



HEALING JOURNEY
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WICKLOW'S MAMMALS
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Tuesday 30th May 2023 First Floor, The Boulevard, Quinsborough Road, Bray. A98 R6D7. Tel: 01 - 2869111 E-mail: wicklowed@localtimes.ie www.wicklowtimes.net

FIREMEN THREATEN STRIKE

Strike action by Wicklow Fire Service is looming, a notification sent to Wicklow County Council from fire service personnel has warned. Independent Cllr Joe Behan says the threat of strike action marks a 'most serious escalation' of a long-running dispute which has been growing for a year or more.

The letter, from the National Retained Firefighters Association of Ireland, asks councilors to support the motion backing "the Retained Fire and Rescue Service personnel and their continued struggle for improvements in pay, conditions and a decent work/life balance with agreed time off and call on the Minister for Local Government and the Minister for Public

Expenditure to provide the funding necessary to sustain and enhance the service now and for future generations."

The letter goes on to state "At present the Retained Fire Service is struggling to maintain adequate numbers to allow for safe operations with crew numbers in decline in all Counties. This in turn has led to even greater pressure being brought to bear on those Fire-

fighters still left in the service."

Reacting to the letter, Cllr Behan said "I completely, totally and unreservedly support the women and men in the Wicklow Fire Service who have suffered severe hardship and frustration as a result of the absolutely dire conditions of pay and work which they are forced to endure in this day and age.

"These men and



Members of Wicklow Polo Club celebrate their 30th anniversary in the Wicklow Polo Club, Kilcoole; John Sinnott, Ellen Sinnott, Wendy Herbst, Una Courtney, Joe Courtney, Yvonne O'Connor, Paul O'Connor, Martina Robinson, Gerald Kane and Pat Fox. Pic: Michael Kelly

women put their lives on the line daily and nightly to ensure the safety of every person in this county and all they have received in return from the Government is ingratitude, disrespect and a refusal to engage with their genuine and justified grievances. I call on every public representative in County Wicklow to get behind these men and women and support them in their fight for fairness and equity and I sincerely hope that this serious dispute is resolved before strike notice takes effect."

Bray Sinn Fein councillor Dermot 'Daisy' O'Brien expressed dismay that it has come to this.

"It's almost incomprehensible to think that in 2023 our retained firefighters have to strike for some really basic conditions," he said.

"To ignore the evidence, to deny the analysis and to dismiss the view of firefighters is to basically say, 'You don't deserve decent pay. You do not deserve a work life balance. You can stay at the bottom of the public sector pay and conditions ladder.' It also says something to us, the general public: 'You do not deserve a modern, fit for purpose, lifesaving front line fire service. Your ever growing and expanding communities don't need a fire service that is equally expanding and adapting. And by the way you should not ever dream of becoming a firefighter (unless you live 3km from a fire station)'."

"This model has been broken for a long time, the inaction and avoidance at Govt level has allowed it to become a crisis and now we see a negotiation process

which was entered into with good faith become a farce.

"For the general public I implore you to consider how hard it

must be for these front-line workers who are
Continued on page 3

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Nestled between the mountains and the sea, Killruddery is a great historic house of Ireland. The magnificent 800-acre Estate, south of Bray includes a heritage house, formal 17th century gardens, and a Walled Garden.

Killruddery Yard, located outside the entrance to the House & Gardens, is an ever-evolving food and shopping space with no entry fee, which is home to The Grain Store, Farm Shop, Coffee Shop and the most recent addition - Pizza Shed!

This new sixty seater pizzeria is located in the freshly renovated stable building complete with purpose built pizza oven. During each visit to Pizza

Shed, customers can dine on delicious, sourdough wood-fired pizzas which are made to order by Head Pizzaiola, John Faulkner and his team, using the best ingredients many of which are produced within Killruddery's 800 acres and Walled Garden.

Pizza Shed is open 12.00 - 21.00, Thursday to Sunday. Click and collect your Neapolitan style sourdough pizzas on

pizza.killruddery.com, or order your in-person and enjoy your pizzas while dining in.

Celebrating the seasonal bounty of the estate is an everyday affair at Killruddery. With parking and admission into Killruddery Yard both free, for more information on Pizza Shed at Killruddery Yard, visit www.killruddery.com or order your pizzas on pizza.killruddery.com



Delgany & District Horticultural Society Rose Show



The Delgany & District Horticultural Society are very pleased to announce that they are holding the annual Rose Show after an absence of three years due to the Covid pandemic.

The show will be held in the Old Schoolhouse, Delgany on Saturday the 24th June. If you would like to exhibit, please send your entries to the Show Secretary on or before Thursday 23rd of June next by email at ddhs.showentries@gmail.com. A full schedule can be obtained on request by email.

Staging will take place on Friday evening the

23rd of June between 6.00 pm and 7.30 pm and on the day of the show between 9.00 am and 11.30 am. The show will be open to the public from 3.00pm to 5.00pm.

Exhibits that are not collected following the closure of the show will be disposed of as the Committee decides. There will also be plants available to purchase during the show.

All visitors are welcome. There will be the usual entry fees and teas can be purchased.

"We look forward to meeting with you all in this new environment."

Charity Coffee Morning for Pauric Brady

McGreal's Pharmacy is hosting a charity coffee morning to rally support for a courageous young man named Pauric, who is battling cancer. This event, aimed at raising funds and spreading awareness, will take place at McGreal's Baltinglass Pharmacy, Mill Street, Baltinglass, Co Wicklow on Wednesday 14th June from 11am-1pm.

Pauric, an incredible and resilient 18 year old, is fighting a challenging battle against cancer. Their world was turned upside down when they were informed in December that Pauric, who turned 18 in November, had been diagnosed with a rare form of cancer. After further tests, the devastated family were told that the cancer had spread and was now terminal.

Pauric is a former student of Scoil Chonglais in Baltinglass and a much-valued member of Baltinglass GAA Club.

McGreal's Pharmacy, in collaboration with Pauric's family, has organised this charity coffee morning to extend a helping hand and demonstrate the unwavering support.

Attendees will have the opportunity to enjoy a coffee, along with an array of treats and raffle prizes.

All proceeds from the charity coffee morning will go directly towards supporting Pauric and his family, assisting with the considerable medical expenses and providing much-needed emotional support during this challenging time.

For those unable to attend, donations are still welcome and can be made directly to Pauric's dedicated fundraising page at www.gofundme.com/f/6gthj-help-the-brady-family.

Shuttle Knit's Open House shopping

Come join Shuttle Knit at their 'Open House Shopping' event and see their ladies demonstrating their knitwear and embroidery skills on Wednesday 31st May between 4pm and 8pm at their office, CEART, Crinion Park, Wicklow Town.

Shuttle Knit have been a much-loved business in Wicklow Town for over 22 years. Since 2001, Wicklow Traveller women have been designing, handcrafting, and selling beautiful, Irish knitwear.

We are a social enterprise, which means our customers' support does 'more good' for communities as our profits are reinvested into the local Wicklow economy and the Traveller Community. We are dedicated to 'Knitting Communities Together' and we now employ 16 staff across both settled and Traveller communities."

Beirne 3 Peaks Challenge in aid of Purple House

On Saturday July 8th the Beirne 3 Peaks Challenge (to climb the three peaks of Big Sugarloaf, Little Sugarloaf and Bray Head all in one day), will take place in aid of Purple House Cancer Support. Hikers can take part to remember a loved one or in honour of someone living with Cancer.

The walk will start at 9.30am in the car park of Big Sugarloaf and will end at Bray Beach, covering a distance of 20km. There is also the option to enter as a team and complete one climb each.

The challenge was the brainchild of Louise Beirne who says "We wanted to do something special together as a family in honour of our Dad, our Mum and our Sister who have all sadly passed away. We wanted to focus on doing a positive activity to help raise funds for Purple House Cancer Support, a service that has provided valuable support to our family."

All three peaks in one day are challenging, but each time it got difficult we remembered what our loved ones had gone through, and it kept us going.

"We were also rewarded with fantastic views over the Wicklow mountains and the coast. It's a really special day."

Conor O'Leary, Director of Operations

at Purple House says "We are delighted to be involved with the Beirne 3 Peaks Challenge, as we feel this event is a very special way to remember our loved ones who have sadly passed away. Wicklow is the ideal location for this event with its beautiful mountain peaks, and we hope this challenge will give people the opportunity to enjoy the best that Wicklow has to offer, while also taking a moment to pause on each peak to remember a loved one."

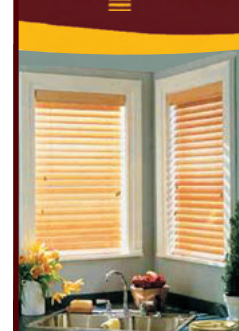
Hikers are promised some fantastic views on the day, down the coast and inland to the Wicklow mountains. To sign up visit purplehouse.ie

If the challenge isn't for you but you would like to donate in memory of a loved one, you can do so by clicking on the donate button on purplehouse.ie, all funds raised will go to Purple House Cancer Support's Cancer services in the Community.



Chloe Murphy on Bray Seafront for the launch of the Beirne 3 Peaks Challenge in aid of Purple House Cancer Support

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Firemen threaten strike

Continued from page 1

dedicated to saving our lives, left with no option but to implement industrial action to save the fire service on our behalf.

"We have a Government boasting about its surplus which begs the question why it is unwilling to invest in a modern fit for purpose Fire Service?"

The letter makes the point that whole-time retained firefighters earn approximately €700 per month which equates to just 99c per hour. For this they must adhere to a number of 'draconian' work rules such as needing to be on-call 24/7 365 days per year and stay within 3km of the station at all times so they can be at the station within five minutes of a call. They must also attend approximately 8 weeks of compulsory training in their 1st year to qualify as a Fire-fighter.

"All we are asking for is a fair salary for a very difficult job and one which will enable us to apply for a car loan or a mortgage etc whilst continuing our commitment to our local community," National Retained Firefighters Association of Ireland says. "The role of the Whole-time Retained Fire-fighter must no longer be

seen as a 'hobby' but a professional role within the Local Authority that deserves decent pay and a decent work/life balance.

"Negotiations with the Local Government Management Agency (LGMA) have broken down as the LGMA have confirmed that their hands are tied by the Department of Public Expenditure and Reform (DPER) as regards pay. The Whole-time Retained Fire Service are willing to re-engage with the LGMA at any stage once a meaningful offer regards payment and a decent Work/Life is placed on the table. It must be noted that as a result of the failure of the LGMA to offer anything of substance during the negotiations Notice for Strike action has been served on the relevant parties. Once strike action begins the community will no longer be safe and so Your local Community is now at risk unless action is taken immediately."

Speaking about the matter recently, John Brady TD said: "Yet again the government have failed the Retained Fire Service, opting to attempt to kick the critical issues at the core of the recruitment and retention crisis in the Retained Fire Service down the road."

"This is unacceptable and represents a betrayal of a body of public servants who undertake extraordinary risks to safeguard the public. It is apparent that the government approach to the negotiations has been disingenuous at best."

"In November I introduced a motion in the Dail that sought the establishment of a Joint Oireachtas cross party committee, to sit for a period of four months and that would have heard evidence from expert witnesses and stakeholders in order to identify the key issues impacting on the Retained Fire Service. Following which it would have brought recommendations to the government."

"The government took the decision to vote against my motion, abandoning any attempt to resolve the recruitment and retention crisis that is crippling the Retained Fire Service."

About the potential strike, he said, "They do not want to have to do this but have been driven to the point that in order to save the Service which they serve with courage, commitment, and professionalism from being destroyed by government failure to address the issues at the core of the recruitment and retention crisis."

