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HOSPITAL WAITING LISTS ONLY CAUSE FURTHER SUFFER

Seán Crowe has said that the government's failure to tackle the waiting list crisis has only created more pressure on the health service as people are left with untreated conditions often requiring higher levels of treatment as time passes

Speaking in the Dáil recently, Teachta Crowe said "The Oireachtas Health Committee has consistently heard from health service workers and their unions that staff are at the constant risk

T.D. for Dublin South West of burnout. Recruitment and retention remain at crisis levels as young graduates seek better pay and working conditions elsewhere, despite their express wish to remain in Ireland. This makes it impossible to legislate for mandatory staffing levels in hospitals as what staff we have we cannot keep and we are increasingly unable to replace those who leave.

> If we do not have key staff, hardly any other initiative will make a meaningful impact on healthcare reform. The Tallaght T.D. commented

"There are nearly 900,000 people on waiting lists out of a population of around 5 million people.

That is one in five people on a waiting list, some for months and others for years, often in pain, many on heavy medication and suffering further, waiting on procedures or elective surgeries that could have a transformative impact on their quality of life.

Crowe continued to explain possible further complications with these delays "The longer we leave

people on waiting lists, the greater chance there is that complications will arise and their health conditions will get worse.

"One constituent, a double amputee, with whom I was dealing recently, was trying to gain access to an obesity clinic and will have to wait for years. The longer patients go without treatments, it could lead to things getting worse and to heart conditions or organ damage".

The local T.D. said "By

leaving people untreated, we create more for the services down the line. It The Dublin South West T.D. is inhumane and makes no sense from a medical or financial perspective".

"We need a real and actionable plan or roadmap for the future and the Government's policies have us bouncing from crisis to crisis. Ordinary workers and families are suffering. We need a five- and ten-year health service capacity roadmap and we need to know what we need, when we are going to build and

concluded "We cannot repeat the mistakes of the past which have led to a still-to-be-finished children's hospital already being the most expensive in the world.

need strategic workforce plan which develops, trains and retains doctors, nurses and allied health and social care We professionals. need to safely staff the health service and deliver universal healthcare.'



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LUCAN SCHOOL PARTICIPATES IN FOOD DUDES PROGRAMME

Primary school teachers from Dublin, recently joined teaching colleagues from across the region for a Food Dudes Presentation Day at the Abbey Court Hotel, Nenagh to celebrate the achievements of 540 schools that have completed their three-year participation in the award-winning Food Dudes Programme.

The three-year curriculumlinked programme includes a year of intervention, followed by two in-school Food Dudes Weeks, aimed at promoting health eating habits amongst primary school children. The healthy eating programme encourages children to eat more fresh produce and is based on repeated tastings of fresh fruit and vegetables, rewards and positive role models.

A new and improved Food Dudes programme is currently being rolled out in schools and includes new varieties of fruits and vegetables,

additional tasting days, new eco-friendly rewards, as well as new teaching and learning materials which videos, recipes and a range of bilingual activities. The Food Dudes Presentation Days provide teachers with an opportunity to network and feel part of a community of change. Ideas about ways in which the Food Dudes programme can be integrated into the curriculum and daily routines are shared, and peer to peer support is encouraged.

There are currently 1,700 primary schools engaged in the three-year Food Dudes programme, creating a movement of life-long change embedding healthy eating within the school and wider community in a way that promotes healthy eating habits amongst children, helps to reduce obesity rates, and improve overall wellbeing. Over the lifetime of Food Dudes,

over 3,300 primary schools and more than one million pupils have taken part. The Food Dudes Healthy Eating Programme is managed by Bord Bia in Ireland and is funded by the Department of Agriculture, Food and the Marine with support from the European Union under the School Fruit and Vegetables Scheme. The programme was first developed by the Food Activity Research Unit, School of Psychology at Bangor University, Wales.

More information about the Food Dudes Programme can be found at www.fooddudes. ie.



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URRIS NS SAMPLING AT THE C

"Community Involvement with the Camac River" in the Globe Ireland competition the Fourth Class pupils from Clonburris NS Clondalkin with their teacher Paula Galvin were interviewed for an RTE podcast called Ecolution by Nicky Coghlan & Hugh Fowler.

The children with scientists Aileen Bright & Sabina Moore participated in water sampling on the Camac, looking for

They found flattened mayflies, Waterhouse & snails, and brown caddisfly. The children really enjoyed their water Paula and Class members and well done all.

Camac in the monthly clean-up. Congratulations to teacher





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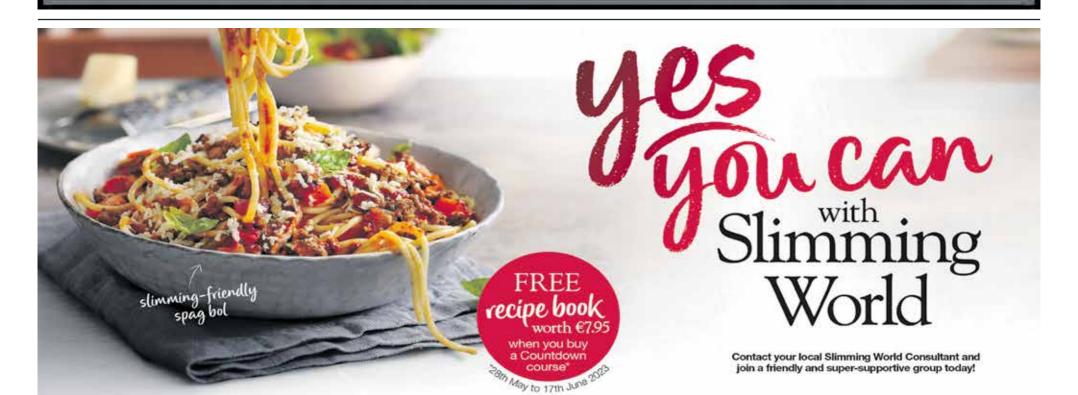


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Maldron Hotel, Tallaght Monday at 3:30pm 5:00pm & 6:30pm Tuesday morning at 9:30 am. Contact Pamela 086 123 1774 Maldron Hotel, Tallaght Friday at 9.30 Contact Janette 085 2566417

