

OFFICIAL OPENING OF SENSORY GARDEN



"Minister Rabbitte with friends cutting the tape".



GLOUNTHAUNE TIDY TOWNS NEWS

Contributed by Garry Tomlins



New Cycleway Officially Opened

The official opening of the new section of the Greenway took place in May with a family cycle. It was organised by local volunteers and **Cork County Council (CCC)**. It included an ice cream stop and a bike quiz for children. A very successful and enjoyable day.



Local Volunteers who organized the event in conjunction with the CCC.



Ice Cream Van for all participants.

Sprucing Up Glounthaune for Tidy Towns Judgement Day!



Welcome to Joshua Ogundipe who is helping our local tidy towns efforts with his painting skills. A former member of Douglas Tidy Towns, Joshua is now living with his family in Glounthaune. The painting of the wall at **Fitzpatrick's Garden** was done by **Glounthaune Tidy Towns** (GTT) recently in a joint effort with Kerri Fitzpatrick who kindly employed a team of professional gardeners to renew this area. They also provided a great service to GTT in completing the pruning of the beech hedge all along the railway.

Litter Pickers Bag 4th Place!

GTT entered the Cork County Council anti-litter competition recently in the Large Villages section. Judged weekly over a 3- week period we achieved a very creditable 4th place with one week judged to be completely litter free. Considering the very long, highly-trafficked, area we have to cover and the high footfall that comes through it, this is some achievement! Kudos to the unsung volunteers who meet regularly to complete litter picking duty. Pictured below are just some of the band of pickers who help keep Glounthaune tidy.





CORK COUNTY COUNCIL ANTI LITTER CHALLENGE VILLAGES (South)



LEAGUE TABLE 2023 LARGE VILLAGES

Villages	Round 1	Round 2	Round 3	Total	Avg
Saleen	100.00	100.00	100.00	300.00	100.00
Ballycotton	94.80	100.00	100.00	294.80	98.27
Knochraha	97.00	97.00	97.00	291.00	97.00
Glounthaune	100.00	94.90	96.00	290.90	96.97
Baile Bhuirne	95.00	98.00	97.50	290.50	96.83
Aherla	95.80	96.70	96.30	288.80	96.27
Rostellan	89.70	98.90	100.00	288.60	96.20
Cloyne	96.00	95.00	97.00	288.00	96.00
Mogeely	92.70	97.00	98.00	287.70	95.90
Killeagh	91.80	96.00	85.00	272.80	90.93
Baile Mhic Ire	98.90	93.30	73.10	265.30	88.43
Watergrasshill	92.00	71.60	99.00	262.60	87.53
Whitegate	47.30	87.50	85.00	219.80	73.27

SMALL VILLAGES

Cuil Aodha	100.00	100.00	100.00	300.00	100.00
Ballincurragh	99.00	100.00	100.00	299.00	99.67
Inchigeelagh	100.00	99.00	99.80	298.80	99.60
Ballinhassig	99.80	97.70	99.80	297.30	99.10
Re na nDoiri	94.00	100.00	99.00	293.00	97.67
Ballymacoda	99.00	98.00	93.00	290.00	96.67
Rylane/Seiscne	90.50	98.10	98.70	287.30	95.77
Inch	93.10	95.00	99.20	287.30	95.77

Sensory Garden Officially Opened by Minister of State

The Sensory Garden in Craig's Field was officially opened by Minister For State **Anne Rabbitte** in June. This was sponsored by the Cork County Council administered-grant works programme undertaken by the County Council's Engineering Department. Their design and hard work was completed in December 2022. It is now very gratifying to see children playing in the area and enjoying the experience.



Eastern Verges Entry to Glounthaune



Thanks to Team Glounthaune

Glounthaune is maintained to a high standard by many volunteers who give willingly of their time to keep it so. These include the hard working committee members, the '**Merry Mowers**' group, the litter pickers, supported by many individuals and also youth outreach from local secondary schools and corporate social days. Particular mention must be given to the heroic efforts of **Yvonne Bowles and her husband Noel** who brought water in a bowser at 5.30 am each morning during the very hot spell we had in June to water the flowers and shrubs along the verges. These plants would have undoubtedly withered were it not for their unsung efforts.

