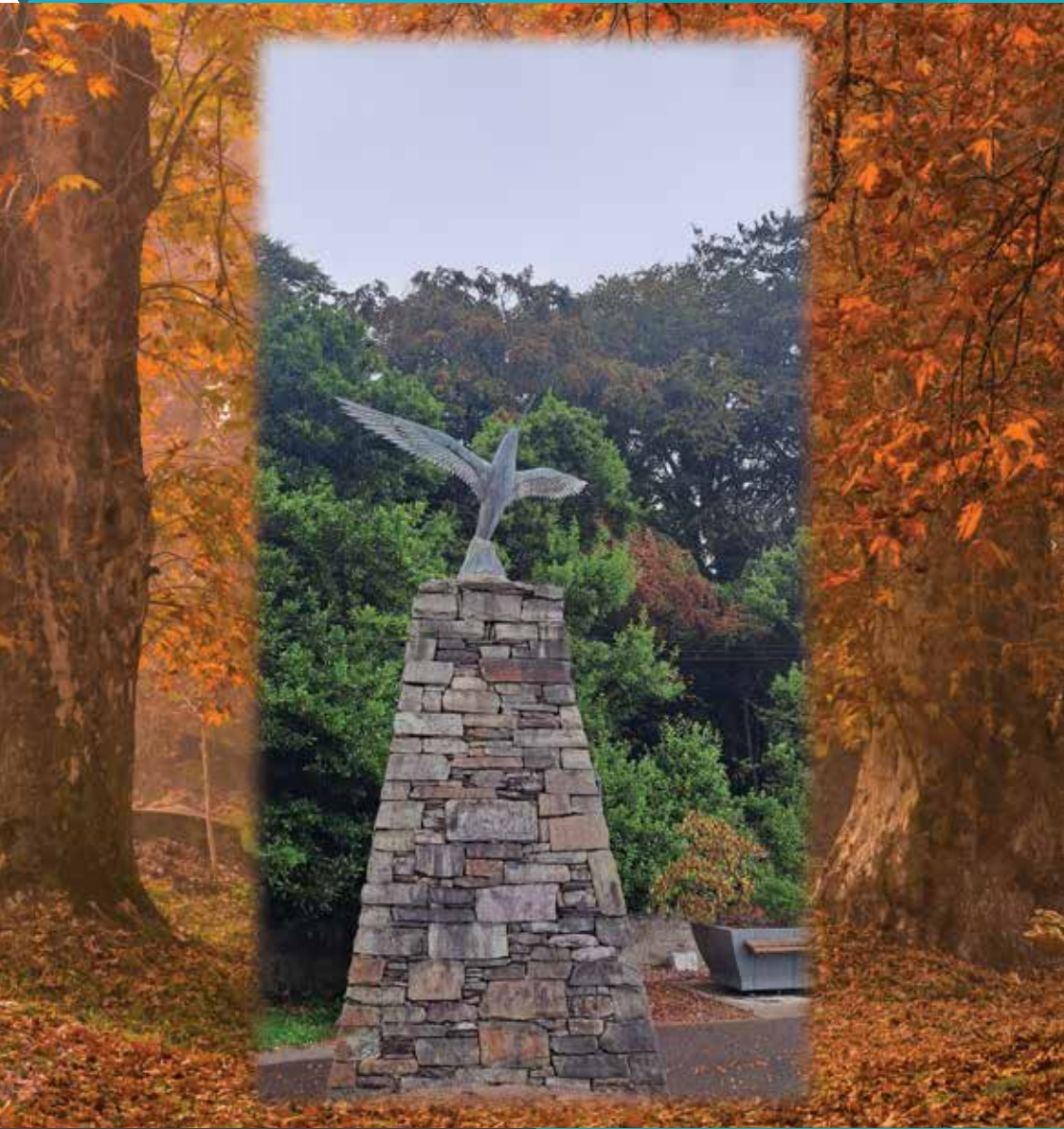


Glounthaune COMMUNITY NEWS

Sept/Oct
2026



GLOUNTHAUNE COMMUNITY ASSOCIATION

www.glounthaune.ie



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COMMUNITY CENTRE ACTIVITIES

Classes available in September & October 2026

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
 4.30 pm Cowhie Ryan Irish Dancing, Suzanne O'Neill 086 026 6110
 6.30 pm Feeling Crafty Sewing Class: Joanna www.joannasfeelingcrafty.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
 6.30 pm Teen Yogalates with Kate Cuddy 086 821 4002 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. Sean 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
 9.30 am Feeling Crafty Sewing Class: Joanna www.joannasfeelingcrafty.com 086 856 3291
 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: Anne Marie Maguire: Email: taichi.qigong.haven@gmail.com
www.taichiqigonghaven.ie
 10.45 am Qigong: 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
 6.30 pm Mat Pilates with Kate Cuddy 086 8214002 www.katecuddy.yoga
 7 pm Sarah Rohu Watercolour Class www.sarahrohu.ie info@sarahrohuillustration.ie