'Government must use the summer months to tackle endless cycle of energy poverty'

The Government must use the summer months to put targeted supports in place for households caught in an endless cycle of energy poverty, according to Social Democrats TD Jennifer Whitmore.

Deputy Whitmore, Committee on Environment and Climate from the Society of St Vincent de Paul (SVP), Social Justice Ireland and Friends of the Earth.

"Rising energy bills are having a devastating impact on families and individuals across the

country. It is completely unacceptable that people are forced to make stark choices between paying for food and other essentials or heating their homes.

"Households are struggling with multiple bills that they cannot clear before the next one arrives. The situation is particularly dire for prepay customers, who continue to face self-disconnection when there is simply no money left to feed the meter."

"This crisis has not gone away just because summer has arrived, with many people still in arrears from last winter. It is vital that targeted supports are agreed over the summer months to prevent more households falling into energy poverty."

"The Government must step in to help households address the crippling arrears that have accrued due to skyrocketing energy costs. It is also important that protections are put in place for vulnerable prepay customers before the return of the cold weather."



Hayley Foley and Charlie O'Neill from Scoil Nioclais Naofa in Dunlavin are pictured at the recent Wicklow County Council Inter Library/Schools Table Quiz held in the Woodenbridge Hotel.



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Eileen.

Cancer and EFT - one woman's healing journey

'How I integrated modern and alternative therapies to heal from a stage 4 cancer diagnosis'

In June 2020, Eileen's doctor found a lump in her breast, and a week later the doctor confirmed her tests were positive, and Eileen had been diagnosed with stage 3 cancer of the breast and lymph nodes. As well as getting chemo, Eileen says she also incorporated other therapies to help her on her journey of recovery.

"After a CT scan and many other tests, my husband and I met with a professor and her team at the hospital to decide my fate," Eileen explains.

"It seemed like chemo was the only option for my survival, and I would need six chemo treatments, then a whole month without treatment. The doctor told me that my left breast and possibly some lymph nodes would need to be surgically removed; I remember asking the Professor, 'Is it worth going through all this treatment at my age?' Her answer was a resounding, YES.

"At this stage of my journey with cancer, I was very anti-chemo as I am part of the 'self-healing' clan. After the second chemo and another CT scan, it was confirmed, it was stage 4 and the cancer had spread to my lungs.

"I had experienced many traumatic losses in the previous years, unfortunately. My son had passed away in September 2017 then my husband's son passed away in February 2018. We moved to Ireland in 2019, and now Covid19 was in full swing, the isolation was almost unbearable at times. Then came the cancer diagnosis. As you can imagine, I had a lot of unresolved grief and pain.

"Just before the third chemo treatment, I decided to help myself; firstly I had to make peace with the chemo treatment and understand that it was helping my immune system kill off the cancer cells. Next, I looked for an EFT tapping practitioner. (My self-healing

mind) That is when I found Alli online.

"Due to Covid19 restrictions, we set up a Zoom meeting, this was a first for me, I must confess I was doubtful it was going to work.

I explained to Alli that the side effects from chemotherapy were very severe and asked if there was any way she could offer me some relief.

"The most difficult after-effects were the never-ending heartburn, nausea, loss of appetite, extreme fatigue, numb fingers and toes and the list goes on.

"I had researched a little about EFT (Emotional Freedom Technique) previously, so I knew it was an energy-based treatment that focuses on tapping on certain meridians on the hands, face, and upper body (similar to acupuncture but without the needles.) The first session was relaxing and calming. I had sharp stinging heartburn that morning, but the pills the doctor prescribed brought me no relief.

"My first session with Alli was amazing. I asked if she could help with the heartburn. I tapped along with her, and released a loud 'burp'. I felt immediate relief and I am happy to say, it has never returned.

"I saw Alli twice a week for 4 weeks and always felt calm and relaxed after our sessions, so I looked forward to them. During our third session, I mentioned I was about to have a lung biopsy; We decided to do EFT on 'the possibility of my lungs healing completely' and 'the cancer cells can no longer communicate or

grow'. I liked that we finished the session on a positive note.

"The biopsy of my lung was on the 24th of September. I sat on a bench outside the hospital and called Alli, the oncologist could not continue with the biopsy, the scan showed the black spots had completely disappeared. We both cried tears of joy and gratitude.

"I am delighted to report I am now a cancer survivor and enjoying life again. I will always be grateful for Alli and the EFT healing she brought me.

"I believe in self-help; therefore, I have chosen to continue to use EFT Tapping. My story is simply an example of how our bodies can heal using the power of modern medicine and energy work, in tandem.

"My hope is by sharing my story other sufferers will explore different healing options and alternative therapies with an open mind. One thing I know for sure is, EFT Tapping brings a calmness of body, mind, and spirit; this alone helps one to cope."

Alli, the EFT Therapist working with Eileen, says: "Eileen is a wonderfully warm and positive person. Her open-mindedness and belief that our bodies can heal using both modern medicine and alternative healing modalities, made working with her very easy. EFT is such a gentle, effective, and calming therapy, it allowed her the space to heal between chemo sessions. I am over the moon with her results and wish her continued health and happiness".

Fresh hope of breakthrough for family of missing mother Esra

The tortured family of a missing mother-of-one, whose car was last seen in Bray, has finally been given hope of a breakthrough after crucial CCTV footage relating to the baffling case was dispatched to a specialist team in the UK for fresh analysis.

Esra Uyrun was last seen leaving her home in Clondalkin, west Dublin, on the morning of February 23, 2011.

Her family believes the 38-year-old was abducted

By Nick Bramhill

at some stage between the time she set off from her home and the discovery of her car in Bray later that morning. Although the

vehicle, a grey Renault Twingo, was captured on CCTV driving towards a car park in the Co. Wicklow seaside town, a previous bid to enhance the grainy video footage

and identify the mystery driver - who the family believes to be Esra's abductor - proved unsuccessful.

However, Berna Fidan, Esra's older sister, said confirmation that the footage is being re-examined by leading experts in the UK represents "the best chance in years" of finally solving the mystery.

The development comes following London-based Berna's visit to Ireland back in February to mark the 12th anniversary of Esra's disappearance.

During the visit the 57-year-old grandmother-of-one met with senior gardai, where she pleaded with them to give the green light for the low-quality CCTV footage to be sent over for thorough analysis specialists in the UK.

Berna said her hopes were lifted in recent days, after her garda liaison officer contacted her to confirm the footage has been sent to a leading company in London.

She said: "It's a huge relief that this has finally happened. I've been informed that the video has been sent to a leading company in the UK, one that is used for major

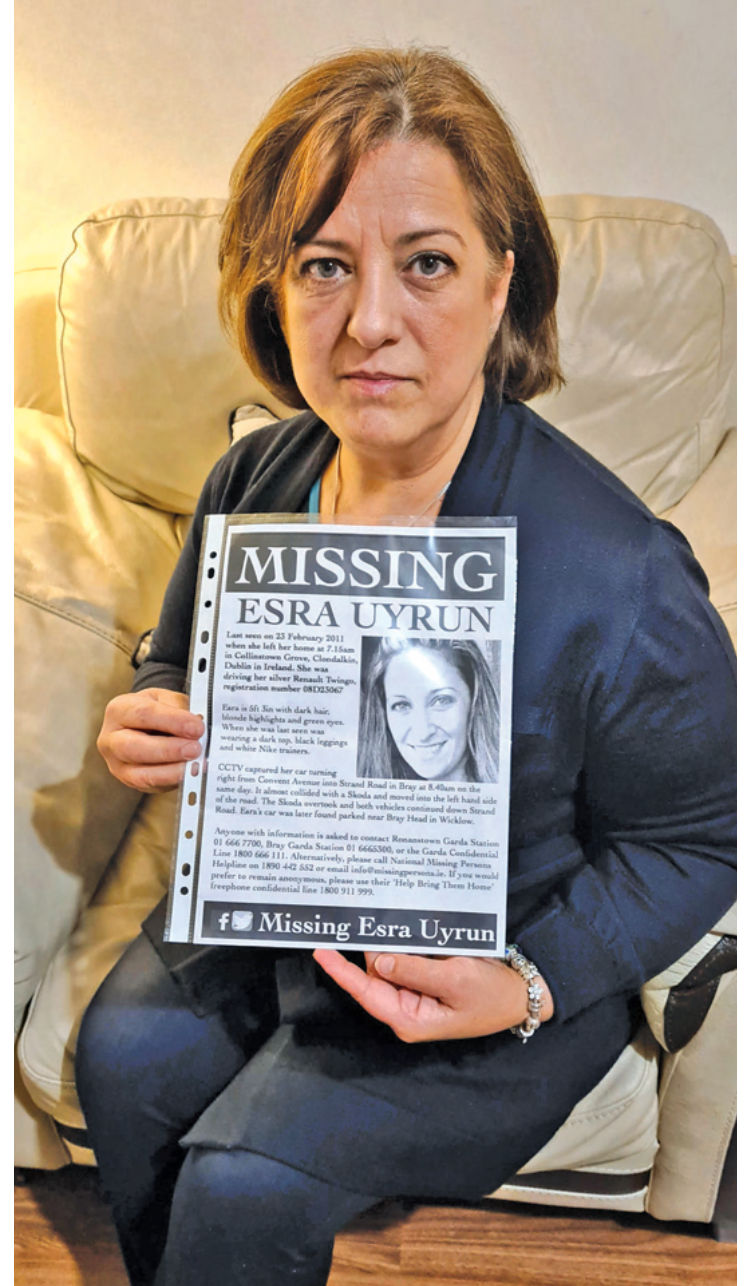
investigations.

"The footage was examined a few years ago, but I don't believe a proper job was done on it at the time. But I know all the stops will be pulled out this time to enhance the footage, so we can finally see who was driving Esra's car.

"I'm very confident that the technology now exists to do this, but at the same time I don't want to get too optimistic, because we've had so many setbacks since the day Esra disappeared.

"That said, this represents our best hope for years of finally moving the case forward, and finding out what happened to my sister. All being well, we should get results within the next couple of weeks. As I've said previously, I'm sure that the person who was driving wasn't Esra, but the person who abducted her. Hopefully the footage can be enhanced enough to identify the driver."

Meanwhile, anyone with information relating to Esra's disappearance should contact Ronanstown Garda Station on 01-6667700, Bray Garda Station on 01-6665300 or the Garda Confidential Line on 1800-666111.



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cruinniu.creativeireland.gov.ie/events/location/wicklow

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Around the world to Rathdrum

Travel around the world without ever leaving Rathdrum this June with a special international creativity programme for Cruinniú na nÓg. There's music, origami, pottery, drawing and more!

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You won't want to miss all the colour and creativity as the winners of Ireland's national young people's art competition are announced! Tune in to This is Art! June 10th. rte.ie/thisisart

Rhyme Island

Rap is for everyone so why not raise your voice and let's make some noise together! Take part in the 'Show Your Flow' rap challenge by Rhyme Island. rhymeisland.ie

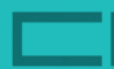
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Ever dreamed of running away with the circus? You don't have to! You can master the art of plate spinning from home with this fun programme presented by Ireland's youth circus artists. circusexplored.ie

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Projects around Wicklow to benefit from Community Recognition Fund

Wicklow County Council is set to receive €1,600,845 to develop seven community projects across the county under the Government's Community Recognition Fund.

The Community Recognition Fund is a major initiative designed to specifically support communities across the country that are hosting people from Ukraine and other countries.

The funding has been allocated across all local authorities based on the number of new arrivals located there.

The Fund, administered by the Department of Rural and Community Development, follows an extensive consultation process with local authorities who submitted their individual list of projects for approval.

A total of €50m was awarded to Council projects across the country by Minister Heather Humphrey's Department. This includes €1.6m for the Wicklow projects.

