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HAUNTED WICKLOW
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'GROSSLY UNDER-RESOURCED'

Mental health rehabilitation services in Wicklow are 'grossly under-resourced' according to the Mental Health Commission, which says there has been a 'long-term neglect' of people with serious and enduring mental illnesses.

It goes on to assert "The short-sightedness of not providing adequate mental health rehabilitation services, from both a human rights and a financial viewpoint, is quite astounding."

Authored by the Inspector of Mental Health Services, Dr Susan Finnerty, the report - entitled 'Rehabilitation and Recovery in Irish Mental Health Services' - demonstrated a continued lack of development in mental health rehabilitation services.

There is no specialist rehabilitation team and recovery team in Community Healthcare East (South East Dublin

and East Wicklow). A consultant post has been approved for Wicklow but there are difficulties in recruiting for this post. Under A Vision for Change guidelines there should be four teams for the area. The Community Healthcare East area is also without an assertive outreach team.

"The absence of any rehabilitation team in Community Healthcare East has been a major challenge in providing rehabilitation for service users. One rehabilitation consultant post is due to be filled in Quarter 4, 2019," the report states.

"There are currently no specialist rehabilitation services in Community

Healthcare East, where there should be at least four teams. Even with the appointment of one consultant psychiatrist, the rehabilitation service for Community Healthcare East will be grossly under-resourced with one occupational therapist, one social worker and one clinical nurse specialist. There are no medium support residences to enable those in high support residences to progress to more independent living. There are, however, a total of 112 low supported places.

"A significant amount of effort has been made to provide a recovery based mental health service across Community



Declan Hoogers, Finn Keogh, and Patrick Power from Scoil San Eoin, Redcross, at a sponsored cycle for the school's annual Halloween fundraiser. The pupils recently completed two courses of the Cycle Right Programme which teaches them about Road Safety and how to maintain their bicycles and it also develops the children's confidence as cyclists and road users.

Healthcare East, including youth services, and there is no doubt that there is strong engagement with recovery principles among front-line staff; however, the full provision of rehabilitation services is urgently required."

The Mental Health Commission's report for the West Wicklow/Kildare area (Community Healthcare Organisation 7) also points to gaps, with the area also without an outreach team.

The report states that "There are only three rehabilitation teams in CHO 7, where there should be seven. These teams lack enough resources to provide a comprehensive service and rely heavily on high support beds. The high support residences accommodate too many people and are not in line with A Vision for Change (the government's 2006 mental health policy). Bedrooms are

shared in some cases. This is compounded by the lack of appropriate housing for service users to continue the journey to more independent living and the lack of well-developed outreach teams to support the moves.

"The teams have members who are well trained to provide a rehabilitation service and there are a number of good programmes available. These are complemented by the programmes offered by EVE (a programme within the HSE which provides support to people with mental health difficulties in employment, community education, and community activities)."

While, 'A Vision for Change', included the development of specialist rehabilitation and recovery mental health services, Dr Finnerty's report found that there has been minimum improvement in the num-

ber of rehabilitation teams over the last decade.

The Mental Health Commission has written concerns raised in the to the HSE seeking an report.

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Suzy Griffin, Oisin Keogh, Chleo Quinn, and Cian Maher from Scoil San Eoin, Redcross, at a sponsored cycle for the school's annual Halloween fundraiser. The pupils recently completed two courses of the Cycle Right Programme which teaches them about Road Safety and how to maintain their bicycles and it also develops the children's confidence as cyclists and road users.

Arklow Gallery's Halloween exhibition

The Arklow Visual Arts Gallery will launch a Halloween Exhibition from 6pm to 8pm on Thursday 31st October.

The exhibition will feature work (paintings and etchings) by a handful of the established and emerging Arklow Visual Arts member artists, including Attracta and Andrew Manson, Sarah Eva and Böjin Manson Orgil, Noel Fallon, Pauline Merry, Elaine Tobin and a live set from Tony Byrne.

The exhibition will be opened by local Independent Councillor Peir Leonard.

This show promises to have an array of style, colour and form to suit all tastes so do pop in for a look. The Arklow Visual Arts Gallery is located in the heart of Arklow Town, an active part of the community for over twenty years hosting exhibitions and encouraging artists to show off their talents.

The Halloween Exhibition runs until 1st November. Admission is free and all are welcome.

For further information please contact the gallery: arklowvisualarts@gmail.com or 089 4248376.

Dracula live ballet

With darkly Gothic sets and costumes, Northern Ballet is resurrecting Bram Stoker's classic horror story for special LIVE screenings in cinemas this Halloween.

The haunting tale of passion and immortality is played out through a unique blend of sensuous dancing and gripping theatre - this is ballet with a dramatic bite.

Created by Northern Ballet's Artistic Director David Nixon OBE, with atmospheric music by Alfred Schnittke, Arvo Pärt, Michael Daugherty and Sergei Rachmaninov, Dracula is a thrilling adaptation that will leave you thirsty for more.

See it at The Whale Theatre in Greystones on Thursday 31st October at 7.15pm (Doors 6.30pm) Tickets €17.50. See www.whaletheatre.ie or call the booking office on 01 2010550

Halloween at Arklow Library

Arklow library will host a series of events as part of the Arklow Halloween Festival including special activities for children. The library events will run over three days: Tuesday, 29th; Wednesday 30th and Thursday 31st October. Activities for children will include arts and crafts, professional storytelling, a Harry Potter quiz and movie, writing workshops and County Wicklow Partnership's "Save The Pumpkin" event, where families will get the opportunity to participate in pumpkin carving and learn some delicious pumpkin recipes. All the events are included on the Arklow Halloween Festival brochure and also on the library's social media platforms. To find out more or to book a place drop in to Arklow library. All events are free but have limited capacity, so booking is advisable.

Blue Day

Arklow Cancer Support is turning Blue for their Annual "Blue Day" party in conjunction with Men's Cancer Awareness Month. The party will take place Friday the 1st of November 10am - 1pm.

"We have lots of events scheduled for the day, which will no doubt, be a huge success. As part of our Blue Day celebrations, The Arklow Community First Responders will be joining us on Saturday the 2nd of November to run a family and friends course. We are looking forward seeing you all. You do not need to be a client, all are welcome."

Arklow Girl Guides mass

2019 marks the 80th Anniversary of the establishment of Arklow Girl Guides.

A special Mass to mark the occasion will be celebrated by the Archbishop of Dublin, Diarmuid Martin in the Church of Sts. Mary and Peter, Arklow at 7pm on Thursday 7th November. An open invitation is extended to all parishioners, especially past members, to attend.

Redford blessing of the graves

The Annual Blessing of the graves takes place in Redford Cemetery on Sunday 3rd November at 3pm. The Committee's gate collection takes place that day to help with the upkeep of the cemetery.

Halloween stories and crafts in Bray Library

On Wednesday October 30th there will be a Halloween Children's Event - Stories & Crafts - takes place in Bray Library, Eglinton Road, Bray, at 3pm. Free but booking essential - call 01-2862600 to reserve a place.

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Bray Camera Club 2020 exhibition

The members of Bray Camera Club have announced an exhibition of photographs coming to the Signal Arts Centre in January 2020.

Since its foundation

in 1971, Bray Camera Club has provided a forum for its members (an eclectic mix of amateurs, professionals and competition prize-winners) to learn from and support one another in improving their photographic skills and developing their cre-

ativity.

The Club members use a variety of photography equipment to collect images - from mobile phones, to compact cameras and digital SLRs, to film and large format cameras. The Club's photography range incorporates all photographic disci-

plines: abstract, street, wildlife, landscape, studio, close-up and portrait photography are all explored.

Whenever the Club presents its work to the public, all members are encouraged to display the best of their photography and with a wide variety of photographic

disciplines being showcased, this exhibition is sure to appeal to anyone with an interest in photography or even just a curious eye. The exhibition will run from 6th-19th January. All are welcome to attend. Opening Reception Friday 10th January 7pm - 9pm.

Lucky Wicklow punter bags €16,500

One County Wicklow punter woke up last Wednesday morning with a massive smile on their face after landing a stunning five-figure sum thanks to some lucky numbers the night before.

The anonymous customer placed the small wager via their BoyleSports account online and opted for a 50c accumulator on four numbers coming out in the EuroMillions draw on Tuesday evening.

They were left hoping for numbers 2, 5, 32 and 33 all to come out against odds of 33,000/1, but all four rolled out triggering the staggering payout.

They were then able to log back in and see their account had been boosted by a jaw-dropping total of 16,500.50. Sarah Kinsella, spokesperson for BoyleSports said: "We must send huge congratulations to our Wicklow customer who only required a small 50c investment to take us for 16,500.50. We wish our client the best of luck with their winnings and we hope they enjoy spending the extra cash".

Van Morrison songbook

Due to popular demand, the Hot Spot in Greystones have just added a second date of the Van Morrison Songbook with seven-piece Belfast band, Celtic Soul, on Friday 8th November.

With years of playing in blues, folk, traditional and jazz bands, the seven-piece band have the ingredients to deliver Van's music authentically.

The band perform songs from Van's days with Them right through to the present. Expect to hear the big hits as well as songs from Astral Weeks, Moondance, Avalon Sunset and the other albums from the extensive catalogue of the Belfast bard. Several live 'unplugged' performances on Gerry Kelly's show on BBC Radio Ulster have boosted the band's following.

BBC's Ralph McLean, a massive Van Morrison fan himself, describes Celtic Soul as 'a great band' and 'a very fine tribute'. Tickets €16 - €18. Doors open 8pm. Show starts at 9pm sharp.

Youth fishing competition

Inland Fisheries Ireland's Dublin Angling Initiative will host its annual Youth Fishing Competition at the National Disabled Angling Facility in Auhgrim on Tuesday, 29th October, 12 - 2pm.

Novice anglers from communities in Dublin will participate in the event following ongoing participation and training with the Dublin Angling Initiative during the year. The initiative aims to promote, develop and improve angling among children and young people in the Greater Dublin Area. Youth clubs, community groups and schools can take part in the fishing programme which caters for anyone interested in angling and the outdoors, from the complete novice to the more advanced angler with exposure given to each of the different types of fishing (sea and freshwater fishing).

The annual fishing competition is the culmination of many months of angling by participants with prizes awarded on the day.



Seven Transition Year students slept out all night on Greystones Main Street on Friday 18th October for the annual Focus Ireland Shine A Light night to raise awareness and funds for the homeless in Ireland. Pictured L - R are Gabriel Dooley, Tim Wilkinson, Jim Cullen, Jack Holland, Scott Dalton, John Butler and Evan Fogarty. Together they raised almost €2,600 for the charity. The Shine A Light Campaign takes place on one night annually across the country with hundreds of people sleeping in parks, doorways and outdoor areas in solidarity with our homeless.

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BUS CONNECTS PLAN WELCOMED BUT CHANGES STILL NEEDED

The updated Bus Connects proposals were unveiled last week, giving detailed plans for a number of revised bus routes operating in the north Wicklow area. The changes have had a mixed reaction with many welcoming the addition of a loop bus service in Bray, however, the news that a direct bus will no longer run from Bray to City Centre was met with disappointment. As indeed was the news that there will not be a direct bus to St Vincent's Hospital which is officially the hospital servicing County Wicklow.

