



Maynooth Newsletter



Recording the Social Footprint of Maynooth since the 1970s



Local News - November 2024 - Issue No. 540 - Online Version

This publication is produced by Maynooth Community Employment Project, supported by the Department of Social Protection, which is funded by the Irish Government.
The views & opinions expressed in this Publication are those of the contributors.



Maynooth Local Market

✉ maynoothlocalmarket@gmail.com 📷 [TheMaynoothLocalMarket](https://www.instagram.com/TheMaynoothLocalMarket)

Taoiseach Simon Haris visits Maynooth Local Market

October was a fantastic month for Maynooth Local Market filled with spooky fun, delicious treats, and amazing community spirit. It was rounded off with a special visit from An Taoiseach Simon Harris who enjoyed browsing our stalls and supporting local vendors.

2,800 animals in their Rehabilitation Centre and released 1,200 animals back to the wild. Joanna and Gina from KWR brought a wealth of information to the market along with a selection of handmade products – the proceeds of which all go back into funding the organisation. We look forward to having them back again in the new year.



Six Months on the Square

October also marked our half-birthday – it's been brilliant to see Court House Square buzzing every Saturday with the return of casual trading, and we are glad the market has been so well received. The committee behind the market are all volunteers who are passionate about ensuring the town square is a social, cultural and commercial hub for our community. A huge thank you to everyone who continues to support us and make it all possible.

New Vendor Shafafa Micro Bakery

Our newest vendor Shafafa Micro Bakery has already proved very popular with locals, specialising in brown bread, sourdough, scones, tea brack and more. You can even pre-order your bread for collection at the market each week.

Kildare Wildlife Rescue

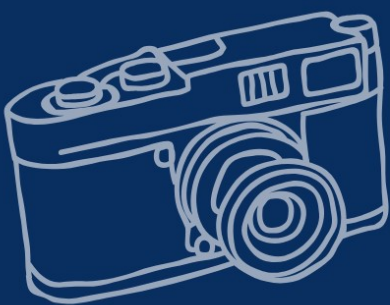
Earlier in the month we welcomed Kildare Wildlife Rescue (KWR) onto our Community Stall. The KWR team do vital work rescuing, rehabilitating and returning native Irish wildlife. In 2023 alone they responded to over 5,000 reports, cared for

Maynooth Christmas Market

Just a little reminder that Maynooth Local Market will transform into a winter wonderland for two weekends in December. From 10am to 5pm on Saturday, 7th December and Saturday, 14th December we invite everyone to join us on Court House Square for some festive fun and shopping. It will be the perfect opportunity to pick up some Christmas gifts. See you there!



Follow us on social media
[@TheMaynoothLocalMarket](https://www.instagram.com/TheMaynoothLocalMarket)



REQUEST FOR PHOTOS

The Editorial Board of Maynooth Newsletter are requesting photos of Maynooth scenery and community to feature in our online publication. Any photos used will be credited appropriately. Please submit images for consideration to office@maynoothcep.com

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The opinions and statements expressed in the articles are those of the contributors and not necessarily those of the Editorial Board. All materials to be included in the next edition of the Newsletter should be sent by e-mail or addressed to:

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Letters to the Editor

Letters to the Editor, for publication, should be sent by e-mail to: editor@maynoothcep.com

Mission Statement

The Maynooth Newsletter is a community focused publication available free to the people of Maynooth. It plays an important role in gathering together, recording and distributing community based news. We encourage all groups and individuals in the community to submit material to let us know about their activities and any upcoming events. The Newsletter exists for your enjoyment and we hope you continue to enjoy your monthly read and keep us informed of your activities. The Editorial Board endeavours to ensure independence and balance in the Newsletter content and reserves the right to omit/edit or abridge material which in its opinion might render the Newsletter as a promoter of sectional interests.

In addition we undertake the following:

- In the case of errors of fact we will publish corrections when we become aware of such.
- In the case of unwittingly or unfairly impugning the reputation of any person we hereby offer that person the right to reply.

Any contributor seeking further guidelines in this matter is invited to contact the Editorial Board.

Copy date for receipt of articles is published in the Newsletter. We must stress that material submitted after the copy date cannot be accepted.

Maynooth Newsletter Archives

The management and staff of the Maynooth Community Employment Project started a project in March 2011 to acquire and digitise all available issues of the Maynooth Newsletter dating back to 1975. These back issues along with current issues are available by following the archive link on our webpage - www.maynoothcep.com.

The Newsletter Archive can be viewed and searched in pdf format. In addition, there exists the capability to be able to search an entire year. Please be aware the single files associated with the year are larger and will take a little longer to load.

The Archive provides an important historical footprint of the Town and records the community profile of Maynooth from the mid-seventies to the present day. We hope you enjoy using it and that it brings back memories of people, places and times and that it equally provides an interesting insight to the development of the town and university for newly arrived members of our community.

Disclaimer

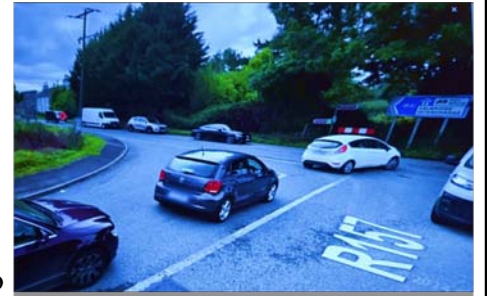
While every care has been taken to display accurate information, Maynooth Newsletter will not be held responsible for any loss, damage or inconvenience caused as a result of any inaccuracy or error within.

All information should be verified from an independent source.

Editorial Board - Maynooth Newsletter

Editorial

I previously mentioned my concerns about the junction on the Maynooth-Leixlip Road at Blacklion, where traffic joins the R148 from the R157. After witnessing another two near misses of accidents since last month, I felt that I should raise my concerns again. It is well known that traffic in the centre of Maynooth is an issue, so with options to avoid the main street to access places such as Maynooth



(IMAGE : Google September 2024)

University, the volumes of traffic now using this junction has significantly increased. Although this junction will be changed when the Maynooth Eastern Relief Road crosses the Royal Canal and the rail line, that maybe too late for someone. A roundabout or traffic lights is needed there as a matter of urgency. Meanwhile, my advice is to avoid it if possible as I will be.



Science Week is a week-long event in Ireland each November, celebrating science in our everyday lives. Science Week includes a wide variety of events involving industry, colleges, schools, libraries, teachers, researchers and students throughout Ireland.

Science Week has a number of regional festivals offering a range of opportunities for the public to engage with STEM in across Ireland. As usual Maynooth University is marking Science Week 2024, they have an exciting line-up of events scheduled throughout the week, with a special Science Night on November 15th.

With the Maynooth Development Plan 2025-2031 now finalised, residents in the Moyglare area were pleased that the majority of our Councillors voting on the proposals took on board their concerns on permeability. While the development plan has many good proposals, the proposals on permeability were not well received. The entire Moyglare area is quite compact, where walking between estates takes less than the time needed to meet the ten minute town ambitions for Maynooth. Also, the Moyglare Road is well served with excellent safe cycling facilities that stretches from Maynooth Education Campus to the Main Street and will link with the plans to extend the cycling route across Maynooth to support active travel.

A large number of individual submissions to Kildare County Council on permeability showed that the proposals were not required in the area. In particular, Moyglare Village is already impacted by casual daily parking which has made the estate dangerous for residents. It has become difficult for residents to ensure parking will be available for family visitors, carers or indeed deliveries and services, not to even mention the safety of children either playing on the green areas or walking to school. Permeability with Maynooth University would have inevitability increased casual parking in this estate and the through road to Moyglare Abbey would have resulted in a traffic rat run because of traffic volumes at peak times on the Moyglare Road.



Paul Croghan - Editor

Copy date for the December edition will be 5pm on Tuesday 26th November 2024

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Labour

VOTE 1

Angela
Feeney

labour.ie

I was born and reared in Maynooth. I was educated in Maynooth and reared my family with my husband Barry in Maynooth. I love this town and am proud to live in such a beautiful part of our country.

Since being elected as a public representative in 2019, I have worked tirelessly on all the issues affecting our community. I have a proven track record of working for decades in education helping improve the lives of young people.

I am a firm believer in the empowerment of education to society, I have devoted my life to promoting education in all its forms having previously worked as Head of the School of Languages, Law and Social Science in Technological University of Dublin.

I want to improve the lives of the people of Maynooth and Kildare North and with your support, when the Election is called, I can play my part.

My priorities for Maynooth

- Primary Care Centre
- 24 Hour Garda Station for Maynooth
- Swimming Pool
- DART+
- Harbourfield Development
- Community Hub at vacated fire brigade site
- Preservation of historic heritage of Maynooth

If elected, I will be a stronger voice for Maynooth

Tá mé lán sásta caint libh as Gaeilge.



Cllr. Angela Feeney Maynooth Labour News

E mail: afeeney@kildarecoco.ie - Phone: 0872381962



Lights needed the Celbridge Road

At the recent Council meeting, Cllr. Feeney called for the installation of public lights at the top of Barrogstown Lane on the Celbridge Road. In speaking to the motion, Cllr. Feeney stated that this section of the Celbridge Road is near an extremely bad bend and with Barrogstown Lane/Obelisk lane feeding on to it. Many residents who use the nearby bus stop have been in touch with Cllr. Feeney calling for public lighting to be installed in the vicinity of the bus stop. At the moment, residents have to cross at a very bad bend; there is no footpath and no light. Cllr. Feeney welcomed the fact that the Council agreed for the need for lighting there and for the public lighting section to get a quotation from the Public Lighting Maintenance Contractor. She welcomes the response from the Council because it is a priority area in need of lighting for safer travel.

