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COMMUNITY PHARMACIES COULD PLAY A MUCH GREATER ROLE IN OUR HEALTH SERVICE

TD for Dublin South West Seán Crowe has called on the Government to seriously consider the enhanced role our community pharmacies could play in our health service, not least in relieving pressure on our hospitals and GPs.

Teachta Crowe said “The Irish Pharmacy Union were in before the Oireachtas Health Committee recently and they had some very innovative ideas about the enhanced role our community pharmacies could play in our health service, not least in relieving pressure on our hospitals and GPs.

“The network of existing pharmacies is vast. 85% of our population live within 5 km of one. The potential for our community

pharmacies to play a greater role in our health service is enormous. Pharmacies delivered over 1.3 million COVID-19 vaccines, showing the reach and ability to provide for their communities. “Their role in preventative care cannot be underestimated. Their role in helping people stop smoking or delivering shingles vaccines for instance could make a huge difference for individuals and programmes like these should be rolled out to any pharmacy that wants them.

“The IPU put forward their proposal for a Minor Ailment Scheme whereby people with minor injuries or illnesses could consult with their local community pharmacy team, receive an assessment of

their symptoms, and receive a combination of advice, medication or referral to other services. “The Health Committee was told that one million appointments could be freed up by patients utilising the existing infrastructure of community pharmacists for their minor ailment. That could be a huge boon to our health service.

“Capacity to receive patients is one of the huge pressure points in our health service. People wait hours and even days in our Emergency Departments. Families wait months or years to find a GP that will take them on. If we can free up some of that capacity by empowering our community pharmacies, then I think that is something that has to be seriously considered.”

LUCAN AND CLONDALKIN SCHOOLS HOST CHILDREN'S FITNESS INITIATIVE



Pictured: Pupils from Scoil Mhuire National School in Lucan

Fitness and healthy eating should start at a young age. That's the message pupils at two Lucan schools - St. Thomas' JNS and Scoil Mhuire NS - and two Clondalkin schools - St. Johns NS and Scoil Mhuire - heard when they recently hosted the popular children's fitness initiative 'Fit Squad'. Delivered by Irish fitness expert Sharon Flanagan and supported by Fyffes, the visits saw over 450 pupils participate in the active workout which included advice on healthy eating, demonstrations of exercises young people should do and tips on how to use leisure time to stay physically fit. Continuing until next March it is expected that some 7,500 pupils nationwide will participate in the interactive fitness sessions, adding to the over-20,000 pupils who have taken part in it since it was first launched in 2018. Schools interested in receiving a similar visit can find details online at www.fyffesfitsquad.ie

Cllr. Shane Moynihan

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Working with Cllr Shirley O'Hara, Cllr Vicki Casserly, Cllr Kenneth Egan & Frances Fitzgerald MEP

MINISTER VISITS RECYCLE IT IN CLONDALKIN

Minister for Community Development, Integration and Charities, Joe O'Brien TD, made a visit to Recycle IT on March 6th. Board members and the staff team were on hand to greet the minister and share details on the work of Recycle IT, a social enterprise striving to create training and employment opportunities through the recycling of old, damaged, or unused electrical and electronic equipment collected from homes and organisations.

During the visit to Recycle IT, Minister Joe O'Brien made time for an important announcement, the Minister

said "I am delighted to launch a new Call for Applications under the Community Services Programme (CSP). The purpose of this funding is to support social enterprises and community/voluntary organisations with an additional strand focusing on circular economy projects that are either Traveller led or ones that will primarily employ members of the Traveller community."

Funding of €1 million will be available for this new call in 2023 which will provide new organisations with an opportunity to access support to employ additional staff in line with the programme's

re-defined sub-programmes and new vision, which were approved in 2022. Pre-application support workshops will be rolled out to ensure organisations are fully equipped with the information that they need to apply for this funding. As a first step, an Information Event will be held for organisations interested in applying for the programme

on the week beginning 20th March 2023. Details will be shared on the Pobal CSP webpage and on the Department of Rural and Community Development social media channels. Organisations that wish to be notified about the workshops can also contact csp@pobal.ie. Following the pre-application supports, organisations will be invited

to submit a short concept note to Pobal outlining their proposal for assessment against the objectives of the call and organisations will then be informed whether their proposal fits with the call.

The Minister continued "The CSP supports a range of services, facilities and activities that enhance the

quality of life for specific disadvantaged groups within our communities. This open call will be essential in broadening the range of services available and bringing new organisations onto the programme. I am delighted to say that we will also have a range of support workshops to assist those organisations in applying to the CSP Programme."



NEWS GROUP

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TALLAGHT SOUTH AND SAGGART RESIDENTS INVITED TO HAVE THEIR SAY!

