



# MAYFIELD MATTERS

## YOUR COMMUNITY NEWSLETTER

Bringing the news that matters to you.

Christmas Issue 2024

free

Merry Christmas

free



*To all our loyal readers, contributors,  
advertisers and especially to organisations  
who kindly donated to Mayfield Matters to  
help keep the publication going*

*Thank You and Merry Christmas  
from all the Mayfield Matters team*



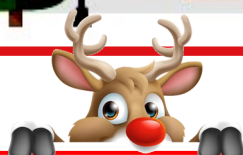
### INSIDE THIS ISSUE:

Poetry, Stories, news  
from Local Schools &  
Churches, Local Arts,  
Gardening updates &  
Style tips. Details of  
Upcoming Events &  
Much More !



### Upcoming Event:

**WINTER  
SELF CARE**



Information about  
Solace cafe and HUGG

**Solace CAFE**  
Hope • Comfort • Support







## FORÓIGE MAYFIELD ST JOSEPH'S UBU PROJECT.

Have been very busy in the build up to Xmas.

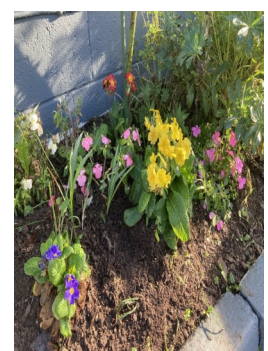
We work with young people aged 10 to 24 years and run a number of different programmes which include: Art, Music, Cooking, Health & Fitness and Drop In Evenings to name just a few as well as providing one to one and family support.

We deliver Leadership Programmes, Citizenship Events and core group work workshops on a weekly basis.

If you are interested in finding out more about the service contact Niall on 087 9970951 or Geraldine on 086 8103632 or call into us where we are based St. Joseph's Community T23HK80 on the Old Youghal Road, Mayfield.



**Mayfield Community Garden is a joint project facilitated by Mayfield CDP and Fidelma from Health Action Zone/HSE.**



It took its time to arrive but winter temperatures are finally here forcing a bit of a slowdown for the garden group. Although our gardeners are still working hard, planting garlic and onions for an early crop next year and planting flower bulbs throughout our grounds. So we've much to look forward to in the spring.

Our new ETB tutor Sophie has been facilitating a group to build an accessible sensory space in the back of the CDP grounds. The area around the small pond we dug in the summer is being developed to create a restful seating area that will include a path and plants to capture all our senses, while also enhancing biodiversity and benefiting wildlife. The materials for this project are from a HSE facilitated Lottery Grant we received during the year for this purpose.

We're getting regular visits from our neighbours at St. Killian's. The kids from the Elm and Maple class are a huge help to us: weeding, seed planting, watering, feeding our composter, and other jobs around the garden.

The Outdoor Production QQI course run by Mayfield CALP, funded by CCP Clg. has been using a few of our beds to learn how to better grow, maintain and harvest crops of vegetables. Many of our regular gardeners are attending and we're very excited to see how they can put their new knowledge and skills to use to improve harvests next year!





## MAYFIELD TREE OF REMEMBRANCE

You are invited to attend the  
Mayfield Tree of Remembrance Event  
Monday December 9th 2024 at 7pm.

At this event a candle-lighting ceremony will  
take place at the  
Christmas Tree on Iona Road.


The tree will provide an opportunity for  
family and friends to place messages of  
remembrance for their loved one.

Mayfield's Men's Shed Choir will  
perform on the night.  
*Everyone welcome*




## Season's Greetings

### From the Mayfield Community Adult Learning Project



December has whirled around very fast this year and all the courses throughout the year have whirled away very fast as well. Over 450 adults have passed through the CALP door's in 2024, all of whom were eager to learn new skills, get information and to progress to a variety of educational opportunities. Over 50 adults have received certification in their respective courses of IT & First Aid.

It is always important to note that having such a varied community education timetable takes a lot of work and as a project we are dependent on many external connections and Funders to offer what we offer. So, a huge THANK YOU to our Funders, Cork Education & Training Board, Cork City Partnership CLG & Cork City Council. Thanks also to Cork ETB for the support in processing the QQI accreditation of accredited courses.



Planning has already started for Spring/Summer 2025. A new round of courses will be on offer from late January early February 2025. All courses are dependent on funding being allocated and numbers attending. A new information leaflet will be developed in January 2025, so keep an eye out for this. We are already looking forward to the Mayfield Learning Neighbourhood Festival EXPO on the 5th April 2025 in the Mayfield Sports Complex, the roll out of a new Developmental Psychology course in conjunction with UCC and of course all the community education options that will be on offer from Mayfield CALP.

The voluntary management and CALP Coordinator and Resource Worker would like to wish everyone a lovely Christmas and good health and happiness in 2025.

Suggestion for a New Year's Resolution: *take up a community education course!!*







## MAYFIELD UNITED AFC

### Senior Team Eye Promotion in Thrilling Title Race

As we reach the halfway point of the season, Mayfield United's senior team is firmly in the hunt for glory in the Munster Senior League 1st Division. With a string of strong performances and a solid start, the team is well-positioned to contend for the league title and secure automatic promotion to the Premier Division. However, the competition is fierce, with 5 to 6 teams tightly packed at the top of the table, all vying for the top spot. Every match matters, and the team knows that the second half of the season will demand their utmost focus, determination, and teamwork.

The coaching team, led by George O'Callaghan, along with the players and the club hierarchy, are excited for the rest of the season ahead, and believe the team has what it takes to go all the way.

Now, more than ever, the team needs the support of the local community. Supporters have always been the heart of Mayfield United, and your passion from the sidelines can make all the difference. The club encourages everyone to come out, attend matches, and rally behind the team.

### 2024 Academy & Schoolboys Awards

Families, coaches, and supporters recently came together to celebrate the rising stars of Mayfield United AFC at the 2023/2024 Academy & Schoolboys Awards ceremony. The event honoured the young talents who represent the club's future, recognising their footballing achievements and dedication to teamwork.

Awards were presented across various age groups, with special accolades for exceptional performances and noticeable improvement throughout the season. The ceremony also served as an occasion for the Mayfield United AFC community to reflect on the year's successes and inspire each player as they continue their development journey.

A highlight of the evening was the presentation of Schoolboys League medals to last year's U12A team, who earned promotion after an outstanding season. This success was achieved under the guidance of Nick Gore and Darren McCarthy, following the passing of the late Jamie Wool. As we approach the first anniversary of Jamie's passing, the club once again extend heartfelt sympathies to his family and friends. The accomplishments of this team over the past year stand as a tribute to Jamie.

The club would like to thank everyone who attended and extend a special thanks to Dacent Munch for serving up some delicious food and keeping everyone fed on the day.

### A Merry Christmas and Happy New Year from Mayfield United

As the holiday season approaches, Mayfield United's club committee would like to extend our warmest wishes to all our supporters, club members, volunteers, coaches, and players. Your commitment and unwavering support have been the cornerstone of our success and the spirit of our club. Whether supporting from the sidelines, dedicating time behind the scenes, or giving your all on the field, every member of the Mayfield United family has played a vital role in making this year one to remember. We hope this festive season brings joy, relaxation, and precious moments with loved ones. We're already looking forward to 2025 and can't wait to reconnect with you at matches, training sessions, and community and club events in the year ahead. Thank you for being part of our journey, and may the new year bring health, happiness, and success to you all.

**Merry Christmas and a Happy New Year!**







## Mayfield and St. Lukes Tidy Towns

In May 2017, Mayfield St Luke's Tidy Towns was set up by Cllr Joe Kavanagh and it has gone from strength to strength ever since. People living in our community take great pride in their neighbourhoods and public spaces. This is experienced repeatedly in the level of enthusiasm and goodwill that is shown to the Tidy Towns volunteers by local businesses and residents as we pursue our various projects in the community.

The Tidy Towns group engenders positivity, pride in our locality, and a determination to highlight the best of our local community. The name 'Mayfield and St Luke's Tidy Towns' derives from our status as a community organisation that links directly into Cork City Council via both the St Luke's Policing Forum and the Mayfield Policing Forum. It is a simple and direct system and it has proven to be effective. The Tidy Towns Organisation has a management committee which organises the fortnightly cleanups, planting and painting as well as planning future projects.

We would like to thank local businesses for their generous financial contributions throughout 2024.

It is vital to have local business supporting this worthwhile community initiative. Throughout 2025 we will focus on encouraging biodiversity whilst also continuing our emphasis on litter free streets, and the maintenance and upkeep of existing planting and painting projects.

The following are examples of high visibility projects in the area:

- \* Planting and re-planting flowers in the trough and boxes at St Luke's Cross.
- \* Planting and re-planting flowers in the three troughs for Mayfield Plants Positivity: Tank field, Colmcille avenue and Boherboy Road
- \* Maintaining the parklet outside the Frank O'Connor Library.
- \* Planting in the large bed on the Middle Glanmire road.
- \* Clean up of foot paths on upper Colmcille road near the business area and general clean-up of the area up to the junction of Old Youghal Road.
- \* Litter picking and cleaning throughout the area from Silversprings Hill to Wellington Road. More planting, weeding, painting, and litter picking are planned for this coming year.

The level of local volunteer commitment every Saturday is fantastic and we are looking forward to 2025...

**If you wish to get involved and volunteer to help at any of the forthcoming projects you can message the Mayfield St Luke's Tidy Towns Facebook page, or call Joe at 086 2307507.**



# Cllr. Joe KAVANAGH



**"Wishing you and your family a very  
Happy Christmas and a Peaceful,  
Prosperous and Healthy New Year!"**

☎ 086 2307507 ✉ [joe\\_kavanagh@corkcity.ie](mailto:joe_kavanagh@corkcity.ie)

📞 joekavanagh.397 📱 @Joekavanaghcork

**FINE GAEL** 🌟





**COUNTY CHAMPIONS!!!!** Our u-14 footballers became County Champions in September, beating Aghinagh on a scoreline of 2-14 to 1-9. Huge congratulations to all the players who put in a huge effort all year and well done to the coaches - what an achievement

**Mayfield's Mini Movers** takes place every Saturday morning in Riverview. We love seeing all of our Movers every week and hopefully we see some new faces in the New Year also!

Why not bring the little mover in your household up for:

- FUN
- Laughter!
- Making new friends
- Fundamental movement's skills
- Basic skills

**All 2-5 year olds are welcome to attend.**

**Academy** Our academy continues to go from strength to strength. The academy is on every Friday evening and we cater for the ages of 5-10. If you would like to send your child or know anybody who would like to join our ever-expanding club, please get in touch on one of our social media pages.

**Facebook:** Mayfield Hurling & Football Club, Cork.

**Twitter:** @mayfieldgaa **Instagram** @mayfieldgaa

**Puc Fada** Our Puc Fada will take place on New Year's eve morning at Burkes Hill. More information will follow on social media in due course.

**Ladies Football** Our Ladies football teams are thriving and developing all of the time. Numbers are expanding and there is exciting times ahead. If you would like to join or know anybody who would, please get in touch with the clubs social media pages for information.

A great year for Mayfield Mothers & Others with plenty of numbers and lots of new interest. The team train every Tuesday 8:30-9:30pm in Cope astro-turf and no previous experience in Gaelic football is needed. G4O&M is all in the name of fun, movement and comradery. Get in touch with social media pages for more information.

**Facilities for rent** Our club bar and lounge are available to rent for any function you wish to celebrate. Please ring 021 450 8113 for more information. The hall in Riverview is also available for rent. It is currently being used by McCarthy-Hegarty School of Dance, Mini Movers and more. Please get in touch on social media for more information.

## Mayfield's Mini Movers

**Fundamental movements and games for boys and girls aged 2-5 years old.**

**Make friends, have fun, get moving.**

**Starts 14th September 9-10am**  
 Venue: Riverview Complex,  
 Mayfield GAA, Lotabeg, T23 AC6T  
 Cost: €3 per child.

Contact Us

**Contact Eoin: 087 9592655**



**From all at Mayfield GAA Club, we wish you all a Happy Christmas and a prosperous New Year.**

"Voices of Cork Choir at the Lord Mayor's Heritage Concert" 28th September at Cork City Hall.