Minister Simon Harris welcomed the publication of a 'significantly revised' Bus Connects plan. "Last year I ran three public information sessions in the County to highlight the proposed changes and encourage people to make submissions to the consultation process. I sent in a lengthy submission to the consultation process reflecting the views shared with me from constituents. In this submission I highlighted the concerns of people in Enniskerry, Blessington, Bray, Greystones, Kilcoole and particularly Kilpedder and asked the NTA to find resolutions.

"I am really pleased that the NTA has come back with a significantly changed plan taking the consultation feedback into account. It is important that we, as Wicklow residents, make sure that all the necessary changes have been made. I welcome the commitment to

a secondary consultation process for the new plan and I would strongly urge people in our county to use this as an opportunity to have their voice heard.

"This second consultation phase is vital to rectify issues like connectivity to hospitals that need to be highlighted to the NTA and I would urge people in Co Wicklow to use this forum to make their views known."

John Brady TD while welcoming most of the changes, highlighted the lack of a direct bus service to St Vincent's Hospital as a glaring example of a change that still needs to be made. "It is simply unfair to ask elderly and sick people in Wicklow to take two buses to get to their designated hospital, especially in cold and wet weather. Also, there is no direct bus to Holles Street Maternity Hospital," he said. "I first raised this issue back in 2012 when the 45 & 84 buses

stopped going down Nutley Road and while Wicklow voices have not been listened to we will continue to pressure for change. Worth noting also that back in 2017 the Sisters of Mercy who owned the St Vincent's complex were not favourable disposed to having a bus terminating on their grounds."

Many Enniskerry residents were pleased that a number of their submissions were taken on board.

The following are the proposed Bus Connects local routes: **201** - This is a looped service every 40 minutes from Bray Station to Greystones - Kilcoole - Newtown - Kilpedder - Glenview and back to Bray; **202** - Same as **201** every 40 minutes, running all day; **211** - A service running every 20 minutes from Kilmacanogue to Dun Laoghaire, through Killarney and Boghall Road in Bray. Similar to

the current 45a route; **212** - Running every 10-15 minutes all day this service goes from Bray Station to Southern Cross via Killarney and Herbert Road; **214** - A new service running every 30 minutes, there was strong demand for this from the people of Bray. It runs from Palermo to Southern Cross via Strand Road, Putland road; **215** - Running every 60 minutes from Bray Station to Shop River Enniskerry, this route will go via the Upper Dargle Road and M11. This is a similar to the 185 but without going through Palermo.

Peak only services will operate in the form of the **301** (Kilcoole to Townsend Street via Charlesland, Greystones, Southern Cross, N11) and **302** (Newcastle to Townsend Street via Kilcoole, Charlesland, Southern Cross, Cherrywood, UCD, St Stephen's Green). Fares will simplify across bus,



Lucy Tarmey, Kayleigh Kennedy and Aoa Carter are pictured at the Avondale Community College open evening last week

Luas, and DART services. There will be two Leap fares: a 90 minute ticket that covers all bus, dart and Leap services and a short hop ticket.

Councillor Derek Mitchell (FG) said he welcomes the improvements of the revised proposals but that he still has some concerns. With the 301 and 302, Cllr Mitchell welcomed that there would be "connection to the LUAS to assist those working in Sandyford who have poor public transport. Kilpeddar/Willow Grove has now been included in the 201/202 route following much lobbying.

The 304 will provide an around Greystones service every 30 minutes.

"I have concerns that the traffic congestion from Bray Head to the station will delay the main Greystones service connecting with the main spine route, E1, to Dublin. I had wanted the main transfer to be to a bus which went on the N11. Also, people have difficulty getting on the 84x Southbound as short-distance passengers are filling it up. I will be asking for it to be a 'limited stop' south of UCD to discourage this and for bus lanes from the Southern Cross

to Bray Station."

Also commenting on proposed changes Bray Labour Party representative Ian McGahon said "Overall these proposed changes are welcome for North Wicklow, they retain most current routes in Bray, Enniskerry, Greystones and Kilmacanogue and add some new bus routes notably in West Greystones and in Southern Cross and Bray Beach. It is really great news under these proposals that Enniskerry will not be losing any direct bus services to Shop River or to Dublin City and that Bray will have a

new round loop service taking in Palermo, Bray Beach and Southern Cross Road.

"There are some proposed changes that some people in Bray may be disappointed with such as splitting the current 145 route, a lack of direct route to St Vincent's Hospital and a lack of services to Fassaroe. We urge the public to let the NTA know of these concerns. Overall these proposals are a very positive forward step for Bray. We emphasise that these proposals are still at a consultation stage and urge the public to utilise the consultation process."



ARKLOW

All groups meet here:
Avoca River House
Across from Aldi
Bridgewater
Arklow
Tuesdays at 8 and 10am
Call Lorraine on 087 1552974
Wednesdays at 5:30 and 7:30pm
Call Clare on 087 1722536

BRAY

Coffee Delights, IDA Business Park
Southern Cross, Bray
Saturdays at 9:30am
Call Grainne O'Toole on 086 4661566
Coffee Delights, IDA Business Park
Southern Cross, Bray
Wednesdays at 9:30am, 5:30 and 7:30pm
Call Alison on 085 2727 541
Bray Wheelers Clubhouse,
Next to St Killians School, School Rd,
Off the Boghall Road, Bray
Thursdays at 9:30am, 5:30 and 7:30pm
Fridays at 7:30 and 9:30am
Call Lesley on 087 1489110

GREYSTONES

All 3 groups meet here:
Greystones, Eire Og GAA Club, Mill Road,
Greystones
Tuesdays at 5:30 and 7:30pm
Wednesdays at 9:30 and 11:30am
Call Penny on 087 7093841
Wednesdays at 7:30pm
Call Patricia on 083 4434288

KILCOOLE

Byrne's Pub, Main Street, Kilcoole
Thursdays at 5:30 and 7:30pm
Call Patricia on 083 4434288
Saturdays at 9:30am
Call Gloria on 083 3922395

NEWTOWNMOUNTKENNEDY

Parkview Hotel, Newtownmountkennedy
Mondays at 5:30 and 7:30pm
Call Jackie on 083 0353633
RATHDRUM
RAD Hall / Annexe
Fair Green, Rathdrum
Thursday at 5:30pm and 7:30pm
Call Caroline on 087 7853600

TINAHELY

Parochial hall, Hacketstown Rd, Tinahely
Monday's at 5:30 and 7:30
Call Tony on 087 1785384

WICKLOW TOWN

All 3 groups meet here:
Upstairs in Ernie's Bar
Market Square, Wicklow
Tuesdays at 5:30 and 7:30pm
Wednesdays at 5:30 and 7:30
Thursdays at 8 and 10am
Call Grainne Reynolds on 087 1470704



The Meetings of the Waters have added a life-saving feature with a 24/7 Public access Defibrillator. The Meetings have had an Automated External Defibrillator (AED) for some time, but in conjunction with Avoca and Conary Community First Responder groups, Derek Fulham has now made the defibrillator available to the local community in an outdoor heated cabinet supplied by Avoca Community First Responders, funded through local fundraising efforts. This could be a potential lifesaver to either a customer, to a passer-by or anyone in the locality. Pictured are Pauline Nolan, Conary CFR Group, Derek Fulham, The Meetings, & Declan Byrne Avoca CFR Group.

Park in Wicklow town with Parking Tag

Motorists can make life easier by using Parking Tag, the cashless mobile parking payments system in Wicklow town.

The service is designed to take advantage of mobile technology allowing motorists to park in the most hassle-free way possible - via the Parking Tag app, by SMS or phone call.

Paying for parking in Wicklow is faster and easier with Parking Tag. The cashless parking solution allows motorists to park by phone in the town and extend their parking without returning to their vehicle.

Once registered, customers can park immediately and can also take advantage of day rate parking, where available. Several One-Off payment options are also available by credit and debit card, online, by SMS or through the 3 and Vodafone Charge to Mobile service.

Speaking on behalf of Wicklow Municipal District, Cathaoirleach Cllr Shay Cullen, said: "With mobile payments technology at your fingertips, motorists have a convenient, easy form of payment which the Wicklow Municipal District hopes will encourage more people to park in Wicklow Town, with a positive knock on effect for local businesses".

As per the Parking Bye Laws 2017 the following applies all year round in Wicklow Town: Free parking between 9.00am and 10.00 am each morning; 15 minutes courtesy period applies for all vehicles legally parked in a designated Pay & Display parking bay at any time of the day; Wicklow Town continues to offer two hours free parking on Saturdays and free parking all day on Sundays.

The traffic wardens monitor parking and enforce all other aspects of the parking bye laws in relation to illegal parking. Full instructions on how to use the service can be had by visiting www.parkingtag.ie.



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Global humanitarian organisation seeks to grow members in Bray

Are you looking for a challenge in life? One that involves new friendships, helping others less fortunate, and being part of a global network of 1.2 million neighbours, friends, leaders, and problem-solvers? If so, Rotary Ireland needs you, and in particular Bray Rotary Club!

Rotary Ireland is seeking new members in clubs to join up and be part of a global humanitarian movement from within their own community.

William Cross has officially taken up the reins as District Governor for Rotary Ireland and pledged to increase membership in Ireland from 2,000 to 2,500 by 2022 - an ambitious 25%.

Speaking at the annual District Conference for Rotary, attended by over 300 Rotarians from across Ireland, he also pledged to increase the number of clubs from 72 to 95 across Ireland. With hopes to include a younger demographic, raise the profile of the 114-year-old organisation,

and support those in need both globally and locally through an ethos of 'Service above Self.'

William's new 'Vision Statement' outlines plans to recruit more members into existing Rotary Clubs, continue to increase diversity by bringing in more women and younger members and by targeting the broadest possible spread of ethnicity and socio-economic backgrounds.

William commented: "Globally, we are on the verge of eliminating Polio, only the second disease in history, after Small Pox, to have ever been eradicated. Our School Bikes Africa project has reached an all-time high with the number of bikes

we are sending to children in Africa. These bikes are making a real and lasting difference in their lives and education.

"More locally, we have over 70 clubs across Ireland, all of which are pro-actively creating events and projects that are making a real difference to people in their local communities. In 2019 we are pledging to have our greatest year of fundraising through the Tree of Remembrance project, which in past years has raised over €290,000. The Youth Services element of the organisation is striving for excellence and offering young people in Ireland a range of opportunities to get involved with some

fantastic competitions, which will inevitably help them further develop both personally and in their careers. Our projects, such as Youth Leadership Development, Young Citizen's, Young Writer, and Young Chef, are just a few.

"I must stress that our members are the people that make all this possible, and we are here with open arms wanting to welcome new members into our Rotary family. We want more Rotarians who want to make a difference, be people of action, and get things done. Rotary is a vibrant organisation with some wonderful opportunities for members to get involved in real life-changing activities."

Bray Rotary Club is holding an Information Meeting on Tuesday November 5th in Open Door starting at 6.15 and running for an hour. Bray Rotary President Pat Hastings says "On the night there will be speakers talking (briefly) about our water projects in Africa, our Polio Eradication Campaign, our joint venture with Sight Savers and many of our local Bray campaigns such as the Giving Tree, Bikes for Africa, Shelter Box and Youth Leadership projects. All are welcome but please give Una a call so that catering is adequately provided for. Call Una @ 086 8091117."