There has also been commendable work done in the Village Garden by the local residents. We have again entered this year's **National Tidy Towns** Competition and we are quietly confident of a good result in the Autumn.



UPSTART FESTIVAL SEPTEMBER 16TH 2023

We have an incredible line-up ready for Glounthaune's very own Upstart Festival

Headlining the 2023 line-up will be Belfast's **Junk Drawer**. An absolutely brilliant indie rock band who recently played South by SouthWest (SXSW) in Austin and have been receiving more critical acclaim than we can be bothered to list here...just come and see them!

Our event will be kicked off per tradition by the 2023 UCC Battle of the Bands Winner, **Kane's Basement**. Super talented, tight and as smooth as you like, they'll have our crowd well warmed up for the next of our five acts.

Any Joy, a melodic, lively rock band. They are very much an outlier in Cork's burgeoning alternative music scene.

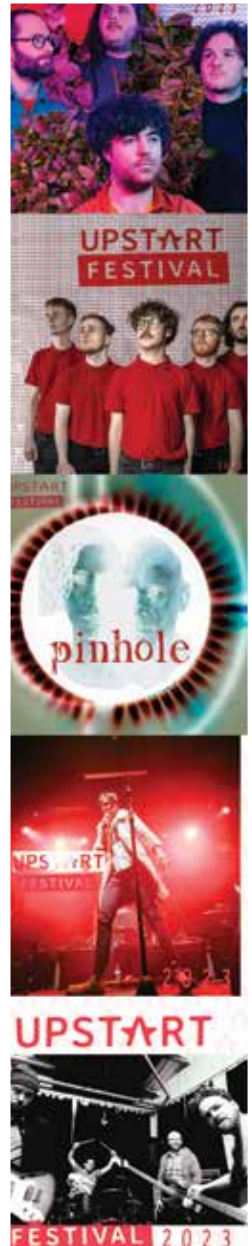
Our mid afternoon group, **Pinhole**, will be new to many. This Cork/Kerry based band genre is defying, unique and quirky. Their songs swerve from delicate to robust, always sublime. Featured on season 13 of Other Voices.

As the sun sets ... Get ready to dance! **God Alone**, a 5-piece dance infused noise rock band from the City of Cork are about to have the entire field hopping. They combine the interlocking guitar parts and complexities of math rock acts such as Battles with the aggression of noise rock and the dance floor filling energy of techno, house and 00s dance punk acts such as LCD Soundsystem and Foals. As our very own Paul McDermot put it:

**"God Alone had young and old dancing in a packed tent!
A blistering performance at @nightdayfest".**

Finally, our headliners Junk Drawer, will take the stage with their intuitively loose and idiosyncratic brand of indie rock. Mines anthems from their crate-digging tendencies.

Featuring four multi-instrumentalists & vocalists fluid in their roles, they're driven by the inevitable harmony and discordance that comes from the sibling creative rivalry at the helm and remain one of the most dynamic, exciting bands you're likely to catch live. They have won three awards at the prestigious Northern Ireland Music Prize, for Best Live Act & Best Video in 2022, plus Best Single for "Year of the Sofa" in 2019 (described as a "slo-mo guitar pop jewel" by CLASH), making them the most awarded band in the history of the prize.



UPSTART

JUNK
DRAWER

pinhole

ANY
JOY

GOD



ALONE.



KANE'S
BASEMENT

FESTIVAL 2023

SATURDAY 16th SEPTEMBER

Glounthaune - Gates open 3.45pm



Buy yours here: www.upstartfestival.ie

Early-bird ticket on sale now

€20 + booking fee !!



Harper's Island News

The winner of the annual RTE “Eye on Nature” wildlife photography competition was announced recently. Among the outstanding runners up was this spectacular image of a Peregrine Falcon with a teal. The image was taken by a regular visitor – Ashok Appu.



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WILDFLOWER MEADOWS

Contributed by Conor O'Brien

Why not have a small wildflower meadow in your garden?

Native meadows are one of Ireland's most important habitats. They support a huge number of species above ground and in the soil. In the last few decades these fragile habitats have been disappearing fast.