Singers in this Choir are drawn from the Mayfield Community and from other districts







## KEOHANE'S CORK

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And Surrounding Areas  
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New Year For 2025

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# FROM DUBLIN OPINION TO FATHER JACK.

By Aidan O'Shea



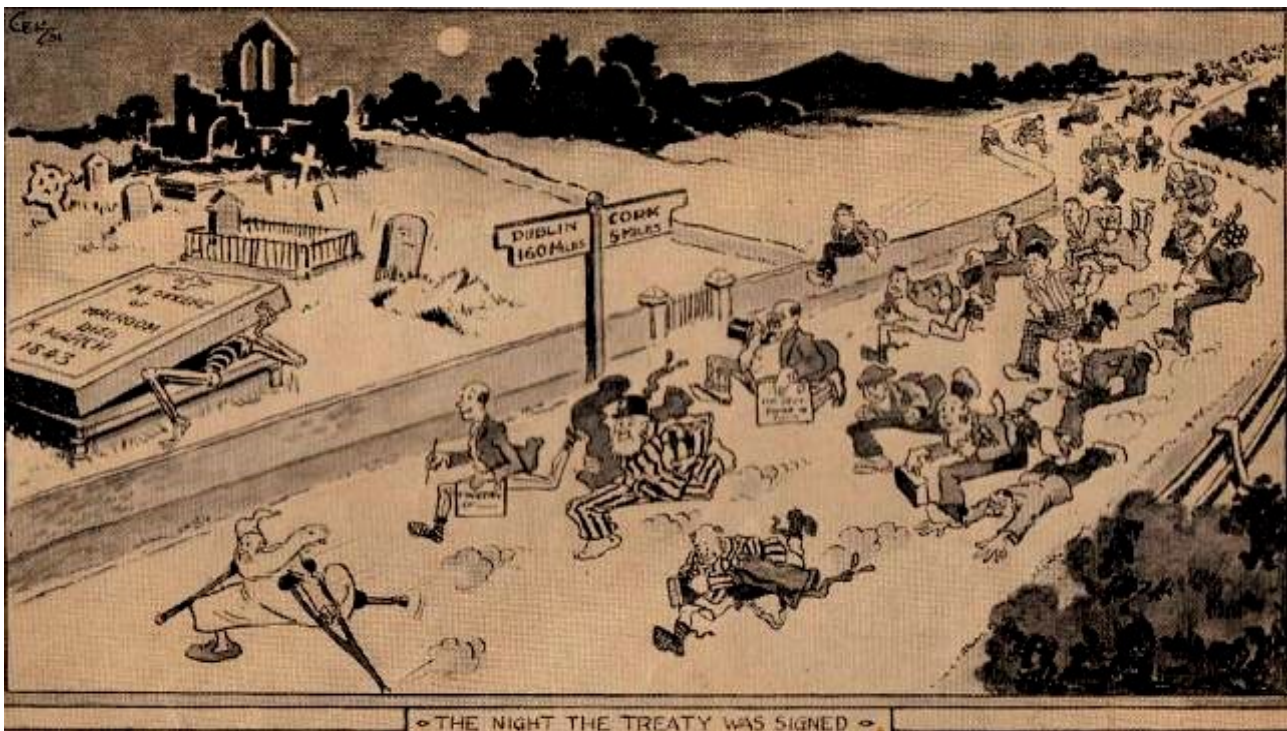
## THE FATHER

This is the story of a Dublin family which contributed twice over to the merriment and humour of the Irish people. Charles E. Kelly was born in Dublin in 1902 and was educated at the Christian Brothers School in Synge Street. He left school aged fifteen and got a job as a messenger in the Civil Service. Parts of Dublin were still in ruins after the rebellion of 1916, but Kelly had application and talent. He took part in amateur dramas and taught himself to sketch cartoons. Some of the cartoons were accepted by daily newspapers. He signed his cartoons with the initials CEK, to avoid official scrutiny. The turbulent years of 1918 to 1922 involved Sinn Féin victory in the general election of 1918, followed by the establishment of Dáil Éireann and the War of Independence 1919-21. A Truce in the war was followed by negotiation of the Anglo-Irish Treaty. The Treaty was passed on 7 January 1922 by a narrow margin in Dáil Éireann, and Saorstát Éireann came into being on 6 December 1922. A bitter Civil War broke out in opposition to the treaty, which included the retention of six Ulster counties under British rule.

In a remarkably daring venture, Charles E. Kelly, Arthur Brook and Thomas Collins published Dublin Opinion, a new monthly humorous review on 1st March 1922. The first print run of 3,000 sold out within a week. Eason and company took on the distribution, helping the circulation throughout Ireland.

Kelly's witty cartoon below entitled *The Night the Treaty was signed* shows hopeful Cork men (some in pyjamas) rushing to Dublin to join the Irish civil service. Take note of the satiric detail showing a ruined church and graveyard in the background. Dublin Opinion built a loyal readership which often drew the annoyance of established politicians, while offering criticism of their shortcomings.

The Saorstát initiated a radio station named 2RN in 1926, followed by a Cork Studio named 6CK in 1927, both having limited signal range. The prospect of the World Eucharistic Congress in Dublin in 1932 led to the creation of a powerful transmitter in Athlone. The three stations were renamed Radio Éireann in 1938 under the Department of Posts and Telegraphs. Charles E. Kelly held an administrative post in the service, rising to Director of Broadcasting in 1948.



Charles E. Kelly continued to work on Dublin Opinion for 40 years, while holding an important public office in national broadcasting. Circulation had peaked at 60,000 copies per month and then declined with the advent of television. He sold it to Lelia Doolin and Joe Dowling, and it ceased in 1968.

## THE SON

Frank Kelly was born on 28 December 1938, the eldest son of Charles E. Kelly and his wife Cathleen., living in the Dublin suburb of Blackrock. Frank studied at Blackrock College, where he excelled in singing and school productions, but less so in exams. He had to retake his Primary and Intermediate Certificates and managed to pass Matriculation with the help of a grind school.



He studied Law at University College, Dublin, and again spent too much time in college shows. He started sub-editor work at the Irish Press, which allowed him to do professional shows at night. He later spent some time subediting the weekly RTE Guide. He also thrived in minor parts with the popular comedians Jack Cruise and Jimmy O'Dea.



Frank's flair for comedy and creating daft characters took off in Frank Hall's Pictorial Weekly on RTE television, which ran from 1970-1982. These shows combined humour and political satire more popular than Dublin Opinion had been.

Graham Linehan and Arthur Matthews created the hit Channel 4 TV Series Father Ted (1995-98).

This hilarious show revolved around three Catholic priests and their housekeeper marooned on a damp parish off the coast of Ireland.

Frank played the demented Father Jack Hackett, rambling and roaring for drink day and night.

His trademark shout of Drink! Feck! Girls!! erupted in every episode. His facial makeup took several hours to apply, to the extent that none of the cast would eat lunch with him at the breaks.

Some of the episodes were not for the pious or puritanical. Frank Kelly was a devout Catholic in private life, but he understood the pathos of Father Jack. Dermot Morgan, who had played Father Ted, collapsed and died aged forty-five at the wrap-up party for the third series.

Frank Kelly suffered from Parkinson's Disease in his later years and died in 2016, aged seventy-seven.

## ST. JOSEPH (MAYFIELD) NO NAME! CLUB

In September, St. Joseph (Mayfield) No Name! Club welcomed back club members for the 2024/2025 year. Many of our old friends returned for their second or third years, ready to enjoy the year's proceedings. We were also happy to welcome new members, exchanging tales of a summer well spent and telling our new members about the fun activities that had taken place the year before.



Since we started we have had many fun club sessions. These included cooking and baking and the leaders got to enjoy the delicious foods the young people made. We have done arts and crafts, and our young people this year as in the years before are so talented. Our new club hoodie was designed including the crest and the name of the club too. During another club session we began our "Warm Fuzzies" where the young people wrote positive notes to their friends in the club and for us leaders which brought a smile and positive vibes to everyone in the room.

At the beginning of November, our members completed the first of their club trainings, the ethos and values training, where they learn about what it is to be a part of No Name Club. This will be followed in the New Year by alcohol and drug awareness training. The highlight of the year so far was on the 16<sup>th</sup> November with a day trip to Athlone for the National Youth Conference, the first national event of the year with members from other clubs across the country. This event included sports activities, and guest speakers including influencer Garron Noone, speaking on overcoming anxiety and a very topical road safety talk.

Our weekly club sessions continue, most recently watching "Encanto" which everyone enjoyed immensely. We continue to plan our events and activities for what promises to be a mega fun year.

St. Josephs Mayfield is open to any young people between 15 – 18 years of age, and meets in St. Josephs Community Associations, Mondays 7pm – 8:30pm.

For more information you can find us on Instagram and Facebook (Stjosephsmayfieldnonameclub).



## MAYFIELD LIBRARY Old Youghal Road, Mayfield, Cork

Tel: 021 492 4935 Email: [mayfield\\_library@corkcity.ie](mailto:mayfield_library@corkcity.ie)  
Website: [www.corkcitylibraries.ie](http://www.corkcitylibraries.ie)

Mayfield Library is branch of Cork City Libraries



Mams and daughters, Grainne Quaid and Astrid Serres, and Monika Gorka and Ada Buckley, check out the display at Mayfield Library marking 25 years of Emoji. Building on its predecessor, Emoticon, Shigetaka Kurita unveiled 176 emoji in 1999 sparking a worldwide fascination with what some scientists regard as a system of language replacement. The display includes an all-time top ten, Irish emoji, cakes in emoji, book titles in emoji (see how many can you get) and the 2017 eponymous film. Cork Emoji seems thin on the ground, a symbol for 'Dowthca' anyone



**Imagination Station:** pictured here are some of the ghoulish participants at a recent children's art workshop at Mayfield Library in the run-up to Halloween. Led by Amelia Norman, ably assisted by Pearl, the children created face masks using a range of materials - paint, papier mâché, feathers, sequins, bobbles, and glitter. The results were an array of frightening designs inspired by *día de los Muertos* and Oíche Shamhna, but also, less terrifyingly, by a night at the opera and the masked ball.

**Mental Health 101**, this was an illustrated presentation by Aideen Stack of Whole Health Psychology made at the library on October 24<sup>th</sup>. The presentation was attended by the TY students of St. Patrick's College and by a deputation from Mayfield CDP. One of the latter, and also a past pupil of St. Patrick's,

Lisa Murphy, recited a poem, "When I was in a Hole". This event was part of the national "Healthy Ireland" initiative.

**Calling All Swifties**, Mayfield Library hosted a Taylor Swift tribute on Saturday, November 2<sup>nd</sup>, devised and led by librarian, Margaret Ginnifer. The attendees had the opportunity to share their passion for their favourite singer and Margaret led them in a friendship bracelet making session. *Pictured here are the Swiftians proudly displaying their sparkling creations.*



**Logo Plaza.** Pictured here is 14-year old Ewan Stockley, a student at Mayfield Community School, next to his work currently on display at Mayfield Library. The display is titled "Logo Plaza" and includes all his favourite's from the realms of television channels, computer games, and also his favourite drink (a certain dark fizzy beverage). Perhaps a budding career in Graphic Design beckons! The display is proving popular with visiting school classes, and as a token of reciprocation the library presented Ewan with a copy of Julius Wiedemann's genre classic "Logo Design" (Taschen).



Suzanne Beck and daughter Amelie, take time out in the Christmas Library at Mayfield Library! The library has a large stock of old classics and new items to help you ease in to the seasonal spirit. These include picture books, junior and adult fiction, DVDs of well-loved films, and books on cooking and decorating



### Coming up at the library:

One Book, One Community, schools, (Dec 4);  
A Christmas Music Box, adult, music, (Dec 18);  
Christmas Storytime & Santa Visit (Dec 20).



**Cork Academy of Music Drama Ensemble – CAMDE**, is a music & drama group that meets on Tuesdays & Thursdays 7:30 -9.00 at Cork Academy of Music on the North Monastery Campus. Under the guidance of Caleb Cooper the group puts on shows once or twice a year.

