

Glounthaune COMMUNITY NEWS

Nov / Dec
2024

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GLOUNTHAUNE COMMUNITY ASSOCIATION

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COMMUNITY CENTRE ACTIVITIES



GLOUNTHAUNE COMMUNITY CENTRE WINTER CLASS SCHEDULE



Welcome to Glounthaune Community Centre's Winter Schedule of classes. We extend a warm welcome to you all, please see below our classes available for Adults & Children. For enquiries please contact the GCA office at: Email: thegcackork@gmail.com or Tel 021 4510 470

Monday

10.30am Active Retirement Fitness Class. *Jill McNamara 086 8138807*
 10.30am Buzzi Bounce Box: Children's Movement Class - *buzzi@bouncebox.ie*
 2.00pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169
 4.00pm Irish Dancing with Suzanne O'Neill 086 026 6110
 6.30pm Feeling Crafty Sewing Class: Joanna O'Dowd 086 856 3291
 6.30pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002
 8.00pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002

Tuesday

9.30am Improvers (Level 2) Yoga, with Kate Cuddy 086 8214002
 11.30am Meditation with Anne Marie Maguire Email: *taichi.qigong.haven@gmail.com*
 4.00pm Group Guitar Class (Children): Alastair 089 966 1321
 6.30pm Teen Yoga, with Kate Cuddy 086 8214002
 7.00pm Bridge Club. New members welcome. Contact Séan O'Breasail 087 242 9691
 8.00pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

Wednesday

9.30am Gentle Yoga with Kate Cuddy 086 821 4002
 11.00am Mother & Baby Yoga with Kate Cuddy 086 8214002
 12.15pm Cork Parkinson's Support Group Meet 1st Wed each Month: Jackie 087 204 7169
 3.30pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2nd Week)
 4.00pm Irish Dancing with Jacintha O'Sullivan 083 162 2570
 6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291
 7.00pm Zumba Class. Contact Karine 087 784 0329
 8.00pm East Cork Community First Responders: 1st Wed Month: 086 2393676

Thursday

10.00am Tai Chi & Qigong with Anne Marie Maguire Email: *taichi.qigong.haven@gmail.com*
 5.00pm Yoga Bears Class 1, kids' yoga with Laura Maybury 085 732 2233
 6.00pm Yoga Bears Class 2, Kids yoga with Laura Maybury 085 732 2233
 7.00pm 7th Nov, Watercolour Art Class: Sarah Rohu 086 0619044
 7.30pm Exercise class with Conrad: 087 4199231

Friday

9.45am 'Language Rockets' for 0-3 age group 1 - *languagerockets@gmail.com*
 11.00am 'Language Rockets' for 0-3 age group 2 - *languagerockets@gmail.com*
 10.30am Active Retirement Fitness Class. Jill McNamara 086 813 8807
 2.30pm Music tuition by Afric: Piano/Violin/Ukulele 087 6577 938
 2.30pm Starstruck Studio : Ballet with Aisling Byrne -*aisling@starstruckstudios.org*
 3.00pm Free Little Library for Children: 1st Friday (each month): 3pm 021 4510 470
 6.00pm 8th Nov, 4-part birth preparation course led by Midwives: *@the_mammy_hub*

Saturday

10.00am CADA Performing Arts for Children. 021 486 6389
 10.00am Maeve O'Keefe Adult Art Class: 087 668 4021
Mon/Wed/Sat Meals on Wheels. Volunteers needed. Pauline Walsh 087 287 0409



WELCOME!

Hello to all our readers, and a warm welcome to this November/December edition of the *Glounthaune Community News*!

The editorial team invites you once again to contribute to our bi-monthly newsletter! Your insights and feedback are vital in helping us create a publication that truly reflects the Glounthaune community. This is your chance to be featured in Glounthaune Community News, and we'd love to share your contributions. Don't hesitate—let your voice be heard!

Submission Details:

- Topic: Anything that will engage our readers!
- Who Can Submit: Writers of all ages are welcome.
- Deadline: Submissions for the Jan/Feb issue are due by 27th December.
- Email: Send your submissions to newsgca2024@gmail.com.

For advertising inquiries, contact our office at 021-4510470 or consider sponsoring a future issue.

A heartfelt thank you to all our contributors, advertisers, and sponsors.

