



IONA PARK MAYFIELD (021) 450 2862  
Mon-Sat 9am—6pm



## Coronavirus COVID-19



### Minding your Mental Health during the Coronavirus Outbreak



There are many things you can do to mind your mental health during times like this. It might help to:

- Stay informed but set limits for news and social media
- Keep up your healthy routines and have some structure to your day
- Find alternative ways to stay connected with others
- Talk to your family, including your children, about how you can support each other
- Access online and phone supports

Visit [hse.ie](http://hse.ie) for updated factual information and advice or call 1850 24 1850  
It's in our hands



## MAYFIELD MATTERS YOUR COMMUNITY NEWSLETTER

*ARE YOU INTERESTED IN ADVERTISING IN  
YOUR LOCAL NEWSLETTER??*

*WOULD YOU LIKE TO SHOWCASE YOUR TALENTS ??*

*{STORYTELLING, POETRY, PHOTOGRAPHY, ART, SPORT, COOKING ETC.}*

*PLEASE FEEL FREE TO CONTACT MAYFIELD MATTERS*

*BY EMAIL: [MAYFIELDMATTERS@OUTLOOK.COM](mailto:MAYFIELDMATTERS@OUTLOOK.COM)*

*PHONE : 021 450 8562*

Mayfield Matters is a non-profit making publication with 2000+ copies distributed locally, with these copies reaching an estimated readership of approximately of 6000. Each issue is also available on our webpage [mayfieldcdp.ie](http://mayfieldcdp.ie) which has a high readership also.

# MAYFIELD MATTERS

## YOUR COMMUNITY NEWSLETTER

FREE

Issue 110 January -February 2021

FREE

*SPRING*

*Spring appears in whispers*

*And hushed tones,*

*As the bellowing winter bows away.*

*Drowsy flowers come to attention,*

*Waking from their sleep -*

*Yawning;*

*With heads turned upward towards*

*The Maestro called Sun -*

*I watch with anticipation*

*As...*

*The concert begins.*



Bankoboev.Ru



KEEP WELL



The Keep Well campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routine. Sport Ireland, Get Ireland Walking and Healthy Ireland are encouraging people of all ages to walk into 2021 by taking part in the Keep Well Walking Challenge.

To support this,

[Get Ireland Walking has produced a new app](#) that will allow users to keep a record of their walking and help all participants to stay motivated. The handy app will provide useful tips on advice on how to build walking into every day routines.

# WE CAN QUIT

## Do you want to stop smoking?

**Women supporting women to stop smoking.  
A free 12 week stop smoking programme for women, offering group support, one to one support and stop smoking medication.**

Have you tried to quit before?

Do you want support to quit?

**Register for the We Can Quit today!**

**Where?: Online via Zoom**

**When?: Tuesday, February 16th, 2021 6:30pm - 8pm**

**Call: Deirdre 086 852 3077 / Martina 086 368 2061**

**Email: [lotamorefrc@yahoo.ie](mailto:lotamorefrc@yahoo.ie)**



### NEWBURY HOUSE FAMILY CENTRE CLG SERVICES:



#### PLAY THERAPY:

Play therapy is a new service that Newbury House is able to offer to young children. Children often find it difficult to express themselves verbally and so traditional talking therapies can be difficult for them. Play is a child's natural way of expressing themselves. Play naturally helps children develop physically, social, intellectually and emotionally. If you would like more information on our Play Therapy contact the Family Support worker

#### Art Therapy

Art therapy involves the use of creative techniques such as drawing, painting, collage, colouring, or sculpting to help people express themselves artistically and examine the psychological and emotional undertones in their art. With the guidance of a credentialed art therapist, clients can "decode" the nonverbal messages, symbols, and metaphors often found in these art forms, which should lead to a better understanding of their feelings and behaviour so they can move on to resolve deeper issues

#### Low Cost Counselling

Newbury House has 2 dedicated counsellors. They operate in Newbury House on a Tuesday and Friday, offering a confidential counselling service.

Tusla Child and Family Agency fund the counselling service, and we ask for a minimum affordable fee per session. To book an appointment you can contact our Family Support Worker in Newbury House who will meet with you and arrange an appointment for you.

#### Family Support

Newbury House have a dedicated Family Support Worker, who works with families in the area offering support, including Meitheal. Family life is not always easy. Life events like birth, death, depression, redundancy, separation, illness, abuse or financial problems can all put stress and strain on family life and relationships. Family Support Services can help. Simply having someone to talk to, about your problems can be the easiest way to begin to deal with your problem. Your concerns are dealt with in confidence by trained personnel who will give the appropriate support, advice and help

#### Childcare

**Our Crèche, Baile Beag Childcare** operates from Árd Bhaile Community Centre and takes children from the ages of 1 year to 2.5 years.

The Crèche offers 2 sessions. Morning session 8:50am – 12:50pm and afternoon session 1:10pm – 5:10pm

**Newbury House preschool** takes children from the age of 2.5 years to school going age. Our Preschool offers part-time 9am – 1pm & 1pm – 5pm / ECCE Free Preschool 9am – 12pm and 1pm to 4pm. Full day care from 9am – 5pm, Monday to Friday. The preschool offers the National Childcare Scheme (NCS) low cost childcare Both services offer the National Childcare Scheme Funding, To apply for the Scheme online you will need to have a verified MyGovID. For more information visit [www.gov.ie](http://www.gov.ie)

The ECCE free preschool offers children who qualify (3 years of age) 3 hours of free preschool, 38 weeks of the year

**Newbury House:**  
Old Youghal Road, Mayfield, Cork. Tel: 021-4507999 / email: [admin@newburyhouse.ie](mailto:admin@newburyhouse.ie)



# WASTE PREVENTION Online TALKS

Starting April 2021 Morning/evening

6 talks 6 topics

*Rethinking food waste*

*Being water wise*

*Rethinking & managing waste*

*Upcycling/Recycling*

*Creativity & waste –e.g. making bunting.*

*Impact of COVID-19 on waste prevention*

*To register your interest please contact Mayfield CDP/CALP at 4508562 or email [mayfieldcalp1@outlook.com](mailto:mayfieldcalp1@outlook.com) even at this early stage.*

A collage of three images: 1. A person's hand holding a smartphone, taking a picture of a scenic landscape with mountains and a lake. 2. A person meditating in a lotus position on a beach at sunset, with the ocean and horizon in the background. 3. A group of people in a fitness studio, performing a synchronized dance or aerobic exercise routine.

