) Number and contact details
- Your child's PPS Number and date of birth
- The name and address of your child's GP

The website includes a list of GPs who are participating in the scheme. If your GP of choice is accepting applications electronically, your child's details will be sent to them. If not, you will be emailed a copy of the relevant details, which you can print out and bring to the GP.

Once the GP accepts your child to their GMS patient list, the registration will be finalised by the National Medical Card Unit and a medical card in your child's name will be sent to you.

If you have questions about the medical card, you can call the information line on Lo-call 1890 252 919.

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

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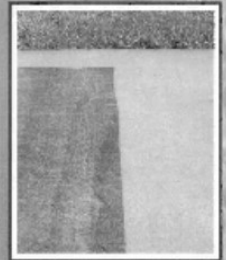
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FORÓIGE UPDATES

Geraldine Lynch

VOLUNTEER WINS COMMUNITY AWARD

Stephen O'Reilly was a recent worthy winner at the Mayfield Community Volunteer Awards. Stephen has been volunteering with St Joseph's Youth Project for the past 5 years and has selflessly given of his time, energy, passion and enthusiasm to work with the young people in the project. As a volunteer leader, Stephen has been involved (co-facilitating with staff) with a number of programmes. They include a Senior Boys Group, Junior Boys Group, Sports Groups, Comedy Clubs and Friday Night Open Nights. He is also a co-leader of the Youth Committee in the Project. This Committee plan, organise and run events for the young people in the Centre. They are a very important group and need a skilful leader, which Stephen offers in abundance. Stephen also volunteers throughout the holiday seasons to work on the project's summer programmes, Easter and Halloween programmes etc. Stephen is always trying to further his knowledge and awareness about working with young people.

SUMMER PROGRAMME REGISTRATION

It's that time of the year again-Summer Time. St Joseph's Youth Programme, Foróige, has lots of fun events and programmes planned for the months of July and August. If you are interested in registering your young person we are having two Registration Days in St Joseph's Community Centre, Old Youghal Road. Registration is open to 8-20 year olds and will take place on June 21st and 28th between 2 and 4pm. New members welcome. For more information contact Niall 0879970951 or Geraldine 0868103632.



MAYFIELD LADIES CLUB

Mayfield Ladies Club will be celebrating their 50th Anniversary this year.

To celebrate this occasion a Dinner Dance will be held on 11th October at the Clayton Hotel Silversprings.

This Celebration is open to both past and present members of The Ladies Club.

The Committee would also love to hear from past members who may have any memories or stories relating to the Club that they may wish to share.

Anybody interested in joining us on the night can purchase tickets from the following Committee Members.

Olive O'Brien: 087 258 0878

Kay Twomey: 087 689 2741

Marie Barry: 086 362 6315

Mayfield Ladies Club
50th Anniversary
Dinner Dance
11TH OCTOBER 2017 AT 8PM
CLAYTON HOTEL SILVERSPRINGS
TICKETS €40
MUSIC BY TWO OF A KIND
Mass For Deceased Members At Our Lady
Crowned Church @ 6.30pm

GARDENING WITH GREENFINGERS

Wage war on weeds early in the season before they take over your garden and rob your plants of vital nutrients. Weeds are simply plants in the wrong place. A study of amateur gardeners found half were unable to distinguish flowers from weeds. One in ten thought dandelions and bramble blossoms were flowers. Half didn't know morning glory was a weed. A third thought ivy was a flower and one in five thought creeping buttercup was, too. Remember the old adage – one year's seeding, seven years weeding? So get them before they take over your garden. Weeds can be divided into two main groups-annual and perennial. Annual weeds grow, flower and release their seeds in one year. Chickweed and bittercress are types of annual weeds. Perennials come back every year and can live indefinitely. The top method of getting rid of weeds is to remove them from the soil the old fashioned way. Small weeds can be pulled out by hand. Larger or perennial weeds need to be dug out with a fork or trowel. Using a garden kneeler or some knee pads makes the job slightly less back-breaking. Chemical weed-killers are anathema to Greenfingers as Roundup and other such poisons destroy the ecosystem and gets into the water system. No wonder cancer is one of the main diseases in Ireland. Weeds won't kill you but weed-killer will.

MY TOP WEEDING TIPS.