Dan Leo, Editor

Glounthaune Community News

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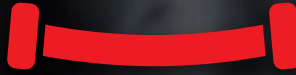
NOLLAIG SHONA DAOIBH



This time of year is not just about festive celebrations; it's also a wonderful opportunity to reflect on the spirit of community that binds us together. In Glounthaune, we take immense pride in promoting community engagement and providing enriching classes for both adults and children in our community centre. I'd like to extend our heartfelt gratitude to our partners - Glounthaune Tidy Towns, Glounthaune Meals on Wheels, and the Men's Shed. Your contributions have made a significant impact in our community, ensuring that we not only thrive but also support one another

in meaningful ways. Together, we have created an environment that is not just a place to live, but a place to belong. As we gather during this festive season, let us embrace the themes of peace, love, and unity. May these blessings surround you and your loved ones, filling your homes with joy, laughter, and warmth. May your Christmas be filled with happiness and your New Year with hope.

From Glounthaune Community Association



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Cllr. Sheila O'Callaghan



*For advice or
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Cllr. Anthony
BARRY

086 074 0394

anthonybarry2014@gmail.com



KNOW YOUR RIGHTS: SUPPORTS FOR OLDER PEOPLE & BUDGET CHANGES

Today Ciara O’Gorman, Development Manager with South Munster Citizens Information Service looks at the recent budget changes, particularly in relation to older people.

Is it a busy time for Citizens Information?

Yes, the recent Budget has given rise to a lot of queries as people try to work out how it will impact on their individual situation. A number of once-off payments were announced, and people are clarifying whether or not they will be eligible to receive them and also when these will be paid.

What is the expected date for these once-off increases to be paid?

- Once-off payment of €200 to people getting the Living Alone Increase in the week beginning 11 November 2024.
- Once-off payment of €300 to people getting Fuel Allowance in the week beginning 4 November 2024.
- Once-off payment of €400 to people getting the Working Family Payment in the week beginning 4 November 2024.
- Once-off payment of €100 for each qualifying child to people who get an increase for a qualified child in the week beginning 25 November 2024.
- Two double payments of Child Benefit for each child, one to be paid on 5 November 2024 and the second on 3 December 2024.
- A double week payment to people getting a long-term social welfare weekly payment in the week starting 28 October 2024 (in addition to the Christmas Bonus).
- Once-off payment of €400 to people getting Disability Allowance, Invalidity Pension or Blind Pension on 4 November 2024.

- Once-off payment of €400 to people getting Domiciliary Care Allowance and/or the Carer’s Support Grant in the week beginning 11 November 2024.

People on a disability payment such as Disability Allowance, Invalidity Pension or Blind Pension will Allowance, Invalidity Pension, Blind Pension, Domiciliary Care Allowance and/or the Carer’s Support Grant, you’ll get one payment of €400, even if you qualify for more than one of these payments or you are caring for more than one person.

There have been some supports for Carers also?

Yes, the Carer’s Support Grant has increased to €2,000 for 2025 and as mentioned those in receipt of the CSG will receive an additional once-off payment of €400 in November. A once-off double week will be paid to people getting Carer’s Allowance and Carers Benefit in October. The monthly rate of Domiciliary Care Allowance will increase to €360. The weekly rates of Carer’s Benefit & Carer’s Allowance will both increase by €12 per week.

Carer’s Allowance will become a qualifying payment for Fuel Allowance in January 2025, although you will still have to meet the requirements of the means test. Another positive development is that Carer’s Benefit will be extended to people who are self-employed from January 2025.

Today we are focusing on older people. What information and supports are available for older people from Citizens Information?

We provide information, advice and advocacy across a broad range of topics of interest to

older people. We get a lot of queries in relation to State Pensions and the other secondary benefits such as

Fuel Allowance, Free Travel and Household Benefits package. Other areas that we provide information would include the Nursing Home Support Scheme (Fair Deal), renewing driving licences, housing adaptation grants forms and much more.

A common belief is that everyone over 66 is automatically entitled to a State Pension. Is that correct?

No – that is a commonly held assumption but it is incorrect. There are two types of State Pension which you can apply for at 66 – the State Pension (Contributory) and State Pension (Non Contributory). To qualify for a Contributory Pension you must have a certain amount of PRSI paid, while for the Non-Contributory Pension, you must pass a means test and be habitually resident in Ireland.

If you are in receipt of Invalidity Pension, at 66 you transfer automatically to the State Pension (Contributory) at the full rate.

John O'Mahony (Volunteer) Eileen Griffin (Volunteer)

& Sinéad O'Regan (Information Officer) Cobh Office

How does someone approaching pension age know which to apply for?

If you have been in employment or self-employment and have a minimum of 10 years PRSI paid, you may have entitlement to a minimum State Pension Contributory. If you have either no PRSI paid here in Ireland or you have less than 10 years paid, you may be eligible to apply for the State Pension Non-Contributory. If you contact your local Citizens Information Centre we can go through your situation in detail & let you know what your options are.