One third of Ireland's wild bees are in decline because of a loss of habitats like meadows which contain the native wildflowers they need to survive. Protecting, managing, and restoring meadows are among the best ways you can help these important insects.

You can start by marking out a strip of say 2 metres by 1 metre in a sunny part of your lawn. Then do not mow for the rest of the Summer - and watch nature reassert itself. The strip should be mowed in September removing any grass/vegetation to reduce the fertility. Ideally plan some Yellow Rattle seed in December in the patch - this will compete with the grass and allow more wildflowers to grow without being stifled by the tall grass.

The Celebrating Irish Meadows flyer tells you more about what you might find in a native Irish meadow.

<https://pollinators.ie/wp-content/uploads/2023/05/Celebrating-Irish-Meadows-flyer.pdf>

The How-to guide: Creating and Restoring Meadows in Local Communities and Gardens, tells you everything you need to know about encouraging and managing these important habitats at home and in your community.

<https://pollinators.ie/wp-content/uploads/2023/04/Meadow-Guideline-2023-WEB.pdf>

Whether you have acres of land, a local park, a garden or just a small patch of grass, you can help wild bees by creating areas of wildflower meadow.

To do this month: Make sure any annual bedding includes some pollinator-friendly options. At this time of year, the shops are full of traditional annual bedding (Begonia, Petunia, Geranium). Just bear in mind, that while these plants are very colourful, they are not good sources of pollen and nectar for bees and other insects. The good news is that there are a few options that you can mix in that are excellent sources of food for pollinators. Both these are widely available.

Mix the following plants into your hanging basket to make it pollinator-friendly: **Bidens**, **Bacopa**



Bidens mixed in



Bacopa



Bidens

BRIDGE CLUB

Bridge is good for the mind. It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure. Playing bridge uses and develops logical thinking, inferential analysis, problem solving skills, sequencing, visualization, lateral thinking, long and short-term memory, observation and psychology (or cunning).



Bridge brings health benefits. It is believed that bridge can boost the immune system through its stimulation of the dorsolateral cortex, which is involved in the higher order brain functions needed to play the game. Playing bridge regularly will keep your brain young and your mind alert and recent research has suggested that it may even stave off degenerative diseases such as Alzheimer's.

Bridge is great fun & Bridge is exciting! If you can play bridge you will never be bored. It combines the best qualities of all games – the cerebral challenges of chess, the suspense and psychology of poker and the excitement of a competitive football match. Bridge truly offers a unique combination of challenges and with every deal different, success depends on a combination of technique, teamwork and tactics.

Bridge is good value for money. It requires very little in the way of equipment and is thus a relatively inexpensive pastime. Unlike poker, it is not usually played for money.



New Member's Welcome

The Highlands Bridge Club



CONTACT:
MR MICHAEL DEANE

The Highlands Bridge Club

086 825 4745

Tuesday 7 - 10pm

Sept - May

Glounthaune Community Centre

Many games provide fun, but bridge grips you. It exercises your mind. Your mind can rust, you know, but bridge prevents the rust from forming. – Omar Sharif, actor and international bridge player.

Playing bridge reflects intelligence. It's one of the really great pleasures of life. Anybody who's missing bridge is missing so much in life. – Malcolm Forbes, entrepreneur and publisher



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FRAZZLED MAMMY - MURAL UPDATE 2023

Contributed by Maeve O'Keeffe

In recent times you may have noticed a few changes in Glounthaune railway station. There are now electronic screens displaying the arrival time of the next train and number of minutes it will take to arrive. Irish Rail signage on the wall of the train shelter were also removed, leaving patches of unsightly old paint and shabby plaster on the bird mural. The Glounthaune Tidy Towns asked me to fill in the gaps.

This was an opportunity to freshen up the mural and add in another few birds. What would work best? Once I'd cleaned, prepped and primed the grubby patches, the blank area above a seagull seemed to cry out for another, so I filled that space with a flying gull with a crab in its beak. Even though their numbers are in decline, the curlew with its long curved beak is still a common sight, so I was happy to paint its distinctive shape.