Automated External Defibrillators (AED) in housing estates

Cllr. Feeney was recently out visiting one particular large estate in the town when there was an incident at a house that required the emergency services being called to attend the scene. While neighbours waited for the emergency services to arrive, it prompted the question about the installation of AEDs in housing estates. Cllr. Feeney acknowledges the great work done by First Responders and the many lives they help save. While the Council has no direct role to play in the provision of or installation of AEDs in public places Cllr. Feeney believes that new housing developments should include AEDs because they can potentially save lives. Cllr Feeney is pursuing the matter with the relevant stakeholders including the HSE and ESB networks.

Cul-de-sac road at Clonagh

Cllr. Feeney visited the road in Clonagh and met the residents who live there. The residents are worried about the quality and safety of the road. In speaking to the motion, Cllr. Feeney said that small rural roads change over time due to demographics, increased volume of cars and traffic. On the particular road in question, there are more residents now and there is a local business there too, all of which have an impact on the road quality. Cllr. Feeney welcomed the fact that the area engineer agreed to meet on site and assess what measures can be taken to improve road safety.

Draft Local Area Plan for Maynooth

At the October 21st meeting to consider the draft Local Area Plan for Maynooth, Cllr. Feeney is happy that her following motions were approved:

- Sport pitches at the Maynooth Educate Together
- Redevelop the existing Maynooth Health Centre to a State of the Art Primary Care Centre
- Primary school provision
- Expansion of current community unit for the elderly
- The provision of a swimming pool for Maynooth.
- Community centre/hub at vacated fire brigade/council site at harbour area
- An arts and culture centre
- Active travel trials
- Improve and review the current drop-off facility at Maynooth Education Campus
- Proposed Post Primary site on the Celbridge Road has access to the MERR.
- A Supplementary Development Contribution Scheme is developed to assist with the delivery of the Municipal Sports Facility at C (5) Crewhill"
- Crewhill KDA includes the provision of a sports amenity.
- No development should occur at SR1/2 until transport infrastructure is in place.

W6 bus update

Cllr. Feeney was informed by the National Transport Authority (NTA) that the W6 bus route will be operational by the end of November. The W6 will connect Tallaght, Newcastle, Celbridge and Maynooth, which will be

great for students travelling to TU Dublin Tallaght Campus or Maynooth University but also going to Tallaght University Hospital. Cllr. Feeney said that this connectivity is needed between our growing towns. The service was delayed due to works to widen the Hazelhatch Bridge and the route has temporarily operated by Go Ahead Ireland as the W61 and W62 since summer 2023. Cllr. Feeney will continue to push for better public transport, as it is much needed.

Nominated to Local Community Safety Partnership

Cllr. Feeney is honoured to be nominated, by her fellow councillors, to serve on County Kildare's Local Community Safety Partnership representing the Maynooth Local Electoral Area. Local Community Safety Partnerships are being established in each Local Authority area in line with the Policing, Security and Community Safety Act 2024. These new Partnerships will build on and replace the existing Joint Policing Committees (JPCs) and will provide a forum for State agencies and local community representatives to work together at local level to act on community concerns. This will facilitate a more holistic forum for discussion, decisions and action on community priorities

- It will give the community a stronger voice in identifying and tackling the issues that individuals, families, young people, business owners and all members of the community face.
- Representatives of the community will make up 51% of the members of the Local Community Safety Partnership, meaning community voices will be the majority.
- The Local Community Safety Partnership will work with the community to identify local priorities and use these to develop a local community safety plan that will be delivered in a collaborative fashion by all stakeholders.

Meeting with National Transport Authority

At a recent meeting in the Council with the NTA, Cllr. Feeney raised the following issues:

- The need for a cycle/footpath between Maynooth and Celbridge to create safer and more sustainable mobility links across North Kildare.
- That the 139 bus service be added to Real Time Passenger Information tracking system, so that users who are at a stop and are expecting a bus can check to see where it is in real time.
- That the remaining 139 bus stops be put in place.
- To increase the 139 bus service at peak times.
- With regard to DART+ Cllr. Feeney asked for information about the railway order to be issued for the extension of DART+ from Maynooth to Kilcock.
- Cllr. Feeney also asked about the status of the proposed depot that was not approved by Bord Pleanála in its recent decision.

My upcoming motions and questions at Council

Motions-

1. That the Council installs some form of lane segregation such as planters or bollards to prevent cars parking in the cycling lane at the boys national school Maynooth
2. That the Council reviews the yellow box at the entrance/exit of Parklands estate Maynooth.

Questions-

1. Has the Council any plans to provide a playground for Rathcoffey?
2. Can the Council clarify what steps can be taken to install double yellow-lies in Silken Vale and Moyglare Village Maynooth where there has been a significant increase in hazardous car parking by non-residents?



Gold Medal Winners 2016 - 2017 - 2018 2019 - 2021 - 2022 2023

Three members of the Tidy Towns Committee will be attending The 2024 Supervalu Tidy Towns Awards Ceremony in Croke Park on Friday the 1st November. Fingers crossed for a good result in other words another Gold Medal for Maynooth.

We had a very busy October planting spring bulbs around the town. Thanks to the 2010 boys, Dermot Haugh and coaches from Maynooth GAA Club who joined us one Saturday to plant bulbs in the Council Car Park. Thanks also to the staff at The Credit Union who joined us one morning to do some litter picking. We were also joined by the RCCG Life Sanctuary Church, Maynooth Business Park, one Saturday morning. 12 Volunteers did some fabulous work on the Main Street clearing up leaves, litter picking and scuffling the weeds. A couple of our volunteers spent time with the LCA students litter picking on the Moyglare Road.

We planted bulbs outside the Community Church, Limetree Hall estate green spaces, Dublin Road, Maynooth Educate Together School, the entrance to Parklands, outside the Boys' National School, Moyglare Road. They should make a wonderful display around the town come Spring.

We presented Ely Cafe, Main Street with the September environmental award and The Roost with the October award. We will present another award in November to another business.

We would like to thank The Glenroyal Hotel for their continuous support to our group. Thanks also to Mark Nolan for continuing his support with free tea/coffee on Saturday morning after clean up at Lily's Cafe.



Follow us on Facebook for more up to date information.
If you wish to volunteer please contact us on email at maynoothtidytowns@outlook.ie.

For the winter months we meet every Saturday morning at 9am.

Mary Molloy
Maynooth Tidy Towns Association PRO.



Maynooth University
National University
of Ireland Maynooth

MU Celebrates Space Week

Maynooth University recently celebrated Space Week 2024 with an exciting event that brought the wonders of the universe to life. The free public talk titled "From New Worlds to the Infinite Universe" featured spectacular images and insightful presentations on the latest advancements in space exploration.

A highlight of the evening was a talk by NASA astronaut Steven Swanson, who shared his experiences from over 195 days in space, including five spacewalks, and provided his perspective on the future of space missions.

Younger members of the audience had the unique opportunity to meet Swanson, and to hear from renowned Maynooth University experts in astrophysics, including Dr Colm Bracken, who explored the search for alien life and planets, and Prof Peter Coles, who presented early findings from the European Space Agency's Euclid mission. Hosted by the Department of Physics, the event also featured PhD scholar Aoibhinn Gallagher who discussed mysterious dark matter which dominates the gravity of our Universe and is something we know little about, and PhD scholar Matthew Birney on a range of topics from the discovery of exoplanets and the mechanics of planet formation.

Maynooth University Science Week hosts expert panel on Ozempic - fact and fiction

Maynooth University will host a panel discussion on one of the most talked-about drugs, Ozempic, on Thursday, November 14th 2024 from 7pm to 9pm at the Phoenix Restaurant, North Campus. The discussion which is open to the public is titled, 'Ozempic – unravelling fact from fiction', and forms part of Science Week 2024 at Maynooth University. The event will explore the science behind the drug that has prompted questions, misunderstandings and myths.

Two leading experts in obesity research will lead the discussion: Dr Andrew Hogan, Senior Lecturer at the Department of Biology at MU and Principal Investigator with the Obesity Immunology Research Group, and Prof Donal O'Shea, Consultant Endocrinologist with the Obesity Immunology Research Group at St Vincent's University Hospital. Together, they will explore the science behind Ozempic, including how it works and its impact on health.

Using the latest research, they will discuss how these medications have changed the way obesity is treated. They will also address questions such as:

- Does Ozempic cause muscle loss?
- Does Ozempic increase fertility?
- Is "Ozempic face" real?

Hosted by the Development and Alumni Relations Office, in collaboration with the Faculty of Science and Engineering, this public event also on livestream, offers an opportunity to gain expert insights and separate fact from fiction on one of today's most talked-about medications.

Tickets are free, but limited. Register on Eventbrite here to secure your place: <https://www.eventbrite.ie/e/ozempic-unravelling-fact-from-fiction-tickets-1038777921727?aff=oddtcreator>



Dr Andrew Hogan (Senior Lecturer and Principle Investigator with the Obesity Immunology Research Group at Maynooth University)



Astronaut Steve Swanson, Rian Moneley, Age 5 from Straffan & Conor Corbett, Age 6 from Maynooth.