Canon Despard Centre, Lucan Saturday at 9.30am Contact Gill 085 2734867

Plaza Hotel, Tallaght Saturday at 7:30am, 9:00am, & 10:30am Contact Christine 086 0885142 Iona Centre, Knocklyon Thursday 5pm & 6.30pm Contact Miriam 087 970 3016

Canon Despard Centre, Lucan Tuesday at 5pm & 6.30pm Contact Trev 089 600 8996 Plaza Hotel, Tallaght Thursday at 9.30am (Early weigh from 8.15am) Contact Pauline 085 7704751



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SOUTH DUBLIN RECEIVES €2,654,305 FOR PROJECTS UNDER NEW COMMUNITY RECOGNITION FUND

announced €50 million in funding for over 880 projects

Fund. The major initiative is designed to support and as part of the first ever reward communities that citizens from Ukraine and other countries.

all. I must also send thanks SDCC, who worked tirelessly

have welcomed families and enhanced for the benefit of to the Community staff at to get this funding over the

Cllr. Charlie O'Connor PC

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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



South Dublin County Council have received €2,654,305 for 19 projects across the County, which were supported and submitted by the Community Department of the Council. These projects range from €15,000 for minor repair improvements at Rathcoole Football club to €350,000 for the provision of new all-weather sports pitch at Knockmitten Park.

Speaking the announcement, Mayor of South Dublin County Council Councillor Emma Murphy said "I am delighted to see the announcement of much deserved community funding for 19 really welcome projects.

This funding is a recognition of the warm welcome the people of South Dublin gave to those who have come from the direst of circumstances and this funding will allow these communities to be



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PROVIDE RESOURCES TO EARLY INTERVENT

Mark Ward TD has called the Government's failure to supply resources to Early Intervention Psychosis as blatant disregard of their duty of care to those experiencing mental health difficulties. Information Teachta Ward received from the HSE stated that "there is no new funding for Early Intervention Psychosis team development in 2023"

Teachta Ward said "Each year in Ireland an estimated 1,500 people develop a psychotic disorder for the first time. "Psychosis is associated with the most serious and disabling conditions treated in mental health services. Schizophrenia. Bipolar disorder, Delusional disorder, induced psychosis Drug and Severe depression are the key diagnoses seen in Early Intervention Psychosis services.

"Psychosis is a serious mental illness. However, Early Intervention in Psychosis research internationally

have demonstrated that people recover with the right specialist help

"Information I received from the HSE stated that "there is no new funding for Early Intervention Psychosis team development in 2023. "This is a blatant disregard of the Government's duty of care to those experiencing mental health difficulties. "In the Sharing the Vision Implementation Plan 2022- 2024, published by Department of Health last year the key milestone for Early Intervention in Psychosis for 2023 is for three new Early Intervention in Psychosis Teams. "With no funding in 2023 there will be no new teams in 2023.

"Sharing the Vision states that we need about 20 more Early Intervention in Psychosis teams in Ireland. "However, at the current rate of investment of €408,000 per year since 2015 it will take more than 60 years to roll out Early Intervention in Psychosis teams nationally. "This will be 50 years after Sharing the Vision has expired! "Psychosis is a serious mental illness. However, Early Intervention Psychosis research internationally have demonstrated that people recover with the right specialist help.

"There needs to be more parity of care for physical health and mental health "People, typically young people with this serious but treatable mental health condition deserve better. "The HSE state that for each €1 invested in Early Intervention **Psychosis** results in €18 saving to the health service by reducing admissions, reducing relapses, reducing crisis presentations and increasing retention in employment and education. "We all know that early intervention

is key in order to recover the response I received Intervention Psychosis".

from the HSE said that 0% of from mental ill health but children have access to Early

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SOUTH DUBLIN BUSINESS ANNOUNCED FOR NATIONAL ENTERPRISE AWARDS FINAL

virtual production company from South Dublin has been selected as one of the Finalists for the National Enterprise Awards that take place in June. High Resolution Lighting Ltd will represent Local Enterprise Office South Dublin at the prestigious awards that take place on the 1st June in the Round Room at the Mansion House in Dublin. High Resolution Lighting Ltd are a highly experienced full service Creative Production company, specialising in Virtual Production for the tv & film industry. They have worked with leading industry experts including Netflix, Amazon and Apply while closer to home are involved in RTE's Dancing with the Stars.

This is the 23rd year of the Local Enterprise Office initiative, which was won last year by Aqualicence, supported by Local Enterprise Office Wicklow, Headed up by former Ireland's Best Young Entrepreneur (IBYE) Finalist Kate Dempsey, Aqualicence

have positioned themselves at the forefront of planning and project delivery in the offshore renewable energy sector. This year the finalists cover a range of sectors and industries from augmented reality tours and sensory friendly clothes designers to energy saving software platforms and agtech solutions farmers. The finalists also include a range of consumer products from chocolate and whiskey to artisan bakery products and a zero-waste food company.

Tom Rooney, Head of Enterprise commented "The National Enterprise Awards serve to highlight the very best businesses that the Local Enterprise Offices are working with across the country. The diversity of sectors and innovation shown again this year is outstanding and the winners will no doubt produce businesses destined for international success. These Finalists have shown outstanding resilience to get to where they are today and we are looking forward to

celebrating with them at the Awards".

Local Enterprise Office South Dublin have had previous success at the awards with regional winners in 2017 and 2021 with Accutrace and The Artisan Pizza Company. The Finalists compete for a prize fund of €50,000 and along with an overall National Enterprise of the Year winner there are categories for Best Start-Up, Best Export Business, an Innovation Award, a One-to-Watch Award, and Sustainability Award. There is also an Outstanding Achievement award for a business that started with their Local Enterprise Office and has gone on to achieve international growth with the assistance of Enterprise Ireland.

Previous winners of the National Enterprise Awards include the likes of Irish Yoghurts (1998), Obelisk (2000),Simtech Aviation (2008), Digiweb (2004) and Design Pro (2013), Terra

Mortar (2019) and Bevcraft in 2021. The National Enterprise Awards are one of a number of initiatives that the Local Enterprise Offices run, to foster entrepreneurship across the country. Others include Local Enterprise Week, Student Enterprise Programme, National Women's Enterprise Day, and Local Enterprise Showcase. The Local Enterprise Offices in local authorities are funded by the Government of Ireland through Enterprise Ireland.