The Mayor of South Dublin County Council, Cllr Emma Murphy, officially launched the '€300K - Have Your Say' initiative for the Tallaght South & Saggart electoral

area at the Brookfield Youth and Community Centre on the 13th of March 2023. An amount of €300,000 has been allocated for the electoral area, which takes

in Ballinascorney, Kiltipper, Killinarden, Jobstown and Fettercairn and of course Saggart.

Saggart is included as the

boundary redraw in 2019, meant Saggart is now part of the Clondalkin Local Electoral Area, however as the area did not get to partake in the initiative at the time, it is included in this years running, as it would have been prior to the boundary redraw.

Tallaght South and Saggart residents are being invited to attend workshops in the below locations where they will have their say on how a budget of €300,000 is spent in the local area; IN 21st of March St Marys GAA from 6.30pm - 9.30pm, 22nd of March Jobstown Community Centre from 7pm - 9.30pm, 29th of March Killinarden Community Centre from 7pm - 9.30pm and 4th of April an Online Workshop from

7pm - 9pm (pre registration required). This is part of South Dublin County Council's '300K-Have Your Say' which facilitates citizens in the local community to directly decide how to spend a portion of the public budget.

Speaking on the initiative, Mayor of South Dublin County Council, Cllr. Emma Murphy said, "I am delighted to be here in Brookfield to officially launch the final round of the 300k - Have your Say initiative. This is about enabling people to have a greater voice on local priorities and giving our citizens the opportunity to get involved and have a say and a vote in how this extra funding can be used to benefit them and their communities through direct

investment in their area; and to shape the services they use and address the issues that are important to them in their community."

If you cannot attend any of the workshops, you can make a proposal online at <http://www.southdublin.ie/HaveYourSay>. In May, proposals having been assessed and selected, will be costed and put forward for a public vote.

Would you like to see a new playground in your area or how about an allotment or street sculpture or a new safe area for teenagers to hang out? No matter what it is, go and have your say and submit your idea. This is your area, your money and your vote!



Pictured Cllr. Emma Murphy, Mayor of South Dublin with (L-R) Cllr Shirley O'Hara, Cllr. Gus O'Connell, Cllr. Baby Pereppadan, Cllr. Louise Dunne and Cllr Eoin O'Broin at the Launch of the "300K Have Your Say" in Brookfield Youth and Community Centre. Pic credit: Ben Ryan.

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FLOOD OF EVICTIONS ON WAY AS GOVERNMENT ABANDONS RENTERS

TD for Dublin South West and that homeless support structures are not capable of dealing with that level of demand, highlighting the fact that SDCC recently suggested that homeless

families should go to their local garda station for help. Teachta Crowe made his comments after the RTB announced they had received notification of 1,839 eviction notices in Dublin during Q3 2022.

Teachta Crowe said "Figures released recently by the RTB are simply shocking. There were 1,839 eviction notices served in Dublin alone during Q3 2022. These are the notices that are going to be going live on the 1st of April when the Government overturns the eviction ban. "And we know there will be even more evictions than that given the huge number of unregistered landlords out there. This will put thousands of people out on the street at the one time and there is nowhere close to the amount of homeless supports out there to cope with that.

"The consequence will be thousands of people forced to stay with family and friends or overhold in their rental accommodation. It

will also see a rise in rough sleeping and the prospect of families with children being referred to Garda stations for a safe place to sleep. "In 2023, when Fine Gael tell us we have the fastest growing economy in Europe, homeless families are being referred to their local garda stations. That is simply disgraceful.

"The Government must immediately reverse the decision to end the ban on evictions. Emergency legislation must be brought before the Dáil before the ban ends on March 31st and all renters must be given the protection they deserve. "The government must also accompany the extension of the ban on evictions with a package of emergency measures to extend and expand the tenant in situ scheme for social and affordable rental and using emergency planning and procurement powers to target vacant and derelict homes and new building technologies to ramp up the delivery of public housing."

DART + SOUTH WEST PROJECT GETS GREEN LIGHT FOR PLANNING

Progress was made today on delivering the DART + South West Project for commuters in Dublin South West and Kildare North. The Government has agreed to enable a planning application for the project with An Bord Pleanála. The DART + SW project will provide a sustainable, electrified, reliable and high-capacity rail service to passengers between Hazelhatch and Celbridge station and Dublin City Centre, including communities along the line near Park West and Cherry Orchard, Clondalkin & Fonthill and Adamstown stations.

Welcoming the news, TD for Dublin Mid West Emer Higgins said: "This is very welcome news for the many commuters living in Dublin Mid West who travel in and out of the city centre to work, and indeed for all commuters. The 20km line will see a capacity increase from the current peak of 1,900 passengers each way per hour up to approximately 13,200 passengers. This is hugely transformative for so many people and will offer so many more options for people who need to get into town."