The towns of Baltinglass, Rathdrum and Greystones will see the development of community parks while Wicklow town will benefit by a place-making project which includes the refurbishment of the Assembly Hall and improvements to the seafront.

Arklow town's project will see a playing pitch and landscaping project in the Seaview Avenue amenity area which will complement the facilities already there.

Bray will receive a sum of €490,000 towards the development of two Community Centres in the town.

Chief Executive of Wicklow County Council, Emer O'Gorman, said: "This exceptional investment will help the council to develop and enhance some of the fantastic facilities in our communities so more and more people can access and enjoy them. It also recognises the great Wicklow welcome afforded to almost 3,000 refugees by communities across the county."

The communities in the towns of Bray, Baltinglass, Wicklow, Rathdrum, Greystones and Arklow welcomed and continue to host displaced refugees and this investment of €1.6m is a recognition of the support received from these communities.

In welcoming the announcement, Cathaoirleach of Wicklow County Council, Cllr Tommy Annesley, added: "This funding will make a huge difference to the development of community amenities in the county and I want to thank Minister Humphreys and

the Department of Rural and community development officials for their continued support for Wicklow."

Green Party TD Steven Matthews said, "Central to this funding was local authority's engagement with impacted communities. This fund supports the development of facilities that will be used by the entire community."

The former Bray District Courthouse on the Boghall Road is to receive funding of €340,000 for refurbishment works.

Green Party Councillor in Bray Erika Doyle said, "I'm delighted to see the funding allocated to the old courthouse on the Boghall Road in Bray. This will bring us one step closer to returning this building to the community for local clubs and groups that are in need of space."

Also welcoming the funding for old Bray courthouse, Sinn Féin TD John Brady stated his belief that the next step should be to hold a comprehensive consultation process which would invite submissions as to the future use of the former courthouse from members of the public, and community and sports groups.

Deputy Brady said: "Myself and my Sinn Féin colleagues Cllrs Grace MacManus, and Dermot O'Brien have led out on a long running campaign over quite a number of years, to first off have the former Bray District Courthouse transferred to community use. I am glad to see that funding has been secured to have it brought back up to a usable standard."

"Some of the works to be completed include an electrical upgrade, painting, flooring and heating system improvements. Work planned for the outside includes new windows and doors, along with painting of the full exterior. Work will also have to be undertaken to safely remove asbestos from the former courthouse."

ments and that they were willing to transfer it to Wicklow County Council.

"I'm delighted that following our successful campaign to secure the transfer of the building for community use, funding has now been secured for the renovation of the old Courthouse. I believe that the next step which can be undertaken right away is to hold a comprehensive consultation process as was conducted around the old Bray Heritage site, which received 149 submissions, containing many exciting ideas. It is essential that community, sporting groups and individuals are given the opportunity to put forward submission concerning the future use of the building."

"This should be undertaken at the earliest opportunity in order to transfer the building to community use in a timely manner."

Fianna Fáil Senator Casey welcomed the funding, and said, "The Community Recognition Fund will give Wicklow communities an opportunity to create a more inclusive and enjoyable environment for everyone. This is very significant funding with over €800,000 being allocated to Wicklow. By investing in facilities and organisations that facilitate integration and community participation, we are building stronger communities that embrace diversity while promoting social cohesion."

Wicklow Funding

Bray Community Centre €340,000

1. Internal works including electrical upgrade, painting, flooring and heating system improvement works
2. External works including windows and doors replacement, safe removal of asbestos, exterior painting
3. Other works will include accessible lift

Baltinglass Community Park €425,000

1. Riverside Walking Path
2. New Playground
3. MUGA Refurbishment

Bray Parish Centre, Holy Redeemer €150,000

Internal works including electrical upgrade, painting and fittings

Wicklow Town Place Making Project €340,000

1. Refurbishment of Assembly Hall (total area 2,000 sq ft) to include new heating system, Internal painting, insulation, install 3 phase, refurbish kitchen, toilets and meeting room areas. Make universally accessible
2. Installation of universally accessible outdoor community gym facility along the Murrough, in order to extend upon and complement the existing community facilities present.
3. Improvements to the seafront promenade linking Wicklow Harbour to the existing Murrough community facilities and beyond to the Murrough coastal walk.

Arklow Playing Pitch and Associated Works €121,000

1. Groundworks and surfacing works
2. Multi use pitch and fencing
3. Landscaping

Rathdrum Community Park €79,645

1. Groundworks, Fencing, Gates
2. Landscaping, large planters and benches

Greystones Community Park €145,000

1. Boules/petanque Playing Ground
2. Landscaping
3. Community Place making



Margaret and Yazmin Hatton at the Wicklow Hockey Club Awards Day at East Glendalough School, Wicklow Town.



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'Significant gaps in Wicklow ambulance service'

Speaking in the Dail last week Social Democrats TD Jennifer Whitmore pointed out that there are significant gaps in the ambulance service provided in Wicklow, particularly in Arklow and Baltinglass.

"In both these stations there is one shift a week which is not covered by the service and instead they have to rely on coverage from neighbouring towns or counties," said Deputy Whitmore.

"People have called me and told me about

their fear of what could happen if they need an ambulance in Arklow. There are no ambulances on Tuesday for up to 12 hours a day. This is not a sustainable situation.

"For residents in Baltinglass, they have the same situation on a

Monday. The nature of medical emergencies is such that it is potentially fatal to not have an ambulance service running at these times.

"These gaps are a result of decisions in 2010 by the HSE to drop overtime cover. Rather than increase staffing

numbers to make up the difference, the HSE decided to leave them without cover. This situation has been impacted further by the recent fire at Wexford Hospital which cannot currently provide the same level of services it did before.

On behalf of Minister for Health Stephen Donnelly, Deputy Kieran O'Donnell stated that "areas identifying a need will be supported as new

service resources are developed and become available. Arklow will be considered through this process."

He explained that the model being operated by the National Ambulance Service is in line with international best practice and "allows the National Ambulance Service to prioritise resource allocation to the highest acuity calls which require an immediate emergency response.

"This means that on a Tuesday between 7am and 7pm in Arklow, an ambulance from one of the many neighbouring stations will be deployed to respond as the need arises."

In response to the reply, the Social Democrats TD said: "While I welcome the Minister confirming this situation is under review, Arklow and Baltinglass still do not have the cover they need. When the decision was taken in

2010, we were in a very different economic situation, but the cuts made then have left two very large towns in Wicklow without a fully serviced local ambulance service for 13 years.

"We are told day in and day out by the government that we have growth in our economy, that we are a stand out in Europe - well it is time for that economic growth to be poured into essential local health services.

"Other stations which experienced cuts during the same period have seen the restoration of staffing levels to allow for full 24/7 coverage. Why have Arklow, Baltinglass and Wicklow Town been forgotten about?

"I will continue to raise this issue and I will follow up with the National Ambulance Service on this matter until it is resolved," concluded Deputy Whitmore.

Doubling of opening hours for Blessington District Day Care

The Minister for Health Stephen Donnelly has welcomed the news that the Blessington District Day Care Centre has been given the go ahead to double their opening hours from two to four days a week.

The Centre, which has been operating for over 20 years, caters for clients living with all forms of Dementia including Alzheimer's.

The facility, which operates out of The Blessington Coimín Centre has its own chef on site, is currently open to clients twice a week on Wednesdays and Thursdays but that will now be extended to four days a week.

The Minister said: "When I last met with the centre they asked if it would be possible to get the funding in place to move from two days a week to four days a week.

"I committed to them when I met them that this would be some-

thing that I would deliver. I'm delighted to be able to say that sanction has now been given for that and soon enough they will be moving from two days a week to four days a week.

"I would like to take this opportunity to thank everyone who works in what is an amazing service for the work they do for the local community.

"The services provided at the centre have an enormous beneficial impact on the service users and can help slow down dementia as well as helping people to live in their own homes for longer.

"The work the centre does is life changing for their clients and

will continue to receive my full support into the future."

Approximately twenty people attend each day bringing individuals together from Blessington, Manor Kilbride, Lacken, Vallemount, Ballyknockan and Hollywood to the Centre.

Nursing services, physiotherapy, chiropodist, hairdressing, laundry services and showering facilities are available while a special alarm system has been installed to assist with the care of the clients. There's also a full range of entertainment including arts camps; crafts, flower arrangements, bingo, cards, bowls and musical entertainment.

Bus Éireann delivers the school transport scheme on behalf of the Department of Education



School Transport 2023/24

All applicants who wish to be considered for the allocation of a School Transport ticket for the 2023/2024 school year must pay or register their child's medical card details by **Friday 9 June**.

2023/24 school year charges:

€50 per student at primary level

€75 per student at post-primary level

€125 cap per family

To make your payment or enter your child's medical card details, go to buseireann.ie/schooltransport by **Friday 9 June**.

Families are strongly urged to make sure that they register and pay on time. Late applications or payment may mean that a ticket is not available.

For more information, visit gov.ie/schooltransport



An Roinn Oideachais
Department of Education



Eugene Whelan, Paul Kavanagh and Ray Morrissey at the Glen of Imaal Mountain Rescue's 40th Anniversary celebration dinner in Lynham's Hotel, Laragh.

Efforts to re-open Avoca Railway Station bearing some fruit

The Avoca Railway Station is one step closer to reopening thanks to the efforts of Green Party Deputy Steven Matthews who has been engaging with the NTA for some time on the issue.



Steven Matthews TD

Deputy Matthews said, "I am happy to confirm that the NTA has allocated funding to Irish Rail to undertake a Pre-feasibility study of the reopening of Avoca Station. Iarnród Éireann are currently undertaking a procurement process to appoint consultants for this study. It is anticipated that the consultants will be appointed in July 2023. "The Pre-feasibility study of the reopening of Avoca Station will consider, amongst other things, potential demand, potential stopping patterns, engineering feasibility and high level cost estimation of reopening this station. "It is expected that the study will be completed by the end of the year. It is likely that part of the study will

include localised surveys so I would encourage all local residents to positively engage with researchers and Irish Rail officials to emphasise the clear demand for the reopening of the station. "This is one of many transport issues that I am working on for Wicklow, including the feasibility of reopening the Glenealy rail station, the provision of bus services across the county and bringing the DART to Wicklow Town amongst other initiatives. "I have heard from a great many people living in parts of rural Wicklow who are keen to use public transport and I will continue to work towards providing the infrastructure to achieve this.



Avoca Railway Station

Whitmore seeks update on transfer of HSE's Delgany property to Council

Deputy Jennifer Whitmore has written to the HSE requesting an update on the status of the transfer of the vacant HSE building in Delgany to Wicklow County Council for community use.

Speaking on the issue, Deputy Whitmore says, "The HSE's building in Delgany has sat vacant for a number of years. It is a building located right in the middle of the village, and it's a real shame that it isn't being actively used. Over a year ago, when I first raised this with the HSE, I learned that the building was about to go on the open market for sale. I then requested that the building be examined as a possible community centre.

"I have since been in regular contact with the HSE and Council in relation to this matter, and I was delighted in September last year to receive confirmation from the HSE that they were in dialogue with officials in Wicklow County Council to transfer the building. At that time, they confirmed to



Deputy Whitmore outside the vacant HSE building in Delgany

me that a valuation was being done and the contract for sale would progress in quarter 1 2023. "With Delgany crying out for a community space, including a location to showcase its diverse history including

nature walks, the Three Trouts Stream and its unique archaeological heritage, it was welcome news last year to hear that progress was underway to transfer the building to the Council. However, the promised update for quarter 1 in

2023 has not materialised, which is why I have now again written to the HSE.