Friday

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
 3.30 pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

Saturday

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



WELCOME MESSAGE

Hello and a very warm welcome to all our readers. We hope you enjoy this edition of the Glounthaune Community News, packed with local news, community updates, events and stories from Glounthaune and the surrounding area. Thank you for your continued support—and happy reading!

CALL FOR CONTRIBUTORS & EDITORIAL ASSISTANT

We welcome contributions from writers, poets, artists, photographers and storytellers of all ages. Have a story, poem, photograph, artwork or local news to share? We'd love to hear from you. Being published is also a great addition to a CV or portfolio.

We are also seeking an Editorial Assistant to help prepare future editions. If you have an interest in writing, editing, design, photography or community news, please get in touch.

Email: newsgca2024@gmail.com

Deadline for November/December: 23rd October.



GLOUNTHAUNE MEN'S SHED NEWS

Planning for Men's Shed Turned Down

The decision to turn down the planning application for a Men's Shed is extremely disappointing for the Glounthaune parish community. Men's Sheds play a hugely important role in supporting men within our community. They provide a safe, welcoming space where men can meet, socialise, learn new skills, share experiences and, most importantly, feel a sense of belonging. For many men, especially those who may be isolated or struggling, having a place where they can connect with others can make a significant difference to their mental wellbeing. Men's Sheds can help build confidence, reduce loneliness and give men a renewed sense of purpose. This is not simply about providing a building or a place to meet. It is about investing in the wellbeing, confidence and social connection of the men in our parish. It is therefore very disappointing that this opportunity has been lost, particularly when initiatives such as Men's Sheds can have such a positive impact on the wider community.

Jill McNamara, Chairperson of the Glounthaune Community Association

COMMUNITY GROUPS

Glounthaune Active Retired

This group continued to meet throughout the summer on a Monday and Friday for exercise with Conrad in Glounthaune Community Centre. Exercise has been shown to help lower blood pressure, lower the risk of falls and serious injuries, and slow the body's loss of muscle and bone mass. Please note this class is full, a waiting list is available should you wish to join.

Parkinson's Ireland Cork Branch

The Cork group had a lovely summer trip to Youghal, with a Garda Bus provided and organised by Garda Eddie Crockett, Midleton Garda. The Group continued to meet over the summer for their monthly coffee mornings in Glounthaune Community Centre. The group look forward to starting Tai Chi classes in September.

Glounthaune Tidy Town's

Trojan work was done by the team over the last few weeks, especially in the heatwave. Up early before sunrise to ensure the plants were watered. Litter picking everyday and especially on busy days at the park and the playground. Keeping our community clean and beautiful!

Glounthaune Meals on Wheels

Meals on Wheels volunteers help to prepare meals in the kitchen located at Glounthaune Community Centre. Volunteer drivers then deliver meals to people in Glanmire, Glounthaune and Little Island.

GENERAL TRIVIA!



Did You Know!



The terminology of modern chess has Persian etymological roots: the Persian word rukh ("rook") means chariot; the term shah mat ("checkmate") means, literally, "the king is frozen". (Ancient Persia/Iran)

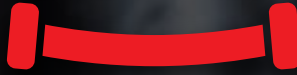
QUOTE OF THE DAY & IRISH PROVERB!

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."