One of the nice things about painting a mural is the people you meet, especially children who stop to look. We are lucky to have this scenic estuary and Harper's Island bird sanctuary with so much information nearby - a wonderful way for the next generation to learn about our native birds.

My children's art classes in SNCN Glounthaune, Midleton and Glanmire will resume in September. For more information, check out my website www.frazzledmammy.com/art-classes, Facebook page FB: www.facebook.com/frazzledmammy or contact me at 087 6684021.





THE FIRST ST. PATRICK'S DAY PARADE - 1996



Contributed by Dick Brazil and Edmund J. Stack

It was 27 years ago, in 1996 when the Glounthourne community undertook the organisation of a St. Patrick's Day parade. The year also marked the centenary of the 1896 laying of the foundation stone for the Sacred Heart Church.

The village vintner, John Joe Donnelly used his influence, as president of the Vintners Association, to enlist the sponsorship of Murphy's Brewery. Also, the Cork Vintners had "twinned" with the Boston Vintners, via Tim Kelleher of Dungourn, who engaged the Boston Police Brass Band to lead our parade. The Cork Examiner's Dick Brazil wrote the following news item covering the parade:

A tiny southern village community last night sought Guinness Book of Records recognition for its first-ever St. Patrick's Day Parade.

Glounthaune – the lakeside village on the eastern approach to Cork City – claims to have staged an international flavoured parade over the shortest route in the world this year. Ironically the parade was sponsored by Murphy Brewery – deadly rival of Guinness in the bid to market Irish stout with the traditional Irish image.

The Glounthaune parade featured the Boston Police Band, sponsored by Murphy Brewery and followed on a moving piper recital at Mass in the local Church.

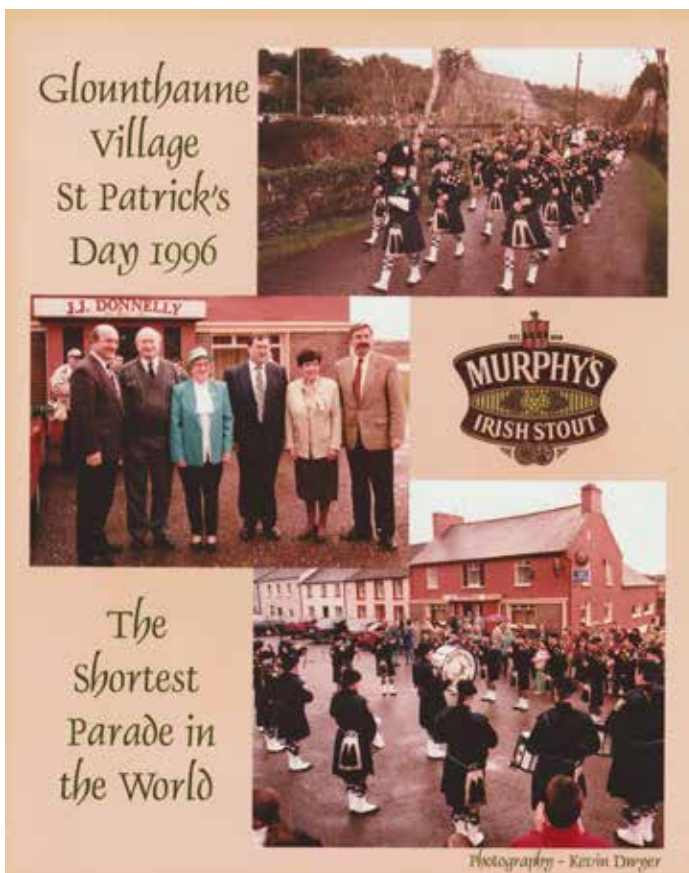
Several hundred people then gathered to accompany the band in a 140 yards parade to the local village centre – the event was acclaimed as huge success, as the clouds and the rain moved away, to enable a bright and colourful half-hour event. Boston Police Band drum major, Jim Barry, described it as a "very moving occasion, which none of us will forget".

The event was held to mark the 100th anniversary of the building of the local church on the Cork Waterford road.

But it had an added significance for the 30-strong band – most of them of Irish roots. Many had been moved by a visit to the Cobh Heritage Centre on Saturday and recalled how many relatives may have left that town in hope of a new beginning across the seas.