"Delgany is a growing community, with much housing development in progress. Unfortunately, community infrastructure has not kept pace with this growth, and a community centre is very much needed in the village. The Delgany Community Council have campaigned long and hard on commencing the negotiations last year with Wicklow County Council to acquire the building and we need to see some tangible results with the process. The long-term benefit for the local community and the wider community of Wicklow County will be immense and I am hopeful of a positive response from the HSE," concluded Deputy Whitmore.

Stokes is appointed Peace Commissioner

Independent Greystones councillor Stephen Stokes has been appointed as a Peace Commissioner.

Cllr Stokes stated: "It is a great honour to be entrusted with this additional responsibility. I would like to thank the Minister for Justice, Simon Harris for this appointment."

A Peace Commissioner is an honorary appointment, under Section 88 of the Courts of Justice Act 1924. They are responsible for a number of tasks including; taking statutory declarations and oaths, witnessing signatures on documents required by various authorities, and signing certificates and orders under a range of Acts.

Cllr Stephen Stokes has already had several local people requiring a Peace Commissioner signature. He added: "Quite a number of people have been referred to me. I am delighted to help out. I offer monthly advice clinics in Greystones, Newcastle and Delgany, in case anyone wishes to pop along and avail of my services. The clinics take place on the second Saturday of each month."

Anyone who would like to contact Cllr Stephen Stokes can reach him on stephenstokes101@gmail.com.



Cllr Stephen Stokes (left) with Wicklow Labour councillor Paul O'Brien, who is also a Peace Commissioner.



An Roinn Cosanta
Department of Defence

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An Roinn Cosanta
Department of Defence

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FOLÁIREAMH

Má bhíonn tú ag siúl faoin tuath, ná siúil isteach i gceann ar bith de na Raonta Lámhagh Míleata mar d'fhéadfá a bheith i **nDEARG-BHAOL** i gcónaí de bharr sliogáin neamhphléasctha agus armlón contúirteach eile **Is ionann BRATACHA DEARGA agus BEO-LÁMHACH** Bí ag faire do na comharthaí foláirimh **AGUS BÍ AR d'AIRDEALL!**



Committee members Julie Martin, PJ Busher, Sheila Busher, Owen Byrne, Anne Carroll and Ann Byrne at the official opening of the Arklow Community Action Resource Centre.

Glenart College and SSE Renewables complete second Business in the Community Ireland Student Mentoring Programme

For sixth year students around the county, it's the start of state examinations and thereafter, new and exciting possibilities for training, further education and careers. For a number of sixth year students in Glenart College, the benefits gained from having undertaken the Student Mentoring Programme should serve them well as they prepare for the future world of work having benefitted from the support and advice of volunteer mentors from SSE Renewables across Ireland and the UK.

May saw the conclusion of a second year of the Student Mentoring Programme delivered through one-to-one monthly sessions over the course of the 2022/23 academic year. The programme is designed to facilitate personalised sessions covering topics such as: goal setting, career investigation, CV and interview skills' preparation. Sessional content was drawn from a suite of Business in the Community Ireland approved resources and student soft skills and resilience building were encouraged throughout the year's programme.

The programme was over-subscribed and selected students were matched with mentors based on metrics like skills, hobbies, career interests and programme value to the individual student.

This year was particularly noteworthy in that the students were specifically acknowledged at the Business in the Community Ireland National Mentoring Celebration held in the Grand Masonic Lodge,

Molesworth Street, Dublin. Ms Deirdre Keogh, Community Engagement Manager, SSE Renewables, gave the address on behalf of all mentor organisations participating in the national programme.

Niall Walsh, Programme Co-ordinator at Glenart College said: "We at Glenart College were delighted to partner with SSE Renewables for this programme. The feedback from our students has been overwhelmingly positive. It has boosted their confidence and challenged them to think creatively about their future education and career options. We're very grateful to the mentors for their enthusiasm, preparation, encouragement and integrity demonstrated throughout the mentoring sessions".

Alison Norman, Regional Co-ordinator, Business in the Community Ireland said: "This year Glenart College and SSE Renewables were true vanguards of the mentoring programme. The programme has grown from strength to strength

this year and has achieved tangible benefits for students from Glenart College who participated. The programme encourages retention, increases self-esteem, and develops an awareness of workplace practices and expectations.

Nationally, 265 students and mentors have participated in the programme this year, with 2,279 students and 2,109 mentors having participated to date. Currently, there are 26 student mentoring programmes running across the country. We look forward to continuing the very positive relationship with Glenart College and SSE Renewables into the coming year".

Deirdre Keogh, Community Engagement Manager, SSE Renewables said: "Corporate social responsibility is an important tenet of SSE Renewables' company values. Members of our Arklow Bank Phase 2 Project team were delighted to participate in this year's programme. With Leaving Certificate being such an important



Glenart College and SSE Renewables complete second Business in the Community Ireland Student Mentoring Programme. Front row (left to right): Alison Norman (Regional Co-ordinator, Business in the Community Ireland), Niall Walsh (Teacher and School Programme Co-ordinator, Glenart College) and Deirdre Keogh (Community Engagement Manager, SSE Renewables) pictured with Glenart College mentee students (left to right) Leaha Walker Moore, Sarah Keeley, Daniel Therkelsen, Zachary Du Preez, Ross Burke Murphy, Adam Higgins, Ailbhe Rowlands and Alannah Doyle

year, it's beneficial to have support from working professionals in our Arklow Bank Wind Park 2 project team who can lend their insight, experiences and help the students face the challenges ahead with state exams, and in the longer-term for college, training and

the world of work.

As a company, we benefitted hugely from our association with Business in the Community and our partner school Glenart College. The mentoring programme aligns well with our company's commitment to support edu-

cation and training in communities near our development sites like Arklow. It gives us a chance to give something back as a company and most importantly, our support helps contribute to talent and skills development for young people and a collective better future for all.

On behalf of our men-

tors, it was a pleasure to be involved with the programme and mentor such bright, earnest, and ambitious students. We wish our mentee students and all those sitting state examinations, every success".

Glenart College students on the programme included: Ailbhe Rowlands, Sarah Keeley, Ross Burke Murphy, Zachary Du Preez, Leaha Walker Moore, Adam Higgins, Kade Van de Vyuer, Daniel Therkelsen and Alannah Doyle. Mentors from SSE Renewables included: Deborah Coleman, Rob Sheldon, Aoibhín Flanagan, Hugh Connell, Ann Fahy, John O'Sullivan, Richard Irving, Aaron Henry and Deirdre Keogh.

Harris visits St. Laurence O'Toole's National School in Roundwood

Last Friday morning, Minister Simon Harris visited St. Laurence O'Toole's National School in Roundwood, meeting with school principal Sinead Sharkey, teachers and students to discuss the school's plans for the future.

Speaking after the visit, Minister Harris said, "It was great to be able to meet with Principal Sinead Sharkey today in St. Laurence O'Toole's National School and members of the Board of Management, sitting down to discuss a number of important issues regarding the school's future. Recently I have been in touch with the Minister of Education about the school's new build plans and will continue to do so while working with

the school's staff and board of management. With the school's centenary approaching and a number of nearby housing developments under construction, the school is set to attract many more students over the coming years, and it is vital that we ensure that the school has the appropriate facilities to not accommodate these new students and allow the school to continue to provide a high level of education. Along with

this, I will be working closely with Wicklow County Council to improve the school's parking facilities, which are currently insufficient for the needs of the school's teachers and parents. I want to thank the students of St. Laurence O'Toole's National School again for meeting with me after my discussion with the Principal Sharkey and the Board of Management and to be able to listen to the school's choir."



Minister Harris speaking with students and staff at St. Laurence O'Toole's National School



COMHAIRLE CONTAE CHILL MHANTÁIN
WICKLOW COUNTY COUNCIL

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Application Forms and further information regarding Disabled Postal Votes* are available from www.checktheregister.ie or via contacting Wicklow County Council's Franchise Department on 0404 20161 or franchise@wicklowcoco.ie.

*Please note that the application form must be signed by your Doctor before updating your elector status.

Revealed: Wicklow's most common mammals

To celebrate National Biodiversity Week, community environmental group ReWild Wicklow released the full report from their 'Snapshot Europe 2022' camera trap project. This initiative was the largest of its kind ever conducted in Ireland and involved 37 sites across central county Wicklow being monitored by camera traps for the entire months of September and October. The results show the distribution and frequency of mammals in the project area and will be an important source of information for conservation management in Wicklow.

"We are very excited to see the end result of all our hard work on this project," said Danny Alvey, chairperson of ReWild Wicklow. "This initiative was a huge undertaking that relied on our volunteers partnering with students and staff of UCD and the University of Freiburg

in Germany. We would particularly like to thank Irish PhD student Adam F. Smith who coordinated the project with me and wrote most of the report. This final report, to our knowledge, is the largest camera trap survey ever published in Ireland. It reveals the most common mammals in

the woodlands of central Wicklow are in order: Sika deer, red fox, red squirrel, pine marten, badger and mountain hare."

"Sika deer accounted for 82% of all wild mammal sightings and this will be no surprise to those who live and walk in the Wicklow Mountains. The

sheer abundance of this species, which was introduced to Ireland, further supports the need for an effective county-wide deer management plan as soon as possible. But there is a positive story as well when we look at the number of pine martens captured on our cameras and their spread across the county. This shows there has been a really good continued recovery of them in Wicklow over the past twenty years or so based on comparisons to past studies. And the increase in pine marten numbers is most likely helping the red squirrel recover as well as other studies have shown pine marten presence reduces the number of grey squirrels more than red squirrels. In fact our survey captured no grey squirrels at all across an area they were once present in only 10 years ago!"

The camera traps also picked up a handful of sightings of red deer, feral goats, wood mice and larger bird

species such as Jays.

This project was supported by funding from the National Parks and Wildlife Service and the Local Authority Waters Programme and the group would also like to thank everyone who sponsored cameras in memory of loved ones or in the name of their local business such as: Greenscene Group, Jacksmill Forest Gardens HUB13 and Special Ops.

"This is only the beginning of the story," said Danny. "We plan to repeat and expand this survey every year as part of the Snapshot Europe initiative and we want to inspire other groups in different counties of Ireland to get involved as well. Documenting what wildlife we still have left is such an important step in protecting it and, through the coordinated efforts of NPWS working with groups like our own, we hope one day this annual survey will see a recovery in the diversity of this wildlife as well."



Fox in Altidore, Newtownmountkennedy



Wicklow's most common mammal, a sika deer in Glendalough

Plans for Snapshot Europe 2023 are already under way and ReWild Wicklow hope to expand the project area again this year south and east into the

Vale of Clara and Devil's Glen woodlands. They are seeking donations to sponsor additional cameras, which cost €218 each, with more details on their

website. The full report, along with hundreds more photos of the wildlife they captured, can be found on their website at: rewild-wicklow.ie



Badger near Luggala

Wicklow well represented at this year's Bloom

Wicklow will be well represented at this year's 'Bloom' event in the Phoenix Park with eight exhibitors showing off their show gardens, postcard gardens, and food exhibitions, including one show garden designed by Robert Moore from Kilmacanogue, and another by the community group Klinkerdin Arts Salon and Common Ground from Bray.

The festival of flowers, food and fun, Bord Bia Bloom returns to the Phoenix Park, Dublin, this June bank holiday weekend (Thursday 1st - Monday 5th June) with another vibrant mix of thought-provoking show gardens, delicious local food, and interactive entertainment for visitors of all ages.

Robert will create the 'Marie Keating Catching Cancer Early Garden' for the Marie Keating Foundation. This garden focuses on the importance of early detection and the positive outcomes and higher survivorship rates when cancer is diagnosed early. The garden places the individual at the centre of a journey, empowering them to look at their role in early detection.

