

Glounthaune COMMUNITY NEWS

Sept/Oct
2025



GLOUNTHAUNE COMMUNITY ASSOCIATION

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COMMUNITY CENTRE ACTIVITIES



Classes available in *September & October 2025*

Exciting news! Autumn classes are restarting at the Community Centre.

Fun and learning for Kids and Adults — everyone's welcome! Check out what's on offer below.

Glounthaune Community Centre: T 021 4510470 E: thegcacork@gmail.com www.glounthaune.ie

Monday

- 10.30 am Active Retirement Fitness Class. Jill McNamara 086 8138807
10.30 am Buzzi Bounce Box: Children's Movement Class: buzzi@bouncebox.ie
2 pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169
4 pm Cowhie Ryan Irish Dancing, Suzanne O'Neill 086 026 6110
6.30 pm Feeling Crafty Sewing Class:
Joanna www.ioannasfeelingcrafty.com 086 856 3291
6.30 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002 www.katecuddy.yoga
8 pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002 www.katecuddy.yoga

Tuesday

- 9.30 am Improvers Yoga, with Kate Cuddy 086 8214002 www.katecuddy.yoga
3.15 pm Group Guitar Class (Children) Age 6 - 11yrs: Alastair 089 966 1321
7 pm Highlands Bridge Club. New members welcome. Seán O'Breasail 087 242 9691
8 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

Wednesday

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

Thursday

- 9.30 am Qigong, 8 Silk Brocades: Anne Marie Maguire:
Email: taichi.qigong.haven@gmail.com www.taichiqigonghaven.ie
10.45 am Chair Qigong & Contemplative Meditation Anne Marie Maguire (see above)
12 pm Tai Chi with Anne Marie Maguire Email: taichi.qigong.haven@gmail.com
5 pm Yoga Bears Class, kids' yoga with Laura Maybury 085 732 2233
7 pm Sarah Rohu Watercolour Class www.sarahrohu.ie info@sarahrohuillustration.ie
8 pm Adult Exercise class with Conrad: 087 419 9231

Friday

- 9.45 am 'Language Rockets' for 0-3 age group - language-rockets@gmail.com
10.30 am Active Retirement Fitness Class. Jill McNamara 086 813 8807
11.30 am Craft & Chat Group meetup. All Welcome. 086 813 4131 Tara
2.30 pm Starstruck Studio: Ballet with Aisling Byrne - aisling@starstruckstudios.org
3 pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

Saturday

- 10 am CADA Performing Arts for Children. T 021 4866389 info@cadaperformingarts.ie

WELCOME MESSAGE

Hello everyone, and welcome to this edition of Glounthaune Community News!

We always enjoy hearing from our readers and are especially delighted when we get new contributors. If you've ever thought about writing something—why not give it a go? Thank you to everyone who shared their articles for this issue.

If you'd like to be part of a future edition, we'd love to hear from you.

Please keep your article under 500 words, and feel free to include photos.

Send your piece (in Word format) to **newsgca2024@gmail.com**.

The next deadline is **17th October**, so there's plenty of time to get writing!

Dan Leo, Editor

Glounthaune Community News



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Cllr. Sheila O'Callaghan



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Cllr. Anthony
BARRY

086 074 0394

anthonybarry2014@gmail.com





Contributed by Ailbe Ryan



On behalf of Glounthaune Tidy Town Committee, I would like to extend our sincere thanks to everyone who supported our audit of Harper's Island by Eamon Ryan as part of Ireland's Greenest Places.

I am pleased to say the event went very well. A special word of thanks goes to the children, kindly brought along by Lilly and Jennifer. They were wonderful, and their participation added greatly to the occasion.

Keep an eye out for a newsletter article and photographs, as well as coverage in *The Irish Times* sometime in September.

We were especially encouraged by Eamonn Ryan's very positive feedback. He noted how valuable it was to see such strong involvement from local groups including the Men's Shed, Birdwatch Ireland, the Cork County Council Steering Committee, and of course, GTT/GCA.

While the audit was underway, there was also a steady flow of visitors to the amenity, which added further to the atmosphere and sense of community support.

Harper's Island is a nature reserve and wetland habitat, managed for conservation and public enjoyment. We are very fortunate in Glounthaune to have such an amenity on our doorstep.



RECIPE CORNER - JOLLY JARS

Apples Galore - Contributed by Ally Hayes

"Seasons of Mist and Mellow Fruitfulness ..."