Raheenleagh Wind Farm awards over €60,000 to community groups

Raheenleagh Wind Farm recently awarded more than €60,000 to 10 local organisations in Counties Wicklow and Wexford. Raheenleagh Power DAC, a jointly-owned subsidiary of ESB, and Greencoat Renewables, awarded funding to the community and voluntary groups as part of the fourth round of its Raheenleagh Wind Farm Community Fund.

The awards were presented at Kilanerin Sports Hall and Mixed-Use Centre on Thursday 10th October.

The recipient groups include Co Wicklow Projects Croghan Barrack Community Project, Dublin Samaritans CLG - East Coast Samaritan service, and Ballycoog National School (formerly Ballintemple National School).

Co Wexford Projects were SN Coill an Iarainn Kilanerin NS, Hollyfort

Majella McCarron, Stakeholder Manager at ESB, said: "ESB remains committed to

creating a brighter future for all by being a good neighbour and supporting the community we operate. Through the Raheenleagh Wind Farm Community Fund, we aim to contribute to the development of local projects and services for the benefit of all local people. We are delighted to see such valuable funding going to local projects, which will benefit the local communities for many years to come."

The funding is a part of the Raheenleagh Wind Farm Community Fund, which aims to provide financial support to local

groups, helping them to deliver beneficial projects and initiatives which fall within one or more of our broad themes: Education and Skills; Health, Safety and Wellbeing; Environment and Habitat Conservation; Energy Efficiency and Sustainability; Culture and Heritage; Recreation, Sport and Social Inclusion; Tourism.

Patrick Maguire, Asset Manager at Greencoat, added: "Greencoat Renewables is delighted to support these worthy projects neighbouring our Raheenleagh wind farm. It is great to see the level of commu-

nity activity and spirit in the area and we look forward to helping build on this over the life of the wind farm. At Greencoat, we are committed to being a good neighbour and supporting the local communities in which we operate."

The community fund is made available every year for the operational lifetime of the wind farm (i.e. 20+ years), and we welcome all applications from interested organisations. For further information on the community fund and to apply for funding, please visit: <http://www.windfarmcommunityfunds.ie/>



Representatives from the various local community groups and organisations awarded by Raheenleagh Wind Farm

Two new housing developments open in Arklow

Fifty-five new homes were opened in two new developments by Wicklow County Council in Arklow last Friday.

The official openings were performed by the Minister for Housing, Planning and Local Government, Mr Eoghan Murphy TD, while Olympic Gold Medallist Ronnie Delany was present at one scheme named in his honour. Heatherside is a 38-house development of energy efficient, 2, 3- and 4-bedroom homes while Delaney Park is a 17-house scheme of energy efficient, 2- and 3-bedroom homes.

Speaking about the Government investment, Minister Simon Harris said: "I am really pleased that these two estates are now open and being occupied. Delaney Park and Heatherside estate are both fantastic new estates for Co Wicklow families.

"As a result of the economic crisis, our housing stock in Co Wicklow is no way near the levels that we need. Demand has significantly out-

stripped supply since the building industry collapsed and in recent years, Government has been pushing to get more houses built.

"These new houses are a very welcome addition to our community and I am pleased that they are just two of many ongoing build projects underway in Co Wicklow. I will continue to work to bring significant Government funding into Co Wicklow for building and development."

Speaking at the event, the Cathaoirleach of Wicklow County Council, Cllr Irene Winters, said it was one of many official openings that will take place over the coming months and years as the Council vigorously progresses its development programme under the Rebuilding Ireland banner.

She stated: "I recognise the serious challenge we face in terms of housing and a critical focus and priority has

been firmly placed on responding to this challenge by Wicklow County Council, through the development and implementation of the Social Housing supply programme."

The social housing target for Wicklow over the course of 2018-2021, Cllr Winters said, sets an ambitious task: to deliver over 1,300 additional homes under Build, Acquisition, Part V and Leasing schemes. She said "I am confident that this Council is committed, energised and mobilised to deliver on that ambition."

Regarding Delaney Park, she said it was named in honour of the Olympic Gold Medallist and former Arklow resident, Ronnie Delany, and she was delighted to welcome him to the opening.

The Cathaoirleach congratulated all the new residents and wished them the best of luck in their new homes which boast an 'A' energy rating, low cost heating systems and zero emissions.

Mr Frank Curran, Chief Executive,

Wicklow County Council, joined in the welcome to Ronnie Delany who won Gold for Ireland in the 1500 metres at the Summer Olympics in Melbourne in 1956.

"It is very fitting to honour this incredible achievement of a former Arklow resident by naming this housing scheme Delaney Park," he said.

The Delaney Park homes, he added, were located close to the town centre within safe and easy walking distance to shops, schools and parks. The new estate had been laid out in keeping with the adjacent Meadow Vale estate to give the development a sense of an integrated community.

Mr Curran said that over the course of the next two years, the Council's programme was expected to deliver newly constructed homes for more than 400 households on the Council's social housing list.

The Council currently has 18 Local Authority projects at various stages of construction and



Irish Gold medalist and Arklow local Ronnie Delany is pictured at the opening of Delaney Park in Arklow which was named in his honour

tendering, with funding of over €58m already sanctioned by the Department. A further 16 Schemes are under active consideration with a potential yield for a further 260 units by 2021.

The Council is also engaged with Approved Housing Bodies under the CALF and CAS schemes and with private developers who are delivering significant additional homes under Part V.

Wicklow County Council worked in partnership with the builder in developing the scheme as a 'Turnkey'. This collaborative approach to delivery is at the heart of the Council's supply programme and part of the strategy contained in Rebuilding Ireland. A further phase of 40 units has been approved by the Department.

Mr Curran thanked all involved in the provision of both developments,

including the Minister and his Department, along with the Council's own housing staff under Director of Services, Joe Lane.

Minister Murphy said the opening of the two estates in Arklow was a very important occasion with "houses built and people moving into their new homes".

He paid tribute to Ronnie Delany whom he said was a very proud Arklow man.

The Minister also praised the work of Wicklow County Council Chief Executive, Mr Frank Curran, who as Chairman of the County & City Managers Association's Housing & Building Committee, was driving the local authority housing programme nationally. Mr Murphy said 6,000 Council homes would be built this year and more than 7,000 next year.

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Chinese travel and lifestyle journalists, writing for various lifestyle magazines, as well as a popular influencer, were visiting Wicklow last week as guests of Tourism Ireland and Fáilte Ireland. The aim of the visit was to highlight Ireland's rich heritage to the group's combined audience of around 2.4 million readers and followers across China. Their busy programme included a guided tour of Powerscourt House and Gardens, which was followed by a visit to the 'Cool Planet Experience' on the grounds of Powerscourt Estate, where the group heard about climate change. They enjoyed lunch in the Powerscourt Hotel. Pictured is Alex Slazenger, head gardener at Powerscourt Estate (centre), welcoming Chinese journalists; also pictured are tour guide Min Lin Siew (left) and Zhenzhen Tan, Tourism Ireland (second right).

Potential Community Hub for Bray

Bray Area Partnership is asking local community and voluntary groups and others to complete a brief online survey to explore interest and need for a potential new Community Hub for Bray.

The idea is to create a purpose-built, centrally-located facilities and services hub that community groups and others could share - with affordable office space to rent, and shared facilities such as meeting, training and function rooms that could also be made available to the whole community.

Other ideas include workshops and studios for social enterprises, incubator spaces for business start-ups, a community café run as a social enterprise and perhaps even a community garden - all ideas are welcome.

The overall vision is of a warm and welcoming community space that meets high accessibility and environmental standards. The benefits for community groups and other users would be having affordable purpose-built facilities, easy access to spaces to hold meetings, training and events, and a collaborative working environment.

Bray Area Partnership will be leading this initiative but will be consulting with the community - they ask you to complete their brief survey and to also use the space to share your ideas for what the Community Hub could offer.

The survey will be open until 30th November - you can access it at: www.surveymonkey.com/r/95SRWWC



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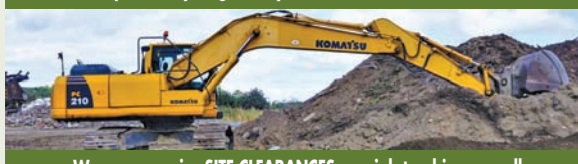
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Dunlavin nurse up for Excellence in Dementia Care Award

A representative from a Co Wicklow nursing home will be a finalist in the Nursing Home Ireland Care Awards 2019, in association with Homecare Medical. Adrienne Horan of Dunlavin Nursing Home is a finalist in the Nursing Home Excellence in Dementia Care Award.

Adrienne is one of 27 finalists across a range of disciplines within the nursing home sector who are going forward to the national awards ceremony final that will take place Thursday 14th November at Citywest Hotel, Co Dublin. She is one of three finalists in the Excellence in Dementia Care category. RTE presenter Marty Whelan will MC the awards ceremony.

Adrienne joined Dunlavin Nursing Home in May 2018 and from the get go, embraced her role with a fiery enthusiasm. Her creativity and vision for the home has led to the introduction of alternative activities such as chair yoga with local school children, medita-

tion, and the creation of a rural themed dementia friendly garden - 'pet therapy with a twist.' Adrienne has opened the doors of Dunlavin Nursing Home to local clubs, choirs, ballroom, musicians, schools and the wider community. Adrienne's mantra is very much 'Inclusiveness is key in dementia care.'

Nominations were invited and submitted from 382 NHI Member nursing homes that are based in communities across Ireland. The NHI Care Awards ten award categories recognise nurses, carers, ancillary workers, activity coordinators, catering in nursing homes, innovation in dementia care, community initiative, end of life



Adrienne Horan

care and the contribution of residents to nursing home life.

Tadhg Daly, NHI CEO, congratulated Adrienne. "Congratulations to Adrienne and Dunlavin Nursing Home for reaching the final of this national awards ceremony. It is a marvellous accomplishment and well deserved. With nominations coming in from

nursing homes across the country, and the standard of applications proving as outstanding as always, to be a finalist is deserving of recognition. The staff and residents of Dunlavin Nursing Home, and the wider community, should be immensely proud of Adrienne's achievement in reaching the final.

"The NHI Care Awards are a celebration of the fantastic care being provided by dedicated individuals and care teams in our 382 Member nursing homes in communities across Ireland. They celebrate the exceptional dedication of staff and nursing homes in meeting and going beyond the health-care and social care needs of people within these homes from home."

Greystones Cancer Support's Gala Charity Night

The Greystones Cancer Support Gala Night in Whale Theatre on 9th November will be a special evening, with the GCS Annual Super Draw as well as a special performance of Alive Alive O from Dry Rain Theatre Company.

Digging deep into Dublin's rich tradition of sharing stories and songs around many a warm fire and a cold pint, Alive Alive O is the latest historical and hysterical offering from the irrepressible and cheekily irreverent Dry Rain Theatre Company.

Celebrating the wit and wonders of those inside the Pale who also managed to be just that little bit beyond the Pale, this grand old Irish tradition is given the kiss of new life by Dry Rain's reigning queen, Lorraine O'Brien, aided and abetted by her regular comhpháirtithe sa choireacht, Emma O'Brien and Mick Heffernan.

Emma shines as Liberties girl Valerie, off to Galway on her first-ever holiday and soon racked with guilt over her slippery shenanigans with a local fisherman.

You will also meet two old liberty bells who are on an over sixties trip to Glendalough, only to stumble upon Elvis the Pelvis Presley, what's the 'King doing in Saint Kevin's Cell??' the Jailhouse Rock!?! All will be revealed.