 Cork City Partnership CIC  
EDUCATION | EMPLOYMENT | ENVIRONMENT

## New Online Short Courses (February 2021)

Monday	Phone/Digital Photography	12.00-1.30pm	begins 8th February
Tuesday	Mindful Parenting	11.00-12.00pm	begins 9th February
Wednesday	Zumba & Keep Fit	6.30-7.30pm	begins 10th February
Thursday	Mindfulness & Relaxation	11.30-1pm	begins 11th February
Friday	Home Cooking & Baking	11.30-1.00pm	begins 12th February

As lockdown continues these 4 week courses offer an opportunity to connect with people and learn something new. All classes will be held via zoom\*, the zoom link will be sent following registration\*. To register, contact your local Cork City Partnership office or contact Margo Hayes on **087 1962023** or email **[margo.hayes@partnershipcork.ie](mailto:margo.hayes@partnershipcork.ie)**

*\*No charge for eligible participants, Some eligibility criteria apply. \*Support is available to help use zoom*

*Free Manual Handling Training*, just taking names now but hoping to begin again in March, over 18s, and certificate is valid for 2 years,

Please contact [pcotter@partnershipcork.ie](mailto:pcotter@partnershipcork.ie) or 087 1902848

The image shows the exterior and interior of Irwins Pharmacy at the Mayfield Shopping Centre. The exterior features a large blue and white logo with a stylized flower or leaf design. The interior is a modern pharmacy with a dark blue and white color scheme. The counter area is visible, along with shelves stocked with various products. The Irwins Pharmacy logo is also present inside the store.



## NEWS FROM SCOIL MHUIRE AGUS EOIN

The staff of Scoil Mhuire agus Eoin would like to wish our community and especially all our pupils and parents a very happy and safe 2021. We miss seeing our wonderful pupils every day and we would like to commend our students and their families for their engagement and hard work. We will continue to liaise with our families and support remote learning until the schools reopen.

Penny Dinners- our annual collection for Penny Dinners was a huge success again this year.

We would like to especially thank Mrs. Catherine O'Connor and four of our wonderful pupils Jimmy, Christopher, CJ and Michael who helped collect and then deliver the food to Penny Dinners in Little Hanover Street before Christmas. Well done!

A special word of thanks to Community Gardaí for their help with the delivery of our very large food collection! We loved our trip in the Community Bus!

School website- we would like to remind you that our school website is [www.scoilmuireaguseoin.ie](http://www.scoilmuireaguseoin.ie) and we are still accepting enrolments for September 2021. 2021 enrolments are also being taken for our Early Start pre-school. Both application forms can be found on our website or by ringing the office on 021-4503003.

The staff and families of Scoil Mhuire agus Eoin would like to congratulate Mrs. Regina O'Sullivan and Sister Margaret Daly who both retired recently. We had two lovely celebrations in school to mark the retirements of these two long-serving members of staff. They will be hugely missed but we would like to wish them both the very best as they start off on their new adventures!

Finally, we are delighted to welcome Ms Maria McDonagh in her new role as principal. Maria has worked with us for many years and is a past pupil herself.

She has a baptism of fire with school closure and distance learning, but she is enjoying the challenges and taking everything in her stride! Tús maith, leath na hoibre!

We are looking forward to seeing everyone back in school soon.  
**Until then, stay safe!**

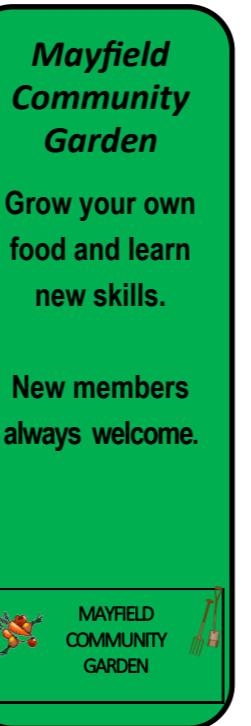
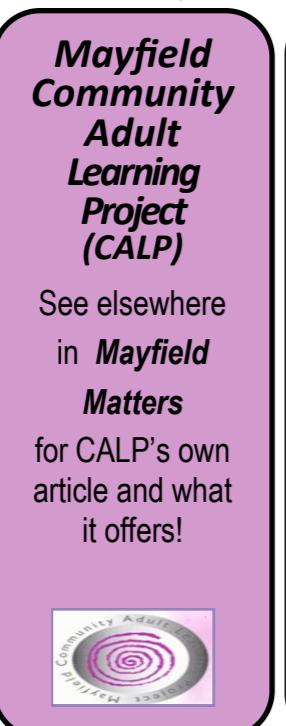


## MAYFIELD CDP COMMUNITY RESOURCE CENTRE

328 OLD YOUGHAL ROAD, MAYFIELD, CORK.

Phone: 450 8562 Fax: 450 8507 Email: [mayfieldcdpresource@outlook.com](mailto:mayfieldcdpresource@outlook.com)

Web: [www.mayfieldcdp.ie](http://www.mayfieldcdp.ie) Facebook: Mayfield CDP



### Services available at the CDP Centre that we can offer you:

## NEW RESTRICTIONS

Our courses are now online and we will still be operating our Printing, Photocopying, Faxing, Senior Alert Alarms application forms.

Unfortunately due to the restrictions and to keep everyone safe we cannot allow access to the computer room or inside the building.

**Our Rainbow Crèche will be remaining open.**

To avail of these services please email us on [mayfieldcdpresource@outlook.com](mailto:mayfieldcdpresource@outlook.com) or call us on 021 450 8562 and we can arrange a time that suits to collect.

Please keep an eye on our Facebook page for regular updates.

**MAYFIELD MATTERS** is a local community newsletter produced in the MAYFIELD CDP COMMUNITY RESOURCE CENTRE by *volunteers* with the support of the CDP staff. It is funded through the adverts placed in the issue, fundraising and grant allocations.

**DISCLAIMER:** All information printed in this issue is understood to be true and accurate at the time of printing. The views expressed herein are not those of *Mayfield Matters* or Mayfield CDP. We do not accept responsibility for information found to be untrue, but we do accept responsibility for any grammatical and typing errors.

**Please Note:** To guarantee inclusion in the next issue of **MAYFIELD MATTERS** please ensure items are submitted before the deadline which is

**10TH MARCH 2021 FOR THE  
EASTER ISSUE**



### Socially Distance SANTA!

Some photos of the visit by the man himself to our grounds at Riverview before Christmas. The boys and girls as well as the mums and dads were thrilled with the visit. Thankfully the weather held out for a lovely evening with some magical photos and memories. Thanks to all who gave up their time and helped make it possible, especially Santa and his very helpful Elf, Aisling. Academy certificates and selection boxes were handed out, It really was fantastic to feel and savour the festive atmosphere on the night and we're looking forward to next year's.



## MAYFIELD LADIES GAA CLUB

In the current climate, the resumption of amateur sport looks like been a bit far off for now. Hopefully as a nation we can all do our part and help turn this corner to get us back to playing the games we all love. None of us would have thought that we would miss Gaelic football as much as we do but what it does show is how important sport is and how much it brings a community together. Lifelong friendships are built through our participation in sport and what is fundamentally missing from our daily lives right now is the social interaction we get from it as well as our regular training sessions and matches mixed in with the banter associated with sport in general. Fingers crossed that it won't be too long before we are lacing up our boots again.

Looking forward to the year ahead, we have some new coaches on board and the following is the full list of our committee and coaches for 2021.

