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is committed to support our members in these uncertain times.

We are continuing to provide loans to members to help them through this difficult time.

Cllr. Joe
KAVANAGH
PC



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MAYFIELD MATTERS

YOUR COMMUNITY NEWSLETTER

FREE

FREE

Issue 109 June – July 2020

CONGRATULATIONS

To Cllr Joe Kavanagh on being elected as the new Lord Mayor of Cork from all the Management and staff at the Mayfield CDP Centre. Good luck for the year ahead.



On Tuesday 16th June 2020 St Joseph's Community Centre welcomed Lord Mayor Cllr Joe Kavanagh and Lady Mayoress Stephanie who delivered 10,000 Face Masks donated by our friends and partner city Wuxi for the Mayfield Community Services/Buildings/Groups etc. to use in support of the messaging around use of face masks.

Wearing face covering is recommended in situations where it is difficult to practice social distancing. For example, in shops and on public transport. They may help prevent people who do not know they have the virus from spreading it to others. #HoldFirm #COVID19'. See hse.ie to read more on how to make, wear and wash face masks properly.

The Lord Mayor and Lady Mayoress were also presented with a Bag of Wellness which is being prepared as an initiative between HAZ and Lotamore, focused on Older Persons in the Community to be distributed via Meals On Wheels/HAZ groups and Lotamore Older Persons.

The bags contain safety items for those who will be venturing out such as masks/hand sanitizer/tissues and some nice items for at home activities to feed the mind, body and soul.



How to use Face Coverings

ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



DO NOT:
Wear the face covering below your nose.

DO NOT:
Leave your chin exposed.



DO NOT:
Wear it loosely with gaps on the sides.



DO NOT:
Wear it so it covers just the tip of your nose.



DO NOT:
Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS wash your hands before and after handling your face covering.

ALWAYS change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

CHILDREN UNDER 13 should not wear face coverings.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.



Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Newbury House Family Centre CLG

Places available



Newbury House has recently employed a Family Support Worker, to help families of children attending Newbury House Family Centre
Contact Deirdre on 083-3335749



Newbury House

Low Cost Counselling

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 atmosphere.

Contact us on 021-4507999 / Deirdre 083-3335749
For more details

September 2020

Newbury House Preschool

2 ½ to school age

Options available:

ECCE 9am – 12pm / 1pm – 4pm

Other options

Full-time: 9am – 5pm

Part-time: 9am – 1pm / 1pm – 5pm

NCS subsidies – www.ncs.gov.ie

Queries & Bookings to Newbury Office:
021-4507999 / admin@newburyhouse.ie

Baile Beag Crèche

1 years to preschool age

Morning & afternoon part-time sessions available



PLACES AVAILABLE ON THE FOLLOWING ONLINE TRAINING COURSES:

DATABASE FUNDAMENTALS - 299697

ECDL (MORNINGS) - 299998

MENU KNOWLEDGE - 299455

SAFE WORKING PRACTICES FOR FOOD & BEVERAGE SERVICE - 299448

FOR FULL DETAILS ON ANY OF THE ABOVE AND TO APPLY DIRECTLY ONLINE VISIT OUR WEBSITE:
WWW.CORKTRAININGCENTRE.IE

EMAIL QUERIES TO:
ADMISSIONS@CORKTRAININGCENTRE.IE

COVER YOUR COUGH AND SNEEZE

Stop the spread of germs that make people sick



Clean your hands after coughing or sneezing.

Thanks!

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.





ST KILLIAN'S SCHOOL

A SCHOOL WITH A DIFFERENCE
1969 - 2019 Celebrating 50 years!

The staff at St. Killian's have been very busy getting the building ready for the return to school. The gates are freshly painted and the building has undergone a deep clean.

The teachers have been busy doing their on-line lessons and are very happy to say that most pupils are engaging with classes. The SNAs have done a great job supporting teachers and pupils.

Our First Holy Communion Class celebrated their Communion Day on May 15th. Most children contributed to a beautiful video to mark the occasion. Hopefully the real communion day won't be too far away.

St. Killian's is having a virtual graduation ceremony on the 19th of June. We'll be very sad to see our sixth class leave but very proud of the young men and women that they've grown into.

Also, the staff contributed to a fabulous Message of Hope video, to spur our community on in these unusual times.

Last but certainly not least, our trusted school dog Réaltín is now on day 92 of her school blog. She loves to talk about finding fun things to do, along with answering all emails, and sending birthday wishes. The children have engaged really well with the blog and Réaltín and 'Dad' love communicating with them. She particularly enjoys listening to 'Dad' reading to her. So far Dad has read 'Cool' by Michael Murpurgo, and 'The Twits' by Roald Dahl. Both readings are on the school website.

This is an extract from the blog on the 27th March, with Réaltín talking about her eyesight;

'Dad says that when this Covid 19 business is over, I will be able to have an operation to fix my eyes. I went to an ophthalmologist (eye doctor) and she said she would be able to do the operation. She said my vision would not be perfect, but I would be able to see way better than I can now. I will have to go to Limerick for the operation. It will be cool to have better eyesight!'

And this is the extract from Day 92, after the operation:

'Well I am back again. Things are a little difficult because I have to wear this collar. The vet calls it a buster collar, my sister calls it a cone of shame and calls me Lamp Dog. HMMMM! I will give her Lamp Dog. When I get the chance, I shall jump up and give her a great big slobbery lick. That will fix her.'

I had to go to Limerick for my operation. That was very scary, but mum came as well and I felt better. When I got there, Natasha the vet put some drops in my eyes and shaved the fur off a place on my leg. Then someone stuck a needle in to my leg. That gave me a bit of a fright when it pricked me. They said that was for the drip and injection. After that I went to sleep and don't remember anything until I woke up. Boy I felt very sleepy and my eyes were rather uncomfortable. The nurses were very good and looked after me very well.

I was a little scared because I had to sleep over at the veterinary hospital. That was not too bad as I was tired and slept most of the time. Dad came to collect me on Friday afternoon. I was so glad to see him. I was beginning to think he had forgotten me. It was so nice to get back home and onto my own bed.

Boy this cone is a nuisance. It makes getting through small spaces very difficult, but I am improving and managing much better. The big problem is that I can't see my paws when I type. You will have to excuse the mistakes. Dad says he will proofread it and edit. I know Fiona also edits the mistakes she finds. I hope she won't be too busy today. Dad says I shall have to wear the cone for a week. He says I need to wear it so that I don't scratch or rub my eyes. He says that it is important that I don't rub them as I will damage them if I do. I am not allowed to go on any long walks or run around and play.

The vet says that will be for a whole month. Imagine that I can't play with my toys for a month. I thought that I might not have to do the typing, but dad says that it is good for me to keep on practising.

Dad has to give me loads of medication. I am beginning to feel like a bit of a junkie. I have tablets to take, eye drops four times a day and revolting medicine that he squirts into my mouth. YUCK!!!

Now that my eyesight is better and when I can run around again, those cats and birds had better watch out. There will be no escaping from me then. It's good to know that Réaltín is back on form. If you're interested in following Réaltín's exploits, please log onto <http://www.stkillianscork.com/relns-blog>



THE HERE AND NOW.

By Aidan O'Shea.