As John Keats put it...Autumn is upon us. From the forbidden fruit in the Garden of Eden to Snow White's unfortunate incident with the poisoned apple to apple bobbing at Halloween, A is for Apple is quite possibly the first alphabetical word that we learned as young children. In Celtic mythology apples were a symbol representing fertility and healing, and in Ireland apples and apple orchards have been part of our landscape and a food source since very early times. Evidence from apple pips unearthed in archaeological sites show apple consumption in Ireland dating back to the indigenous wild crab apple that was consumed by Mesolithic hunter-gathers over 9,000 year ago. Apples are one of our oldest cultivated fruits, a named and protected species described in the Brehon Laws of the 7th and 8th centuries as one of the 'seven nobles of the woods'. I certainly grew up with the saying 'an apple a day keeps the doctor away' and although rather a bold promise, apples are certainly a healthy and portable food and a lunch box staple for many Irish children, as well as being an incredibly versatile ingredient in our cooking. Apple harvest in Ireland begins in mid-August and depending on the variety extends through September and well into October. Dessert or eating apples such as Discovery and Elstar, Irish Peach and Ard Cairn Russet, culinary or cooking apples such as Bramley and importantly from a commercial perspective cider apples are all grown in Ireland. Every Irish home has a favourite apple pie, tart or cake recipe so here is mine to share with you:



Irish Apple Pie

Ingredients

225g sifted plain flour mixed with ½teaspoon baking powder
 110g cold butter cut into cubes
 125g caster sugar
 1 large and lightly beaten free-range egg plus egg or milk wash to glaze
 50-125mls whole milk
 4 large peeled and cored cooking apples, cut in to bitesize pieces
 2-3 cloves (optional) or ½teaspoon of cinnamon (optional)

Instructions

1. Preheat oven to 180°C/350°F
2. Add flour and baking powder to a large bowl with the butter. Rub together with fingertips until mix resembles fine bread crumbs
3. Add 75g of the caster sugar stirring lightly with a rounded kitchen knife
4. Make a well in centre, add the egg and enough milk to form a soft dough
5. Divide dough into 2 equal portions. Put one half into a lightly buttered oven proof plate and press out with floured fingers to cover base
6. Wrap remaining dough portion in cling wrap and refrigerate for 15 minutes

7. Add in the apples, cloves and cinnamon (if using)
8. Sprinkle over the remaining sugar
9. Flour your rolling pin and on a floured board roll out the chilled dough and place on top of the apples with a small overhang on your pie-plate. This can be tricky as the dough is more like a scone dough than traditional pastry. I often find it easier to press the dough out onto a piece of parchment paper and then flip this over onto the top of the apple filling
10. Using a fork dipped in flour press all around the sides of your pie-plate to seal the edges closed. Cut a slit through the middle to allow the steam to rise and egg wash for a nice shiny finish. Bake for approximately 40 minutes (all our ovens are different) until golden browned on top
11. Dredge with caster sugar and serve warm with softly whipped cream

If you are lucky enough to have a plentiful supply of apples they can be easily stored whole. For shorter term storage (weeks) simply pop fruit into the bottom drawer of your fridge. For longer-term storage, unblemished apples can be wrapped in squares of wax paper or newspaper and placed in a single layer a wooden box or on shelves in a cool dark place like an unheated garage, cold cellar or cool, dark room such as a pantry. If opting for a garden shed great care must be taken to monitor any unwanted mice-like visitors!! You can inspect your apples from time to time. A great option tho' would be to freeze your harvest by making a simple stewed apple or apple puree. Or freeze apples in thick slices and use later for baking and in pies.



Blanching Apples for Freezing

Instructions

Peel, core and slice your apples thickly. Make your blanching liquor by dissolving 2 teaspoons of salt in a small amount of warm water and then increasing the volume to 1 litre with cold tap water. Submerge your prepared apples for ten minutes, then lay out the slices on racks in your freezer for 24 hours before adding into to a freezer proof container. You can add one teaspoon of lemon juice to each litre of water if you wish.

TO INVER GARAGE GLOUNTHAUNE - A BIG THANK YOU

Contributed by Teresa O'Sullivan

Thank You!

Recently I pulled into Inver Garage in Glounthaune to get diesel. When I returned to my car the parking brake would not release. In spite of several offers of assistance (for which I am very grateful) the car would not budge.

When Mick from the Inver Garage realised I was in trouble he came out and I must say he couldn't have been nicer as I was very stressed. There were offers of tea and coffee and reassurance that these things happen and to take my time. After some time roadside assistance contacted me and recommended a course of action which involved me going for a walk for twenty minutes after which the software in the car re set, thankfully.

I returned later on foot to thank Mick personally so a big thank you to them as I was holding up one side of the forecourt on a busy Wednesday morning.

LEARNING TO REGULATE YOUR NERVOUS SYSTEM WITH YOGA

Contributed by Kate Cuddy



Nervous system regulation refers to the body's ability to maintain balance and adapt to stress by managing the interplay between the two main nervous systems: **The Sympathetic Nervous System**, which is activated during stress, triggering the "fight-or-flight" response (e.g. increased heart rate, rapid breathing, etc.); And **The Parasympathetic Nervous System** which is activated during relaxation, promoting "rest-and-digest" functions (slowing heart rate, aiding digestion, processing and healing).