— Maya Angelou

"Níor bhris focal maith fiacail riamh"

Translation: A kind word never broke anyone's mouth (teeth)



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RECIPE CORNER – BROWN BREAD

Contributed by Dan Leo

Brown Soda Bread:

Total baking time 45 minutes

Ingredients:

- 300g Brown Flour
- 150g White Plain Flour
- A Level Teaspoon of Bread Soda (Bicarbonate of Soda)
- A good pinch of Salt
- 1 Egg
- 400 ml sour milk or buttermilk

Instructions:

- 1. Preheat Oven:** Preheat the oven to 230°C (Gas Mark 8).
- 2. Prepare Dry Ingredients:**
 - Sieve the flour and the **Bread Soda** into a bowl.
 - Mix in the Brown Flour and salt.
- 3. Prepare Wet Ingredients:**
 - Beat the egg.
 - Bring the liquid up to 400ml with sour milk or buttermilk.
- 4. Combine Wet and Dry Ingredients:**
 - Add the liquid mixture (whipped egg and sour milk/buttermilk) to the flour mixture.
 - Mix until combined.
- 5. Prepare Loaf Tin:**
 - Line a loaf tin with parchment paper or grease it to prevent sticking.
 - Pour the mixture into the pre-lined loaf tin.
- 6. Baking:**
 - Place the tin in the preheated oven.
 - Turn the heat down to 190°C after 15 minutes.
 - After a further 30 minutes, remove the bread from the oven.
 - To check if it's done, tap the bottom of the bread: if it sounds hollow, it's cooked through.
- 7. Cooling:**
 - Once done, remove the bread from the tin.
 - Wrap it in a clean tea towel and let it cool. This helps to retain moisture in the bread as it cools.

Remember, oven times may vary, so keep an eye on the bread especially towards the end of the baking time. Enjoy your homemade bread!



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FRAZZLED MAMMY ART – RAGAIRE, SUMMER ART EVENT

Contributed by Maeve O'Keeffe

As I generally hold art classes in tandem with the school year, the summer months provide me with the chance to try different art projects. In May, one of the activities I did for the Midleton Arts Festival was to give a demonstration of drawing and sketching during the Sunday Art Market. I began with a charcoal drawing of Capel Island near Youghal, followed by a still life. The was very rewarding, as the participants, from young to older, enjoyed it and produced some amazing artwork!

In July I was invited to join an art event in My Place Hall, Midleton entitled Ragaire. Ragaire is about rambling through the night, apparently derived from an old Irish word to describe a person finding new beginnings in their wander. The brief for the day was to "Come along to make a piece of Art, all materials supplied, have it hanging in a curated exhibition. **No prompt, No Rules, just Art from the Heart.**"

Ten artists gathered in a room supplied with boxes of diverse materials donated by curator Gary MacSweeney. From the selection of pencils, paper, paint, charcoal and crafting materials including fabric, glitter, wood and wire, we began to tentatively work on various ideas. I chose charcoal and began with a portrait drawing of Morgan who works in My Place, followed by other sketches and an exploratory **drawing of Amy looking at the viewer via a mirror**, her arm jutting out through the boundaries of the mirror frame. It was wonderful to have a day to explore ideas and see a progression of work by other artists, then later see that artwork on the wall for a pop-up exhibition.



Now that the summer is over, it's time to plan my autumn programme of children's after-school art classes starting from Sept 21st in Gounthaune NS, Midleton and Glanmire. For more information on upcoming art events and classes, follow me on Facebook at facebook.com/frazzledmammy, visit my website at frazzledmammy.com/art-classes, or contact me at 087 6684021.



A LONG HOT SUMMER

Contributed by Hester Forde

It was a long hot summer and only the fittest plants survived. Hydrangea are always a mainstay of the autumn garden and hydrangea quercifolia for me is a stalwart as it is a reliable plant in dry weather not needing as much water as its cousins, paniculata and macrophylla. Hydrangea quercifolia, commonly known as the Oak leaved hydrangea is native to South Eastern United States. The leaf is similar to those of American Oak, which mature from dark green to various shades of bronze, orange, and reddish-purple in autumn, the flowers are large with numerous sterile star shaped florets. Varieties to look out for are Hydrangea quercifolia "Ruby Slippers", "Munchkin" and "Snow Queen". Any of these will make a wonderful addition to your garden.



LECTURES: CORK ALPINE HARDY PLANT SOCIETY

SEPTEMBER: Thursday, 24 September at 8pm, we are delighted to welcome **Andreas Wiedmaier**, garden designer from Freiburg, Germany, who will give a talk entitled:

"Jungle Garden - Habitat-Based and Site-Driven Design with Plants from Subtropical Rainforests."

OCTOBER: Thursday, 22 October at 8pm, **Lucinda Willian**, gardener, designer and plant addict based in Athens, will give a talk entitled:

"The Flowers of Greece - A Partial and Prejudiced Account."