This winter the show is a tribute to Cole Porter, featuring some of his greatest hits and telling the story of this innovative and creative musician. it will be showing on Wednesday 4<sup>th</sup> and Thursday 5<sup>th</sup> December at 7:30.

**CAMDE**



Admission is free and there will be refreshments.

So if you are a fan, “Lets Misbehave” together and come and see the show! If you are interested in joining the ensemble in the New Year new members are welcome.

Check the Cork Academy of Music Facebook page for dates in the New Year.

### SOUTHERN IRELAND NATIVE BIRD BREEDERS SOCIETY



The Southern Ireland Native Bird Breeders Society will be holding an exhibition in the North Monastery School, Cork

**January 11<sup>th</sup> – 12<sup>h</sup> 2024**

**Sat 3.30 pm – 6PM & Sun 10AM – 2PM.**

**ALL WELCOME**



*The voluntary management and CDP team would like to wish everyone a Happy Christmas and a peaceful New year and we look forward to what 2025 brings.*

**The CDP will be Closed from  
20th December at 1pm  
and reopening 6th January 2024 at 9am**



**Keep Mayfield Clean Group  
would like to wish you a Peaceful &  
Prosperous Christmas and New Year.**

We will continue to support the Residents Groups in Mayfield along with improving the local environment through litter picks, planting and painting projects. If you would like to join our group in 2025 please feel free to pop along to the Community House, 79 Glenamoy Lawn, where we will warmly welcome you and your ideas.

We would like to take this opportunity to thank all the groups/ agencies in Mayfield who have supported our activities and events throughout 2024 especially the Cork Probation Service, The Cork Volunteer Centre and Cork City Council Parks Department.

*Signed Patricia, Majella and Rosella.*



**Play your part in Keeping  
Mayfield Litter Free**



Unit 1a, 4 Colmcille Avenue, Mayfield

We would like to thank all our clients for their loyalty and custom throughout the year.

We wish you a Merry Christmas & Happy New Year”

### CHRISTMAS OPENING HOURS

23rd Dec 9:30 - 5pm

24th Dec 9am - 12pm

25th Closed

26th Closed

27th Closed

28th Closed

29th Closed

30th 10am - 4pm

31st 10am - 4pm

New Year's Day Closed





My name is Noreen and I grew up in a hamlet known as Araglen, but am now living in Rathcooney Whites Cross. I have been painting for several years, but it was during COVID that I painted most evenings. My media choice is Acrylic. All my paintings are from photographs of my walks.

These are just a few I have submitted.

First painting is of Kilworth woods (near Araglen)

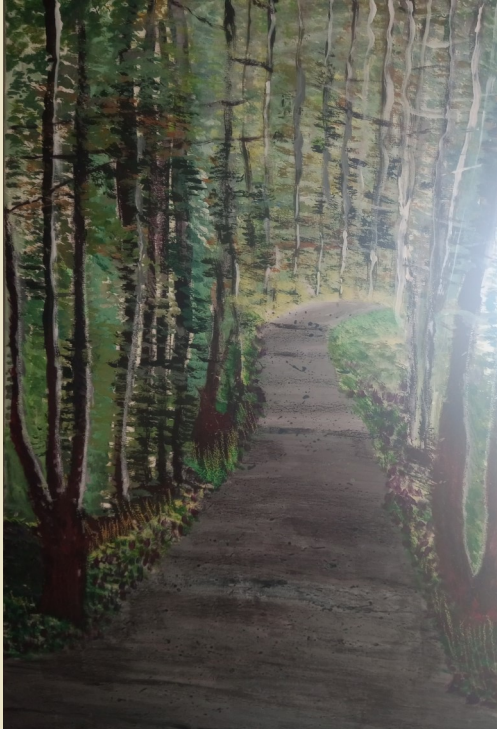
Second painting is of Rathcooney during the severe snow spell

Third painting is of a meadow in West Cork where I regularly visit in my camper.

For me Art is so therapeutic and if I'm ever feeling bored, I just take out my paints and brushes.



**ARAGLEN WOODS**



**RATHCOONEY WHITES CROSS IN THE SNOW**



**St Finbarr's Cathedral**



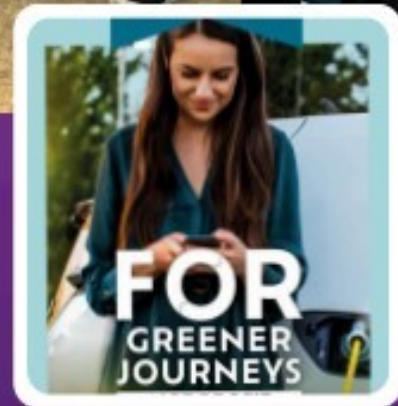
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## POETRY PAGES

Please send your poem to:  
[mayfieldmatters@outlook.com](mailto:mayfieldmatters@outlook.com) or  
hand them into the CDP Resource  
Centre. We will even type them for



### BOOKS

*Dave O'Sullivan*

When starting off learning how to read and write  
It doesn't take us very long to discover,  
That colourful comics, fairytales and storybooks  
Are fun to read from cover to cover,

After Johann Gutenberg set the ball rolling  
With the introduction of his ingenious printing press,  
It didn't take long for books to be mass produced  
Which opened the road to widespread reading progress,

Public libraries were a game changer of course  
And their beneficial effect is beyond measure  
Given the opportunity to borrow from the shelves  
Meant members could read and study at leisure

Mobile libraries started out in the 'State of Maryland'  
When a driver with a horse-drawn wagonload of hardbacks'  
Set off to lend books to no doubt delighted readers  
Living in Hamlets and villages off the beaten tracks

The introduction of the paperback proved a real winner  
From which authors, readers, publishers did profit,  
it meant punters could purchase new books  
at prices in tune with his or her pocket,

Second-hand bookshops should not be forgotten  
Nor their owners who sell books at a reduced price  
They too provide a much valued service  
And to walk out with a bargain always feels nice,

To all the authors both the living and the dead  
Whose works line the bookshop and library shelves,  
Thanks to them we are greatly spoilt for choice  
When choosing what to read for ourselves,

Who can say which books will continue to be read  
Treasure Island might be one of the many or the few  
That swashbuckling tale of the treasure hunting pirates  
Long John Silver, His parrot, and scurvy crew

While on books old or new, paper or hardback  
Long John might not spend money himself  
For the pointers who chose to do so  
It's nice to see them on your shelf  
Books have other uses as the writer Arthur Koestler found  
Lying on the floor overcame by fumes facing death  
A book fell from a shelf hit him on woke him up  
He dose and staggered out the door gasping for breath.

*Arthur Koestler died March 1983. The event  
described according to himself occurred in the  
1930's in Paris. Just a note in case you publish  
the poem, he is famous for the book 'darkness  
at noon'*

### LISA'S STORY

You'll never know what I've been through  
I've walked on glass to be anew  
I've seen the world through different eyes  
I succumbed to the force of negative vibes

My past was dark, I knew that well  
Each day I lived, it felt like hell  
Just one more drop, I would say  
I'll do it tomorrow it's another day

I fought the battle, you wouldn't believe  
The lonely nights I did but grieve  
You were my mother, my best friend  
Until that final day, your life would end

Then, a miracle was born to me  
Sam arrived it was meant to be  
My soul then changed on that day  
Hope was granted you came to stay

I kicked the bottle to the rear  
You were my life, I had no fear  
Your boyish bark, your cuddles great  
My perfect friend, it was our fate

Each day we'd walk for miles and miles  
You gave me joy you'd make me smile  
Your wagging tail you always cared  
It filled my heart, you were there

For years, you stood by my side  
A loyal dog you did not hide  
No one could have a better friend  
The love you gave had no end

I never thought you'd fall asleep  
My heart was broken it cut so deep  
How could I live? Now you were gone  
My best friend, how do I go on

The darkness came, I was all alone  
No one to call, nothing felt like home  
You were gone to a higher place  
How could I live, without your embrace

This time was different, I had to fight  
One small sign to see the light  
People came to help me through  
To fade the days that made me blue

I found the strength to carry on  
By doing courses I had won  
I met good friends, I was loved  
My angels were watching from above

I'm happier now in my chit-chat group  
My newfound family is in my loop  
They've seen me take the steps in life  
I've oceans of friends, my life ignites

This message is sent for you all to hear  
There are people about, who really care  
Even when your life is tough  
There's someone watching to rise you up

*Tracyconnollyspoetrys @poetsbelief ©*





## SANTA FOREVER

*Billy Herdman*



The Postman with his husky dogs  
Has delivered all his mail  
So children dear, just have no fear  
Your letter will not fail  
The husky dogs have travelled far  
Sometimes without a pause  
To bring the children's letters  
To the home of Santa Claus

The man himself with his trusty elf  
Have filled his magic sack.  
With coat of red and hooded head,  
And his belt of shining black  
He looks down from his lofty seat  
Upon the whole wide world,  
His long white beard is long and neat  
And fluffy where it curled.

So back to Santa's gleaming sleigh  
Which shines like burnished gold.  
The reindeer chomping at their bits  
Which they've done for years untold,  
The elves, the leprechauns and  
gnomes  
Are there to watch him go.  
To visit all those children's homes  
With a mighty Ho, Ho, Ho

He soars on high to that azure sky  
So tranquil and serene,  
He smiles as thunder clouds roll by,  
It's the happiest he's been.  
He glides down to the land of sand  
Through drones and bombs and strife  
He hears the children crying,

He delivers all their presents  
And bribes down there awhile  
Then he guides his sleight to Ireland  
Oh, that gorgeous emerald isle.  
He remembers all the children  
There's Elise and Isabelle,  
They tried to stay awake all night  
But their eyelids dropped and fell

Santa's sack is getting slack  
But he stills has gifts for all,  
Especially to the hospitals  
Where he makes his loving call.  
The children there need special care  
That the big man will provide  
With gifts for all and a heartfelt prayer  
As he kneels down by their side.

Santa slides down chimneys,  
And enters many doors  
He sees the sleeping children  
And hear their gentle snores  
Then he's on his way, with his magic  
sleigh And a booming hearty laugh,  
Then he bids a merry charismas to  
The Mayfield Matters Staff.

So Happy Christmas to Mams and Dads  
And the girls and men in Blue,  
And all those caring nurses  
To name but just a few.  
To all the folk in Mayfield,  
Just be happy as you go.  
And a special thanks to Santa Claus  
With his farewell "Ho, Ho, Ho.



## WHEN THE SNOW COMES

*Jim Williamson*

Daddy what will we do when the snow comes?  
Will we make snowmen for fun?  
Will you find us a sleigh and take trips every day,  
With just me and my sister and mum?

Daddy what will we do when the snow comes?  
Will we get some time off from school?  
We could play here indoors,  
Making jigsaws on floors.  
Wouldn't that really be cool?

Daddy what will we do when the snow comes?  
Will we help all the birds in the yard?  
Find them some food,  
Wouldn't that be so good?  
Because winter for them can be hard.

Daddy what will we do when the snow comes?  
Will grandad be lonely, alone?  
Can we bake him warm bread,  
Or bring him here instead?  
Sometimes he sounds sad on the phone.



## A SHEPHERD

*Richard Goodison*

I raise my nose in the air  
Like an animal sniffing the wind.  
I know there is going to be snow;  
The flocks are restless I find.

The other shepherds are worried,  
Are eager to protect their own  
From the biting wind and flurries,  
From chill of marrow in bone.

Then suddenly there is still,  
A mild warmth in the air.  
The sky is full of wings;  
What is this we hear?!

"Glory to God on High!"  
Yes, angels command the sky.  
They have a message blithe  
To tell us 'Rejoice!' and why.

## A CHRISTMAS POEM

*Harry A O'Shea*

I hear the Christmas bells a chime,  
As we prepare for Christmas-time,  
As all our churches do prepare  
To welcome holy Jesus there,

We think of Mary long ago,  
Who walked with Joseph  
In the snow,  
No room for them in Bethlehem  
Just a lonely cave – a farmers den,

They rested with their donkey  
There, A place of peace and too of prayer,  
The angels sang with joy  
So bright – a happy holy Christmas night.



## TRUMP'S WIN AND THE WORKING CLASS

Ted Tynan



Donald Trump's election victory should be seen as a stark warning to the political establishment across the world. While his win in 2016 could be put down to the novelty of seeing a celebrity billionaire going to the White House, or to the sheer unlikability of his rival Hillary Clinton, his recent triumph cannot be so easily dismissed.

