



Maynooth Newsletter

Recording the Social Footprint of Maynooth since the 1970s



Local News - October 2024 - Issue No. 539 - Online Version

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The views & opinions expressed in this Publication are those of the contributors.



First Traveller man conferred with a PhD at MU

Thomas McCann became the first Irish Traveller man to earn a PhD in Maynooth University when he was conferred with a Doctor of Social Science degree at conferrings on September 4. His doctoral research focused on community work and the Traveller struggle for human rights in Ireland. Thomas, who is also the first Traveller to complete a doctorate in MU, was conferred along with five Traveller undergraduate students who received their Bachelor of Social Science (Community and Youth Work) degrees at MU's conferring ceremony. The four-year degree integrates academic coursework with practical experience.

First traveller to study at Maynooth University

In 1985, Thomas became the first Traveller student in the University, participating in the first Traveller education programme run by Dublin Travellers Education and Development Group, now Pavee Point. On completing this programme, he secured a place on the first MU undergraduate professional programme in Community Work and Youth Work. "I was trying to find a coherent framework to support my political activism, and community development work offered this to me. That's why I started out on this journey," said Thomas, who went on to found and manage the national Traveller Counselling Service.

After earning a degree as a psychotherapist and studying for a Masters in Clinical Supervision in Trinity College Dublin, Thomas decided to return to MU to undertake a PhD. "My aim was to stimulate something new in terms of thinking and to go beneath the surface and explore issues such as systemic racism against Travellers, intergenerational trauma and internalised

oppression. These are values that are important to me," he said. "I have strong values in terms of human rights and inclusion and the department in MU shared similar values."

He plans to continue to build on his research and further develop the areas he has been working on. "The success of these students challenges stereotypes and can inspire others to pursue higher education and professional development," said Dr Ciara Bradley of the Department of Applied Social Studies. "It serves as a powerful example of how targeted, supportive educational programmes can empower marginalised communities, promote social inclusion and address systemic inequalities."



Dr Thomas McCann, the first Traveller to be conferred with a PhD at Maynooth University.

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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

A survey published by the Real Estate Alliance at the end of last month confirmed that for the first time the average price of a second hand three bedroom semi-detached house in Co. Kildare is above the €400,000 threshold. County Kildare is the first area outside of Dublin to reach this average level of pricing. For Maynooth the number is calculated at €440,000. Comparing current properties offered for sale in Maynooth on DAFT.ie, pricing for three bedroom houses is in the range of €350,000 to €490,000 depending on the overall size of the property and the energy standard. There is no doubt that this demand led pricing levels are driven by the shortage of housing in the greater Dublin area. It has been noticeable in Maynooth in recent years, that many houses previously available to rent have been sold for private family use. This has given a number of estates in Maynooth a boost with new permanent residents which must be welcomed. However, the downside is the shortage of rental properties, but some of this demand, particularly for students will be met by a number of new student specific developments being currently built in the centre of the town.



The future development of Maynooth, at least for the period 2025-2030 is determined in the Kildare County Council, Maynooth Local Area Plan. The plan provides for additional development land for the further expansion of the residential capacity of the town. A considerable amount of development land was already available, but it is not yet built on mainly due to the need to put the Maynooth Eastern Relief Road in place. Permeability proposals in the plan were the most unwelcome by residents in many areas, with a large number of individual submissions from the public, but the proposals were unaltered in the Chief Executive's review. Maynooth has many unique factors that mean that additional permeability would have a detrimental impact on the quality of life for a significant number of residents. In particular the creation of traffic rat-runs to avoid congested roads and additional casual parking likely on narrow residential estate roads. The final decisions on the proposals are made by our ten elected Councillors.

Last month we mentioned the planned extension of the DART to Maynooth and that it is critical that additional parking be found in advance for the inevitable new traffic that will be in Maynooth, which will be in effect a DART hub. It is great to see that at least in advance of the arrival of the DART, that Irish Rail are installing new platform lifts and footbridges at Maynooth Railway Station. The provision of more accessible facilities is well overdue for this busy station that serves both commuter and mainline train services. These works which are starting soon are expected to take a year to complete and will result in the new south side carpark delivered a few years ago being used as a building site base. Irish Rail has confirmed that 21% of the existing parking facilities at Maynooth station will be removed temporarily to facilitate these works. With the ongoing works on the canal bank upgrade and the loss of the private carpark in Leinster Street, many more people will need to walk to the train station. I stopped driving to the train station over twenty years ago and took the walk there as daily exercise. For more information on the upgrade works at Maynooth Station see <https://www.irishrail.ie/en-ie/news/major-accessibility-upgrades-for-maynooth-station>

I want to call out again one local voluntary group that continues to work effectively and without much fanfare providing a critical local service to the people of the town. Maynooth Community First Responders was established in May 2018. They provide training to volunteers who respond to cardiac medical emergencies in Maynooth. Reports confirm that volunteers have been critical in responding to a number of medical emergencies in recent months. If you want to know more about or make contact with Maynooth Community First Responders e-mail maynoothcfr@gmail.com

Paul Croghan
Editor

**Copy date for the November edition will be
5pm on Tuesday 29th October 2024**

Online Office

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- * Social Welfare
- * Education
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- * Employment Concerns
- * Covid - 19 related queries



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Cllr **Angela Feeney**

If I can help:
e-mail me at
afeeney@kildarecoco.ie
Or call on 087 2381962



Gold Medal Winners

2016 - 2017 - 2018
2019 - 2021 - 2022
2023



Judging in the 2024 Tidy Towns Competition has finished since the 31st August. We can all relax and await the results on the 1st November in Croke Park. Fingers crossed we receive many invitations.

Breedge and Vinny went to an event in Abbeyleix in September to finally collect our Gold Medal and other awards for 2023.



We meet every Saturday morning at 9am at our shed in the Council Car Park.

Sunday morning rota is still continuing until the end of this month, we have discontinued the Wednesday evening meet up until April 2025.

Please follow us on Facebook for more up to date information. Contact us on email at maynoothtidytowns@outlook.ie

Mary Molloy PRO
Maynooth Tidy Towns Association

We finished trimming the last of the Lime trees outside Maynooth Castle in September, before and after pictures above. We prepared the ground in the Council Car Park for bulb planting in October. At least 10 of us spent 2 hours, digging and spreading the soil which was donated to us by a local builder.

We celebrated #cleancoasts weekend by cleaning the Lyreen River and the Royal Canal, so much dumping of grass and cooking oil etc which is very harmful to our fish. An email has been sent to the litter warden. We will work on the Joan Slade River on Parsons Street next week.

Thanks again to so many people who support us every week with financial donations, sandwiches, strawberries, biscuits to serve with our tea/coffee in the Pound. Special thanks to the ladies in the ICA who will sponsor our refreshments on the 28th September in the ICA hall.





Cllr. Angela Feeney Maynooth Labour News

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Maynooth - Celbridge Cycle Path is Joined-Up Thinking

At the September Municipal District Council meeting, Labour Councillor Angela Feeney submitted a motion to create a cycle path between Maynooth and Celbridge.

With Clane-Maynooth municipal district business resuming on September 4th, Councillor Feeney's motion seeks to create more sustainable transport links across North Kildare. Not only would a cycle lane have a low environmental impact, it would create an accessible and more efficient connection between the towns that will benefit everyone. As Celbridge, Leixlip, and Maynooth grow at pace, we should be planning for the future by helping local people move between them more sustainably, Cllr. Feeney adds.

The Council said that a cycle track on the R405 connecting Celbridge and Maynooth is not included in the National Transport Authority's current portfolio. However, Kildare County Council did say that should an opportunity arise to bring forward the scheme, then this will be done, subject to funding and available resources.

With cycle lanes identified as a big concern in Celbridge in a public consultation for the town renewal plan and high numbers of children cycling to school, it is now time to create a Maynooth-Celbridge cycle path.

At the Council meeting, Cllr. Feeney said that whatever scheme of funding we can tap into-not only for active travel but heritage funding-because this route would link sites of historical interest-Conolly's Folly and Castletown Estate-it could take tourists from the Greenway and link them to heritage sites.

Cllr. Feeney asked that we prioritise this route and carry out a costings exercise so that we have a shovel ready project whenever funding or calls come in, but also that costing might allow us to consider LPT funding, that could be a joint project with Celbridge MD.

She concluded that the NTA will have a big part to play in deciding funding too and she welcomes the fact that a meeting is taking place with representatives from the NTA in the Council at the end of September and Cllr. Feeney will be proposing this project to them for funding.

Cllr. Feeney calling for a pedestrian crossing at the end of Carton Avenue

Cllr. Feeney submitted a motion calling for the installation of a push-button pedestrian crossing at the end of Carton Avenue. In speaking to the motion, Cllr. Feeney said that this is a very popular walking and cycling route for many people; they start their walk down Carton Avenue and continue across into Carton Demesne. However, to cross the road between the end of Carton Avenue into Carton estate, has become increasingly difficult and dangerous. Crossing that very busy stretch of road would be much safer if a push-button pedestrian crossing was installed. Cllr. Feeney said that a pedestrian crossing similar to the one she suggested on another road recently, the Newtown Road, near the Maynooth Town Football Club, would be the solution. That pedestrian crossing is now operational and is making access much safer, said Cllr. Feeney.

The stretch of road near the end of Carton Avenue has become busier than ever and it is a straight stretch of road and Cllr. Feeney believes that when the Maynooth Eastern Ring Road opens, it will only get busier.

Cllr. Feeney said she fully supports active travel but we need to make sure it is safe for everyone when they are out and about. Many residents have been in touch with Cllr. Feeney calling for this measure and this is why she brought the motion to the Council meeting.