TD for Kildare North, Bernard Durkan said: "Upon completion of the project, there will be an increase in frequency from 6 to 11 trains per hour along this route. This will include services which will operate to and from Heuston station and those that will use the Phoenix Park Tunnel to and from the Connolly station area. The extension of four-tracking on the Kildare line by 5km from east of Park West station to Heuston Station will benefit not only passengers of the new higher frequency DART services, but also intercity rail services using the Kildare line." Construction of the DART+ SW Project is anticipated for 2025. A four-year construction process would enable services launching in 2029, subject to funding.

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Cllr Madeleine Johansson

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LOCAL REPRESENTATIVES WELCOME CITIZENS ASSEMBLY ON DRUGS

People Before Profit representatives in Clondalkin Gino Kenny TD and Cllr Madeleine Johansson have welcomed the establishment of a Citizen's Assembly on Drugs. The Assembly will examine the wider issue of drugs and the impact on drug use on local communities. The terms of reference

state that the Assembly will "consider the legislative, policy and operational changes the State could make to significantly reduce the harmful impacts of illicit drugs on individuals, families, communities and wider society, and to bring forward recommendations in this regard."

communities safer. Other countries have started to change their policies on drugs towards a harm reduction approach as opposed to a criminal justice approach. Hopefully the outcomes of the Citizen's Assembly will mean a change to the status quo in Ireland."

The Citizen's Assembly will consist of 99 randomly selected citizens and an independent chairperson.

Gino Kenny TD said: "I welcome the establishment of the Citizen's Assembly on Drugs. The issue of drugs has had a huge impact on communities like Neilstown in Clondalkin where I'm from. I welcome the fact that the assembly will be discussing the possibility of policy changes in relation drugs and I hope that the recommendations will reflect the fact that current policy has failed. Not only has current policy failed to reduce the harm caused by drugs to individuals but it has also failed to make our

Cllr Madeleine Johansson commented: "I have been on the board of the Clondalkin Drugs and Alcohol Task Force since 2019 and I have seen the great work that is done by projects in the area. But it has also convinced me that we need to change the way we think about drugs and start treating addiction as a health issue, not a criminal issue. If the money that was spent through the Criminal justice system was diverted into local communities and services it could make a big difference to peoples lives. I took part in the Citizens Assembly on a Directly Elected Mayor for Dublin and I found the process very enlightening and I want to wish the participants the best of luck."

Cllr. Charlie O'Connor PC Living in Tallaght ...Working for Tallaght



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The Fianna Fail Team is Barry Andrews M.E.P, John Lahart TD, Cllrs Yvonne Collins, Teresa Costello, Emma Murphy & Charlie O'Connor



STEPPING STONES TREE PLANTING AT KINGSWOOD COMMUNITY CENTRE



Pictured at the Stepping Stones Tree Planting at Kingswood Community Centre were (l to r) Paul Dalton Centre Manager, Colm Brophy.T.D., Cllr Charlie O Connor and Sean Crowe T.D.

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RESTORATION OF COUNCIL 'CUSTOMER CARE DESK' OPENING HOURS WELCOMED

Dublin Mid-West Sinn Féin Councillors Derren Ó Brádaigh and William Carey have welcomed the news at the decision by South Dublin County Council to reverse the curtailment of customer

care walk-in services after just one week. Speaking recently on learning the news, Cllr Ó Brádaigh said "The decision to reopen the council's customer care desk in the afternoons between

2pm - 4pm will come as very good news to so many of the council's own customers. This recent decision to curtail the busy walk-in service came as a surprise to many, including members

of the public, staff and customers alike. However, after just one week, the original opening hours are now to be restored this morning on the instruction of the Chief Executive.

submitted regarding housing maintenance requests. Unfortunately, council tenants are now being directed to use an online portal system to submit requests for housing maintenance issues. A dedicated email is offered to people experiencing difficulties, however I don't see the logic in this for anyone struggling to use an online based service in the first instance!

In my correspondence with council management, I highlighted the ever-increasing number of our customers that are faced with literacy challenges, dyslexia, physical and mental disabilities, non-English speakers and all those people restricted by working hours.

"It is essential that we always remain cognisant to the significant number of people dependent on a one-to-one service, that delivers

the type of human contact interaction necessary in so many circumstances. We know that restricted literacy is heavily concentrated among older groups and lower income groups and those most needing our assistance. Management have cited the high levels of digital literacy in the population in response, and in rationalising moves to online services.

However, there is no definitive evidence in this regard. By the end of last week, the queues in the Clondalkin offices had simply doubled in the mornings, and I understand that customers were continuing to arrive to a closed customer care desk at County Hall in Tallaght in the afternoons."

Cllr. Mick Duff

Independent Councillor Tallaght

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From the community for the community

"In recent weeks, both my colleague Cllr Carey and I issued a statement on learning of the sudden decision to drastically reduce the customer care service desk from 4 hours per day to just 2 hours in the morning from 10am - 12pm. As we know, there have been gradual moves to digitalise council services online and whilst technological advances can help some services to be more efficient, this is not always the case and particularly when so often, the requests coming in are urgent or not always easily explained through a portal service.