I am writing this in the shelter of a north-facing room. The garden outside shimmers, gasping for breath in the month-long heatwave. The sky is cloudless, unmarked by the vapour trails of transatlantic flights. The road below, devoid of car traffic, sees a new passing parade; runners, joggers, cyclists and walkers, who have invented new ballet moves of sidestep, semi-circle and physical distance. Touch has lost its touch, in most of its social and affectionate forms.

The Covid 19 Pandemic has dominated the last ten weeks, closing services, offices, shops and factories, except for those providing medical care, food, medicines, post, power and water. All credit is due to those providing these essentials of daily life. Full employment has given way to unemployment for many. Others are helped by emergency State subsidies for lost wages. The massive machinery of capitalism and world trade has gone on life support, forcing us to adapt, to shelter, to think of others and to improvise.

Some of the changes are for the better. Flour, buttermilk and yeast are flying off the shelves to make a variety of bread, scones and cakes at home. Parents and children are cooking and eating together again. Even the humble potato is making a comeback. Digital working and studying from home have gathered pace but have placed other families at a disadvantage. It is proposed that public servants could work from home one day per week. This would reduce traffic congestion, air pollution and global warming. State Exams have been deferred, then cancelled in favour of predicted grades. The great rite of passage from school to college or to work will be different this year.



Living in retirement brought some changes too. Edward Hopper's 1950 painting Cape Cod Morning above conveys the loneliness and tension of being confined.

Nevertheless, I have enjoyed many online performances, including Opera from the Met in New York and from The Royal Opera House, London. The National Theatre, London and Birmingham Royal Ballet also have digital channels. RTE Radio and BBC Radio offer many delights for all ages and tastes. Lenny Abrahamson's TV adaptation of Normal People by Sally Rooney has been a worldwide success, truthfully charting young love in Ireland today.

I appreciate my two little gardens as never before. They helped me to stay at home for the strictest phase of the lockdown. My back garden adjoins the lush grounds of Cope Foundation, which provide a leafy embrace of shelter and birdlife. I miss the city centre of course, especially an occasional lunch at Nash 19, Princes Street, a browse through Vibes and Scribes bookshop on Lavitt's Quay and the much-improved Crawford Gallery on Emmet Place. I look forward to The Citizens Information Office on Cornmarket Street, where I work, a cool pint of Murphy's in Henchy's at St. Luke's Cross or a show at The Everyman. These are pleasures postponed for now.

Every day I think of patients in intensive care, those who care for them and those who mourn. I commend the work of the government and opposition in trying to calibrate public safety and economic recovery in the months ahead. The Covid 19 Pandemic recalls a line of W.B.Yeats:

All things hang like a drop of dew upon a blade of grass.

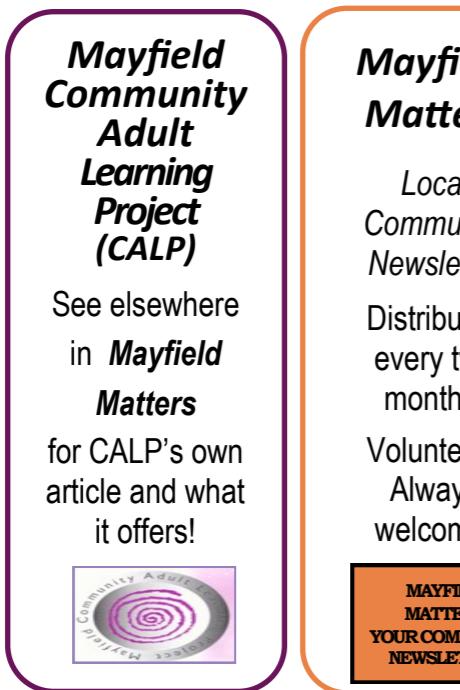


MAYFIELD CDP COMMUNITY RESOURCE CENTRE

328 OLD YOUGHAL ROAD, MAYFIELD, CORK.

Phone: 450 8562 **Fax:** 450 8507 **Email:** mayfieldcdpresource@outlook.com

Web: www.mayfieldcdp.ie **Facebook:** Mayfield CDP



The Resource Centre has been closed to the public since mid March in accordance with Covid- 19 regulations.

While we were closed, we have been busy behind the scenes offering supports to other organisations in the community while preparing to re-open to the public in July. Over 200 Happy Talk Activity packs have been sent to families in the Mayfield area. The demand for Senior Alert Alarm applications has risen over this period, we have responded to these requests on a daily basis. Mayfield CDP centre has been part of the local community response team, working with other community organisations, HSE, City Council during the lockdown. (See page 12 for more.)

We are looking forward to opening to the public and welcoming you all to the centre. If you require any support or advice please contact us on 021 4508562 or email mayfieldcdpresource@outlook.com. Check our Facebook and web site for updates and regular health and wellbeing advice .

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 issue, fundraising and grant allocations. **DISCLAIMER:** All information printed in this issue is understood to be true and accurate at the time of printing. The views expressed herein are not those of *Mayfield Matters* or Mayfield CDP. We do not accept responsibility for information found to be untrue, but we do accept responsibility for any grammatical and typing errors. **Please Note:** To guarantee inclusion in the next issue of **MAYFIELD MATTERS** please ensure items are submitted before the deadline which is August 17th 2020

Citizens Information



MAYFIELD CITIZENS INFORMATION CENTRE

Roseville House, Old Youghal Road, Mayfield Tel: 0761 07 6880

Opening hours are Monday to Friday 10am – 1pm,
Monday to Thursday 2pm – 4pm.



Know Your Rights June 2020: Back to School Clothing and Footwear Allowance

I am getting the COVID-19 Pandemic Unemployment Payment. I have one child starting school in September. Can I qualify for the Back to School Clothing and Footwear Allowance?

Yes, you can. To qualify for this payment which helps with back to school costs, you must be getting a social welfare payment or taking part in a training, employment or adult education scheme. Your children must be aged between 4 and 22 on or before 30 September 2020. If they are aged between 18 and 22 they must be in full-time second-level education in a recognised school or college. In general, you must be getting an Increase for a Qualified Child with your payment.

However, if you are getting the COVID-19 Pandemic Unemployment Payment, the Working Family Payment or the Back to Work Family Dividend, you can qualify. Your application will be means-tested and your total family income must be below a certain level for your family size.

The Allowance is €150 for children aged between 4 and 11 and €275 for children aged between 12 and 22. It is paid automatically to many families. This means that they do not have to apply for the payment. If you qualify automatically, you will get your payment the week beginning 13 July 2020.

You will need to apply online if you do not get a letter confirming your payment by 6 July 2020. If any of your children are aged 18 or over, you must apply for the BTSCFA for them and show evidence that they are in second-level education (even if automatic payments have issued for other children in your family). From 6 July 2020, you can apply for BTSCFA online through MyWelfare.ie. You must have a Public Services Card and a verified MyGovID account to apply online. Read more about the Back to School Clothing and Footwear Allowance and you can read detailed guidelines on gov.ie.

Further information is available from the Citizens Information Service below. Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.

Hollyhill CIC: (Tel: 0761 07 6850): Open to phone queries only Monday to Friday 10am – 4pm

Blackpool CIC: (Tel: 0761 07 6890): Open to phone queries only Monday to Friday 10am – 4pm

Mayfield CIC: (Tel: 0761 07 6880): Open to phone queries only Monday to Friday 10am – 4pm

Information is also available from the Citizens Information Phone Service 0761 07 4000 or online at www.citizensinformation.ie



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

UPDATE

EDUCATION OPPORTUNITIES FOR YOU IN AUTUMN 2020

Hello to all! The voluntary management of C.A.L.P. and the Coordinators hope you are all keeping well and are managing through this period of Covid-19.