Established in 2014, the Local Enterprise Offices are the essential resource for any entrepreneur looking to start a business or any small business that is looking for support or advice to help them grow. Since their inception eight years ago, the Local Enterprise Offices have helped create over 25,000 jobs across the country. The LEOs work with thousands of client companies across Ireland in

a diverse range of sectors supports to small businesses. offering mentoring, training,

Pic Credit: Ben Ryan

For more information see expert advice, and financial www.LocalEnterprise.ie.

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COELIAC AWARENESS WEEK 2023 LAUNCHED IN CLONDALKIN

Deputy Emer Higgins, TD for Dublin Mid West, was delighted to attend the recent launch of Coeliac Awareness Week 2023, at the head office of the Coeliac Society of Ireland (CSI) based in Clondalkin. Speaking at the launch, Deputy Higgins said; "There are an estimated 100,000 people living with coeliac disease in Ireland and a further 450,000 who are gluten intolerant, so its something that impacts a significant amount of people.

"This Coeliac Awareness Week is all about raising awareness for the condition itself, the symptoms and the supports that are out there to support people living with coeliac disease. "The Coeliac Society of Ireland do great work in empowering the coeliac and gluten intolerant community with information, advice and practical solutions for navigating a gluten-free diet and we are very fortunate to have them based here in our community in Dublin Mid West in Clondalkin.

Deputy Higgins concluded: specifically "Importantly, the CSI are also very involved in advocating for coeliacs at a government and policy level and I'm delighted to have been able to engage with them on the tax relief scheme for gluten free foods. "Last year I was happy to work with the CSI and my Fine Gael colleague Deputy Fergus O'Dowd to bring about clarity in the Revenue guidelines for claiming tax back on gluten free foods.

"If you are a PAYE worker and have proof of a coeliac diagnosis and purchase gluten free foods due to your condition, you are entitled to claim back 20% of the total cost incurred. "When verifying tax relief claims on gluten free food, Revenue officials may accept: a chemist supermarket receipt; evidence from food packaging; or an annual statement from a multiple in support of a claim, if the information provided clearly demonstrates that the foods purchased have been

to be gluten free and show details of the expenditure

"Revenue have also now confirmed that officials may also accept information from the Coeliac Society of Ireland's annual food List if it is provided by a taxpayer in support of his or her claim for tax relief, which is really welcome clarity. Deputy Higgins said: "The Coeliac Society of Ireland's annual food list is a really helpful resource for those with coeliac disease and it is really helpful for them to know that inclusion on that list can be used as support for a tax relief claim. "I know that there are also many coeliac sufferers who cannot avail of the tax relief because they are non-PAYE workers and this is something that I am continuing to raise within my parliamentary party and within government to advocate for change in this respect," concluded Deputy Higgins.



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William Carey has ์illegal condemned the dumping practices of a few, as being selfish and having a total disregard for the community at large.

Cllr Carey was speaking after being contacted bv distraught residents

of Lealand Estate in the Bawnogue area of Clondalkin. He said "Members of Lealand resident's association have been engaged in community clean ups over the past couple of weeks aimed at collecting loose discarded litter. This is done in an effort to raise the conscience

of people towards managing their waste and raising a level of awareness in their environment.

However, all this work is being undone by an uncaring few who have latched upon the opportunity to engage in a practice of discarding

rubbish collection at points meant to enable the community effort. To make matters worse some rogue builders or contractors have taken to discarding waste at the entrance to the estate and in one case blatant flytipping".

Cllr Carey added "At a recent Clondalkin area committee meeting I called for signage to be installed at key locations to try and deter this activity, but this has not happened yet.

It would seem that. There are some rogue individuals who think this is an easy way for them to avoid their responsibilities, but I am calling on SDCC to take prosecutions against those who are responsible for the dumping. Cllr Carey continued by saying, I believe there is evidence available with the council of vehicles unloading materials at these spots. I would urge SDCC to use this evidence to prosecute and punish those who flagrantly breaking the law and ensure that heavy fines are issued".



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- Create a reading space: Creating a cosy and comfortable reading area is a great way to encourage your child to read.
- Write a story together. This activity encourages creativity and imagination and helps to develop their storytelling skills.
- Write a book: Encourage your child to write and illustrate their own book

Incorporating fun and engaging literacy activities into your child's daily routine is a great way to help improve their literacy skills. By making learning fun, you can help to develop their love of reading

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€40K FOR CHILDREN'S COUNSELLING, **PSYCHOTHERAPY AND THERAPEUTIC SERVICES LOCALLY**

Deputy Emer Higgins, TD for Dublin Mid West counselling services at both of these has welcomed the allocation of €700,000 in Dormant Accounts funding to 37 community and voluntary organisations, including two local organisations. Deputy Emer Higgins said: "Locally, I am delighted to see Beacon of Light Counselling Centre in Neilstown and Deansrath Family Centre both receiving €20,000 each under this new funding announcement.

"Both Beacon of Light and Deansrath do excellent work in supporting individuals and families locally and I'm glad to see their hard work being recognised. "This additional funding will allow for an increase in counselling, psychotherapy and therapeutic services to children and young people experiencing social and economic disadvantage in the local community," said Deputy Higgins.

"And it will help to address some unmet needs and reduce waiting lists for community

locations.

"An important aim of this funding is to increase the alternative therapy options available to children and young people such as play, drama, art and creative therapy and also bereavement support, which can be hugely helpful for young people struggling to deal with the death of a loved one. "What's most important is that this funding is used to reach children and young people who are socially or economically disadvantaged and who wouldn't otherwise be able to access supports and therapies," added Deputy Higgins.

"Financial challenges should never stand in the way of a child looking to access vital services but unfortunately this can often be the case. "This funding for Beacon of Light and the Deansrath Family Centre will go some way towards lifting that financial barrier for young people in our community," concluded Deputy Higgins.

CIVIL WAR EXHIBITION AT COUNTY LIBRARY



Pictured in Tallaght County Library at the launch, by the Mayor, of the Civil War Exhibition were (L to R) Cllr. Ronan McMahon, Cllr. Charlie O'Connor, Mayor Emma Murphy and Cllr. David McManus.

CONFERENCE SHINES A LIGHT ON BUSINESSES WHO PRIORITISE SOCIAL

A call has been made to policy strengthen and supports for the Social Enterprise sector in Ireland international an conference recently.