The design features a charred boardwalk which represents the cancer journey. It floats through dense planting, allowing you to move through the garden, stopping at water bowls to pause and reflect. The large trees



Plants in concert is a collaboration between Klinkerdin Arts Salon and Edible Bray

provide shelter and stillness while also representing strength and support, symbolising the role the Marie Keating Foundation plays for those on a cancer journey.

Robert has always been passionate about architecture, design, and outdoor spaces. He says

his mission is to merge 'landscaping and lifestyle', whether in a private or public setting. He delivers a unique and engaging experience both at a visual and interactive level.

'Plants in concert' is a collaboration between Klinkerdin Arts Salon

and Edible Bray, a public trail of community gardens in Bray. It is a horticultural sound art installation where enthusiastic gardeners talk to their plants, and use technology to experience a sensory delight.

One of the plants in the garden has sensors attached, which allows reading its electromagnetic impulses, like a heart monitor, with a midisprout gadget translating them into sound. The sounds have been programmed and finetuned by musician Ruaidhri O'Sullivan. During Bord Bia Bloom Festival 2023, this plant music is streamed and accessible via a QR code.

This multi-sensory experience enables you to see, smell the plants and hear their voices as they grow and respond to their environment. A second QR code links to an audio description of all the garden's layout. It allows the garden to be accessible to visually impaired people. Indeed it may be an enjoyable addition to anybody's experience.

The organising team are members of Common Ground Bray and their sister organisations Klinkerdin Arts Salon and Edible Bray. The

larger team includes volunteers from Common Ground Community-Led Housing (CGCLH), Bray Tidy Towns and Showing Up. All of us tend to community gardens together and develop side projects such as Plants in Concert.

Edible Bray regularly tends to a trail of edible gardens planted across Bray, open to all to grow and harvest.

Klinkerdin Arts Salon is a regular art showcase where different artists present their latest work to their peers and other audience, from poetry to visual arts to live performance.

Common Ground Community-Led Housing (CGCLH) is a pathfinder project in response to the need of housing and strong, resilient communities. It is also a sister organisation of Common Ground Bray.

Common Ground Bray is a co-operative, community-based group which values inclusion and co-operative, mindful and ecological approaches. It is a grass-roots organisation where people can come with an idea to contribute and feel supported to just try.

In the redesigned Food Hall and the popular

Bloom Inn, over 100 Irish food and drink companies will showcase their produce and many companies will use the opportunity to launch new and exciting food and drink products. From Wicklow, there are six producers: Wicklow Way Wine from Newtownmountkennedy will be showcasing their brand new vinegar product; Nibbed from Kilcoole will showcase their raw cacao products, Sugarloaf Beverages from Enniskerry; Daisy Cottage Farm from Kiltegan; Miena's Nougat from Donard, and O'Hanlon Herbs from Glenealy.



Garden designer Robert Moore from Kilmacanogue (above) and his garden design (below)

Tinahely's Bee Sanctaury highly commended

Tinahely's Bee Sanctuary has been recognised for its efforts and commitment to digital innovation at this year's .IE Digital Town Awards. .IE, the national registry for .ie domain names, announced the winning entries for the .IE Digital Town Awards 2023 at a Gala event held at the Hodson Bay Hotel, Athlone last week.

The awards were created by .IE in 2021, as part of a broader four-year €1 million investment in the .IE Digital Town Programme encouraging the uptake and use of internet and digital technologies for businesses, citizens and communities. The awards recognise and reward digitally inspired projects run by towns and local community groups. Each year the .IE Digital Town Awards offer a prize fund of €100,000 which is split across several categories.

Tinahely's Bee Sanctuary, set up to tackle the biodiversity crisis and raise awareness of the current threats to bees, received recognition as one of the .IE Digital Town Awards 2023 - Commended Projects in the Sustainability category. With a booking feature on their website for farm tours and through the clever use of Twitter hashtags, the bee sanctuary has reached a global audience. Now featuring in the Metaverse, they continue to educate the public on sustainability practices. In 5 years, they have gone from a 'bricks and mortar' project advocating for bees and nature locally to a digitally focused project with international reach.

In total, 22 town and community digital projects were recognised at this year's .IE Digital Town Awards 2023 - winners and runners-up across the seven main categories, three special category winners and one overall prize winner. The .IE Digital Sustainability award was a new category introduced this year with

Hollymount in Mayo announced as the winner with its Eco-Powered Cabinets which store life-saving equipment.

This year's category sponsors included Western Development Commission, Connected Hubs, and AIB Merchant Services with Vodafone as the overall presenting sponsor. Oonagh McCutcheon, National Director, .IE Digital Town Programme said "The quality of entries in this year's .IE Digital Town Awards has been incredibly impressive. Ireland's towns and communities are identifying and solving connectivity challenges, driving digital innovation and developing creative digital solutions to enhance the lives of their fellow citizens. This year 22 projects were recognised at the .IE Digital Town Awards Gala event, which add significantly to the lives of their local communities and improves our nation's digital footprint."

Minister of State at the Department of Enterprise, Trade and Employment, Neale

Richmond said "I want to congratulate all the winners of this year's .IE Digital Town Awards. The 22 groups honoured at this year's awards are great examples of how by embracing digitalisation, even small groups can make a big difference to their local communities, friends and neighbours. Congratulations again to all the winners, and thank you to every group that entered this year's awards."



Pictured at Shelton Abbey are Acting Chief Officer Kieran Gahan, visiting committee members John Mc Carrick, Mr Richard Codd Tommy Healy, Minister for Justice Simon Harris & Acting chair of visiting committee Anthony Lawlor, DG Karen McCaffrey, and Governor Joseph Donohue. Minister Harris visited Shelton Abbey on 19th May with Ms Karen McCaffrey Director General of the Irish Prison service & the Shelton Abbey Visiting committee.

Whitmore's Bill to ban hare coursing

Social Democrats TD Jennifer Whitmore last week introduced a Bill which seeks an effective ban on hare coursing in Ireland.

Deputy Whitmore, who is the party's spokesperson on climate and biodiversity, said: "Given the scale of the biodiversity crisis we are facing - and the unprecedented loss of animal species and plants in the role of any Government should be to protect the native wildlife that we have.

"Hares are very important from both an environmental and cultural perspective in Ireland. Significantly, their importance is recognised in primary legislation by defining them as a protected species under the Wildlife Act 1976.

"Bizarrely, in the same piece of legislation that is supposed to protect hares, the Minister for Heritage is permitted to issue licences for their capture for the purpose of live coursing. This makes no sense

whatsoever. A protected species should be just that - protected.

"We are currently marking Biodiversity Week, so this is an appropriate time for me to introduce this piece of legislation. The purpose of my Bill is to remove the ability of the Minister to issue licences for the capture of hares for live coursing.

"If supported in the Dail, it would effectively end this archaic and inherently cruel practice, which has no place in the modern Ireland of 2023. It is shocking to think that 6,000 hares are captured from the wild each year under Government licence and can be held in captivity for up to eight weeks. Coursing pits animal against animal and causes great distress and sometimes injury or death - to the hares involved."

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Council hosts roundtable discussion on the gig economy in the screen sector

Wicklow Local Enterprise Office (LEO) recently hosted an initial roundtable meeting between a range of screen sector professionals and different agencies as well as financial institutions at Wicklow County Campus.

The objective for the event was to demonstrate the importance of the Gig Economy in an Irish and global context and to articulate the value and vibrancy of the Irish Screen Sector and the importance of 'gig' working or freelance working

to the industry.

The aim was to start a conversation with financial institutions and gain advice as to how those working in the sector can better represent themselves and demonstrate their ability to pay/repay loans and/or track sav-

ings. The meeting allowed for interesting dialogue between representatives from the screen sector and financial institutions, such as the pillar banks and local credit unions.

The meeting was chaired by Emer

O'Gorman, Chief Executive of Wicklow County Council, who welcomed all delegates saying: "The Screen sector is a very important economic contributor and employs predominantly freelance workers. I'm very happy to enable the start of a conversation around the need for equal access to finance solutions and housing in order to allow this sector to grow and thrive."

A gig economy nowadays represents an environment in which temporary positions are common and organisations contract with independent workers for short-term engagements. The whole idea behind the gig economy for its supporters is that individuals can sell their work on a task-to-task basis.

The gig economy represents either a promising economic model which would enable individuals to unleash their full potential and to be more creative as freelancers or it is a temporary and unsuitable ideal which needs to be regulated by competent policymakers.



CEO of Wicklow County Council Emer O'Gorman, Gareth Kelly and Siobhan Keogh at the first roundtable discussion on the gig economy held in Wicklow County Campus, Rathnew.

Driven by technological progress and globalisation, labour market dynamics are shifting rapidly. At the same time, fewer people are keen to engage as a full-time employee. On top of that, more and more organisations do not issue fixed contracts anymore. The gig economy also includes (and is sometimes called) the 'on-demand', 'peer' or 'platform' economy.

Meanwhile, surprisingly little is known about the realities of 'gig work'. Is it a liberating new form of self-employment or a new form of exploitation? There is a growing need to reflect on how society deals with these changes in a manner that protects and educates people operating in the gig economy.

A sector such as content creation predominantly employs workers on fixed contracts, and this has implications for



Joe English (Meath County Council), Miriam Browne and Robin Bradley

these workers when it comes to seeking a loan or mortgage where they are judged on their regular income.

Following discussions between a number of agencies and screen professionals, a working group was formed late 2022 to discuss how this can be highlighted and remedied.

The working group includes reps from

Screen Ireland, Local Enterprises Offices from Wicklow and Meath, Wicklow County Council, the Department of Social Protection, Film and TV Crew Academy East and the Mid-East Regional Skills Forum. Parties assisting the working group include representatives from Screen Guild, Writers Guild, Screen Composer Guild, Screen

Producers Ireland, SIPTU and Animation Ireland.

This event aligns with the strategic objective in the Mid East Regional Enterprise Plan to develop the Mid East as a hub for the screen content creation sector.

It is intended to follow this discussion with quarterly meetings to track progress on this initiative.



Martin Parchell from Bray Credit Union and Vibeke Delahunt, Head of Enterprise, LEO Wicklow.



Guests and members of Wicklow County Council at the first roundtable discussion on the gig economy



Jess Drum and Ronan McCabe

12 sporting groups and individuals honoured at civic reception

Wicklow Municipal District hosted a Civic Reception on Monday 22nd May to honour 12 sporting groups and individuals in the district for their outstanding contributions to sport.

The individuals honoured at the event were: Wicklow Surf Lifesaving; Wicklow Ladies Rugby Team; Sheena Doyle - powerlifting; Catherine O'Connor - athletics/running; Adam Sinnott - boxing; Annmarie Kenny - athletics/running; Ray Kenny - athletics/running; Dominic Horan - athletics/running; Josh Van de Flier - rugby; Fionnuala McCormack - athletics/running; Amy Davies - badminton; Mason Melia - soccer

Chief Executive of Wicklow County Council, Emer O'Gorman, said: "Wicklow is a county with a rich and proud sporting background. I am delighted to be celebrating such a range of diverse sports this evening.

"Few counties have the wealth of resources Wicklow has available within such close proximity, the sea, the rivers and our mountains. These resources are part of what makes Wicklow a haven for Outdoor Recreation. Sporting clubs form the backbone of almost every community in this county."

Brian Gleeson, Wicklow Municipal District Manager, gave an overview of each award recipient outlining the achievements being recognised. He stated that "this is the first civic reception held by Wicklow Municipal District in a number of years due to the Covid 19 Pandemic. I think it is very appropriate that we are recognising sporting achievements here today

as sport played a crucial role in helping people to get through the lockdown period. Whether it was playing sport or watching sport on the TV, it really was a Godsend during that challenging period, and it highlights the positive impact of that sport and exercise has on our physical and mental wellbeing."