"Some weeks ago, I wrote back to council management in response to a question

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€2.3M FUNDING FOR LOCAL HEALTH AND SOCIAL CARE PROVIDERS

Fourteen local health and social care providers will benefit from €2.3m in government funding to help with cost-of-living pressures, a Dublin Mid West TD has said.

Deputy Emer Higgins has welcomed that a number of local voluntary and community providers of health and social care have been recognised under this funding announced by government. Deputy Higgins

said: "This one-off funding commits €81m nationally to groups providing health and social care so to see €2.3m of that funding going to local services in our community is really welcome and testament to the invaluable voluntary services we have in Dublin Mid West and in South Dublin.

"The past year has represented a real challenge for these groups in terms of coping with the rising cost of

living and continuing to offer service and thankfully these community organisations have been able to keep going and keep providing essential service. "It's only right that as a government we recognise the challenge that these providers face and I hope that this funding will help with meeting some costs and put money back in their pockets," said Deputy Higgins.

The local community

and voluntary health and social care providers receiving funding under this announcement include Beacon of Light Counselling Centre, Clondalkin Addiction Support Programme Company Limited by Guarantee, Clondalkin Drug and Alcohol Task Force Project Management Company Limited by Guarantee, Clondalkin Travellers Development Group, Clondalkin Tus Nua Company Limited by

Guarantee, Deansrath Family Centre, Four Districts Day Care Company Limited, Liscarne Court Day Centre, Palmerstown Day Care Centre, Pieta House, Retired Active Men's Social (R.A.M.S), Ronanstown Training Centre, SDC South Dublin County Partnership Company Limited by Guarantee and Stewarts Care Limited.

Deputy Higgins said: "Community and voluntary organisations play a truly

vital role in terms of providing frontline services to people with disabilities, older people, those suffering from addiction, mental health problems and other serious illnesses.

"I know that a lot of these service providers have been through serious challenges with high inflation in 2022 and I hope that this additional once-off funding will go some way towards recognising those costs," concluded Deputy Higgins.







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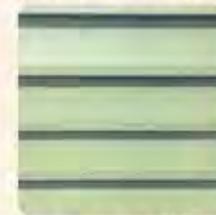
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DUBLIN BUS NEEDS TO RESUME FULL OPERATION IN WEST TALLAGHT

Local Area Rep, Adam Smyth is calling for Dublin bus to resume full operations in West Tallaght. "For over 2

months now, Dublin bus has not operated in parts of West Tallaght after 6pm, causing many people to either walk home in the dark, or having to pay for taxis".

been an issue for years with cancellations to the service, we need a successful plan that can keep the services running at full operation".

as the rest of Dublin. "I would hope to see Tallaght in the near future to have an even better service with a 24 hour bus, giving people who either work early in the mornings or finish late, the opportunity to save money from taxis or having to drive

to work just to get home safely". "I see it first hand, working in the hospitality sector myself, trying to just simply get home from work in the evenings can be a challenge itself, and even more so now with the bus not entering west Tallaght".

With a reportedly successful garda operation on our transport in Tallaght, it's time to resume full operations and tackle the anti-social behaviour before the summer begins. "Without the full operation of the routes, how can we properly assess the success of what we are doing." "The issues of anti-social behaviour on Dublin bus have

West Tallaght deserved to have the same level of public transport services

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CLONDALKIN STUDENT ACHIEVES BEST IN IRELAND IN ACCOUNTANCY EXAMS

AccountancySchool.ie student Danial Azizi from Clondalkin recently celebrated success in his ACCA (Association of Certified Chartered Accountants) exams where he achieved a best in Ireland in his Advanced Financial Management exam.

ACCA affiliates".

Danial, who is originally from Malaysia, was delighted that several members of his family travelled from Malaysia to Dublin to be with him for the results presentation ceremony. Danial works in the Financial Services Group of Mazars Ireland and commenting on why he chose to study for the ACCA qualifications, said: "...because accountancy is an essential component of every business and there is a truly wide range of career opportunities open to

AccountancySchool.ie is a Platinum Approved Learning Partner of the ACCA, the globally recognised accountancy qualification. It is a badge of quality and professionalism that ensures the ACCA tuition provider is of the highest standard. AccountancySchool.ie is one of only four Platinum Approved Learning Partners of the ACCA in Ireland with the School achieving consistently high pass rates of up to 96 percent.

The School offers a flexible approach to students studying for ACCA exams where they can choose either to study fully online or take a blended learning approach.



Pictured: AccountancySchool.ie student Danial Azizi (centre - fourth from left) from Clondalkin with his family who travelled from Malaysia to celebrate his best in Ireland result in his ACCA exam.