What is perhaps most notable about his resounding defeat of Kamala Harris is that he managed to appeal to voters across the lines of racial division so deeply inscribed in American society. Even some in the immigrant communities he demonized voted for him. He did this, quite simply, by identifying himself with the working class. In a couple of brilliant stunts, he appeared behind the window of a McDonald's drive-thru, serving burgers to members of the public. He later dressed in a refuse worker's Hi-Vis jacket to respond to Joe Biden's remark that Trump and his supporters are 'garbage'.

However ridiculous or cynical this political theatre might be, it shows that Trump knew he needed to appeal to working class people. And he knew that – despite being a billionaire born into a billionaire family – he could do it effectively. Kamala Harris, who spent the campaign talking about her 'middle class' upbringing, totally failed to break through to the average voter in this way. While Harris warned, quite correctly, of Trump's fascist proclivities, Trump focused on the rising price of food. During the campaign, Trump's running mate J.D. Vance appeared in a supermarket in front of a shelf of eggs to make the point that basic food items were getting too expensive.

In a post-Covid world battered by war, corporate greed, austerity and climate collapse, the working class will punish politicians, such as Biden and Harris, who embody the centrist neoliberal consensus that has dominated politics for 40 years. Part of this consensus is supporting Israel's genocidal war in Gaza and allowing the conflict in Ukraine to drag on with no end in sight.

The historical facts tell us that in times of crisis, when people are desperate for some revolutionary change, fascism comes to capitalism's rescue. Hitler – who hated Marxists almost as much as he hated Jews – added the word 'socialist' to the name of his party because he understood the popularity of socialist politics amongst the German working class, who were literally starving to death in the 1920s because of rising food prices.

There is no need to compare Trump to Hitler, and the fascism of this century does not necessarily have to resemble the fascism of the last one. But when people start to go hungry, reactionary and dangerous figures such as Trump will be waiting to channel working class anger and discontent.

None of this can be separated from climate politics. Climate collapse is a key driver of rising food prices. Extreme heat and drought affect crop yields. Extreme weather disrupts global supply chains. The political establishment may speak of climate 'targets', electric vehicles, and solar panels, but they have no real intention of challenging the might of the fossil fuel industry.

The socialist left, in Ireland as in America, must be able to distinguish themselves sharply not only from the likes of Trump but from the neoliberal establishment politics that working class people are rejecting. To do this, they need a powerful story about a better future, one in which the real villains of this world are called to account.

## SEASONAL FIREWORKS

Richard Goodison



*Dear Readers, I'd like you to see the following letter that I wrote in appreciation of a concert heard recently on RTE Lyric FM.*



### Seasonal Fireworks

A good friend of mine drew my attention to an upcoming concert to be heard on RTE Lyric FM which was on Friday 8th November.

The Norwegian virtuoso violinist, Mari Samuelson would direct the RTE Concert Orchestra in a performance of music that would include a work by Karl Richter, a remaking, updating, recomposition of Antonio Vivaldi's world-wide-loved set of concerti, The Four Seasons. The intention of Richter was to draw attention to Vivaldi's work and to make it loved afresh and though no amount of remastering could overshadow Vivaldi's original work of beautiful, simple ingenuity the recomposition succeeded in its intent and made itself loved too.

From the beginning the director and orchestra must have enjoyed themselves immensely, showing a virtuosity that must have rivalled that of the girl pupils at the school in Venice where the 'red priest' taught and composed.

The recomposition began with a striking 'Spring' crowded with wonderfully alive birdsong on strings and brought us through seasons set in landscapes of misty orchards and fields, vigorous storms and cheeky, spirited, syncopated dances, including great glimpses of Vivaldi's original settings.

The audience attending the concert were obviously thrilled. There were tumultuous outbursts of spontaneous applause, clapped and vocal, after every evocative movement. We were all nudged too to listen again in our own time to Vivaldi's original.



**DO YOU HAVE DEBTS YOU CANT REPAY?  
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Our Lady Crowned Church, Mayfield, Cork  
 Invites you to

*A festive evening of Song*

**Friday 13th December 2024  
 at 7.00pm**

featuring Our Lady Crowned Church Choir and Guests  
 Conductor Michael Joyce

Fundraising for Lourdes 2025

Tickets €10 Children: Free Raffle

Tickets available from the *Parish* Office and on  
 Sundays before and after all Masses.  
 Tickets also available on the night of the concert.


**Cllr John Maher**

Peace Commissioner  
 Working for you in our community



 086 194 2285  /johnmahercork  
 [John\\_maher@corkcity.ie](mailto:John_maher@corkcity.ie)  @johndaniel3





## OUR LADY CROWNED CHURCH

Upper Mayfield Parish, Cork T23 K377  
Telephone: 021-4551276

Family of Parishes

Our Lady Crowned Church, St Joseph's Church, Holy Family Church



### CHRISTMAS MESSAGE 2024

**"I bring you news of great joy!"** These words of the angel to the shepherds we hear each year as we read the Christmas story, watch children in Nativity Plays, sing Christmas Carols together... but who is this news for? Is it just for the shepherds, or is it for all the people of the time in Bethlehem, or is it news that goes on for ever...? **Is it for us this Christmas of 2024?**

The news of great joy is we know for us all, otherwise why would we continue to celebrate Christmas – without the continuous sharing of this news of great joy over the centuries we would have no reason to come to church on Christmas Day, no reason to exchange gifts, no reason to eat our Christmas dinner...

The birth of Jesus is the news of great joy to be shared by all the people. The news of a baby born in cave at the side of house in Bethlehem and laid in a manger by Mary and Joseph. The news though is much more than one more baby born into the world – it is the birth of the promised Messiah, Emmanuel, God-with-us. This is the news of great joy – the news we continue to celebrate in 2024. So this Christmas as we sing our carols, exchange gifts and visit the crib – let us ask ourselves how in 2024 will I share this news of great joy with others?

Christmas is a wonderful time here in our community. Personally, we would like to acknowledge and thank all of you who make our celebrations so beautiful every year. Music enhances our Christmas liturgies so thank you to all who sing and play music in Our Lady Crowned, St Joseph's and Holy Family Churches.

Throughout the year so many of you offer your support, your talents, your gifts in the service of the faith community and the wider community – for this we are all so grateful.

To the sacristans and all who work so tirelessly and selflessly in the background and who are a tremendous help and support to us in all three churches. The Parish Pastoral Councils for all that they do to make things happen in our parish communities. Thank you also to our Baptismal Ministry Team, Our Funeral Ministry Teams, Parish Choirs, Altar Societies, Prayer Groups, Safeguarding Committees, Parish Finance Committees, Collectors and Counters and Church based organisations and all the various voluntary groups who do so much for our parish and our Family of Parishes. We wish also to acknowledge those who care for our churches throughout the year, ensuring that they always look well both inside and out. First impressions always last if it looks well on the outside then it looks well on the inside making it a prayerful environment for everyone.

To our parishioners and those who attend Masses thank you for your commitment to your church. We also wish to acknowledge your financial support and generosity in the weekly offertory collections and building fund collections these go directly towards the daily running costs and upkeep of the church. The Dues Collections Envelopes twice a year Christmas and Easter along with the Holy Souls Envelopes in November go towards the income of Fr Charlie and Fr Liam again your generosity and support is very much appreciated by us.

We are very conscious of the many families in our parish communities who have lost loved ones since last Christmas and it is certainly a sad time for you all, please be assured of our prayers.

We welcome all of you who have recently moved into the area to make this your home; we wish you every blessing and happiness in your new home both now and in the years to come.

Finally, thanks to all the parishioners and those who are part of our worshipping community for your kindness, support and encouragement to us personally – it is very much appreciated.

*May God bless each of you in this Holy Season and in the New Year ahead. Fr Charlie Kiely and Fr Liam ÓhIci*

#### FAMILY OF PARISHES CHRISTMAS MASSES 2024

**Our Lady Crowned Church ~ Upper Mayfield Parish**

**CHRISTMAS EVE: 3.00pm, 5.00pm and 7.00pm**

**CHRISTMAS DAY: 9.30am and 12.00 noon**

Christmas Singing and Music at All Masses and we will have a visit from a special guest on his journey from the North Pole during the 2 Family Masses at the 3.00pm and 5.00pm Masses on Christmas Eve.

**St Joseph's Church ~ Mayfield**

**CHRISTMAS EVE: 4.00pm and 6.00pm CHRISTMAS DAY: 11.00am**



**Holy Family Church ~ Military Hill**

**CHRISTMAS DAY: 10.30am**



### Thank you to Mr Pat O'Leary.

We wish to acknowledge and thank Mr Pat O'Leary for his 25 years of dedicated service to Our Lady Crowned Church. This will be the 25th Christmas that he is sacristan and we wish to also acknowledge his recently deceased wife Irene together with their family for their support and encouragement. Pat has been a tremendous support to all the priests who have served here over the years as well to the parishioners and worshipping community of Our Lady Crowned Church. Thank you Pat from all us.



### Christmas Giving Tree at Our Lady Crowned Church.

The Parish Pastoral Council have organised the Annual Christmas Giving Tree. Please take a tag from the tree at the back of the church and then attach it to your gift. Please mark on your tag Boy or Girl and the age or Adult male or female. These should be returned to the church on or before the weekend of **14th & 15th December 2024**. All gifts will be distributed that weekend to families in need in our community.

### Our Lady Crowned Church & St Joseph's Church

**Christmas Mass Bouquet & Christmas Cards** Our new special parish cards are available from the Parish Office.



### Annual Parish Christmas Cakes Raffle 2024

On the weekend of **14th & 15th December 2024**. We will have our popular **Annual Christmas Cakes Raffle** – the **10 Christmas Cakes** have been made, decorated and kindly donated by Mrs Mary Hurley. Raffle at the end of each of the Masses. Details on the Parish Newsletter...

### The Gift of a Christmas Poinsettia Plant

At Our Lady Crowned Church, St Joseph's Church and Holy Family Church we are inviting you to bring a Potted Christmas Poinsettia to the church to be placed at our Nativity Scene. The plant can be in thanksgiving for something special you received during the past year or in memory of a loved one. Poinsettia plants can be dropped to the church the week before Christmas Day.



### Family of Parishes 2025 Calendar is now available in all our churches.



#### ANOINTING OF THE SICK



#### The Sacrament of the Sick

If anyone wishes to receive the Sacrament of the Sick please contact Fr Charlie or the Parish Office on 021- 4551276.

#### Christmas Visits to the Sick and Housebound

Visits to the Sick and Housebound will take place the week prior to Christmas Day, please refer to the Parish Newsletter for full details. If you are not on Fr Charlie's list and would like a visit, please contact The Parish Office on 021- 4551276.



### Confirmation 2025

Scoil Mhuire agus Eoin:	18/02/2025
St Patrick's Girl's & Boys School:	19/02/2025
St Paul's School:	12/03/2025
Gaelscoil an Ghoirt Álainn:	21/03/2025
St Killian's:	31/03/2025

### First Holy Communion 2025

Scoil Mhuire agus Eoin:	10/05/2025
St Patrick's Girl's School	10/05/2025
Gaelscoil an Ghoirt Álainn:	17/05/2025
St Patrick's Boy's School:	17/05/2025
St Paul's School:	23/05/2025

### Enrolment of Commitment for all of the above schools for both Holy Communion and Confirmation is on the weekend of the First

Sunday of Advent 2024 – all children preparing for these Sacraments are requested to attend Masses with their parents on this weekend.

#### Let the Children come to me and do not stop them.

At every Sunday Mass the blessing of children who have not yet received Holy Communion takes place immediately after Holy Communion. All children are invited to come forward for the Special Blessing.