She is pleased that the Council has responded favourably to her proposal. Funding now needs to be allocated to make it happen. Cllr. Feeney suggested that Local Property Tax (LPT) be allocated to the project, as happened with the other pedestrian crossing at the Football Club. Cllr. Feeney believes this is good use of LPT and when we are having our discussions on allocations of LPT for projects, Cllr. Feeney will be putting this one forward for funding because it is about making it safer for pedestrians and cyclists to cross the road and continue their walk safely.

Lights Action!

Cllr. Feeney welcomes the recent repairs carried out on the six public lights on Main Street Maynooth.

Cllr. Feeney reported the broken lights to the Council back in May. There has been a delay due to the Council changing provider and a new contractor had to be sourced and a new contract signed which caused a backlog in repairs.

As it was an issue of public safety Cllr. Feeney asked the Council to prioritise these six lights for repairs. She thanks the Council for finally carrying out the works particularly as the darker evenings have arrived.

Swimming Pool Update

Back in February, when the President of Maynooth University met with Councillors, Cllr. Angela Feeney suggested that the college swimming pool be upgraded and reopened for community use.

This suggestion received a positive response and discussions have been taking place between all parties. So Cllr. Feeney asked for an update as to where those discussions are at and if progress has been made.

She was very pleased to hear from the Council's area manager that discussions are ongoing and that a meeting had taken place the previous day to the Council meeting which was very positive and that costings are being drawn up.

Cllr. Feeney said that if the recent government strategy on swimming is to have any effect, it must be followed up with delivering a swimming pool for North Kildare, it is long overdue,

She said that swimming is a life skill, a life-saving skill and she feels that every child should have the opportunity to learn to swim, not only those children whose families can pay for access to private leisure centres.



Maynooth Local Market

✉ maynoothlocalmarket@gmail.com

📷 [TheMaynoothLocalMarket](https://www.instagram.com/TheMaynoothLocalMarket)

Christmas Market coming to Maynooth

CALL FOR VENDORS

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Limited spaces available

Dates:
Saturday
December 7th &
Saturday
December 14th

Time:
10AM-5PM
Location:
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Maynooth

more info: maynoothlocalmarket@gmail.com

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's the perfect opportunity to support local businesses and pick up some Christmas gifts!

We also have a limited number of spaces available for new vendors to join our wonderful regulars pictured here.



[Pictured L-R – Monica from Once Upon a Whisk, Geraldine from GD Melts, Maura of Maura McDonnell Art, Sonja from So Obsessed, Trevor from Donadea Organic Veg, Sinéad from Collie Flower Designs, Norman from Dunnes Farm Pastured Eggs, Mason from Fun Foods and Iselina from Handicrafts.]

We'd particularly love to welcome vendors with seasonal products. If you are interested, please get in touch by emailing maynoothlocalmarket@gmail.com.

Follow us on social media @TheMaynoothLocalMarket

Five undergraduate students part of initiative to support Traveller health workers

Five undergraduate students were conferred under an initiative between the Department of Applied Social Studies, Pavee Point Traveller and Roma Centre, the HSE's Eastern Region Traveller Health Unit, supported by the Maynooth Access Office. They were:

- Geraldine McDonagh, a youth worker with the Southside Travellers Action Group.
- Megan McDonnell, a worker with Traveller Women's Awareness at Pavee Point.
- Geraldine McDonnell, Traveller Community Development mental health worker.
- Brigid Nevin, a primary health care coordinator.
- Patrick Reilly of the Eastern Region Traveller Health Unit.

The initiative aimed to support Traveller health workers gain professional education in community and youth work to enhance their educational and employment opportunities and capacity to contribute to community development initiatives in Traveller organisations and the HSE. It also aimed to break down barriers for Traveller students in higher education and support the ongoing development of inclusive education in Maynooth University.

Dr Bradley added: "It is a significant milestone in the Department of Applied Social Studies' long-term commitment to excellence in inclusive education, engagement and building sustainable collaborations within and outside the university and the 40-plus years in supporting Traveller students and creating the conditions in which Travellers can thrive in Maynooth University."

She commended the students for their resilience and dedication, especially given challenges thrown up by the onset of the Covid-19 pandemic a few months into the programme. "For the participants, this sudden shift posed significant challenges. Many faced limited access to digital devices and had no experience with online learning platforms. Additionally, their roles as health workers became even more demanding

and they juggled increased work responsibilities, all while adapting to unprecedented changes in their daily lives."



Acknowledging the significance of this milestone, Maynooth University President, Professor Eeva Leinonen, expressed pride in the achievements of the graduating Traveller students:

"We are incredibly proud to celebrate the achievements of our graduating Traveller students, including Thomas McCann. Thomas's accomplishment, along with the success of his fellow graduates, shows their dedication, perseverance, and commitment to making a difference. Their achievements enrich our university community and inspire us all to continue working towards a more inclusive and fair society."



(Left to right) Patrick Reilly, Geraldine McDonnell, Brigid Nevin, Thomas McCann, Megan McDonnell and Geraldine McDonagh

MU congratulates over 2,300 students on their conferring

More than 2,300 students, ranging in age from 20 to 78, received their degrees from Maynooth University across a wide range of disciplines, including the first 11 students to graduate from the University's new BSc in Biological and Geographical Sciences.

Among the students receiving a Bachelor of Arts were Ellie Hewitt (BA Irish & Geography), from Athlone, Skye Carr (BA Criminology & Anthropology) from Glasnevin and Jamie Campbell (Law & Arts) from Kilcock, while Chrissy Skelton was awarded a Doctorate in Anthropology and Truc Ha Nguyen received a PhD in Medieval Irish.



Ellie Hewitt from Athlone, Co Roscommon

Also among the 51 students receiving a PhD was 78-year old Oliver Whelan from Malahide in Co Dublin who was conferred as a Doctor of Philosophy in History. A retired director of the National Treasury Management Agency, he earned a doctorate for his research on the struggle of tenants for ownership of land in Co Carlow in the 80-year period from 1879-1960. Although Oliver originally studied Classics and hadn't even studied History for Leaving Cert, he didn't find this



(Left to right) Ciara Vernon, Kaia Griffin Tezgel, Skye Carr, Paul Kean, Hannah Caw and Katie Farrell

a barrier when he went back to study for an MA after he retired. He then went on to undertake a doctorate. "Maynooth University were very encouraging. They just said begin at the beginning." He is now working on publishing a book based on his thesis.



Meanwhile, Nadine Henrychs from Kilcock, Co Kildare was the youngest student to graduate when she was conferred with a BA in English on September 3, just two days after her 20th birthday. Nadine, who moved to Ireland from Poland at the age of two, started school young because her birthday falls on September 1. She skipped Transition Year and so began her degree in MU as she turned 17. "My student ID was issued with a large 'Under 18' sign. Needless to say I wasn't allowed in to the Student Union Bar until my second year," she said. "I am currently taking a gap year before I continue my studies so that I can allow the other 20-year olds catch up with me! In all seriousness, next year I hope to begin a master's degree in a similar field to my undergraduate degree."

The conferring ceremonies, were held over four days from September 3 - 6 in the TSI Building on MU's North Campus, saw 1,928 undergraduates awarded parchments, along with 269 receiving master's degrees, 89 diplomas awarded, and 51 doctorates.



(Left to right) Cora Heffernan, Jamie Campbell, Cian Evans and Jane Kelly

Maynooth University President, Professor Eeva Leinonen celebrated the graduates' achievements: "Congratulations to all of our graduates. Whether it's pioneers like our first graduates from the innovative BSc in Biological and Geographical Sciences, young talents like Nadine Henrychs, or those pursuing lifelong passions like Oliver Whelan, Maynooth University is proud to celebrate this important milestone with each of you. Your dedication and hard work have brought you here, and as you move forward, I'm confident you will continue to lead, inspire, and make a meaningful difference in the world."

MU increases CAO Round 1 offers for 2024/2025

Maynooth University were delighted to announce a historic year of growth and success, marked by an unprecedented surge in demand for its academic programmes. The University has extended over 4,200 offers in Round 1 of the 2024 Central Applications Office (CAO) process. This marks the University's largest ever number of Round 1 offers, reflecting a growing interest in its diverse programmes. This year's figures reflect Maynooth University's commitment to providing a diverse and innovative range of programmes that meet the evolving needs and interests of students. The University has seen significant increases across a variety of disciplines, including science, education, business, law, and the arts, confirming its broad appeal to prospective students.

Expansion of programme offerings – Science, Sport and Health

In response to this growing demand, Maynooth University has expanded its curriculum with the introduction of several new and highly anticipated programmes. Notably, the University has launched the BSc in Sports Science and the BSc in Food Science and Human Nutrition, further enhancing its strong offerings in the areas of Sport and Health. These new courses have attracted substantial interest, with high entry points indicative of their popularity among applicants. To ensure that more students can benefit from its renowned educational opportunities, Maynooth University has also increased capacity in several key programmes. The BSc in Pharmaceutical and Biomedical Chemistry has expanded its intake by over 25%, and the BSc in Biological and Biomedical Sciences has grown by 20%. These adjustments will allow more students to pursue careers in these competitive and rapidly growing fields.

Rising interest in language and law programmes

Language programmes at Maynooth University have also seen a significant rise in popularity. The University responded by increasing offers in the BBA Business and Language programme by 15% and introducing 30 new offers for the BCL Law and Languages degree. This four-year programme, combining Law with French, German, Irish, or Spanish, opens a wide range of employment opportunities both within Ireland and internationally. Additionally, the MU School of Law and Criminology has expanded its offerings, with a 20% increase in Round 1 CAO offers for both the LLB and BCL programmes. This expansion reflects the University's recognition of the growing demand for legal education and its commitment to providing high-quality, accessible programmes in this field.