Regulation of our Nervous system is essentially about our ability to move effectively between states of alertness and calm, allowing for optimal functioning and resilience in the face of challenges.

Why is it important?

Resilience:

Effective nervous system regulation helps individuals bounce back from stressful events and maintain emotional stability.

Mental and Physical Health:

A dysregulated nervous system can contribute to chronic stress, anxiety, fatigue, and various physical ailments.

Optimal Functioning:

Balanced nervous system activity supports better cognitive function, decision-making, and social interactions.

How YOGA can help:

Yoga offers various practices to help regulate the nervous system, promoting relaxation and reducing stress. Specific poses, breathing techniques, and mindful movements can shift the body from a state of stress (sympathetic nervous system activation) to one of calm and rest (parasympathetic nervous system activation).

Yoga Classes in Glounthaune.

Yoga classes are held on Mondays, Tuesdays and Wednesdays in Glounthaune Community Centre. A new term starts on Monday 8 September. Beginners and more advanced practitioners are welcome.

For more details and booking go to www.katecuddy.yoga/classes or contact Kate on 086 821 4002 / katecuddy@gmail.com

KATE CUDDY
YOGA

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Domestic Solar Energy – some Frequently Asked Questions!

Contributed by Liam Wall (email: Wall16CC+TECHCORNER@gmail.com)



Solar power is on the rise in Ireland. As of June 2025, over 138,000 homes have rooftop panels installed and are enjoying lower electricity bills, while contributing to meeting our CO2 climate change targets. But there is still a lot more that can be done, as an estimated 1.4 million homes of Ireland's 2.4 million housing units are suitable for installation of solar panels.

The driving force isn't just to decrease domestic electricity costs for the customer – it also reduces emissions

and helps to create a more secure and reliable energy supply that protects us from price shocks and fossil fuel supply issues.

How does it work?

Photo Voltaic (PV) Solar panels on the roof of a domestic property work by converting energy in the form of sunlight to electricity, which can be used in the same way as electricity from the grid – for heating, lighting, cooking, entertainment devices etc as well as to charge batteries for storage and subsequent use, charging electric vehicles, heat pumps etc. Excess energy can be returned to the grid for credit.

How much could it cost?

A typical 12 panel system to generate a maximum of 4.8kW could cost between €7,000 and €10,000. This would include the system design and site survey, installation of panels, electrical equipment and controller electronics, compliance and grant application, smart phone app set-up and demo, and connection to the grid. Grants are available from the Sustainable Energy Authority of Ireland (SEAI), up to a maximum grant in 2025 of €1,800. Adding a battery would add an additional €3,000 to €5,000 or more depending on the battery capacity chosen. However, while a battery offers additional flexibility to store electricity and use it later, it's not essential, as excess energy can be sold back to the grid for a credit. Buy-back rates vary by provider and typically range from ~€0.16 to €0.25 per kWh, depending on the supplier.

What could the financial payback be?

An Example

Installation: 13 PV panels on south facing roof. Each panel can generate a maximum of 0.4kW, for a total capacity of $13 \times 0.4 = 5.2\text{kW}$. No battery, all excess energy exported to grid.

Installation Cost: €8,800

Grant: €1,800 for 2025, SEAI domestic solar PV grant in 2026 is expected to be €1,500.

Net Cost: €7,000

Estimated annual saving: €1,350 (made up of solar energy replacing energy from the grid and solar energy exported back to grid).

In this very simplified example, the payback period would be between 5 and 6 years. However, every domestic installation will have its own unique calculations, as the annual savings will depend on a number of factors including

- Usage pattern of electricity in the home
- Tariff chosen (unit night rate vs peak rate)
- Number of panels and aspect of the roof (South or East-West facing)
- Whether or not a battery is used to store electricity or to charge electric vehicles
- Whether or not “off-grid” working is required – with some additional hardware called a changeover switch, the system can isolate itself from the grid in the event of a grid outage due to a storm or other event to provide further energy security.

How do I learn more?

Many companies are offering “turnkey” solar systems installation with SEAI grant eligibility, including those listed in the table below. Check out their websites for more details.

Company	Key Offerings	Website
Wizer Energy Ltd	Domestic/commercial PV, infrared heating, EV charging	wizerenergy.ie
PV Generation (PVGEN)	Residential/commercial/agri PV, battery & EV systems	pvgeneration.ie
Activ8 Solar Energies	PV installations, EV chargers, storage since 2007	activ8energies.com
Bord Gáis Energy	Solar PV with energy package services	bordgaisenergy.ie
Solar PV Energy	All-scale PV installs, SEAI grant handling	solarpvenergy.ie
Southern Solar Electrical	PV & EV installs, SEAI & Safe Electric certified	southernsolarelectrical.com

¹**Note:** Author is not connected with any of these companies and is not being paid to mention them. They're just examples of installers working in Cork and around Ireland. This isn't a recommendation list — it's always a good idea to shop around, get a few quotes, and see what works best for your own home.