Speaking at the event Sensational Kids CEO Karen Leigh identified measures Government could which take to help grow the sector. "Social Enterprises are often supported via a range of third-party project specific funding streams, however there can be an ongoing shortage in funding for core management to run and grow the organisation. The government has a role to play here and could do more to encourage established social enterprises to develop "Multi-annual grow. and funding is required core for planning and certainty. Greater security for social enterprises would also support the recruitment of skilled people when trying to compete with longer term employment contracts which other sectors can offer."

Sensational Kids is an award-

winning social enterprise has been supported by Oakfield Trust. It provides therapeutic supports for children with additional needs, ensuring that these children have access to vital supports when and where they need them. The conference which was hosted by Oakfield Trust, a Clondalkin based social enterprise which raises funds to in turn support businesses whose core objective is to achieve a social, societal, or environmental impact.

Oakfield Chairperson Aileen O'Toole said the Clondalkin based organisation has this year launched a new 'open' Social Enterprise fund of €25,000 which will run twice a year for at least three years, totalling €150,000. "The new fund is just part of our overall strategy to increase the profile and Social development of Enterprise in Clondalkin and beyond. Our aim is to develop a pipeline of Social Enterprise by being a source of critical financial support, particularly at the outset of new Social Enterprises and

during their initial startup phase. We also want to nurture the space locally by way of information and support services, and by engaging the community with related events and networking opportunities.

"The fund includes three categories including: Scale Up funding, Get Started funding and an Explore Award and the next round will open in Autumn this year," she said.

Also speaking at conference was CEO and Founder of Grace Chocolates, Joyce Murray, which is a Scottish Social Enterprise. Ms Murray told delegates how the chocolates are handmade by women who have touched the criminal justice system and are choosing to make positive changes in their lives.

"Through making and selling our delicious chocolates the women receive training and work experience. As well building transferable skills our positive learning

environment equips them with the skills they need to build resilience, selfesteem and confidence which supports them as they journey to fulfil their potential."

The conference was moderated by the Managing Director of the international Hayes Culleton Group, Susan Hayes Culleton, known as 'The Positive Economist'. Oakfield Trust is registered charity and has been successfully supporting community organisations and social enterprises for 26 vears.

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AHMADIYYA MUSLIM ASSOCIATION IRELAND'S 12TH NATIONAL MEENA BAZAAR RAISES FUNDS

The Women of Ahmadiyya Muslim Association Ireland accomplished a successful 12th National Meena Bazaar on May 14th in St. Finians Community Hall in Newcastle. The event witnessed a remarkable turnout, with approximately 200 women and children. Distinguished individuals such as the Deputy Mayor of South Dublin, Joanna Tuffy, TD Dublin Mid-West Emer Higgins, Chair Cllr. Lyn Hagin Meade, Cllr. Shirley O'Hara were among the notable guests present.

The community hall was adorned with exquisite decorations and vibrant flags. The Women of AMA took great care in preparing a delicious assortment of homemade food for sale at the Bazaar. The menu offered a tantalizing range of options, including freshly baked goods, irresistible desserts, refreshing milkshakes, invigorating freshly squeezed juices, a wide selection of savory snacks, and a diverse array of dinner choices.

Moreover, the event featured a delightful assortment of stalls to cater to various interests. Attendees had the opportunity to explore henna stalls, indulge in the beauty corner, buy Asian

scarves, discover traditional and handmade jewellery, and engage in entertaining children's games. The event provided a vibrant and engaging atmosphere for everyone to relish.

Similar to previous years. the Meena Bazaar held this year had a primary objective of raising funds for local charities. The event raised €1000 for Barretstown Children's Charity. The attendees expressed their sincere admiration for the strong sense of sisterhood and collaborative efforts exhibited by AMA women. They also expressed their desire for more such events to be organized in the future. The positive feedback and support from the guests further emphasized the success of the event.

Deputy Mayor, Joanna Tuffy expressed her appreciation for the Meena bazar, and said "I am here representing the council today in place of the mayor. I always come to the Meena bazar every year, or I try to, I think I've been here most years because I want to support the work of the Ahmadiyya Women's Association in terms of the work that they do for charity and fundraising and all their other good works and so

it's a very important day for my calendar each year. I'm enjoying it, I've had a look there... it's been very successful, there has been lovely clothes and jewellery on display and very nice food as well!"

TD Emer Higgins expressed her delight in attending the Meena Bazar. Together with her colleague Cllr. Shirley O'Hara, she shared excitement her and positive sentiment about being present at the event "The Ahmadiyya Muslim Community are an important and really active part of our local community here in Dublin Mid-West and each year the ladies of the AMA give their time and effort to raise money for local charities, with Barretstown being the well-deserving beneficiaries this year. It was great to see everyone enjoying the delicious Asian food, crafts and jewellery and of course beautiful Henna design. Well done to the Women of AMA for organising such a fantastic local event and all in aid of such a good cause."

Councillor Lvn Hagin Meade. who attended the event with her daughters, remarked "I always look forward to the annual Meena Bazar Newcastle. Today.



Pictured: AMA women with the guests: Nabeeha Malik, Najia Malik, TD Emer Higgins, Cllr. Shirley O'Hara, Tayyaba Mashood, Ambreen Rauf, Hira Ayub.

met women who travelled extend their support and from Galway and Cork to support the event. It is a wonderful demonstration of community, welcome and sisterhood. With beautiful crafts, stunning clothing, artful henna designs and delicious food, there are smiling faces and a warm welcome for every visitor. I have learnt much about the generous charity work carried out by the women of the Meena Bazar and celebrate their continued support of Barretstown. Congratulations to all those involved for creating this special event."

Organisers commented "As a Muslim organization, AMA (Ahmadiyya Muslim Association) deeply values service to humanity and contributing to the local community.

"The Holy Qur'an, revealed to Prophet Muhammad (peace be on him), serves as the guiding light for every sincere Muslim. Within its verses, the Qur'an repeatedly emphasizes the importance of serving humanity and meeting the needs of those who are suffering or deprived. It provides clear instructions to Muslims to care towards their fellow human beings, irrespective of their backgrounds circumstances. Demonstrating love for God's creation is an essential aspect of seeking the love of God. The teachings of the Qur'an inspire Muslims to actively engage in acts of kindness, compassion, and service as an integral part of their faith"...