Business and education programmes in high demand

The School of Business at Maynooth University has also experienced an exceptional increase in demand, prompting a 10% rise in CAO offers across its suite of programmes, including Finance and Accountancy. The BA in Finance programme, in particular, has seen an 80% increase in offers, highlighting its rapidly growing popularity. Furthermore, Maynooth University continues to be a top destination for students aspiring to careers in primary education. The BEd in Froebel Primary Education witnessed a notable increase in first-preference applications. In alignment with the Government's initiative to address the shortage of primary teachers, the University has expanded its intake for the BEd programme, making over 30 additional offers again in 2024. This expansion underscores Maynooth University's dedication to supporting the educational needs of Ireland's future generations.

Welcoming the announcement of CAO offers, Professor Eeva Leinonen, President of Maynooth University, said: "We are encouraged by the strong demand for our programmes in this year's CAO Round 1 offers. This response reaffirms our commitment to meeting the evolving needs of both students and society. As we expand our academic offerings, we remain focused on providing high-quality education that not only prepares our students for their futures but also contributes positively to our broader community. This is an exciting time for Maynooth University, and we look forward to the new energy and perspectives that these students will bring."



Waggle Dance Sculpture, Iontas Building



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Keeping hydrated is one of the simplest things you can do for your health

Here are some top tips on ways to drink more water

As a major constituent of the body, water has a number of functions including, transporting nutrients throughout the body and compounds in blood, helping digestion, removing waste products that are passed in the urine, controlling body temperature and keeping bowels regular. Water is also essential for the body to send electrical messages between cells – for example, to allow organs to function, muscles to contract and relax and eyes to focus. Drinking enough fluid can also help to keep hunger at bay and prevent overeating, this is because the body can confuse hunger and thirst signals.

It is recommended that women should drink about 1.6 litres and men about 2 litres of water per day. That's about eight glasses of 200ml each for a woman, and 10 glasses of 200ml each for a man. However, you will need to drink more if you are exercising or if it's hot i.e. if you are sweating more.



The easiest way to tell if you're drinking enough is to check the colour of your urine; if it's pale straw then you're drinking enough if it is any darker then you need to drink more to flush out your body's waste products. Thirst is a sign that you are already dehydrated, which means you need to increase your fluid intake.

Here are 5 top five tips to help you stay hydrated:

1) Why not try infusing your water with some nice fruit combinations such as lemon and mint, cucumber and strawberry, raspberries, blueberries or lemon and lime.

2) Keeping a bottle of water with you at all times is an easy way to keep your fluid levels topped up during the day.

3) Fruit up your ice cubes – Why not try making flavoured ice cubes (freeze ice with lemon or lime wedges, mint leaves, strawberry pieces or other fruits for flavour) or alternatively freeze fruit pieces in a food bag and add to water as needed.

4) Keep it chilled – Something as simple as having water chilled can make the difference in helping to encourage you to drink more water. So why not try keeping either a jug of water in the fridge or even freezing some of your water bottle the night before and topping up with fresh water in the morning.

5) Take it hot – Tea and coffee do count towards your daily fluid intake. While it's true that caffeine has a diuretic effect (triggers the body to produce more urine, increasing fluid loss), overall there is always a net fluid gain due to the water contained in the hot drinks. However, these drinks need to be balanced with other fluids that don't contain caffeine throughout the day. Why not try decaffeinated tea or coffee or herbal tea to increase your fluid intake?

Source: irishheart.ie/news/the-h2how-and-why-drinking-water-is-important/

Remember to Keep track of your

intake. Aim to take in optimum amounts every day, a minimum of half your body weight in ounces.

Pace yourself to approach half of your recommended consumption by midday.



Suzy Lynch Psychotherapy



Would you like to speak to a qualified psychotherapist in a confidential, safe and non-judgmental setting?

I am available to see clients in person in Maynooth, and online.

To enquire about an appointment, please contact me on suzy.lynchpsychotherapy@yahoo.com



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.
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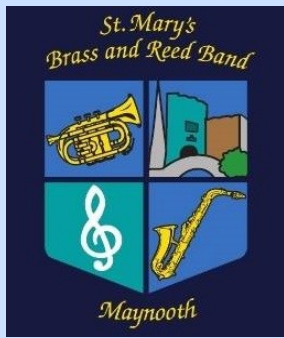
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St. Mary's Brass & Reed Band

St. Mary's Brass and Reed Band, Maynooth have just returned from the Bad Orb International Music Festival where they were the only Irish band among over 30 bands from all over Europe to take part in this amazing but hectic weekend of music.



Starting off on Friday evening 6th September each band paraded to the stage of the festival marquee and played their selected piece of music following the playing of the National Anthems. The capacity audience of over 2,000 really entered into the spirit of the occasion, clapping and singing along to the music which was a real spine tingling experience.

The Band gave four recitals at different locations in temperatures of over 50 degrees over two days and the highlight of the weekend was the massed Bands parade to the town square where over 1,000 musicians came together to play four pieces in unison which was a truly magical experience.

It was St. Mary's third visit to the Band Orb Festival which is held every second year and we have already been invited back in 2026. The Band had a number of new members attending the Festival for the first time and they were completely blown away by the whole experience. Best of all was the appreciation from the audience at our performances over the weekend.



Maynooth Band flies the Flag at German International Music Festival

Now that the Band has come down to earth the focus is on events for the remainder of the year which includes a recital in the Square on Friday 20th September as part of Culture Night, Farmleigh Estate on Sunday 29th September and a concert in the Church of Ireland in Maynooth on Saturday 19th October where the Band hopes to produce the music that was so much appreciated by the German audiences.

The Band has a great spread of nationalities among its members, including Belgium, Austria and the USA and welcomes musicians. Experienced and beginners, no matter where they hail from. If you are interested, please contact us at any of our recitals, Email: sec@stmarysbandmaynooth.ie or call 086 1737024 for further information.

Maynooth Senior Citizens Committee



We are delighted to announce the resumption of our Tuesday morning Club, starting on Tuesday 8th October. See poster below. This is a collaboration between Maynooth Senior Citizens and Community Education under the auspices of Kildare Wicklow Education Training Board. Our first activity will be Chair Yoga and Mindful Movement Course. This is a free course aimed at our Senior Citizens and will be held in the Geraldine Hall. Participation will be limited to a maximum of 20 people and will be on a first come basis. We have already received some expressions of interest. Transport can be provided for the environs of Maynooth Town if needed. Please contact Garry Bermingham with expressions of interest.

In the meanwhile our Thursday Morning Club continues with Art and Bingo on alternate weeks.

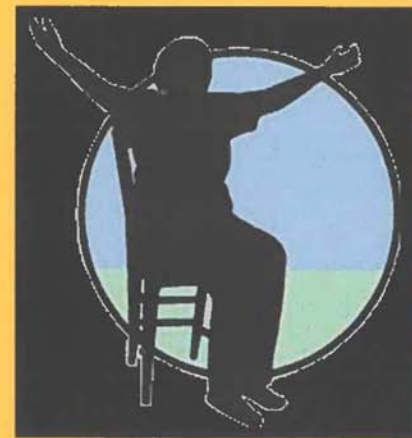
Anyone thinking that they might like to get involved with Maynooth Senior Citizens Committee, please contact Garry or email maynoothseniorcitizens@gmail.com. We would suggest you come along to the morning club in the first instance to find out more of what is involved in the voluntary and fundraising activities.

Susan Durack, PRO Maynooth Senior Citizens.



BORD OIDEACHAIS AGUS OILIÚNA
CHILL DARA AGUS CHILL MHANTÁIN
KILDARE AND WICKLOW
EDUCATION AND TRAINING BOARD

Maynooth Senior Citizens and Community Education Kildare invite you to join our upcoming Chair Yoga and Mindful Movement Course.



Venue: The Geraldine Hall, Leinster Street, Maynooth, W23 ED86

Start date: Tuesday 8th October 2024

End date: Tuesday 3rd December 2024

Time: 10:30am to 12:30pm

Contact: Garry to book your place @ 0863450578



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WARNING: The cost of your monthly payments may increase.

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MAYNOOTH CYCLING CAMPAIGN

Dáil Bike Shed

There has been a lot of comment in the media about the extraordinary cost of a new bike shed at the Dáil which cost approximately 336,000 euros. The Minister for Finance was quoted as describing it “as a total waste of money”. The Minister should recognise that cyclists as well as car drivers, require parking facilities for their chosen mode of transport. The issue is not that people require cycle parking but whether what was provided was value for money.

The bike shed was designed to cater for some 36 bikes which amounts to 9,333 euros for each bike. TDs are looking for the Office of Public Works to appear before a Dáil committee to account for this expenditure. In contrast, five years ago Utrecht built a state of the art multi storey bike parking facility for 12,500 bikes at a cost of 30 million euros which works out at a cost of 2,400 euro for each bike space.

Cycling Without Age

Despite the wet weather over the summer months, the Cycling Without Age trishaw has had good usage over the summer months thanks to Genie Training/St. John of God. However, the objective was that pilots would volunteer at weekends to offer rides to members of the public who could not cycle for whatever reason. While Cycling Without Age has received broad public recognition and support, it has turned out to be a case of “Cycling Without Passengers”. Maynooth Cycling Campaign proposes to hold a public meeting in the near future to discuss where we go from here.

Trans Atlantic Way

Everyone has heard about the Wild Atlantic Way which links Donegal to Cork along some of Ireland’s most spectacular scenery. While the Wild Atlantic Route was designed primarily for car drivers, most people are not aware that there is also a 2,400km cycle race called the TransAtlanticWay which follows the same route. It consists of a single self supported stage between Derry and Cork. The race is not aimed at the common cyclist -

rather the focus is on endurance cyclists. The race for individual riders was recently won by Benny Cassidy who completed the longer Cu Chulainn route in 6 days. While road racing is not within the general focus of Maynooth Cycling Campaign, we have to admire the stamina of the cyclists who not only race but also have to carry their own gear.



Maynooth and Environs Local Area Plan (LAP) 2025-2031

Everyone in Maynooth is now aware that the Chief Executive of Kildare County Council has published her response to the LAP public consultation. It must be said that any changes accepted appear to be fairly minor.