Lucia Carberry, Age 7 from Straffan



Back left to right: Maynooth University PhD scholars Matthew Birney & Aoibhinn Gallagher, Astronaut Steve Swanson, Maynooth University's Prof Peter Coles, Dr Colm Bracken & Dr John Regan and MTU Blackrock Castle Observatory's Danielle Wilcox & Rob O'Sullivan with Finian Regan and Theo Regan



**Maynooth Community
Employment Project
Community Employment Scheme**

Staff Required

JOB TITLE: Grounds Person x 2 (Outdoor)

Job Ref # CE 2358927

Location: Maynooth Town Football Club

DUTIES TO INCLUDE: General Building & Pitch Maintenance.

Outdoor Work & some heavy lifting may be involved

All Positions are 19.5hrs per week

C.E. Programme Rates Apply

No experience necessary as training will be provided.

Applicants Must be eligible under the

Department of Social Protection Guidelines

Eligibility can be checked at your local Intreo Office

CONTACT: LOCAL INTREO OFFICE / LES

Kelly's Lane, Maynooth or your local INTREO office

Send CV to office@maynoothcep.com

Before 19th November 2024



**Maynooth Community
Employment Project
Community Employment Scheme**

Staff Required

JOB TITLE: Maintenance Operative (Outdoor)

Job Ref # CE 2358930

Location: Harbour Area Maynooth

DUTIES TO INCLUDE: General Maintenance.

All Positions are 19.5hrs per week

C.E. Programme Rates Apply

No experience necessary as training will be provided.

Applicants Must be eligible under the

Department of Social Protection Guidelines

Eligibility can be checked at your local Intreo Office

CONTACT: LOCAL INTREO OFFICE / LES

Kelly's Lane, Maynooth or your local INTREO office

Send CV to office@maynoothcep.com

Before 19th November 2024



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or scan the QR code for a link to my profile.



THE MIRACLE PRAYER

DEAR Heart of Jesus, in the past I have asked you for many favours. This time I ask for this special one (mention here). Take it dear Heart of Jesus and place it within your own broken heart where your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen
Say this prayer for three days, promise publication and prayer & favour will be granted, no matter how impossible.

Never known to fail.
Thanksgiving for favour received.



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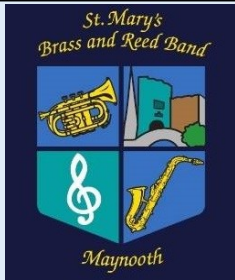
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085-2846781



St. Mary's Brass & Reed Band

The Band members are now fully recovered from our trip to the International Music Festival in Bad Orb in Germany which was our third visit and indeed was the most successful so far.



The highlight of last month was our Concert in St. Mary's Church of Ireland on the Saturday 19th which was really enjoyed by a very appreciative audience who gave the Band a standing ovation at the end of the evening with many asking that it be repeated next year.

The guest artists for the evening were a male quartet 4 inabar who were a complete contrast to the Band's music and were really enjoyed by the audience. They will be returning to the Church with their own Concert on 13th December at 7.30pm with all proceeds going to The Friends of St. Lukes.

November marks the Band's annual Mass for our deceased members which will be on Sunday 10th at 1pm. We invite families and friends of band members who have passed on to join us on this very special occasion. They Band was reformed in 1931 and we will be remembering those who have played an important part in keeping the Band going since then.



The Band will be returning to St. Mary's Church on Sunday 15th December for our annual Christmas Concert so hopefully you will make a note of the date for this great evening of seasonal music.



Maynooth Senior Citizens Committee



We are delighted to announce some news in this month's Newsletter. We have resumed our Tuesday Club the first time since Covid. We are currently running an information class on getting to know and getting the best from your mobile phone. This is a 3-week course and we are all taking away very useful information. The class is run under the auspices of the Kildare Wicklow Education Training Board. We hope to follow that up with crafts and after Christmas we will run a chair yoga and wellbeing course. Our usual art and bingo continues on Thursday mornings. We are delighted to welcome some new members to our group. If anyone is interested in coming to our Club activities please let us know. Contact details maynoothseniorcitizens@gmail.com; 0877974582 ; 0863450578

Our other news is our upcoming annual fundraising pub quiz (see poster below) which will take place in the Newtown Inn on 8th November. We have had great support from the Maynooth business community who have been so generous in providing the prizes for the night. and spot prizes for the quiz. All businesses will be acknowledged.

After our quiz night, we will be holding our Annual Christmas Raffle. Raffle tickets will be on sale on 15-16 and 22-23 November in Manor Mills and SuperValu. The raffle will be drawn at the Maynooth Senior Citizens Christmas Lunch which will take place in the Springfield Hotel on 1st December. The prizes are a Christmas hamper, and cash prizes of €250 and €150. If you are not in you can't win! Susan Durack, PRO Maynooth Senior Citizens.

MAYNOOTH SENIOR CITIZENS COMMITTEE

(EST 1965)



FUNDRAISING TABLE QUIZ

FRIDAY 8TH NOVEMBER 2024

8PM

NEWTOWN INN, MAYNOOTH

TEAMS OF 4, €10 PER PERSON

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Loan examples are for illustrative purposes only. Final repayments and cost of credit will be agreed in the credit agreement. APR stands for Annual Percentage Rate. Loans are subject to approval. Lending criteria, terms and conditions apply. Over 18s only.

WARNING: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit in the future.

WARNING: Your home is at risk if you do not keep up payments on a mortgage or any other loan secured on it.

WARNING: The cost of your monthly payments may increase.

Life Credit Union is regulated by the Central Bank of Ireland.

MAYNOOTH CYCLING CAMPAIGN



Maynooth Cycling Campaign - Public Meeting 14th November

Maynooth Cycling Campaign will be holding a **PUBLIC MEETING** on Thursday 14th November at 8:00pm in the ICA Hall. The Agenda will include Cycling without Age, the latest on the Maynooth Local Area Plan, and Campaign priorities for 2025. EVERYONE WELCOME!!!

Representative on KCC Transport Strategic Policy Committee

The Public Participation Network (PPN) has invited volunteers to represent the PPN on various Strategic Policy Committees of Kildare County Council. After the council elections in 2019, our Chair was elected to the Transport SPC but was forced to resign as the Council introduced a requirement to prevent a member of the Transport SPC from also sitting on the Sustainability Transport Forum which had replaced/ incorporated the Kildare Cycle Forum. As the Maynooth Cycling representative was the only person who was forced to resign, we are seeking removal of this requirement. Maynooth Cycling Campaign will be seeking election to the new Transport SPC and will be looking for the support of PPN groups.

Accidents KSIs

The Road Safety Authority has recently been criticised by politicians and the general public about the rise in road fatalities over the past two years. This comes after a long period of time when the number of road fatalities annually were decreasing. Elsewhere, other authorities do not assess the safety of roads on the basis of the number of fatalities but of a combination of road fatalities and the seriously injured. A recent report by Ciarán Ferrie on IrishCycle.com website looked at the record of fatalities and seriously injured (KSI).

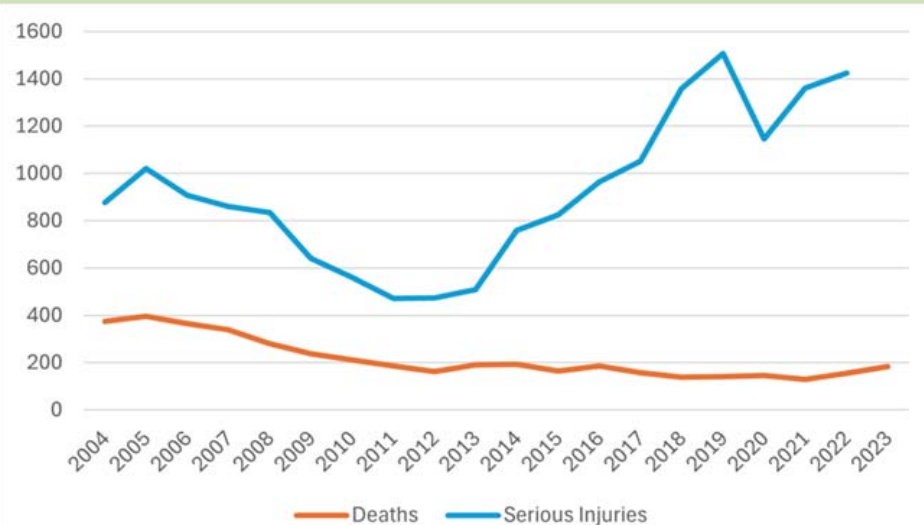


IMAGE: Deaths and Serious Injuries 2004 to 2023
(Source: RSA Annual Collision Reports)

The report revealed that although the number of deaths fell after 2013, the number of serious injuries have risen significantly.

Local Area Plan - Deletion of Proposed Permeability Measures

Councillors have given their response to the September Report by the KCC Chief Executive on the LAP submissions. The main outcome was that a representative from each of the four political parties proposed to delete several of the permeability proposals.

The councillors and the number of deletions that they proposed are given below.

Councillor	No. of Proposed Permeability Links Deleted	Party	No. of Party Members in MD
Naoise Ó Cearúil	46	Fianna Fáil	3
Tim Durkan	15	Fine Gael	3
Angela Feeney	19	Labour	1
Peter Melrose/ Aidan Farrelly	15	Soc Dems	2
Other Councillors		Independent	1
Total			10

Maynooth Cycling Campaign is disappointed that an overwhelming majority of councillors supported the deletion of more than 1/3 of the over 140 measures proposed to encourage walking and cycling. The action of councillors is hard to reconcile with their vote to recognise a climate (and biodiversity) emergency in June 2019 with the agreement of all members and with fifty one people currently missing in Spain after severe flooding.