Venue for both events: Scoil Mhuire Naofa, Carrigtwohill, Co. Cork, T45 PF80.

All are welcome. Visitors €10.

HEAVENLY HAIR UPDATE

It's with deep regret that I'm announcing the closure of Heavenly Hair.

A NEW CHAPTER FROM 2ND SEPTEMBER

I will be relocating to

Sleek Hair and Beauty - Unit 5, East Gate Village, Little Island.

I'd like to thank all my wonderful clients for their support, loyalty and friendship over the years. I'm so grateful for every appointment and every memory. I look forward to welcoming you all to my new location and continuing to look after your hair.

For appointments contact Noelle Hayes on 083 043 5968



GLOUNTHAUNE – VILLAGE, HARBOUR, HERITAGE AND

1. A genuine village centre

Despite being close to Cork City, Glounthaune retains a traditional village feel, with its community centre, playground, bar/restaurant with church and primary school close by. Unfortunately, the village is missing one important local service – a post office.

2. Beautiful Cork Harbour setting

The village sits beside the North Channel of Cork Harbour, giving Glounthaune its distinctive waterfront and estuary character.

3. Strong community spirit

Glounthaune has an active network of community organisations and groups, including the Glounthaune Community Association, Tidy Towns, Men's Shed, sporting groups and environmental initiatives.

4. Woodlands, mature trees and hedgerows

Glounthaune has a surprisingly green character, with mature trees, woodland and hedgerows contributing greatly to the village landscape.

5. Great access to walking and cycling

Glounthaune is on the excellent greenway and pedestrian/cycle network, providing opportunities to walk and cycle through the surrounding countryside.

6. Excellent railway connections

Glounthaune is an important junction on the Cork commuter rail network, with connections towards Cork, Cobh and Midleton.

7. Harper's Island Wetlands

One of the area's real natural treasures, Harper's Island is an important wetland and bird habitat, adjoining Glounthaune and forming part of the wider Cork Harbour conservation area.

8. Close to Fota Island

Fota is practically on Glounthaune's doorstep, with Fota Wildlife Park, Fota House, gardens and arboretum providing outstanding attractions for families, walkers and visitors.

9. Interesting heritage

Glounthaune has a fascinating history, including its old village, harbour quay walls, Ashbourne House, Anne Mount House and the historic railway.

10. The best of both worlds

Perhaps Glounthaune's greatest feature is its location: a peaceful village environment while being exceptionally close to Cork City, Little Island, Carrigtwohill, Fota, Cobh and Midleton. Its rail connections make it particularly attractive as a place to live and work.

NEW EV CHARGER AT GLOUNTHAUNE COMMUNITY CENTRE

A new electric vehicle (EV) charging point has been installed at Glounthaune Community Centre, providing a valuable new facility for residents and visitors using electric vehicles.

The charger is conveniently located at the centre and is clearly designated for electric vehicle parking only. Its installation is a welcome addition to the village, supporting the growing use of electric vehicles and contributing to Glounthaune's commitment to a more sustainable and environmentally friendly community.



EV charging point



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Tech Corner

Heat Pumps: What They Are and Whether Your Home Is Ready

Contributed by Liam Wall

The Irish Government has a target of 400,000 heat pumps in existing homes by 2030. But what exactly is a heat pump, and is your home suitable for one?

What does a heat pump do?

A heat pump doesn't burn fuel to generate heat. Instead, it takes heat from the outside air and moves it into your home. Even on a cold winter's day, outdoor air contains usable heat.

In an air-to-water system, a refrigerant absorbs heat from the outside air. A compressor raises its temperature, and the heat is then transferred into the home's water system, supplying radiators or underfloor heating or your hot water tank (sometimes all three). The cycle then repeats.

Unlike a boiler, which generates heat by burning fuel, a heat pump moves heat using electricity. A well-designed system can deliver several units of heat for each unit of electricity it uses, although the actual efficiency depends on the house, system design and operating temperature.

Is your home suitable?

This is the key question. Heat pumps normally operate at lower water temperatures than oil or gas boilers, so a home needs to retain heat reasonably well. Insulation, windows, draughts and the size of the heating system all matter.

For the standard individual SEAI heat-pump grant, older homes may require a technical assessment. Requirements differ between SEAI programmes, so check the particular grant before starting work. You may also need larger radiators, because a radiator produces less heat when supplied with lower-temperature water. If your home is poorly insulated, improving the insulation may be the better first step.