After a briefing to advise councillors, councillors can agree motions in the next number of weeks to vary the report. Approving planning policy is a reserved function for elected councillors rather than elected officials but changes have to be agreed by a majority of councillors.

Dublin Traffic Management Plan

Dublin City Council has implemented the first stage of their traffic management plan which seeks to restrict traffic rat-running through Dublin City Centre. Despite alarms expressed by various car park operators, the sky has not fallen in.

The City Council published their first report into its operation and according to the IrishCycle.com website the findings include:

- Bus journey times have reduced by over 20%
- Footfall in Dublin City Centre is up
- Traffic levels in the centre section of the quays are down by more than 60%.

This is not a surprise to Campaign members as it follows similar experiences elsewhere.

Maynooth Cycling Campaign is a non-party political independent local cycling advocacy group.

Night Of Fright Jasmine



Monsters stalking through the night.
Halloween is the Night of Fright.
Fear is what this night brings,
Along with many other things.

Are you sure you are prepared?
Tonight is not for the easily scared.
Creatures from hell roam on this night,
For tonight is the Night of Fright.

Trick or treat you say,
You should not have waited until the end of the day.
Tonight you will lose your tricks and treats,
For the monsters need to eat.

You better not take this night lightly,
Or else you will truly learn what fright means.

In ancient times people feared this night,
The night they greeted with fright.
Why they were so scared you will soon see,
On this “All Hollows’ Eve.”

Source: postpoetics.org/halloween-poems/



Caroline Corbett Counselling Services Kilcock

Professional Counselling & Psychotherapy

B.A. Hons. Psychology/ M.A. Hons. CBT



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- ◆ Couple’s Therapy
- ◆ Adults & Adolescents
- ◆ Family Therapy

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You will find out more information about my background and how I work in my website and if you think I can help, here are my contact details:

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Writers' Corner - Short Stories/Articles from our Readers

How Many Roads...?

Though John had hitchhiked all the way from Galway to Sligo Hospital to be at his bedside he sensed that his father wasn't really impressed with what he had to say. Not that 'The Boss', as their neighbours sometimes called him, was unfriendly; he just didn't show much interest in news about the *Taibhdhearc* staging an Irish translation of 'The Cherry Orchard' or about a weekend cycling trip made by him and his pals out to Carraroe to hear Irish used as an everyday language. He knew that if he turned the conversation to what his lecturers were teaching about 'Supply and Demand' or a 'Full Employment Economy' his father's eyes would light up but such concepts left him cold. For him Commerce was summed up in the merchant Lopahin, somebody who had bought, then cut down the Cherry Orchard.

Of course the old fellows in the next beds straining to overhear what was being said were bound to make his father tight-lipped. The two seemed vaguely familiar. One, wearing steel-rimmed glasses, had a neat grey beard and the other with an oxygen tube attached to his nostrils, had sunken cheeks and sad, watery eyes. The Boss might have sensed too that his only son had got into the habit of skipping lectures, either because he was hung-over or was playing poker with his pals in the college boathouse. His father might be recovering from a heart attack but his mind was as alert as ever. This was made clear when next moment the hospital ward became an exclusive dining room with subdued lighting in which they were all sitting round a table set for high tea. The other two patients were now in their late twenties, a few years younger than he.

When the fellow with the steel-rimmed glasses began talking about his plans to set up an IT company, his father, frowning, held up a hand for silence before asking John to describe the new supermarket he was building. "I thought he had inherited your grocery," the sad-eyed fellow, whose oxygen tube had turned into a lanyard, remarked – John noticed a plastic-sheathed identity card with the name "Tom" printed in black capitals hanging from the lanyard. Ignoring the interruption his father continued, "So you're going to sign a contract with Eurosave to help you expand?" "It's signed already," John explained. "The days of the exclusively family-run supermarket are gone. Anne and I decided that if we build now we can head off giants like Fresco from moving in. It's a gamble but Eurosave reckons we're a good risk – And Donal is already talking about doing Business Studies in Trinity." "I didn't know they taught Business in Trinity," the IT fellow remarked.

"Well, you know now," The Boss told him. "I was thinking of going into construction myself," Tom broke in. "Look at all the cowboys who become millionaires using cheap Polish labour. They throw up those identikit houses you can see in estates all over the country. I reckon I could build better houses myself any day." "What do you

work at?" The Boss fixed him with an inquisitorial stare. "I'm a Woodwork teacher." Tom held up his name card as if to confirm this. "Ah, you settled for the secure income!" The Boss smiled knowingly. "I left school myself at the age of fourteen – had to help Mam and Dad in the shop. In those days secondary school was a luxury few could afford – not that I'm against education, provided it's the right sort.

Practical subjects like Science, Accountancy and Building Construction are what we need, not all this arty stuff." "The arts have their place too," the IT fellow demurred. "A good knowledge of literature, painting and music can be a real asset in the communications industry." "Maybe so," The Boss conceded, "but in the heel of the hunt there's no substitute for sound financial know-how. Wasn't it businessmen that made all the great achievements in the arts possible? Who were those bankers in Florence that employed all the painters and sculptors – you know, the Medicos or something?" "The Medici," the IT man said. "Well, without those Medici's we'd have very few Michelangelo's or Leonardo's," The Boss declared. "That's why people like John here are what our economy needs, hard-headed businessmen who'll set this country on a rock-solid foundation. Let those arty types worry about poetry, painting and reviving Irish. We've been long enough with the begging bowl."

John poured himself another cup of tea, basking in his father's admiration. Suddenly rushing water carried off the dining room. He felt himself being whirled about like a floating leaf then the movement stopped. As the final gurgles penetrated his consciousness John recognised the sound of a toilet flushing. Reluctantly he opened his eyes, letting the light from the large windows reveal the familiar ward and the saline drip attached to his left wrist. Now it was he, not his father, who was in hospital. What had caused him to dream about that visit to "The Boss" more than half a century previously? Was it his subconscious trying to solve the problem of how he should deal with his own son? Apart from not coming to visit him, Donal had not even bothered to phone? With a pang of regret he recalled that his father had died years before he himself had justified the hopes placed in him.

What a long journey back to grace it had been: emigrating to New York after he had dropped out of Galway University, working in a succession of dead-end jobs from shipping clerk to vacuum-cleaner salesman while spending his weekends in a haze of drink and dissipation. Then reality had kicked in. He had enrolled for an Economics degree at Hunter College night school, graduated and met Anne, a nurse in Saint Luke's in midtown Manhattan. It was Anne who had persuaded him that Ireland would be a better place to bring up children, so they had returned home, where his mother had welcomed them with open arms. Looking back on their years of transforming the family grocery into a supermarket, he was reminded of the words of Bob Dylan's song, "How many roads must a man walk down /Before they will call him a man?"

Maybe he should keep that in mind before judging Donal?

What really irked him was that Donal had brains to burn, but instead of using them he had decided to become an artist – that is when he wasn't binge drinking or, possibly, snorting coke. Those fellows he hung out with were all – what was the word his eldest daughter, Joanne, used? – airheads! He remembered the last time he had tried to get through to him. They were having lunch in The Royal Dublin: "Listen, Donal, you do realise this Celtic Tiger thing won't last?" "Sure, Dad. Sure. We all have to plan ahead!" "What's so wrong with that? Joanne got a degree." "Big deal! So she got a B.A. in History. What's she doing with it? Working as a secretary in that boring insurance company." "Personal Assistant to the chief executive. It's a good job and O'Connor and Cleary wouldn't have taken her on if she hadn't some third level qualification." "Whatever!" "No, it's not 'whatever'.

You've far more ability than I ever had and you're just throwing it away. I'm not being critical but why can't you go to college and still keep up your painting?" "Oh, you mean keep it as a hobby?" "Well, yes. Do it on weekends like lots of talented painters do. There's just so many who can make it as fulltime artists – unless you intend to carry on like Van Gogh." "Oh, you mean scrounge off the family? Don't you worry, Dad, I'll make it on my own." "Now, you know I didn't mean that – " "Really?" The way the conversation had turned out still cut him to the quick. He hadn't meant to sound mean-spirited, only to give his son the benefit of the hard lessons he himself had learned. But it was too late to take back what had been said. The very next week Donal had lit out for London. When he had confided in Joanne about the Van Gogh remark, she had declared in that no-nonsense voice of hers: "Relax, Dad. I'll go to London and sort out that daft brother of mine.

"Pressure at work, however, had delayed her trip. On arriving in London a month later she had found Donal living in a squat with other arty types. She had given him money and made him promise to keep in touch. That had been almost two years ago. Since then the news had been more encouraging. One of his mates had told Joanne that he now had a steady girlfriend who wanted him to attend college. What a proud day for the family it would be when they saw him graduating like Joanne! "Did you sleep alright, John?" his IT neighbour, Michael, asked on returning from the toilet. "Not bad," he said. "How about yourself?" "Ah, the damn prostate kept waking me," Michael grumbled, scratching his bearded chin. "Did you hear them wheeling Tom out last night?" "No." John felt a pang of alarm. "The nurse gave me a sleeping tablet. He's not dead, is he?" "What do you think?" Michael asked rhetorically. "You never know when the final whistle will be blown."

(Continued on page 15)



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

(Continued from page 14)

"God have mercy on him," John mumbled, blessing himself. "Amen to that." Michael turned away suddenly. Watching him shuffle back to his bed an expression he had learned in Galway about somebody who is dying entered John's head: "Tá sé a' déanamh an bhealaigh", He's making the passage. Were all of them here making the passage to Hamlet's 'undiscovered country'? Marie, the cheerful, rosy-cheeked nurse entering to take their temperatures and blood pressures, interrupted his thoughts.

"Oh, John," she said, before putting the thermometer in his ear, "your son phoned last night. He said to tell you he'll be flying back from London today." "You should have woken me up," John protested, while happiness mixed with anxiety flooded his mind. "Did he

say anything else?" "Just that he'd get a taxi here as soon as he arrives."