Irish Rail and Access for All

Anyone travelling regularly by train would notice that Irish Rail regularly gives updates on the location of "Out of Order" lifts at stations. In mid-October, four stations were listed - Bayside, Tara, Grand Canal and Park West. Out of order lifts are not a huge problem for able bodied people but can be a critical issue for some people with disabilities. We will be keeping an eye on what progress Irish Rail makes in repairing them

Maynooth Cycling Campaign welcomes Irish Rail's proposal to provide lifts at Maynooth railway station. Lifts will enable people with disabilities to purchase a ticket and then access both platforms rather than just the platform adjacent to the ticket office.

Maynooth Cycling Campaign is a non-party independent local lobby group advocating for better cycling infrastructure in Kildare.

The Hot Water Bottle

The hot water bottle is a great way of keeping warm this winter

The following are uses for your hot water bottle

1. Keeps you warm in bed
2. Watching a movie
3. Working from home
4. Feeling stressed or anxious
5. Joint, back and stomach pain
6. Shock
7. Cold and flu
8. Saves on your energy bills

Important information

Always cover your hot water bottle when using it as it can cause burns to the skin. Also remember to check the hot water bottle regularly for cracks or leaks to avoid injuries.

Sourced by: Jackie Newsletter Staff



Cozy Winter Home Ideas

If you are wondering "How do I make my house cozy?" this winter season, here are some ways to create a cozy winter house!

Throw Blankets & Pillows

Throw blankets and pillows are one of the easiest and most low-cost ways to make your house cozy for winter. Switch out your thin, linen or cotton fabric pillows with heavy sweater-like material throw pillows. Change up your lightweight throw blanket with a heavy faux fur throw. You'll immediately feel ten times more cozy when lounging on the couch!

Fleece Slippers

Cold feet is never fun in the winter. Keep your feet cozy and warm by slipping them into a pair of fleece slippers as you walk around the house.



Flannel Sheets

Sheets made of cotton tend to hold the cold air. Flannel sheets are the perfect option for winter because they don't hold cold air, so you feel happy getting into bed every night! They also keep you super warm during the night, so you don't need to keep your heat as high.

Velvet Curtains

Thick, velvet curtains are great for keeping the cold air out. They will insulate the windows in your home and ensure that heat stays in!

Hot Beverage

There's nothing like hot chocolate or hot tea to warm you up on a cold winter day. Why not make it easy for yourself and guests to make a hot beverage by setting up a little station for hot water and drinks?

Source: curatedinterior.com/cozy-winter-home/

Oliver Reilly

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Saturday until 5:30pm
Closed for Lunch 1pm - 2pm
See in Store for Offers



Hegartys Solicitors

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Writers' Corner - Short Stories/Articles from our Readers

Poppy Day By Cheryl Devaney

Armistice Day, later known as Remembrance Day, is commemorated every year on November 11th to mark the armistice, an agreed suspension of fighting by opposing sides. This was signed between the Allies of World War I and Germany at Compiègne, northern France. It specified that hostilities on the Western Front would cease at 11 a.m. on the eleventh month of 1918.

Poppies were a frequent sight on what became known as the Western Front, when Germany invaded Luxembourg, Belgium and later France. The common poppy seed can remain dormant in soil for as long as a hundred years but needs light to grow, so only germinates in disturbed soil. These beautiful and resilient flowers flourished therefore in the soil churned up by the fighting and shelling. Many soldiers would send pressed poppies home in letters. In 1915, Lieutenant Colonel John McCrae, a Canadian military surgeon, wrote a poem while serving in Ypres, Belgium. It begins:

In Flanders Fields, the poppies blow
Between the crosses, row on row...

In January 1918, McCrae died of pneumonia in a British army hospital in Wimereux, France. His poem has endured as a symbol of the sacrifice made by those who fought during World War I and inspired an American academic, Moina Michael, to adopt the poppy as an official emblem of remembrance across America and Canada.

Francis Ledwidge from Slane, County Meath was another poet who was killed in action in 1917. Many of his poems were lost whilst fighting in Serbia and it is likely that some of these dealt with the Western Front, as shown in the final lines from 'The Dead Kings':
'A bomb burst near me where I lay.
I woke, 'twas day in Picardy'.

Dublin barrister, Thomas Kettle, while fighting on The Western Front, wrote a poem entitled 'To My Daughter Betty' that includes the lines:

'So here, while the mad guns curse overhead
And tired men sigh with mud for couch and floor

He was killed in 1916 at the age of thirty-six during the Battle of the Somme.

Artificial poppies were first sold in Britain in 1921 to raise money for the Earl Haig Fund, which supported ex-servicemen and the families of those who had died in the conflict. Anna Guérin, who was born in 1878 in Vallon, Ardèche, France, supplied the million ordered flowers. Initially, her poppies had benefited widows and orphans of the war, which had devastated regions of France. With petals of silk, wire for the stem and bitumen for the centre and assembled by French war widows, Anna was known as 'The Poppy Lady from France'.

The artificial poppies became extremely popular and, when demand exceeded supply, in 1922 the British Legion founded a factory in Richmond-Upon-Thames, London. It was staffed by disabled servicemen to produce their own poppies and still continues today, any money earned during the Poppy Appeal helping army veterans. Poppy wreaths are also made in this factory and there is another poppy factory in Edinburgh but those poppies have no green leaves.

Over the years, different poppy versions have been produced. In the 1930s, poppies were made from an under layer of lawn cloth with an upper layer of silk and a green fabric leaf. Materials being in short supply during the Second World War, they were now made entirely from card. Wire stems returned in the 1950s, the poppy petals being made from red felt. In 1967, plastic stems replaced wire ones with a one-piece petal. 1987 saw the poppy regain its green leaf as the public preferred this feature and, in 2023, the British Legion produced a plastic-free poppy made entirely from recyclable paper. Other charities sell poppies in different colours: white poppies symbolizing peace without violence and purple ones honouring animals killed in conflict.

In 2014, the Tower of London marked the centenary of the outbreak of World War I with an art installation by Paul Cummins and Tom Piper entitled, 'Blood Swept Lands and Seas of Red'. For this display 888,246 ceramic poppies, each representing a British World War I military fatality, flowed out of the Tower itself, filling the entire moat.

While the red poppy represents peace, eternal sleep, resurrection and the often heroic activities of the armed forces, many feel it has become too political, using the powerful feelings it creates to justify war. Many Irish people do not wear the poppy as it has become a divisive symbol, a signifier of support for the presence of the British army in Northern Ireland.

Red Deer and Rhododendrons

Our neighbour, Mrs. Beirne, told us children
about the lovely 'rosiedandrums'
growing in a corner of the bog.
We didn't rest until we found
a clump of dark green bushes
topped by massive purple blooms
that, with blazing, show-off brightness,
outdid every flower we'd ever known.

We also heard of park-raised deer
the gentry used to hunt on horseback
but never saw these antlered monarchs.
Later in school we read about

Fionn and his warriors with wolfhounds
chasing enchanted hinds on foot
and learned a poem in which our last red deer
are going down to cross the Shannon.

Since then rhododendrons have spread,
killing off surrounding plant life;
red deer, rescued from near extinction,
eat the bark of broadleaf saplings,
so that in Killarney's National Park
both are seen as needing cutback.
Perhaps it's true that beauty always
depends on rarity for impact?

By Colin Scott

An Fón Póca!

Is iontach an gléas é an
fón,
I lámh gach aon duine
mo bhrón;
Leis an scéal mar atá,
Is mór an mí-ádh,
Níl fáil ag an sprid ar a
lón!

GM.



Writers' Corner - Short Stories/Articles from our Readers (Cont.)

My Chequered Life Chapter 10

So I was back to the life I knew, well, sort of knew. There had been changes in my absence! Now there were three major categories of prisoners and I was put in the basic one. I had a minimum amount of money to spend in the tuck shop. I had to wear prison clothes, was allowed one letter a week, could make three phone calls a week, at my own expense and could have one visit per month. Bristol was a category B prison and I met several fellows there that I had met in various other prisons. Most of these had been either in open prisons or cat. C prisons but had offended in some way, drugs or stealing and so forth and had got their six-month punishment back to cat. B.

There was a big stress on course work, anger management, social skills and attitude changing approaches. There were changes also in review procedures which were much more transparent than formerly. Lifers, with a solicitor of their choice, were reviewed by a parole board consisting of a trial judge, a member of the prison authorities and a lay person who would have been some notable in secular society. Here there were strict criteria applied. A prisoner on basic in a cat. B prison could not be recommended for transfer to a category C prison. After a few months I was upgraded from basic to standard and applied to go to The Verne, which I had heard was a decent enough spot.

So in April 2001 I got my wish and arrived in The Verne. The Verne was much like Lay Hill with rooms instead of cells and no bars on the windows. The main difference was that it was situated on an island about a half mile off the Dorset coast, so escape was almost impossible. I settled in quickly and had access to much of my parole reports over the years so I decided I would make a serious effort to follow the courses in anger

management, enhanced thinking, alcohol awareness etc. With those courses behind me I thought I'd have a good chance of being released when my next parole review was due.

Again I met several fellows I knew from other prisons, among them was Malcolm. He was working in the wood store and I got him to put in a good word for me to get a job there. I was a bit suspicious of Malcolm but wasn't slow in using him to get what I wanted. My plan worked and he and I brought wood from the wood store to the workshop and brought back the finished items and got them ready for transport to wherever they were bound. At one time there were picture frames of various sizes on the move and I thought that maybe I will hop in amongst them myself some day if things aren't going too well for me!