Wicklow Municipal District Cathaoirleach, Cllr Paul O'Brien, said he was delighted to make these presentations to each recipient adding that it was a truly memorable event to honour such a variety of sporting giants within the Wicklow Municipal District. He added: "Each and every one of you should be so proud of your accomplishments, you are our inspi-

ration. But as we all know you don't just turn up and compete on the day, you put so much more in. You all know only too well the efforts you make, the sacrifices you endure to get to where you want to, this journey is never easy, but it is always worthwhile and we commend you all for this.

"We cannot forget today your families and supporters, we must also recognise them, for we all know how they make their own sacrifices so that you can succeed. Remember what Muhammad Ali said: 'I hated every minute of training, but I said, Don't quit. Suffer now and live the rest of your life as a champion'. I can honestly say you are our champions."



Recipients of the Cathaoirleach's Achievements and Contributions to Sport Awards are pictured with local representatives, Cathaoirleach of Wicklow Municipal District Paul O'Brien, CEO of Wicklow County Council Emer O'Gorman, and County Council staff at the civic reception in Council Buildings.



Jennifer Whitmore TD

Whitmore seeks Dail debate on free to air GAA fixtures

Social Democrats TD Jennifer Whitmore has raised the issue of the GAA and RTE's new streaming service GAAGO in the Dail Chamber and has called for a debate on the question of what events should be free to air.

GAAGO is described as a streaming service which allows Gaelic Games enthusiasts around the world to purchase and watch GAA games via the

internet. Packages and subscriptions range in price from €24 for three games and up to €300 for a GAAGO Commercial Pass. Deputy Whitmore high-

lighted the effective privatisation of match viewing through this service and the impact it is having on older people and those living in rural communities, where access to the Internet is a barrier.

"The GAA describes itself as part of the Irish consciousness and says it plays an influential role in Irish society," she said.

"RTE describes itself as the champion of Irish culture. It says it will act in the best interests of society and that universality is one of its guiding principles; that it is for everyone and available to everyone. Yet these two entities have come together essentially to privatise the viewing of our national sport.

"The GAA is a hugely important part of our communities and should not be behind a pay-wall. This is why I would like a debate and a review on what events should be free to air. People pay their television licence. The public service broadcaster should be providing this service to people for the television licence they pay."

17 teams battle for glory in 13th Delgany Schools Cup

The thirteenth Wicklow Primary Schools Cup final was organised and hosted by Delgany Golf Club recently, featuring 17 Primary School teams from within the Wicklow area.

The Boys Winners were St. Laurence's, National School, Delgany, and the Girls winners were St. Gerard's, Bray.

The initiative to encourage school children up to 12 years of age to play golf was developed and promoted by Jason Bradshaw

and Delgany Golf Club since 2009. JPA Brenson Lawlor, Chartered Accountants co-sponsored this year's event.

Local Wicklow Primary Schools have had weekly coaching and practice sessions which have been initiated by teachers and parents involving circa 500 school children from the ages of 8 to 12 years of age. The finals involved

64 boys and girls from fourth, fifth and sixth classes. The Captain of Delgany Golf Club, Tom Bergin and Lady Captain Betty Sherry stated that the Club was proud to be associated once again with this event

and congratulated all the teachers, parents, and the young golfers for their tremendous performance during the year and on the day. The event involved children from Wicklow primary schools taking part in a

team scramble golf competition and was supported by the head professional at Delgany Golf Club, Gavin Kavanagh, who provided the school children with a golf exhibition after the team event. Jason Bradshaw founder

of the event, said he was very pleased to see this grass roots get into golf programme continuing to grow in popularity so well in the Wicklow area and congratulated all the schoolchildren who competed.



Jason Bradshaw (Founder of the event), Tom Bergin (Captain, Delgany Golf Club), Betty Sherry (Lady Captain, Delgany Golf Club), Rosamund Finnegan Quirke, Blanca Garcia Gonzalez, Daisy Jolly and Kate Buckley.



Jason Bradshaw (Founder of the event), Tom Bergin (Captain, Delgany Golf Club), Betty Sherry (Lady Captain, Delgany Golf Club), Rosamund Finnegan Quirke, Blanca Garcia Gonzalez, Daisy Jolly and Kate Buckley.

Students win environment award for new benches on Seamus Heaney Walk

The inaugural Rotary Ireland Student Environment Award has been won by a group of students from Technological University Dublin. Sean Fitzgerald, District Governor, Rotary Ireland, presented the Rotary Ireland medal and a cheque for €2,000 to Daniel Cash, who accepted the prize on behalf of TU Dublin at the recent awards ceremony in Farmleigh House, Phoenix Park, in Dublin.

The aim of the Rotary Student Environment Award is to encourage third level students to submit projects on how woodlands, forests and the wood from trees can

contribute to achieving net zero emissions.

The winning students and lecturers took up the challenge to design and make 12 new seats for the Seamus Heaney Walk in

the Devil's Glen Forest. The project involved 19 timber technology students across three years and two-degree programmes.

In his citation, Ciaran

O'Connor, State Architect said; "The project is commendable for its contribution to several sustainability agendas and for the quality of benches. The emphasis was on reducing transport emissions by sourcing and sawing timber locally."

The distance, and thus carbon intensity of travel, from a Co. Wicklow forest to a local sawmill and on to TU Dublin was exceptionally low in comparison to the carbon intensity of travel for commercially-available imported park benches.

"This approach allowed the students to explore production improvements and to work as teams to ensure the project's success," said Donal Magnier, Environment Lead, Rotary Ireland. The project has been praised by Coillte and the family of Seamus Heaney, who acknowledge it as a fitting



Sean Fitzgerald, District Governor, Rotary Ireland, presents the inaugural Rotary Ireland Environment Award to Daniel Cash, who represented Technological University Dublin at the awards ceremony in Farmleigh House, Phoenix Park recently.



Captain Sean Fitzgerald, Donal Magnier, James Curtin, Mark Carlin, Linda Roche, Marie Heaney and Martina Robinson at one of the benches on the Seamus Heaney Walk

tribute to the Nobel Laureate.

Another TU Dublin student, Laura O'Toole was highly commended for her project 'Can timber construction reduce the environmental impacts of the furniture that they make within the college using Irish grown hardwoods.'

The awards were sponsored by the Rotary Clubs of Wicklow and Dublin Fingal with matching funds from Rotary Ireland. Entries were received from TU Dublin, University College Dublin, the University of Limerick and Atlantic Technological University Connemara.

Life Cycle Assessment (LCA)'. The aim was to create a guide for students in ATU Connemara to tangibly measure the environmental impact of the furniture that they make within the college using Irish grown hardwoods.

The awards were sponsored by the Rotary Clubs of Wicklow and Dublin Fingal with matching funds from Rotary Ireland. Entries were received from TU Dublin, University College Dublin, the University of Limerick and Atlantic Technological University Connemara.

Seán Fitzgerald, District Governor of Rotary Ireland, thanked Prof. Mary Ryan, University of Galway, John Mc Loughlin, Tree Council of Ireland, Des O'Toole, Forest Industries Ireland and Tom Kent, Southeast Technological University for adjudicating on the awards.

The focus of these awards is on trees because sustainable forestry is regarded globally as vital in achieving carbon neutrality by 2050. The role of forestry is acknowledged at forest level in carbon sequestration and

carbon storage in wood and wood products where it displaces fossil-based materials in construction and energy.

The objective of the awards is to promote research in climate change mitigation. It is aimed at third level undergraduate students from a wide range of disciplines including, forestry, architecture, ecology, engineering, science, horticulture, design, agriculture, biodiversity, land management, bioenergy, product development, wood working and restoration.

Blessington are EU50 Library Quiz champs

St Mary's Senior School representing Blessington Library won a special quiz competition to mark 50 years of Irish EU membership.



Cllr Pat Kennedy and Michael Nicholson of Wicklow County Council with teacher Margaret Fitzpatrick (who was representing Brian Flood), Harry Dunne, Max Byrne, Niamh Carpenter and David Kearney of Roundwood National School, who came in 2nd place



Cllr Pat Kennedy and Michael Nicholson of WCC with Grace Norton, Grace Matthew, Roisin Behan, Eimear O'Brien, Grace Gordon and teacher Ciaran Walsh of Scoil Naomh Iosaf, Baltinglass, who came in 3rd place.

As part of the 50th anniversary celebrations, local authorities around the country were asked by the Department of European Affairs/ Department of Foreign Affairs to submit an event to mark the golden jubilee and which would receive funding.

Wicklow County Council was successful in its proposal to hold an inter-library quiz with all questions having a European theme.

Each of the 13 libraries in County Wicklow and the Mobile Library was asked to select a team from their local primary schools to go forward to the final. This required local heats to ensure each of the 83 primary schools in the county had the opportunity to take part.

The final took place on Monday night last (8th May) in the Woodenbridge Hotel with 14 teams taking part in the quiz. Questions centred around various European themes, including general knowledge, national flags, well-known landmarks, sport, and the Eurovision Song Contest.

The team representing Blessington library, from

St Mary's Senior School, emerged victorious. Team members included Conor McGee, Orlaith Cummins, Erin Keogh and Anna Nugent whose names will be engraved on the EU50 trophy.

Roundwood National School, representing the Mobile Library, was in second place while

Baltinglass library and students from Naomh Iosaf school finished third. Cathaoirleach of Wicklow County Council, Cllr Tommy Annesley, said: "This is a great event, and it is wonderful to see such enthusiasm from students from throughout county Wicklow."

Wicklow County Council Chief Executive, Emer O'Gorman, added her own congratulations to all the participating schools and complimented the library staff for their innovation in organising the event. She thanked both Government Departments for their generous funding.

Michael Nicholson, Director of Services with the Council, who acted as quizmaster on the night, said that the event would not have been a success without all the participants and their enthusiastic supporters and added that all of those who took part were winners on the night.



Cllr Pat Kennedy and Michael Nicholson of Wicklow County Council present Conor Magee, Anna Nugent, Erin Keogh, Orla Cummins and teacher Gina Sheward of St. Mary's Senior National School, Blessington, with the 1st place winners trophy for the WCC Inter Library Schools Table Quiz.

Certificate presentation night at Bray Adult Learning Centre

On Tuesday 16th May, the sun shone on a wonderful evening of celebration, as Bray Adult Learning Centre welcomed KWETB Chief Executive, Dr Deirdre Keyes, to present certificates to students who completed a range of courses at the Centre in 2022-23.

Students and tutors joined together at Coláiste Raithín, to celebrate all the hard work undertaken during the last year. Deirdre Keyes congratulated the students on their achievements and presented certificates to the adult learners. Christine Wray, Coordinator of Bray Adult Learning acknowledged the effort and commitment it takes to return to learning as an adult and told the students they should be proud of their achieve-

ments. Two speakers, Marta and Sylwia described their adult learning journeys and how their lives have been changed as a result. The students were joined in their celebrations by their family and friends who support and encourage them as they progress.

Bray Adult Learning Centre provides a first step back into education for adult learners who wish to return to education and improve their basic skills. This was a

particularly busy year in the Centre as we welcomed a large group of Ukrainian students to our English language classes. The Centre offers a wide range of part-time courses and QQI modules at Levels 2, 3, 4 and 5. This year students worked on a range of modules including Reading, Listening and Speaking, Communications, Art, Wellbeing, CV and Interview Skills, Word Processing, English for Speakers of Other Languages, Digital

Skills, and Information Technology Skills.

Over 600 students completed part-time courses at the centre in the last academic year. Many of these programmes were aimed at people developing the skills and confidence needed for the changing economy and society. Courses at the Adult Learning Centre are a great start for anyone who is thinking about returning to education or up-skilling for the job market.