What does it cost to install?

As a broad indication, a typical domestic air-to-water heat-pump installation might cost around €12,000–€16,000 before grants, although the actual figure can vary substantially. SEAI's maximum support for an eligible installation is now up to €12,500, comprising up to €6,500 towards the heat pump, €2,000 for heating-system upgrades and, where applicable, a €4,000 Renewable Heat Bonus. The maximum grant is not guaranteed and depends on the project and the grant route.

What does it cost to run?

This is harder to estimate because every house is different. A properly designed heat pump can reduce heating costs compared with an oil boiler, but the saving depends on how much heat the house requires, the efficiency of the system and the price of electricity.

As a broad indication, an average Irish house uses around 4,200 units of electricity per year. A heat pump will add to that electricity demand but can provide considerably more heat than the equivalent amount of electricity used directly for heating.

Don't rely on an installer's headline saving. Ask for an estimate of annual electricity consumption and the assumptions behind it.

Better for the environment too

A heat pump produces no emissions at the point of use. Its only energy input is electricity, and as Ireland's grid gets greener — wind already provides around a third of our electricity — the carbon footprint of running a heat pump falls automatically over time. An oil or gas boiler burns fossil fuel every time it fires, regardless of how clean the grid becomes.

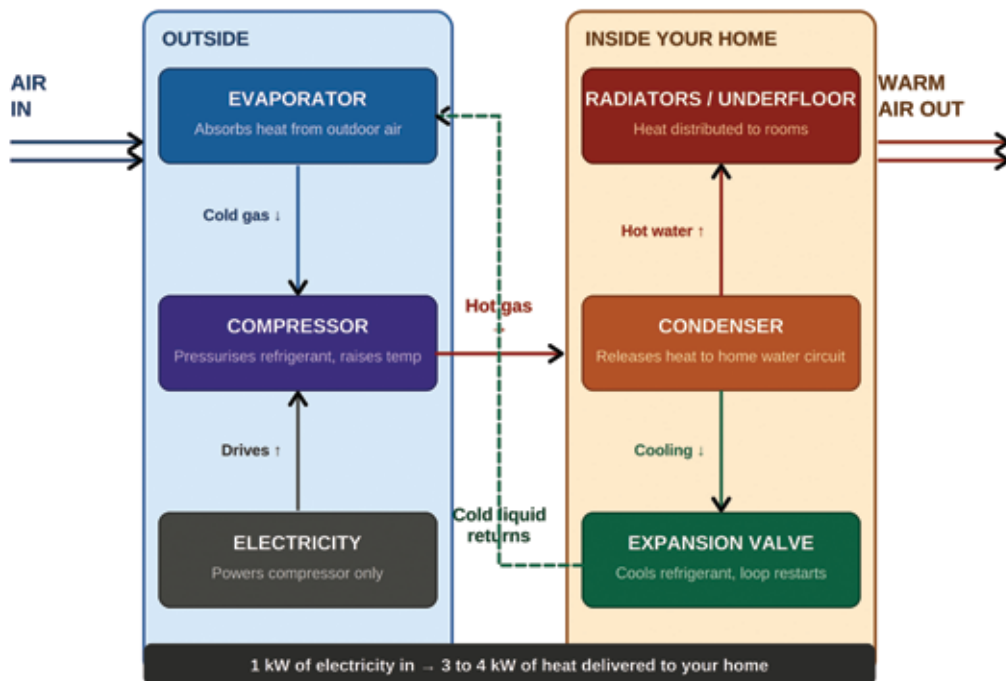
Before you buy

- Has the heat loss of my house been calculated?
- What water temperature will the system need?
- Do my radiators need upgrading?
- What annual electricity consumption is expected?
- What grants are available and what exactly is included in the quotation?

A heat pump can be an excellent replacement for an oil or gas boiler, but the house and the heating system need to be considered together.

For more information and current grant requirements, start with the SEAI website. Do not begin work before receiving grant approval, where required.

Have a tech question or topic you'd like covered? Email: newsgca2024@gmail.com



A REFLECTION ON GLOUNTHAUNE COMMUNITY ASSOCIATION

Chairperson Jill McNamara's reflection on Glounthaune Community Association.