I mentioned this to a friend of mine, Kevin, and thought no more about it until a few evenings later he threw himself on his knees and implored me to help him to escape as he said he had to get out. I advised strongly against it, mentioning all the negatives, but he persisted and a week or two later I left a side door open so that he could come into the loading bay without being seen by Malcolm or any of the officers. I duly hid him in a stack of picture frames, put some cardboard on top and wrapped the plastic all around it.

The security guys were a bit lackadaisical, they had managed hundreds of these loads, so I gave the word that all was ready for the forklift and one of them did the honours, loaded up the pallets, closed up the side of the lorry and Kevin was on his way. I could see the lorry making its way to the gate, the driver completing whatever formalities there were and then driving down the causeway and Kevin was gone! An hour later I went back to the wing for lunch and shared my

story with nobody.

After lunch I was back in my room and this lady prison officer put her head in my door and asked if Kevin was with me. Kevin Jones, said I, no, I haven't seen him all morning. He wasn't there for roll call, she said, do you know where he is. I had no idea, I told her. Very soon other officers came round and went into each room, checked the toilets, bathrooms, associations rooms. They were in Kevin's room but got no clues – I had warned him to leave everything as normal. They searched outside, the flat roofs and walked the perimeter. The local police helped out with their tracker dogs.

Mid afternoon I was called down and walked into the office to be "greeted" by the prison governor, the head of security and maybe four prison officers from my wing. They asked me straight out "where is Kevin Jones?" I said I hardly knew Kevin but they said you spend a lot of time together. Well, yes said, I but we're not married. So there are lots of things I don't know about him. "Did he escape? Did you help him to escape?"

By this time they knew he had escaped and how but couldn't for definite connect me to it. So I was allowed back to my room. A little later the doors on the wings were opened and normal routine was restored. I was watching TV and three prison officers arrived and brought me to the segregation unit. I wasn't too pleased but I went and spent two days there. The governor of another prison was brought in and he asked the same questions and I gave the same answers. I was sacked from my job in the wood store and allowed back among the general population. I found it hard to get another job. I was blacklisted for getting the officers in the wood store into trouble!

GM

EVENT: AWARENESS EVENT

**FOCUSED ON:
HEALTH CHALLENGES TO OUR YOUNGER GENERATION IN
TODAY'S WORLD.**

DATE: 16TH, NOVEMBER 2024

VENUE: THE GLEN ROYAL HOTEL, MAYNOOTH.

TIME: 2.30PM TO 6.00PM

ALL ARE WELCOME

NO BOOKING REQUIRED

ADMISSION FREE



GROW MENTAL HEALTH:

Grow Mental Health peer support meetings take place every Tuesday in Leixlip Library - Captians Hill - Confey from 11 am to 1pm.

For more information please contact
Amanda on 086 1367423

amandadempsey@grow.ie

Homemade Christmas Pudding

Get motivated in November to make your Christmas pudding to have it mature in time. This really is a figgy pudding as it includes dried figs, as well as all the usual dried fruit. The fig seeds bring a hint of a crunch to the finished pudding, which makes for a first-rate texture. Make and steam it at least a month in advance, so that it has time to mature.

Ingredients

The dry ingredients

- . 275g/10oz soft brown or white breadcrumbs
- . 100g/4oz dried apricots, chopped (to about the same size as the raisins)
- . 100g/4oz dried figs, chopped (to about the same size as the raisins)
- . 225g/8oz currants
- . 225g/8oz seedless raisins
- . 225g/8oz sultanas
- . 75g/3oz high quality candied peel, finely chopped
- . 50g/2oz almonds, finely chopped
- . 225g/8oz light or dark muscovado sugar
- . 225g/8oz shredded suet
- . ½ tsp salt
- . 1 tsp ground mixed spice
- . 1 tsp ground cinnamon
- . ½ tsp freshly grated nutmeg



The wet ingredients

- . 1 orange, zest and juice
- . 1 lemon, zest and juice
- . 1 eating apple, cored and grated
- . 3 free-range eggs, lightly beaten
- . 150ml/5fl oz stout or similar dark beer
- . 150ml/5fl oz milk
- . 4 tbsp brandy
- . butter, for greasing pudding bowls

Method

Place all the dry ingredients into a large bowl and mix together thoroughly.

Add the wet ingredients and mix together well with your hands (a spoon doesn't do the job half as well).

Divide the mixture between two greased 1½ litre/2½ pint heatproof pudding bowls, filling almost to the rim, then smooth down the surface.



Cover each bowl with a large square of greaseproof paper, then cover that with a large square of aluminium foil. Tie the two sheets tightly into place under the rim with string, leaving long ends of excess string to make a handle. Loop one of the excess string lengths over the pudding basin and slide underneath the taut string holding the sheets in place on the other side. Bring up the string and firmly knot with the other piece of excess string, to form a secure handle to lift the pudding in and out of the water.

Leave the puddings somewhere cool overnight before cooking.

To cook, stand both puddings on a trivet in a large, deep, heavy-based pan (or each pudding in a separate pan). Pour boiling water into the pan(s), enough to come about halfway up the sides of the bowls.

Cover the pan(s) with a lid or a dome of foil and boil for seven hours. Check the water level regularly, topping it up with more boiling water as necessary to keep the bowls half submerged.

After seven hours, remove the bowls from the pan and leave to cool. Untie and remove the foil and greaseproof sheets and replace with clean, dry sheets of both greaseproof paper and foil.

Store in a cool, dry place (or freeze if you prefer, though they will keep perfectly well for a year or more unfrozen). To reheat at Christmas-time, return to a pan containing a few inches of boiling water, cover and steam for two hours, checking the water levels now and then, until completely heated through.



Source: www.bbc.co.uk/food/recipes/christmaspudding

Preparing for Christmas

Overwhelmed by the thought of everything you need to do for Christmas? This is a guide to the lists you'll want to make to prepare for Christmas more easily.

Christmas Card List

Knowing who you're sending a card to will help you to make sure that no-one is missed over the Christmas period.

Christmas Gift List

Having a list not only of who you are buying for, but also the budget for each person, and ideas of what to get, will keep things much more organized. It can also help you work out where and when to shop – as some items would be better bought in sales like the January Sales, or Black Friday / Cyber Monday.



Christmas Meals List

Listing what meals you're going to have to cater for, how many people, what food is required etc... will be crucial to writing your food shopping list when the time comes around... And don't forget – it's not just the important meals like Christmas Dinner, Christmas

Morning, Christmas Eve and Boxing Day – but also all the other meals that need catering for.

Plan your baked goods

If you like to make a lot of holiday goodies, part of getting ready for Christmas early means planning what you're going to make. Organize your baked-good recipes together, and create a master list of all the ingredients. That way you can stock up when they start going on sale in early November. If you're really organized, you can even bake your cakes and keep them in your freezer.

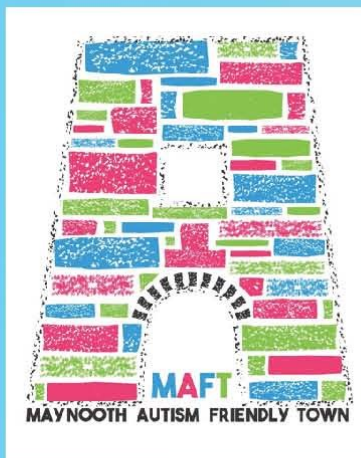


Home Cleaning Checklist

For Christmas, your cleaning may be more detailed (a little like Spring cleaning) – as you may want to be more thorough before the decorations go up (it can be harder to clean when they're in the way), or if you're having lots of guests etc...

NOTE: An extra list you might also want to add is a decluttering list – because decluttering things before Christmas makes sense when you create a little time for it. It's especially good for kids toys, so they make room for new ones and give older ones to charity – for example.

Source: organisemyhouse.com/prepare-Christmas-lists/



Maynooth Autism Friendly Town Update

Upcoming MAFT Events and Awards

November is a very busy month for us here in MAFT.

First of all our submissions to the Maynooth Local Area plan have been taken onboard by Kildare County Council

On the 6th of November we are facilitating the MEC's first **Career Night Quiet Space** allowing students to talk to Higher Education Institutions in a more sensory friendly environment, and to explain alternative routes to 3rd Level Education.

On the 9th of November we will be attending AsIAm's first **Employment Seminar** in Maynooth University. This is a free event, if you wish to attend follow this link [AsIAm Employment Seminar](#)

Then on the 23rd we will be attending the **Kildare Sports Ability Day** in Maynooth University, which is always a fantastic event to see some of the inclusive clubs in the wider area.

We are also being recognised for our work in the community so far, we are finalists in the **IPB Pride of Place** awards on the 2nd of November in the category of "Inclusive Town" and then on the 16th we are putting on our glad rags for the Sparkle for Autism Ball in Dunboyne Castle.

There is a fantastic opportunity to win a brand new sensory room worth €20K for your home or school you don't need to attend the ball to enter please follow this link [Win a Sensory Cabin](#)



Social Clubs October

Our Teen and Tween social clubs went bowling for Halloween on the 30th and attended a sensory soft play in Playzone, these were fantastic sell out events and it is great to be able to facilitate the craic for these kids

If you are interested in future events make sure to keep an eye on our socials for booking links as spaces are limited



Notes for your December Diary

MAFT in conjunction with the Glenroyal Hotel are proud to bring Sensory Santa back to Maynooth for the 3rd year. This year it will be on the 14th of December, watch our socials for tickets to this special event



For updates on these exciting programs and to stay connected with the MAFT Association, keep an eye on our newsletter and our Social Media. We look forward to welcoming you and your family to our upcoming events!