This can be confusing for some people, and they would be unsure about how much PRSI they had paid & what amount of pension

they will receive?

Yes, we deal with this issue a lot. You are right, many people approaching pension age are unsure about the rate of State Pension they are likely to receive, particularly if they have had a varied employment history and they can also be unsure about the rules around calculating pension entitlement. At the CIS, we will always start by advising the person to get a copy of their social insurance record from the Department of Social Protection. When they receive that, we arrange to go through it for them and then we are able to make them aware of the likely level of pension their contributions entitle them to and how it is calculated. If people have gaps in their record, particularly people who may have been out of the workplace raising their children or took time out of work to provide full-time care to someone, we will always check to see if they are eligible for pension caring supports.

What are pension caring supports?

There are three pension caring supports, Homemakers Scheme, Home Caring period's scheme and the Long-term Carers contributions. These help people who have been out of the workplace providing full-time care to a child under 12 or an ill or disabled person over 12 to qualify for the State Pension Contributory. This is something we would go through with the person if they contact us.

Citizens Information Phone Service (CIPS) is a nationwide service that can be reached on 0818 07 4000, Monday to Friday, 9am to 8pm.

Citizens Information Centres (CICs) provide free, impartial information, advice and advocacy from centres nationwide.

**Your local Citizens Information Centre:
Cobh CIC, 8 Pearse Square,
Cobh, P24 A526
Phone: 0818 07 7960**

Festive Recipes



Spiced Red Cabbage:

Ingredients:

Serves 8, Prep 10 mins, Cook 35 mins.

- 4 tbsp Olive Oil
- 1 Red Cabbage, shredded
- 100g Frozen Cranberries or redcurrants
- 4 tbsp Honey
- 5 tbsp Balsamic Vinegar
- 2 tsp Cinnamon
- ¼tsp Ground Nutmeg.



Heat half the oil in a large pan or wok over a high heat. Add the cabbage and stir fry for 5 mins until softened and a little charred, then add the cranberries or redcurrants. Mix The remaining oil with the honey, vinegar, and spices. Pour over the cabbage and fruit mixture and continue to cook, tossing until the sauce reduces and coats the mixture in a glossy glaze. Season with salt and pepper to taste. This can be served right away, or cooled and stored in the fridge and reheated when needed.

Cranberry, Walnut, and Bacon Stuffing

Ingredients:

Servises 20 stuffing balls, Prep 25 mins, Cook 40-45 mins

- 400g Dried Cranberries
- 200ml (7fl oz) Red Wine
- 2 Large Onions, finely chopped
- 400g Bacon, chopped
- 100g Unsalted butter
- 4 Garlic cloves, crushed
- 1.1kg Sausagemeat
- 600g Fresh white breadcrumbs
- 2tbsp thyme leaves, chopped
- 4tbsp flat-leaved parsley, chopped
- 400g Walnuts, roughly chopped
- 2 medium eggs, beaten
- Salt & pepper



Soak the dried cranberries in the red wine for 2-3hrs, then drain completely. In a large frying pan, fry the onions and bacon in the unsalted butter for 4-5mins, then add the crushed garlic. Cook together for a further 1-2mins. Remove the mixture from the heat and allow to cool before transferring to a large mixing bowl with the drained cranberries and the remaining ingredients. Season with salt and pepper, use your fingers to gently mix everything. Roll into 20 balls and place in a baking dish, bake at 120C for 40-45mins, or until browned and cooked right through.



Solar Powered Safety Lighting at the Dry Bridge

Sustainability in Action

Contributed by Philip Quinlan



Glounthaune Tidy Town have sponsored the installation of Solar lighting on the pathway at the northern side of the Dry Bridge, keeping us safe and providing light during the winter months.

Some technical details: Solar panels have been erected on a metal pole that extends above the height of the bridge - to maximise sunlight capture from the south/south-east. Two sets of lights/sensors have been installed to accommodate people walking from both directions along the pathway. The solar panels are used to charge two Lithium-ion batteries that provide power to two independent 1400 Lumen LED lights.

To maximise energy efficiency, the Solar lights also contain Passive Infra-Red (PIR) motion sensors, Day/Night Sensors and Light Timers. There is still some ongoing work to optimise these sensors for autumn/winter weather conditions.



Watch out for this new safe amenity as you walk or drive by the Dry Bridge over the next few months during the darker days and longer evenings of the winter season.