Amongst all of this there is an inner child roaming around who's one and only ambition is to be a 'Shocking Holy Saint'. As if this was not enough, Mick Heffernan will entertain and delight

you with his golden voice and musicianship. The trio who are beloved by Whale audiences are joined by guest artist Phil Keogh who will send you home shaking your hips, clicking your fingers and tapping your toes.

Given Dry Rain Theatre Company's sterling reputation over the decades, and the acclaimed that greeted such recent hits as To Shorten The Road and The Queen Who Cancelled Christmas, you

can be sure that Alive, Alive O will be a night to remember. A night made all the more magical given that it's a charity gala performance for Greystones Cancer Support.

GCS offers guidance, encouragement and support to cancer patients, their families and their friends. Come along for a wonderful evening's entertainment that you don't want to miss!! And keep everyone on their

toes!

Saturday 9th November at 8pm (Doors 7pm) Tickets €35. See www.whaletheatre.ie or call the booking office on 01 2010550.

Greystones Cancer Support's Annual Super Draw tickets are now on sale with fabulous prizes to be won. GCS is marking 25 years of community cancer care this year. Tickets also on sale at GCS and local shops.



Lorraine O'Brien, Mick Heffernan, and Emma O'Brien star in Dry Rain Theatre Company's Alive Alive O, at the Whale Theatre in Greystones on Saturday 9th November.

Wicklow Town website is officially launched

WicklowTown.ie, an online compendium of everything to do with Wicklow Town, was officially launched at the Marine House on Wednesday the 16th October.

WicklowTown.ie is a sprawling website dedicated to everything Wicklow Town, with hundreds of pages detailing places to eat, drink, stay, see, and do, and much more. Everything from Wicklow's local club and its current events are covered across a mobile-responsive and easily navigable website that puts the whole town in the palm of your hand.

John Slattery Chair of the Digital Group from Wicklow Town Team

acted as MC at the launch event. Dave Shannon, Chair of Wicklow Town Team, gave an overview on the projects that the Town Team are currently working on and said "Wicklow Town Team are always open to new ideas and new people getting involved."

Rosemary Kavanagh from the Digital Group gave an overview of why the Town Team felt WicklowTown.ie was needed and introduced

everyone to the website features.

Wicklow Town Team successfully applied for funding under the Rural Development Programme (LEADER) through County Wicklow Partnership and the LCDC for this website along with securing Sponsorship from Burke Oil and Wicklow Town & District Chamber.

The website was developed by In Good Company, a Wicklow-based sales focused

agency and they will also be responsible for maintaining the site.

Present on the night was Minister Andrew Doyle, Councillors Mary Kavanagh & Paul O'Brien officials from Wicklow County Council, County Wicklow Partnership, Sponsors and members of the wider community.

Visit WicklowTown.ie today and take a tour through Wicklow's digital home.



Pictured at the launch of the new website for Wicklow Town, were John Slattery Chair of the Digital Committee of Wicklow Town Team, Minister Andrew Doyle, Rosemary Kavanagh, Vice Chair of Wicklow Town Team, and Dave Shannon, Chair of Wicklow Town Team.



Pictured at the launch of the new website for Wicklow Town, were Christine Flood, Brian Gleeson and Leonora Earls.

Funding for Wicklow's food & beverage strategy

Minister Andrew Doyle has welcomed the allocation of €124,500 of LEADER funding towards the implementation of the Wicklow Food & Beverage Strategy and has said this innovative project for Wicklow has the potential to benefit all food and beverage producers in Co. Wicklow and will broaden awareness of the quality of the food industry in the county.

"This is a huge boost for the food & beverage industry in Co. Wicklow and will enable the Co. Wicklow Partnership to devise and implement the vision and the goals for the industry.

"The 'Feast from the East' was Wicklow's first ever Food & Beverage Producer Showcase which took place in Kilruddery earlier this year highlighted the wide range of innovative products on offer as well as the quality of Wicklow products.

"The Wicklow Food & Beverage Strategy was published by Wicklow Co. Council and launched at Kilruddery event in March 2019. It found that Wicklow has a higher number of food producers per head of population compared to many other counties.

"In the context of these strategies, Wicklow is seen as a wild and beautiful place which lends itself to natural and seasonal produce. The Wicklow food trail.

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Wicklow Guides blaze a trail to Croke Park

Four Co Wicklow teenagers received the Trail Blazer National Guide Award - Irish Girl Guides' highest award - at a special ceremony in Croke Park this month.



Sienna Guilfoyle of Bray Guides pictured at the National Guide Awards in Croke Park with Irish Girl Guides President Maureen Murphy and IGG Chief Commissioner Helen Concannon.

Aoife Murphy from Blessington, Sienna Guilfoyle of Bray Guides and Rebecca White and Mia Kissane of Newcastle Guides were among 135 Irish Girl Guides (IGG) members who travelled from all corners of the country to receive the award and, with their Guide leaders and families, celebrate reaching the pinnacle of Guiding.

Each girl received a Trail Blazer gold pin from Irish Girl Guides (IGG) President Maureen Murphy and a National Guide Award certificate from IGG Chief Commissioner Helen Concannon.

Congratulating the recipients, IGG President

Maureen Murphy said, "It is a privilege to be here today to celebrate and acknowledge the achievements of our Trail Blazers who have all shown commitment in completing the challenges and, in doing so, putting your individual footprint on your tasks. You are inspirational, you will inspire younger members and take your learning and experiences gained into your communities and wider society."

IGG's Honorary Ambassador Dr Niamh Shaw said she was "especially excited" to attend the National Guide Awards to celebrate and acknowledge all the recipients' outstanding

achievements and contributions to the Irish Girl Guides. "I want you to keep contributing your very best to everything you pursue in life because you are our future, Ireland's future," she said.

"We can create any future we want if we dream big enough and work hard enough," she continued. "I can already see that working hard comes easy to you all, so nothing can possibly stop you from becoming whatever you want in your life."

Cora Stronge-Smith, Assistant Chair of IGG Guide Branch, said that, without the hard work and commitment of the 135 girls, there would be no

celebrations: "This award is made in recognition of the successful completion of a series of challenges, including teamwork activities, outdoor survival skills, community service, global awareness and working with younger members of Irish Girl Guides to help them develop confidence, independence and essential life-skills."

"We are delighted for you all and we all know that you have worked to your fullest potential to receive this award and hope you continue to use many of the life-skills you have achieved wherever life takes you in the future."



Rebecca White of Newcastle Guides



Aoife Murphy from Blessington, a member of Naas Guides

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Students invited to explore international study options at 'Study Away' event

A leading expert in securing university admissions abroad is to host an international universities event here in Ireland.

David Hawkins announced his first ever Irish event to take place on 15th November from 6pm to 8pm, in The Radisson Blu St. Helen's Hotel, Dublin. The Study Away event is free to attend and will see advisors from top third-level institutions from eight countries being represented - all on-hand to assist students with their application enquiries.

At the event, students will also have an opportunity to speak with the event organiser, David Hawkins, The University Guy, to gain invaluable information on how to make their applications a success. The University Guy has helped hundreds of students gain acceptance into over 80 institutions around the world in 2019, including Yale University, Waseda (Tokyo) and the University of Toronto. David is one of Europe's leading experts on applications to universities in the USA, UK, Canada, Europe and beyond. He provides one-to-one tutoring and guidance to students and their families, helping them to secure a place at the top university of their choice, and making the process of applications clear, manageable and successful.

This popular event, which has been held in various parts of the UK and overseas, is hosting its first ever event in Ireland. Students and families are invited to speak with David and university representatives to ask any questions about university applications, exams, interviews, deadlines, and much more.

Speaking at the launch of the Study Away event, David Hawkins said: "With rising demographics and company relocations due to Brexit, Ireland has been identified by the Council of International Schools as one of the top ten countries showing potential for international student mobility."

"Ireland has always been an outward looking country - a small country with a global mentality. We want to give students from all over Wicklow the opportunity to see what is available to them and to open up possibilities to them that they might not know exist."

"With 15 international colleges being represented from New York University to Glion Institute of Higher Education in Switzerland, and a host of others from Spain, Italy, the UK, Germany, USA, Netherlands and Canada, the Study Away event is a one-stop-shop for Irish students with a 'world is my oyster' outlook."

The event, which is supported by Unifrog is free to attend and is now open for registrations on www.studyaway.ie.

'Brain injury survivors facing lottery to access services'

A lack of brain injury rehabilitation services is devastating thousands of brain injury survivors and their families across the country who are left 'merely to exist', according to Acquired Brain Injury Ireland. Co. Wicklow is currently of the counties where there is no speech & language therapist for adult victims of acquired brain injuries from causes including stroke, road traffic accidents, falls, assaults, and brain tumours.

"Don't Save Me, Then Leave Me," was the wake-up call delivered to politicians by the national brain injury rehabilitation charity as they presented the case last week for urgent investment in regional neuro-rehabilitation services.

Barbara O'Connell, Chief Executive with Acquired Brain Injury Ireland, stressed to politicians how it's a lottery for brain injury survivors getting access to neuro-rehabilitation services which is having a detrimental impact on the lives of brain injury survivors and their families.

Acquired Brain Injury Ireland said despite more people surviving the major trauma of a brain injury, many young brain injury survivors are forced to live indefinitely in nursing

homes or community hospitals without access to any rehabilitation to aid their recovery. Additionally, many more are discharged home to families who are often unable to cope and struggling to understand the aftermath of brain injury.

According to the national brain injury charity if you have a brain injury outside Dublin, there are no specialist rehabilitation beds available regionally. This is despite the need for regional rehabilitation centres being clearly outlined in the Neuro-Rehabilitation Strategy in 2011 and confirmed again in the 2019 Neuro Rehabilitation Implementation Framework.

Acquired Brain Injury Ireland is now calling on politicians to support their proposal

to deliver Ireland's first Regional Neuro-Rehabilitation Centre and support families in crisis after brain injury. Their centre will offer specialist in-patient and out-patient rehabilitation for people with an acquired brain injury in a 25-bedded centre.

ABI Ireland say the centre will: Remove 'bed-blockers' and free up acute beds; Take brain injury survivors out of acute hospitals who don't need to be there; Free up places in the National Rehabilitation Hospital (NRH) and reduce NRH waiting list. Take people who have completed their medical rehabilitation or straight from the waiting list; Provide specialist brain injury rehabilitation that will ensure people reach their maximum potential; Reduce the burden

on families who are struggling to cope; Save money across our health services by providing timely access to rehabilitation and improving the flow of people from hospital to home.

Ms O'Connell, said: "This country cannot continue to save a life on the one hand, but then rob their quality of life on the other hand by not providing rehabilitation to brain injury survivors. Without investment in rehabilitation, our hospitals are clogged up unnecessarily by keeping brain injury survivors in acute beds that don't need to be there. Families are pushed to breaking point because of severe under-resourcing of brain injury rehabilitation. The reality is if you have a brain injury outside of Dublin, there



Acquired Brain Injury Ireland Chief Executive Barbara O'Connell (left) is pictured here with brain injury survivor Niamh Cahill

are no specialist beds for you."