The nurse began to wrap a pressure pad about his arm. "He told us not to disturb you." "Sorry for being grouchy, nurse," John managed a smile, "but you can't realise how much I was longing for that call." It was late evening when Donal walked into the ward. At first he didn't recognise the tall, handsome fellow with the neat haircut, so different from the longhaired dropout he had last seen. When he approached the bed, however, with that familiar diffident smile John's heart sang. After shaking hands they talked about the stroke that had landed John in hospital, then when Donal drew up a chair the conversation turned to his plans to do Business Studies. "Listen", John told him, "I've been thinking about this all day – no, hear me out! I messed up in Galway; I took Commerce to please my father when

what I should have been taking was Arts.

Now I realise we all have to be practical but I could have made a living as a reporter or, even if it sounds farfetched, as an Irish writer. Don't you make the mistake I made. By all means get some qualification that will earn you enough to raise a family but don't turn your back on what you love, whether it's painting or, in my case, the Irish language. There are enough Lopahins in the world." "What are Lopahins?" Donal put on a puzzled expression. "Fellows who think that getting rich is the be-all and end-all of every blessed thing," his father explained. "The makers and shakers of –" "OK, Dad," Donal shrugged. "We'll see." And then they both grinned.

By P. G. Nerney

My Chequered Life Chapter 9

On the Dart into Connolly Station and wandered around for a while in the city that I didn't know much about, so I took a train and bus to my home town in the West. My home place was deserted but I knew where the key was kept and went in. It was just a house now and never would be my home again. I bought the few things I needed and kept to myself for I knew that everyone was watching and avoiding me. Sure, I was a pariah but I didn't mind. I was there for a week or so and the local sergeant called to see me! What were my plans? Was I going back to England? Cat and mouse stuff! I told him straight out that I was on the run and asked if he was going to arrest me? "No! No! Just wanted to know that you are all right!" A few weeks later a Garda stepped out of a parked car as I was passing and arrested me on foot of an extradition warrant from England and took me to the Garda station. A day or two later two Gardaí arrived from Dublin with the warrant and brought me back with them.

There immediately followed an extradition court hearing, at which the Governor of Lay Hill prison was present, and I was given a very good barrister. The judge remanded me to Mountjoy, where I barely avoided getting involved in the heroin epidemic, and then my extradition hearing proper, went ahead in January. The state barrister tried hard to get the judge to rule against me but he didn't, as he was of the opinion that the fifteen years I had already spent in prison was sufficient and the governor of Lay Hill, who was again present, was very unhappy as I walked out of court with my solicitor, a free man!

A free man indeed! How much better all would have been had the judge agreed to my extradition! Public transport to my hometown again and immediately I went on the tear! I

also stole a car and was arrested in possession. I was in court that very night with a judge who was very annoyed at having been taken from his family on a Saturday night. He agreed to bail, but for £20,000. The Gardaí were laughing. A few weeks later I was in a Roscommon court before the same judge, who gave me 10 months in the Joy. After a month or so I was moved to Cork prison. That was rough, being an outsider. No quarter was given by the local prisoners. That came to an end too and I was back home again but this time I was changed. I was in a rage against everybody and one day I found a bottle of valium in one of the presses. Over a few hours I took thirty or forty of the tablets and plenty of alcohol as well.

Next morning I was roused out of my sleep by loud knocking on the door. A Garda, I recognized, came in and in very unparliamentary language asked me what I had been at the night before. I had no recollection of being at anything but he assured me I was. Apparently I had broken into some woman's house and got into bed with her. She hadn't accused me of rape he said but I had touched her indecently and fell asleep. I had a vague memory of having come back from the direction of the house in question. I was arrested, brought to court and ended up in Mountjoy, charged with indecent assault. I was glad to be back in prison away from the drink and drugs and in due course I was before the high court where I pleaded guilty to indecent assault and was given four years.

I was sent to Arbour Hill and was now in the company of all sorts who had been imprisoned for sexual assault, doctors, solicitors, priests, lay brothers. There was even a Garda there. Apart from a very small amount of cannabis, there were no drugs in the prison but I got into the making of hooch in a big way. I had a

friend who worked in the kitchen and he kept me supplied with oranges and loaves of bread, and that, with some hot water, was all I needed. I'd have a few gallons at various stages of fermentation in my cell and I used to sell it and buy tobacco with the proceeds. I was careful about who I sold it to, as it was very strong and some fellows couldn't hold their drink. By the way this didn't go unnoticed but the class officer on my landing used to turn a blind eye as long as things weren't too overt. However, I did slip up once. I and a friend were drinking in my cell one Saturday morning and lost track of the time. Meanwhile, his wing had all gone down to their hot plates and had their dinner and were back in their cells. There was a search on for my friend so the class officer came to my cell and told him he'd better go on down. He managed the first part of the stairs all right but then tripped and landed down in the middle of a circle of officers on the ground floor. There was a great to-do over this. Having an inmate drunk at 11.30 on a Saturday morning wasn't a great advertisement for the prison as a centre of correction! I nearly got into trouble over that!

My solicitor called to talk to me about the case of my extradition. Was I going to fight it? I told him I certainly was. My barrister was Prof Michael Forde, a man who had written books on the subject. So I was brought to court before Ms. Catherine McGuinness and the state's barrister quoted a piece from one of Prof. Forde's own books which left the judge no option but to allow my extradition. When I finished my Arbour Hill stint I was transferred to Clover Hill and was there for a year while my appeal was before the supreme court and eventually I was advised that there was no chance of winning so I was returned to Britain, to prison in Bristol, to finish out my life sentence.

GM.

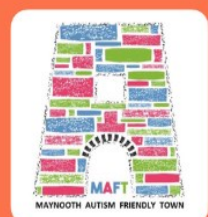


Update from MAFT

We have had a very busy and productive September!



We're delighted to have been selected as a recipient of ALDI's Community Grants for 2024! This much needed support will allow us to continue creating a more inclusive community for the people of Maynooth and surrounding areas. Thanks to all at ALDI for their important support for grassroots organisations like ours!



A massive thank you also to the customers and staff in the ALDI Celbridge store that nominated our committee @MAFT for the community fund. We are so grateful to receive an extremely generous donation of €500 that will help support our projects in the coming months to achieve an inclusive local community!



Did you catch us on Ireland AM on Monday the 16th of September

We hosted a community engagement talk in conjunction with the Kildare PPN and AsIAM



The hangouts are back in October please check out our socials for more information



Autism Acceptance and Community Inclusion

Maynooth Autism Friendly Town and AsIAM are hosting an information evening for the public to highlight the work that is being done in Maynooth. They will be highlighting the barriers that the Autistic community face in society and how Maynooth, Ireland's 2nd Autism Friendly Town in Ireland are overcoming those barriers working together as a community to promote inclusion and making Maynooth an even better place for all.

Wednesday
25/09/2024

Time
7:30pm - 9pm

www.kildareppn.ie/siw-events

Maynooth Community College,
W23 P2R0

New Day *For Conor*

You were our lastborn,
the child by which,
caught up in old perspectives
and after female siblings,
we hoped to perpetuate
the family's surname.

Growing up you disparaged
any mention of such long
outmoded conventions;
nor did you notice pitfalls
around which covertly
we sought to guide you.

This is a new world's dawn
and you have chosen well
your helpmate for a journey
into that colliding future
where old beliefs are ditched
for trust in human goodness.

You've also found your niche
in teaching older students
availing of well-run classes
to enhance their prospects –
and made your mark in races
though pushing Nya's buggy!

Yes, you've taken your own
direction and, in the end,
arrived at newer goals
than some we had in mind,
part of that emerging world
where ours is left behind.

By Colin Scott

Luimneach!

Bíonn scéalta i mbun bréag, sé mo léan,
Mar an chábóg ag staidéar go tréan
Ach an scéal díobh is fearr,
I bhfad os cionn 'par',
Ná an chruinne a chuir tús léi féin!

GM.



REMINDER DON'T FORGET TO CHANGE YOUR CLOCK

Sunday, 27 October 2024, 02:00:00
clocks are turned back 1 hour to
Sunday, 27 October, 2024
01:00:00 local standard time.

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



Registering the birth of your baby

Introduction

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You must register the birth of your child within 3 months of their birth, where possible. However, you have up to 12 months to register the birth in some circumstances. If you need to register a birth after 12 months, contact the Civil Registration Service for advice.

When your baby is born.

A Birth Notification Form (Form BNF/01) is usually completed with the parent(s) by hospital staff (in the case of hospital births), or by a doctor or midwife (in home births), to guarantee that accurate information is recorded.

The Birth Notification Form outlines the information to be recorded in the Register of Births. If your child is born in hospital, the form is sent to the Registrar's office, letting the Registrar know that a birth has occurred.

If your child was born at home with the support of a healthcare professional, they should give you the signed Birth Notification Form. It must include their registration and PIN. Bring this with you to your appointment to register your child's birth.

When to register a birth

You must register the birth of your baby within 3 months of their birth. However, you have up to 12 months to register the birth in some circumstances. If you need to register a birth after 12 months, contact the Civil Registration Service for advice.

If a birth is registered within 3 months, the information will be automatically sent to the Department of Social Protection, and Child Benefit forms and a PPS number will be sent automatically to the qualified informant, usually the parent(s).

If you register your baby's birth after 3 months, you will have to contact Client Identity Services and the Department of Social Protection to arrange the PPS number and Child Benefit. If you had a hospital birth, you should wait 3 weeks after the birth before booking an appointment to register the birth (for a hospital birth only). If your baby was born at home, you can book an appointment at any time.

How to register a birth

There is no fee for registration of a birth.

You can register your child's birth at any Civil Registration Service, regardless of where the birth took place. For convenience, most people will choose their local office. If you register the birth at a Civil Registration Office, you must sign the Register of Births to complete the process of registration.