And in Glounthaune they were told that their recital outside the community centre was virtually on the site of the church where many emigrants prayed before leaving from Cobh piers.

The rail line, which runs through the village, became the conduit on which most emigrants travelled for their trip to the US.



The group photograph above shows (left-to -right):

Bob Kennefick, Sales Manager Murphy's Brewery; John Joe Donnelly; Margaret Donnelly; Noel O'Flynn T.D.; Lucille Chambers, Glounthaune Community Association; Salesman, Murphy's Irish Stout.



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GLOUNTHAUNE LITTLE LIBRARY

GOOD NEWS: Glounthaune Little Library



We are setting up a new free little library here in Glounthaune.

Free Libraries encourage reuse of books, supporting community, and inspire readers by providing **FREE BOOK EXCHANGE**.

You can visit the little library and take a book or leave a book for the next person, all for free.

CALL OUT TO COMMUNITY!

Do you have books you would like to donate to our library.

Please drop to the community centre. We would be most appreciative.

We will locate the library outside Glounthaune Community Centre very soon.



Recipe Corner

RECIPE FROM THE KITCHEN OF:

Mary Connolly, Glounthaune



Honey Ice Cream



Ingredients:

2 x Cartons of Fresh Cream (250ml Carton): Whipped to soft consistency.

2 x Egg Yolks – Beaten until thick

1 ½ Tablespoons of Honey – Heat honey to bubbling

METHOD:

Pour hot honey over the beaten egg yolks SLOWLY, stir all the time. Fold in whipped cream

Place in Freezer over night, remove from freezer about 20mins before serving

Serve with fresh fruits, raspberries or strawberries.

Would you like to see your favourite recipe printed in the newsletter? Please share with us:

EMAIL: thegcacork@gmail.com

PROPERTY PRICE REGISTER GLOUNTHAUNE 2023

Prices are usually for new homes, but we cannot always be sure. Prices are rounded to the nearest thousand.

		€
06-15	The Cedars, Lackenroe	307,000
06-15	Cobh Junction	325,000
06-08	The Cedars, Lackenroe	524,000
06-07	The Hamlet, Harpers Creek	366,000
05-31	The Hamlet, Harpers Creek	286,000
05-25	The Hamlet, Harpers Creek	339,000
05-19	The Hamlet, Harpers Creek	330,000
05-19	The Cedars, Lackenroe	379,000
05-15	The Anchorage, Harpers Creek	242,000
05-15	The Anchorage, Harpers Creek	278,000
05-15	The Anchorage, Harpers Creek	278,000
05-15	The Anchorage, Harpers Creek	242,000
05-15	The Woods	255,000 Second-hand
05-10	The Hamlet, Harpers Creek	339,000
05-10	The Hamlet, Harpers Creek	366,000
05-04	Gort Fada	136,000
05-03	Cois Chuain	410,000
04-28	The Cedars, Lackenroe	304,000
04-20	The Cedars, Lackenroe	374,000
04-20	The Cedars, Lackenroe	308,000
04-18	Dawnings, Windsor Hill	650,000
04-06	The Cedars, Lackenroe	304,000
03-30	The Cedars, Lackenroe	350,000
03-28	The Cedars, Lackenroe	350,000
03-13	The Woods,	370,000 Second-hand
03-02	The Cedars, Lackenroe	425,000
02-27	The Cedars, Lackenroe	425,000
02-21	Valdemosa, Rougrane	300,000 Second-hand
02-16	The Hamlet, Harper's Creek	405,000
02-10	The Cedars, Lackenroe	420,000
02-07	The Hamlet, Harper's Creek	371,000
01-27	The Cedars, Lackenroe	425,001
01-10	The Hamlet, Harper's Creek	374,000

Property Price Register Ireland

Cllr. Sheila O'Callaghan



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SUPPORTS FOR CARER

John Beausang, Citizens Information Manager for the Cork City North area outlines the supports currently available for carers. "People providing care for family members often are so busy with their caring responsibilities that they don't always have time to look at what supports are available to them. Some people don't even think of themselves as carers, as they consider their work as part of an unspoken promise to be there for loved ones when they need them. Today I hope to give people a quick overview of what is available for carers so that they can get in contact with their local Citizens Information Centre to get more details."