**Chairperson** – Siobhan Hanifin

**Vice-Chairperson** – Kevin O’Sullivan

**Secretary** – Orla Crowley-Healy

**Treasurer / Registrar** – Tina Lotty

**PRO** – Emily Cleary

**Vice-PRO** – Anthony Lotty

**Child Welfare Officer** – Majella Crowley

**Academy Director** – Anthony Lotty – catering for girls born 2013-2017

**U10s** – Orla Crowley-Healy / Amy Cronin – 2011/12

**U12s** – Natalie Heaphy / Fiona Walsh – 2009/10

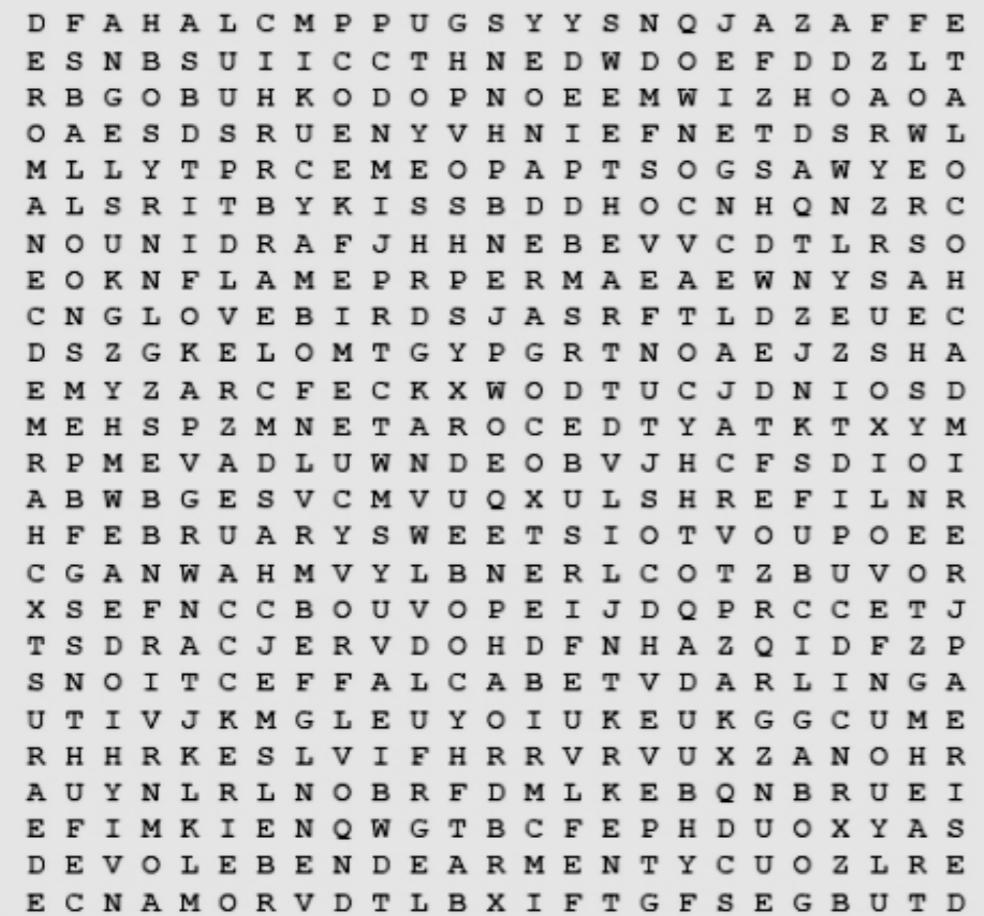
**U14/U16s** – Laura Lotty / Bryan Dinny O’Leary / Katie Cleary – 2007/08 & 2005/06

**Minor** – Laura Lotty / Orla Crowley-Healy

**Junior** – Ger Lotty / Diarmuid Lennon / Tina Lotty



oOooOo- oOo-oOo



### Valentine Word Search

ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELoved	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
DEVOTION	TENDERNESS
DOVES	VALENTINE
EMBRACE	

## HANIEL THERAPY

Caroline 085-818 8933  
hanieltherapy@hotmail.com

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Fully Accredited Therapist (MNHII BCMA)

Natural Aromatherapy Skincare  
Products Made to Order

## CHIROPODIST

Frances Nolan  
NCC, LCCH, M.C.H.POD.ORG

Glanmire Medical Centre  
Glanmire, Co. Cork

For appointments call:  
021 486 6745 or 086 369 3204

Gift Vouchers Available  
Home visits available on request



(021) 239 0019  
(Alongside All Round Beauty)

We wish all our customers good health  
during these very testing and difficult  
times.

Unfortunately, as you all know we are  
under strict government instructions to  
remain closed during the current Covid  
restrictions.

We will update everyone via our  
Facebook page when any information is  
forthcoming.

In the meantime we hope everyone  
remains safe.

Kind Regards  
N & G Barbers.

## WINNIE'S

DRESSMAKING

&

ALTERATIONS

(085 7804008)

Old Youghal Rd, Mayfield  
(Opposite The Cow Bar)

### We Alter:

- School Uniforms
- Curtains
- Jeans
- Zips
- Jackets

"Let's save money"



## Flower Point

Your local florist

297 Old Youghal Road Mayfield  
(next to Donatello's Pizza)

Tel: 085 189 2766

corkflowerpoint@gmail.com

Flower Point is open and working behind "closed  
doors" during our current lockdown.

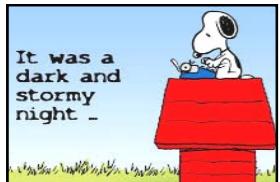
Shop opening hours may vary during this period.  
Contact us for your

flower orders and funeral work  
Over the phone as normal! 085 189 2766.

Please allow a couple of days' notice for  
Flower deliveries, as same day deliveries may  
not be available.

Thank you very much for your understanding  
during these unsettling times.





## POETRY PAGES

Please send your poems to [mayfieldmatters@outlook.com](mailto:mayfieldmatters@outlook.com) or hand them into the CDP Resource Centre.

### COVID-19 AGAIN!

*Richard Goodison*

Each morning when I wake I think: "I've got it!"  
But then by half-past 9 I've quite forgot it.  
A cough, a loss of breath, a feeling warm,  
A sneeze is just enough to cause alarm.

To keep it out we can't let people in;  
To let it in would be a 'mortal' sin.  
O keep from us this pestilence so cold  
That seeks to ruin us, young as well as old.

Corona you're a nuisance, you're a pest,  
Taking good as well as bad, yes, worst as best;  
No real distinction made that I can see  
Your only poor excuse is that we be.

Let remedies and vaccines that are found  
Soon see the virus will not be around;  
Let's hope that prayer and science amicably meet  
And old -19 victoriously defeat.

### The Heptagon (An Anthology Verse 3)

*Maggie L. O'Shea*

1

At 8 years old what can I say  
You are my super hero every day  
With magic of light,  
You illuminate my life.

2

I miss you so much,  
You make me smile,  
And you always beat me by a mile,  
You are so special to me.

3

My little hero stay safe,  
Protection by light,  
Keep everyone safe too.  
Until I see you once again, know that  
I love you.