- **By post or email** To register a birth, complete a Birth Registration Application form (pdf) and post or email the completed form to your chosen Civil Registration Office. All births can be registered using this form but you also must attend the office to sign the Register of Births to complete the process of registration. Your child's birth will not be registered until you sign the register. The Registrar will let you know when you can attend to sign the register.
- **In-person:** Alternatively, you can complete the Birth Registration Application form (pdf) and bring it with you to your appointment at the Civil Registration Office. Depending on the Civil Registration Service you chose, you may be able to book an appointment online or by phone. Walk-ins are available in some offices at certain times. Use the HSE's Find a Civil Registration Service to find out how to contact your local office.
- **Online:** From 12 August 2024, some parents will be invited to register the birth of their baby online on MyWelfare.ie using their verified MyGovID account.
- **You need:** A verified MyGovID account. Both parents need a verified MyGovID account if you are not married to each other. Find out more about getting a verified MyGovID account.

The birth notification ID. The online birth registration service can only be accessed using a unique birth notification ID issued to the mother by the Civil Registration Office by post.

There are some registration scenarios that cannot be completed online at this time. Contact your local Civil Registration Office to find out how to register the birth of a child if either parent is:

- Separated (still legally married)
- Divorced
- Widowed
- Deceased
- Registering a birth where both parents wish to be registered as a same sex couple.
- Registering a donor-conceived birth.
- Registering a still birth.

After you register the birth, you can get your baby's birth certificate. There is a €20 fee for a full standard birth certificate.

Who can register a birth?

The parent(s) of the child usually register the birth. This is because they are the main qualified informants. For a list of other qualified informants, see 'If the parents cannot register the birth' below.

From 12 August 2024, some parents can register the birth of their baby online on MyWelfare.ie using their verified MyGovID account (see 'How to register a birth' above).

If you are attending a Civil Registration Service in person, you must bring photo identification, for example, a passport or driving licence, and your PPS Number to the appointment to register the birth. In some cases, you may need to provide additional information, for example, if a mother has been married previously. Contact the Civil Registration Service to find out more.

Married parents

If the parents are in a recognised marriage to each other, only one parent needs to register the birth. From 12 August 2024, some parents may be invited to register online. One or both of you can attend the Civil Registration Service (if you both want to sign the register). If you were married in another country, you should bring the original marriage certificate (and a translation, if required).

Unmarried parents (registering the birth for the first time)

There are different options for registering the birth of a child where the parents are not married. From 12 August 2024, some parents can do this online.

If you register the birth of your child at a Civil Registration Service, you can get the different forms from the Registrar's office. The options are:

- Both the mother and father can jointly request the registration (Form CRA 9). Both attend the Registrar's office together and sign the register jointly.
- The mother can complete a declaration form naming the father (Form CRA 1) and bring it, along with a declaration by the baby's father acknowledging that he is the father of the child (Form CRA 3). The mother signs the register.
- The father can complete a declaration form acknowledging that he is the father of the child (Form CRA 2), and can go to the Registrar's office himself, bringing with him a declaration by the mother naming the father (Form CRA 4). The father signs the register.

(Continued on page 18)

KNOW YOUR RIGHTS (Cont.)

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



(Continued from page 17)

- The mother or father can make a written request (Form CRA 5 and Form CRA 6 respectively) on production of a certified copy of a court order, which names the person to be registered as the father. The parent making the request will be required to attend at the office of the Registrar to sign the Register of Births.

It is also possible to enter the father's details if the mother is (or was) married to someone else. As well as a sworn declaration from the father stating he is the father, one of the following is required:

- A sworn declaration by the mother's husband stating he is not the father, or
- A sworn declaration by the mother stating she has been living apart from her husband for more than 10 months before the birth of the child and a deed of separation/deed of divorce (not all foreign divorces are recognised under Irish law), or
- A certified copy of a court order which names the person to be registered as the father.

A leaflet on Birth Registration of Children (pdf) is available on Treoir's website.

If the parents of a child are not married to each other, there is no presumption in law as to who the father of the child is, unless the father's name is on the birth certificate. However, having the father's name on the child's birth certificate does not give the father any legal rights in respect of their child. You can read more about Legal guardianship and cohabiting couples, and about establishing paternity in our page Presumption of paternity.

Parents of a donor-conceived child

From 5 May 2020, the birth mother and the other parent (the mother's spouse, civil partner or cohabitant) of a donor-conceived child – born as a result of a donor-assisted human reproduction (DAHR) procedure – can register as parents with the Registrar for Births, Deaths and Marriages, and get a birth certificate for the child which reflects this. These provisions apply to:

- Opposite sex couples
- Female same-sex couples
- Single women undergoing a donor-assisted human reproduction procedure.

The process of registering the child's birth will vary depending on the date the baby was conceived (not the date the child is born).

Baby conceived after 4 May 2020

If the baby is conceived after 4 May 2020 (in a DAHR facility in Ireland using a traceable sperm

donor), the DAHR facility will give the parents a certificate. The certificate will contain various details in relation to the DAHR procedure and a record of the consent of the parent(s) to the parentage of the child. This certificate will need to be submitted with an application form to the General Register Office.

Baby conceived before 4 May 2020

If the baby was conceived before 4 May 2020, the birth must first be registered as a non-DAHR birth. After the birth has been registered, a court order naming another person as the parent of the child (a Declaration of Parentage) is required prior to the re-registration of the birth. Find out how to apply for a Declaration of Parentage on the Courts Service website.

If the DAHR procedure satisfies the requirements of the 2015 Act, the parents can then apply to re-register the birth using a BRR1 application form (pdf) and attach a certified copy of the court order. Parents can email the completed BRR1 form and the court order to dahr@welfare.ie or post to DAHR Section, General Register Office.

If the parents cannot register the birth

Where the parents do not register the birth, or it is not possible for them to do it, the following people can also act as qualified informants:

- A designated member of the staff of the hospital (or other institution, organisation or enterprise) where the birth took place
- Any person present at the birth.
- Any person present in the dwelling where the birth occurred.
- Any person who has charge of the child.
- A person appointed guardian of the child.
- A person found to be the parent of the child by order of the courts.

Adoption

If you have adopted a child, whether from Ireland or overseas, registration is processed by the Adoption Authority of Ireland. For further information, see our pages on Adopting a child and Inter-country adoptions.

What information is recorded in the Register of Births?

The following information is recorded in the Register of Births:

- Surname of the child. The surname registered must be the surname of either or both of the parents. If you want your child to have a surname other than the surname of either or both of the parents, you must apply to the Registrar General or a Superintendent Registrar (pdf) to assign a different name.
- Time, date and place of birth of the child.
- Gender of the child.
- Personal Public Service Number (PPS

Number) of the child (allocated at registration).

- Forename(s) and surname of the child.
- Forename(s) and surname of the mother.
- Birth surname of the mother.
- All previously used surnames of the mother (if any).
- The mother's normal occupation.
- The mother's normal address at the date of birth.
- The mother's date of birth.
- The mother's marital status.
- The mother's Personal Public Service (PPS) number.
- Birth surname of the mother's mother.

Similar information is entered for the father or other parent.

Re-registration of a birth to include name of the father

A birth can be re-registered to include the name of the father if any of the following situations apply:

- The parents of a child are not married to each other but wish to have the father's details included and these details were not registered initially.
- The parents of a child marry each other after the birth of the child.

Contact a Civil Registration Service to make an appointment to re-register the birth and find out what documentation you need to bring with you.

Re-registration of a birth to include other legal parent

You can re-register a birth if your child was conceived before 4 May 2020 as a result of a donor-assisted human reproduction (DAHR) procedure and the mother is recorded as the only legal parent in the Register of Births. See 'Parents of a donor-conceived child' above.

Changing a surname or forename on the birth register

Changing a child's surname

If the birth has been registered, the child's surname cannot be changed unless:

- The birth is being re-registered at a later date to include the father's name, or
- Both parents were not married to one another at the time of registration but marry one another at a later date and apply to re-register the birth under Section 24 of the Civil Registration Act 2004

In these circumstances, you can apply for the child's surname can be changed (pdf) (at the request of both parents) when re-registering the birth. There is no fee charged for re-registration

(Continued on page 19)

KNOW YOUR RIGHTS (Cont.)

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



(Continued from page 18)

to include a parent's details.

Contact the Civil Registration Service to find out what documentation and information is required.

Changing a child's forename (first name)

Parents can apply to have their child's forename registered, added or changed. There is a fee of €5 for the insertion or alteration of a child's forename.

Contact your local Civil Registration Office to discuss your request to add or change the child's forename.

1. You will need to complete and sign a CRA 16 form. This form will be provided by the Civil Registration Office.
2. You will need original documentary evidence in support of the amendment, that is, proof that the child is using the forename(s), as you want them to read on the birth entry in the Register of Births, going as far back as possible.

Examples of documentary evidence can include:

- Church records (baptismal certificate/naming ceremony certificate).
- School or crèche records.
- Public health records, hospital, GP records.
- Passport, driver's licence, PPS Card, other government records.

If you have any original birth certificates they may be submitted with the application for exchange.

The CRA 16 form must be signed by both parents.

- If one parent is deceased the death certificate must be provided.
- If the mother's name only appears on the birth entry then only the mother needs to sign the CRA 16 form.
- If both parents are deceased, contact the General Register Office, Government Offices, Convent Road, Roscommon, Co Roscommon to request the required form.

Contact your local Civil Registration Service for further information.

Correction of errors

A birth certificate cannot be amended unless there are valid reasons to do so. Contact the General Register Office for information on what and when amendments can be made.

Gender Recognition Certificates

You can apply for a Gender Recognition Certificate in order to have your preferred gender recognised by the State. This is set out in the Gender Recognition Act 2015. The Act also

provides for you to apply for a certified copy of an entry in the Register of Gender Recognition. A certificate issued from the Register of Gender Recognition is the same as a birth certificate and satisfies all requirements where you are asked to provide a birth certificate.