Contact us on our social media or email autismfriendlytownmaynooth@gmail.com

Would you like to win an iPad before Christmas?

MAFT can help you, and in the process you can assist MAFT in raising funds to allow them continue their work in the community.

MAFT have an **iPad 10.2" 64GB** and cover to be won.

To be in with a chance to win, all you have to do is **click on the donate link or QR code**. Enter the word **'iPad'** after your name.

For every **€10** donation you make you will receive **1 entry** into the draw.

The draw will take place on the **15th of November 2024**.

You can't win if you're not in!!!!

AsIAm Employment Seminar

When 9:30 am to 4:30 pm on the 9th November
Where TSI Building, North Campus, Maynooth University, Maynooth, Co. Kildare

Morning Session 09:30 am - 12:30 pm
 The morning session is open to Autistic jobseekers, employers, and anyone interested in creating inclusive workplaces.

Afternoon Session 1:15 pm - 4:30 pm
Employability Programme
 The afternoon session is specifically for Autistic Jobseekers.

With thanks to the Department of Adult & Community Education, Maynooth University, for hosting this seminar.

Scan the QR code to book a session with us.

For more information, contact employmentgroups@asiam.ie

RCN: 20144838 **Bank of Ireland** **Maynooth University** **Community Foundation Ireland**

Have you ever wanted to attend the **Maynooth Education Campus Careers night**, but found it all too much?

This year, we hope we will be able to assist.

MAFT in collaboration with **Maynooth Education Campus** will host a **QUIET SPACE CAREERS NIGHT**

Wednesday 6th of November
 6:30 PM - 9:00 PM

Maynooth Education Campus
 9C/24-36, Mariavilla, Maynooth, Co. Kildare

VISIT COLLEGE REPRESENTATIVES IN A DEDICATED QUIETER AREA

HEADSUP

KILDARE

supporting U and
your mental health

**6-week Evidence-based Programme coming to
St. Coca's Scout Hall, Bridge Street, Kilcock
13th & 14th November to 18th & 19th December 2024**

**Get support from
others in a safe non
judgmental space**

**Make Connections
and set new goals**

**Book early as
places are limited**



**Grow your
Confidence and
Resilience**

**Learn new skills to
help cope with
every day life**

**Know that you are
not alone**

**If you are over 18, want to learn to build your mental fitness, boost
your confidence and take action to get back on track, then
HEADSUP Kildare is the programme for you!**

**If you would like to know more,
contact;**

Deirdre 085 1068305

Deirdre@countykildarelp.ie

or

Lorna 085 8421347

Lorna@countykildarelp.ie



www.heads-up.ie



KNOW YOUR RIGHTS

Citizens Information Centre, Dublin Road, Maynooth

Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.

Information is also available online at www.citizensinformation.ie and from the Citizens Information Phone Service - 0761 07 4000 or Lo-call 1890777121



Vaccinations for children and young people

Introduction

Immunisation is a safe and effective way to help your body prevent or fight off certain diseases. You can get immunisation through vaccinations. You can get your child vaccinated under the:

- Childhood Immunisation Programme
- School Immunisation Programme
- HSE catch-up programme

Check the table below to see what age to get your child vaccinated.

How much do these vaccinations cost?

These vaccinations are free of charge.

Parental consent for vaccines

If you are under 16, you must get your parent or guardian's consent for vaccinations.

Vaccination is not compulsory but is strongly advised by the Department of Health. You should discuss any concerns you may have with your GP (family doctor) before making a decision about your child's immunisation.

Budget 2025: Chickenpox vaccination for children

A free Varicella (chickenpox) vaccination programme for children was announced in Budget 2025. If your child was born on or after 1 October 2024, the vaccine will be part of their childhood vaccinations (see below table).

If your child was born before this date, you can ask your GP for the vaccine, but you will have to pay for it. Read more about the chickenpox vaccine on the HSE website.

Where to get your child vaccinated in Ireland

You are usually offered your child's vaccinations by:

- The hospital where your baby was born
- The HSE
- Your GP
- The School Immunisation Programme or
- The HSE catch-up programme

You can also contact your Local Health Office or your GP directly.

Vaccines for babies

You will usually be offered vaccines for your baby from your GP (family doctor) until they are 13 months, as part of the Primary Childhood Immunisation Schedule. You can also get your baby vaccinated in hospitals and health clinics.

You should make sure your baby gets their vaccinations on time, or as soon as

possible after they are due. If your baby is due to have a routine vaccination, you should phone your GP to arrange it.

RSV vaccine for newborns 2024-2025

If your baby is born between September 2024 and February 2025, the HSE will offer your baby the vaccine to protect against RSV (respiratory syncytial virus).

This is a temporary programme run by the HSE. You can find more information on the RSV vaccine on the HSE website.

Read more information about vaccines available for your baby (pdf). <https://www.hse.ie/eng/health/immunisation/pubinfo/pcischedule/engyourchildsimm.pdf>

Vaccines at school

When your child starts school, they can get more vaccinations under the School Immunisation Programme.

During winter, you can usually get the flu vaccine for your child if they are aged from 2 to 17. The flu vaccine for children is given by nasal spray rather than injection.

Vaccine catch-up programmes

If you or your child missed certain vaccines when they were offered, the HSE can sometimes provide these vaccines later in life. Catch-up programmes are often only available to certain age groups and during a specific time period.

MMR catch-up programme

Your child will usually be offered the MMR (measles, mumps and rubella) vaccine when they are 12 months old, followed by a second dose when they are aged 4-5 years old in junior infants. Usually, children can get the MMR until they are aged under 10 years, but currently you can book an appointment for an MMR vaccine at any age if you or your child has missed the MMR vaccine. This is known as the MMR catch-up programme.

Adults born in Ireland before 1978 are likely to have had measles infection and so would not need to get the MMR vaccination.

HPV catch-up programme

The HPV catch-up programme ended on 31 December 2023. Read more about the HPV vaccine on the HSE website

More information

You can get information about all immunisations from your GP, public health nurse or Local Health Office. The HSE's National Immunisation Office website and the Health Protection Surveillance Centre (HPSC) have produced useful factsheets on immunisations for parents. These factsheets are available in several languages.

Your child's vaccines and when to get them

Childhood immunisation schedule

Age	Where	Vaccine
2 days old	Hospital	Respiratory syncytial virus (RSV) vaccine (From September 2024 to February 2025)
2 months	GP	1. 6in1 (diphtheria, tetanus, whooping cough (pertussis), polio, Hib (Haemophilus Influenzae Type B) and Hepatitis B provided in one single injection) 2. PCV vaccines against pneumococcal disease 3. Meningococcal B vaccine 4. Oral vaccine to prevent rotavirus disease
4 months	GP	1. 6in1 (diphtheria, tetanus, whooping cough (pertussis), polio, Hib (Haemophilus Influenzae Type B) and Hepatitis B provided in one single injection) 2. Meningococcal B vaccine 3. Oral vaccine to prevent rotavirus disease
6 months	GP	1. 6in1 (diphtheria, tetanus, whooping cough (pertussis), polio, Hib (Haemophilus Influenzae Type B) and Hepatitis B provided in one single injection) 2. PCV vaccines against pneumococcal disease, 3. Meningococcal C vaccine
12 months	GP	1. MMR (measles, mumps and rubella) vaccine 2. Vaccine against Meningococcal B 3. Vaccine against chickenpox (varicella) if your child was born on or after 1 October 2024
13 months	GP	1. Vaccines against Meningococcal C, Hib (Haemophilus Influenzae Type B) 2. PCV vaccine (protects against Pneumococcal Disease)
2-17 years	GP or pharmacy	Nasal flu vaccine
4-5 years	GP or school	1. 4 in 1 (diphtheria, tetanus, whooping cough (pertussis) and polio) 2. MMR (measles, mumps and rubella) vaccine (second dose) 3. Vaccine against chickenpox (second dose of varicella) if your child was born on or after 1 October 2024
11-14 years 1st year in second-level schools	School	1. Tdap (tetanus and low-dose diphtheria) booster 2. Meningococcal ACWY booster 3. HPV (Human Papillomavirus Virus) vaccine (3 doses)

ZERO WASTE

MAYNOOTH

PARTY KIT RENTAL



LADIES CLOTHES SWAP



CHILDREN'S TOY SWAP



CLOTH NAPPY LIBRARY



CLOTHES MENDING



ZERO WASTE MAYNOOTH EVENTS TAKE PLACE ONCE A MONTH, ON THE 2ND SATURDAY OF EVERY MONTH IN MAYNOOTH COMMUNITY LIBRARY FROM 2PM - 4PM

Check event details in advance on Zero Waste Maynooth Facebook page.

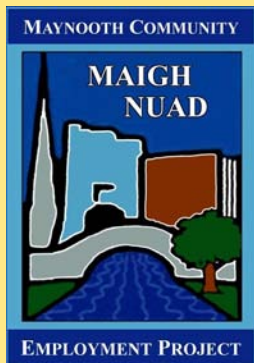
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*An Nuadha Players
Community Theatre*
Celebrating 25 years

Apparitions in clanking chains, shivering clerks, slobbering thieves, the many ghosts of Christmas and a grasping, scraping, clutching old sinner by the name of Ebenezer Scrooge. These are just some of the many characters who are making their way to Maynooth for An Nuadha Players' Christmas Pantomime – A Christmas Carol. Charles Dickens is on his way there too to present what he thinks is a 'serious' production of his 'Christmas masterpiece'. Megotty Squidgebottom has had a sneak preview of the show however and she knows that writer Martin Higgins has written in a few surprises for 'Charlie'. Martin has written all of the group's pantomime scripts since An Nuadha Players was formed 25 years ago. He has also written pantos for professional theatres for many years.