Well done to Glounthaune Tidy Towns and Glounthaune Men's Shed

Special thanks to Derry Delaney, Joe Broderick, David Ogumbe and Philip Quinlan for their contribution to this project.



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Its state-of-the-art workshop, which has separate testing bays for HGVs and LGVs, is centrally located in Midleton, Cork. Our repair and maintenance facility is equipped with highly qualified technicians, tools, and equipment to facilitate the delivery of a quality service by an exceptional family-run business.



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FRAZZLED MAMMY ART / T-SHIRT ART EXHIBITION

Contributed by Maeve O'Keeffe



One of the venues where I teach children's art classes is My Place Hall in Midleton. During the summer I was asked if I would like to participate in a group art exhibition entitled 'I T-SHIRT'. It would be an exhibition of East Cork Artists of varied disciplines where the theme and material/media used for the design would be up to the artist. Each artist would be given a plain black t-shirt to work on.

This was an interesting challenge. I could tear it apart and do something sculptural with it, or paint a landscape or still life, like the ones I teach in my art classes. The design would need to be bright and colourful to stand out against the black background. Taking inspiration from home, what better than the bright poppies I'd painted on utility boxes in Glounthaune? I also love painting birds, like those in Harpers Island. As I had seen a kingfisher there last year, its bright blue and orange feathers would look striking for the t-shirt design. I used several layer of acrylic paints to achieve the strong colours I had in mind. The exhibition took place on October 18th. Sure enough, there was a wide range of work and artistic interpretation, and it was wonderful be part of this creative project.



In addition to my children's art classes, I ran a three week art course for adults in Glounthaune on Saturday mornings in October where we looked at still life, landscape and perspective. I may hold a similar course for adults in Glounthaune Community Centre in Spring 2025.

If you're interested, follow me on Facebook at facebook.com/frazzledmammy, visit my website at frazzledmammy.com/art-classes, or contact me at 087 6684021 for more information.



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CHRISTMAS CRAFT FAIR

Contributed by Kate Cuddy



Glounthaune Christmas Craft Fair proving to be an annual tradition!
Glounthaune Village Community Centre, November 30th 11-5pm

Looking for stress free, sustainable ways to do your Christmas shopping while supporting local producers and crafters?

Look no further than Glounthaune! Hosting the successful Upstart Music Festival in September, Glounthaune Community Association brings you its Christmas Craft fair, Saturday November 30th from 11am in Glounthaune Community Centre.

In its fourth year running, this mini craft fair is proving to be a draw to those interested in craft near and far, as well as an opportunity to create some family traditions. Set in the heart of Glounthaune village, adjacent to the Rising Tide pub and Glounthaune Children's playground and sensory playground, the location is a day out in itself

There will be over 20 stalls, selling everything from Jams to Jewellery, Candles to Cardigans, Ceramics to Chutneys, Tea to Textiles, Wreaths to Wraps and much much more

"There are so many talented crafts people in our community, who are struggling in this climate to find an outlet for their work. So, let's reduce our carbon footprint by giving the multinational online and high-street vendors and their delivery drivers a break! Walk, cycle, train or bus yourself to Glounthaune, and enjoy the Christmas shopping experience" enthused Kate Cuddy, event organiser.

Local business Nom Nom Café will be there to warm you up with a coffee, tea or a hot

chocolate and Fitzpatrick's Shop are kindly donating some of their sweet treats to sell at the charity cake sale stall. All can be consumed in comfort, in a heated Marquee while you soak up the atmosphere with local choirs providing festive entertainment.

Entry to this craft fair is free but visitors are encouraged to bring some cash as not all stall holders will have card facilities. No fundraiser would be complete without a raffle of course. So, spot prizes will be drawn throughout the day for a little extra buzz. In true community spirit all proceeds from the day will be split between Glounthaune Community Association for the upkeep of the community hall and Cork Simon Community.

Organizers say parking will be very limited in the village area and visitors are encouraged to walk and use public transport wherever possible.

Organizers are also looking for local volunteers to help with the decorating, setup and stewarding of the event. Or volunteers to make cakes for the charity cake sale stall. This is a fantastic event to meet your community and support a great cause and of course Christmas Shop!

For further information or images checkout the Glounthaune Community Association Facebook or contact:
Kate Cuddy, Tel. 086 8214002.
Email admin@glounthaune.ie



Glounthaune Community Association

CHRISTMAS CRAFT FAIR

Supporting local producers so that we
can buy handmade, sustainable
presents this year



GLOUNTHAUNE COMMUNITY CENTRE
SATURDAY 30 NOVEMBER
11 AM - 5PM

Crafts. Food. Drinks. Friends. Neighbours. Christmas Cheer!