FRAZZLED MAMMY ART - COMIC BOOK CREATIVITY

Contributed by Maeve O'Keeffe



One of the joys of teaching art is the variety of subjects to draw and paint, and the range of projects that can arise. I always include some comic book drawing in my children's art courses and this June, I was delighted to be asked by Cork County Council Arts to give a comic book course for Crinniú na nÓg in Midleton library. We worked on a space story, and it was fabulous to hear the discussion and imagination at play to create different monsters and space aliens!

Similarly In July I worked with a group who created a story based on four children who gain superpowers. They use their individual powers to battle bullies and an angry robot! Again, it was very rewarding to tease out a story and work with the children on designing their characters. The children came up with the title 'The Special 4ces,' very appropriate for the team of superheroes outsmarting the bullies! In fact, this story is being published and launched on August 27th by Enable Ireland.

There are so many benefits to doing art. It helps to develop creativity and imagination, which in turn can benefit writing, especially when it comes to doing essays for homework! Comic book drawing is really an essay in pictures.

In my art classes each week I put up a new drawing or painting. The children can either do the artwork I demonstrate, or use their imagination and favourite colours to create their own version, or even do something completely different! For me, the important thing is that children are enjoying art and can happily chill out doing what they like to do, while learning something from that week's lesson - be it learning about landscape, still life, light and shade or drawing cartoon characters like the ones we see in comic books!

My new 13 week autumn term of children's art classes will begin this September in Glounthaune, Midleton and Glanmire.

If you're interested in art classes, follow me on Facebook at facebook.com/frazzledmammy, visit my website at frazzledmammy.com/art-classes, or contact me at **087 668 4021** for more information.



LEGAL ISSUES - PEDESTRIANS AS ROAD USERS

Contributed by Teresa O'Sullivan

Road safety is a shared responsibility between pedestrians, drivers and cyclists. In Ireland pedestrians are considered to be vulnerable road users and the Road Traffic Acts and Road Safety Authority set out the rules and regulations governing the use of roads. To help reduce fatalities and injuries, it is essential for both drivers, cyclists and pedestrians to acknowledge that they should work together. Pedestrians can increase their safety by using designated crossing, wearing high visibility clothing while drivers and cyclists can ensure they stay vigilant and avoid distractions at all times especially in populated areas such as school zones and pedestrian crossings.

Drivers can contribute to road safety in the following ways:

- Reduce speed in populated areas. Slow down in pedestrian heavy locations such as school zones, shopping areas and urban streets, stick to the speed limits that apply in these built up areas;
- Stay vigilant at crossings. Always check for and be aware of pedestrians at pedestrian crossings, intersections and bus stops. Avoid distractions, checking your phone, checking the radio or grabbing a quick bite while driving can make it easy to miss pedestrians;
- Adapt to weather conditions. Rain and fog can reduce visibility and drivers should be extra cautious in such conditions and reduce their speed;
- Ensure vehicle safety. Make sure your head lights, indicators and breaks are working properly as this helps pedestrians and other road users to see and react to you;
- Display good driving habits. Children imitate so driving on your best behaviour naturally will encourage them to do the same when they are of age for driving;

What pedestrians can do to stay safe:

- Use designated pedestrian crossings where possible. Cross at pedestrian crossings, pedestrian bridges or pedestrian walk ways, always check the crossing is clear and wait for the correct signal before crossing;
- Increased visibility. Pedestrians need to make themselves visible wearing brighter reflecting clothing especially in localised conditions makes it much easier for drivers to see pedestrians react in time;
- Limit distractions. Avoid looking at your phone or using headphones when crossing the road;
- Be extra cautious at junctions even when signals indicate it is safe to walk, always double check for oncoming traffic;
- Educate children and elderly family members. More vulnerable road users should feel comfortable with essential road safety knowledge. Teach your children good road safety habits when out together;
- Pedestrians have a right of way at zebra crossings and when already crossing at a junction and vehicles are turning into a road. However, pedestrians are required not to step suddenly onto the road where vehicles cannot reasonably stop.
- Pedestrians must not walk on motorways or high speed dual carriageways, except in an emergencies.

Road safety is a shared safety responsibility and does not rely solely on one group. Pedestrians, drivers and cyclists needs to work together. Government and Local Authorities have a role to play by approving infrastructure, signage and implementing better road safety education and enforcing stricter penalties for reckless behaviour, respect awareness and cooperation are key either walking or driving. A moment of caution could prevent a life time of regret.

Editor's Note

The following article from the Irish Independent (6th August) is being shared with our community.

Over the past six years, a huge amount of time, effort, and dedication has gone into this project, and it is important that everyone in Glounthaune is fully aware of its progress and significance.

As the article highlights, there is a serious unmet need for rightsizing in our community. Addressing this issue will be vital for the well-being and sustainability of Glounthaune into the future. We encourage all readers to take note of the points raised and to reflect on how they affect our local area.