1. Pull the entire weed out, not just the top or what can be seen on the surface, or they will regenerate.
2. Weed when the soil is moist as it is easier to pull out the roots.
3. Mulch over with bark chip to give a decorative look.
4. Make sure that new shop – bought plants don't have weeds growing on the surface of the pot when you plant them - they will spread into the garden.
5. Use a knife for prying to root out the weeds. Slot in a strip of cardboard and fill with a little grit.

NETTLE COMPOST

Grasp the nettle" goes the famous saying. And hats exactly what I suggest: with gloves of course Those tender young green leaves go straight into a large plastic bin, chop them up and cover with a generous amount of water and put on the lid. 'Personal liquid waste' can be added. Let to stew for several weeks with just the occasional vigorous stir. Now you have a nutrient-rich liquid plant feed. Dilute at a ratio of roughly one part feed to ten parts water.

BEECH HILL

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ST JOSEPH'S (MAYFIELD) NO NAME CLUB – NEWS

A representative group of young people accompanied by their adult leaders travelled to Fermoy Community Youth Centre on Saturday 1st April last to attend the Southern Regional Final of the National No Name Club Super talent competition. Our club had members competing in no fewer than 6 events with the following results being achieved. In the musical Composition event Peter Curtin, Doireann Healy, James Matthews and Keith Scannell won second prize. James O'Flynn competed in the Male Solo Singing Event where he emerged as the winner to qualify for the National Finals being staged in Limerick on the 27th May. Doireann Healy was a close runner up in the Female Solo Singing Event and she was also involved with Aaron O'Regan in the group of Singers Category without having any success. Peter Curtin was our representative in the Solo Musician Event where he was runner-up. Finally a group of club members competed in the Comedy Act Category where their performance of "Freaked Out" failed to impress the adjudicating panel.

There were great celebrations by our club representatives at the third bi-annual Mayfield Community Volunteer Awards function that took place in the Clayton Hotel Silversprings on Thursday, 6th April last, when Stephanie Whiteford, our club Vice-Chairperson was presented with her award by Maurice Gubbins, Editor of the Evening Echo. Stephanie has come up through the ranks of the club having joined as a member in 2013 where she now holds the responsible position of Vice Chairperson and the club Child Protection Officer. Everyone involved in the St Joseph's (Mayfield) No Name Club.

The 2017 National Youth Awards Finals were staged in the luxurious five star Lyrath Estate Hotel, Kilkenny on the 6th May last and this event was once again an outstanding success in terms of organisation and entertainment for the capacity attendance of 820 young people and adult leaders representing No Name Clubs who are operating successfully throughout Ireland. Among those present at the event were 18 members of St Joseph's (Mayfield) No Name Club who were accompanied by their adult leaders for whom the event was a wonderful experience in a very pleasant and friendly environment where no alcohol or other drugs were allowed.

The M.C. for the function was Ms Maria Walsh who won the 2014 International Rose of Tralee title. Maria did a wonderful job interviewing the 8 finalists, 4 boys and 4 girls who competed for the title of Host and Hostess of the Year 2017 with the following being chosen as worthy winners in a very keenly contested event. Mary O'Sullivan of the Killarney club was declared the winner of the Hostess of the Year. Mary is a fluent Irish speaker and she also speaks a variety of other languages and she is currently learning sign language. She has taken part in the 1916 commemoration play "Patrick" that was staged in the INEC Killarney. She is also the winner of a number of Irish Dancing All Ireland titles and has participated in Scór and Fleadh Cheoil. Jonathan Dunne of the Finglas Club was the worthy winner of the Host of the Year competition. He is very involved in soccer, Gaelic football, boxing and athletics. His ambition is to become a maths and science teacher.

MAYFIELD MENS SHED

Updates

We have done a lot of community work recently.

We went on an outing to Dáil Éireann (see pictures below) on the 22 March 2017, following an invitation from Mr. Billy Kelleher who met us there. We enjoyed a good chat with him, and we have included some photos taken on the day courtesy of our own John Walsh.

We have done some clean-ups with Mayfield Community School, which included some gardening and planting with the secondary school transition students. We are at present in discussions with their Principal Mr. Kieran Golden about future cooperation with the school.

We have also started working with the male residents of Carechoice Nursing Home, Montenotte. Three of our members met with some of the men in Carechoice on Wednesday 10 May for a chat and a cup of tea. It was a great success. We have been informed by the staff that their lads cannot wait for the next visit.