The Ghost of Christmas Present (John O'Toole, right) tries to bring some joy into the life of Ebenezer Scrooge (John Fitzgibbon-Moore, left).

A Christmas Carol has long been one of Martin's favourite books and he had hoped to adapt it for the stage someday. When his daughter Caitriona, who is our production's director, suggested a panto version, Martin was delighted to take up the challenge. He is greatly looking forward to seeing his script come to life in the hands of our talented creative team.

Choreographer Méadhbh Fitzgibbon-Moore is very excited to be working with such a dynamic, dedicated and super-talented cast – the biggest ever for an An Nuadha Players' pantomime. "Audiences are in for a real treat with this show", says Méadhbh. "It's full of heart and the sparkle of Christmas".

A Christmas Carol runs from Thursday 28th November to Sunday 1st December in the Aula Maxima in St. Patrick's College, Maynooth. Show times are 7.30 pm Thursday to Saturday with matinées on Saturday and Sunday at 2.30 pm. For tickets, visit Annuahplayers.ie or call into Maynooth Bookshop.

The Pantomime is an expensive production and An Nuadha Players are grateful for the support of our main sponsors, Kildare County Council. If you have a business in the town and would like to sponsor any of our productions or provide raffle prizes, please get in touch via email or our website.

If you would like to be part of our front of house or stage crews for the pantomime, please get in touch by email annuahplayers@gmail.com or via our website.

An Nuadha Players
proudly present

A Christmas Carol

Pantomime 2024
Supported by Kildare County Council

Aula Maxima, St Patrick's College, Maynooth
Thursday 28th Nov 7:30pm Saturday 30th Nov 2:30pm & 7:30pm
Friday 29th Nov 7:30pm Sunday 1st Dec 2:30pm

Visit annuahplayers.ie
or call into Maynooth Bookshop

Adult €18 Concession €15 Family €55 Group (10+) €15 each

Email us at annuahplayers@gmail.com annuahplayers.ie Find us on social media   

Colouring Competition Prizewinner

Congratulations to Cillian Gaffney aged 8 who won a family ticket to the show for his colourful entry. Entries will be on display in the Aula Maxima.

2025 Summer and Christmas Productions

We are inviting submissions for our 2025 summer and Christmas Productions. If you have written a pantomime, or have a pantomime script that you would like to put forward for consideration for our Christmas Pantomime in 2025, please email your submission to annuahplayers@gmail.com by **31st October 2024**.

Please **do not** submit a script that doesn't belong to you without permission. If you are submitting a script that you have not written, let us know in your email that you have received the author's permission.

If you have written a full length or one act play, or have a play script that you would like to put forward for consideration for our summer production in 2025, please email your submission to annuahplayers@gmail.com by **8th December 2024**.

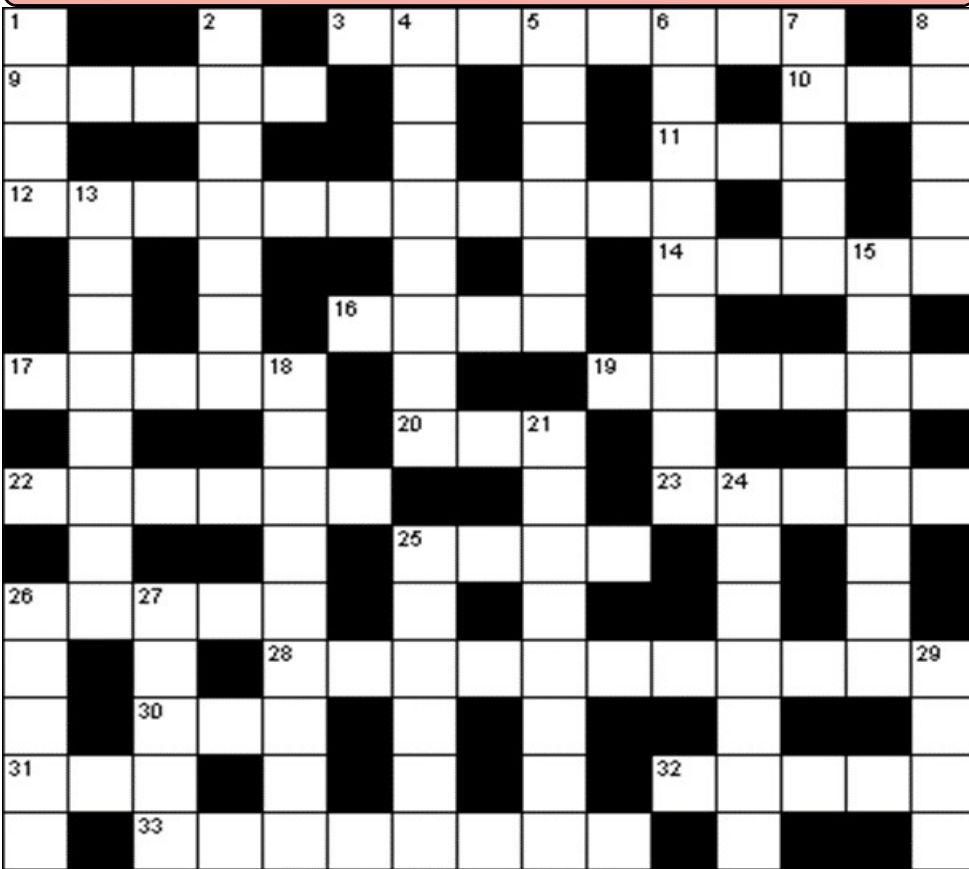
If you are interested in directing, please confirm this in your email along with providing us with a brief background of your experience.

A huge thanks to everyone who joined us for our Music Bingo fundraiser in Bradys on October 11th. Our quiz MC, Laura Brennan once again treated us to a wonderful night of music and entertainment.



Finally, don't forget to join An Nuadha Players for our 21st Christmas Pantomime where the ghost of Christmas Past will take your hand and fly you over the snowy rooftops of Victorian London into the past of Ebenezer Scrooge. It promises to be a memorable production.

November 2024 Crossword - No. 540



Clues Across

- 3. Statue support (8)
- 9. Snake (5)
- 10. Even (poet.) (3)
- 11. Admiration (3)
- 12. Republic in central Europe (11)
- 14. Coily (5)
- 16. Drill a hole (4)
- 17. Flat paving stones (5)
- 19. Halogen element (6)
- 20. Total (3)
- 22. Thing that attracts (6)
- 23. Misplaces (5)
- 25. Small children (4)
- 26. Suit (5)
- 28. Large self-service retail store (11)
- 30. Powdery residue (3)
- 31. Colourful form of the common carp(3)
- 32. Covered with scales (5)
- 33. Made known (8)

Solutions to Crossword No. 539



Clues Down

- 1. Cushions (4)
- 2. Necking (7)
- 4. Immense (8)
- 5. Breathe out (6)
- 6. Poisonous mushroom (9)
- 7. Wary (5)
- 8. Unite (5)
- 13. Skilfully built (4-4)
- 15. Underwear (8)
- 18. Sweetmeat store (5,4)
- 21. Furnish with a motor (8)
- 24. Flightless bird (7)
- 25. Top hat (6)
- 26. Penniless (5)
- 27. Natural talent (5)
- 29. Playthings (4)



Difficult

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

Sudoku Challenge

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

If you have access to a printer and wish to complete the Crossword and/or Sudoku for fun you can print the single page by going to File -> Print and print the single page number only.

Winter First Aid Essentials

Always Check Expiry Dates

First Aid	Cold & Flu
Plasters and Bandages	Decongestants
Antiseptic Cream/Spray	Cough Syrup
Thermometer	Throat Lozenges/Sprays
Tweezers	Vapour Rub
Paracetamol	Tissues
Ibuprofen	Moisturiser
Digestive Aids	Lip Balm
Antacids	Hand Sanitiser
Antidiarrhoeal Medication	Saline Nasal Spray
Oral Rehydration Salts	
Stomach Bug	
Plain Crackers	Disinfecting Wipes
Gatorade (Adult)	Disposable Gloves
Pedialyte (Child)	Masks
Ginger Ale	Hand Soap

Smart Shopping for Christmas

- 1 Do as much as you can in advance as this will take a lot of pressure off when Christmas does come round. Preparation is key to a stress free Christmas
- 2 Make a budget for food, drink and presents. Stick to that budget
- 3 Write a list of everything you will need including essentials like decorations, napkins, wrapping paper etc.
- 4 Keep track of your shopping and mark off list as you get each item
- 5 Start looking on-line and in stores for early bargains/sales
- 6 Start shopping as early as you can. Buy one item a week if you can
- 7 Visit charity shops/discount stores for stocking fillers
- 8 Try to get as many items as you can in the one area at the one time. This will save time
- 9 Food Shop: Buy items in advance - such as canned goods, long-life foods, dried food. Check sales for these items. This will make it so much easier than doing a big expensive shop nearer Christmas.
- 10 Start looking for sales in soft drinks/ alcohol. Stock up well ahead of the rush.



November Pet Care

November is Senior Pet Care Awareness Month - a reminder to give your senior pets a little extra special care and attention. First off, how old is senior? Well, it depends on the breed and size of the pet, but a pet from the age of seven would be considered a senior dog. With our pets living longer, it is a good idea to bring them to the vets more often for wellness exams to keep them healthy, active and happy. Make sure that all their vaccines are up to date.