The two main social welfare payments for carers providing full-time care are Carer's Allowance and Carer's Benefit. You may also qualify for an annual Carer's Support Grant.

Carer's Benefit

Carer's Benefit is a short-term payment paid for up to 2 years to people who give up employment to care on a full-time basis for someone who requires full-time care and attention. It is PRSI based and you have to have a certain number of PRSI contributions paid. People who are self-employed and paying a Class S PRSI contribution will not qualify.

Carer's Allowance

On the other hand, Carer's Allowance is a payment for people who are caring on a full-time basis for someone who requires full-time care and attention and will require it for at least 12 months. You must satisfy a means test and the habitual residency condition to qualify for Carer's Allowance.

"To claim either payment, you must complete an application form and submit it to DSP. It is important that you put in detailed information in relation to the level of care that you are providing to support your application. If you need a hand filling out the form, please call your local CIC where staff will be happy to help."

Full Time Care

A person is seen as needing full-time care when they need continual supervision to avoid danger to themselves or they need continual supervision and frequent assistance throughout the day with normal bodily functions. John elaborates "For example, help to walk and get about, eat or drink, get washed or dressed. The Department of Social Protection will decide if the person needs full-time care and their decision will be based on the information that the carer provides on the application form."

The person being cared for must have their doctor complete, sign and stamp the

Medical Report which is part of the Carer's Benefit and Carer's Allowance application form. "This Medical Report is not needed if the person being cared for is a child who is getting Domiciliary Care Allowance" advises John and the carer or the person needing care must not be living in a hospital or institution. However, you can continue to be seen as providing full-time care if you or the person being cared for is having medical or other treatment in a hospital or institution for not longer than 13 weeks.

"The time spent providing care must not be less than 35 hours per week and if you are away, you must be able to arrange full-time care for the person you care for."

Carer's Leave

You do not have to give up your job if you are applying for Carer's Benefit. Carer's leave allows employees to leave work temporarily or reduce their hours to provide full-time care and attention for someone who needs it. You can take Carer's Leave for a minimum of 13 weeks and up to a maximum of 104 weeks. Carer's Leave from employment is unpaid but your job will be kept open for when you return. "However to get carer's leave, you must have worked for your employer for 12 months without a break in employment" warns John. Employers are entitled to at least 6 weeks written notice from the employee of the intention to take Carer's Leave. The person you will be caring for must need full-time care and attention. A deciding officer of the DSP will decide whether they need this care after checking with their GP.

"We are often asked if a carer can do any paid work while on Carer's Benefit or Carer's Allowance?" says John. "You can be employed, self-employed, in training or in education outside the home for up to a maximum of 18.5 hours per week. If on Carer's Benefit, the maximum amount you

can earn is €350 per week after tax, PRSI & Union dues are deducted. If you are single, €350 of your total weekly income is not taken into account in the means test for Carer's Allowance. If you are married, in a civil partnership or cohabiting the first €750 of your combined total weekly income is not taken into account.

The Means Test for Carer's Allowance?

First of all, like Carer's Benefit, you must be providing full-time care and attention to a person who requires that level of care. In addition however, you must be habitually resident in the State and pass a means test. In certain circumstances you may be eligible for Half Rate Carer's Allowance. The main sources of income included in the means test for Carer's Allowance are any cash income and capital income - this includes savings, investments, shares or any property you have (but not your own home).

The first €50,000 of your capital is not taken into account. Any payment from the Department of Social Protection is not included in the means test. Also, you can get up to €14,000 per year for

renting out a room in your own home without it affecting your payment. Citizens Information staff can help you work out how the means test would apply in your individual situation

Rates of Payment

Carer's Benefit is €237 per week if caring for one person and €355.50 if caring for two people. Carer's Allowance is €236 per week if caring for one person and €354, if caring for two people. You can also an child increase if you have a qualifies child and if you are on Carer's Allowance, you will get a higher rate when you are aged over 66.