"The founder of the Ahmadiyya Muslim Community, His Holiness Mirza Ghulam Ahmad, the Promised Messiah and Mahdi, drew the attention of mankind towards fulfilling the rights of God and of one another. He said "Treat all the creation of God with such deep love as though they are your close family members. Treat mankind in the same way that a mother treats her child. This is the way you should be and not that you help someone only so that you can attain benefit later or take a favour in return."

"With this guiding principle at heart, the women's auxiliary of AMA actively organizes and participates in charitable initiatives year-round, upholding the

community's motto of "Love for all, Hatred for none. Engaging in a wide range of initiatives, the AMA women engage in volunteer work and community integration. On Women's Day, they distribute generously hampers to women's shelter homes and extend their support to the homeless.

During the New Year, they bring joy to nursing homes by delivering gift hampers. Recent efforts during the sacred month of Ramadan show their dedication, as they delivered hampers to shelter homes in Dublin and Cork and conducted food distribution programs to aid the homeless in Galway. These ongoing endeavours truly reflect their unwavering commitment to serving those in need and nurturing compassion throughout the entire community".

The Women of AMA are dedicated to continuing their annual Ladies Bazaar in the years to come. Through this event, they aim to further their mission of spreading love, compassion, and understanding among all individuals, contributing to a more harmonious and inclusive society.







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RECOVERY ROAD CYCLING CLUB ESTABLISHED IN CLONDA

second Recovery Road Cycling Club, which helps individuals in their recovery journey from addiction, being established in Clondalkin Tus Nua, a community-based addiction support centre in Clondalkin. This follows on the success of a similar Recovery Road Cycling Club established by Ballymun Youth Action Project in 2021, which has 44 members registered with Cycling Ireland.

The establishment of the Clubs has been supported by Liam Hogan and Tom Barber of the Addiction Recovery Cycling Group. which provides financial support to acquire road racing bikes and advice and training to prepare the members for road cycling. Each Club has a designated Champion to lead the organisation and oversee its operation. Brian Foley is the Champion at Ballymun Youth Action Project. Jamie Doran is the Champion at Clondalkin Tus Nua.

Addiction Recovery Cycling Group has received a commitment of €500,000 from a benefactor

wishes to remain anonymous to enable the establishment of the Clubs. It is planned to use this investment to establish up to 18 Recovery Cycling Clubs in a variety of locations. The projects are also hugely supported by Trek Bikes and by Think Bikes, and also by South Dublin County Council and Cycling Ireland .

Commenting on establishment on the second Club at Clondalkin, Liam Hogan and Tom Barber said "The original idea for using cycling as a help for those recovering from addiction came from Philly MacMahon. We set up this ad hoc Group to make it happen and we are delighted with the progress that has been made from a standing start. Brian Foley has done a tremendous job in building the Ballymun Recovery Road Cycling Club and Jamie Doran will do likewise in Clondalkin.

"Club Champions, such as Brian and Jamie, are vital to the success of the initiative. These guys are inspirational. The association with wellestablished community groups is also key to the success of the endeavour. The partnership with Clondalkin Tus Nua will create a sustainable platform for the Club there which means that it will be well organised and very active."

Jamie Doran of Clondalkin Tus Nua commented "Clondalkin Tus Nua's initiative is aimed at increasing our service users' recovery capital. Cycling has so many important elements of recovery. It promotes and mental emotional well-being, along with the benefits of physical activity. The social element, fun and sense of achievement from cycling will improve our group members' recovery in each of these areas. We're delighted to be starting this in Clondalkin and look forward to the benefits what will undoubtedly flow from

Brian Foley of Ballymun Youth Action Project said "As a community response, the Recovery Road Cycling Club encourages the transition of the participant from service recipient to community asset. One of the greatest resources the Recovery Road Cycling Club contributes to the Ballymun community is in the form of its members, the attraction they provide to a lifestyle and the contagion opportunities they offer. People in recovery role models that challenge stigma, promote

recovery and increase hope and optimism that change is indeed possible in a community that can experience high levels of deprivation and challenges with drug use. The transition from a culture of addiction to a culture of recovery is crucial because it changes not only who people spend their time with but also what they do with their time. "We are very grateful to the lads in the Addiction Recovery Cycle Group who have made this happen and for the potential for more Recovery Road Cycling Clubs around the country.



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 eves 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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O most beautiful Flower of Mount Carmel. fruitful vine, splendor of Heaven, Blessed Mother of the Son of God. Immaculate assist me in this my necessity. O Star of the Sea, help me and show me herein that you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart, to succor me in this my necessity. There are none that can withstand your power. O show me herein that you are my Mother. O Mary, conceived without sin, pray for us that have recourse to thee. (3 times) Sweet Mother, I place this cause in your hands. (3 times) G.L

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AGE & OPPORTUNITY ANNOUNCES PHYSICAL ACTIVITY FUNDING



Age & Opportunity recently marked the distribution of its Active National Grant that provides significant funding for sport and physical activity amongst older people. The Grant Scheme a combined initiative from Age & Opportunity and Sport Ireland. This year it is providing €31,770 to 90 groups in Dublin. Nationwide €317,430 is being awarded to 909 organisations, ranging from active retirement groups to sports clubs and nursing and day care centres.

Minister of State with special

responsibility for Sport and Physical Education, Thomas Byrne TD, said "This funding announcement is very welcome news. The Age & Opportunity Active National Grant Scheme has already had a positive impact on communities across Ireland and has contributed towards improving the opportunities for older people to get involved in sports and physical activity. As a Government, we want to see older people helped to be more active and this year's funding will support sports clubs, Irish Countrywomen's Association Guilds. Active Retirement Associations in meeting that goal."

By financially supporting organisations to buy equipment and host courses specifically designed for older people, the grant helps older people reap the health benefits of being active.

Speaking about the grant, Chief Executive of Sport Ireland Dr Úna May commented: "We are delighted to continue

our support of the Age & Opportunity National Grant Scheme which continues to be an important asset to local communities. By assisting with funding, we play a small part in providing better opportunities in our communities for our older generation to improve their physical and mental health through taking part in physical activity. The ongoing work has been a great success to date. Age Opportunity is doing a wonderful job and we are delighted to show our support once again.