Signs your pet is aging: cloudy eyes or worsening vision, bad breath, decreased mobility, any bumps under the skin (should be checked by vet straight away), any weight loss or weight gain and having accidents/difficulty in going to the toilet.

Its not only physical signs that can be noticeable in senior pets but it can be mental and behavioural too. These can also be a sign of underlying problems, nice dogs may become grumpy simply because they are in pain which could be caused by arthritis or they may sleep more. They may develop such as cognitive dysfunction syndrome, which is a dementia that is similar to Alzheimer's in us humans. This causes confusion, anxiety, fear and forgetfulness.

Tips: Try to keep their food and water in an easily accessible location and always have fresh water available at all times. Check with your vet to see if their food will have to be adjusted to suit them. Monitor their weight. Raise their bowls if they can't bend down or their movement is restricted. Consider getting ramps, low steps so that they can get to higher places as they may not be able to climb or jump up to the couch or bed. Don't forget to keep an eye on their nails as they may not be able to walk as far and therefore their nails may not be getting worn down as much.

**Senior Dogs are like your favourite old slippers:
Comfy, Familiar and Irreplaceable**



Sourced: petcare.com

Puzzle Time

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



HARVEST
BASKET
CHESTNUTS













AUTUMN
APPLES
TREE















WIND
LEAVES
PUMPKIN



ACORNS
ORANGE
AUTUMN

 = A	 = N	 = C	 = T	 = E
 = L	 = O	 = K	 = R	 = J


CODE BREAKER

**What gets wetter the more it dries?
A Towel**


WORD SCRAMBLE

SAEVEL	
TAUNMU	
KUPMIPN	
ERTE	
VRAHTSE	
DWINI	
GNAORE	
RNOCA	
KSBTAE	
PNOE EFRI	
PLSEAP	
HTO AHTEOCCOL	

Produced by Martina, Newsletter Writer

				
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15





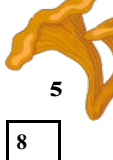























COLOURING FOR FUN



NB To Print the page go to File, select Print and put in this page number. Then Print.

All puzzles sourced free from Google



JACKIE'S CHICKEN, CHICKPEA AND VEGETABLE CURRY

INGREDIENTS

Chicken pieces
 Mix vegetables fresh or frozen
 1 whole onion
 1 tin of chickpeas
 1 tin of light/whole coconut milk
 Garlic paste or fresh garlic
 Tomato paste
 Curry powder
 1 vegetable stock cube
 Salt & pepper



METHOD

1. Fry chicken pieces in a lightly oiled pan and remove from pan
2. Add sliced onions and lightly fry al dente and remove from pan
3. Add 1 tin of coconut milk to pan
4. Add mixed vegetables
5. 1 tin of chickpeas
6. A generous amount of garlic paste/fresh
7. A generous amount of tomato puree
8. 1 vegetable stock cube
9. 1 to 4 tbsp. of curry powder
10. Salt and pepper
11. Add chicken and onions back to pan and simmer for 20 minutes or until all the vegetable are al dente and enjoy with or without rice.



Additional Information

Remember when making a curry all ingredients can be adjusted to ones taste depending on how hot and spicy you like your curry.



Monthly gardening checklist

Fruit and veg



Take hardwood cuttings from healthy fruit bushes, including currants, blueberries and gooseberries.

Use cloches to protect winter peas, beans and salads, but leave the ends open as good ventilation is vital.

Prune autumn-fruiting raspberries to the ground after harvesting.



Plant garlic, shallots and onions in free-draining soil or raised beds, then cover with fleece.

Prune fruit bushes once dormant,

including blackcurrants, redcurrants, white currants and gooseberries.

Support top-heavy Brussels sprouts with sturdy canes, and pile earth up around the stems for extra stability.

Cut down Jerusalem artichokes, then dig up and store the tubers in a bucket of dry compost.

Put netting over cabbages, kale and other hardy brassicas to protect them from pigeons.

Plant bare-root fruit trees, bushes and canes, as long as the ground isn't too wet.

Check stored crops for signs of rot or deterioration.

Lift and pot up chicory roots to force in the dark.



Tidy up strawberry beds, cutting back old foliage and congested runners and removing any weeds.

Source: Gardenersworld.com





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Kildare Planning Applications for Maynooth Area Planning Applications received from 21/9/2024 to 29/10/2024 Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2461101	Kildare County Council	Demid Tishin and Rufina Tishina	50 Kingsbry, Maynooth, Co. Kildare	23/10/2024
2461100	Kildare County Council	Lauren & Daniel Ghamgosar	Clonfert Stud, Laragh Demesne, Maynooth, Co. Kildare	22/10/2024
2461091	Kildare County Council	Padraic O Flaherta	Sruthan, Barrogstown, Maynooth, Co. Kildare	21/10/2024
2461076	Kildare County Council	Padraic O'Flaherta	Sruthan, Barrogstown, Maynooth, Co. Kildare	18/10/2024
2461068	Kildare County Council	Thomas Breen and Susan Diffney	78 Kingsbry, Maynooth, Co Kildare	17/10/2024
2461051	Kildare County Council	Thomas Breen	78 Kingsbry, Maynooth, Co Kildare	15/10/2024
2461038	Kildare County Council	Lauren & David Ghamgosar	Clonfert Stud, Laragh Demesne, Maynooth, Co. Kildare	10/10/2024
2461020	Kildare County Council	Brian and Niamh Cronly	13 Parklands Grove, Maynooth, Co. Kildare	08/10/2024
2461026	Kildare County Council	Alan Donnelley	Maynooth Lodge Nursing Home, Crinnstown, Maynooth, Co. Kildare	08/10/2024
2461022	Kildare County Council	Laura Jayne Halton	Laragh Demesne, Maynooth, Co. Kildare, A00000D	08/10/2024
2461011	Kildare County Council	Brian and Niamh Cronly	13 Parklands Grove, Maynooth, Co. Kildare	07/10/2024
2461009	Kildare County Council	Martin Mc Mahon	Main Street, Maynooth, Co. Kildare	07/10/2024
2460991	Kildare County Council	Farrell O Boy	3 Pound Lane, Maynooth, Co. Kildare	03/10/2024
2460999	Kildare County Council	Alan Donnelley	Maynooth Lodge Nursing Home, Crinnstown, Maynooth, Co. Kildare	03/10/2024
2460983	Kildare County Council	Circle K Ireland Retail Limited	Circle K Carton Hall Service Station, Straffan Road, Maynooth, Co. Kildare	01/10/2024
2460964	Kildare County Council	Farrell O Boy	3 Pound Lane, Maynooth, Co Kildare	28/09/2024

Maynooth Community Contacts Listing

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<p>Cllr. Tim Durkan 086-8632784 tim.durkan321@gmail.com</p>	<p>Cloth Nappy Library Ireland 087-9949183 zerowastemaynooth@gmail.com facebook.com/NappyLibraryIreland</p>	<p>Community Welfare Services 0818607080 Kildarecws@welfare.ie</p>	<p>Employment Office 01-6106000 bo.maynooth@welfare.ie</p>
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<p>Kildare County Council (Local Office) 01 - 6286236</p>	<p>Kildare MABS 0818072600 kildare@mabs.ie</p>	<p>Maynooth Autism Friendly Town 0863329050 autismfriendlytownmaynooth@gmail.com facebook.com/maynoothaft</p>	<p>Maynooth Community Care Unit 01-6106351</p>
<p>Maynooth Community Church 01-5054990 office@maynoothcc.org facebook.com/maynoothcommunitychurch/</p>	<p>Maynooth Community Library 01-6285530 maynoothlib@kildarecoco.ie. facebook.com/KildareCountyLibraryService</p>	<p>Maynooth Cycling Campaign 086-8252934 Maynoothcycling@gmail.com www.maynoothcyclingcampaign.com</p>	<p>Maynooth Fishing Club 01-6293202 info@maynoothfisheries.com</p>
<p>Maynooth GAA Club secretary.maynooth.kildare@gaa.ie facebook.com/maynoothgaa/</p>	<p>Maynooth Health Centre 01-6106130</p>	<p>Maynooth Kilcock Lions clubcontact@maynoothkilcocklionsclub.org facebook.com/MaynoothKilcockLionsClub/</p>	<p>Maynooth Library 01-6285530 Maynoothlib@kildarecoco.ie</p>
<p>Maynooth Newsletter 01-6285922 office@maynoothcep.com facebook.com/MCEPnewsletter</p>	<p>Maynooth Senior Citizens maynoothseniorcitizens@gmail.com</p>	<p>Maynooth Students Union 01-7083669 frontdesk@msu.ie facebook.com/MaynoothSU</p>	<p>Maynooth Tidy Towns 083 304 6130 maynoothtidytowns@outlook.ie facebook.com/MaynoothTidyTowns</p>
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<p>Post Office (Maynooth) 01-6286259</p>	<p>Réada Cronin T.D. 01-6183823 reada.cronin@oireachtas.ie facebook.com/ReadaCroninSinnFein</p>	<p>SVP Vincent's Shop 01-6289643 geraldinebyrne.east@svp.ie facebook.com/profile.php?id=100064619179003</p>	<p>Zero Waste Maynooth 087-9949183 zerowastemaynooth@gmail.com facebook.com/zerowastemaynooth</p>

If you wish to have your Community contact added, updated or removed from the above listing please e-mail: office@maynoothcep.com with "Community Contact" in the subject line.