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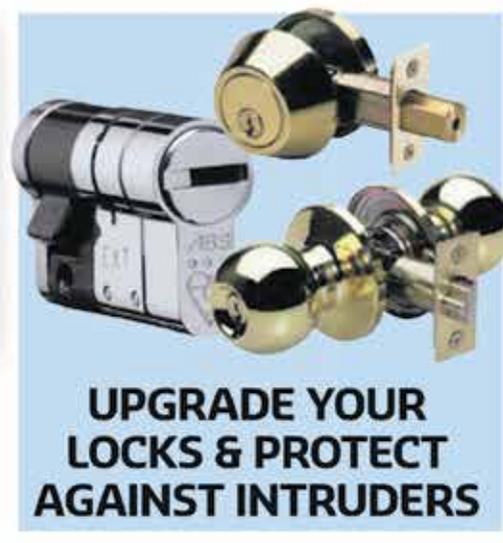
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AN COSÁN WINS AONTAS STAR AWARD!

Three adult learners received a standing ovation after sharing their stories of transformation through education at An Cosán's International Women's Day fundraiser on the 10th of March 2023. Just two hours earlier Ireland's largest community education organisation had been named winner of the social inclusion category at the AONTAS Star Awards in Croke Park. The three graduates were interviewed by Miriam O'Callaghan in front of almost 300 An Cosán supporters at the organisation's 25th International Women's Day (IWD) celebration in the InterContinental Dublin. Each shared how their experience of adult education had transformed their own lives and that of their families, giving them a more sustainable future.

Tanya Shields, a Level 6 Early Childhood Care and Education graduate, who now works as an Early Years Educator in An Cosán's Jobstown centre, said she was a different person now. "An Cosán has given me my life back," she said. "I never had a voice before: I was always Mammy, I was wife, I was friend, I was sister. When you're confined to school runs and the dinners and you finally find a space that you can be 100 per cent yourself, and you're accepted for who you are, it's life-changing." Tanya, who hopes to go on to do a degree, said she had very little confidence when she started at An Cosán. "I thought I'd never amount to anything," she said. "But the new me sees I can do anything I put my mind to. It didn't matter that I had been out of education for so long: I received a warm welcome from everyone and, because the classes were smaller than they would be in a bigger college, it quickly became a safe space where I could be myself. The additional supports, like financial and digital supports, made all the difference. Without them, I'd have given up for sure."

Sineád Grogan also said she had low self-esteem when she first joined An Cosán's Community Employment (CE) scheme three years ago, after spending a number of years childminding. But with the welcome she received, she said her confidence quickly grew and that she had enjoyed the experience of

working in a number of areas within the organisation, including administration, reception, hospitality and finance. "It was scary the first day coming into a new place not knowing anybody," she said, "But I have to say I have loved every day of it and I now consider An Cosán my second family. Without them and their support, I wouldn't be the woman I am today." Sineád's newfound confidence gave her the courage to sign up to An Cosán's six-week Return To Learning course that equips adult learners with computer and personal development skills, enabling them to sign up to further education and improved employment prospects. She is now on the fourth module of An Cosán's Level 5 Business Administration with Digital Skills programme, which she hopes will help her secure an office role when her time on the CE scheme concludes.

Sineád said she was grateful for An Cosán's additional supports, including the counselling service (available for anyone living in the wider Tallaght area), for helping her come to terms with the loss of her baby some years ago. "I'm so much stronger now," she said. "I feel more confident in myself personally and in my work life, thanks to An Cosán. I had been scared I wasn't going to get a job but, with my new skills and confidence, I know I will get something. An Cosán has changed my life and I have seen it change the lives of others too."

Ashling Johnston, who was appointed An Cosán's Digital Skills Tutor 18 months ago, said that, like many women, she felt guilty when she resumed education as it meant taking time away from her children. She said it was the support of women around her that kept her going and the realisation that, by involving her two children in her educational journey, they were benefitting too. Ashling developed a thirst for learning at the age of 40 and has since gained a BA in Sociology and Anthropology, a Higher Diploma in Adult and Further Education and a Masters in Education from Maynooth University. "It's never too late to return to education and to learn digital skills," she said. "I'm passionate about equipping and empowering adults,

especially women, with digital skills and digital tools to support them returning to education and in getting better paid jobs.

"Gaining digital skills and access to online courses opens things up for women because access to education is still a problem for women who have young children," she continued. "That's where An Cosán's additional supports are a lifeline. Most of our learners are parents, and many are lone parents, so our wraparound supports, like early years' provision, laptop loans and IT support, and one-to-one mentoring and counselling, are like wrapping somebody up in a blanket. It's about nurturing the learner, bringing a sense of well-being into the classroom and providing tailored supports to ensure no-one is left behind."