Cork group left devastated as plans for elderly housing blocked

A Bórd Pleanála overturns Cork County Council's approval for Glounthaune retirement village, leaving community group devastated after €120k investment and years of planning. A community group on the outskirts of Cork City say they have been left heartbroken, following a decision by An Bórd Pleanála to reject planning permission, previously granted by Cork County Council, for a retirement community in the local area. The Glounthaune Homes Trust is an organisation tied to the local community association, which aimed to construct the retirement village, give elderly people in the area an opportunity to sell their homes, and move into the community, benefiting from company, security, and a location close to transport links and amenities. The group has invested over €120,000 of their own money into the project, and having received planning permission from Cork County Council, they then had their application referred to the national planning authority, following an objection from a neighbouring developer, citing density concerns which the group say left them blindsided. The village of Glounthaune is a hub for a much wider parish that stretches from the village itself on the lowland, next to the Lee estuary, all the way up and over the nearby valley. Many elderly people in the area are living in their own houses, and are left increasingly isolated, but with no other option than to move away from their community and into nursing homes in Midleton or Cork City.

"We had one lady who used to live up over the bridge here," Jill McNamara from Glounthaune Homes Trust explains about how the idea came about. "She was in a Nursing Home in East Cork, and I went down to see her with another friend " "I said, "I'll take you for a drive" and she said, "You won't, because I won't come back here if you do. I hate it here. "It's about keeping people in their own environment, within their own neighbourhood, where they won't be totally isolated. What happens then is that they go into themselves, they suffer from mental illness, and this is where my initiative came from."

The group spent some years seeking a suitable plot of land for the project, and was ultimately gifted a plot, within five minutes' walking distance from the train station, which provides direct links to Cobh, Midleton, and Cork City. Eventually, a local family gifted a 1.25-hectare site to the trust, which underwent extensive environmental studies as part of the planning process. The group initially planned to submit plans for 10 houses before adding six more at a later date. Developers Bluescape Ltd - who previously had a large-scale strategic housing development for 289 residential units at a nearby site, refused by the council - submitted their objections to Cork County Council, on the basis of access on the nearby laneways of The Terrace and Priests Hill, which encroached on another smaller development they had on neighbouring land. As

part of the objection, the developers cited the laneways' unsuitability for their own project, which was a factor in its refusal. On February 27, Bluescape Limited submitted its appeal to the national planning authority. According to the ABP report, the appeal focused on the suitability of the development regarding the updated County Development Plan and would 'hinder the future sustainable growth of Glounthaune', citing their own rejected development, as well as traffic issues. The national planning authority deemed that the proposed development would be suitable on the grounds of traffic, but introduced three new issues of density, the nature of the proposed development, and the site layout. In their ruling, the national planner judged that the site should instead contain over six times the amount of units proposed, turning the 10-home residence into 64 apartments across several multi-story buildings.

Legal advisor and former association member Teresa O'Sullivan says it completely changes what the trust had initially envisaged and would be absolutely no substitute for the homes that they would be asking local elderly people to forgo in order to pay into the trust. "Asking the trust to develop that many units turns it economically into a completely different project, way beyond what the trust would have the capability of managing. You're turning it from about a €12 million project into a mega, multi-million-euro project. It doesn't fit with the ethos of the trust. "We envisaged these standalone two-bedroom, self-contained units that would be purpose-built for people so that they could remain in their homes as long as possible. It's just a very different animal, a very different vision for our community." "In circumstances where the Commission grants permission for a particular development, conditions are attached where the Commission consider it to be appropriate. "Regarding the decision-making process, the Commission consider all aspects of the appeal/application, including the provisions as set out in the current Development Plan. "Furthermore, the decision of the Commission can only be reviewed on a point of law by way of Judicial Review through the Courts."

The group say they don't have the grounds for a judicial review, which would likely cost a further €100,000, and instead are looking to get it raised politically, in the hopes that what they feel is common sense would prevail. "We had Darragh O'Brien down here when he was Housing Minister, and he was very supportive of our project. Paudie O'Sullivan (Fianna Fáil TD) and Anthony Barry (Fine Gael Councillor) have been very supportive from the outset," said Teresa O'Sullivan. "I would think a derogation for us would be appropriate," said William Cuddy. "The high density of 50 units per hectare is not applicable to us. The location of the site, in proximity to travel nodes, I think, is a trump card. "There are people who have been forced out of their homes in Glounthaune, and they were lonely," said Jill McNamara. "They didn't want to leave Glounthaune, they want somewhere within their community with people that they knew, their neighbours, their friends. "We should be allowed to provide this within our own community; people shouldn't be forced unnecessarily into nursing homes."