Historical Irish birth records

The General Register Office is responsible for storing and maintaining records relating to births, stillbirths, adoptions, marriages, civil partnerships and deaths in Ireland. The General Register Office holds all official records of Irish births, deaths and marriages from 1864 and of non-Catholic marriages from 1845.

The General Register Office maintains a family research facility known as the GRO Research Room at Werburgh Street, Dublin 2, where you can search the indexes to the registers and purchase photocopies of records. You can order certified copies of entries from the General Register Office in Roscommon (see contact details below).

The Research Room has a walk-in service on Tuesdays only, from 10am – 12.30pm, and from 2pm – 4.30pm. An email service is available 5 days a week at GROResearchRoom@welfare.ie.

Note: There is no walk-in service available at the Research Rooms from the 25 June 2024 due to urgent repair works on the building. The walk in service will re-open on Tuesday, 27 August 2024. The Research Rooms continues to offer a full email service.

You can also see historic church and civil records online. Birth, marriage, adoption, civil partnership and death certificates are public records, meaning anybody can access or apply for them.

How do I get a copy of a birth certificate?

You can get a copy of a birth certificate when you are registering the birth. If you want to get a copy of a birth certificate at a later stage, you can go directly to any Registrar's office or make an application by email or apply online.

You can also apply for a copy of a birth certificate by post by sending a letter with your request to your local Civil Registration Service stating both parents' full names, the child's full names, date and place of birth, a return address, a contact phone number and enclosing payment. Payment of the relevant fees can be made by cheque or postal order.

Adopted children's birth certificates are only available from the General Register Office.

Fees for birth certificates

You can register a birth for free. However, you must pay a fee for birth certificates.

The fees for a certificate are:

- €20 for a full standard certificate
- €5 for an uncertified copy of an entry in the Register
- €10 to have a certificate authenticated (only available from the General Register Office)
- No fee for a Multilingual Standard Form. Since 2019, you can request a Multilingual Standard Form (MSF) for birth, death, marriage and civil partnership certificates. The purpose of an MSF is to provide a translation of the public document when presenting certificates to authorities in another EU member state. You must choose which EU language you require for the MSF, and it must be requested at the same time as when you apply for the certificate.

You no longer need to provide copies of birth certificates for social welfare purposes if you were born in Ireland and your birth is in the Register of Births.

The Department of Social Protection can access this information directly. If you want a copy of your birth certificate for any other reason, see the fees set out above.

There is no charge for a birth certificate for a deceased child at the time of registration if the deceased child was less than 12 months of age on the date of death, and the birth and death are registered at the same time.

Further information

You can get more information about registering a birth from your local HSE Civil Registration Office or the General Register Office.

**General Register Office
Government Offices
Convent Road
Roscommon
F42 VX53
Ireland**

Tel: +353 90 663 2900

Fax: +353 90 663 2999

Homepage: <http://www.gov.ie/gro>

Email: gro@welfare.ie

Ireland's biggest scale model show & Competition returns to Lucan in October.

Ireland's biggest annual scale model show and competition is returning to Lucan again this year featuring hundreds of hand-built scale models from across Ireland. The 2024 IPMS Ireland National Model Show and Competition is an annual show of scale models with competition entries being displayed across 34 different categories. The show takes place on Saturday 5th and Sunday 6th October 2024 at the Lucan Spa Hotel, Dublin.



The biggest scale modelling show in Ireland, last year's event attracted more than 350 scale model entries in the competition across all the categories. These included scale models of aircraft and vehicles, as well as ships, submarines, historical figures, dioramas, science fiction and fantasy subjects. This year, the show is being supported by Dublin Outdoors, an initiative of South Dublin County Council.

Chairman of IPMS Ireland Dermot Moriarty commented: "We're really looking forward to welcoming our friends in the hobby and the public to our show this year for what should be a great weekend. Many of us probably built an Airfix model in our childhood and we've welcomed back lots of people to the hobby in recent years. They've rediscovered a vibrant and passionate community of enthusiasts in Ireland and the hobby has seen a huge resurgence both during and since the pandemic."

"Whatever your age, building a scale model is both a productive and creative way to spend your time and has proven to be good for your mental health. For children, it can help with developing creative thinking skills as well as spark an interest in history, art and engineering. We're especially looking forward to seeing the plastic scale models built by our junior modellers this year. We have two categories dedicated to modellers aged 16 and under and they don't have to be a member to take part. Not only will Juniors get free entry to the show and competition, they will also receive a free model kit courtesy of Airfix to help fuel their creativity."

The IPMS Ireland show will also feature table displays of scale models as well as numerous scale model retailers, a 'kit-swap' and a raffle with plenty of model-themed prizes. The show includes the national competition which is open to both members and non-members of IPMS Ireland with the public also getting to vote for the 'People's Choice' award.

Entry to the show is just 5 Euro and is valid for the entire weekend while entry for children under 14 is free, accompanied by an adult. IPMS members get free entry to the show.

For more information about this year's show, visit www.ipmsireland.com or follow us on Facebook, X and Instagram by searching 'IPMS Ireland'. You can also email us at ipmsireland@gmail.com



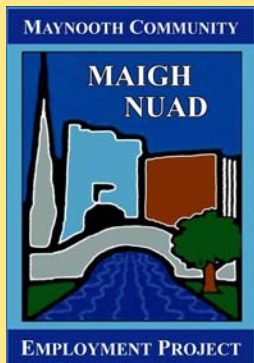
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**If you would like to know more,
contact;**

Deirdre 085 1068305

Deirdre@countykildarelp.ie

or

Lorna 085 8421347

Lorna@countykildarelp.ie



www.heads-up.ie





An Nuadha Players
Community Theatre
Celebrating 25 years



**THE CAST OF THE LADY IN THE VAN,
SUMMER PRODUCTION 2024**

Following our sell-out production of Alan Bennett's *The Lady in the Van* in July and our spectacular 25th anniversary Masquerade Ball, An Nuadha Players are delighted to announce that the Christmas Pantomime for our 25th anniversary year is *A Christmas Carol*. This is a new production, written by our own very talented Martin Higgins, who has written all of our pantomimes since An Nuadha Players was formed in 1999.

The show, which will be directed by Caitríona Carr, choreographed by Méadhbh Fitzgibbon Moore, with Colin Sloan as Musical Director, runs from Thursday 28th November to Sunday 1st December in the Aula Maxima in St. Patrick's College. It is based on the original story by Charles Dickens about the miserly Ebenezer Scrooge, who is visited by three spirits on Christmas Eve. Expect some surprises, some scary moments and many familiar songs along the way!

Tickets, which are now on sale in Maynooth Bookshop, Main Street Maynooth and from our website are: Adult €18, Concession €15 (*Child/Student/OAP*) and Family €55 (*Admission for 2 Adults & 2 Children or 1 Adult & 3 Children*). A group rate for groups of 10 or more, is available.

The show is cast and rehearsals are in full swing. If you would like to become involved back stage or front of house, please contact us. For more information and to purchase tickets, visit our website at annuadhplayers.ie. You can also visit our social media pages or sign up to our mailing list, WhatsApp group or WhatsApp channel.

Win a Family Ticket to A Christmas Carol.

You can win a family ticket to the show by entering our colouring competition. Colouring sheets are available in News-4-U in the Glenroyal Shopping Centre, Maynooth or you can download and print your own from our website. There are three colouring sheets to choose from featuring some of the memorable characters

from the show - [Mrs. Cratchit](#), [Bob Cratchit & Tiny Tim](#), [Marley](#) & [Scrooge](#). You can submit one, or all three and the competition is open to all ages.

Every picture coloured and submitted will be entered into the draw to win a Family ticket. Be sure to attach the second sheet with your information to the picture when you submit. Submissions can be given in to News-4-U by **21st October 2024**. All pictures will be displayed in the Aula Maxima for the run of the show.

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 annuadhplayers.ie
or call into Maynooth Bookshop

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

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



Members of An Nuadha Players at the 25th Anniversary Masquerade Ball at the Glenroyal Hotel in September.

Join us for a fun night of Music Bingo in Brady's on Friday October 11th.
See below for details.



IN SUPPORT OF PANTO 2024

A Christmas Carol

11TH OCTOBER - 8PM
UPSTAIRS IN BRADY'S CLOCKHOUSE,
MAYNOOTH
€10 PER PERSON

Junior Halloween Fun

HALLOWEEN WORD SEARCH

A	J	Y	A	Q	R	U	Y	K	S	J	N	Y	U	E
M	T	A	B	D	L	F	G	J	O	T	U	D	E	A
Z	O	V	S	N	O	T	L	E	K	S	X	S	B	S
T	O	N	P	X	R	G	V	O	O	B	V	K	U	K
R	C	J	S	E	Q	S	O	X	W	N	V	L	B	F
E	F	V	D	T	R	C	E	A	Y	E	T	A	B	S
A	I	I	E	B	E	A	L	R	C	D	R	B	I	C
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- BAT
- BOO
- CANDY
- COSTUME
- MASK
- MONSTER