Unfortunately on Thursday, 12th March 2020 the project had to cease the provision of accredited and non accredited courses with immediate effect. Since then the project has continued to work on exploring ways of course delivery and securing funding for Autumn 2020.

In this context, we have been busy making funding applications for tutor hours for the wide range of courses from beginners computers, personal development, first aid to mindfulness and flower arranging. At this stage and it is important to say that all of what we are planning is provisional and dependent on government and public health directives, we are hoping to resume courses the week of the 12th October 2020 and the approach will include both online/remote and some centre based learning. Obviously online tuition is dependent on the skills and computer equipment a potential participant will have in the first instance. Nothing really can replace face to face learning so we hope this type of learning will resume in the New Year.

This phase of provision is new learning for us all, as participants and providers, therefore we will all need to be considerate of each other's needs and abilities. For those of you who had started courses in the Spring, we hope to connect with you to complete and continue your learning journey.

Presently, the CDP Community Resource Centre, is preparing to open later in the summer once different provisions are in place to ensure the safety of centre users and also employees. At the same time, throughout the centre closure to the public, we have continued to process senior alert alarms, keep relevant, correct information updated on the CDP Facebook and the publication of Mayfield Matters. Additionally the team have been involved in the local Community Response initiative.

Finally, we remember all families who have lost a loved one as a result of Covid-19 and those of us who have struggled for one reason or another. For most of us, we are probably able to find a few positives also such as increased family time, nice weather, time to take stock and much more. Although the last few months have been challenging for all, every day will bring us closer to the easing of the pandemic and the resumption of our new 'normal' lives.

Please keep an eye on the CDP Facebook for updates, the Mayfield page of the ECHO and notices on the information boards at the CDP gate. Additionally you can always contact us by

Phone at 4508562 or email mayfieldcalpl@outlook.com

Stay safe and we look forward to working with you all again in the coming months.



HANIEL THERAPY

Caroline 085-818 8933

hanieltherapy@hotmail.com

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Frances Nolan

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Glanmire, Co. Cork

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Home visits available on request



Unit 1a, 4 Colmcille Avenue, Mayfield

[021] 239 0019
(Alongside All Round Beauty)

RE-OPENING

MONDAY 29TH

AT 9.30AM

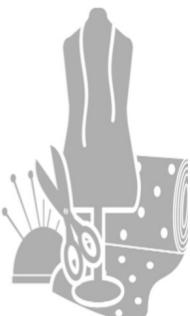
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**THE FIRST STEP
TOWARDS GETTING
SOMEWHERE IS TO
DECIDE THAT YOU ARE
NOT GOING TO STAY
WHERE YOU ARE.**

Just to remind people in the Mayfield community that support is available to people of all ages who may be using too much alcohol or drugs and is worried about addiction for themselves or someone else in their lives.

Support for mental wellbeing also available. At the moment phone support and video calls are still the only forms of support available but a lot can be done this way too!

Assessments, support calls, mindfulness and breathing technique tips, links to other supports including day and residential treatment.
Call or text Deirdre @ 0868523077 and we can get started

IT WAS PAST MIDNIGHT AND RAINING'

BY DANIELLE GARVIN

It was past midnight and raining. I overstayed my welcome at my friend's house and it was time to go home. I looked at my phone for the time and it was 12:15 am, I thought it was only 9:00pm.I said my goodbyes and peeped out through the spy hole in the door and it was absolutely lashing. I mean I couldn't see a thing out there, the whole street was flooded. It was like a swimming pool.

I hopped into my car. I had a red Mini Cooper with a white roof and two white stripes down the bonnet. It was my dream car. I always wanted one since when I was a child and now that I have one it's a dream come true. I was soaking when I sat down on the driver's seat and the seat just flooded from the drips off of my coat and my hair, it felt like I was driving a ship on Atlantic Ocean. I thought that I would have to swim home with the amount of water that was in my car. I've never seen anything like it ever.

I started my car and I drove off. As I was driving something wasn't right with my car. I pulled over in Newtwopothouse, it was the tiniest village I've ever seen in my life. Everything was closed, nobody around. I pulled in under a large elm tree and I got out and I took a spy. Then I saw it!!! My tyre had a puncture with a huge nail inside it. How was I going to get home now? I was hungry, tired and wet. My head was like mashed potatoes.

I had never changed a flat in my life. I've always had a kind, generous person change it for me. But this time it was different. I had to do myself. I hadn't a clue on how to change a flat. It stopped raining at this stage and I had 20 percent left on my phone. I googled a step by step guide and I could barely understand what the man was on about in the video. I had all of these weird contraptions in my hand and I didn't know how to use them. On top of that it started to rain again. I had to change the wheel. There was nobody around that I could ask for help. My eyes were closing and I had to force them open. I finally change the flat and the wheel. I left Newtwopothouse and it was pitch black. I couldn't see a thing. My lights were on full blast and I still could barely see. I looked in the mirror and I got a fright. I said to myself "Who is this person?" I had bags under my eyes. One Lidl's bag and one Aldi's bag. My phone just died so I couldn't ring anybody for directions. So I decided to wing it. I went down a bunch of back roads, I didn't care at this stage. I just wanted to dive into my big, fluffy bed and sleep my brains out.

I was driving down the Mallow Road and I saw blue lights ahead. The Guards were directing us on a detour. I hardly knew where I was and now I had to go down more roads that I hadn't a clue. I went with the flow and followed the cars that were in front of me. As tired as I was I drove through the detour sign and I said to myself "All the cars are going the wrong way and it just clicked, No I'm going the wrong way". I'm on the wrong side of the road. I saw blue lights behind me. I was in a high speed car chase. I was doing reckless driving because I was swaying from side to side crashing into people's new cars.

My car ran out of diesel and the Garda knocked on my window and I rolled it down. He said "I am arresting you for reckless driving, anything you do say will be taken into evidence and used for the courts of justice, Do you understand?" My car had been repossessed and I was thrown into the back of a squad car. I arrived at Mallow Garda Station and it was 4:30 am. I was overtired and I was out since 2pm the day before. I filled in some paperwork so that I was being admitted.

I was put into a holding cell and it smelled like sweat and feet mixed together. I thought I was going to get sick. It was disgusting. I'll never forget it. I was allowed one phone call and I rang my mother. She said that she was worried sick about me and where was I?.I explained the situation to her. That I was in a holding cell and I was sleep deprived. I couldn't see a thing. I had to hold my eyes open with my fingers because if I left them closed I would sleep a week even a month after what I just went through.

I was so bored. There was nothing to do. I was still damp and I smelled like sweat. My head was spinning and I couldn't function properly. I was like a malfunctioning robot. Literally. I was in a holding cell with a bunch of crazy people with big hair and tattoos. My eyesight went blurry and I crashed on the floor and I woke up with a big bump on my head and it was throbbing. I was still in the Mallow Garda Station and I was lying on a bed. How did I get in a single cell? .There was a cheap couch, bunk beds, a desk with a chair and a toilet hanging off of the wall.