### Cork and Ross Pilgrimage to Lourdes 2025

#### Friday 19th September to Wednesday 24th September

**Return Flights ex Cork Airport Choice of Hotels** We will be travelling with the Diocese as a Family of Parishes which include: Our Lady Crowned Church, St Joseph's Church and Holy Family Church. Full details in the New Year in our Parish Newsletters

#### Family of Parishes News and Updates

For all Parish News and Events our weekly Newsletter is available in the church, on

**Facebook** and our **Parish Website: [olcmayfield.ie/newsletter](http://olcmayfield.ie/newsletter).**





**How we came about:** Under the HSE Corporate Plan 2020-2023, the HSE National Service Plan, and in line with Recommendations 24 and 40 of Sharing the Vision: A Mental Health Policy for Everyone, HSE National Mental Health under New Development funding is piloting the implementation of Crisis Resolution Services (CRS) offering an alternative response to inpatient admission, when appropriate in line with the National Model of Care for Crisis Resolution Services. Crisis Resolution Services are intended to be an integral part of each community mental health service into the future, through the provision of crisis resolution teams and an out of hours ‘crisis cafés’. These crisis cafés are known as “Solace Café”. There are plans for 5 of these Solace Cafés to open across Ireland, with the first Solace Café opened here in Cork City, July 2023.

## The Vision for Crisis Solace Café services is:

*‘To provide integrated Crisis Resolution Services to people referred with the right response at the right time for the right amount of time to enable and empower people on their recovery journey’.*

**What we do:** Solace Café is a free out of hours friendly and supportive community space open to anyone requiring mental health support. You may be currently in mental health services, or you may never have been in the mental health services before but are experiencing a crisis now. You may also be supporting a family member experiencing a crisis. We are here for everyone.

Solace Café provides a calm, safe, welcoming and non-judgmental environment which supports individuals and their family members/carers to deal with an immediate crisis and mental health difficulty. and to plan safely drawing on their strengths, resilience and coping mechanisms to manage their mental health and well-being. It is a non-clinical and non-therapeutic environment which supports people with recovery planning, signposting to community services and empowering and building resilience and coping strategies using a strengths-based approach.

**Our Staff:** Solace Café is under the governance of Cork Mental Health (CMH). Established in 1962, Cork Mental Health is the longest established mental health organisation in Ireland. CMH is a voluntary organisation developed to actively support and empower people with mental health difficulties through the promotion and provision of high-quality housing, community and educational projects. Through their training and their own experience and recovery of mental health challenges the staff in Solace Café provide peer support either on a one-to-one basis or social support at the community table. The team consists of core trained staff and volunteers. Service coordinator Moire McCormack states that “We see the benefit and transformative effect that sitting and connecting with an empathic, non-judgmental, warm person and having a cup of tea and a chat can have. Our service users thank us for making them feel safe, accepted and in some instances, saving their lives”. Since opening in July 2023, the need for an out-of-hours crisis Café of this type is evidenced by the number of persons that have attended our service already and who have indeed found “solace” here. Solace Café was officially launched on 25<sup>th</sup> of March by Minister of State with responsibility for Mental Health, Mary Butler.

**Opening hours and Location:** Solace Café is open from Thursday to Sunday, from 6.00pm to 11pm, with the last appointment at 10.15pm. Booking is essential, as it is not a drop-in service. People can self-refer to the Café by calling the number 083 8855990 to speak to a member of staff and make a booking. The Café is located at 22 Sullivan’s Quay, Cork City, T12 PH6N.

## Testimonials from service users include:

*“I am eternally grateful to this café and facilitators that saved my life”*

*“the facilitators don’t pass comment and don’t pass judgement and made sure I had a safe environment”*

*“In Solace Café, being not okay is okay”-*



Official opening by Minister Mary Butler and former Lord Mayor of Cork, Kieran McCarthy of March 25<sup>th</sup>, 2024.



Solace team members: Laurence Courtney, Sarah Murphy, Benita Wolfe, Laura Dempsey, Moire McCormack, Martina Molinari, Ciara Hicks and Breda Richardson.





## REFLECT, RECHARGE AND RENEW. PREPARE FOR A BRIGHT 2025



Lillian Courtney Coaching, Life Coach

As I reflect back on the year gone by I realise so many things have happened and I must say it has been sometimes like being a pebble on a beach going in and out with the tide, out on the rough seas with no course or direction. In contrast other times it has been completely organised and focused where everything has been in its place and all plans focused, pistons working and fueled for the plans ahead. One thing I will say is always remember “nothing is real” what you see is not always what is real. Why do I say this? Lately and since August, I have been inflicted with a facial rash, abscess in my ear and tooth, that I sometimes wonder what was worse giving birth or ear and tooth ache pain. During this time I went to work, smiled and hid my journey. Life must go on and one must face the challenges of ups and downs riding the waves of life. Please also stay away from the news, yes once a day then be about your life as so much of the media is fake. The world is changing, it changed before, our ancestors survived and so will we. It's completely changing and so will we technically especially.

Let's look back on your year so far.

What have been the good times, write them down? What have been the bad times, write them down? Unless grief or health remember life puts you through a hard time to give you a lesson and there is always something good that comes from it. You might not believe that NOW until things calm down. A falling business, a bad relationship, marriage, family or friends, moving and decluttering one's life. It could have been anything but I bet you feel stronger. It takes time to come out of a turmoil situation.

**Those who hold on to the past will never get into the future.**

For the past 30 years I have scribbled in journals this famous book I constantly spoke about. Every year I would say “I'll be happy when I write my book”. My Son Jonathan used to say “I've been listening to that book since I can remember”. He had his first book out and my daughter was on her second business workbook. Remember no one can tell you, it's like giving up cigarettes, it has to be your determination to give up, that's the only time it will work. Sitting at the airport in Italy in 2021, my son's partner asked what my next project was going to be. Immediately I said I'm going to finish my book. My son actually just gave a familiar stare over. I had a few chapters and showed her. I said I'd have it published by March 2022 (30 years in journals). It actually took me 3 years to complete but in Nov 2023 I decided to get serious. I took Jan to April off work and dedicated my time to completing the book. I so longed to write. (My Dad was a great writer, he taught us everything from Latin to maths, My Mom taught us Shakespeare, poetry and music) He always wanted to write a book and this book was totally driven by his memory). In April 2024 with determination I published my first book.

**“How to stay focused and successful using the 8 “S” toolkit methodology” “How to master yourself and influence others”**



This was my project for 2024 in the midst of riding the waves of life. It has been a wonderful year. The excitement is beyond explanation.

Look at life as a journey, I do not care if you're 19 or 90 let 2025 be your best year. Take up AI online, get up to date with everything, go barefoot in the sand at the beach as you must recharge and regroup your mind. Make life simpler, have less bills, downsize just get rid of every worry around you. Hard if you have children but you will get out the other side alive believe me.

Celebrate your achievements, prioritize self-care, limit negative influences around you, join social groups, check on your finances, create a success plan for 2025, and plan fun activities for a balanced lifestyle. Give up what's causing anything that's taking you away from achieving the best life you can have. Stay in charge of your life, age has nothing to do with it. Look at time as a bank, be careful how you spend it. Stay flexible, plans and life can change in a second. Take care of your soul, look out for neighbours and community around you.

Have the best Christmas and New Year, for those who have lost loved ones. They will always be around you in spirit. Life is hard, a journey of ups and downs. Be that rose that grows amongst the weeds of life. The weed are there for a reason. Push through, you will get there and be so proud of yourself.

*End 2024 on a positive note and I will see you on the other side in 2025.*

Cut your cloth according to its measure, meaning spend only what you can afford. I am so grateful for all those who support me especially Alma and all the staff and those who stop me on the road to let me know they are reading my column.

My book is on Amazon.co or Amazon.co.uk or Call 0860339842 to get a copy to you. Competition draw for one of my books. Txt to above number and I'll draw before Christmas.

Love and happy Christmas to all. **Love to all, Coach Lil. xx**



## What is LGBTQ+ Pride all about?

Pride is an annual protest for LGBTQ+ rights and equality and also a celebration of the many contributions made by the LGBTQ+ community to history, society and cultures worldwide. In most places, Pride takes place throughout the month of June each year in commemoration of its roots in the Stonewall Riots of June 1969, where LGBTQ+ people in Manhattan decided to protest against ongoing police harassment of LGBTQ+ people and spaces.

Here in Ireland, because we are a relatively small country, Dublin Pride usually happens in the last two weeks of June and the other Pride festivals around the country take place from late May to September, with Cork LGBTQ+ Pride Festival taking place annually in the week leading up to the August Bank Holiday weekend.



**COMING OUT** – a term used by LGBTQ+ people to describe their experience of discovery, self-acceptance, openness and honesty about their LGBTQ+ identity and their decision to share this with others when and how they choose. There is no right or wrong timeline for figuring out your sexual orientation or gender identity. The first person that we must come out to is ourselves. If you have figured it out and would like to share that part of your identity with friends, family or others and you feel you are ready to come out – here are a few things to consider:

**WHO?** Although it can be daunting to think about telling anyone, for most people there will be certain friends or family members that we might find it easier to broach the subject with in the first instance. Find allies in your family. If you think a brother, sister, cousin, or aunt will be easier to tell for example, then start there. If you are feeling anxious or worried about coming out to any particular people in your life, you might find it useful to bring along someone supportive when you plan to tell that person.

**WHEN?** You don't have to tell everyone all at once and you can do so over time. For some people it might be a case of "well I'll come out to my family, when I have a partner". Whatever your approach is, consider the timing of your coming out. Generally, with any major life news it is a good rule of thumb to avoid any major announcements while someone is driving. Similarly, a time of high emotion or stress or a major family gathering may not be the best time for you to come out as it might be a lot of pressure for you, but every person is different and only you will know what is best for you and your family.

**WHERE?** As coming out can be quite a personal and potentially emotional event for both you and the recipient of your news, consider the setting carefully. A safe quiet space might be more comfortable for you and the person you are telling.

**How?** Practice what you are going to say beforehand and prepare for follow up questions that might crop up such as "why do you think that?", "how long have you known?", "who else have you told?", "do you want me to tell X person?"

**WHAT TO EXPECT?** Be prepared for different types of reactions. Be patient with people, for you, you most likely have had quite some time to come to terms with this yourself, while for the person you are telling, it is the first time they are hearing this information. While it is natural for us to expect our loved ones to be instantly supportive, it may take a little bit of time for them to adjust to the new information. If someone doesn't react in a way that you would like, make sure to speak to someone who is supportive whether that is a supportive friend or family member that you have already come out to or the *National LGBT Helpline* (1800 929 539).

**SEEK SUPPORT IF YOU NEED IT-** In the Sexual Health Centre through the LGBTQIA+ Sexual Health Support Service I provide one-to-one support to anyone who might be struggling with their sexual orientation or gender identity, as well as support for people who might be facing challenges with the coming out process. If you would like to make an appointment to have a chat you can email me on [aaron@sexualhealthcentre.com](mailto:aaron@sexualhealthcentre.com)

**HOW TO SUPPORT SOMEONE WHO HAS COME OUT TO YOU** Someone who is coming out feels close enough to you and trusts you sufficiently to be honest and risk losing you as a friend. It can be difficult to know what to say and what to do to be a supportive friend to someone who has "come out" to you. These are some suggestions you may wish to follow.

- ♦ Thank them for having the courage to tell you. Choosing to tell you means that they have a great deal of respect and trust for you.
- ♦ Respect their confidentiality. Allow them the integrity to share what they want, when and how they want to.
- ♦ Tell them that you are still there for them. Be the person you have always been. The main fear for people coming out is that their friends and family will reject them.
- ♦ Ask questions you may have but understand that they may not have all the answers. Or, better yet, do some research or check in with support services.
- ♦ Offer and be available to support them as they come out to others.
- ♦ Check in with them during the time right after they have come out to you. This will let them know you are still there for them.
- ♦ Don't allow them to become isolated. Let them know about support services, organisations and places where they can meet other supportive people.
- ♦ If they could do with some additional support, please feel free to refer them to me – [aaron@sexualhealthcentre.com](mailto:aaron@sexualhealthcentre.com)





## HUGG: SUPPORTING THOSE BEREAVED BY SUICIDE

In the wake of losing a loved one to suicide, the journey through grief can feel overwhelming and isolating. Many people find that their experience is difficult for others to understand, even among well-meaning friends and family. That's where HUGG comes in to provide essential support and connection.

### Who We Are

HUGG was founded in 2017 by Fiona Tuomey, who lost her 11 year old daughter, Milly, to suicide. HUGG is now the national suicide bereavement charity.