Half-Rate Carer's Allowance

If you are in one of the following situations

you may qualify for half-rate Carer's Allowance:

- Already getting Carer's Allowance but also meet the qualifying criteria for another social welfare payment
- Changed from another social welfare payment to get Carer's Allowance
- Caring for someone and being claimed for by a spouse, civil partner or cohabitant
- Getting a social welfare payment other than Carer's Allowance and caring for someone.

Annual Carer's Support Grant?

The Carer's Support Grant is paid to carers once a year by the Department of Social Protection (DSP).

It used to be called the Respite Care Grant. The Carer's Support Grant is €1,850 and it is paid once a year, usually on the first Thursday in June, for each person you are caring for. It is not taxable. You cannot be working outside the home for more than 18.5 hours or signing for Jobseeker's Credits. "You can apply for this payment even if you are not receiving Carer's Allowance or Carer's Benefit" and this is a key point that a lot of people are not aware of", says John. You can apply for a Carer's Support Grant for any given year from April of that year until 31 December of the following year e.g. you can apply for the Carer's Support Grant for 2022 at any time from April 2022 up until 31 December 2023.

John confirms "The grant rate for 2022 was also €1,850 and if you are caring for more than one person, you can get the CSG for each person.

Living Arrangements

"A lot of people think that you have to live with the person you are caring for but this is not the case", says John. "Non-resident care situations may require investigation by

a Social Welfare Inspector before a decision can be made by the Deciding Officer. A direct system of communication must exist between the carer's residence and that of the care recipient and this may be a telephone or alarm-type system. One last point to note is that the care recipient must not already be receiving full-time care and attention within his or her own residence from another person."

Additional Supports

If you get Carer's Allowance you may also get the Free Household Benefits Package (if you are living with the person you are caring for) and Free Travel. If you get Carer's Benefit or Carer's Allowance, at full or half-rate, you are eligible for a GP visit card. If the person that you are caring for passes away, your Carer's Benefit payment will continue for 6 weeks following the death, while Carer's Allowance continues for 12 weeks.

If you would like more information about any of the issues covered here, please contact your local CIC. We will discuss your current circumstances with you and make you aware how the various schemes apply to your personal circumstances so you can fully consider your options. At the end of the day, you will decide what option is best for you – but hopefully with our help, you will make your decision based on having all the information you need to make an informed choice.

For anyone needing information, advice or who has an advocacy issue, you can call a member of the local Citizens Information team in Cork City North weekdays from 10 am to 4.30pm on 0818 07 6850, they will be happy to assist. Alternatively you can email us on hollyhill@citinfo.ie or log on to www.citizensinformation.ie for further information.



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SUPPORTING THE INDUSTRIES SUPPORTING OUR COMMUNITY

YOUR COMMUNITY CONTACT LIST

This list was compiled for the July-August 2023 issue of the Glounthaune Community News using information collected from several sources. While we have done our best to make it accurate, we cannot guarantee that all the details are correct. If you find any discrepancies let us know. If you feel anything has been left out, let us know at thegcacork@gmail.com

Suggestion: Cut this list out and put it up on the fridge door.

Cork County Council: Municipal District Office Cobh: Tel: 021 486 6834 Signup to www.yourcouncil.ie Report issues about your area. For example: Roads, Littering, Dog Fouling, Footpaths, Signs, Potholes, flooding etc.

Garda Stations:

Glanmire Garda Station: Tel 021 455 6370 Mon-Sat 09.00 – 6pm, Sun 12 -1pm

Mayfield Garda Station: Tel: 021 455 8510 24/7 hrs

Anglesea Street, Divisional Headquarters: Tel 021 452 2000 24/7 hrs

Animal Care & Emergency:

Abbeyville Vet Clinic, Little Island, Tel: 021 431 6906

Midleton Veterinary Hospital Tel 021 461 3672

Cashman Veterinary Hospital Glanmire, Tel: 021 482 1243

Pharmacy Locations:

Care plus Pharmacy: Little Island Tel: 021 435 3961 www.careplus.ie

Phelans Pharmacy: Crestfield, Glanmire 021 482 2949

Pharmacy First Plus Glanmire: Hazelwood Road, Glanmire 021 482 2412

Carrigtwohill Pharmacy: Tel 021 4533755

McCarthy's Pharmacy: Carrigtwohill Tel: 488 2378

Cotter's Pharmacy: Carrigtwohill Tel: 488 3351

Late Night Pharmacy: Allcare Pharmacy: Wilton, Tel: 021 4344575 open till 10pm

Douglas, Tel 021 429 2329 open till 10pm

Phelans Pharmacy: Kinsale Road, Tel 431 0132 open till 10pm

CUH Cork Tel: 021 492 2000 24hrs

Mercy Urgent Care (Gurranabraher) Tel: 021 492 6900 8am – 6pm

Emergency Care:

KATE CUDDY

YOGA

Movement & Mindfulness

for Adults, Teens and Children

Glounthaune Community Centre

Tel. 086 8214002

Email. katecuddy@gmail.com

Web. katecuddy.yoga



Local Organisations



GLOUNTHAUNE COMMUNITY CENTRE: TEL 021 451 0470

EMAIL: THEGCACORK@GMAIL.COM

WEBSITE: WWW.GLOUNTHAUNE.IE

PLEASE CONTACT THE CENTRE TO BOOK A ROOM/EVENT/BIRTHDAY.

GCC: GLOUNTHAUNE COMMUNITY CENTRE PC: PARISH CENTRE EO: ERIN'S OWN

ACTIVE RETIREMENT: [Jill McNamara 086 813 8807, Glounthaune Comm Centre](#)

BRIDGE CLUB: [Highlands Bridge Club Michael Deane 086 825 4745 GCC](#)

COMMUNITY FIRST RESPONDERS: [\(CFR\) 086 239 3676](#)

ERIN'S OWN: [Martin Bowen 086 417 6345 Ladies Club: Catherine Cogan 086 257 7972](#)

GAEILGE BHEO/ IRISH SPEAKING CLUB: [Lena Ui Dhubhghail 021 435 3708 GCC](#)

GRAMOPHONE CIRCLE: [VALERIE 021 435 3733](#)

HIGHLANDS BRIDGE CLUB: [Michael Deane 021 482 1791](#)

INDOOR BOWLS: [Hazel Foley 087 220 1483 EO](#)

MEALS-ON-WHEELS: [Pauline Walsh 087 287 0409 New cooks/drivers needed GCC](#)

MEN'S SHED: [Garry Tomlins 086 231 3963.](#)

PROBUS: [Terry Fleming 087 254 7896](#)

PARENT, BABY & TODDLER GROUP: [Aisling: \[aislingwall18@gmail.com\]\(mailto:aislingwall18@gmail.com\) GCC](#)

SEANOIRI: [Peggy Dunne 087 778 6357](#)

SENIORS STRETCHING, JOINT MOBILITY & MOVEMENT CLASS: [Esther 087 236 1759 PC](#)

ST VINCENT DE PAUL: [021 427 0444 / 087 1520 360](#)

TIDY TOWNS: [Angela Reidy 087 413 4726 \[angelreidy.m@gmail.com\]\(mailto:angelreidy.m@gmail.com\)](#)

YOGA: [Kate Cuddy 086 821 4002 \[katecuddy@gmail.com\]\(mailto:katecuddy@gmail.com\) GCC](#)

YOGA & BIRTH PREPARATION: [Esther Wall 087 236 1759 PC](#)

RELIGIOUS GROUPS

RC SACRED HEART CHURCH GLOUNTHAUNE: [Parish Office: 021 435 3366 10am-12 Mon-Fri](#)
glounthauneparish@eircom.net [Mass: Mon-Wed 10am](#)
[Sat 6pm / Sun 12 noon.](#)

RC ST JOSEPH'S, LITTLE ISLAND: [Mass: Thur-Fri 10am - Sun 10.30am Tel: 021 353 3366](#)

RC ST MARY'S, KNOCKRAHA: [Mass: Knockraha Sun 9am Tel: 021 353 3366](#)

BAPTIST CHURCH: [Robert Ellis 083 346 7869. Sunday service at 10am in Community Centre](#)

CHURCH OF IRELAND:: [St Lappan's, Little Island Tel: 021 435 5208](#)