Ms O'Connell added: "That's why we're calling on the government to support our proposal to establish a regional

neuro-rehabilitation centre. Nothing like this exists in the regions which is a major source of crisis for families stuck without a brain injury rehabilitation

pathway. Our proposal is in full alignment with the Government's Sláintecare plan. It will fill a vital rehabilitation gap for families, guiding their loved ones

with brain injury back to live in their own communities and out of high-cost care that does nothing to aid recovery after brain injury."



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BRAY & DISTRICT CHAMBER ANNOUNCES 2019 ENDEAVOUR AWARDS WINNERS

Popular Bray man, Rob Moran, who has worked tirelessly for local charities, was named Bray Person of the Year at the 2019 Bray Endeavour Awards, presented by Bray & District Chamber.

The Awards, which included a range of presentations to Bray's civic, community and commercial heroes, were made at a gala awards ceremony attended by 300 guests held in the Royal Hotel tonight (Friday 18th Oct 2019).

First presented in 1981, the annual Bray & District Chamber Endeavour Awards are designed to promote a strong sense of identity within the community

of Bray and foster civic spirit within the area. The Endeavour Awards recognise and reward outstanding contributions to the local economy, as well as Bray & District's cultural and civic development, whether by individuals, businesses or local organisations.

Sponsored by Event sponsors Commscope, reception sponsors The Royal Hotel and award sponsors AIB, Bank of Ireland, Bray Tourism,

Wicklow Co Council, Sea Life, Shoreline and Platinum Financial Planning, thousands of votes were recorded for this year's Endeavour Awards from across the community where members of the public voted for their Businesses of the year and their employee of the year. There was an emotional standing ovation when Rob Moran was named person of the year as the final award

was presented.

Speaking at the Awards, Chamber President Ruth Donnelly paid tribute to all those who had been honoured in this year's awards. "At Bray Chamber, we see these awards as our opportunity, and the opportunity of the community, to say thank you for the tireless efforts that have made to better the business and community life of our town in our community. These Awards are unique in that all recipients are nominated by the people of Bray, making the annual Endeavour Awards the premier public accolade that our community can bestow."



Rob Moran, Bray Person of the Year at the 2019 Bray Endeavour Awards



Cathaoirleach of Bray Municipal District Steven Matthews presents Thea Fogarty from Loreto Secondary School with the Young Achievers through Sports award at the Bray Endeavour Awards in the Royal Hotel



Open Door received the Community Award at the Bray Endeavour Awards in the Royal Hotel. Pictured were Ruth Donnelly, Bray Chamber President, Tom Murphy, Martin Ryan, Chairperson of Open Door, Mary Hackett, founder of Open Door, and Mark Meakin, Open Door.

The 2019 Bray & District Chamber of Commerce Endeavour Award winners are:

Person of the Year: Rob Moran for his charity work for local groups like Martin Codyre and The Gavin Glynn Foundation and his sporting success that includes three Iron man competitions this year.

Lifetime Achievement: Zan O'Loughlin for her work with the Arts and music in Bray over several decades and her fundraising for local groups.

Civic: Adam Burke for his community work with Ballywaltrim Community playground, with Youth Clubs in Bray, his work with The Comedy Festival and his work with Youth pod.

Community: Open Door provides facilities and activities for adults with varying disabilities, celebrating 35 years of caring in the community Sports Achievement The U16s Ladies Bray Rowing Club For their successful season winning Gold medals in the U 16s Patrick's Regatta, the Greystones Regatta, the Wicklow Regatta, the Bray Regatta. East Coast Regatta Gold winners and 2nd in the all Ireland Rowing Championships.

Young Achievers:

Arts: Eimear Cahill (Loreto)
Sports: Thea Fogarty (Loreto),
Academics: Rory Mulcahy and Killian Bourke (Pres Bray)
Sports Team: U14 girls Bray Emmets

In addition, Bray & District Chamber presented awards to local businesses:

Retailer of the year: Fleurtique
Online Retailer of the year: Arcade jewellers
Emerging Business of the year: Catalyst
Small Business: Bray Homecare
Large Business: Oriflame
Manufacturing: Business Key Plastics
Hospitality Venue: Maison Moli
Employee of the Year: Natalie Moloney, Tesco



Jonathan Hovenden, AIB, presents Eimear Cahill from Loreto Secondary School with the Young Achievers Through Arts award at the Bray Endeavour Awards in the Royal Hotel

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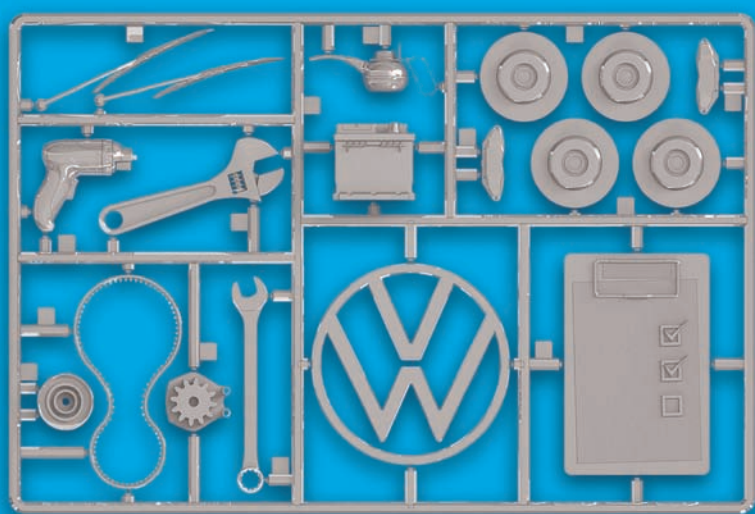
The rain and cold of winter will be upon us shortly, so it's time to get prepared. We get our homes ready for the harsh winter weather - getting the fuel in and so on - but few realise that the same rules apply to their cars. Luckily, a few simple steps, accompanied by a quick trip to a qualified garage, can make a world of difference to you and your car.



For those of us in locations characterised by heavy snow and dangerous winter roads - and that includes a lot of Co. Wicklow - your first line of protection should be a set of high quality tyres. Good deep thread tyres work by ridding themselves of snow and slush as they roll, ensuring as much direct contact between the tyre and the road as possible. Having a new set of deep thread tyres properly installed on your car will go a great distance toward helping you grip the road and keep control when conditions get rough.

When it's particularly cold, make sure your battery is fresh and strong. Cars need extra amps to get started in icy weather, and a weak battery that's been neglected all summer could come back to haunt you when you least expect it (say, for instance, late at night in the middle of a blizzard). By having your battery and charging system checked out by a professional, you might just save yourself one cold, lonely night. If in doubt, replace the battery - especially if it is over four years old. They always fail

when it's the most unsuitable time. Did you know your car can overheat in the winter? It's true, but potential trouble can be easily avoided by having your car's vital fluids checked and replaced. More specifically, take a close look at your anti-freeze and oil, and if you can't remember the last time you had a service, now would be a good time. Keep your car's engine running smoothly by making sure that it has a fresh supply of the fluids it needs.



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And don't forget washer solvent. Anyone who's ever driven on a heavily sanded or salted road knows how quickly a car's windshield can be coated. Keep it clean and clear with a fresh supply of washer fluid. And while you're at it, make sure your windshield wipers are new and up to the task of sweeping away all that

heavy snow, salt and dirt.

Last, but certainly not least, break out the bucket and sponge and give your car a thorough cleaning. A good wash and wax goes a long way towards repelling some of the salt and dirt that can easily corrode your car's exterior. And please, for your car's sake, do what you can

to keep it clean. And yes, if your car could speak, it would say the same thing.

It's always worth throwing a few items into the boot for the winter - a rope, a torch, an emergency triangle, checking the spare tyre and tool box. Lastly, the great safety item of our age is the mobile phone - make sure it's charged up before you leave - and it's worth checking your AA, RAC or Eurocare memberships - they can be a great asset in winter.

Now is a great time to get your car fully serviced - so it can work reliably all winter when a breakdown is not just a nuisance but also a safety hazard.

The importance of having your car in good working order is often overlooked at this time of year, perhaps when it is needed

most. Regular servicing of your vehicle will not only improve its reliability, safety and environmental performance, but also significantly protect its resale or trade-in value.

Research has shown however that many motorists rely purely on the biannual NCT to determine their car's road worthiness, which is both a false economy and potentially dangerous. At the same time, if you're thinking of lifting the bonnet for a spot of DIY servicing - don't! Modern vehicles are increasingly complex, with sophisticated engine management and other electronic systems.

It is important to ensure that your car is maintained by qualified professionals. Check the list below, which details handy 'top tips' that will make a hassle free



motoring more likely.

A vehicle's service history can not only boost its value but also make the difference

between a desirable and completely unwanted car. The absence of a service history may knock

€1,000 or more off a car's value or, even worse, may simply make the vehicle unwanted.

A pre-holiday service is money well spent - especially for any long journey or overseas trips are in the offing.

Top Ten Tips on Motor Servicing

- Check if the garage employs qualified mechanics, and can show that technicians are suitably qualified and/or is registered by the SIMI or equal.
- When at the premises, check for training certificates on display. If in any doubt, ask.
- Ensure that the garage is familiar with your car's make and model.
- Prior to booking your car in, consider how it's been running. Be honest - inform the service staff of any problems and/or any recent work carried out.
- Check what is included within the service - ask to see a copy of the service schedule for your vehicle type.
- Check the breakdown of costs, including all parts, consumables, labour and VAT - you should know exactly what you are paying for.
- Insist that no additional work is undertaken without your express permission. If recommended, this should be quoted against, not estimated. Ask for any replaced parts to be retained for your inspection upon collection.
- Ensure that you receive a detailed itemised report with a verbal explanation of the work undertaken and/or recommended. Ask about the garage's quality control checks and make sure your service book is stamped.
- Ensure that the name of the technician that works on your car is detailed on your invoice. Ask to speak to him or her specifically, if you have any concerns or require necessary explanations.
- Ensure that you receive a guarantee. Make sure you know what it covers, check the period of validity and identify the complaints procedure, should a query arise.



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Emily Allen and Leah Keogh from Scoil San Eoin, Redcross at a sponsored cycle for the school's annual Halloween fundraiser. The pupils recently completed two courses of the Cycle Right Programme which teaches them about Road Safety and how to maintain their bicycles and it also develops the children's confidence as cyclists and road users.

Top tips for keeping your dog safe this Halloween

Halloween and the period leading up to it can be a frightening and confusing time for many dogs. Fireworks tend to be sudden, unpredictable and bright and sadly this combination of effects can often have a profoundly negative impact on some dogs.



In fact, research carried out on behalf of Dogs Trust, found that 52% of dog owners describe their dogs as being quite or very frightened by fireworks and bangers.

If your dog is feeling scared or nervous, the charity has put together some tips you can do to help make sure your dog doesn't get too upset or injure themselves in a panic.

- Walk your dog before it gets dark to avoid fireworks and flashing lights and to make sure he is well exercised and has had a toilet break before the fireworks begin.

- Feed your dog before the fireworks begin as he may become unsettled and not want to eat during the fireworks.

- Provide a safe hiding

place - at noisy times around Halloween, make sure your dog has somewhere safe in his or her favourite room, perhaps under the table. Close the curtains, turn the lights on, and turn up the volume on your TV or radio to drown out the firework noises.

- Don't leave your dog alone outdoors during the Halloween period, scared dogs can make desperate attempts to escape and there is the danger of him being injured.

- Be extra careful when opening the door as your dog may escape; if possible, try to ensure there is another closed door between your dog and your front door.