For Conor my first nephew who I love so dearly, Written during Covid 19 pandemic (Coronavirus) to send on a post card written 13<sup>th</sup> May 2020

### MAXINE

*Richard Goodison*

Maxine! Oh Maxine, you approach  
Like a deer leaping down from the mountain,  
As a beautiful doe by the fountain,  
You lighten our hearts with a touch, Maxine,  
You brighten our hearts with your touch.

You're so slender your kiss it would seem  
Like a sharp blade, a slim needle fine;  
You bring your protection divine,  
A new dash of hope like a dream, Maxine,  
A fresh rush of hope like a stream.

Like a cool stream that flows through the scene  
I await you with bated breath keen.  
Your arrival I hope for, Maxine;  
Your embrace will preclude ol' -19, Maxine;  
Your embrace will preclude ol' -19.

A small push of pressure I'll feel  
As my shoulder your lips will caress;  
As a gift from above as love's guest,  
I'll accept your kind healing so real, Maxine,  
I'll accept your kind healing so real.

How I pray you will cleanse the whole world!  
U.S., Africa, Asia, Brazil,  
As in Britain and Europe you will  
In Australia and here be unfurled, Maxine,  
And wherever your flag is unfurled

### LOCK DOWN BLUES

*S. O'Benson*

I've got the lock down baby, I've got the lock down blues  
Nothing on the radio – all bad news  
Even for a coffee – I must join the queues.  
This curfew is a problem – my nerves are all in tatters  
The ol' doll's in the kitchen, I can hear her natters  
That gang up in Dublin, all as mad as hatters.  
I'm stuck inside the box room, the ol' doll's locked me in  
She's standing in the landing with a rolling pin  
She said that in the old days I wasn't such a bad ol' skin.  
The birds in the garden seem to be in party mood  
It really is bad manners to have such an attitude  
Why should they be singing to a cranky locked up dude?  
Yeah I've got the lock down – I've got the lock down blues  
They say the vaccine is imminent, but that's probably a ruse  
The ol' doll says she'll leave me out, if I mind my p's and q's.

# WE'RE LENDING

## Our Lady Crowned Credit Union

For big dreams, small dreams  
and those in between,  
we can help with your finance  
- just talk to our team!



CONTACT US TODAY ON  
021 450 4923 OR VISIT  
[WWW.OLCCU.IE](http://WWW.OLCCU.IE)

### IMAGINE MORE

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Our Lady Crowned Credit Union Limited is regulated by the Central Bank of Ireland.



## Our Lady Crowned Credit Union Limited.

Comhar Creidmheasa Mhuire Banríon Teoranta.

Here to Help You



**COVID-19**

OPENING HOURS FOR FEBRUARY 2021

#### Opening Hours Mayfield

Monday	9:30am – 1:00pm*
Tuesday	9:30am – 1:00pm*
Wednesday	CLOSED
Thursday	9:30am – 1:00pm*
Friday	10:00am – 5:30pm
Saturday	9:15am – 12:45pm

\*PHONE/ONLINE CONTACT AVAILABLE UNTIL 4:30PM

#### Opening Hours Little Island

Friday	9:30am – 12:00noon
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## ST JOSEPHS (MAYFIELD) NO NAME CLUB – NEWS

### NO NAME CLUBS HAVE BEEN MAKING A MAJOR IMPACT ON THE LIVES OF SO MANY YOUNG PEOPLE COUNTRYWIDE

Ever since the No Name Club was set up in Kilkenny in 1978 and following its expansion countrywide in 1983 it has been making a significant impact on the lives of its members in clubs spread throughout the country.

The foresight, courage and commitment of the founding members – Fr Tom Murphy, Eamonn Doyle and Eddie Keher has given the young people who join a No Name Club a rich legacy of a lifestyle that has improved the quality of life for the young people in the clubs and also for their families and the communities where No Name Clubs have been set up.

The best tribute that all concerned adults and parents of teenage children can make to the organisation and its founders is to commit themselves fully to supporting the volunteers who are doing trojan work in providing an alternative to young people who socialize with their peers in a safe environment and avoid the dangers of getting involved with alcohol and drugs at a young age.

Since the set up of St Josephs (Mayfield) No Name Club in 1998 almost 1,000 local young people have benefited hugely from their membership of the club through their participation in a wide ranging programme of healthy social activities that demonstrate a lifestyle in which the use of alcohol and drugs are seen to be unnecessary to the enjoyment of a good, happy and cheerful social life for young people between the age of 15-18 years.

No Name Club members learn through their experience in the many club activities that they can make lifelong friends, enjoy social outings and have great fun in a warm, friendly and healthy atmosphere where they are free from the danger of becoming involved in alcohol and drugs in their young life.

St Josephs (Mayfield) No Name Club is a warm, welcoming and friendly place where there is a sense of common purpose, good humour and togetherness pervades the whole club. Both adults and young people show mutual respect and the fun in exchanges between them is obvious at all times and one senses that the club is a comfortable and safe place for all concerned.

Together the adult leaders and the club members have done some remarkable work and they have made a major impact on the lives of the young people by building up their self esteem and confidence by engaging with them in a variety of events and competitions.

To illustrate that matter we include a sample of those achievements:

Between 2000- 2017 the following members have won a total of 10 Cork City Garda Youth Award trophies: 2000 – Leon Creamer, 2002 – David Heaphy, 2003 – Sarah Crowley, 2004 – Maria Hickey, 2004 – Group Award, 2005 – Maria Kelleher, 2008 – Jonathan Buckley, 2012 – Dale O Sullivan, 2014 – Natasha Walshe, 2017 – Kayleigh Walshe.

In 2009 Dale O Sullivan (Junior Leader) became the first member of the club to win the title of the Hostess of the Year in the No Name Club National Youth Awards Finals.

During her membership of the club Jade Sheehan was the recipient of a €25,000 bursary to study for a law degree in Griffith College, Cork following a character reference she received from the St Josephs (Mayfield) No Name Club that she states helped her to secure the scholarship. Jade Sheehan is now a practicing family lawyer.

Due to space restraints we are unable to refer to many more excellent club members that have represented our club with pride at events and in competitions over the past twenty one years where they were a credit to their families, their schools and local community. The club's voluntary adult leaders are justifiably proud of the hundreds of local young people who have benefited from being members of the club where they contributed enormously to its ongoing success where new members are always welcome.

All enquiries about the club activities can be got by contacting Natasha Walshe, Chairperson – 087 7440975 or on email – [stjosephsmayfieldnonameclub@gmail.com](mailto:stjosephsmayfieldnonameclub@gmail.com)



[www.lilliancourtneycoaching.com](http://www.lilliancourtneycoaching.com) / [lilliancourtneycoaching@gmail.com](mailto:lilliancourtneycoaching@gmail.com)

Free Coaching Life or Business session with this article Free motivational talks to Mayfield & surrounding areas for students /groups. 0860339842.

Happy New Year All, Some might read this and say “is this woman serious?!” in the midst of a pandemic with this intro. Well this came to mind during my time with Covid. I did not want to make it the subject of this article but I have a different spin to it that you might enjoy and learn from.