Elena Chugai, Maryna Varych, Inna Monchenko, Olga Grosul, Tutor Sarah-Jane Fortune, Olena Molchanova and Tetiana Mykhailova at the Bray Adult Learning Centre certificate presentation night



Greystones Community College ESOL Level 3 students



Dr Deirdre Keyes, Chief Executive of KWETB, with Siew Meng Lee at the Bray Adult Learning Centre Certificate Presentation Night

Free support groups for Leaving Cert students

Turn2Me, a national mental health charity, is conducting free online support groups, until the end of June for students and parents feeling stressed about the Leaving Cert.

The charity first launched Leaving Cert support groups for students last year and said this year it would also launch a separate support group for parents, after receiving feedback from its users.

Turn2Me stated that the Leaving Cert can be an extremely stressful time for young people and their families, and that it can cause panic attacks, anxiety, and low self-esteem for many.

Turn2Me stated that these support groups will be a space where young people and parents can share their struggles anonymously and receive tips on how to deal with stress, panic attacks, anxiety, and other issues from a mental health professional.

"Young people can really struggle with their stress levels, coming up to the Leaving Cert," Fiona O'Malley, CEO of Turn2Me said. "It can be challenging to perform well in a particular type of exam, primarily 'rote learning' or a memory test, with some exams back-to-back. It's a marathon and if students don't manage their stress levels throughout the Leaving Cert, it can have a detrimental impact on their performance throughout the exams."

Turn2Me recommended creating a study timetable and sticking to it; taking regular breaks; writing revision notes; using 'Brainscape' - a flashcards learning app; staying hydrated and eating healthy foods; deep breathing; going for a jog or a walk in the morning; and doing yoga or stretching in the evenings to improve sleep quality. The charity also encouraged students and parents who are feeling overwhelmed or stressed about the Leaving Cert to join its free online support group.

The Turn2Me Leaving Cert Students support group is running on Wednesdays at 6pm, and the Turn2Me Leaving Cert Parents support group will run on Thursdays at 6pm. To sign up, go to Turn2Me.ie.



Students from Wicklow school Gaelcholaiste na Mara in Arklow won second place at this year's Bank of Ireland Money Smarts Quiz Grand Final, held in Trinity College Dublin earlier this month. Sixteen secondary school teams from across Ireland, who all emerged victorious from qualifiers held recently in the RDS, gathered together in Dublin to compete in the final. This is Bank of Ireland's free financial literacy programme for 2nd Level students, with a financial literacy quiz featuring as the centrepiece of the programme designed to help students learn about managing their finances and to develop good Financial Wellbeing habits. The Gaelcholaiste na Mara team are pictured with Mairead McGuinness, European Commissioner for Financial Stability, Financial Services and Capital Markets Union and Myles O'Grady, Group CEO, Bank of Ireland.

Voices of Bray Choir celebrates 10th anniversary

After a 4-year gap, the Voices of Bray Community Choir returns to the Mermaid Arts Centre for its summer concerts. This year is extra special as the choir celebrates its 10th anniversary.

Founded in 2013, the choir focuses mainly on popular music repertoire with the occasional dip into other genres. Membership of the choir, which is open to adults on a non-audition basis, stands at 130 and is limited only by the size of available rehearsal and performance spaces. Such is the demand for places that there is often a lengthy waiting list.

For many members, Voices of Bray has provided their first experience of singing in a choir. For Musical Director John Ivory, one of the challenges is choosing a repertoire that is accessible to

less experienced singers, and yet provides a challenge to the more experienced members - a balance that so far has proved very successful in the development of the choir.

The choir is always seeking new challenges. To date they have participated twice in the North Wales Choral Festival and most recently in 2020 - just before Covid shut down most of the arts industry - the choir achieved 2nd place in the community choir section of the Limerick Choral Festival. That was the choir's last public performance until December 2022.

Now fully up and running again, the choir is delighted to be back in the Mermaid Arts Centre to celebrate its 10th anniversary. For this year's programme, John Ivory explains that he resisted the temptation to make it a 'greatest hits' type show by relying on past material. Instead, with a few exceptions, the programme is mostly new material for the choir while maintaining the usual eclectic mix - ranging from Vivaldi to Viva La Vida, it promises to be a very exciting and entertaining show with something for everyone.

Apart from celebrating



The Voices of Bray Community Choir

what has been achieved from a singing perspective, the choir's anniversary also marks ten years of fundraising for local

charities. During that time, €70,000 has been raised benefitting 17 different charities. For the upcoming summer shows

the choir is delighted to be partnering with St. Joseph's Shankill - Dedicated to Dementia Care.

The concerts take place on June 8th, 9th and 10th at 8pm in the Mermaid Arts Centre, Bray. Tickets are €20 (€7 concessions)

and are available online at www.mermaidartscentre.ie or from the Mermaid Arts Centre Box Office at 01-2724030.

'Mr Sands Youth Theatre'

Drama and Story Telling Improvisation Workshop, 12 years and up.
Courthouse Arts Centre, Wednesday May 31st, 2pm

The Courthouse Arts Centre is very pleased to offer this Free workshop to teenagers before their summer starts.

In partnership with Mr Sands Youth Theatre based in Bray, we have a free drama and story telling workshop suitable for 12 years and up at The Courthouse on Wednesday May 31st at 2pm.

The workshop will be facilitated by Orla McGovern from Spontaneous Theatre.

Mr Sands Youth Theatre, Brays local Youth Theatre, was founded in late 2016 by actor & drama teacher Emer Casey. It is run by actor and drama facilitator Marth Green and assisted by theatre maker & facilitator Casey Hallahan, both Co. Wicklow based artists.

Booking at www.courthousearts.ie/booking

Celebrate Cruinniú na nÓg at Whale Theatre

In June, the Whale Theatre in Greystones will hold two events as part of Cruinniú na nÓg, which highlights and encourages participation by children and young people in artistic and creative activities.



Down to the Woods

Performed by members of Arclight Drama Studio, this is an interactive theatre experience for 4-8 year olds.

The teddy bears are having a picnic, and everyone is invited. Join Wally The Woodcutter and his friends on their adventurous journey through the woods.

What happens to them along the way? Well, that's up to you!

The audience will be invited to make suggestions that drive the story along and participate as characters in the show.

Please bring along your favourite teddy bear for the picnic and dressing up in fancy dress is greatly encouraged!

Children must be accompanied by a parent/guardian at all times. Please book a ticket for each adult in attendance too.

Duration: Approx. 50 mins

Saturday 10th June 2023 @ 11.30am (doors 11am). Tickets free of charge and need to be booked at www.whaletheatre.ie or call the booking office on 01 2010550 to book.

The Imaginarium

All you need to create theatre is a performance space and imagination. Led by actors from Arclight Drama Studio, the Imaginarium is a creative space for 9-13 year olds to devise and perform new stories. Participants will create, rehearse, and perform a brand new piece of theatre. Children must be accompanied by a parent/guardian at all times. Please book a ticket for each adult in attendance too.

Duration: Approx. 75 mins

Saturday 10th June 2023 @ 2pm (doors 1.30pm). Tickets free of charge and need to be booked at www.whaletheatre.ie or call the booking office on 01 2010550 to book.



Pictured are Julia Hart, Mark Talbot, Carol Boland (facilitator), Mark Mitchell, Louise Wardell and Patrice Brady Carton of the MS Writers Group. An evening of short stories, poetry and music will be held in the Glenview Hotel on Tuesday 30th May for World MS Day, from 7.30pm to 9.30pm. Come along for a beautiful and relaxing evening of original stories, poetry and music. Entry is €5 which includes tea/coffee. All proceeds will go to the MS Ireland East Wicklow Branch.

Niamh Dunne in Greystones

Whale Theatre, Friday 9th June, 8pm (doors 7pm). Tickets €20 and available at www.whaletheatre.ie or call the booking office on 01 2010550 to book.



Niamh Dunne

Niamh Dunne is a fiddle player and singer, who is known for her unique traditional fiddle playing, her folk-infused fiddle compositions and smoky warm vocal style. She has performed on the world stage as founding member of the renowned band Beoga.

Her album "Tides" is Niamh's first solo project in ten years and her first ever album made up entirely of self penned songs. The album is in 2 halves; one based on story songs inspired by traditional Irish songs and the other half based on singer-songwriter style, introspective songs that look at lived experience, feminism, family, history and connection. Both halves are a reflection on her life as a musician, from her traditional roots with the Traveller family The Dunne's right up to writing with contemporary acts like Foy Vance and Ed Sheeran in recent years.

This album is a chance to lend her own voice, with all its contradictions and nuances, to the musical landscape.



Comedians Paul Marsh, Damo Clarke and Colm O'Regan at the Brass Fox Comedy Night in Wicklow Town.

'Embody': an exhibition by Jean Cleary at Signal Arts Centre

Monday 12th to Sunday 25th June

The human figure is central to the work of Jean Cleary's sculptures. The sculptures she creates are made from a variety of clays, and ceramic surface treatments. 'Looking' has been an ongoing theme in her work.

This 'looking' can be an inward action where we 'look' inside our minds, it can also be a direct gaze, an action with our eyes wide open. In this exhibition 'Embody' Jean has explored a series of work based on the human form. The human body is what we inhabit in this world and how we interact with the world. The series of works that she has created for 'Embody' ranges from human head sculptures to standing figures. The portrait heads with a resting cat featured in the composition of these sculptures is a comment on the human need to rest, with cats being the great educators on how to rest! This theme of rest and reflection continues throughout this exhibition with porcelain wall portraits.

The series of standing female forms hold a strong sense of grounding, firm in their stance and honouring their 'self'.

Connections are created with the maker and viewer, through reflection and looking. Underlying the entire body of work there is a quiet stillness, it allows you, the viewer, to meet the art piece, to 'look'.

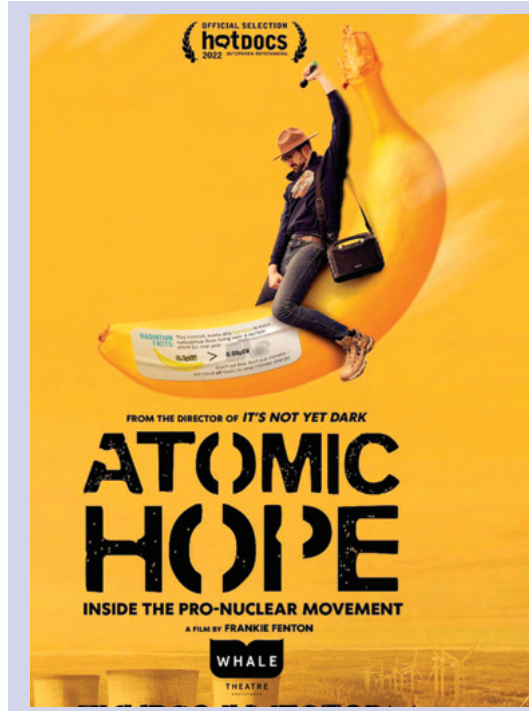


Resting Head I



Cat Nap

Opening Reception: Sunday 18th June 2023, 3pm - 5pm



Atomic Hope at Whale Theatre

Thursday 8th June, 8pm (doors 7pm). Tickets €12 and available at www.whaletheatre.ie or call the booking office on 01 2010550 to book.

Atomic Hope (Ireland/UK/12A/82mins) For decades, nuclear power has been the devil, but today, there's a growing call to put this carbon-free energy source back on the table.

And they're quick to point out that a normal, everyday banana is more radioactive than living near a nuclear plant for a year. Talking to those at the forefront of this new, controversial movement, Irish director Frankie Fenton (It's Not Yet Dark) explores the arguments for and against nuclear power in a brave and important documentary that dares to go against the organic, free range wholegrain.