UPSTART FESTIVAL GLOUNTHAUNE

Submitted by Jesper Pederson

UPSTART FESTIVAL

Upstart Festival 2024 was a roaring success! Last September saw the biggest crowd yet - brilliant day. Six rocking bands kicked off by Mossy, before the boys from Telebox took to the stage. Blistering sets from both, but an upstart crowd can handle anything, and anything was yet to come.

Single Men in their Twenties, loud, cheeky, and full of energy, left everyone buzzing. The Men from Manhole set the Weird'o'meter a notch higher with their eclectic performance. But the crowd screamed for more and got more. As darkness fell on Craig's Field, we were treated to an absolutely sublime performance—including stunning new material—from I Dreamed I Dream.

Upstart Festival was not yet over. Headliners Cardinals closed it out in style, with guitars set to kill. The Cork Showcase for 2024 ended with some absolute crackers, keeping the spirit and energy alive till the very last note.

A huge thank you to the many local businesses who sponsored the festival. Your support made this unforgettable event possible!

Special thanks to Upstart's organizing team: Kate, Richard, Claire, Carol, Ailbe, and Jesper. Your hard work and dedication made this event a smashing success.

And of course, we couldn't have done it without the massive team of local friends and neighbours who volunteered as stewards. Your efforts were absolutely vital in making Upstart Festival 2024 an amazing day for everyone.







TIDY TOWNS – A COMMUNITY WORKING TOGETHER



Contributed by Garry Tomlins

Tidy Towns Competition

As we stated in the last newsletter the Tidy Towns Competition awards are fast approaching and this year the awards ceremony will be held at Croke Park on the 1st of November. Keep your eyes and ears open to see if our efforts in 2024 will lead to an award!

A good sign is that three representatives of our committee have been invited to attend! Eyes and ears open, and fingers crossed! Will it be the big one?

The 2025 Competition

The focus of Tidy Towns now swings to next year and getting ready for Christmas and spring planting. We are always delighted to welcome younger members and “blood” them into Tidy Towns. Consequently, we look forward to our transition year students every year, who over the next few weeks will be planting out several hundred plants to welcome the spring. We would love to host more students but are limited by supervision capacity – so if anyone feels they can help here then contact the committee.

Social Media Initiative to Improve Communications

Don't forget to check out the Glounthaune Tidy Towns and the Glounthaune Community Association Facebook pages for news. Worth following for updates. Search Google or Facebook for Glounthaune Tidy Towns and join up!

In a new initiative Liam Wall has taken the lead in setting up a general GTT WhatsApp page, the idea is to improve our communications within our community and grow our interconnectedness. To join, contact Liam Wall on 087 799 2696 and get interconnected.

Glounthaune Men's Shed

We have just applied for pre planning for a new shed on a site provided by Cork County Council having completed the extensive documentation required. The

1200 ft² shed is targeted as being sustainable with solar panels with battery storage, rainwater harvesting and a high insulation coefficient. We hope with this initiative to be able to expand our activities and accommodate more members with more daytime activities in a warm environment

Glounthaune: Meals on Wheels



**NATIONAL
MEALS ON
WHEELS
NETWORK**

There is currently an urgent need for volunteers for the Meals on Wheels service in Glounthaune. The service, which delivers meals to the elderly and homebound three days a week, is seeking drivers and cooks to support their operations. Volunteers typically contribute one day in a five- or six-week rotation. If

you're available, you can contact Pauline Walsh at 087 2870 409 or via email at walshpauline@hotmail.co.uk for more information and to sign up.

This is a great opportunity to make a meaningful impact in your local community!

WALK IN THE PARK FOR PARKINSON'S

Submitted by Tara Connolly



Between 120 and 150 wonderful people attended the PI Cork Glounthaune branch "WALK IN THE PARK FOR PARKINSONS" from Sacred Heart Parish Centre to the Lee Fields on Saturday 21st September.

A positive, life-affirming, enjoyable event raising awareness of our mutual struggles with Parkinson's, getting us out exercising together in the fresh air on "THE BANKS OF OUR OWN LOVELY LEE" and **raising about 10k for support activities and research locally and nationally.**

If you know someone with Parkinson's in your area who may not be aware of the work we are doing please suggest to them to register their details on www.parkinsons.ie

Further information is available from jackieoreilly@parkinsons.ie mobile 087 2047169 or <https://www.parkinsons.ie/>.

Meet with your local group in Glounthaune Community Centre, Co Cork, T45 K124. Meet: First Wednesday of each month from 12.30.