What is the one thing if you stripped a person of everything they have, material things, clothes, dignity everything even their hair? Stop and think for a second. Some might say talent or craft. Yes, this is very true and can help if that craft is required.

Well it is our “ATTITUDE”

How you see life, situations you are in no matter how bad they are. So I had to stop during isolation, read so many books but one that stood out was “Man’s search for Meaning”, Dr. Victor Frankl discussing his time in the Germany Camps. I had all intentions of reading it but felt it would be depressing but in the end it was educational and inspiring. Things I have been teaching in my coaching program were really brought home. Attitude is everything. The way one looks at a situation. In one chapter it described prisoners huddled together in a filthy hut. People later looking at the photographs described the terrible conditions and the fear of the prisoners. Dr. Frankl discussed this as the happy time where they actually had arrived into another work camp and realised there was not a chimney, hence they would not be killed. The warmth of friends. They had known their whole family had been gassed, torn apart, they themselves beaten, starved near to death, no shoes but how were they able to stay alive and keep hope in mind?

Our attitude to how we see life at the moment. Can you relate to this in any way or change your attitude to look and see where you are in your situation? This is how Dr. Frankl survived and helped others in the camp.

The 2nd thing is your INNERWORLD

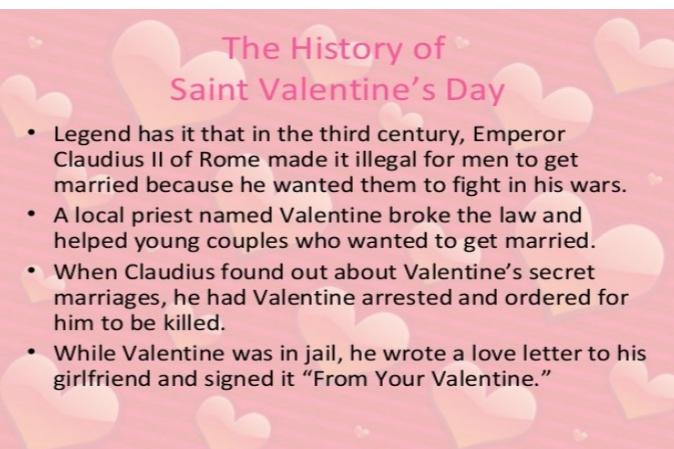
Nobody can take “YOU” away from “YOU” in your inner world. YES in your otherworld. In your inner world you can be anything, go anywhere or see anyone. This is how Dr. Frankl survived. He lived in his inner world bringing his wife to work talking to her. He even said he actually felt that she was with him. He imagined himself being in places he had been before and would be in the future. So if you are in a situation, missing friends and family, go into your inner world to enjoy great memories, bring them alive. Yes we must live in the NOW every day in reality but in a difficult situation like Covid now we can use this metaphor. So remember you’re human. “An abnormal reaction to an abnormal situation is normal behaviour” Blessing

The 3rd is “HUMOUR” Do you know of anyone, no matter the circumstances they make you laugh, lift your spirits and you go away with heightened energy? Laughter, song and dance changes your STATE no matter who you are. I met a neighbour who was sent home to say goodbye to his family. Thank God he survived. He told me stories as I stood at my door swapping symptoms, nothing like his but we laughed so hard at all his stories, sad and happy. I really believe his humour kept him sane and the others in the ward.

To rethink all above: -

Attitude: This will pass Inner world,  
Inner stories, Great memories people and places,  
Humour: Inner tunes, songs, stories.

The very last thing that came to mind is “LIGHT” how important it is for our daily life. My husband bought a rubber plant over 20 years ago. He moved it by the door and it doubled in size in a few weeks. I put it only for one day and night away from the light taking down the decorations. Its leaves were limp just after this time. So I want you to realise how important light is to you. Vitamin D is easy to get just going for a 20 minute walk daily for your immune system. I hope you all got something out of this and remember “Et Lux in tenebris lucet” the light shineth in the darkness. Dr. Frankl There is always “HOPE” Complimentary Life or Business Coaching available with this newsletter.



Valentine's Day





Brazilian Cuisine and Portuguese with Amerson Fortunato



La Pétanque, a French sport popular in the South



The school Christmas Market is always a highlight of the school calendar, the Christmas market which is organised by the 2nd year pupils along with teachers. This year due to COVID-19 the market moved outdoors to allow for social distancing. This year there were hot food stalls, a coffee truck, a photobooth, TY mini company stalls and lots of competitions to get everyone in the Christmas mood!! All money raised from the event went to creating hampers for local charities.



Congratulations to Transition Year pupil Ava Lotty on winning the National League as part of the Cork City U17s. Everyone at St. Patrick's is very proud of her.



During January online learning our teachers are busy engaging with their pupils in many ways, Ms. Donovan set up a fantastic Wellbeing Padlet with lots of support for our pupils wellbeing. There are tips on relaxation, useful supports, and challenges. Also to assist our pupils with online learning we distributed chrome books and chargers to them.



Our PE teacher Ms. Cronin is setting weekly challenges for her pupils, with prizes for those who can beat her!!!



St. Patrick's College took part in a "We are St. Patricks" whole campus campaign where all the schools came together to make and send Christmas cards to local nursing homes. Some of our girls also took part in a Zoom carol singing service with one of the nursing homes. The girls loved spreading the Christmas cheer.



On December 7th, all St. Patrick's Transition Year pupils took part in a '#Think Languages' event, they took part in an online opening ceremony with Minister for Education Norma Foley and comedian Des Bishop. After that they took part in school-based events that included.

1. Brazilian Cuisine and Portuguese with Amerson Fortunato
2. La Pétanque, a French sport popular in the South
3. The tree of Languages
4. The making of a paper Beehive.



## KEOHANE'S FUNERAL HOME KNIGHT'S HILL

**Old Youghal Road, Mayfield & Copley Street, Cork.**

**Tel: 021 431 1000**

**Web: [www.keohanescork.ie](http://www.keohanescork.ie) 24-Hour Service**

**'Our commitment is to personally serve bereaved families in the Cork region with a sincere and professional service.'**



**NEW  
INN  
SCHOOL** Application Forms  
are now available for enrolling  
children in our school.

Email : [sgmi.inn@gmail.com](mailto:sgmi.inn@gmail.com)



To see more information  
about our school visit:

[www.newinnglanmire.scoilnet.ie](http://www.newinnglanmire.scoilnet.ie)



**Mayfield Community School**

### REMOTE LEARNING

In Mayfield Community School we are using Google Classroom and Google Meet to teach our students remotely. Our students had been trained in using this platform in the event of entering another lockdown. We ran Digital Literacy classes in Junior school in which the students developed their understanding of Google Drive so they could work online and upload homework on a daily basis.

During this Lockdown, the engagement from students has been extremely high and our parents are thrilled with the structure it helps to create in their daily lives. Our teachers continue to work hard every day and deliver an excellent education to our students while they are unable to enter the school building.