The Guard came in to me and gave me release forms. Someone must've bailed me out. But who??? My bail costs 10,000 euro. Who would have that kind of money to get me out? It's a mystery, a big mystery. I left the prison and walked out the gates. I heard a siren sound and it was 8am.I opened my eyes and I looked at my phone. I realised that the noise was my alarm and it was all just a dream. After all I was in my big, fluffy bed with my dog by my side.

The moral of the story is go to bed early if you are sleep deprived and that you will have crazy dreams like I did.

WHAT DOES THE NO NAME CLUB HAVE TO OFFER FOR YOUNG PEOPLE WHO BECOME MEMBERS?

- It provides the experience of undertaking interviews
- It helps to build up the member's confidence and self esteem
- It provides the young people with a sense of responsibility
- Young people learn to have respect for their peers and for the club adult leaders
- They receive education on alcohol and drug awareness
- They are provided with the opportunity to meet new people and make new friends with young people in No Name Clubs nationwide which are crucially important for inclusion in a young person's CV when they are seeking either a part time or full time job.

Ever since the St Josephs (Mayfield) Club was formed in 1998 the question has been asked "what are the benefits to young people who join a No Name Club?". The best way to answer that question is by including the winning entry in a competition run by the national organisation. The winner was Niamh Fannon a member of the Kilbride No Name Club (Co Mayo). She is a former winner of the prestigious title of No Name Club Hostess of the Year. Her essay was titled "What the No Name Club means to me". No Name Club means being part of something bigger. Over the past 3 years it has shaped me, who I am and who I will become in the future. Here are some aspects of No Name Club that have made me who I am.

N - Is for new

No Name Club has allowed me to meet new friends, exciting young people that I can socialise with in a comfortable, safe environment. It is a place where we can relax and interact without any social pressure.

I – Is for Ice Skating

Ice Skating is one of the many skills that I have learned through No Name Club. Others include leadership and event organisation and hopefully these are skills that I will take with me into the future. Leading to bigger and better things.

A – A is for active

Everyone plays an active part in No Name Club. You work to your strength, improving your existing skills and learning new ones along the way, whether it's organising a sponsor's walk or taking part in a talent show.

M- Is for memories

When my time comes to leave No Name Club I will be left with a great many happy memories, memories of frantic behind the scenes efforts prior to talent shows, fun at our local meetings and at the annual No Name Club Ball.

H –Is for hotel

In particular the Lyrath Hotel in Kilkenny, the venue of so many wonderful No Name Club Balls. The Annual Ball is the social highlight of the No Name Club year and always a memorable night.

F – Is for fun

Yes we learn new skills and build on our talents but the essence of No Name Club is fun, fun in a safe and special setting with no pressure, time away from our families with new friends in a place and space that is safe and fun.

A – Is for adult leaders

No Name Club is all about learning at first hand from the most dedicated adult leaders. We owe our club to these leaders as without their constant guidance and help our clubs wouldn't exist.

N- Is for never

Not a word that is to be found in the No Name Club vocabulary. I would never sing on stage in front of 8000 people. I would never be able to write a sketch in one day. I would never be able to ice skate.

N – Is for nerve

No Name Club has allowed me to build up my confidence and allows members to show the world who we are and what we can do. My confidence has soared over the last 3 years and I wouldn't be the person I am today without No Name Club.

O –Is for on stage

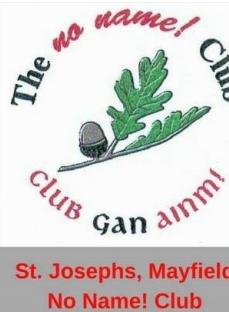
On stage talents are a big part of No Name Club and while they can be daunting at first it is a valuable skill to learn early in life that I hope will stand me in good stead in years to come.

N – Is for next

What next?

After 3 years in No Name Club possibilities are endless. The members of St Josephs (Mayfield) No Name Club meet on Monday nights between September and June from 7pm to 9pm in St Josephs Community Centre near Mayfield Public Library. New members are welcome to join them and club membership is free.

Those interested can contact Joe Mullane at 021 4550059.



ST JOSEPHS (MAYFIELD) NO NAME CLUB – NEWS

Because of the recent directive issued by the Government to all organisations countrywide to cancel their activities and help to contain the spread of the corona virus all No Name Clubs have suspended their activities until further notice. Prior to that announcement we fulfilled a number of engagements. On the 28th February last a representative group of volunteers including adult leaders were among the attendance at the annual function organised by St Joseph's Community Association in the community centre to acknowledge the great work being done in our community by so many groups throughout the past year.

On the 7th March last our club members accompanied by their adult leaders travelled to New Ross Co Wexford to attend the National Semi Finals of the Super talent Competitions that took place in the Good Counsel Secondary School. Clodagh Healy was our competitor in the Female Solo Singing event and while she performed very well in what was the highlight event she was unlucky to run up against a number of seasoned competitors. Raymond Costin represented our club in the Solo Musician Category and the experience he gained in competing in such a high profile event can only give him confidence in any future event.

The No Name Club is a National adult volunteer led youth organisation that provides a real and viable alternative to its members to the alcohol and drugs culture that is having such devastating consequences for young people and on family life in communities throughout this country.

No Name Clubs demonstrate to their members that it is possible for them to enjoy their teenage years socially with their peers without having to indulge in alcohol and drugs to do so. Through their involvement in a No Name Club a young person is making an important and far reaching decision that will greatly benefit them in their future adult life.

Throughout the past 21 years the many adult volunteers in the St Josephs (Mayfield) No Name Club who have given of their time, their energy and their talents have made a significant contribution to the lives of over 900 local young people and to the quality of family life in the local community. That has been achieved through the training that is provided to the club members and by their involvement in the club activities which enables them to build up their confidence and self-esteem that helps them to reach their full potential.

The central focus in No Name Clubs is on the club members that are aged between 15/18 years and the adult leaders can assure their parents and guardians that they take their duty of care very seriously and that they are justifiably proud of the many outstanding achievements of the club members since it was set up in 1998.

The No Name Club organisation was formed in Kilkenny in 1978 by three lifelong hurlers of note, Fr Tom Murphy, Eamonn Doyle and the legendry Eddie Keher. In a later interview Fr Tom Murphy now based in Ballyragget Co. Kilkenny recalled that the origin of the No Name Club occurred during the period when he was a young curate appointed to St John's Parish in Kilkenny city. He remembers it was Temperance Sunday and he was complaining that people did not have a chance at weddings. There's wine, beer and whisky etc. and if you are a non-drinker all you can have is the water on the table. At the conclusion of the Mass Mr. Bobby Kerr the father of the former Dragons Den panelist of the same name arrived into the Sacristy and Fr Tom thought he was in trouble for knocking wedding receptions. Bobby Kerr was the owner of the New Park Hotel and he told Fr Tom that he was happy to see his hotel being used by young people for non-alcohol activities free of charge. Fr Tom Murphy discussed the generous offer made by Bobby Kerr with Eamonn Doyle and Eddie Keher which led them to set up the first No Name Club.

By becoming members of a No Name Club the young people graduate to become hosts and hostesses. This allows them to develop their confidence, self-esteem and leadership skills as they are encouraged to reach their full potential by taking on the responsibility of planning and organising a programme of health and social events in cooperation with the club adult leaders. Long lasting friendships are formed, social decision making skills are enhanced, creative talents are developed and confidence and leadership skills grow as the young person grows towards adulthood.