The Irish Independent attempted to contact Bluescape Ltd through their planning advisors and is awaiting a response. **Kevin Galvin 6th August 2025**

Closing Note

This article highlights an issue of real importance for Glounthaune. Rightsizing is not only about housing, but about enabling people to remain connected to their community at every stage of life.

We welcome your thoughts and feedback on this matter, as community support and awareness will be key to making progress.

COMMUNITY FIRST RESPONDERS (CFR)

Thank You, to the Glounthaune Community

Supporting Our Lifesavers

If you've ever seen a high-vis vest sprinting through Glounthaune in the early hours, chances are you've witnessed one of our **Community First Responders (CFRs)** in action. These are your neighbours—volunteers trained to respond to life-threatening emergencies like **cardiac arrest, stroke, chest pain, choking, and unconsciousness/fainting**—before an ambulance arrives.

What Do CFRs Do?

East Cork CFRs are activated by the National Ambulance Service and respond to critical calls in our area. They're not a replacement for paramedics, but they are often **the first on scene**, providing **CPR, defibrillation (AED)**, and vital reassurance to patients and families in those terrifying first minutes. They operate **24/7**, covering a corridor from the **Jack Lynch Tunnel to Midleton**, and Glounthaune is a key part of that zone.

From 2021 to 2025, East Cork CFRs attended **approximately 200 emergency calls within the Glounthaune area**. That's 200 moments where someone in our community needed urgent help — and got it, thanks to this incredible group.

Ordinary People, Extraordinary Impact

Our team is made up of **18 volunteers from all walks of life**—postmen, dog groomers, IT professionals, admin staff, students, care providers, and more. The knowledge we use to save lives comes entirely from the **specialised training we receive**. What unites us is a shared passion: **the drive to help others and save lives** in our community.



Thank You for Supporting Our Coffee Morning

We want to extend a heartfelt **thank you to everyone who came out to support the recent Coffee Morning** at the **Glounthaune Community Centre**. Your generosity helps keep this life-saving service running. As a volunteer group, we receive **no state funding**, so every euro raised goes directly toward equipment, training, and readiness.

Free CPR & AED Training for Your Group

We're passionate about empowering our community with life-saving skills. That's why we offer **free CPR and AED (defibrillator) training** to any local group, club, or organisation. If you'd like to arrange a session, we'd be delighted to help.

Contact us at: eastcorkcfr@outlook.com or call: **086 239 3676**

Together, we're building a stronger, safer Glounthaune Community — one heartbeat at a time.



A Heartfelt Thank You for Your Support !

Thank you to everyone who supported our recent Coffee Morning! Together, we raised **€730**, which will be shared between two of our amazing essential service volunteers, **East Cork 1st Responders & Cobh Red Cross**.

Your generosity makes a real difference - we couldn't do it without you!



Cake Donations:
Stir It Coffee
Supervalu Glanmire

Thank
you



Organised by the GCA committee Team:
Jill, Frankie, Kathleen, Tara & Jackie



CORK AREA COMMUTER RAIL DEVELOPMENTS

Contributed by Brian Cluer

The Cork Area Commuter Rail (CACR) programme is a key part of providing better rail services throughout the Cork area, including Glounthaune. The whole idea is to support a more sustainable, low-carbon transport system that encourages a shift away from cars to trains. Steady progress is being made in our local area.

The Kent station platforms are complete, and it will soon be possible to get to Mallow without changing trains at Kent station. New station construction is due to start shortly at Blarney/Stoneview, Monard, Blackpool/Kilbarry, Tivoli, Dunkettle, Ballynoe, Carrigtwohill West and Water-Rock.

These construction developments are bound to cause some problems but we will endeavour to keep you informed when this is going to happen. At the moment, the Glounthaune to Midleton trains are affected on Monday, Tuesday and Wednesday. On those days, the 20.15, 21.15 and 22.45 trains will be replaced by a bus. If you are coming from Midleton to Glounthaune on those days, the 20.45, 21.45 and 23.15 will use a bus to get you from Midleton to Glounthaune. This service will be in place until further notice.

You may eventually get some relief from parking problems at Glounthaune station. A park and ride facility is to be opened at the new Dunkettle station. These changes will not be coming immediately. They are part of phase two.

Glounthaune Community Association



Notice Of Annual General Meeting

7 pm

Tuesday, September 2, 2025

At Glounthaune Community Centre



Age Friendly Homes Glounthaune

A voluntary board of local people have agreed to act as a steering committee –

William Cuddy - Chairman
Conor O'Brien, Teresa O'Sullivan
Jim Murphy, Garry Tomlins
Jill McNamara

Glounthaune Homes Trust (GHT)

**Providing Age Friendly Homes for
senior residents in Glounthaune and
surrounding areas!**

Age Friendly Homes allow:

- ✓ Residents to remain in their community with friends and family.
- ✓ Participate in Community Activities, Walk to shops, attend Church, walk to the Train station and more.
- ✓ Enjoy living independently in specially adapted homes for senior citizens.