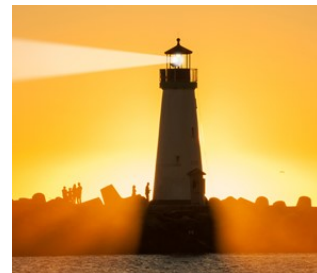
At HUGG, we believe in the power of shared experience. By bringing people together who have endured similar pain, we aim to provide comfort, hope, and in time, the strength to move forward.

### What We Do

HUGG provides 'Suicide Postvention' services. These are initiatives and activities designed specifically to reduce risk after a suicide occurs and in time to promote hope and healing.

### HUGG's services include:

- Information and resources on grief after a suicide
- Signposting to additional support services
- Telephone support
- Suicide bereavement support groups led by trained volunteers with a lived experience of suicide loss
- Public events and webinars
- Research & Advocacy
- Amplify the lived voice in bereavement services



### HUGG Cork

If you or someone you know has been bereaved by suicide, HUGG Cork, a suicide bereavement support group, is here to help. Meeting every two weeks on Tuesday evenings at 7:30 PM, this group provides a welcoming and safe space to connect with others who have experienced a similar loss.

To join HUGG Cork, simply fill out the form on our website [www.HUGG.ie](http://www.HUGG.ie), or email [support@HUGG.ie](mailto:support@HUGG.ie) or call us at **01 513 4048**. A member of our team will get in touch with you to discuss your needs and help you get started.

### Volunteer with HUGG

HUGG's vital work is made possible by our amazing team of volunteers, all of whom are bereaved by suicide. Their courage and generosity enable us to extend our support to more people every year. We are always looking for new volunteers to join our team. Volunteering with HUGG is not only a chance to give back but also an opportunity to grow, connect, and contribute to a meaningful cause. To learn more about volunteering opportunities, visit our website [HUGG.ie](http://HUGG.ie)

### Support HUGG's Work

As a charity, HUGG relies on the generosity of individuals, businesses, and communities to fund our services. Your support allows us to reach more people, expand our peer support groups, and develop new resources to help those bereaved by suicide.

If you'd like to support HUGG, you can donate through our website. Every contribution, no matter the size, helps us to continue our work and extend a lifeline to those in need.

### Together, We Can Make a Difference

Grieving the loss of a loved one to suicide is a unique and deeply personal journey, but it doesn't have to be one you face alone. HUGG exists to provide hope, understanding, and connection to anyone impacted by suicide.

If you or someone you know needs support, please don't hesitate to reach out.

Visit our website [HUGG.ie](http://HUGG.ie),  
email [support@HUGG.ie](mailto:support@HUGG.ie) or call us at **01 513 4048**  
(monitored answering machine).

**HUGG, hope and healing after suicide.**





Funded by



## From the Old Youghal Road Childcare Community Employment Programme.

Are you interested in gaining:

A qualification  
Work experience  
Up to date references

Would you like the following?

Social aspect of working  
Gaining confidence  
Employment opportunities

This may be the training programme for you. Qualifying payments include illness benefit, invalidity pension, jobseekers allowance/benefit.

The basic rate is €271.50 for 19.5 hours per week from January 2025 with additional payments for qualifying dependents. If your partner is claiming for you as an adult dependent or if you are signing for credits, you may be eligible to participate in CE. People over 60 can remain on CE until retirement.

Contact: Valerie or Fiona on 021-4508771 or [v.ocallaghan@oyrchildcare.com](mailto:v.ocallaghan@oyrchildcare.com)



## CHRISTMAS TIME IS HERE.

Geraldine McAuliffe.

Christmas is a day that brings light to the skies, during a dark dreary winter. It's the day when communities and families come together as one cause to celebrate the festival. Christmas holds a great significance across the hold world.

Its celebrated-on the 25<sup>th</sup> of December every year. It's primarily the festival of Christians. Today it is celebrated by everyone regardless of creed, colour and religion. This seems to make this festival more special as it spreads the message of love and is celebrated in honour of Jesus. God himself is the symbol of love and peace and the festivals unites people's religions regardless of creed and colour differences.

There are many ways of celebrating Christmas, and one that remains common everywhere is the decorating of the freshly cut pine tree which signifies growth and harmony and spreads the message of love. In many houses the size of the tree can differ due to the space in the house. It is decorated with bright lights and balloons, and small items that the children like to put up on the tree.

The everlasting bond between people and Jesus is most significant at this time of the year. People like to attend their church at Christmas. And they are often special services at the church. The sound of the church choirs singing gives people a chance to relax with their children as they mediate on their lives.

Gifts are often exchanged at Christmas. For Santa Clause a drink is left for him and a large carrot is left on a plate for Rudolph.

The old clock tick-tock-tick sounding during the quietness of the night meant that the following morning would be full of surprises as the presents were opened. Christmas time is very popular with the children as the variety of lights are the attraction of the Christmas festival.

This festival and is increasing year by year, and it has become the national festival of many countries.



## RICHARD GOODISON

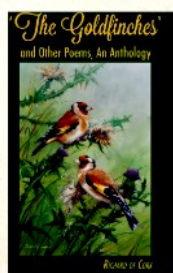
Poetry Books now available at  
McSweeney's Shop, Gardiner's Hill, or  
from Richard at 0867361926

Special prices when bought singly:

€30 for all three books together

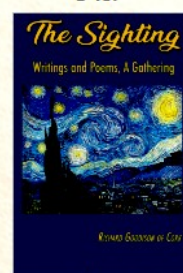
Poetry validates the oneness of all humans, it reveals and connects us to our deepest feelings.

The Goldfinches' €12.50

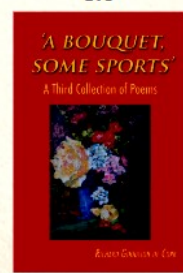


### Special Prices

The Sighting €15.



'A Bouquet, some Sports' €10



All Books available at trade prices plus postage online at [printmybook.com](http://printmybook.com)





**WINTER STYLING**  
**Image Consultant**  
*Lynda Di Blasi.*

**Contact me:** 086-2599539  
**Email:** [lyndadiblasi@yahoo.com](mailto:lyndadiblasi@yahoo.com)  
**Website:** [lyndadiblasi.ie](http://lyndadiblasi.ie)  
**Instagram:** [lynda.diblasi.image\\_consultant](https://www.instagram.com/lynda.diblasi.image_consultant)



November is here, bringing cooler days and the perfect excuse to experiment with cozy, layered looks that are both chic and practical. Let's dive into some styling tips that will help you look polished and feel comfortable all month long. Layering is the key to staying warm and stylish as temperatures fluctuate.

Begin with a **lightweight, fitted base layer**—a soft turtleneck can provide warmth around the neck area or long-sleeve top in a neutral shade works well. This time of year, I invest in a few neutral coloured base layers in cream, navy and black. They can be worn for both leisure and workwear.



**Long Cardigans** (one that falls just above the knee) creates a beautiful silhouette that elongates the body.

It's great for layering over a fitted knitted dress, a co-ord knitted dress and matching long cardigan is a piece you may already have in your wardrobe. A co-ord is such a wardrobe addition as it makes for dressing with ease and makes a complete outfit in one. A long-knitted cardigan is a great alternative to a coat on a mild day worn with straight leg jeans and trainers for a stylish look when running errands.

**Styling:** For a balanced look, pair a long cardigan with slim pants, trainers when on the move. A long cardigan worn over a fitted knitted dress offers coverage if sleeveless offering a polished elegant look. Also, if tall a long cardigan over trousers creates a sleek silhouette, especially when finished with a low heel or ankle boot.

November is a great time to experiment with accessories, such as **scarves** and **statement jewellery** for the seasonal festivities ahead.

If you're feeling adventurous, try layering two different length necklaces or adding a brooch to your scarf or blazer lapel for a personalised touch.

I encourage you to look inside your jewellery boxes, which we can often overlook for accessorising our daily outfits and only use for occasion wear. A beautiful **brooch** may be an antique or an heirloom that was gifted to you and can be such a conversation piece at a social lunch or dinner occasion.

Here is a great styling tip! adding interest, attracting the eye to the shoulder area takes attention away from an area you may be conscious of e.g. tummy or bust line. Step out with confidence this December!

If you would like to like to elevate your style, recognise your colour palette, learn tips on creating outfits. Maybe you are time short and lead a busy life don't have time for shopping I can help you with a personalised shopping sessions tailored to your budget, preferences and lifestyle.



**MAYFIELD EAST INDOOR BOWLS CLUB EST 2000**  
 Kerrigan/Tyrell Community Association Hall.  
 Mayfield cross cork city.

From all our thankful members.  
 A special thankyou to the  
 manager & his staff of  
**Our Lady Crowned Credit Union  
 Ltd Mayfield.**

For their presentation of funds  
 towards our ongoing club expenses.  
 It's the help like this that keeps our  
 small sports club afloat.  
 For insurance & rental expenses, &  
 upgrading of our sports equipment.  
 From Club Secretary: Mike Loring.



**HANIEL THERAPY**

**Caroline 085-818 8933**  
[hanieltherapy@hotmail.com](mailto:hanieltherapy@hotmail.com)

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## HOW WE MADE A FILM IN THREE DAYS.

By Daniel Kiniry



Cork has sadly never been blessed with a robust film scene, even with the boost The Young Offenders gave the Rebel County. However you would be surprised at what you can find around the place, including a 48 hour short challenge my friends and I collaborated on during the summer. We got the bug for this after, and it helped when an opportunity to enter a horror-based short competition in Limerick loomed.

The Big Shots Limerick had set up a Big Spooks Halloween Screams Competition with 3 weeks for us to make a 10 minute short film. I floated this by our crew and Doreen, who was our director for the previous short Momentum, wrote a script to fit the theme.

If you've never entered a shorts competition before there's occasionally certain criteria that need to be met. For our film we were given "Monster from the Deep", assigned a prop (vanity mirror and brush) and given a line ("It came back. It always comes back").

With the script written, more logistical matters like a location was needed to be tackled. I ruled that my own house could suffice. A problem arose however; I had to be at my mother's to dogsit and shooting at my place required I be there. The simplest solution, of course, was to write the dog into the script!

The cast was originally envisioned to be Mike (who starred in our last short) and his roommate Cathal. However, Mike became unavailable. We agreed keeping Cathal in mind would work great for the part written so I messaged him and arranged to pick him up. Problem was he worked full time and I didn't want to utilise too much of it, so we have our co-lead for exactly one evening. Doreen got another actor in for the lead Michael-trading a Mike for a Michael. After all this we only had a week to finish.

Taking on director duties this time was Emma, who worked as the cinematographer on our last short. Essentially she and Doreen switched places. One of Emma's innovations was that of a toy racecar-part of the creature moving was causing chaos running around the living room. Emma found a 20-year old toy car still functioning to use as the prop while covering it in clothing.

The actual premise of the short: Michael and Cathal play housemates Joe and Stephen. Joe is frustrated at Stephen's slobbishness and lackadaisical nature, and decides to do the laundry to remove a pile of clothes his disengaged housemate has neglected to clean. Going to the linen basket, however, a creature appears to have taken refuge and attacks Joe using clothes. Part of creating this was showing the usually inert clothing attack Joe in various ways; this was created using stop-motion.

Stop-motion is a filmmaking process used primarily for animation but also can apply to special effects which is relatively simple to outline. It's when you move objects in slow increments and shoot them individually, creating the effect of motion. You would likely see it in the animated films of Aardman, or most famously the films of Ray Harryhausen. This took up a lot of the logistical methods as Doreen and Emma had to discuss and work around various facets to create these effects. With this in mind production began.

Day 1 was taken up mostly by prep and getting insert shots. We tried to film everything in the bedroom on that day but that proved to not be feasible. One trick Doreen picked up was covering the windows in tin foil as the film took place at night and we shot most of it in the day. My room had never been so dark.

Wednesday took up the bulk of the shoot. Between the shots in the hallway and bedroom with Michael wrapped up and going over his dialogue with Cathal which didn't require the special effects we managed to get all of this through and wrapped on both actors as Michael was no longer available due to work commitments. However, managing to get all of their shots wrapped we just needed some insert shots and could get everything finished to give Doreen more time to edit and hand it in that Monday. Most of this was insert shots and putting in the stop motion we didn't need Michael for.