THE KEY PURPOSE OF A NO NAME CLUB IS:

- To provide a real alternative to young people aged between 15 /18 years to the alcohol and drugs culture in society,
- By reducing the pressure that influences young people to an over dependence on alcohol or other substances. This can be achieved by building up the young persons confidence and self-esteem that enables them to say NO to those who are encouraging them to indulge in alcohol and other substances at a young age;
- By demonstrating through their active involvement in a wide ranging programme of healthy social activities that it is possible for young people to enjoy a social event without indulging in alcohol or other substances
- By creating an awareness of the benefits that accrue from a reduced dependence on alcohol and drugs,
- By utilising local resources to develop young community leaders with enlightened attitudes.



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Top Tips to Support Your Child to Move Positively to Secondary School

6 Practise the route to school.

Take your child on a practice run a few times in the school holidays. Walk to the bus stop, catch the bus and walk the route they will take. Talk about any landmarks on the way and consider the time the journey will take. Encourage your child to take the lead on the second practice so they feel in control. Once the real day arrives, they will be more confident.

7 Speak to a young person who is already at the secondary school.

Encourage your child to speak to someone who is already at the school and ask questions. They will be able to explain what it is like, dispel any negative myths and be positive about change. Choose the young person wisely and help your child prepare a list of questions beforehand.

8 Be patient.

As the first day approaches, the young person may start to feel increasingly anxious. They may change their behaviour and become quieter or they may ask more and more questions. Be patient and supportive. Most of us can remember our first day at school or when we started a new job. Even if you have already answered their questions, continue to do so - this could be their way of seeking further reassurance.

9 Provide distractions.

Try to provide distractions during the summer so that your child is not focussing solely on the move to the new school - they need respite from any anxious thoughts. Consider trying a new activity. This will encourage them to be brave, to meet new people and to find their way around a new venue. It will demonstrate that they can manage change and encourage resilience and positivity.



3 Help them to make new friendships.

Wherever possible, arrange for your child to meet other young people in the holidays who will be going to the same secondary school. You could organise a day out for other young people and their parents. You could exchange phone numbers, if you feel comfortable doing this. Manage any communication sensitively, ensuring your child feels happy and confident around the other young people.

4 Involve them in buying new school supplies.

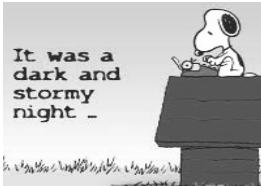
Involve your child in choosing new school equipment, such as a new school bag in addition to their uniform. They will enjoy having the choice about some items and this will help them feel better prepared and more independent.

5 Discuss possible scenarios that might happen at school.

Talk about scenarios that relate to questions you have been asked, such as, What happens if I get lost and I am late for my class? Try and ask them what they think might happen first - a young person will often think of a sanction that will be far worse than what will actually happen. Explain that lots of people will get lost to start with but that there will be someone to ask and people they can walk to class with. Encourage using good manners if they arrive late for class.

Remember that some young people will settle into a new school more quickly than others. This doesn't matter. What matters is that they feel comfortable to share their thoughts and feelings with you.

Continue to ask questions and talk about times when you found starting a new school or a new job challenging. Share what helped you and let them know that you will help and support them.



POETRY PAGES

Please send your poems to: mayfieldcdp2@eircom.net
or hand them into the CDP Resource Centre (we will even type them for you)

THE CRAB APPLE TREE

Richard Goodison

When night comes to cover all,
Hiding tree and wall and gate,
Naught is seen but pitch black pall,
No one can discriminate.

Looking out my midnight window
Total darkness would I see
Were it not for a neighbours' offering,
A string of white lights cheering me.

Strung across the crab tree's branches
Tiny lights bezewel the view
Like a flying dragon ancient
Or a pterodactyl, true.

Loops of light suggest a dance
As in a faery ballroom hung,
Twinkling like a show of stars,
A choir of candles, music sung.

Where by day the apple blossoms
Smile toward the yellow broom
Now at night mere points of light
Pierce the dark, disperse all gloom.

They're like a line of gleaming glow-worms
Shining through the ebony night
Where later on might crimson apples
Tempt some visiting finches bright.

Hanging in the inky blackness
To dispel nocturnal fears
They're a sign of neighbours' friendship
In their children's happy years.

THE SPUR OF THE MOMENT

By Patience Strong

Submitted by Harry A O'Shea

When the spur of the moment sends an impulse to the brain.
We can spring forward in swift response or passively remain
To give the thing a second thought, reflecting quietly.
Which is the wiser course
To leap ahead or wait and see?
Examine the moments that prompt your thoughts
before you start to act.
Moments that quicken anger call for humour and for tact.
Moments of sudden awareness of another's agony
Goad us to test the limits of our generosity.
Hour by hour within us good and evil passions stir.
But safely can you act at the moment when
Love applies the spur.

PANDEMIC

Billy Herdman

This vicious virus travels on
And quickly takes its toll.
It targets those within its reach
Especially the old,
So keep your arms down by your side
And sneeze into your sleeve
Perhaps that you will save a life
And have one less to grieve.

Remember days when we were young
And the wise words of our mother
Get in you brats and wash one hand
For one hand cleans the other.
Obey the rules, and don't be fools,
Let's rip this scourge asunder,
So keep at bay, six feet away
Or risk going six feet under.

So don't become complacent,
We'll be back together soon,
For I'm looking for some wriggle room
Outside of my cocoon.
When this world war is over
No matter where you're from
Remember that the bad guys lose
And we will overcome.

FRANK DUFF

Harry A O'Shea

Today is the birthday of Dublin's Frank Duff,
A noble Christian- one of sterling stuff;

A civil servant for many years
But the plight of the poor caused him tears;
So he helped for some time with Saint Vincent de Paul
Devoted to god and his duties all.

He'd a great love of Mary the mother of us all.
And he read True Devotion by Saint Louis- twice in all.
And so he decided that the need was there
To start a lay movement
A spiritual affair

With like-minded friends
Who knelt first in prayer
The first legion meeting
'Neath Mary's loving care.

We now know the legion
'Neath Mary's Mantle fair
In all visitations
We'll find Jesus there.
(His birthday 7th June)



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STAYING SANE DURING ISOLATION WITH LILLIAN COURTNEY COACHING

Hey Everyone,

Well, did we ever think we would have lived through such a pandemic and how we so quickly slipped unknowingly into it?

So many have been made unemployed overnight, others have seen friends or loved ones taken ill or having passed with the virus. People have been in isolation on their own and others not being able to get home. Companies, restaurants and bars were closed increasing fear and doubt for the future for their business and families. This has all been so surreal, living through such uncertainty for all.

I could go on but today I want to discuss the other side of the coin. Yes, the actual awakening of our community spirit which spread throughout during this pandemic. The gelling of neighbours re-kindling friendships through social media. The connection to the central pulse of the community, Our Lady Crowned Church, where Fr Robert gained his certification on live media through his daily prayers and Sunday mass entering homes in the congregation. David and his family also must be praised.

I believe this pandemic gave people time to reflect on their lives, both internal and external. The value and treasure of family. I certainly had an awakening thinking of my childhood home that now only 2 of us remain from our childhood few. I was shocked into realisation of how this had actually happened. We go through life half asleep, running, thinking we have time and maybe we have but when the hamster wheel of life stops we realise the "NOW" and where we are. I suppose it happens with every generation. You live your childhood, enjoy life, travel maybe some do, get married, (or not) run around rearing children, working to pay bills and by the time they have flown the nest you look around and it is too late to spend REAL time with family. This was my awakening; where was everyone gone from my childhood home? How had time passed so quickly? I had spent great time with everyone but now I had REAL time.