An Cosán CEO Heydi Foster said An Cosán's Digital Inclusion Team, the first of its kind in the country, was playing a valuable role in the drive to bridge the digital divide and in ensuring that Ireland reached the European Union target of at least 80% of all adults having at least basic digital skills by 2030. "This year's United Nations theme for International Women's Day - DigitALL: Innovation and Technology for Gender Equality - could not be more aligned to our work," she said. "An Cosán is leading the way in Ireland in developing digital skills and amongst those with greatest needs. This is important to our feminist cause because digital access has the potential to empower women and break down barriers. There can be no equality without digital equality. "The work we do and the supports we provide mean that we can support our learners through their darkest times, giving them opportunities to learn and develop careers that will secure their future," she continued. "Today is about celebrating the achievements of our inspiring learners. These powerful women are a beacon of inspiration for their families, communities and this country. There are no better role models and we are so proud of their accomplishments."

There were cheers of celebration when Anna Durkan, Chair of the Board

of An Cosán, shared the news that An Cosán had just won the social inclusion category of the AONTAS Star Awards. "It is fantastic to receive this recognition for our ground-breaking WorkAbility programme, which we have been delivering since 2019," she said. "The programme promotes equity of opportunity and access to employment for people living in marginalised communities using a three-pronged approach that combines education, career coaching, and employment outreach. Learners engage part-time where they live in a supportive learning community provided both face-to-face and online." Anna said that providing women with education and opportunity was the way to improve society. "By educating a woman, you create a ripple effect that spreads out and touches the lives of so many others around her," she said. "Through that ripple, you have the key to transformation, the key to active citizenship,

to breaking the cycle of disadvantage. This is the foundation of our One Generation Solution to poverty, and we know it can be achieved."

An Cosán CEO Heydi Foster commented "We were thrilled to win the Social Inclusion category of the AONTAS Star Awards in recognition of our ground-breaking WorkAbility programme, which promotes equity of opportunity and access to employment using a three-pronged approach that combines education, career coaching, and employment outreach. "We have been delivering WorkAbility since 2019 with the aim of addressing issues of low education and high unemployment in underserved and marginalised communities. Learners engage part-time where they live in a supportive learning community provided both face-to-face and online. A particular benefit to learners is the provision of wraparound supports, such

as early years' education and care, family support and counselling, digital skills enhancement, flexible part-time learning, mentoring, and an informal community-based setting. "In 2022 an evaluation of WorkAbility found that it equipped learners with the foundational skills needed for employment and an improved sense of self-worth about their career, parental competence, and general psychological wellbeing. We are immensely grateful to our Level 5 Business Administration with Digital Skills learners and tutors whose input and feedback over the past couple of years have helped WorkAbility evolve into the programme it is today."

An Cosán offers a wide range of courses, including Access and Further Education classes in Tallaght and Higher Education programmes delivered blended or online nationally. Find out more at www.ancosan.ie, email courses@ancosan.ie or tel: 01 462 8488.

EMER WALSH: NEW DANCE COORDINATOR AT BRAY INSTITUTE OF FURTHER EDUCATION

Bray Institute of Further Education are delighted to welcome Emer Walsh onto their teaching staff. She will be coordinating the "Dance Technique, Performance and Choreography Higher National Diploma Course" at BIFE.

Emer Walsh is one of Europe's top female Choreographers. Well known in the dance community for her distinctive style, Emer has built a successful career as a Choreographer and Teacher. She graduated from University College Dublin with an Honours Law degree, before honing her craft in New York and LA and pursuing her dance career in London.

Emer began as a working dancer, touring the world, before quickly progressing on to Choreography roles, working with primetime TV shows and award-winning Artists alike.

She is a reputable teacher,

who loves to teach dancers from all walks of life. Her professional classes focus on musicality, technique and expression through commercial styles of dance. She is also well versed in teaching young people and beginners as well as group and private workshops.

Creative, capable and organised, Emer can help you deliver the highest standard of performance, whatever your creative needs may be. She has worked across TV, Film, Theatre and corporate sectors and among others, her credits include; The X Factor; The Voice; The Voice Kids; The Black Eyed Peas; Kelly Rowland; Tinie Tempah; David Guetta to mention a few.

Emer will host an Open Commercial Taster Class in Dance at BIFE on 18th April from 5pm to 6pm. If you are interested in attending this class please contact BIFE at 01-2829668 to book your place. The Full-time Higher



National Diploma Course in Dance at BIFE starts again next September and provides graduating students with the opportunity to progress to the final year of an honours Degree Level 8 Programme in Dance.

Applications for September 2023 Courses are now open. Apply online at www.bife.ie or call the Institute any day during office hours on 01-2829668 for further information. There will also be an Open Evening on Wednesday 29th March from 4pm to 5pm. All are invited.

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MOTORING LIFE WITH

New Nissan ARIYA EV sets new standards



By Breda Corrigan

The all-new, fully-electric Nissan ARIYA is a stunning expression of Nissan's new vision. Nissan beat its rivals to market with the LEAF electric hatchback when it was launched in 2010, with the brand becoming an electric pioneer in the process.