One issue came up: Alfie. We never shot anything with him Monday so he wouldn't actually interact with our leads. Determined we were to get him in, as soon as Doreen and Emma finished with the bedroom and hallway shots I had the unenviable task of trying to get Alfie to do anything for us.

Part of the script was Alfie would run away scared and react when the clothed-covered car went up to him. He did not. He didn't react at all to it even. So tempting him to run around with ham, we got the shots we could use and edited around to make him appear frightened by our monster. Wrapping on Alfie and soon after our film was completed.

We went to the premiere of it about a week later in Limerick. The screening however was a success and we even got a special mention for effects. However, the real reward personally was having people come up and compliment our film and think it's cool. Alfie got an aww (unsurprising) and an ad-lib Cathal did I really liked got a huge laugh. Which is the biggest reward we can have personally.

If you wish to watch it, the film is now available on YouTube! Just search the title: Monster from the Deep (of the Linen Basket) And that was our film shot entirely in my house right around the Mayfield area! We're looking to shoot a Christmas film next...







# CORK PLUMBING

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Happy Holidays from everyone at  
**CORK PLUMBING.**

We hope your holidays will be filled with joy and  
laughter through the New Year.

 **CONTACT US**

 [corkplumbing@hotmail.com](mailto:corkplumbing@hotmail.com)

 0214807989

## CRIME PREVENTION ADVICE

### Callers to the home.

Good lighting at the front and rear doors.  
Fit door viewer.  
Use a chain when answering the door.  
Always ask for ID.  
Don't give any personal details to strangers on the phone.  
If in doubt keep them out.

### What attracts a burglar?

Signs of premises being unoccupied.	Open windows.
A build-up of post or milk etc.	Hidden keys.
Ladders or tools in easy reach.	No alarm.
Easy access to the rear of the house.	High vegetation.
Poor lighting or house lights on at the wrong time.	

### What deters a burglar?

External alarm bell.	Signs of habitation.
Access to rear of house closed off.	Closed windows.
Be a good neighbour.	Good external lighting.
	Good view from the road.

### Be Winter Ready

In an emergency call 999 or 112.  
Check emergency supplies.  
Prepare your property.  
Have emergency numbers.  
Be Aware Be Prepared Take Action.

For any help or advice please do not hesitate to contact **Mayfield Garda Station, 021 4558510.**




Cllr. Margaret  
**McDonnell**

*Wishing you and your  
family a  
Merry Christmas  
and a  
Happy New Year!*

 085 862 2162  
 [m.mcdonnell@gmail.com](mailto:m.mcdonnell@gmail.com)

Please contact me  
if I can **help** you in  
anyway

 **FIANNA FÁIL**  
THE REPUBLICAN PARTY

Follow me on...   



## SCOIL MHUIRE AGUS EOIN



It's hard to believe we are on the  
countdown to Christmas!

It has been a packed few weeks here at Scoil Mhuire agus Eoin, with activities taking place throughout the term. Here's some of what we've been up to...



### Themed Weeks



**Health Promotion Week:** The school got on board the 'get active' message with activities throughout the week, from skipping workshops to mindfulness, football and gardening with parents, there was something for everyone! Well done to all of the children and parents for taking part.

**Maths week:** This was all about making maths fun! Activities included a maths quiz for parents, puzzles, brainteasers, and maths trails. First and Second Class parents also joined their children for fun maths games.

**Road Safety Week:** During this week, our lollipop lady Amanda spoke to the children about the importance of road safety. Classes practised the Safe Cross Code. First Class pupils made a 'seatbelt pledge' while Second Class made a 'High Glow silver pledge' to be more visible on the road.

**Fire Safety Week:** In school, staff and pupils practised our fire drills while we also spoke about the importance of fire safety in the home.

**Halloween;** The season got off to a spooktacular start as parents joined their children for some creative pumpkin carving. Ms Warren's class pupils and parents created some wonderful Halloween art and our Halloween disco was a monster success!

**Happy talk:** Happy Talk is now underway in our Junior Infant Classes. Claire, the speech and language therapist, is demonstrating how children can develop their speech and language skills. It is lovely to see Nibbles back in the classroom! Thank you to all parents involved.

**Library visits:** Pupils are enjoying regular visits to Mayfield Library and we would like to thank the staff there for always making us feel so welcome.

**Say Yes To Languages:** In December, the 'Say Yes To Languages' programme runs again. This introduces primary school children to new languages. Pupils from Third to Sixth Class will get a chance to say "Hola" and "Bonjour" to Spanish and French.

**One Book One Community:** Our fifth class pupils are taking part in the One Book One Community initiative this year. We have chosen *The Last Bear* by Hannah Gold. The One Book One Community is taking place across the community and aims to bring us together through a shared reading experience.

**Vex Robotics:** Once again our fifth class engineers are very busy with Vex Robotics. Every year, our pupils design and build their own robots as well as coding and researching. They will be taking part in the Vex Robotics competition in January.

**Defibrillator:** We would like to extend our sincerest thanks to the person who kindly donated a defibrillator to our school. The person wishes to remain anonymous but we are so grateful to have this life-saving equipment on our school grounds.

**After School Club:** Fun Club is available every day within the school from 1.30pm – 5pm. Please contact Siobhán on 087-7674950 if you are interested as places fill up fast.

**Parents' Association:** works very hard each year, organising wonderful events for our school. New members are always welcome!

**Enrolments:** We are currently accepting enrolments for September 2025 for incoming junior infants and our Early Start pre-school. For more information and application forms, please visit [www.scoilmhuireagusEoin.ie](http://www.scoilmhuireagusEoin.ie) or 021 4503003.







Mayfield Pride Crafting Day, which took place in July this year, was shortlisted LGBTI+ Community Event of the Year at the Gay Project Out & Outstanding in Cork Awards! It's remarkable to be considered in the category considering it's the first year we ran such an event. It's a great testament to the hard work and enthusiasm that went into organising the day.

The event was a collaboration between Mayfield CDP, Mayfield Arts, Mayfield Health Action Zone, Foróige St. Joseph's, Newbury House, Cork City Council and Cork City Partnership. The Sexual Health Centre also ran an information stand about their services, while Gay Project and LINC provided leaflets about their supports in the city.

The purpose of the event was to host a fun and creative activity that anyone could enjoy while showing support to the LGBTI+ community and providing information. We had a great attendance on the day who enjoyed activities such as textile crafts, print making, seed planted, and drum fitness, and opportunities to chat over tea and cakes.

All involved hope to make it an annual event and are excited to start planning how to do it again next summer even better! Fingers crossed we can bring the trophy back to Mayfield at the awards ceremony on 6<sup>th</sup> December.

## SHORTLIST 2024

### Outstanding Ally Award (Community Org/NGO)

- Gender Rebels
- OSS Cork
- Sexual Health Centre

### LGBTI+ Community Event of the Year

- Cork LGBT Archive: Cork Queer History on Display
- Frontrunners & Briskwalkers: Cork Pride 5k
- Mayfield Pride Crafting Day

### Youth Advocate Award

- James McCarthy
- Rachel Hurley
- Shauna McNamara



### SUICIDE AWARENESS

- \* Coiscéim – 021-466 6180
- \* Aware – 1800-804 848
- \* TeenLine Freephone – 1 800-833 634 or
- \* Free text "Teen" to 50015 (8pm–11pm)
- \* Samaritans free phone – 116 123
- \* Suicide Helpline – 1800-247 247 or text "HELP" to 51444

### Domestic Violence

- \* Women's Aid Freephone 1800-341900
- \* Cuanlee Refuge 021-4277698 (24/7)
- \* Mna Feasa- 021- 4211757
- \* OSS Cork 1800-497497

### Children's Helpline

- \* ChildLine – 1800-666-666
- \* Text "TALK" to 50101- (24/7)

### Eating Disorders

- \* Eating Disorder Centre Cork 021- 453 9900
- \* Overeaters Anonymous 086-352 6467 / 086-152 4799

### Addiction Helpline

- \* Tabor Lodge 021-488 7110
- \* Arbour House 021-496 8933
- \* Gamblers Anonymous 021-4279701
- \* Gamble Aware 1800-753-753
- \* Narcotics Anonymous 087-138-6120
- \* Alcoholics Anonymous 085-847 0880

MAYFIELD CDP

# COMMUNITY GARDEN

**RETURNING JANUARY 14TH**

**WEDNESDAYS, 11.00am-1.00pm**

Learn and share gardening skills  
Plant and veggie giveaways  
Make friends in the community

**Mayfield CDP, 328 Old Youghal Road**  
More Information :  
Liz Ahern CDP 089-2687938  
Fidelma O'Connell Community Health Worker 087-1800210



Season's Greetings to Mayfield and surrounds from The Mayfield Men's Shed. We want to thank our supporters for the phenomenally successful great year we have had. We are forever indebted to you all. This year brought joy and sadness. We opened our new "shed" and established our "home" at Kerrigan Tyrell Hall grounds with the fantastic help of the HSE, Cork City Council, Newbury House, Mayfield East Community, St. Joseph's Community, Irish Men's Shed, Cork City Partnership and many others.

Sadly we said goodbye to our members Eddie Casey, Leslie O'Brien, Sylvie Barrett and Sean Hanley, our sincere sympathies to their loved ones, they will be greatly missed.

We are holding our annual raffle shortly and would appreciate your support if you can. There are very good and many prizes and for €1 a ticket (or €5 for 6) for excellent value. It will all help keep the lights on for the coming year.

Our choir has had a very busy year entertaining at churches, nursing homes, schools, societies and communities and we were very proud to be part of the official opening of our new premises and especially so to sing for our City's Lord Mayor Dan Boyle in City Hall recently.

Our workshop has produced a lot of beautiful woodwork creations including Christmas decorations that will be on sale over the next month. We were proud to be part of the fabrication and presentation of a beautiful commemorative bench for Mayfield East in honour of the late Bríd Houlihan.

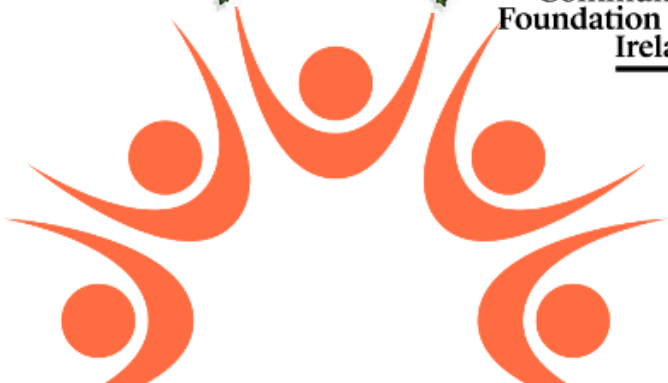
A Defibrillator was presented to our shed by Mr. Alan Wylie (of Wylie Accountants, Ballinacurra) and we are greatly appreciative for this very valued donation.

Our membership has increased and meets several times a week, engaging in community works, workshop and music activities, keeping us out of trouble.

*The Mayfield Men's Shed are meeting the Lord Mayor Dan Boyle on the steps of Cork City Hall.*



Community Foundation Ireland



**COMMUNITY  
OUTREACH WORKER**

**Siobhan O'Neill**

Siobhan is the new Outreach Worker with Mayfield Community Development Project and her position is funded by the Community Foundation of Ireland.

Siobhan's role is to help single parents access community education courses, services and supports in the community.

**So, if you'd like to find out more then please contact**

**Siobhan at:**  
**089-2399644 or 021-450 8562**  
**Email: [mayfieldcdpoutreach@outlook.com](mailto:mayfieldcdpoutreach@outlook.com)**



# Coffee & Chat



**Chit Chat Group**

Tuesday  
17th December  
last Chit Chat  
before Christmas.

Chit Chat Group will  
return on the  
7th January 2025.