We have been really fortunate in the support we have received from our education partners. We work with Access to Education, Bridge to Employment (ATE BTE), a committee made up of industry, Johnson and Johnson and education partners to support our students. This year the ATE BTE has funded studyclix plus accounts for all of our Year 3 Students. MTU (CIT) Access has funded studyclix plus accounts for our Year 5 students and Studyclix Premium for our Year 6 students. These resources are invaluable for our students at this remote learning time. UCC Plus has also funded JumpAGrade and Grade Academy for some of our Year 6 students to give them online support in specific subject areas. All of these supports are really helping to enhance our student's remote learning experiences. We as a school community really appreciate these supports. We are also very lucky to have a strong IT department in our school. We were in a position to share our 63 Chrome books with our students where family members were all working remotely from home.

**New Extension** in recognition of the expanding pupil numbers in Mayfield Community School, where a GaelCholaiste was established in September 2020, the Department of Education & Skills has approved funding under the Additional Accommodation Scheme 2021. This funding is for a new extension to the school, including the construction of two new classrooms and supporting facilities, commencing in 2021.

Mayfield Community School is delighted with this announcement which is of substantial benefit to the school and its local community.

**Introduction to Online Learning**

cetb

**Content includes:**

- » tips on online learning
- » the basics of Microsoft Word and navigating an online platform.

This course aims to give you the skills and confidence to engage better with future online learning programmes.

It is intended for anyone who is currently studying or wishes to study an online learning course.

With some tutor assistance, this course consists of a combination of tutorials and videos.

For more information and to apply for this course Type '319274' into the search field of [www.fetchcourses.ie](http://www.fetchcourses.ie)

**STARTING 10TH FEBRUARY**

[www.corktcb.ie](http://www.corktcb.ie)

SOLAS

An Roinn Oideachais agus Scileanna

Department of Education and Skills



**Frank O'Connor Library, Mayfield**

Old Youghal Road, Mayfield, Cork T23 E651

[mayfield\\_library@corkcity.ie](mailto:mayfield_library@corkcity.ie)

**Update from Frank O'Connor Library, Mayfield.**  
The library building is currently closed under Level 5 restrictions, but our online services are available anytime using a smartphone, tablet or PC. These include ebooks, eaudiobooks, online newspapers, music, online courses, online children's storytimes and workshops and much more for all ages at <http://www.corkcitylibraries.ie/en/online/>.

All memberships due to expire in the coming weeks have been extended until 1 April 2021. All items due back have been renewed until 1 April 2021. There are no fines. We hope to see you all safe and well very soon

## STAR OF BETHLEHEM.

By Aidan O'Shea



Christian churches in Ireland opened for strictly limited congregations on Christmas Day 2020, because of the COVID-19 Pandemic. Music and the traditional visit to the Crib were not allowed. The churches have continued to offer Masses online, so that some sense of community is maintained. I missed the great Cork tradition of going from church to church between Christmas and Epiphany, comparing the scale and grandeur of the Nativity Cribs. We always whispered a few prayers, each lit a candle and remembered departed family members.

The painting above, entitled Star of Bethlehem was commissioned by Birmingham City Council in 1887 to hang in its new Museum and Art Gallery. This large piece, painted in watercolours by Sir Edward Burne-Jones, measures 101 x 152 inches. It claims to be the largest watercolour of the 19th century. Watercolours are sensitive to strong daylight, so the work hangs in a dimly lit room. Burne-Jones, together with William Morris were leading figures of the Pre-Raphaelite Movement, whose members sought a return to medieval (before Raphael) heroic and pious themes in painting, stained glass and tapestry.

Star of Bethlehem is worth looking at in close detail. Mary, Joseph and Jesus have left the stable of Christ's birth. They have reached a makeshift shelter at the edge of a forest. The figure of Mary looks pale and apprehensive, while the infant Jesus clings to her robe. Joseph, dressed in a green robe, looks lovingly at the child. The angel hovers just above the scene, carrying the Star of Bethlehem which guided the Magi to the miracle of God made man. Each of the Magi bow their heads in the divine presence.

By tradition, one is an elder, one a warrior and one has an African appearance. Thus, the Christian faith is founded not just for the Jewish nation, but for all nations. The small white flowers at the feet of Mary are the wildflower Star of Bethlehem, so named because it flowers in late December. They form a garland around an ornate jewelled crown, so placed as to recognise Christ as King of Kings.

The Star has inspired the wise men from the East to travel to Jerusalem. There they have met King Herod of Judea, and they ask him: Where is He who has been born King of the Jews? For we have seen His star in the East and have come to worship Him. Herod called his scribes and priests who interpret this as a prophecy that the Jewish Messiah would be born in Bethlehem a few miles away. Herod plans to kill all infant males in his kingdom. The Holy Family must flee into Egypt.

Edward Burne-Jones and William Morris were fellow students of Theology at Exeter College Oxford. They were asked to create a tapestry on the theme of the Adoration of the Magi as a gift for the college. Burne-Jones' sketches led to the tapestry being woven at Morris and Company over a period of two years. The success of the result, and the popularity of the Star of Bethlehem watercolour were immediate. As to the tapestry, the original hangs in Exeter College Chapel, and others in The Hermitage Museum, St Petersburg, Eton College Chapel and Manchester Metropolitan University. It is a fine example of the power of Art to convey the frailty and the hope of human life.

## COVID -19 AND THE HOMECARE SITUATION

MARGARET HEALY INDEPENDENT WORKERS UNION.55 NORTH MAIN STREET. CORK .

For further information call in to our offices

Since Covid-19 came to us last March it has brought a lot of changes to how we live our lives and the people around us. Recently I have been talking to Homecare assistants who may never return to work as a result of Covid-19. Not only that but there are a lot of people who work in other areas as well and may never return to the work force. Taking into account that some clients requested that their homecare service be withdrawn until the virus was under control is only one factor. Some Homecare have been deployed to other areas of the HSE but deployment is part of the new contract that the Homecare employees signed up for so no surprises there. A very small amount of over 70's had to cocoon and still are. So overall that would not make a big difference in regards to the Homecare situation. The real worry now is will the Homecare be returned to the people when Covid-19 ends. Homecare is very important to all of us and I have been advocating for this for years. We at the Independent Workers Union are one of the best when it comes to representing our members, always have and always will be. Now we are in a situation where the Covid-19 cases are getting bigger all the time and lockdown seems to be going on forever. It's great that we have very good charities in our city and I have to give great credit to the young people who go out everyday and every night to check on our elderly and our homeless people. Where would we be without those great people? Nursing home employees are working under severe pressure to look after the people in their care and are doing a great job credit where credit is due. Some family members of the people who are not receiving Homecare at the moment be it public or private have been telling me that their loved ones really miss their homecare and are looking forward to seeing them go back. After consulting with the HSE some of our members who have been deployed will be going back to Homecare in February and that is good news. I have been speaking to people who provide a Friendly Call service and they are fantastic. I must applaud all our members for the great work that they do even though the Private company employees are not getting the same rates as the public employees. Just goes to show when something like this happens that they all work and stay together like they always did. I hope now that the so called government will recognise the great work our frontline workers have been doing in all areas. They are at the centre of this everyday and it's not a round of applause they want they should be given a good pay rise and good recognition for the great work that they do. So to the FF Minister Mary Butler who by the way is the minister for elderly people who suddenly decided to make a comment on how underpaid the private care employees are. Our pleas to you for better working conditions for the private care employees fell on deaf ears. We never got a reply back from you at any stage I hope people will remember this on the next Election Day.