- Never force your dog to wear a dog costume - loosely tied festive dog-

gie bandanas are usually more acceptable for dogs.

- Do not force your dog to receive any unwanted attention even from family members, as they may not recognise people in costumes.

- Make sure that your dog is wearing a collar and an ID tag and that his microchip details are up to date via fido.ie in case he escapes.

Speaking about Halloween, Head of Operations at Dogs Trust, Karla Dunne said "Halloween can unfortunately be a terrifying and confusing experience for some dogs. Dogs' hearing is approximately four times more sensitive than us humans and they can hear much higher frequency sounds than people, so you can imagine

how loud the whizz, pop and bang of fireworks can be for dogs! We are asking people to please think twice about taking their dogs 'trick or treating' as the extra excitement around the event and meeting strangers may cause them distress.

"We are also reminding people to keep treats and sweets away from your furry friends. Chocolate, raisins, grapes and the sweetener xylitol are toxic to dogs. If you suspect your dog has eaten anything he shouldn't, please call your local veterinary practice immediately and always store their out of hours' emergency number on your phone."

Although Dogs Trust does not recommend taking your dog Trick or Treating, that does not mean your dog needs to be left out of the fun. As well as keeping your dog safe, it is important to ensure that you can make the night as enjoyable as possible by keeping him distracted with treats and games. Give your dog a Kong or K9 Connectables jam packed with tasty goodies, which will help keep him busy and calm."

For more tips and tricks on how to keep your dog safe and happy this Halloween, and a short video with the charity's top tips, please go online and visit DogsTrust.ie/Fireworks

'Fireworks can be beautiful but devastating'

Just in time for Halloween, the Minister for Justice and Equality, Charlie Flanagan TD, together with Chief Fire Officer of the Dublin Fire Brigade, Denis Keeley, and Chief Superintendent for the DMR North Central, Patrick McMenamin, have launched a campaign to warn the public of the dangers of fireworks, including the potential for injuries and property damage as well as highlighting penalties that come with the illegal use of fireworks.

Fireworks are classed as explosives and are regulated under national and EU legislation. They can only be imported into the country under licence. They must be stored and sold in accordance with explosives law.

It is an offence to possess a firework with intent to sell or supply, without a licence; light illegal fireworks; or throw or direct a lit firework at any person or property.

Launching the campaign this afternoon, Minister Flanagan said "Most of us enjoy firework displays and we associate them with very special occasions. However, it is really important that anyone who intends to illegally purchase fireworks to mark Halloween knows

that these devices can be extremely dangerous and cause very serious injuries. I want young people and their parents in particular to be aware of the risks - fireworks may be beautiful to watch but can be devastating if handled incorrectly.

The Minister continued, "The law contains severe penalties in accordance with the dangers fireworks pose. Having unlicensed fireworks in your possession with an intent to sell or supply can result in a fine of up to 10,000 or up to five years imprisonment or both. Igniting fireworks or throwing an ignited firework at a person or property is also liable to the same severe penalties.

"Using illegal fireworks can harm not only you,

your children or your pets - but your pocket and your reputation. They're just not worth the risks."

The Department of Justice and Equality is launching the annual campaign to highlight these penalties in a bid to help keep communities safe this Halloween, working together with Emergency services, that are particularly busy at this time of year to prevent injuries and the illegal importation, sale and use of fireworks.

An Garda Síochána has put in place measures to prevent and detect the sale and organised importation of fireworks in the lead-up to Halloween. Operation 'Tombola' is designed to address all aspects associated with the policing of the

Halloween period, including the prevention and detection of illegal fireworks for sale and associated public disorder and anti-social behaviour. Fireworks with an approximate value of €2300 were seized during a search in Graigueenamanagh, Co Kilkenny during the week.

Every Halloween, the Fire Service receive a high number of callouts to bonfires and fireworks related incidents. Firefighters are urging parents not to buy illegal fireworks for their children this Halloween and instead Families are being encouraged to attend family events organised by the council, rather than illegal fireworks and bonfire displays.

'If you see a bonfire call the Gardai'

Former councillor and Garda, Brendan Thornhill, says everyone should take collective responsibility for illegal bonfires which appear at Halloween. "Bonfires are illegal, bad for the environment, draw anti-social behaviour; are dangerous and are unsightly in estates after the event," he said.

Thornhill advises people if they see stockpiling of bonfire material or the setting up of bonfires to alert the Gardai, Bray Council and local council representatives.

"Remember you the taxpayer will pay the tab for these illegalities mainly with extra burdens on the fire services. The danger of fireworks used at this time should also be borne in mind. Halloween should be enjoyed but not at the expense of persons affected by illegal activities."

The lighting of bonfires at this time are illegal under the Waste Management Act 1996 as amended by the air pollution act 1987.

Thornhill continued:

"The burning of waste includes a wide range of activities and it is important that members of the public understand that that they can be prosecuted and held responsible re these bonfires.

"Wicklow Country Council has advertised on the local press about this matter. Some estates in Bray have had their open spaces destroyed by these bonfires in the past and these bonfires are bad news for a Tidy Town.

"Fireworks are also illegal and also can cause injury and inconvenience to people, pets and animals if used in a dangerous fashion. People should bear in mind Health and Safety at Halloween."



Former Garda Brendan Thornhill

Haunted Wicklow!

County Wicklow has no shortage of spooky and allegedly haunted buildings and sites. Here we take a look at a few of the main ones.

Wicklow Gaol

Wicklow's Historic Gaol has the reputation for not only being the most haunted building in Co. Wicklow but one of the most haunted buildings in the entire country. Given the gaol's brutal history of torture and death, it's not surprising. The gaol's gallows got a lot of use; the gaol was the scene of many hangings, and some prisoners were even buried on the grounds of the gaol itself after being executed. Sometimes heads were chopped off the bodies and left for a hawk to feast on. As well as the executions, diseases such as typhoid fever accounted for many more deaths in the gaol, and often the bodies of prisoners who died from typhoid were left to rot in the cell after death so as the

gaoler would not become infected. Some of the 'strange and unexplained' events over the years have included: A woman in a full length black velvet cloak with the hood up seen walking towards the two rooms at ground level; A smell of roses or at other times bad smells sometimes emanate from Cell 5; green mist floating around the main floor; On the top floor some visitors have reported seeing or hearing children crying.

Bel Air Hotel

One of Ireland's oldest hotels, The Bel Air Hotel in Ashford has spooked its share of guests over the years. Like Wicklow Gaol it has attracted paranormal investigators and ghost hunters to stay there, and it hasn't disappoint-

ed them. Apparitions people have claimed to see over the years have included a housekeeper with a limp roaming the halls and moving up and down the staircase, or sitting on the edge of beds, while other reported ghostly activity has included events such as curtains opening by themselves, and guests seeing orbs or light or feeling a physical presence.

Hellfire Club

Close to the Dublin/Wicklow border, the Hellfire Club, or Montpellier Hill, has long been associated with the supernatural, entwined with tales of the occult and demonic manifestations. Now just the ruins of a lodge, it was once a meeting place in the early 18th century for members of

the Irish Hell Fire Club, an infamous group known for their debauchery, and rumoured to be satanists and practitioners of black magic who sacrificed cats at black masses. One of the most famous folk tales is that the Devil himself has appeared there.

Arklow's Drummer Boy

One of Arklow's most well known ghostly tales is that of the ghost of a young drummer boy that appears to carry out unfinished business. It's said that when he was alive the boy was tasked with banging a drum to sound the alarm when the English garrison at the old Ormonde Castle was about to be stormed, but that he fell asleep on the job. As a punishment, he was locked away in the castle but was forgotten about, and died from starvation or suffocation. Legend goes that the boy's ghost now appears at the old Ormonde Castle to fulfill the duty that he failed in when alive.

Glendalough's lady in red

According to Glendalough.connect.ie, "Perhaps the most famous legend of St. Kevin is the one about Kathleen of the 'eyes of



Wicklow's Historic Gaol, said to be one of Ireland's most haunted buildings.

most unholy blue'. She is said to have pursued the handsome Kevin in a bid to captivate him, ignoring the fact that he was bound by holy vows. He became annoyed and repulsed her by beating her with a bunch of nettles. She later sought his forgiveness and is said to have become a very holy woman, noted for her "grate sanctity." It's been said that the ghostly figure of a woman in a red

dress said to be Kathleen has shown up in tourists' photos taken in Glendalough's Monastic City over the years.

Lover's Leap

According to Paranormal Database, the Lover's Leap rock in the Dargle Valley is the site of a recurring ghostly manifestation. On 23rd June each year, a female ghost is said to appear and jump off the rock. The tale goes that

she is a woman who was unfaithful to her boyfriend, and when he died from grief she 'sat in mourning over his grave continuously for several days before taking her life on the rock, leaping into the river below'.

The Headless woman of Wicklow Head Lighthouse

There is a local legend about Wicklow Head Lighthouse that says that

a woman was decapitated there during the mid 19th century and that her ghost now haunts it. According to Paranormal Database, 'this woman was decapitated with a scythe after a jealous former boyfriend became overly upset when he discovered her engagement to another. The entity is said to haunt the staircase, and according to one story was once seen by a party of six people



Bel Air Hotel, Ashford

'Halloween poses dangers to both domestic and wild animals'

ISPCA Public Relations Manager Carmel Murray said: "While we all enjoy the festivities of Halloween, many pets and wildlife find this time of year terrifying.

It is important that they have a secure place to hide indoors if they are frightened by the noises of fireworks and trick-or-treaters calling to the door. Leaving the lights low, and playing the radio or television can help drown out some of the sounds as it can be a stressful time for them. It is important our pets are kept safe in a secure room where they cannot dart out an open door. If your pet manages to escape, it is important they are wearing an ID tag plus they should be microchipped which is a legal requirement for all dogs and puppies once they are 12 weeks old. Pets that have been found will be scanned for a microchip which holds the pet owners contact details so it is important this information is kept up to date".

Carmel added: "Halloween can be a dangerous time for our wildlife so it is important to check under wood, scrub and leaves for hibernating hedgehogs before lighting any bonfires. Sadly stray animals can fall victim to abuse or cruel Halloween pranks. If you witness any animal cruelty, contact your local Garda station immediately and report it to the ISPCA National Animal Cruelty Helpline on 1890 515 515".

Look out for wildlife

Hedgehogs go into hibernation this time of year, and will sleep in wood piles or heavy scrub and leaves. It is important you check under all wood piles before lighting any bonfires to ensure there is no wildlife hibernating. Some outdoor decorations such as a fake spider webs or string lights can snare wild animals, so be careful about hanging them and remove them after the festivities.

Help your pets during Halloween

Pet owners can help train their dogs and cats to become accustomed to the sounds of Halloween fireworks by playing similar sounds at low volumes. As difficult as it may be, try not to react to your pet showing signs of fear as it may be the best way you can help them. Licking objects such as kong toys filled with treats may help ease your pet's stress. If they are up for it, playing with them may also be a welcome distraction, but don't force it if your pet is too upset to play. Walk your dog(s) in the morning and earlier evening away from any fireworks. If you are concerned that your pet is unmanageably terrified of the noise of fireworks, you should consult

your vet to discuss ways for managing your pet's stress.

Outdoor pets including small mammals or birds should also be brought indoors into a secure garage or shed where they can be secure from any loud noise or fireworks. You can also cover hutches or cages with blankets to act as sound-proofing.