Helping our Senior Citizens



Monitored Alarms for Over 65s

Free Social Alarm

FIRST YEAR 24/7 MONITORING ALSO INCLUDED

Allows you to call for emergency assistance 24 hours a day, 365 days a year

Grants available for those aged 65 and over, subject to eligibility

For further details please contact:
Jill McNamara, Glounthaune Community Alert
Tel: 086 8138807

Glounthaune Homes Trust (GHT)

The not-for-profit Glounthaune Homes Trust will develop the properties. Qualifying individuals will buy a lifetime share in a unit from the Trust. This lifetime share may be ultimately sold back to the Trust with the initial investment passing back to the individual or his/her estate. The unit will then be refurbished by the Trust and a new qualifying occupier found. An annual service levy to cover running costs will be charged. The lump sum to fund the project could conceivably come from the sale of the family home and it may be the case that there would be a capital sum realised to supplement pensions and other living expenses.

Location:

Site is situated in Glounthaune

House Type:

**Self contained 2 bedroom units
designed for the older age profile**



Contact Us
Glounthaune Homes Trust,
27, Cork Road, Midleton, Co. Cork
Email: ghtrust@gmail.com
Phone: 086 813 8807
www.ghtrust.ie



Glounthaune Community Centre

Over the past number of weeks we have been busy with maintenance and painting, giving our beloved 'school house' building a little TLC!

We still have more to do and depend entirely on local business support, and grants to fund our necessary repairs and maintenance work.

A special thank you to **SECAD Partnership CLG Midleton**, and their Co-ordinating Supervisor JP Dennehy (Tús & Rural Social Scheme) who very generously donated paint to Glounthaune Community Centre.

Thank you also to **Glounthaune Men's Shed** & **Glounthaune Tidy Towns** for volunteering their time to help us in the community centre.

The Community Centre is now looking lovely and refreshed and ready for our September opening.

Report from the Glounthaune Community Association Team

Maintenance & Upkeep of our Community Centre



Kitchen Painting



Bathroom Painting



Window Locks



Drainage



Garden Maintenance



Medium Room Maintenance

GLOUNTHAUNE COMMUNITY CENTRE

Classes • Events • Community Groups

- ★ **For Kids - Fun and engaging classes for all ages**
- ★ **For Adults - Learn new skills, meet new friends, stay active**
- ★ **Community Events - Celebrations, Workshops & activities**

Classes Available

Bridge Club - Irish Dance
Keep Fit - Kids Ballet
Kids Acting - Music Class
Painting - Sewing
Toddler Class - Yoga Adults
Yoga Kids - Zumba

Community GROUPS to join

Active Retired • Craft Group
East Cork 1st Responders
Gaeilge Bheo • Glounthaune Men's Shed
Glounthaune Tidy Towns • Meals on Wheels
Parkinson's Group • Prayer Groups

More information :



021 451 0470



thegcacork@gmail.com



www.glounthaune.ie



JUST FOR FUN

Word search: No 10 autumn-themed word search

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

Harvest
Leaves
Acorn
Chestnut
Hedgehog
Squirrel
Orchard
Apple
Crisp
Golden
Foliage
Breeze
Bonfire
Twilight

Sudoku Puzzle: No 10

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

The Glounthaune 1% Club

Against the clock



The winner has run the distance in 15 seconds, the second in 21 seconds, etc.

How many seconds will it take the sixth athlete to cross the line?



Community News & Upcoming Events

FREE LITTLE LIBRARY

Books for Children/Teens
**Saturday
13th Sept**

Glounthaune Community Centre

2 - 4pm

Bring a book • Take a book

Activities: Colouring, Puzzles



Irish Premier
of Sand Martin Documentary

Dec 4th, 8pm
**Glounthaune
Community Centre**

**Bird Watch
Ireland Talk**

Mr Jim Wilson

Presidential Elections 2025

**Due to take place by
11 November 2025**



REGISTER

www.checktheregister.ie



www.electoralcommission.ie



**Kid's
Halloween
Craft & Art
Competition**

**Glounthaune
Community Centre**

**Thursday 30th October
2 - 4 pm**

Glounthaune Village

CHRISTMAS FAIR

SATURDAY 6 DECEMBER

SAVE THE DATE

Check out our Facebook
Page for more details:
**Glounthaune Community
Association**

021 451 0470

thegcackork@gmail.com

Local Organisations

Clubs & Societies

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 are always welcome. 021 451 0470

E:thegcacork@gmail.com

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:

Cork Jackie O'Reilly 087 204 7169 GCC

St Vincent De Paul

021 427 0444 / 087 1520 360

Glounthaune Tidy Towns

Ailbe Ryan 086 323 0337

Adult Classes

Seniors Stretching, Joint Mobility & Movement Class: Parish Centre.