What was your realisation?

I believe this time gave people a sense of self awareness, self awakening, what they needed to change and be grateful for.

It was during this time I asked myself how could I give back?

For the first time people were actually out walking with families, children's laughter could be heard like long ago. It was such a lovely feeling to see people happy not stressed and saluting each other.

I decided to start a show called "Tea at 3 with Me", a motivational daily challenge commencing on a Monday until Friday where we discussed our challenge for the week. A positive, fun show going live on Facebook entering homes of those in isolation. We are now into our 12th week with great success achieved from de-cluttering a room to painting houses and garden designing, setting up podcasts and new found change with self Confidence, self value and self belief. Thank you Caroline for sharing our daily show on Mayfield fb profile.

Monday night is a live gig where I play and sing the 70s and 80s celebrating birthdays and those who passed. We have had great re-kindling of local friendships. Locals abroad have also joined in the show. The duality of these 2 shows have kept not only myself motivated and focused but I must say we have built such great ideas and friendships.

I must say by the time this goes to print things hopefully will be better where the virus is concerned but I will miss the peace, the chatter of children and neighbours, the silence to hear the birds and nature. The meadows when the grass was not cut.

Thank you also to Alma and her team here at Mayfield Matters during this difficult time also.

They say out of every disaster comes a lesson.

What did you learn during this time about yourself?

We survived another historic event.

Love Coach Lil.

POETRY PAGES

A WAYSIDE FLOWER 4 (May 2020)

Richard Goodison

Was that a plump bumblebee flew past my ear?
Is it already now so that time of the year?!
Wow! There are foxgloves! Yes, they are real!
Now standing tall; their story's surreal!
A slaughtered plant died away, seemed void of life,
But some seeds fell down by my privet hedge bright,
And one all alone fell near my old gate;
They're all come to life and even this late.
At first there were little leaves, vein-lined, light green,
But now there are five thriving plants to be seen.
Three are so tall bearing opening buds;
It's hard to believe, no way are they duds.
These buds, pink and white, want to shake out their bells
Or like prisoners clamour to burst from their cells.
It's as if they inhabit swathes in bluebell dells
Or countryside hedgerows or closeby to fells.
They're so lovely and soon they will welcome the bees
On a June morning fine that the sun oversees.
It just shows quite clearly we shouldn't despair;
'Hope springs eternal' when we seek to repair.



The pigeon coos, the church bell tolls, all of these
senses take one back to a different place. The walls tell
their story with the trees as old as time, once an air of
pure joy and utter contentment, which was thought to
last forever, but then came a scattering, bringing with it
a large division, the mind faithfully retaining the scar,
yes it is the same place but everything is different now,
with no answer to be found.

BY DANNY O' NEILL.

The Aware Support Line Service is a free service and is available to anyone, aged 18 years and over, who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar disorder. It is available to you, if you are feeling anxiety or worry in relation to the current Covid-19 outbreak and would like to know what supports and services are available to you.

If you are under 18 years of age, please contact **ChildLine** for support on 1800 66 66 66.

Freephone 1800 80 48 48 Available Monday – Sunday 10am to 10pm

Support line volunteers receive initial and on-going training from Aware. They can help you to identify helpful options and actions which are available to you at the time of the call. Our volunteers are not counsellors or therapists.

The calls are **confidential within normal limits**. The Support Line can be quite busy at times, so if you're trying to get through, please bear with us. Calls to the Support Line are free of charge.

More about Support Line:

Our aim is to provide you with telephone support and information about issues relating to depression, bipolar disorder and other mood related conditions.

We will actively listen to your concerns, questions and reasons for calling.

We will explore and identify, with you, the most appropriate options for you at this time.

We will also inform you about appropriate, alternative services available within Aware and externally.

The length of calls can vary but on average calls are about 15-20 minutes.

This is my first time to ring, what should I expect?

When you ring the Aware Support Line you will hear a recorded message and you will then be put through to the next available volunteer. Our volunteers are here to listen and support you, they understand that it may have been difficult for you to pick up the phone and will give you time.

Will the volunteer ask me any questions?

Our volunteers will talk with you about what brought you to call the Aware Support Line today. In order to proactively help you, they may ask you some questions to better understand what is going on for you and to explore helpful options that may be available to you. We won't ask you to go into detail about what has happened in the past: we focus on the present, acknowledging your thoughts and feelings and on identifying helpful actions.

Can a helpline volunteer ring me back?

Volunteers do not have the facility to ring callers.



1979 40 YEARS 2019



SCOIL MUUIRE AGUS EOIN

Scoil Mhuire agus Eoin would like to wish our community and especially the families of our school all the best at this time. We have missed seeing our pupils every day and we have been thinking especially of our sixth class students at this time of the year. Their graduation and confirmation will be celebrated in time and we have been working with the local secondary schools to ensure a smooth transition.

Our First Holy Communion will also take place in the future. We are incredibly proud of all our families – so now let me share some of the wonderful things our students have been up to!

Firstly, we are delighted to announce that the boys and girls of Ms. O’Leary’s fifth class have been hard at work all year taking part in the Blue Star Programme. The pupils were asked to get creative and think about Europe by carrying out projects in history, geography, culture and institutions of the EU. Their hard work was rewarded with a Certificate of Achievement at the end of May and we are very proud of them for continuing to work so hard despite everything.

The girls and boys of our school have been cooking up a storm recently!! Ms. O’Neill held a baking competition where the children had to submit photos of their delicious creations. Our teachers and staff were very impressed at the extremely high standard of yummy treats being baked around Mayfield!

Leah and Emma Corr hard at work with their baking!



Literacy Week took place last month where the children of Scoil Mhuire agus Eoin showed what talented writers they are by writing a piece on their experiences of being at home. Here are some of our wonderful entries!

I spend my time playing my instruments, doing puzzles, painting, drawing, going for walks, shopping online. I am practising more on the piano because I have my online piano exam in three weeks.

Close to other people is not the way to go.

Our world is in danger so keep your distance flow.

Remember to wash your hands.

Only go outside if you need to.

No touching your face.

A global pandemic is here.

Virus is dangerous.

In this time

Respect others.

Use these words

Stay Safe, Stay home.

Adelina 6th class

I have been baking cookies. We went for small walks. All the neighbours in the park we live in up in Mount Brosna cleaned up the park and painted the curbs. All the neighbours helped while maintaining social distancing.