After a meeting with Cork City Council, it was agreed that we in the Men's Shed at Mayfield would send 11 members as volunteers for Bonfire Night celebrations (23 June) in Árd Bhaile, Mayfield.

We have secured another choir session with our music teacher for the next couple of months.

Members of our Men's Shed are finishing a cookery class in Newbury house with a trip to the English Market in town on Friday 19 June. ***That's All For Now.***





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PARISH SCHOOLS

Fr Michael Keohane PP

There was a fantastic response to the display of old photographs of previous school events in St. John the Apostle school during the week. There was a real sense of nostalgia and genuine appreciation from former pupils, parents and families in the community. Indeed, some past pupils made huge efforts to be present coming from throughout Cork and different parts of the country.

There was also an evident appreciation that the building will be retained by the parish and for educational use. Plans are accelerating for the refurbishment of the building to accommodate St. Killian's Special School in September.

There was also a great attendance of current parents and prospective parents in the hall of Scoil Mhuire Banríon on last Thursday morning to make final and detailed preparations for the newly amalgamated school, Scoil Mhuire agus Eoin in September. Then number of Junior Infants enrolled for next September has already exceeded 40 and continues to grow. This illustrates the level of support for the amalgamation process and the provision of a co-educational school. The next phase of the amalgamation process will be to honour the rich traditions of both Scoil Mhuire Banríon and Scoil Eoin Aspal contributing to an even stronger sense of identity for the new school.

There will be a special Mass in Scoil Eoin Aspal on Tuesday, 20th June. The school community of Scoil Mhuire Banríon will participate in the vigil Mass in Our Lady Crowned on Saturday, 24th June.

The last and final step will be the building and refurbishment works scheduled for both school buildings from early July onwards. The Department of Education and Skills is investing substantial funds in both school buildings ensuring the best of accommodation for both Scoil Mhuire agus Eoin and St. Killian's Special School.

May God bless the work of all those planning for the future of our schools, our parish and our community. These are exciting days for our schools and our parish.

NEWS FROM ST JOHN'S BOYS NATIONAL SCHOOL

It has been a busy final term in St. John's boys school as we get ready to close our doors. Before the Easter holidays junior infants – second class had great fun making Easter art with their mams and dads, there are definitely some artists in the making! The boys also began swimming lessons in Mayfield Community pool and have been having lots of fun learning to swim.

2nd class celebrated a very important day on the 13th of May; their First Holy Communion. Congratulations to the boys and to the girls in Scoil Mhuire Banríon. The 2nd class also participated in 'Maths For Fun' with boys and girls from TY in Mayfield Community School and they loved it. They had great fun, paying lots of games using numbers.



The 5th and 6th class attended a series of lectures in UCC and learnt lots about fossils! These boys are also participating in French classes and love learning the new language. As well as this, the 5th class have been gardening every week. So far, they have planted potatoes, carrots, parsnips and onions. The boys definitely have green fingers, they are super gardeners!

The 3rd, 4th and 5th classes attended a fantastic workshop in Mayfield Community School and got the chance to sing and dance and have a great time.

The choir, led by Ms. Cronin, attended the library for the Lifelong Learning Festival and put on an excellent performance which we were all very proud of. Well done boys!

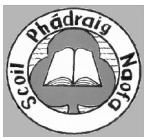
There will be an open evening photo display in the school on the 30th of May from 6-8pm, to mark the school's closure this summer.



The lads at the Lifelong Learning Festival event at the library.

Note:

***Celebration Mass to mark closing ceremony of St John's Boys National School:
Tuesday, 20 June at 11.00am in school hall. All welcome.***



ST PATRICK'S BOYS' NATIONAL SCHOOL



"St. Patrick's Boys' National School enjoying Science for Fun experiments"

GAELSCOIL AN GHOIRT ÁLAINN

52 pupils from Rang a Dó and Rang a Trí in Gaelscoil an Ghoirt Álainn performed at Gig na Gaelainne in Cork City Hall on Saturday, 25th March. This unique concert, which was organised to celebrate and promote the Irish language, featured renowned musicians Seán Ó Sé, Ger Wolfe and Muireann Nic Amhlaoibh, as well as nine Irish-language choirs including *Óró* and *Cór Chill na Martra*. The children of Gaelscoil an Ghoirt Álainn were delighted to join John Spillane on stage to sing a selection of Irish traditional favourites including "Téir Abhaile Riú", "Báidín Fheilimí" and "Trasna na dTonnta". The event proved a resounding success and was thoroughly enjoyed by all in attendance. Mo cheol sibh, a pháistí!