I also want to acknowledge our own national network of Local Sports Partnerships who together do wonderful work in communities across the country."

Karen Horgan, CEO of Age & Opportunity, welcomed ongoing partnership the with Sport Ireland. "This grant funding is helping us create an Ireland where more older people are more active and more connected. We are delighted to note the number of successful applications from sports clubs who are seeing an increase in the numbers of older people joining their activities. Indeed many of them are specifically organising courses to cater for an older cohort." "We are also delighted that this year 281 successful applications were from designated disadvantaged areas. In addition, there were 50 successful applications from nursing homes and 59 from day care centres. The renewed focus on providing meaningful activities in these settings is particularly welcome given the impact that Covid has had on older people in these settings."

The successful local groups included Griffeen Valley Nursing Home, Ronanstown Women's Belgard Community Centre. Firhouse Active Age Club, Lucan Active Retirement, Killinarden Family Resource Centre, The Park Community Centre Active Age Group, Cosan Education centre, Adamstown Youth Centre, Community Templeogue Community Men's Shed, Westmanstown Bowling Club, St. Michael's Tymon North House, Community Unit, Kingswood & Kilnamanagh Active Age Mens Club, Knocklyon Ladies Club, Four Districts Day Care Centre, Ladies Social Group Newcastle and Tymon North Community Unit - DayCare.

Every year approximately 30,000 older people take part in physical activity funded by the Grant Scheme. Activities funded include archery, rowing, dancing, cycling, clay pigeon shooting, kayaking, GAA, mountain biking, table tennis, tai chi, walking and weight-lifting. The Grant Scheme is part of Age & Opportunity's Active programme, funded by Sport Ireland, and delivered nationwide with the support of the HSE and Local Sports Partnerships.

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CONNOR CALLS FOR ADDITIONAL TALLA

Local Councillor Charlie O'Connor O'Connor, has made a strong call for the long promised additional Beds at Tallaght University Hospital.

He proposed the following motion at the May meeting of the Regional Health Forum "That this Regional Health Forum - Dublin Mid Leinster- renews its calls for the provision of additional Beds at Tallaght University Hospital which celebrates the 25th Anniversary of its opening on the 21st June next and notes a previous call by a prominent Tallaght Consultant who identified a clear need for such development;" Councillor

received detailed from response Trevor O'Callaghan CEO Midlands Hospital Group who told him that "Tallaght University Hospital works continuously to free beds for admitted patients, but there is a clear underlying requirement to develop additional onsite bed capacity.

Following completion of an external strategic analysis review which was submitted to the HSE the Hospital have received confirmation of funding for the project. It will now move to the next stage in the design process to develop a new 72 single

a bed facility. The Board and **Executive Management Team** welcome this development." In his contribution at the meeting, Charlie O'Connor who is a former member of the Board of Tallaght Hospital referred to the huge catchment area served by the Hospital which includes not only Tallaght but parts of Kildare and Wicklow as far as Carnew. He added "I get regular calls from constituents in respect of my local Hospital including Accident and Emergency Department delays and waiting lists".

Charlie O'Connor continued that "the need for additional Beds has been obvious for

some time and I applaud consultant Ronan Collins on all elected Public and further called on the who has highlighted this

Representatives in the

HSE Management to regard catchment area to support the whole issue as a priority.

RESTORATION PLAN FOR THE GLENASMOLE VALLEY ANNOUNCED

On the International Day for Biodiversity May 22nd the Minister for the Environment. Climate and Communications, Eamon Ryan TD, and Minister for Heritage and Electoral Reform, Malcolm Noonan TD, have announced a new biodiversity restoration project in Wicklow Mountains National Park. the first of its kind within the Park to take a river catchment-scale approach.

Led by the National Parks and Wildlife Service, the project will focus on a 2,000 hectare site at Glenasmole, a picturesque area just 6km from Tallaght that is also the source of the River Dodder, which flows through south county Dublin. Using a suite of land management techniques, including native woodland planting in gullies, bog restoration and vegetation management, the project aims to increase biodiversity on site while also providing measurable benefits in terms of increased carbon storage, reduction in soil erosion and improved water quality.

The works will result in important ecosystem services to the wider catchment, specifically in terms of flood risk alleviation and improvements in water quality in relation to the River Dodder and the Dublin water supply at Bohernabreena. The site has been actively farmed for generations and these practices continue today in the National Park. Local farmers, who will have an important role to play in the proposed works, already have experience in active conservation through a recent SUAS (Sustainable Uplands Agrienvironment Scheme) project.

Improvements in habitat while increasing biodiversity will also offer improved grazing and shade for grazing animals on site, thereby delivering benefits for both wildlife and livestock, long into the future. It is hoped that this broad catchment based approach to habitat management can act as an exemplar to the wide ranging benefits habitat restoration and ecological engineering.

Welcoming the announcement, Minister Noonan said "It's fantastic to see the National Parks and Wildlife Service leading on this ambitious and innovative catchmentbased biodiversity restoration project, and working closely with local farmers to deliver results - collaboration is key in ensuring meaningful biodiversity action. The project will have benefits for rural communities at the top of the catchment and as well as those living downstream in the city. I'm very pleased to be out on the bog today to mark International Day for Biodiversity with my colleague Minister Eamon Ryan and jointly announce this important initiative."

Minister Ryan added "As a Dublin TD, this is a particularly special project for me as it combines the restoration of nature with climate action and means real, tangible benefits for people - so nature and people both win here. Bog restoration and native tree planting will not only help wildlife and reduce emissions, it will ensure better water quality for the people of Dublin and help to mitigate flooding, which is a significant issue for people living along the River Dodder which flows all the way from this Valley to the City Centre. I'm delighted that my colleague Minister Malcolm Noonan and the team at the National Parks and Wildlife Service are showing such positive leadership - working with local farmers, many of whom have been looking after valley for generations.

SPECSAVERS LIFFEY VALLEY TEES UP PERFECT

The second annual Specsavers Pro-Am Tournament took place at Lucan Golf recently this is the second time the Liffey Valley Specsavers store has sponsored the event after the successful launch in 2022. More than 220 professional and amateur players teed off this morning for the Lucan Golf Club Pro-Am which has been backed by the local Specsavers store for the second year in a row. There was plenty of excitement amongst the golfers for the hugely anticipated event which was also attended by staff and management from Specsavers Liffey Valley.