We also had lock down bingo night in our park. My sister Sophie organised it. We raised €222 for Pieta House. **Aimee. 4th class**

During the lockdown I have enjoyed spending time going for walks and going up to the tank field to play soccer. I’m also enjoying keeping up to speed with my friends from school on the PlayStation and we can all have a chat together and play Fortnite. I’m enjoying the time off but I’m also looking forward to being able to go out playing and being able to see my friends and family again. **Thomas O’Riordan 4th class**

On the 12th of March 2020 we had to leave school because of Covid-19 (or Coronavirus). I have been doing some fun things like baking, going outside to play and much more fun things but I am looking forward to seeing my classmates and the teachers in my school and getting back to normal. The end. **Lily Daunt. 3rd class.**

Hello my name is Diamanté. During lockdown how I like to keep busy is by writing silly stories and poems. I also like to draw and read online stories. The work my teacher gives me is a must as well, so that kills my boredom for a meantime. Exercising at home or going on little walks with my little dog is fun. Though it’s a little sad I can’t get to see my awesome friends I still keep in touch with them. Thank goodness we have the internet, am I right? Thank you! **Deimante. 6th class**

Can’t go outside to see my friends

Outside is restricted

Rules have to be listened to

Only go outside if necessary

No meetups

Avoid people

Very dangerous to go outside

If you feel unwell ring your doctor

Really try not to touch your face

Under the law cautions have been put in place

Stay at home

What I’ve been doing during lockdown: I’ve been reading books, enjoying homework and playing basketball and games. And I like the zoom calls. **Jayden 6th class**

During lockdown I like to do fun things like spending time with my family, chatting with my friend over the phone, walking our dog and playing soccer. The main thing I absolutely love to do is art. I do a lot of drawings and paintings during lockdown. I enjoy doing canvas and fabric art. My mom comes up with many creative ideas and I love to do them. I also adore music and am currently learning to play the guitar. Apart from all that fun stuff we still have to do teachers work which also keeps us busy. Thank you. **Saule Orlovaite 3rd class.** Ms. Quaid

On the 12th of March 2020 we had to leave school because of Covid-19 (or Coronavirus). I have been doing some fun things like baking, going outside to play and much more fun things but I am looking forward to seeing my classmates and the teachers in my school and getting back to normal. The end. **Lily Daunt. 3rd class.**

HOME HELPS

VERY HARD TIME FOR HOME CARE EMPLOYEES.

Margaret Healy.

Independent Workers Union.55 North Main Street. Cork
021-4277151 www.union.ie

What a very bad time it has been for the homecare and nursing homes. Most homecare assistants still have not tested for covid-19 and a lot of homecare assistants have been deployed to nursing homes and other areas of the HSE.

No guarantee that they will be returned to the communities they have been removed from. We are now well into the pandemic and it still amazes me that a lot of our homecare staff have not been tested for Covid -19.

This is very worrying for a lot of the homecare staff as they are going from house to house on a daily basis and they have not been tested. What I find strange about this is that the homecare assistants are frontline staff and are badly needed in our communities to look after our elderly and sick people so they should be tested on a regular basis. What we have to take into consideration here as well is that the homecare assistants are going home to their own families and they come into contact with a lot of people in some cases.

So the question is why haven’t they been tested? We had a very serious problem with our nursing homes but now all the caregivers in the nursing homes have been tested. After a lot of communication with the nursing

home staff a lot of them tested negative but there were the few who tested positive. This is very alarming as when the tests were carried out a lot of the care givers were still working while waiting for their results; in some cases they waited 14-16 days. So in those 14-16 days those that tested positive were spreading infection. They then had to self-isolate but remember they had been in contact with a lot of people during the waiting-for-results time. Going back to the homecare this area has been neglected big time as far as testing goes. So far there are only a few that were tested, again the same rule that they work until results were known. In these cases again they work while waiting for results, passing on infection. Is this right? I ask myself? no it is not. So when are the homecare going to be tested or will they just carry on not knowing if they are infected or not. We now have a lot of people in hospitals waiting to go home but there is not a plan in place for these people. When these people are released into our communities some of them will need home care but are they being put back in danger if the homecare assistants are not tested for covid-19, not saying they have it but they could very well be carrying it. It is time for the people in charge of this area to make sure our homecare staff are tested. Many of our members expressed deep concern for their own health and the health of others around them. Homecare assistants have also been deployed to other areas of the HSE, putting more people at risk and stress on the homecare assistants not knowing if they are positive or not. We here at the Independent Workers Union are calling for all homecare assistants to be tested and we will follow with letters to the HSE on this matter immediately.

Stay safe everyone Regards Margaret.

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Coronavirus COVID-19



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PROTECT THE GLEN RIVER VALLEY

Ted Tynan

The Glen River Valley is an important ecological corridor and area of outstanding natural beauty lying between Mayfield and Ballyvolane. As we become more environmentally aware, we recognise the importance of such areas for the survival of human and non-human life. The Glen is rich in biodiversity, full of bees, butterflies, bats, foxes, lizards as well as vegetation. The heron flies the Glen River, the latter rising from an aquifer in Lotamore, just across the road from The Barn restaurant, before making its way down through the valley to Goulding's Glen. The Valley was formed at the end of the last ice age, about 12,000 years ago, and thus features as a crucial reminder of the deep time of geological change amid the short-term concerns of daily life.



The Valley has been under threat for many years now by builders, developers and property speculators, and I have fought to ensure that the City Council maintains its protection of the Valley on ecological grounds. In the past, developers have proposed building a Tesco Shopping Centre on the bog behind the Fox and Hounds pub. There is a current housing development for the same site that has been refused previously by An Bord Pleanala.

An environmental perspective must balance the needs of human beings against other lifeforms. Opposition to development on areas such as the Glen Valley should not be taken to mean prioritising non-human above human life, as if the two were to be seen somehow in opposition. The main insight of ecology is that everything is connected—the very word ‘ecology’ stems from the Greek word ‘oikos’, which means house, home or dwelling place. There is, as we know, a housing crisis in the country, and some may object that housing development should take precedence over environmental concerns. But living in a place also means sharing that place with others, human and non-human.

This is why an area such as the Glen should be valued not as a space of potential development, or as land that can be bought and sold, but as a reminder that living is always a living-with, and that human flourishing can only be possible with the flourishing of non-human other.

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for further details & registration form.

Because of the lockdown I have done lots of fun things with my family. I have enjoyed doing lots of baking with my mom. We have made loads of chocolate cakes and cookies and she showed me how to make lasagna for dinner. Every day my schoolwork is finished I go outside and go on the trampoline and play soccer with my brother and dad. Every day I talk to my friends on the PlayStation while we are playing Fortnite. Last Saturday we had a BBQ out in the back garden. I enjoyed eating the burger and hotdog and I had ice cream after. Every weekend we have a movie night with lots of sweets and popcorn. I enjoy not having to get up early for school and going to bed early. **Ben Stack. Age 9. 3rd class**

On the 12th of March 2020 my teacher told my classmates and me we wouldn't be in school for a while. We didn't realise we wouldn't see each other for so long. I am finding it hard not being in Scoil Mhuire agus Eoin each day, but I am very thankful that my family and I are all safe. I have learnt a lot of skills while being at home. These are a few things that are keeping me busy, baking, walking, art projects, DIY and having BBQ when the weather is lovely. It has been great doing all these things with my family but I just wish I was back in Room 5 in 5th class with Mrs. O'Leary and all my friends in Scoil Mhuire agus Eoin! Thank you. **Lucy Daunt. 5th class.**



We are very proud of our pupils and families for engaging so well with distance learning. It has been a difficult time for many and we are aware that parents have put aside their own needs in order to keep their children engaged in exercise, art, homework, baking, reading and much, much more. This month our school is focusing on **physical activity, wellbeing and creativity**. We hope that mums and dads will take part too!

I would like to sincerely thank GE Healthcare in Carrigtwohill who donated money to help us buy activity packs during the lockdown. They were sent to families who have young children and may have found it difficult to shop during the first few weeks. We are very grateful for their kind support.

We are looking forward to meeting our new Junior Infant pupils in September! Information packs will be sent out shortly. We have been in contact with all parents but if you have any additional queries, please contact our HSCL teacher on 086 3805164.