In April, the pupils in Rang a Dó agus a Trí (Múinteoir Nóirín) and in Rang a Trí (Múinteoir Lisa C) celebrated Baisakhi which commemorates the foundation of the Khalsa in Sikhism. They immensely enjoyed making Nishan Sahib flags, dancing the Punjabi Bhangra and dressing up for the occasion. They were also delighted to share the history, traditions and symbolism of this Sikh festival with the rest of the school through music, song and art at our school assembly!



Gaelscoil an Ghoirt Álainn participated in An Taisce's National Spring Clean on 25th and 26th April (below). The children in each class worked hard to tidy up a particular area of the school building/ surroundings which had been allocated to them by the Green-Schools Committee. They were careful to sort the waste they collected into the correct colour-coded refuse bags in order to reduce, reuse and recycle as much of it as possible, and to keep Mayfield beautiful! Maith sibh, a pháistí!



Graffiti Theatre Company visited Gaelscoil an Ghoirt Álainn on 4th and 12th May. The pupils in Naíonáin Mhóra, Rang a hAon, Rang a Dó and Rang a Trí greatly enjoyed their heart-warming performance of "An Garraíodóir" which was staged entirely as Gaelge and explored cycles of life and change, and the importance of family. The children were intrigued by the story of Joe and Uncle Harry working together in the garden. It fostered their understanding of the seasons and the environment, and deepened their sense of care and respect for others!



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CONGRATULATIONS

*Congrats to David and Naomi O'Leary on their recent trip to
Latvia for the European Kettlebell Championships.
David won gold and Naomi bronze in their weight categories.*





Mayfield Arts Centre

NEWBURY HOUSE

Cúig exhibitions

Cúig studio artists are on the move again! They are currently exhibiting at two international shows; at 'Black and White' an international exhibition of artists from all over the world at Galerie Outsider Art, Amsterdam which runs from 21st June until 17th September. The artists are delighted to also be invited to exhibit as part of Hamburg's First Irish Literature Festival; 'Westwords' in Hamburg, Germany from 19th to 21st May 2017. Closer to home, Cúig are excited to be the featured artists of the ever growing 'K-Fest' Arts & Music festival in Killorglin Co. Kerry which takes place from 2nd to the 5th June. www.kfest.ie

'Letters from Home' Exhibition by Maureen Considine

An exhibition of fine art photographs by local artist Maureen Considine opened recently at Mayfield Arts Centre. The exhibition was opened by Brenda Stillwell and will run until 8th June from 10-4pm. All welcome!



Exhibition opening of 'Letters from Home'



Artist Maureen Considine with Brenda Stillwell

Creative Kids Art Camps

Our Summer art camps are filling up fast, we will run a camp for 8-12 yrs from 24th-28th July and for 5-8 years from 14th-18th Aug, 10am-2pm Daily. The camps will include painting, sculpture, printing, graffiti, animation games and lots more creative fun! The cost for the week is €80 per child, €30 booking deposit required. Phone 021 4530434 to book a place.

'Make your Mark' Teen Art Workshops

Make your Mark is a 3 day teen art workshop for 13-17 year olds this Summer from Mon 10th – Wed 12th July. The workshops will feature graffiti, animation, t-shirt making and lots more! The cost is €60 including all materials. Phone 021 4530434 to book a place.

Stop Motion Creative Engagement

Our Creative Engagement project with St Patrick's Girl's school has almost concluded. The students used stop motion techniques to create short animations exploring various issues and themes. Check our Facebook page for the outcomes of the project very soon!

St Patrick's Grils School workshops

We are delighted to be currently working with 6th class students from St Patrick's Girls school on an indoor mural. The students are creating individual origami pieces containing positive messages to create the collaborative piece.

LEARNING
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- ❖ Planted baskets



MAYFIELD MATTERS - YOUR COMMUNITY NEWSLETTER

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

FRIDAY, 21 JULY 2017

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