The screening will be followed by a Q&A with the filmmaker

Lisa Lambe: Nightvisiting

Mermaid Arts Centre, Friday 2nd June 8pm, €21

Internationally acclaimed Irish folk singer Lisa Lambe brings us her new project 'Nightvisiting' songs & stories from the hearth.

'NightVisiting' reconnects us to the social role that night time social house visits

once played in our oral traditions and folklore, and in the preservation of our songs and stories from

tender love songs, to songs of loss and longing. Lisa Lambe collaborates with renowned musicians and

performers to create an evening celebrating the old songs, stories and tunes from around the hearth.





Eoin Medlycott and Hannah Humphries at the recent Colour Run at East Glendalough School

PLANNING PLANNING PLANNING

WICKLOW COUNTY COUNCIL

Fintan Keogh and Lisa Holt seek Permission for 10.6sqm single storey extension to front of house together with site works including steps, glazed balustrades and platform lift at 'Tenebo', Scalp Road, Enniskerry, Co Wicklow, A98 RR71.

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 within the period of 5 weeks beginning on the date of receipt by the authority of the application.

WICKLOW COUNTY COUNCIL

I, Marcella Byrne seeks planning permission for a single storey dwelling septic tank and percolation area bored well and a new entrance on existing lane and all assorted site works at Hillbrook Lower, Carne, 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 within the period of 5 weeks beginning on the date of receipt by the authority of the application.

WICKLOW COUNTY COUNCIL

Planning permission is sought by Packaging Laundry Ltd for removal of existing single-storey joinery workshop building and adjacent yard, and for construction in its place of new nine meter high single-storey storage/processing building, on site at former home of Wicklow Timber and Joinery Ltd, Wurtzburg Avenue, Boghall Road, Bray, Co Wicklow (Eircode A98WD37). This site is immediately adjacent and adjoining the existing home of the applicant company, Packaging Laundry Ltd, at Unit C, Oldcourt Business Park, Wurtzburg Avenue, Boghall Road, Bray, Co Wicklow, (Eircode A98P6N3), and the application includes retention of an external cylindrical water storage tank, and minor items of external plant. It also includes for retention of an existing lean-to building which houses a chipping machine, and retention of an existing wall-mounted wash-area canopy. Other minor associated works will include the provision of markings for car parking, markings for a turning circle, and markings for loading areas, and gates to the external storage areas. Signage, too, is included as illustrated. 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 within the period of 5 weeks beginning on the date of receipt by the authority of the application.

Age Friendly Ireland urges older people of Wicklow to help shape their communities

Age Friendly Ireland's theme for 2023 is *Faile ar ais - Welcome back!* This theme recognises the reality of older people's post-covid world, as many have found it challenging to return to the social activities that they had previously loved. Through consultation with older people, Age Friendly Ireland has found that people were struggling to 'get back out there and reconnect', particularly when it comes to taking back up the physical activities they once enjoyed.

Commenting on the importance of movement and keeping active, Donnchadh Walsh, Chartered Physiotherapist and former Kerry Footballer, said: "It is widely accepted that regular physical activity helps to improve physical and mental function as well as reversing some effects of chronic disease. The WHO recommendations of 150mins of physical activity per week is essential to keep older people mobile and independent, but unfortunately only 33% of

older adults in Ireland meet these recommendations (Tilda report). Physical activity along with resistance training increase muscle mass and strength which can increase bone density and reduce falls risks (Irish Medical Journal). For many older people, having a fall triggers a chain of events where they go to hospital, then possibly convalesce, and find they are unable to move back home or live independently again. Falls are extremely damaging to the older person's lifestyle.

But a lot of falls are preventable with adequate futureproofing."

Age Friendly Ambassador Francis Brennan calls on older people to keep active and keep engaged in their communities. During Covid-19 Ireland saw an increase in sedentary behaviour amongst older adults. Greater decreases in mental health were seen among those who reported negative impact changes in their physical and sedentary activities (Tilda).

Catherine McGuigan, Chief Officer of the Age Friendly Ireland shared service said: "Through our 31 Older Peoples Councils across Ireland we learned about the value of human interaction, the importance of family and social connections, the contribution of our communities, the impact of volunteering, how assistive technologies can compliment our lives in a meaningful and positive way and much more."

Kiltegan farmer is Runner-up Grassland Farmer of the Year

Kyle Hanbidge from Kiltegan, was announced as the Dairy Enterprise Category Runner-up of the Grassland Farmer of the Year 2022 at an awards ceremony which took place on Wednesday, 24th May in Teagasc Moorepark, Fermoy, Co. Cork.

The Overall Winner of the Grassland Farmer of the Year 2022 is Diarmaid Fitzgerald, Cratloe, Co. Clare. The Grassland Farmer of the Year awards is now in its sixth year and rewards the top grassland farmers in the country who are growing and utilising more grass on their farms in a sustainable manner.

The awards are supported by the Department of Agriculture, Food and the Marine with an overall prize fund of €25,000. The winners were announced today at the Teagasc Moorepark research centre, May 24th.

Speaking at the awards ceremony, Minister for Agriculture, Food and the Marine, Charlie McConalogue T.D. congratulated all of the finalists in their achievements in grassland management. He said: "As finalists you are joining a group of top class grassland farmers, and I would

particularly like to congratulate Diarmaid Fitzgerald on winning the overall Grassland Farmer of the Year Award. It's an achievement you can be really proud of. It is clear that initiatives such as Grass10 and the Grassland Farmer of the Year are to the fore in helping farmers achieve the most they can from the natural resource they have on their farm, which is grass. Good management of grass clover swards is essential in meeting the targets set down in the AgClimate Strategy."

The Grassland Farmer of the Year awards are part of the Teagasc Grass10 Campaign which is supported by the Department of Agriculture, Food and the Marine, Teagasc, AIB, FBD, Grassland Agro and the Irish Farmers Journal. The Grass10 programme continues to focus on improving nutrient management and efficiency on farm and clover establishment

and its management.

Speaking on behalf of the competition judges, Aidan Brennan Irish Farmers Journal said: "One thing that stood out for the judges this year was a notable shift in attitude towards developing clover on the farm and protecting the environment. This was seen as important as grass production itself and it probably reflects the changing attitude among farmers in general. The fact that the average grass growth among the finalists was 13.5 t DM/ha just shows that you can be very efficient while also being very sustainable."

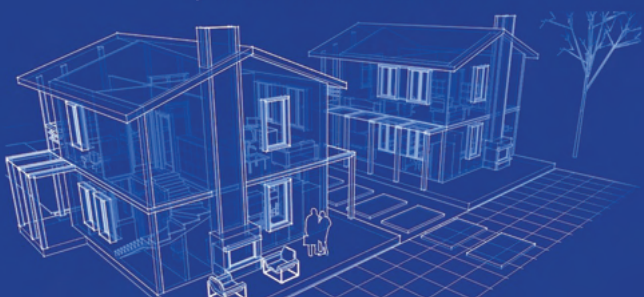
The judging panel for the Grassland Farmer of the Year competition consisted of John Maher, Teagasc Grass10; Diarmuid Donnellan, AIB; John O'Loughlin, Grassland Agro; Aidan Brennan, Irish Farmers Journal; Pat Gilligan, FBD; and Liz Hyland DAFM.



Pictured in Teagasc Moorepark, Fermoy, Co. Cork at the Grassland Farmer of the Year Awards 2022 are Dairy Enterprise Category Runner-up - Kyle & Emma Hanbidge, Kiltegan, Co. Wicklow with sponsors Donal Whelton, AIB; Enda McDonald, Grassland Agro; Michael Berkey, FBD; Charlie McConalogue TD, Minister for Agriculture, Food, and the Marine; Professor Frank O'Mara, Teagasc Director; Aidan Brennan, Irish Farmers Journal; & Liam Herlihy, Teagasc Chairman. The Grassland Farmer of the Year awards is now in its sixth year and rewards the top grassland farmers in the country who are growing and utilising more grass on their farms in a sustainable manner. The awards are supported by the Department of Agriculture, Food, and the Marine with an overall prize fund of €25,000. Picture: O'Gorman Photography.

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Six businesswoman crowned at Network Ireland Wicklow Awards

Network Ireland Wicklow Branch has announced the winners of the Wicklow Businesswoman of the Year Awards 2023

CLASSIFIEDS

This year, six individual awards were presented to outstanding female business leaders in their respective categories on the 18th of May at an awards Gala held in the Tinakilly County House Hotel.

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. Thank You. **M.K.**

• The Emerging Businesswoman category was awarded to April Cowman of April Cowman and Associates - taxconsultancy.ie April specialises in personal tax which includes registrations and returns, along with tax advice under all tax heads relevant to individuals such as, Income Tax, Inheritance Tax, Capital Gains Tax. She has a special interest in Succession and Estate Planning.

• The Established Businesswoman category was awarded to Deirdre Doyle of The Cool Food School. Deirdre set up The Cool

Food School in 2018 with the goal of making healthy food fun for kids! A mum of 3 and a health coach, Deirdre teaches unique, interactive food workshops to children from age 3+ in schools, libraries and events nationwide. She is a children's cookbook author and occasional tv chef - thecoolfoodschool.ie.

• The Solo Businesswoman category was awarded to Rosemary Kearney of RMDK Consultancy. Rosemary provides consultancy services in GDPR and data governance for research, eHealth and digital health services. She ensures high quality outcomes for clients balancing business and compliance needs - rmdkconsultancy.ie

• The Creative Professional award was given to Kelly Hood of Kelly Hood Art Studio. Kelly Hood is a fit for purpose craft centric brand capable of delivering it's images to create practical, everyday useful things that make you

smile. To design a perfectly balanced mix of wall art, linen and stationery that evokes a sense of nostalgia and quirky fun. Hand made in Ireland with a passion for innovation - kellyhood.com

• The Employee Shining Star award was given to Niamh Comber, Head of Franchising at DNG Estate Agency Group. Her passion is creating teams, motivating people and implementing processes. She is involved in several DNG committees, Secretary of Network Ireland Wicklow, Trustee of the County Wicklow Volunteer Centre and part of the Wicklow Hospice Gardening Team.

• The Networker of the Year award was presented to Simone McCann. Simone is a qualified financial advisor who is passionate about sharing her knowledge and helping others specifically SME owners. She brings a wealth of life experience and her goal is to take the "ICK" out of

financial planning by making it as easy as possible.

• Congratulations to our STEM finalists, Willo King from recyclebikes.ie and Christine Campbell from anyone4science.com who went onto the inter-county branch judging panel and were announced as finalists within that category.

Network Ireland Wicklow President Joanne Costello said, "I am incredibly proud to celebrate the exceptional achievements of these inspiring businesswomen. They have demonstrated unwavering determination, innovative thinking, and remarkable leadership in their respective fields. The Network Ireland Wicklow Branch Businesswoman of the Year Awards shine a spotlight on their outstanding contributions, and I am confident that they will continue to inspire others to reach new heights. Congratulations to all the winners and finalists for their well-deserved recognition."



Amelia Kavanagh and Emily O'Dowd at the Brass Fox Comedy Night in Wicklow Town.

Judging the awards were; Sir Steven Wilkinson, Founder and CEO of Good & Prosper, Ciara O'Connor, CEO of East Coast FM, Eileen

Cullen, Training Services Manager at KWETB and Elaine Byrne, Retail Manager at AIB Carlow. The Network Ireland Businesswoman of the Year Awards celebrates the excellence, profes-

sionalism, vision and Power within all of the women across Ireland. The Wicklow winners will now go forward to compete in the Network Ireland National Awards taking place in October.

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