Regards Margaret Healy Independent Workers Union 55 North Main Street Cork. [www.union.ie](http://www.union.ie).



How did the telephone propose to his girlfriend?  
\*  
It gave her a ring!

what do you call two birds in love?  
\*  
twohearts!

MABS, is a National FREE, CONFIDENTIAL & NON-JUDGEMENTAL Service for people already in debt, or in danger of getting into debt.

**mabs**  
Money Advice & Budgeting Service

**mabs** can –  
• Help YOU take CONTROL of your money.  
• Help YOU MAXIMISE your household income.  
• Help YOU work out your BUDGET.  
• Make REALISTIC arrangements with your creditors, where possible.



Contact your nearest office to find out about the local service in your area.

**MABS National Helpline**  
**Monday to Friday**  
**9am – 8pm**  
**on 0761 07 2000**

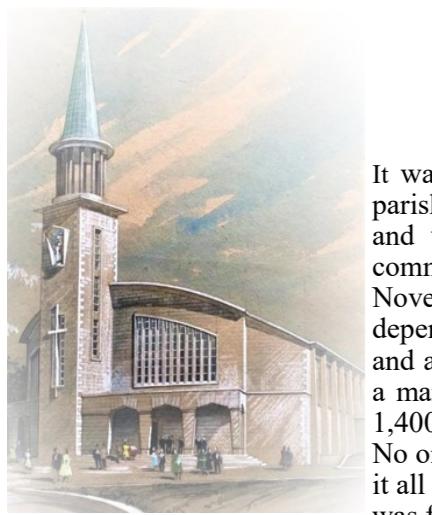
**Charleville**  
Rathgoggin South  
Tel: 0761 07 2420  
Email: [charleville@mabs.ie](mailto:charleville@mabs.ie)  
Mobile: 087 - 2682176

**Cork City**  
Ground Floor, 101 North Main St.  
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Mobile: 086 - 0236930

**Dunmanway**  
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Tel: 0761 07 2450  
Email: [dunmanway@mabs.ie](mailto:dunmanway@mabs.ie)  
Mobile: 086 - 7849514

**Mallow**  
25 O'Brien Street  
Tel: 0761 07 2440  
Email: [mallow@mabs.ie](mailto:mallow@mabs.ie)  
Mobile: 089 - 2505037

Debt Relief Notice (DRN) – if you are on low income, have unsecured debt and little or no assets, you may qualify for a debt write-off of up to €35,000. This is called a Debt Relief Notice (DRN) and can be availed of through MABS. It is subject to certain rules. Contact your nearest office to make an appointment with one of our Advisors.



## OUR LADY CROWNED CHURCH – MAYFIELD

### Christmas Masses 2020

It was great that we were able to celebrate public Mass on Christmas Day with our parishioners. I personally would like to acknowledge that our seven Masses could not and would not have happened without the help of so many people in our parish community. Initially, when I mentioned that we would host seven Masses back in early November with our Parish Pastoral Council for Christmas, I said that it would all depend on the help that would be available. A plan was put in place – suggested pods and ambitious planning on holding 200 people for each Mass in our church in 4 areas in a manner that would be safe and healthy for everyone. The plan was to accommodate 1,400 parishioners. We put it all in place – applications forms filled and tickets issued. No one was turned away. The work done in the background was not easy – but as a team it all went to plan, despite sleepless nights thinking about our endeavour – and if my plan was far too ambitious.

I now need to thank our Parish Pastoral Council who met with me regularly – together with Pat O’Leary and Mary Hurley. I am also deeply grateful to the team of volunteers, coordinators and stewards who came forward when we issued the appeal for help at all our Masses. Without this wonderful group of people – it just could not and would not have happened. I am very grateful to all who have messaged me since Christmas Day to say thank you to me and the team for such a well organised and safe Christmas Mass.

Our Christmas Liturgy was further enhanced by our readers, Ministers of the Eucharist – our musicians and singers. To Fr Dwayne Gavin (who helps at weekends here at Our Lady Crowned Church) Fr Ben Hegarty O.P. and Rev Dr Noel O’Sullivan (former PP here) for their help in celebrating the Christmas Day Masses, and to Deacon David Lane and his family.

On a separate note, I wish also to acknowledge those who care for our church throughout the year, ensuring that it always looks well both inside and out. First impressions always last and the many comments how the grounds are always spotless and how beautiful and prayerful is the inside of our church.

To our parish and those who attend Masses here I thank you for your commitment to Our Lady Crowned Church. To our team of Ministers of the Word and Eucharist – who commit themselves daily and on weekends – what you give does enhance our celebrations of the Eucharist.

Mentioned already, but worth mentioning again are Mr Pat O’Leary and Mary Hurley who work tirelessly and selflessly in the background and who are a tremendous help and support to me. The Parish Pastoral Council for all that they do to make things happen in Our Lady Crowned Church. Thank you also to our Baptismal Ministry Team, Our Funeral Ministry Team, Parish Choir, Altar Society, Prayer Groups, Parish Finance Committee, Collectors and Counters and all the various voluntary groups who do so much for our parish and community

Finally, a word of thanks to all who have welcomed me as your new parish priest since October I thank you and I really appreciate your good wishes and support.

May God bless each of you both now and throughout 2021.  
Fr Charlie Kiely.



**Our Lady Crowned Church  
Mayfield, Cork.**

**Our Lady of Lourdes Triduum**

**Tuesday 9<sup>th</sup>, Wednesday 10<sup>th</sup> and  
Thursday 11<sup>th</sup> February 2021  
9.30am each morning**

[www.churchservices.tv/mayfield](http://www.churchservices.tv/mayfield)

All intentions and petitions will be sent to the Grotto in Lourdes following the Triduum

**Cards and Mass Booking at  
The Parish Office on: 021-4551276**



## MAYFIELD CITIZENS INFORMATION CENTRE

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

**Citizens Information**

### Know Your Rights: Shopping Online from the UK after Brexit

#### I ordered something online from a UK website – will I have to pay extra charges when it arrives?

From 1 January 2021, you may have to pay extra tax when having your online shopping delivered from the UK (this does not include Northern Ireland). This is because the UK has left the European Union (Brexit) and the transition period that was in place ended on 31 December 2020. Depending on the item’s value and where it was made (*place of origin*), you may have to pay:

Value Added Tax (VAT)

Customs duty

#### How will I know if I owe these taxes?

If your package is valued at **€22 or less** (including the transport, insurance and handling costs), **you do not** have to pay any VAT or customs duty.

However, if your package is valued at **€23 or more** (including the transport, insurance and handling costs), you have to pay **VAT**. The standard rate of VAT for most items bought in Ireland is 21%.