Fundraiser



We wish to thank our sewing teacher, Joanna O'Dowd of **Feeling Crafty** for volunteering her time and donating the proceeds of her class to the GCA fundraiser. A fun and creative class was held on the 17th of October with some stunning Pumpkins created, well-done everyone.

FAIR DEAL AND THE CHANGES BROUGHT ABOUT BY THE ASSISTED DECISION MAKING (CAPACITY) ACT 2015 AS AMENDED ON THE 26TH APRIL 2023

Contributed by Teresa O'Sullivan

It is the case now that in the event that there is an application required by a family member or relatives who wish to assist a person with diminished capacity to complete an application for Nursing Home Support under the Fair Deal Scheme and more importantly to apply for the Ancillary Nursing Home loan this has become much more complex and difficult. This is due to the fact that the role of Care Representative was abolished as a result of amendments which were made to the Nursing Home Support Scheme Act, it would appear that the Oireachtas and those advising the Oireachtas envisaged no role for the County Registrar in the Decision Representative Application process. It is now necessary for family members or relatives or third parties to make an application to a Judge of the Circuit Court to seek to have a Decision Making Representative appointed.

The demise of the Care Representative has had a number of very significant implications for vulnerable persons and those family members and relatives seeking to have any person looking to maintain or transition long term residential care. A Care Representative application was made historically to the County Registrar and there was no necessity to bring preliminary leave application to the court or to process a complex application with onerous requirements in terms of completion of documentation and service of same and attendance at court to make the application to a Judge. The County Registrars courts are held frequently in each area and these courts are accessible in person and in some areas online. Circuit Court staff were extremely well versed in these applications, resulting in Care Representative Applications being straight forward with minimum paperwork. Medical Practitioners, in particular hospital doctors and medical social workers were very familiar with the application papers and facilitated speedy responses. Attendance at a

County Registrar's court was less costly than appearing before a Judge of the Circuit Court and certainly less intimidating and formal than a conventional Circuit Court session. In my view very little consideration was given to the radical changes to the operation of the Fair Deal Scheme and the concerns of the legal profession who represent vulnerable persons were not afforded appropriate or any consideration. This applies to other far reaching changes introduced by the 2015 Act, not least in respect of the creation of Enduring Powers of Attorney which will be the subject to another article. The process of obtaining a capacity report and of applying to have a Decision Making Representative appointed can occur at a time when a vulnerable person is discharged from an acute hospital to long term residential care. Transitional funding is now provided for ten weeks. This is a very short period of time within which to obtain a Capacity Assessment and to process all of the relevant documentation which is complex, serve the documentation and attend at court for a substantive hearing seeking the nomination of Decision Making Representative. In reality it is next to impossible to complete this process within ten weeks. Then the Fair Deal application will have to be finalised by the appointed Decision Making Representative. Prior to the changes, a Care Representative could make the application for ancillary state support to complete the Nursing Home Support Scheme application process and liaise with the Health Service Executive. The Care Representative Application process overseen and processed by the County Registrars court and their staff throughout the state was accessible, cost effective, efficient and subsisted for almost 15 years in a highly effective manner. The process was extremely user friendly and in the event that applicants decided to process the application in person or use the services of their Solicitor the process worked very well

for all parties. There was absolutely no reason why the role of Care Representative could not have co-existed effectively and successfully within the context of the Assisted Decision Making Capacity of 2015 as amended on the 26th April 2023. It is inevitable that the significant number of delayed discharges in the acute hospital system will result. It is widely reported that the delays associated with the appointment of the Decision Making Representative are resulting in significant debt accumulating also to nursing home providers. Due to the aging population

there was a considerable increase in the appointment of Care Representatives. It is to be clear that the role of a Care Representative was limited in the context of the Fair Deal application. It is likely that those in need of this facility will not have the financial resources to do so or indeed that limited financial resources which should be used for the benefit of the vulnerable person are required for this process. It would appear unnecessary for a Decision Making Representative to be appointed when a Care Representative application would have sufficed.

THE HISTORY OF THE NORTH INFIRMARY HOSPITAL - A TIME LINE

Contributed by Catherine Murphy (Author)



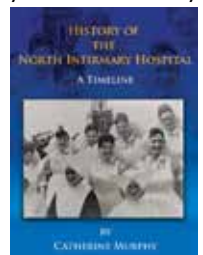
We have all heard the saying, if it is not in writing it never happened. Hence the reason to record our heritage and history in the written word, be it digital or otherwise.