We also have a lovely new website which was created by Ms. Ger O'Leary and Sr. Margaret Daly. Please visit www.scoilmuireaguseoin.ie to see more about our wonderful school!

We are looking forward to seeing everyone back in school in September. Until then, have a wonderful summer!

Community spirit on Cork's Northside is alive and well and never more vibrant than now, as Mayfield's community groups pull together under the Community Response Forum to help vulnerable locals.

Newbury House Family Centre on Old Youghal Road is a hive of activity for the Mayfield CRF, where two team members man the telephones and field the requests for assistance. They pass on the requests to the local volunteer groups who can best help the person in need. These volunteer groups include Mayfield GAA, Brian Dillons GAA, Lotamore Family Support, Mayfield CDP, the Scouts and St. Joseph's Community Centre.

Newbury House Family Centre supports all age groups, from providing phone supports, video activity links and online parenting programmes to the younger generations, to assisting in grocery shopping, prescription collection and pension collection for the older members of the community. In one week alone, they provided 18 video link family counselling sessions as well as over-the-phone counselling supports, a valuable and vital service, particularly in these more restrictive times. Through Mayfield Arts Centre, they have also run online activities for children and have distributed family activity and food packs.

Mayfield Priority Shoppers is a 52-strong team drawn from some of these groups including Mayfield GAA and Brian Dillons GAA. Coordinated by Newbury House Family Resource Centre team, the Shoppers are linked via a WhatsApp group and quickly respond to requests. Newbury House developed procedures and coordinated with shop managers to ensure that the volunteers, in their distinctive high-viz vests, would get priority in supermarket queues, enabling them to get the shopping deliveries to their recipients as quickly as possible.

Members of the two local GAA clubs, **Brian Dillons and Mayfield**, have been collecting groceries and household items from local supermarkets and delivering them to elderly people cocooning or those self-isolating. Both teams have been involved in a food drive for Cork Penny Dinners. Mayfield GAA successfully collected 6 full trolleys of food from Dunnes customers for the charity. As well as providing phone support for family and elderly service users, **Lotamore Family Support** have headed up the Meals on Wheels (MOW) service in the Mayfield area, and **St. Joseph's Community Centre** have provided the MOW team with their facilities to prepare and deliver 500 meals per week. St. Joseph's Community Centre also has phone and administrative supports in place for the community to avail of.

Mayfield CDP have taken the lead on the prescription collection service in the area. A WhatsApp group was set up for those in need and links were made with a local pharmacy. At the moment, they are collecting 7 prescriptions a week. Mayfield CDP also produces Mayfield Matters, a local newsletter. Recent editions of Mayfield Matters have provided local resource information and COVID-19 response material to its readers, and 35 volunteers have delivered over 5,000 copies directly to local homes. The CDP also provides an admin service, printing and posting forms as requested.

Cork City Council CRF lead in Mayfield Martin Dineen remarked on the sheer dedication and determination of the various community groups in the area, saying "As the weeks have passed, our volunteers have been consistently checking in and staying in touch with the service users, fostering those all important person-to-person links in the community that will linger on long after COVID-19 has passed us by."

Rosella Sheehan, Manager at Newbury House Family Centre said: "I've worked in Mayfield for 20 years with community groups, there's enormous job satisfaction from seeing the tremendous positive spirit of the community groups coming together regardless of background or age profile or activity."

Mayfield Matters 35 volunteers delivered to 5000+ houses and businesses in Mayfield





BRIAN DILLONS HURLING, FOOTBALL & CAMOGIE CLUBS

Over the past three months, while all sporting activity has ground to a halt, Brian Dillon's GAA Club have demonstrated that the volunteerism and community spirit of the organisation is still very much alive and well. Under normal circumstances the Tank Field would be awash with young boys and girls, training and playing matches in the warm weather. The club's adult teams, meanwhile, would currently be in the middle of their respective championships. This year however, players and coaches alike have been repurposed, immersing themselves in roles outside the pitch in order to play their part.

Although hurling and football may have ceased, club members, both young and old, have remained active. This was evident last month as the community turned out in its droves, donned in club colours, to take part in the 'Darkness into Light' 5k run. The initiative, organised by camogie player Denise O'Flynn & John O'Herlihy, raised over €4,200 for Pieta House.

For the past twelve weeks, the club's hurlers and footballers have been offering their services, volunteering as delivery drivers on a weekly basis to distribute boxes of groceries to disadvantaged families in the surrounding areas. Co-ordinated by Sarah Scanlon and St. Patrick's Primary School, the deliveries have ensured that no family has gone without basic food supplies since the onset of the lockdown. The Brian Dillon's camogie team have also been busy, teaming up with Murray's SuperValu in Mayfield to assist the elderly with their food shopping needs as part of the GAA's 'Club Together' scheme.

Last month, a local food drive, organised by club members, was hugely successful. The collection, which saw hampers of non-perishable goods delivered to Penny Dinners, has highlighted the wealth of generosity that exists in the community. In addition to this a 'Clothes Drive', organised in aid of Edel House and spearheaded by underage coach Wendie Sexton, also garnered huge local support.

The current Covid crisis has proven that even without its games, Brian Dillon's GAA club remains embedded in the community. The club would like to express its gratitude to all those who have lent their support to the various charitable initiatives over the past few months, embodying the old Irish proverb, 'Ní neart go cur le chéile' (there is no strength without unity). Buiochas ó chroí daoibh.





During lockdown, Mayfield GAA H & F Club got involved volunteering in Mayfield and surrounding communities, no task too big or small, anyone who needed help, our lads answered where possible. Local businesses were inundated trying to help our more vulnerable and those cocooning and so at an appointed time each day, volunteers delivered from supermarkets & pharmacies. WELL DONE TO ALL INVOLVED.

Also trolleys were placed in Dunne's Stores, Ballyvolane in aid of Penny Dinners, and numerous trolleys were delivered of non-perishable foodstuff to St. Vincent's H & F Club, the Northside hub for Penny Dinners. None of this is possible without the kind generous donations from ye the people of Mayfield and surrounding areas. Please give yourselves a huge clap on the back and be very proud of the fact that you are all helping the most vulnerable in our Community and City.

On behalf of Mayfield GAA we would sincerely like to Thank You for your ongoing support and also to the Management and staff of Dunnes Stores, Ballyvolane for all their help in this ongoing food hamper appeal
THANK YOU!

We would now appeal to everyone to please SHOP LOCAL as much as possible. It is the local businesses who sponsor our Clubs and Community! Let's all now support them. Remember Amazon don't sponsor prizes when we are hosting events.



Introducing our Juvenile Covid Officer Jerry Burke, Jerry coaches U10/11, but is now also taking on the role of Juvenile Covid Officer, he will work closely with the Club Covid Team, ensuring that preparation for a safe return to Gaelic Games as laid out in the guidelines, keeping updated with knowledge of the GAA regulations regarding the return to play under Covid restrictions, and to implement and oversee these regulations to ensure the safety and welfare of players, coaches, and back room teams



A Huge Thank You to Everyone who participated and donated in Mayfield GAA H & F Club & Mayfield Ladies Football 'HOME2HOME' in aid of Pieta House, Preventing Suicide and Self Harm.
The total collected is €4,150!!!!
Well done to all the organisers, a great day for our Clubs & Community.