Store manager, Stacey Connolly, said: "It is brilliant to be involved with the local community in this way. Sponsoring the Lucan Golf Club Pro-Am is so important for us, to see the members - many of whom are Specsavers customers - come out to enjoy the day is just brilliant."

In 2022 Specsavers Liffey Valley Retail Director Conor Dewey approached Lucan Golf Club about holding an event aimed at thanking the community for its support throughout the years. The Liffey Valley team worked closely with Lucan Golf Club General

Manager, Pat Barrett, on the idea which led to the inaugural Specsavers Pro-Am at Lucan Golf Club in September last year. Conor said: "I think it's fantastic that we can give back to the community by sponsoring this event in Lucan Golf Club. They have added a new hole since last year which is tremendous to see. This is only our second year sponsoring this event in Lucan Golf Club and we can't wait to continue our partnership with the club - and the community - for many years to come!"

Lucan Golf Club General Manager, Pat, added: "We are thrilled to have Specsavers Liffey Valley back with us again, we really appreciate their support for this important event."

Although the team from Liffey Valley Specsavers will attend this year's Pro-Am, they will not be taking part in the event, however, Conor revealed that some of the staff from the store have been practicing their skills and are aiming to play competitively in 2024! For more information about Specsavers Liffey Valley, or to book an appointment, visit www.specsavers.ie.



L-R Specsavers Manager Stacey Connolly, Lucan Golf Club President Joan Condron, Captain Dermot Ruddy, Lady Captain Mairead Flanagan and Specsavers staff members Niamh Foley & Nikita Flynn

DEANSRATH COMMUNITY COLLEGE RAISE FUNDS **FOR PIETA DARKNESS INTO LIGHT**



Deputy Emer Higgins, TD for Dublin Mid-West pictured with students from Deansrath Community College, their teacher Ms. Ormond and Sinead Nolan from Pieta House as the students presented the Corkagh Park Darkness Into Light Committee with a cheque for €835 raised by students.

MOTORING LIFE WITH





The new Range Rover Sport effortlessly combines assertive and instinctive on-road performance with trademark Range Rover refinement, progressive design sophistication and cutting-edge connectivity. Now in its third generation, the new Range Rover Sport is the most desirable, advanced and dynamically capable yet.

Powerful Powertrain Options.

A suite of powerful and efficient powertrains are available in the new 'Sport' and include a six-cylinder extended range Plug-in Hybrid (PHEV), a potent new V8 and mild hybrid sixcylinder petrol and diesel Ingenium engines, with a fully-electric (EV) version due to be introduced in 2024. Buyers can choose from S, SE, HSE and Autobiography specifications, with a First Edition available throughout the first year of production featuring a specially curated specification. All new Range Rover Sport models are fitted with an eight-speed ZF automatic transmission and Intelligent All-Wheel Drive, which intuitively anticipates where traction is required, efficiently engaging to provide the most effective progress in all conditions, while optimising efficiency.

The new Range Rover Sport introduces more advanced chassis technologies than ever before, providing a comprehensive dynamic toolkit for the most engaging and dynamically capable driving experience. The inherent stiffness and strength of the flexible mixed-metal architecture (MLA-Flex) - which provides up to 35 per cent higher torsional stiffness than the previous Range Rover Sport - lays the foundations for this technology. It

harmoniously works with a suite of systems governed by the Integrated Chassis Control system - all specially tuned for new Range Rover Sport. Like the larger Range Rover, the mid-size Range Rover Sport has received a full redesign that includes fresh styling, a revamped cabin and pioneering tech. However, the 'Sport' isn't much smaller than the full-sized Range Rover. In fact, the wheelbase is identical between the two cars, and this means that it genuinely offers rear seat occupants excellent levels of space, as well as sumptuous comfort.

Distinctive Character.

The sophisticated exterior is unmistakably Range Rover Sport with taut surfacing, a dynamic stance and instantly recognisable profile, perfectly accentuated by stealthlike detailing and muscular proportions giving the impression the vehicle is poised and ready for any adventure. Dramatic proportions accentuate the Range Rover Sport's distinctive character, with short overhangs, an assertive front-end and steeply raked glazing at the front and back. These trademark elements provide a strong and imposing road presence that communicate power and performance. The clean lines of the exterior are enhanced by beautifully executed flush glazing and door handles, a hidden waist rail finisher and a laser-welded roof for a precise, technical and sophisticated appearance.

Commanding Driving Position.

The new Range Rover Sport's reductive design extends to its all-new interior,

which features the trademark Range Rover Command Driving Position, the latest technologies and the finest materials, which combine for a compelling balance of sartorial elegance and visceral desire. The cockpitlike cabin sets the tone for the dynamic driving experience, providing excellent visibility while simultaneously cocooning the driver with a high, sloping centre console and intuitive technologies. No matter where you sit in the Range Rover Sport, you are guaranteed to enjoy luxurious surroundings, and all occupants will enjoy a good view out courtesy of big windows. The front seats are multi-adjustable, and provide excellent support, with the rear seats also providing pure opulence for passengers. The dashboard is dominated by two screens - a 17-inch one for the driver information and a 11.3-inch infotainment display - both of which have razor-sharp clarity, and are intuitive to use. You do still get a pair of climate control dials underneath the infotainment display, so that the driver doesn't have to take their eyes off the road in order to adjust the temperature.

Test Car.

My Eiger Grey metallic Range Rover Sport 3.0-litre PHEV SE Dynamic test car looked stunning from every angle, and its comprehensive list of standard equipment was enhanced even further by optional features that included 22" Satin Dark Grey alloy wheels (Style 5127), reduced section alloy spare wheel, loadspace floor partition, SV bespoke carpet mats, 'ClearSight' interior rear-view mirror, heated steering wheel, heated screen, heated washer jets, sliding panoramic roof, privacy glass, and a

Head-Up Display. The punchy and superblyrefined 3.0-litre 6-cylinder petrol engine works in conjunction with the electric motor to produce a combined power output of 440PS, along with 620Nm of torque. This incredible hybrid combination means that a 0-100km/h sprint can be completed in as little as 5.8-seconds.