I realise there are some readers of this newsletter who have never heard of the North Infirmary Hospital. I also realise that almost all readers will have heard of the patriot Robert Emmet. How many of you know that his father was a doctor and worked in the North Infirmary Hospital in Cork?

According to hospital records, it was in 1760 that Robert Emmet. (1729–1802), father of the famous United Irishman of the same name,

joined the staff, specialising in fever cases. He worked in the hospital for ten years and resigned in 1770 to take up the position of state physician, which he held until his death in 1802. Dr Emmet had been born in Tipperary on 29 November 1729. He was educated in Ireland and studied medicine in Edinburgh. When he returned to Cork, along with his appointment as physician in the North Infirmary, he ran a busy private practice. He was a great admirer of William Pitt the elder and raised money to erect a statue in his honour. This statue stood at the door of the old exchange office in Cork. Dr Emmet and his wife Elizabeth (née Mason), a Cork native, had seventeen children but only four survived to adulthood. He instilled a strong patriotic spirit in them.

His son Robert, in his famous speech from the dock prior to his execution in 1803, paid an eloquent tribute to the teaching of his father. In March 1798 another son, Thomas Addis, was arrested, before Lord Edward Fitzgerald's abortive revolt of 1798. He had tried to induce the rebels to wait for French military aid. He was arrested on 12 March and imprisoned until 1802. Dr Emmet retired from active practice in 1798, his health in decline and his peace of mind shattered due to the political activities of his sons. Despite his failing health, he continued his role as State Physician. He died on 9 December 1802 at his Country home at Casino, Milltown, Co. Dublin and is buried in St Peter's church, Aungier Street, Dublin.13. TBC



JUST FOR FUN

Wordsearch: No 5

Christmas



I	K	M	M	D	N	O	D	G	Y	M	A	S	B
J	O	S	A	A	C	L	E	I	T	A	E	N	H
A	C	A	A	E	T	N	D	M	I	N	Y	O	D
C	T	M	E	R	S	M	C	A	V	E	N	W	E
K	F	T	F	B	S	E	O	N	I	G	S	F	C
F	R	S	A	R	E	R	C	G	T	I	A	L	O
R	I	I	M	E	N	R	R	E	A	F	N	A	R
O	E	R	I	G	A	Y	A	R	N	T	T	K	A
S	N	H	L	N	C	C	C	Y	E	S	A	E	T
T	D	C	Y	I	Y	S	K	A	I	N	C	Y	I
E	S	R	N	G	D	E	E	A	A	C	L	G	O
R	G	G	K	O	N	T	R	E	E	L	A	N	N
F	J	E	N	I	A	S	S	S	O	O	U	L	S
A	N	G	E	L	C	F	M	J	N	A	S	A	I

Angel

Nativity

Decorations

Jack Frost

Family

Decorations

Manger

Gingerbread

Gifts

Friends

Crackers

Candy Canes

Santa Claus

Merry Christmas

Snowflake

Tree

Jolly

Sudoku Puzzle: No 5

	9	7			1			
1		5		8				2
				4	9			
			8			9	3	
8				6				
	2		7			6		
		1		3	5		2	
								6
9							5	4

The 1% Glounthaune Club!

	18				
9	38	6			
	17				

	12				
8	29	3			
	12				

	13				
11	?	7			
	8				

Fill in the question mark!

Solutions will be available on the
Glounthaune Community Association Facebook in due course



Services

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**Fiona Twomey
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3, Eastgate Village,
Little Island,
Cork

Tel: 021 4355 405
Email: fiona@fionatwomey.ie

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Active Retirement

Jill McNamara 086 813 8807 GCC

Highlands Bridge Club Seán O'Breasail
087 242 9691 GCC

Gramophone Circle

Valerie 086 384 1974

Gaeilge Bheo/Irish Speaking

Lena Ui Dhubhghail 021 435 3708 GCC

Indoor Bowls

Hazel Foley 087 220 1483 EO

Probus

Richard Guinee 086 063 8933

Seanoiri

Peggy Dunne 087 778 6357

Children's Groups/Clubs

Erin's Own email: cork@lgfa.ie

Martin Bowen 086 417 6345 Ladies Club:

Catherine Cogan 086 257 7972

80th Cork Scouts

Little Island, Co Cork 80thcork@gmail.com

Leeside United

Little Island, Co Cork www.leesideunited.ie

Church Groups

Sacred Heart Church Glounthaune

Parish Office: 021 435 3366 10am-12 Mon-Fri
office@glounthauneparish.ie

Mass: Mon-Wed 10am Sat 6pm /Sun 12 noon.