POP IN  
FOR A  
CHAT

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INFORMAL SPACE FOR  
ANYONE OVER 18YRS TO  
SOCIALISE AND CONNECT  
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COMMUNITY

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- Laminating & Binding
- Use of computers
- Senior Alert Scheme  
(personal alarms for 65yrs and over)
- Meeting / Training Room Rentals

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## GRAMOPHONE SOCIETY



We meet every second Wednesday at 11am in  
St Joseph's Community rooms next to the Library

Enjoy a relaxing morning listening to music including  
Operatic, Classical, Traditional, Folk, Light, presented  
by individual members.

There is a mid- programme break for cuppa and chat.

Meetings on Wednesdays for 2025:

January 8th & 22nd February 5th & 19th  
March 5th & 19th April 2nd 16th & 30th  
May 14th & 28th June 11th & 17th

All are welcome. €4 subscription



## Cllr. Ken O'Flynn P.C.

Not just at election times  
All the Time




INDEPENDENT  
IRELAND  
Forward Together

086 7373356  
kenneth\_oFlynn@corkcity.i

## A CHANCE TO DANCE!

Ballroom dancing has been around for centuries and has been enjoyed by people of all ages and backgrounds. It is not only a great way to stay in shape but also a wonderful opportunity to meet new people and socialise. Whether you are a beginner or an experienced dancer, taking ballroom dance lessons can be a fun and rewarding experience that can enrich your life in many ways.



Dancing can be a great way to have fun while getting fit. Many dances use all the muscles in the body and many are fast paced. With this kind of movement it's no surprise that you can dance your way to fitness. Most people don't enjoy spending hours in the gym but dancing is a very different form of exercise and doesn't feel like working out. In addition you'll be meeting and socialising with new people. Dancing requires you to interact with your partner and the other dancers around you, which can help develop your social skills and build self-confidence.

"Our philosophy is as simple as "A, B, C D". Any Body Can Dance". Everyone has the potential to be a dancer with the proper instruction and confidence. Learning to dance is no different from learning any other discipline. It may feel awkward at first, that's to be expected. Eventually you will master the basics and be able to dance with full enjoyment without having to think about it. You will be able to just feel it and dance. The good news is learning to dance is always fun, even in the early stages" says chief instructor, Anne Hurley

Cork Dance Club's lessons encompass many different styles including, waltz, jive, quickstep, tango, cha cha cha, foxtrot, samba, rumba and lots more.

"Here at Cork Dance Club we like to get to know all our students and regularly hold social events such as week-end dances, a Halloween s Ball, Christmas party and an annual dance holiday to Spain where you can come and meet new people and show off your dancing skills" adds Anne.



## CORK DANCE CLUB

INTRODUCTION TO BALLROOM DANCING.

**Social Ballroom and Latin American Dance Classes for Adults.**

Learn to waltz, Foxtrot, Jive, Quickstep, Cha Cha Cha, Tango, Rumba and lots more!

**New classes now enrolling**  
**Scoil an Ghoirt Álainn Mayfield & Blarney BAA Club**

Learn at your own pace with experienced tutors.

**Details:** Tel. Anne 087 2487696

**Email:** [corkdanceclub@gmail.com](mailto:corkdanceclub@gmail.com) [www.corkdanceclub.com](http://www.corkdanceclub.com)



**The Mayfield Community Training Centre would like to offer our best Christmas wishes to students both old and new.**



We would also like to wish a very merry Christmas to all the other agencies in the area which have helped the young people of Mayfield in 2024, as well as, of course, our Board of Management who volunteer their time and effort year after year.

We look back on a year that has seen students achieving QQI Certification at Level 4 as well as City & Guilds Qualifications. All six courses (Construction, Office Skills, Woodwork, Culinary Skills, Sport & Rec, and Tourism & Hospitality) have helped their students onto further education or the work place.

We have many former students now continuing their studies at colleges throughout the city, and even in UCC, demonstrating how non mainstream qualifications can create as many opportunities as a Leaving Cert.

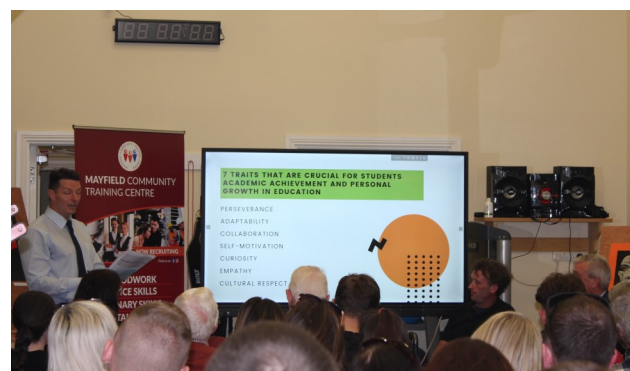
Former trainee Chloe Harte had this to say

*"I had the best year in the Mayfield Community Training Centre, I studied Hospitality and Tourism and it is a fantastic course. As you learn so much, you also have great fun and Mary is a brilliant instructor. I went from the centre on to studying travel and tourism now in the Cork College of Commerce. The centre gives you great opportunities career wise and makes sure you go on to do what you desire."*

*It's a time of year when we think of new beginnings and fresh starts, and we, the staff at the centre, have been privileged over the years to have helped many young people in the area take those first steps towards a fulfilling career.*

Whether your interests lie in construction, carpentry, computers, hospitality, sports or cooking, we have the course that will interest you and the guidance to nurture that interest.

*If you are aged between 16 and 21, why not make 2025 the year you start your journey where you learn the skills that will open new doors for you? Call us on 021 450 4822 or pop in for a chat. You can find us in the Mayfield Business Park and are sure of a warm welcome.*





# Gaelscoil an Ghoirt Álainn

## Nollaig 2024



Tá fáilte romhat chuig leathanach na Nollag Mayfield Matters na scoile. Buíochas ó chroí do thuismitheoirí na scoile agus do mhuintir na háite as an dtacaíochta a thug sibh don scoil i mbliana. Tá siúl againn go mbíonn Nollaig iontach agaibh ar fad agus athbhliain faoi shéan agus faoi mhaise daoibh go léir.

A big Thank You to the parents of the school and to the people of the area for the support that has been shown to our school throughout the year. We here at Gaelscoil an Ghoirt Álainn would like to wish you all a very Happy Christmas and prosperous New Year.



HAPPY  
**Holidays!**



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



@gaelscoilanghoirtalainn



Gaelscoil An Ghoirt Álainn

**DIRECTIONS**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



# Christmas PARTY

BINGO  
BLACK TIE  
BONFIRE  
BOSS  
CANDLES  
CANDY CANES  
CAROLS  
COCOA  
COLLEAGUES  
COOKIES  
EGGNOG  
FRIENDS  
GAMES  
GARLAND  
GIFT EXCHANGE  
LAUGHTER  
MINGLE  
MISTLETOE  
MOVIES  
NEIGHBORS  
PARTY  
PUNCH  
SANTA  
SCAVENGER HUNT  
TREATS  
UGLY SWEATER  
WREATH



## ORANGE AND CHOCOLATE ICE-CREAM

This is a delicious dessert that will keep in the freezer for up to six weeks! feeds 8- 10 people

### Ingredients

- Zest of an orange
- Juice of ½ an orange
- 4 large eggs, separated
- 100g golden caster sugar
- 300ml cream
- 100g chocolate, finely chopped

### Method

Line a 1 liter loaf tin with cling film.

Put the orange zest and juice, egg yolks and sugar in a bowl. Beat until thick and creamy.

Beat the egg whites until stiff, set aside.. Now beat the cream until it holds its shape. Fold the cream into the egg mixture, then carefully fold in the egg whites.

Stir through the chopped chocolate and spoon into the loaf tin.

Cover the surface with cling film. Place in the freezer for about two hours. When frozen wrap in tin foil.

**Serving Suggestions** Unwrap, place on a serving dish and decorate with chocolate curls/grated chocolate.

**BORD BIA**  
IRISH FOOD BOARD







# Christmas

## Trivia Questions



1. How many Reindeer drive Santa's Sleigh? \_\_\_\_\_
2. Elvis won't have a White Christmas he'll have a - \_\_\_\_\_
3. What is the best selling Christmas Song Ever? \_\_\_\_\_
4. Who has a red nose? \_\_\_\_\_
5. Which store sold the first Pre-lit Christmas Tree? \_\_\_\_\_
6. In Home Alone movie where are the McCallisters going on Vacation? \_\_\_\_\_
7. What was the first song played in space? \_\_\_\_\_
8. Which popular Christmas punch is also called "milk punch"? \_\_\_\_\_
9. How many ghosts are there in "A Christmas Carol"? \_\_\_\_\_
10. Which one of Santa's Reindeer has the same name as another holiday mascot? \_\_\_\_\_
11. Where does the Polar Express take kids? \_\_\_\_\_
12. How many times does Santa say Ho? \_\_\_\_\_
13. What color is Santa's Belt? \_\_\_\_\_
14. In Charles Dickens "A Christmas Carol" what was Mr. Scrooge's first name? \_\_\_\_\_
15. How many total gifts were given in Twelve Days of Christmas? \_\_\_\_\_
16. How do you say Merry Christmas in Spanish? \_\_\_\_\_
17. What is the most popular type of tree for Christmas? \_\_\_\_\_
18. Name 2 reindeer whose name begins with C - \_\_\_\_\_
19. What person was the real life Santa Claus based on? \_\_\_\_\_
20. In Frosty the Snowman what is the name of the magician? \_\_\_\_\_

What did Frosty's girlfriend give him when she was mad at him?

*The cold shoulder.*

How did the reindeer learn to play piano?

*He was elf-taught.*

What do they sing at a snowman's birthday party?

*Freeze a jolly good fellow!*

What is it called when a snowman has a temper tantrum?

*A meltdown.*

What's every elf's favourite type of music?

*Wrap!*

Knock, knock! *Who's there?* Anna. *Anna who?* Anna partridge in a pear tree.



MAYFIELD CDP,  
CALP & MAYFIELD MATTER  
WILL BE

# CLOSED

*For the christmas holidays!*

CLOSED

23 Dec 2024

REOPENING

6 Jan 2024 at 9:00 AM



*Merry Christmas!*

## MAYFIELD MATTERS NEWSLETTER

FOR ALL YOUR  
ADVERTISING NEEDS



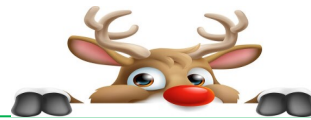
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**Mayfield Matters** is a local community newsletter produced in the Mayfield CDP Community Resource Centre by *volunteers* with the support of the CDP staff. It is funded through the adverts placed in the issue, and kind donations.

**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, 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 to [mayfieldmatters@outlook.com](mailto:mayfieldmatters@outlook.com) before the deadline which is 20th January 2025

★  
**WE  
WISH  
YOU A  
MERRY  
CHRISTMAS**



## WINTER WELLNESS

**18th  
December  
@ Mayfield  
CDP  
10am-1.30pm  
registration at 9.45am**

**BE KIND  
TO YOUR  
MIND**

Join us for a  
jam-packed morning  
of fun & discover  
useful tips to help have  
a positive mental  
wellbeing during the  
winter months

We will have  
guest speaker  
**Dr. Rosarie Crowley**  
Clinical Psychologist  
Having a Healthy  
Relationship with  
Technology.

Mulled Wine,  
Christmas treats  
on the day

**TO REGISTER &  
BOOK YOUR  
PLACE**

**CALL/TEXT  
089 268 7938**

**EMAIL  
MAYFIELDMATTERS@  
OUTLOOK.COM**

**PLACES ARE LIMITED  
SO DON'T WAIT..  
BOOK BEFORE  
12/12/2024**

**A SAMPLE OF GUEST SPEAKERS  
& ACTIVITIES TO ENJOY &  
TRY ON THE DAY**

- **LYNDA DI BLASI**  
IMAGE CONSULTANT
- **BRENDA RADCLIFFE** WITH  
MINDFULNESS TIPS
- **HAND MASSAGE & ACUPUNCTURE**
- **SHAKE FIT**
- **STRESS-BALL ASSEMBLY**
- **POTTING BULBS IN OUR GARDEN**
- **SINGING FOR THE BRAIN TALKING**  
ABOUT THE BENEFITS OF MUSIC ON  
OUR LIVES/ MENTAL HEALTH
- **SHINE**