The ARIYA is Nissan's second full EV model for Europe, and the futuristically-styled electric SUV sets new standards for quality, drivability and technology for the brand. Underneath the sleek, coupé SUV-style body sits the Renault-Nissan Alliance CMF-EV platform, which is shared with the all-new Renault Mégane E-Tech family crossover. However, at 4,595mm long, the ARIYA is bigger than its French relative, and its 2,775mm wheelbase results in generous space for up to five occupants.

Futuristic Styling.

The exterior design of the ARIYA looks absolutely fantastic from every angle, and it is certainly a feast for the eyes. A single horizon line replaces fussy contours,

while thin LED headlights shine at night, then disappear during the day. With its large front grille, sloping roofline and striking rear light design, the ARIYA brings the future of motoring to the here-and-now. The high-quality cabin in the ARIYA is refreshingly spacious and is a true feast for the senses, as it successfully combines wood-effect trim with the premium-feel upholstery, while the ambient lighting, which is inspired by traditional Japanese lanterns, is a nice touch. Instead of traditional dials to operate the heating and ventilation functions, Nissan has used a row of intuitive haptic controls set into the dash below the 12.3-inch infotainment screen.

The twin screens are large and clear, while the speed when responding to touch commands is impressive. The map display is also bright and clear, and the system comes with the added benefit of standard Apple CarPlay and Android Auto connectivity. The ARIYA's hands-free powered tailgate opens to reveal a boot capacity of 466-litres, while there is extra

storage space underneath the boot floor. Ingeniously, the movable boot floor is in two parts, and can be placed vertically to divide the boot into different sections for easy transportation of the weekly grocery shopping, and the likes.

Two Trims, Two Battery Options.

The new ARIYA comes in a choice of two trim levels - Advance and Evolve - both of which are available with the choice of a 63kWh or 87kWh battery. For now, the only drivetrain available is a front-wheel drive format, but an all-wheel drive variant (badged 'e-4ORCE') is set to come on stream in the near future. Advance trim comes with wireless phone charging, dual-zone climate control, a heat pump, LED lights, 19-inch alloy wheels, heated seats, a powered tailgate and a suite of safety and driver-assistance systems as standard. Evolve specification adds an openable panoramic roof, a BOSE™ sound system with 10 speakers, a camera-based intelligent rear-view mirror, a 10.8-inch Head Up Display, Adaptive Driving Beam with Auto

Leveliser, and ProPILOT Park.

Test Car Details.

My test car was a new ARIYA Evolve 87kW (with Nappa Leather), which was finished in White Pearl paintwork with contrasting black trim elements. The 87kWh battery, when connected to a 242PS electric motor driving the front wheels, leads to a claimed 519km of range, while the motor's 300Nm of torque means a 0-100km/h sprint time of just 7.6-seconds. The resulting ease of acceleration makes the ARIYA a relaxed car to drive, while an excellent suspension set-up and commendable body control adds greatly to the overall sense of calm within the cabin. Nissan's ingenious e-Pedal set-up from the LEAF has been rebranded as 'e-Pedal Step' for the ARIYA. Although the car won't come to a stop on its own, the level of brake regeneration is enough to enable drivers to rarely have to touch the brakes with any great force at all. The ARIYA's steering is light and precise in equal measure, so the car is easy to manoeuvre in

and out of tight parking spaces. The low-set dashboard allows for excellent forward vision, while the combination of a 360-degree camera, parking sensors, moving object detection and emergency braking take the strain out of reversing. When connected to a 130kW fast charger for 30-minutes, the battery can gain enough energy for up to 300kms of additional range, while a full charge (0-100%) at home can be completed in about 14-hours via a 7.4kW wallbox charger (10-hours for the 63kWh battery).

Verdict.

The all-new Nissan ARIYA stands out in terms of its futuristic exterior styling, upmarket cabin, supreme refinement, outstanding comfort and cutting-edge EV technology, while the spaciousness within the five-seat SUV is also highly commendable. The ARIYA Advance 63kWh is priced from €48,995 - inclusive of current Government EV incentives (t's & c's apply). My ARIYA 87kWh Evolve test car specification is priced from €66,995.

ACTION URGENTLY NEEDED ON HOSPITAL STAFF ASSAULTS

Senator Lynn Boylan has raised the issue of assaults on hospital staff, including Tallaght Hospital, in the Seanad. Speaking ahead of a debate on issues affecting the welfare of workers in the health service, Ms. Boylan said "In recent weeks, Tallaght University Hospital was extremely busy due to the high number of patients who presented at its emergency department.

The pressure was such that hospital management had to issue a statement asking people with non-urgent conditions to visit either their local pharmacist, GP, GP out-of-hours service or a local injury unit. Tallaght is not the exception in this regard, it is happening in hospitals right across the State.