Horses, ponies and donkeys should also be microchipped, and those that live in areas with a considerable amount of Halloween-related noise should be securely stabled to prevent them from escaping or hurting themselves.

Hazards - Keep sweets and decorations out of reach

Dogs and cats should be kept away from sweets and Halloween decorations. Chocolate and raisins are highly toxic to pets, as are any sweets containing the sugar substitute xylitol. Ingesting foil or plastic wrappers can also lead to digestive problems and may require surgery. If your pet does ingest something toxic, contact your vet immediately.

Costumes are fun for us, but may not be fun for them

No all pets will tolerate wearing costumes and it may cause them undue stress. Only dress up your pet for Halloween if you know they enjoy it. Halloween themed bandanas can be less restrictive so if you do choose to put your pet in a costume, make sure it does not limit the animal's movement, vision, ability to breathe or behave normally. Also ensure any costume doesn't have any small, chewable pieces or toxic paints or dyes. People wearing Halloween costumes can be equally as scary to pets. Masks or other costume accessories may trigger their territorial instincts. While people might enjoy being spooked during the Halloween festivities, it's not fun for pets. If your pet is scared, ensure they are in a separate room and safe place.

Report animal cruelty

Unfortunately stray animals can fall victim to abuse or cruel Halloween pranks. If you witness animal cruelty, contact your local Garda station immediately and the ISPCA National Animal Cruelty Helpline on 1890 515 515 or report online www.ispc.ie/cruelty_complaint

Jeepers creepers, take care of your peepers

Witches, warlocks, black cats and devils are being urged to make sure they look after their eyes this Halloween.

Specsavers want to ensure fancy dress revellers don't play a trick on their eyes through costume lenses and make-up and instead treat them to the care they deserve this October 31st.

While novelty contact lenses may seem like a perfect costume addition, they can cause damage to eyes - especially if they are not handled correctly. Not knowing how to wear or care for them can also result in numerous minor eye conditions - such as red eye, infections and scratches - as well as more serious complications that can, in severe cases, lead to sight loss.

Dr Nigel Best, Specsavers clinical spokesperson, says: 'Halloween contact lenses have become incredibly popular in recent years; however, consumers often are not aware of the risks associated with misusing contact lenses.

'In particular, if a wearer hasn't had a proper consultation with an optometrist beforehand, they probably haven't been taught how to wear or care for their lenses correctly. The results can be nasty and range from mildly irritating complications, to potentially sight-threatening conditions such as fungal infections like microbial keratitis.'

Dr Nigel Best continues: 'If you do start to notice any discomfort, irritation or pain during or after wearing Halloween contact lenses it is important you visit an opticians immediately. Many of our Specsavers stores now offer eye health clinics where you can receive treatment for a range of minor eye conditions without needing to visit your GP or hospital.'

It is also important to ensure any spooktacular make-up is properly removed before going to bed. Dr Best adds: 'Leaving your eye makeup on when you go to sleep - particularly eyeliner and mascara - will increase your chances of getting bacterial and oil build up around your eyes or even inflammation. Make sure you always gently remove beauty products to reduce infection and keep your eyes clean.'

How to avoid a frightening mishap this Halloween

- Seek guidance from your optician before using novelty contact lenses
- Avoid purchasing cheap products online
- Clean and store your lenses properly to avoid infection
- Do not fall asleep in your lenses
- Never share contact lenses with other people

Local food producers among winners at Blas na hÉireann Awards

Blas na hÉireann, the Irish food awards, announced this year's winners, with seven producers winning from Wicklow. They were announced at the 2019 finals which took place in Dingle, Co. Kerry.



Diarmuid Murphy, Miena's Nougat, won Gold for their Dunnes Stores Simply Better Irish Handmade Almond and Pistachio Nougat at the Blas na hÉireann Awards. He is pictured with Artie Clifford, Chairman of Blas na hÉireann, and Ciaran O'Tuama, Champion Insurance

Now in their 12th year, the Blas na hÉireann awards are the all-island food awards that recognise the very best Irish food and drink products, and the passionate people behind them.

The bronze, silver and gold winners from Wicklow across a range of different categories are 250KAL Foods Ltd., Avoca, Equipital Ltd (Gino's Gelato), Le Paysan of Wicklow Ltd., Miena's Nougat, Rhoda Cocoa and Wicklow Farmhouse Cheese. With Equipital Ltd (Gino's Gelato) winning Best in Wicklow and Rhoda Cocoa winning Best in Farmer's Market for Wicklow.

The biggest blind tasting of produce in the country, the criteria on which the product is judged as well as the judging system itself, which was developed by Blas na hÉireann with the Food Science Dept of UCC and the University of Copenhagen, is now

recognised as an industry gold standard worldwide.

Products entered are blind-tasted, meaning that all packaging and identifying features are removed from products before being presented for judging, creating a level playing field for products from both large and small producers. Judges come from a range of food backgrounds from chefs to restaurateurs, academics, journalists, authors, food champions, caterers and enthusiastic home cooks.

The founding mission of Blas - establishing quality benchmarks for Irish produce on a level playing field - is strictly adhered to and measurably applied.

Minister Andrew Doyle welcomed the fact that Wicklow did very well, saying: "The Blas na hÉireann awards are the biggest blind tasting of produce in the country and the criteria on which the product is judged as well as the judging sys-



Anthony Murphy of Gino's Gelato, which won Gold for their Pistachio and also the 'Best in Wicklow' award at the Blas na hÉireann Awards

tem itself is recognised as an industry gold standard worldwide.

"I am delighted to see the food & beverage producers of Wicklow are

gaining such recognition and I am confident the industry will continue to go from strength to strength."

'Taste The Island' in Wicklow

Fáilte Ireland's new programme of exciting food and drink events and experiences is currently taking place across County Wicklow.

'Taste the Island', which was launched in August 2019 by Angela Scanlon, is a 12 week celebration of Ireland's seasonal ingredients, adventures and tastes, culminating in bold experiences that will take place across the Island of Ireland, including a variety of unique experiences in County Wicklow.

Now in full swing, Taste the Island's objective is to transform Ireland's food and drinks culture, encouraging people to pull up a seat and join Ireland's table. The all-Ireland line up will feature over 600 unique food trails, festivals and dining experiences taking place across Ireland, which has been developed by world-renowned Irish chefs, producers and craftspeople.

Taste the Island Wicklow line-up:

Meet the Makers - November 2nd, 9th, 16th 23rd 30th

Enjoy a full tour of the indigenous Irish food and drinks industry in County Wicklow - also known as the Garden of Ireland. This experience will connect you with the people behind some of the fantastic innovations that are happening in Ireland's food and drink landscape today.

Wine Tasting at Wicklow Way Winery - Each Sunday in November

Learn about the history of winemaking in Ireland, followed by a visit to the tasting room overlooking the winery. In the tasting room taste the three wines produced at the winery - Moinéir Irish Strawberry, Blackberry and Raspberry wines, experience their unique aromas, flavours and colours along with tasting Irish artisan cheeses and chocolates.

Mindful Eating Retreat - 9th - 17th November

Whisk yourself away to our mindful eating retreat at Abhainn Ri in the Wicklow Mountains. Taste the garden of Ireland through locally sourced foods, experience life on the farm, learn to make your own bread and butter, and immerse yourself in mindful eating for the body and soul. This retreat will allow you to relax and revive while experiencing food from Ireland's lush landscape.

Glendalough Distillery Celebrates International Poitin Day - 18th November

Glendalough will host an afternoon dedicated to Poitin. Meet the Head Distiller and witness your own batch of Poitin being made. Taste a sample of rare Poitins no longer in production and enjoy food pairings matching the poitin with bread from the firehouse bakery and cheeses from the Wicklow farmhouse

Wicklow Wolf's quest to become most sustainable brewery in Ireland

Commercial energy supplier Naturgy has signed a new contract with Irish craft beer manufacturer, Wicklow Wolf, as it pledges to become Ireland's most sustainable brewery.

Naturgy will supply 100% renewable electricity to the brewery's new headquarters in Newtownmountkennedy over a 2-year period.

The 17,000 square foot brewery is designed to dramatically reduce energy use, water waste, and its carbon footprint. Wicklow Wolf is aiming to reduce its energy per unit output by 10% over the next five years.

Naturgy has been providing 100% renewable electricity to hundreds of

large businesses across Ireland for over five years. Wicklow Wolf joins a growing list of companies working with Naturgy to become carbon neutral.

"Sustainability is at the core Naturgy's mission and values; therefore, we are delighted to work with Wicklow Wolf and assist them on their journey to become Ireland's most sustainable brewery," said Barry

Murphy, Commercial Director at Naturgy Ireland.

"Energy is evolving and so are businesses' attitudes to energy usage. It's fantastic to see so many businesses are now taking the first steps to becoming carbon neutral. Naturgy helps hundreds of businesses, like Wicklow Wolf, every day, to reduce their energy usage, implement green energy options and develop more effective pro-

curement strategies. If you want to be more sustainable, Naturgy's energy experts can help you achieve it," he added.

Wicklow Wolf has also implemented other measures to become carbon neutral. For example, it has moved from bottles and now produces all its beer in cans, a more environmentally friendly and sustainable delivery method, which weighs less and is more easily recycled. The company, which employs 20 people, already grow some of their own hops on a three-

acre plot, meaning zero air miles or transport emissions.

"Working with Naturgy was a no-brainer for us," said Simon Lynch, co-founder of Wicklow Wolf brewery.

"Naturgy's knowledge and expertise of the renewable energy market is second-to-none. It offers the best green energy options and helped us develop an energy strategy that will work for our business and help reduce our carbon footprint," he added.

Wicklow Pub reaches finals of Irish Pub Awards

Micky Finn's Pub at The Wicklow Brewery won the Best Tourist Pub regional award for the East Region in the Irish Pub Awards 2019 and will compete at the National Awards Final on 20th November.

All 63 regional winners will be showcased as best in class in their region and will receive a prize package of management training to help them progress their business further. All regional winners will also avail of comprehensive media coverage. The Irish Pub Awards have enjoyed substantial growth each year. President of VFI, Padraig McGann says: "The Irish Pub Awards have helped raise the profile of the Irish Pubs as a place to visit; enjoy good food and 'craic' with music and as a gathering place for locals and tourists alike".

Funding for agricultural shows

More than €600,000 for Agricultural Shows around the country has been allocated to fund approximately 120 shows due to take place in 2020. The announcement was made last week from Michael Ring T.D.'s Office, Minister for Rural and Community Development.

Commenting on the news, Fine Gael general election candidate for Wicklow Billy Timmins said: "Carnew, Kilmacanogue, Tinahely and Tullow will each receive about €5,000 to assist in the promotion of their Agricultural Shows. This is welcome and these shows are an important fixture on the calendar and help promote our main indigenous industry.

"Each qualifying show will receive a payment of approximately €5,000 to support these important events in rural communities. The investment is being administered through the Irish Shows Association (ISA) and the recipients are all members of that Association. It is intended that the funding will help the Agricultural Shows to meet the financial challenge associated with delivering their events."

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Two Wicklow community projects ready for Good Causes Awards



Monika Sapielak and Ian Oliver from the Centre for Creative Practice

Small Capital Grants Scheme for Social Enterprises

A €1 million Small Capital Grants Scheme for social enterprises throughout Ireland was announced last week.