Moving off from a standstill, you feel an immediate rush of power, but it is virtually impossible to distinguish when the hybrid system is switching between electric and petrol power, and it can run all the way up to motorway speeds without activating the petrol engine at all. The electric steering has a nice weight to it and the traction management system does a marvellous job of making you feel like you are driving on dry surfaces even when you are definitely not. The supreme suspension set-up in the Range Rover Sport allows for a remarkably smooth ride quality even when driving on rutted road surfaces, and it never feels cumbersome or unstable. With 835-litres of cargo space behind the rear seats, and up to 1,860-litres available when the rear seats are folded, the Range Rover Sport provides terrific practicality for families and leisure thrill-seekers alike.

Verdict & Pricing.

The new Range Rover Sport PHEV is an ultra-premium SUV in every respect. It is very luxurious, suitably fuel-efficient, powerful, tech-laden, practical and highly capable both on and off-road. Pricing starts at €111,400 (ex-works), with my test car specification (including optional features listed above) priced at €123,785.

NEW OPEL CORSA, NOW AVAILABLE WITH HYBRID POWERTRAINS



The new Opel Corsa is coming soon. Even more stylish and even more intuitive to operate, and powered by completely new electric and hybrid drives, the newcomer will take Opel's already strong offer in the small car segment, to the next level. Arriving in Ireland in late 2023, prices and equipment will be announced closer to launch.

Florian Huettl, Opel CEO, said: "The Corsa has been a bestseller for more than 40 years. A former Golden Wheel award Steering winner, in the past two years, it was the best-selling small car in Germany and in 2021, it was the best-selling car overall in the United Kingdom. With its stunning state-of-the-art technologies from higher segments and new, emissionfree electric and hybrid technology, we now want to inspire customers even more with our new Corsa."

The new Opel Corsa boasts perfect proportions and precision down to the smallest detail. The most striking feature is the unmistakable Opel Vizor, the characteristic brand face that adorns every new Opel model today. The black "visor" covers the front of the Corsa and seamlessly integrates the vehicle grille, the LED headlights, and the central Opel Blitz in one element.

Depending on the trim level, the brand logo on the front and rear is presented in eye-catching black or matt satin silver. The optical "air inlets" in the lower front bumper area are

larger and more prominent than before, planting the Corsa even firmer on the road. The "break-through" C-pillar seems to allow the roof, which comes in black, depending on the trim, to float above the vehicle. The Corsa nameplate now appears in the centre of the tailgate. Grafik Grey paintwork, available for the first time for the Corsa, allows the newcomer to shine in new splendour.

With new seat patterns, as well as a new shift lever and steering wheel design, the absolute interior highlight, both visually and technically, is the optional fully digital cockpit. The Snapdragon Cockpit Platform from Technologies Qualcomm features enhanced graphics and multimedia capabilities provide more a

integrated, intuitive cockpit system that evolves to meet its passengers' preferences. navigation system offers connected services, "Hey Opel" natural speech recognition and over-the-air updates.

10-inch touchscreen displays driver information even more clearly so that all important info can be viewed in a fraction of a second. Notably, for the first time, compatible smartphones connect to the vehicle's multimedia systems and also recharge, both wirelessly.

Driving and manoeuvring in the new Corsa is even more relaxed thanks to the new, high-resolution panoramic rear-view camera with flankguard, matched to adaptive cruise control, speed limiter with automatic emergency braking and pedestrian detection.

The new Corsa benefits from the latest generation adaptive, glare-free Intelli-Lux LED® matrix lights. A total of 14 instead of eight individually controllable LED elements ensure a stadiumbright driving experience that now "cuts out" other road users even more precisely than before.

Opel will become a fully electric brand in Europe by 2028. With twelve models already electrified today in the Opel portfolio, the Corsa was the pioneer. The new Corsa Electric now takes this to the next level, with a wider choice, more power, an improved battery and more range. It will come and forward collision alert with two electric drive options and will be offered with 136hp and an improved range of up to 357km, as well as with 156hp and up to 402km range (WLTP). When the Corsa Electric needs to be recharged, it can be done quickly at a fast charger; the battery reaches up to 80% of its total capacity in just 30 minutes (20-80%).

For the first time, Opel will also offer customers the option of switching to hybrids with a 48-volt system. The 100hp and 136hp engines come with a new dual-clutch automatic transmission. In the future, they will complement the wide range of economical drive variants from highly efficient combustion engines to the all-electric Corsa Electric, thus consistently continuing the electrification of the brand.

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WE DELIVER. HERE THERE EVERYWHERE.

f & 3.3M for local groups and clubs supporting Ukrainians and Internation

Higgins, Mid-TD for Dublin West has welcomed the announcement of over €3.3 million in funding to support local projects in Clondalkin, Citywest, Saggart and Rathcoole under the Community Recognition Fund. Deputy Higgins said: "The Community Recognition Fund is a major government initiative to support and reward communities that have welcomed Ukrainians

and other nationalities into applicants seeking refuge their local area.

"I'm delighted at the announcement of a total €3.3 million euro to support projects in our local community under this fund. "Many people across Clondalkin, Citywest, Saggart and Rathcoole have been vital in our countries response to both the war in Ukraine and in supporting international protection

in Ireland and I have been working closely with the Minister to make sure that our sports clubs, schools and local groups are recognised their community response. Deputy Higgins continued:

"It's great to see local receiving projects substantial funding with a well-deserved €1.25 million for the villages and €2.1 million for Clondalkin. "The

local sports teams, clubs and groups who have been recognised are pillars in our community for sport, recreation and integration as well and the various projects will hugely improve our local facilities," added Deputy Higgins. The projects that received funding include: Fit out of new age friendly centre at Orchard Lodge Clondalkin, Development and upgrade of Clondalkin

"Global Garden", Improved Wi-Fi access for Clondalkin village, A new all-weather sports pitch at Knockmitten Park, Upgrade of existing play space & and provision of new half -court MUGA, Astro Pitch at Round Towers GAA, A new half-court Multi use games area, Upgrade of St. Mary's GAA pitch in Saggart Village, Minor upgrades Rathcoole Football facilities. Saggart

Schoolhouse Centre enhancement, Upgrade of Carrigmore Park, Improved Wi-Fi access for Saggart village And A new half-court MUGA in Rathcoole Park.

"Well done to all our really deserving local groups who have been recognised, I know the funding will be put to really excellent use,' concluded Deputy Higgins.







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