"We need to look at where the failings are in the health service. One of the accepted failings is the shortage of staff, which is one of the main issues in our hospitals. Last year, 442 Irish doctors applied for Australian work

visas, with up to 1,800 nurses making similar applications. The question is why staff who are trained here and are very well-qualified are choosing to leave the health service.

"My colleague, Deputy Seán Crowe, recently chaired a meeting of the Oireachtas Health committee on the topic of the welfare and safety of workers and patients in the public health service, to which he invited a cross-section of staff representatives. Those speaking pointed to the latest statistics from the HSE which show that between January 2021 and October 2022, there were 5,593 assaults against nursing and midwifery staff in our hospitals. Moreover, they noted that assaults are considered to be under reported."

Senator Boylan continued "One nurse who gave evidence to the committee, Ms Sylvia Chambers, said that in her 18 years in nursing, she has never experienced

the aggression to which she has been subjected in the past few years. She also indicated that during exit interviews, nurses are saying that they are leaving the health service because they are stressed and afraid in work and cannot provide the appropriate care.

"The violence and abuse, including racial abuse, to which staff are subjected is not being adequately addressed. There is also disappointment at the reaction from the Health and Safety Authority which has been extensively lobbied and engaged with on a number of occasions by staff representatives seeking a greater role for the organisation in the inspection of facilities and support for health service employees seeking prosecutions when they have been assaulted."

"It is time to address this as a matter of urgency. We cannot allow our hospital staff to be assaulted in the increasing numbers they are."

COUNCILLORS CALL FOR REFERENDUM ON WATER OWNERSHIP

At the March meeting of South Dublin County Council elected members agreed a motion calling for a referendum to keep our water in public ownership. The motion was proposed by People Before Profit councillor Madeleine Johansson and was unanimously agreed by all councillors.

It calls on the Taoiseach to hold a referendum on the ownership of our water services and that the following wording should be used: 'The Government shall be collectively responsible for the protection, management and maintenance of the public water system. The Government shall ensure in the public interest that this resource remains in public ownership and management.'

Cllr Madeleine Johansson commented:

"I'm delighted that my motion was passed calling for a referendum to enshrine the public ownership of water services in the constitution. I was involved in the campaign against water charges and it was the massive people power movement and the boycotting of the bills that defeated the charges. But many people are still concerned about the set-up of Uisce Eireann (Irish Water) and fear that privatisation of water is still a possibility unless it is protected in the constitution.

"Local authority water workers have been campaigning both for a referendum and against their transfer from councils to Irish Water. They fear that pay and conditions for workers could be undermined by Irish Water, particularly if there were any moves towards privatisation."

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NOVENAS FOR LAURALYNN

MIRACLE PRAYER Dear Heart of Jesus in the past I have asked for many favours. This time I ask you for a very special one. Take it, dear Heart of Jesus, and place it within your own broken heart where your Father sees it. Then in His merciful eyes it will become your favour and not mine. Amen. Say this prayer for three days. Promise publication and favour will be granted no matter how impossible. Never known to fail. With grateful thanks to Our Lady for favours received. And thanks to the Sacred Heart for favours received. P.M

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Novena to the Blessed Virgin
O most beautiful flower of Mount Carmel, fruitful wine, splendour of Heaven, Blessed Mother the Son of God, Immaculate Virgin assist me in this my necessity in star of the Sea. Help me and herein you are my Mother. O Holy Mary, Mother of God of Heaven and Earth. I humbly request you from the bottom of my heart to save me in this necessity. There are none that withstand your prayer. O, show me herein you are my Mother. O Mary conceived with sin pray for us who have recourse to thee (3 times). I place this cause in your hands (3 times) never found to fail. P.R

Prayer to Saint Anne
Glorious St Anne, filled with compassion for those who invoke thee, and with love for those who suffer, heavily laden with the weight of my troubles, I cast myself at thy feet and humbly beg of thee to take the present affair which I recommend to thee under thy special protection. Vouchsafe to recommend it to thy Daughter, the Blessed Virgin Mary and lay it before the throne of Jesus, so that He may bring it to a happy issue. Cease not to intercede for me until my request is granted. Above all, obtain for me the grace of one day beholding my God face to face, and with thee and Mary and all the Saints, praising and blessing Him to all eternity. Good St Anne, mother of her who is our life, our sweetness and our hope, pray for us, and obtain our request. P.R.

DAILY PRAYER TO ST. JOSEPH FOR EMPLOYMENT
Dear St. Joseph, You were yourself once faced with the responsibility of providing the necessities of life for Jesus and Mary. Look down with Fatherly compassion upon me in my anxiety over my present inability to support my family. Please help me to find gainful employment very soon, so that this heavy burden of concern will be lifted from my heart, and that I am soon able to provide for those whom God has entrusted to my care. Help us to guard against bitterness and discouragement so that we may emerge from this trial spiritually enriched and with even greater blessing from God. Amen P.R



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