The scheme, which is funded by the Dormant Accounts Fund, will provide grants of between €2,000 and €15,000 for equipment, repairs or refurbishments which will enable social enterprises to improve their service.

The scheme is an initiative under the National Social Enterprise Policy for Ireland 2018-2022, which the Minister published in July, and will be administered through the Local Development Companies.

Announcing the scheme, Minister for Rural and Community Development Michael Ring said "The new small capital grants scheme will support over 100 social enterprises through funding of 1 million from the Dormant Accounts Fund. It will provide grants of between €2,000 and €15,000 to enable social enterprises to make small equipment purchases, or to carry out refurbishments to their premises to help them to improve their service delivery. The scheme will be of particular interest to smaller or start-up social enterprises which do not necessarily have the capacity to compete for larger grants."

Full details of the Small Capital Grants Scheme for Social Enterprises, including Applications Forms and Guidelines, as well as a list of Local Development Companies and their contact details, are available on the Department's website, www.gov.ie/drcd.

Representatives from two Wicklow organisations, the Centre for Creative Practices and Greystones Lawn Bowling Club, have presented to the National Lottery Good Causes Awards 2019 judging panel as part of the final process of the competition.

Attention now turns to the Awards event which takes place on Saturday 2nd November. The judging panel, chaired by broadcaster and businesswoman Norah Casey, recently spent two days in Athlone meeting the 36 finalists from all over Ireland, who each received their trophy for being a national finalist.

The National Lottery Good Causes Awards honour the inspiring work and achievements of thousands of projects, clubs and individuals from all over Ireland who with the help of National Lottery Good Causes funding have had an extraordinary impact on their local communities. Nearly 30 cent in every 1 spent on National Lottery games goes back to Good Causes all over the country.

Founded in 2009, the Centre for Creative Practices (CFCP) is a not-for-profit, national development organisation for migrant and culturally diverse artists in Ireland. CFCP is widely acknowledged as a pioneer and catalyst for promoting cultural diversity, intercultural collaboration and exchange, and for helping migrant and culturally diverse artists to access the local arts scene and resources to showcase their talent and build sustainable careers for their own and societal benefit. CFCP will contest the Arts & Culture category.

Greystones Lawn Bowling Club was founded in 1985 and is situated in a beautiful, tranquil setting by the sea in Greystones. They cater for bowlers of all ages

and abilities all are made equally welcome. Lawn bowls is a competitive sport, but can also be played socially. It is an enjoyable team or singles sport and a great way of enjoying the company of others. The club, which will be in the Sport category, says that one common comment from their bowlers is they wish they had started earlier!

The awards have six categories: Sport, Health & Wellbeing, Heritage, Arts & Culture, Community and Youth. A seventh category, Irish Language, will have a special award to be announced on the night at the Awards final, in recognition of outstanding work done in the promotion of the Irish

Language.

Each national category winner will receive €10,000 while the overall Good Cause of the Year will get an additional €25,000 on top of this. The winners will be announced at a Gala Awards event in the Clayton Burlington Hotel in Dublin on Saturday 2nd November.

Awards chairman Norah Casey said the judging panel had an incredibly hard job deciding on the winners for the awards and said: "We were blown away by the 36 presentations. Each of the groups we met are doing amazing work in their communities and were all winners in their own rights. The work that is being done all over

Ireland with the help of National Lottery Good Causes funding is truly humbling and outstanding. I wish the representatives from all 36 organisations all the best of luck on the night"

Nearly 30 cent in every 1 spent on National Lottery games goes back to Good Causes in the areas of sport, youth, health, welfare, education, arts, heritage and the Irish Language. In total more than €5.4 Billion has been raised for Good Causes since the National Lottery was established 32 years ago. In 2018 alone, more than €228 million was raised; the equivalent of €620,000 a day in support for local Good Causes in communities across Ireland.



Pictured is Men's Captain of Greystones Lawn Bowling Club Seamus Eager, and Ladies Captain Elizabeth Eager, with Robert Magee from the Lotto Good Causes Awards.

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Laragh Glendalough Tidy Towns looking for volunteers

An open invite is being extended for new members to come along to the Laragh Glendalough Tidy Towns meeting on the 12th of November at 7.30pm in the Brockagh Resource Centre. You may have an interest in community involvement, the environment, landscaping, wildlife habitats, or litter control. You may be a student who wants to get involved in a community group or new to our community, everyone is welcome.

Contact laraghglendaloughtt@gmail.com or fb.me/laraghglendaloughttcitytown.

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Wicklow Town man launches beautiful debut nature book

In 2016 Wicklow Town's Conor O'Brien had a notion that would ultimately take him all over Ireland, across the four provinces and take two years to complete.

His idea was to seek out 12 of our rarest or most elusive birds, species that had eluded him on all of his previous forays across Ireland. It was a quest that would test and try him - while also opening his eyes and ears to the beauty, variety and history of our island.

Hopping on buses and trains to the four corners of Ireland, O'Brien endured all weather from the warmest days of summer to driving winter rains in search of

his subjects. Some are highly localised, some extremely shy. They include top predators of day and night; migrants who cross continents to be here; sea-going pirates; underhanded nest parasites; songsters of the high mountains; and ingenious forest dwellers.

Ireland Through Birds, published October 25th, takes the reader on an ornithological adventure around Ireland in search of twelve of our rarest and most elusive birds.



Conor O'Brien from Wicklow Town, author of 'Ireland Through Birds'

pro prowess of the barn owl, while paying a moving, poetic tribute to our natural heritage - and warning about the threats that face it. Ireland Through Birds is a unique blend of natural history and travelogue, making it a great read for anyone with an interest in Ireland's natural world. (PB RRP €16.95/£14.99)

Conor W. O'Brien has been birdwatching since childhood, and it is a passion that has since taken him around the world. He has chased hummingbirds through the rainforests of Panama, ascended the Pyrenees in pursuit of bearded vultures and been left in awe of mighty martial eagles on the plains of Kenya. However, some of his most memorable wildlife encounters have occurred in Ireland, many of them recounted in Ireland Through Birds.

An accomplished wildlife writer and photographer, Conor's work has featured in Wings - the official publication of Birdwatch Ireland - and in Irish Wildlife magazine. Conor has written for local and national newspapers as well as lifestyle and travel publications in Ireland and abroad. He is a native of Wicklow Town and lives and works in Dublin.



Along the journey the author explores every kind of landscape and habitat our island has to offer across all four seasons, from the remote isles of Donegal to the rugged mountains of Kerry and urban parks of Dublin. Through it all, O'Brien is enchanted by calling corn-crakes, mesmerised by hunting harriers, and chased by angry skuas.

It's a journey through a staggering array of landscapes that'll bring the reader face to face with the rich history and stunning wildlife to be savoured right on our doorstep. It explores the stories of the remarkable birds that live here: the genius of the jay, the sublime mimicry of the cuckoo, the nocturnal



The Avondale Community College basketball team, pictured at the Avondale Community College open evening last week

Arklow Youth Mental Health talk

The next talk as part of the Arklow Youth Mental Health Week series of talks as part of its 10th anniversary, will take place on Tuesday November 12th. The talk will be titled 'Bullying and Internet Safety' and it will be facilitated Pat Courtney, M.Ed. Teacher, National Bullying Coordinator of SPHE Support Service (2009-2014). It will be held in Arklow Library from 7pm to 8pm.

Delgany Thursday Club

The next outing of the Delgany Thursday Club will be to the National Museum of Archaeology, Dublin, on Thursday 7th November for a self-guided tour (gold, ceramic, glass & Viking artefacts), followed by scone with tea/coffee in Buswell's Hotel. Leaving Christ Church, Delgany, at 1.30pm. Cost is €25 per person to include coach & scone/tea/coffee. To book, contact Peter on 086 8307644 or John on 086 3566527.

First Saturday Book Sale

The November First Saturday Book Sale, which supports the Shankill Old Folks Association, will take place in the Shankill Old Folks Centre, Lower Road, Shankill, Co. Dublin, from 10am to 1pm on Saturday November 2nd. Donations of books, which must be in a good and clean condition, other than school/text books, will be considered for acceptance on that day.

Food, nutrition, and cancer

Purple House Cancer Support have organised a public talk - 'Food, Nutrition and Cancer - What We Know?' on Wednesday 6th November at 7pm in the Glenview Hotel. This public information talk will be delivered by Dr Mary A.T. Flynn, CORU registered dietitian. Aspects of healthy eating habits will be explored, and how we can eat well to reduce cancer risk.

Laragh Christmas Lights

There will be a Table Quiz on Friday, 8th of November in Lynham's Bar, Laragh at 8pm, in aid of the community Christmas lights and Christmas family event. Cost of a table is €40. Contact info at laraghchristmaslights@gmail.com.

Wicklow Dementia Support

Wicklow Dementia Support is holding a craft fair on the 2nd November and afternoon tea on 10th November. The craft fair will take place in The Well (opposite the Royal Hotel, Bray), from 12 noon to 4:30pm. The afternoon tea will be in the Summerhill House Hotel from 3pm to 5:30pm. Tickets are €25 per person. To book, contact Orla Finn on 086 730 2639.

Stories for Samhain in Shankill

'Stories for Samhain' with storyteller Fiona Dowling takes place in Shankill Library, on Wednesday October 30th, 3pm-4pm. Admission free but booking required call 01-282 3081 or email: shankilllib@dlrcoco.ie.

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WICKLOW COUNTY COUNCIL

I Miamh McGrath intend to apply for permission for the demolition of existing 7.5 sqm sunroom and construction of a 50.4 sqm flat roof rear extension to existing dwelling and associate works at 77 Seacrest, Bray, Co. Wicklow. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of Wicklow County Council, County Council Buildings, Wicklow Town, during its public opening hours and a submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee within 5 weeks from submission of application to Planning Authority.

WICKLOW COUNTY COUNCIL

I Mr. Harry Lyster am applying for Planning Permission for the Construction of a new 14sq.m. ground floor extension & 7.5sq.m. first floor extension to the rear of the existing two-storey terraced dwelling with flat roof finish. New larger window to replace the existing window to the front first floor landing and new velux window to the rear over the stairs area and to include ancillary works at 29 Kilgarron Park, Enniskerry, Co. Wicklow. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of Wicklow County Council, County Buildings, Wicklow during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee (€20) within the period of five weeks beginning on the date of receipt by the authority of the application.

WICKLOW COUNTY COUNCIL

I, Diarmuid O'Brain intend to apply To Wicklow County Council For Planning Permission to: Construct a new 495sq.m sheep shed and associated site works at Magheramore, Wicklow, Co. Wicklow. This Planning Application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of Wicklow County Council, County Buildings, Co. Wicklow during its public opening hours. A submission or observation in relation to this application may be made in writing to the Planning Authority on payment of the prescribed fee, within the period of five weeks, beginning on the date of receipt of the application by the Authority and such submissions or observations will be considered by the Planning Authority in making a decision on the Application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

THE MIRACULOUS PRAYER

Dear Heart of Jesus in the past I have asked for many favours. This time I ask you this very special one. (Mention request) Take it, dear Heart of Jesus and place it within your broken Heart where your Father sees it. Then, in his merciful eyes it will become your favour not mine. St Anthony and St Jude, helper of the hopeless, aid me in my distress. Amen.

Say this prayer for three days. Promise publication and favour will be granted. Never known to fail.

B.H.; M.H.; A.C.

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