St Joseph's, Little Island

Mass: Thu-Fri 10am Sun 10.30am

St Mary's, Knockraha

Mass: Knockraha Sun 9am

Baptist Church

Robert Ellis 083 346 7869 Sun 10am
Community Centre

Church Of Ireland: Rev. Elise A. Hanley
rector@cobhglanmire.org 087 790 2348
Cobh & Glanmire Union of Parishes.

Community Groups

Community First Responders

CFR 086 239 3676

Glounthaune Community Association.

New members always welcome
021 451 0470

Glounthaune Church Choir

New members welcome
Mary Barry 086 204 8378

Glounthaune Church Flower Team

Valerie: 086 384 1974

Meals-on-wheels

Pauline Walsh 087 287 0409
New cooks/drivers needed GCC

Men's Shed

Garry Tomlins 086 231 3963

Parkinson's Association: East Cork

Jackie O'Reilly 087 204 7169 GCC

St Vincent De Paul

021 427 0444 / 087 1520 360

Tidy Towns

Ailbe Ryan 086 323 0337

Adult Classes

Seniors Stretching, Joint

Mobility & Movement Class

Esther 087 236 1759 PC

info@estherwallyoga.com

Yoga & Birth Preparation

Esther Wall 087 236 1759

info@estherwallyoga.com

Yoga Kate Cuddy 086 821 4002

katecuddy@gmail.com GCC

Glounthaune Community Centre:

Tel 021 451 0470

Postcode T45 K124

Email: thegcacork@gmail.com

Website: www.glounthaune.ie

(GCC) Glounthaune Community Centre
(PC) Glounthaune Parish Centre (EO) Erin's Own

JUST FOR FUN - SOLUTIONS

Wordsearch: No 4

UPSTART FESTIVAL

V	E	I	K	B	T	M	H	S	N	X	Z	F	C	W	Z	K	Y
Z	B	X	G	P	H	A	W	C	P	S	J	Q	C	O	L	N	A
S	Z	J	N	L	E	E	R	J	R	E	L	O	A	H	M	L	T
Y	M	Y	I	T	L	R	K	T	P	I	Y	O	A	D	C	S	G
N	O	W	P	S	O	D	J	E	W	V	B	G	G	A	M	B	Q
E	S	N	F	A	V	I	A	L	U	O	Q	A	R	I	W	U	Y
I	S	G	O	E	E	D	A	E	R	O	R	D	N	G	L	J	T
R	Y	L	S	B	B	E	I	B	W	M	I	V	Y	I	R	A	X
B	M	B	N	Y	U	M	V	O	Z	N	Y	X	M	P	G	I	Z
O	J	Q	A	T	Z	A	Y	X	A	I	H	Y	I	P	U	D	D
D	F	H	T	T	Z	E	Y	L	S	Y	S	A	T	J	Q	I	X
A	U	R	L	E	D	R	S	F	M	N	V	S	I	A	D	Z	X
E	I	S	U	R	E	D	Y	P	P	A	H	Y	T	T	E	R	P
N	R	A	S	P	X	D	K	G	T	M	E	Y	N	G	D	A	S
I	G	O	D	A	L	O	N	E	Z	N	O	Z	Z	M	B	M	C
S	T	T	I	M	S	V	I	Q	R	V	M	E	W	K	E	N	E
E	L	O	H	N	A	M	M	O	R	F	N	E	M	E	H	T	M
T	H	E	F	R	A	N	K	A	N	D	W	A	L	T	E	R	S

Cardinals

Dreamed I Dream

The Men from Manhole

SMITT

Telebox

Mossy

God Alone

The Love Buzz

Pretty Happy

Sultans of Ping

The Frank and Walters

Gina Birch

Sinead OBrien

mhaol

Pretty Beast

Sudoku Puzzle: No 4

8	6	9	4	1	7	3	5	2
3	5	1	2	8	9	4	7	6
2	4	7	6	5	3	8	1	9
6	2	4	1	3	8	5	9	7
5	9	3	7	2	4	1	6	8
7	1	8	9	6	5	2	4	3
9	7	2	3	4	1	6	8	5
1	3	5	8	7	6	9	2	4
4	8	6	5	9	2	7	3	1

The 1% Glounthaune Club!

8	-	5	+	3	=	6
-		+		-		
6	+	9	-	1	=	14
+		-		+		
7	-	4	+	2	=	5
=		=		=		
9		10		4		

Enter numbers in each row and column to arrive at the end totals. Only numbers 1 through 9 are used, and each only once.

Solutions will be available on the
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Involved
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