Esther Wall 087 236 1759

E:info@estherwallyoga.com

Yoga & Birth Preparation

Esther Wall 087 236 1759

E:info@estherwallyoga.com

Glounthaune Community Centre:

Tel 021 451 0470

Email: thegcacork@gmail.com

Website: www.glounthaune.ie

(GCC)Glounthaune Community Centre

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

Glounthaune Community Centre,
Glounthaune Village, Co Cork.
Postcode T45 K124

Harper's Island -- One of Ireland's Greenest Places?

Contributed by Brian Clue

A few years ago, doing your bit for the local community would have been picking up litter, putting in a few flowers and keeping the grass cut in public areas. That has now changed, at least in Glounthaune, where the **Tidy Towns** and **Men's Shed** along with other local groups have taken on a major role in preserving and developing the 28 hectares of formerly agricultural and wetland known as Harper's Island.

The Island is both a special protection area and a special area of conservation under EU law. It is owned and managed by Cork County Council in partnership with Birdwatch Ireland and other groups under the umbrella of **The Glounthaune Community Association (GCA)**.

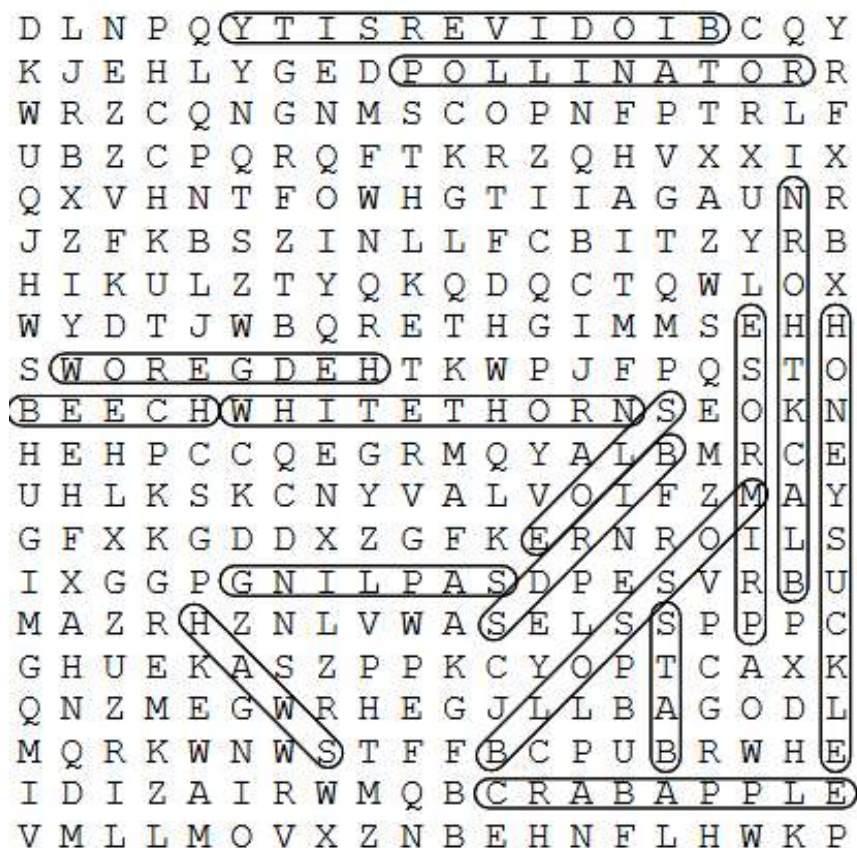
The Island is a strategic location for the wetland birds that populate Cork Harbour and is host to Icelandic Black-tailed Godwits in the spring, while other birds, including Sand Martins, use it as a stopover to and from France, Spain and Portugal.

The island had been abandoned for agricultural purposes when the building of the N25 cut across it. It was naturally rewilding when, in 2009, Jim Wilson of Birdwatch and Derry Delany of the GCA approached the Cork County manager with a proposal for a nature preserve. Together, they formed the unique partnership that exists today.

But this year is special. Harper's Island has now been nominated as one of Ireland's greenest places in the Irish Times **Greenest Places Awards**. We wish all those who have contributed to this nomination well and hope this may be the first of many future awards.

Just for Fun – Solutions NO 9

Word search: No 9 biodiversity-themed hedgerow word search



Whitethorn
Blackthorn
Crabapple
Beech
Hedgerow

Sapling
Blossom
Biodiversity
Sloe
Haws

Pollinator
Birds
Bats
Primrose
Honeysuckle

Sudoku Puzzle: No 9

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

What comes next in the sequence?

- 1
- 11
- 21
- 1211
- 111221
- ?

This sequence is known as the "Look-and-say" sequence.

Each term is generated by describing the digits of the previous term.

Let's go step-by-step:

- 1 – one 1 – 11
- 11 – two 1s – 21
- 21 – one 2, then one 1 – 1211
- 1211 – one 1, one 2, two 1s – 111221
- 111221 – three 1s, two 2s, one 1 – 312211

1