Since 2016, several dedicated Directors, Officers and I have developed Glounthaune Community Association. We helped to provide a wide range of services, activities and opportunities for people of all ages. The Centre acts as an umbrella organisation for Glounthaune Tidy Towns, the Men's Sheds and Meals on Wheels, supporting these groups and helping to strengthen community life in the village. A newer edition of the community newsletter was also launched as an information hub, to share information that could benefit the wider community.

Volunteers and Community Support: One of the greatest strengths of the Centre is the large number of talented and committed volunteers who give their time and skills to the community. The work of our volunteers, officers and Directors has been central to the progress of the GCA. Their commitment has allowed the Centre to undertake projects and provide services despite having very limited financial resources.

Improving the Community Centre: When this period of development began, the Centre building was in a poor state of repair, and there was very little money available in the Centre's account.

One of the immediate priorities was to improve the condition of the building. The floors in two rooms and the office needed to be replaced. Thankfully, the Men's Shed was able to carry out the work, providing valuable labour and expertise. The Centre purchased the timber flooring, which represented a significant expense at the time.

This project demonstrated the enormous value of having skilled volunteers within our community and the importance of cooperation between the different groups operating under the Centre.

Acquisition of the Green Area: Another major achievement was the opportunity to acquire the green area across from the Community Centre when it came up for sale. With the generous assistance of a local solicitor living in the village, the necessary legal work was carried out free of charge. This was a tremendous contribution to the community and helped make the project financially achievable. Cork County Council, together with the community, purchased the green area, securing an important community asset for Glounthaune.

Growing Demand for Activities: The activities available through the Centre are now in considerable demand. The Centre caters for a wide range of interests and age groups, providing opportunities for social interaction, learning, exercise, creativity and support.

We also organise many activities in the community: St Patrick's Day, Upstart Festival, Christmas Market Event, Daffodil Day and many charitable activities.

Looking Forward

The recent solar eclipse was a wonderful reminder of how much can change over time - and how some things remain constant. The next time we experience a solar eclipse like this will be in 2090. It is amazing to think that, by then, a whole new generation will be enjoying the wonders of the sky and looking back at the community we are building today. We hope that Glounthaune Community Association will still be running, continuing to be at the heart of village life - a place where people of all ages can meet, learn, create, socialise and take part in activities together.

The work we do today is about more than just the present. We are building something for the future. And perhaps, when that eclipse arrives in 2090, the next generation will be carrying on the work of those before them and what can be accomplished when a community works together!





GLOUNTHAUNE'S MUSIC FESTIVAL

UPSTART FESTIVAL 2026

SATURDAY 19th SEPTEMBER

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White Noise

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Serial Mom

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 D N E M M O C E R C C T S H Z

1. Definitely
2. Separate
3. Necessary
4. Accommodation
5. Embarrass
6. Occurrence
7. Maintenance
8. Restaurant
9. Receive
10. Weird
11. Privilege
12. Recommend
13. Tomorrow

Sudoku Puzzle: NO 16

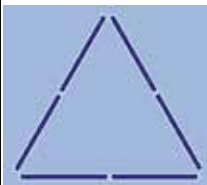
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The Glounthaune 1% Club

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- a) 154 b) 152 c) 76 d) 78



Arrange 6 matchsticks to form a triangle

Now, move only 2 matchsticks to create exactly 2 equal-size triangles.

Local Organisations

Clubs & Societies

Active Retirement

Jill McNamara 086 813 8807 GCC

Highlands Bridge Club

Seán Ó Breasail 087 242 9691 GCC

Gramophone Circle

Valerie 086 384 1974

Gaelige Bheo/Irish Speaking

Lena Uí Dhubhghail 021 435 3288 GCC

Indoor Bowls

Hazel Foley 087 220 1483 EO

Probus

Richard Guinee 086 063 8933

Seanóiri

Eileen Savage 087 669 4063

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 10 am-12 Mon-Fri
office@glounthauneparish.ie

Mass: Mon-Wed 10 am Sun 11 am

Working Holidays 12 Noon

St Joseph's, Little Island

Mass: Thu-Fri 10 am Vigil Mass: Sat 6 pm

St Mary's, Knockraha

Mass: Sun 9 am

Working Holidays 10 am

Baptist Church

Robert Ellis 083 346 7869

Sun 10 am 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

thegcacork@gmail.com

Glounthaune Church Choir

New members welcome Mary

Barry 086 204 8378

Glounthaune Church Flower Team

Siobhan: 086 628 7247

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](#)