If the items were **made in the UK** and are valued at **€150 or more** (not including transport, insurance and handling charges), you do not have to pay customs duty.

However, if the items were **not made in the UK** and are valued at **€150 or more** (excluding transport, insurance and handling charges), you **may have to pay customs duty**. The amount of customs duty you pay depends on the type of product you buy.

**You should be aware that the value limits are for the whole delivery, not just one item.**

#### How do I pay these charges, and who do I pay them to?

You may have already paid Irish VAT and customs duty during the *checkout* stage of your online purchase. This is because some UK retailers are registered with Revenue and automatically charge the relevant taxes as part of the purchase. Check your receipt (this is usually sent to you by email) to see if you have already paid Irish VAT or customs duty.

If the UK business is not registered with Revenue, the postal service or courier will send you a bill before delivering your package. This is because the postal service or courier completes all the relevant customs declarations, including where the product is manufactured. You will usually be charged an administration fee for this service, which can be a minimum of €10 to €15.

#### Are there any other changes to my consumer rights when I buy from the UK?

As a result of Brexit, there are changes to your consumer rights when buying online from businesses in the UK. You will still have consumer rights but they will be set down in UK law and not EU law. It is very important to check the terms and conditions on the seller’s website to find out your rights around:

Returning the item if you change your mind

Cancelling the item before it is dispatched

Complaining if something goes wrong

#### Read more about [buying online from the UK after Brexit, including what to do if things go wrong](#).

During the COVID-19 pandemic, you can find comprehensive integrated information online at [citizensinformation.ie/covid19/](http://citizensinformation.ie/covid19/) and you can get daily updates on what’s changed on Twitter at [@citizensinfo](https://twitter.com/citizensinfo). You can also get information and advice from:

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

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

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

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

Information is also available from the Citizens Information Phone Service 0761 07 4000 or online at [www.citizensinformation.ie](http://www.citizensinformation.ie)

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



Do you want to kick start your year with learning some new skills or upgrade the skills you have? If yes sign up to a course provided by Mayfield CALP. You will be guaranteed a friendly welcome and a great experience! Most courses will be provided online through zoom for the safety of all involved. This will be reviewed as the month's progress. **If you have never used zoom, don't let that put you off trying a course, we will support you in this.**

## SPRING/SUMMER 2021

Name of Course	Day/Time	Dates	Content
<b>COMPUTERS/IT</b>			<b>CONTENT</b>
<b>Beginners &amp; General computers</b>	Tuesday mornings	March – May 2021 Depends on demand	If you require support at any level of computers or if you need support in the basics in how to use a computer, open a word document & save, internet & email (set up an account), make contact with the project.
<b>Database, Spreadsheets &amp; Publisher Level 3 QQI</b>	Friday mornings 10am to 1pm	Starts 12 <sup>th</sup> February 2021 for 14 sessions.	You will learn the basics in the 3 applications, on successful completion of the course a nationally recognised certificate will be awarded.
<b>ECDL Spreadsheets</b>	Wednesday, 9am to 1.40pm (6 sessions & exam)	Starts 14 <sup>th</sup> April 2021	On completion of this you will be able to: Work with spreadsheets and save them in different -ie formats. Enter data into cells; use good practice in creating lists. Select, sort and copy, move and delete data. Edit rows and columns in a worksheet. Copy, move, delete, and appropriately rename worksheets. Create mathematical and logical formulas using standard spreadsheet functions. Format numbers and text content in a spreadsheet. Choose, create, and format charts to communicate information meaningfully.
<b>Zoom Training</b>	Tuesdays, 2 to 4pm) 3 sessions	March to June 2021 Depends on demand	How to set up zoom, access a zoom meeting, use the different features.
<b>Computer Tablet Made Easy or Smart Phone Made Easy</b>	Tuesdays 2 to 4pm (3 sessions)	March to June 2021 Depends on demand	Basics in how to get the most out of your Computer Tablet or Smart Phone
<b>Mind &amp; Body</b>		<b>Content</b>	
<b>Mindfulness Techniques</b>	Mondays, 2 to 4.30pm (4 sessions)	Starts 1 <sup>st</sup> March 2021	Develop & learn mindfulness techniques & skills to help enhance wellbeing in body, mind & spirit.
<b>Nutrition &amp; Health</b>	Thursday, 3.15pm to 5.15pm 5 sessions)	Starts 9 <sup>th</sup> March 2021	Explores topics such as stress, sleep, Diet, Heart health and much more.
<b>Pilates</b>	4 sessions	April/May 2021	A system of exercises, designed to improve physical strength, flexibility, and posture, and enhance mental awareness

<b>MIND &amp; BODY</b>			<b>CONTENT</b>
<b>Seasons of Growth, how to deal with loss and change</b>	Tuesday, 10am to 12.30pm (8 sessions) + 1 session a month after course conclusion.	Starts 9 <sup>th</sup> March 2021	Are you feeling a sense of loss due to: <ul style="list-style-type: none"> <li>* losing your job,</li> <li>* a relationship break-up,</li> <li>* family moving to another part of the world</li> <li>* Perhaps loss of good health.</li> <li>* recently bereaved</li> <li>* feeling acutely the loss of a loved one after several years.</li> </ul> <p>This course is for people experiencing loss and change, whatever the cause. It's a safe place to explore the issues involved and how they can affect lives. Loss is explored using the seasons as a metaphor for the stages which people go through as they grieve their losses.</p>

<b>FIRST AID</b>			<b>CONTENT</b>
<b>Basic First Aid</b>	9.30am to 12.30pm (3 sessions)	April – May 2021	Scene safety, Stress management, Making a diagnosis, Shock, Heart disease & CPR, Fractures/Consciousness/unconsciousness, Diabetes/Stroke/Epilepsy/Respirator system/asthma/choking, Burns/poisons/bleeding.
<b>First Aid Response (FAR) course (accredited)</b>	Full attendance required. Days to be confirmed.	May 2021	Accredited course in first aid. First Aid Response PHECC/Safety Solutions Skillnet Recognise Institute Certificate, valid for 2 years. Full attendance & completion of exam is required.
<b>First Aid Response (FAR) course Refresher</b>	2 sessions	Will be held between March and June 2021	You need to hold a valid First Aid Response Certificate. This course must occur within 2 years and 90 days of the completion of your initial certification training to be eligible.
<b>Community Defibrillator Training</b>	4 hours	April – May 2021	This training shows you how to use a defibrillator correctly.
<b>CONTENT</b>			
<b>Easter &amp; Summer Flower Arranging</b>	10.30am to 12.30pm 3 sessions	Starts Thursday, 11 <sup>th</sup> March 2021	Floral displays for Easter and after Easter some general displays for the Summer

To register for a place on any of these courses, please contact

**Mayfield CALP** through email on the first instance  
[mayfieldcalp1@outlook.com](mailto:mayfieldcalp1@outlook.com) or ring 4508562.

For information on courses keep an eye on Mayfield CDP Facebook page.  
Courses are mostly free of charge and are online.  
They are funded by Cork ETB & Cork City Partnership CLG.