- MUMMY
- PUMPKIN
- SCARECROW
- SKELTON
- SPIDER
- SPOOKY

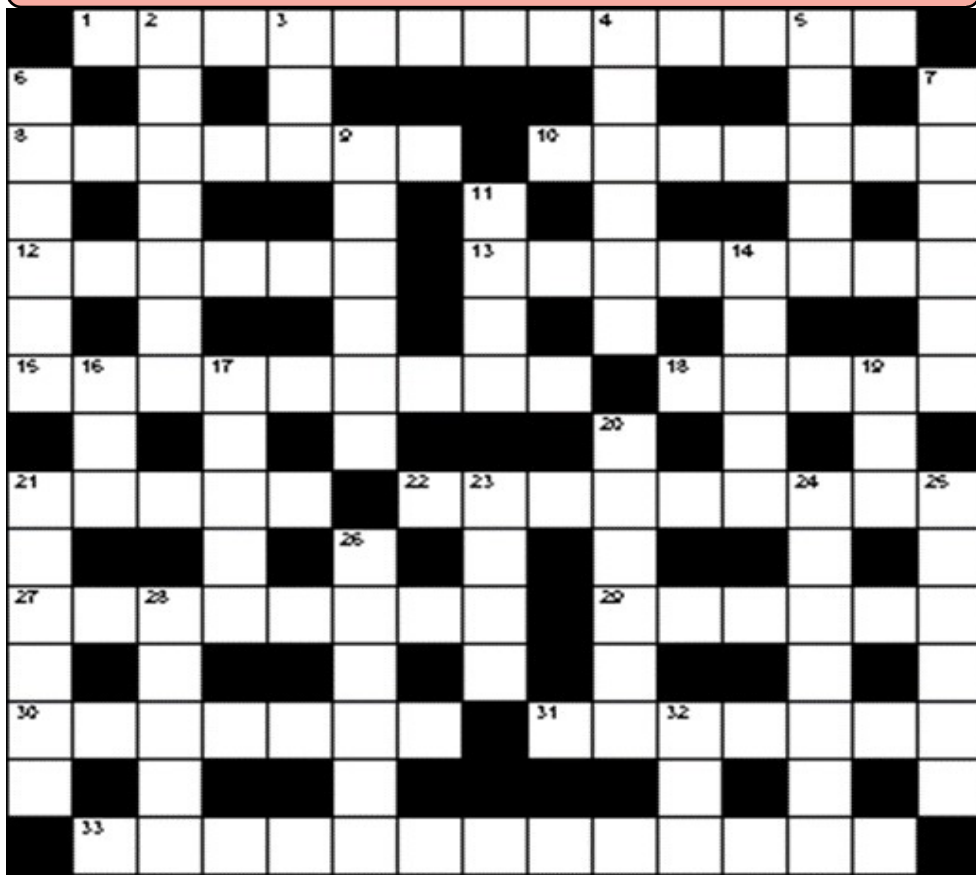
- TREATS
- TRICK
- VAMPIRE
- WEREWOLF
- WITCH
- ZOMBIE

NB To Print: Go to File, select Print and put in this page number. Then Print.

All puzzles sourced free from Google

Happy Halloween

October 2024 Crossword - No. 539

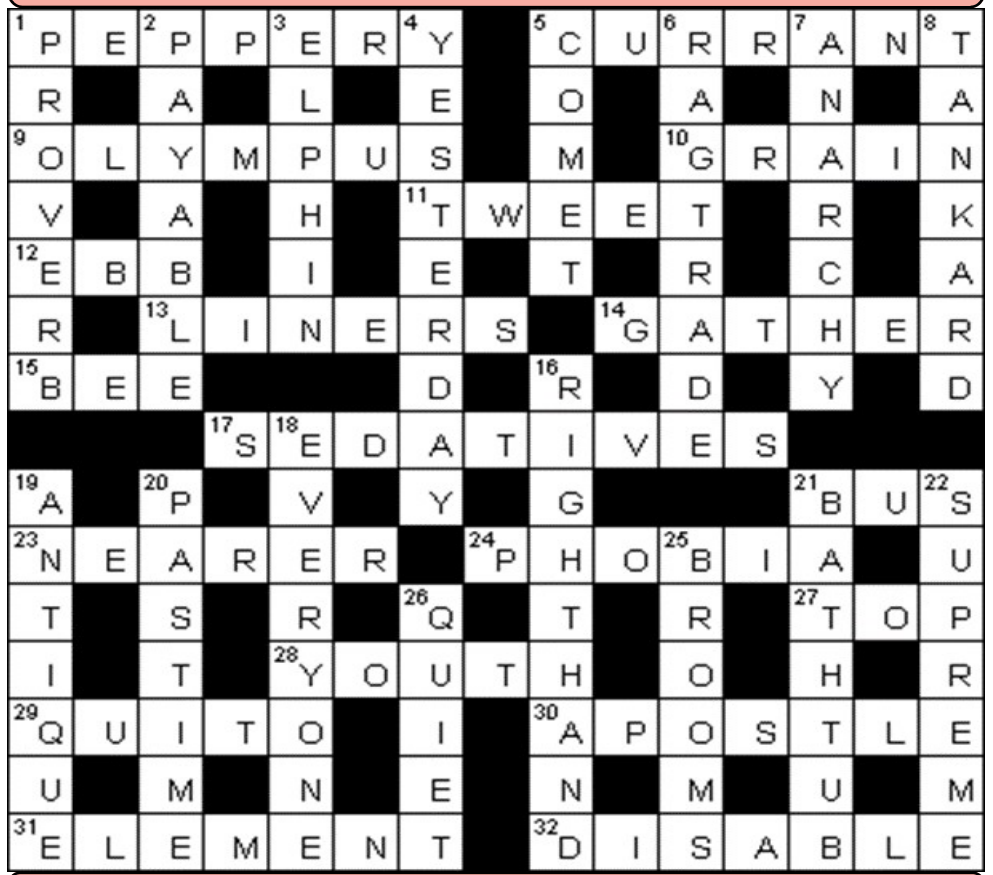


Clues Across

- 1. Style of painting (13)
- 8. Member of a senate (7)
- 10. Medley (7)
- 12. Continent (6)
- 13. In good spirits (8)
- 15. Something that pollutes (9)
- 18. Bring about (5)
- 21. Refined iron (5)
- 22. Luxurious car (9)
- 27. Away from the shore (8)
- 29. Cosmetics (4-2)
- 30. Drape (7)
- 31. Companion of Aeneas (7)
- 33. Inhabitant of Pennsylvania (13)



Solutions to Crossword No. 538



Clues Down

- 2. Dog of mixed breed (7)
- 3. Long-tailed rodent (3)
- 4. Speaks publicly (6)
- 5. Employees (5)
- 6. Dormant state (6)
- 7. Goalkeeper (6)
- 9. Salt of oleic acid (6)
- 11. Scrutinize (4)
- 14. Harvests (5)
- 16. Not in (3)
- 17. City in West Yorkshire (5)
- 19. Transgression (3)
- 20. Vast (6)
- 21. Caress (6)
- 23. Notion (4)
- 24. Sluggishness (7)
- 25. Uncover (6)
- 26. Mimics (6)
- 28. Physical power (5)
- 32. Female fowl (3)

Difficult

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

Sudoku Challenge

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

Super Difficult

						4		9	6
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								7	4

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.

Happy Halloween

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

All puzzles sourced free from Google



No-Churn Brandied Pumpkin Ice Cream

INGREDIENTS

Makes: approx., 1 litre/quart

125 grams pumpkin puree (from a can)

150 millilitres condensed milk

300 millilitres double cream

1 teaspoon freshly grated nutmeg

3 x 15ml tablespoons brandy



Method

You will need: 2 x 500ml/2 cup empty ice-cream tubs or airtight containers (or 1 x 1 litre/quart tub or airtight container).

1. Combine the pumpkin purée and condensed milk in a bowl, and stir to mix.
2. Add the cream and whisk until it begins to thicken. (If using American heavy-cream or whipping cream in other countries, whisk your cream in a bowl first, until it reaches soft peaks, then whisk in the condensed milk mixture and continue whisking until thick again.)
3. Grate the nutmeg over the ice cream and whisk in the brandy as you pour it in a slow trickle.
4. Decant into your airtight container or containers and freeze overnight. Take it out of the freezer for 10 minutes to soften before serving.
5. Best eaten within 1 month

Source:

nigella.com/recipes/no-churn-brandied-pumpkin-ice-cream

Pumpkin spice latte

Get cosy with a pumpkin spice latte, perfect for cold autumn and winter nights. With ginger, cinnamon, nutmeg and pumpkin flavours, it's a real treat

Ingredients

2 tsp pumpkin purée

pinch of ground cinnamon, plus extra to serve (or use pumpkin spice)

pinch of ground ginger

pinch of ground nutmeg

30ml espresso or strong coffee

250ml milk (any will work)



Method

STEP 1

Put the pumpkin purée in a large heatproof glass or mug. Stir in the spices and espresso or strong coffee.

STEP 2

Heat the milk in a saucepan over a low heat until steaming and frothy. Pour into the glass or mug, and spoon over any froth. Stir to combine, then dust with more cinnamon or some pumpkin spice before serving.

Source: Good Food (bbcgoodfood.com)

Pumpkin soup

Whip up this easy pumpkin soup as a starter for a dinner party or a light supper when you need a bit of comfort – it has a lovely silky texture

Prep: 20 min Cook: 25 min Serves 6

Ingredients

2 tbsp. olive oil

2 onions, finely chopped

1kg pumpkin or squash (try kabocha), peeled, deseeded and chopped into chunks

700ml vegetable stock or chicken stock

150ml double cream



For the croutons

2 tbsp. olive oil

4 slices wholemeal seeded bread, crusts removed

handful pumpkin seeds



Method

STEP 1

Heat 2 tbsp. olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 min, until soft but not coloured.

STEP 2

Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 min, stirring occasionally until it starts to soften and turn golden.

STEP 3

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 min, until the squash is very soft.

STEP 4

Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve. The soup can now be frozen for up to 2 months.

STEP 5

To make the croutons: cut 4 slices wholemeal seeded bread into small squares.

STEP 6

Heat 2 tbsp. olive oil in a frying pan, then fry the bread until it starts to become crisp.

STEP 7

Add a handful of pumpkin seeds to the pan, then cook for a few min, more until they are toasted. These can be made a day ahead and stored in an airtight container.

STEP 8

Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

Source: bbcgoodfood.com





Irish Ghost Stories



The Ghost of a Gentleman in a Long Grey Coat

The ghost of a gentleman in a long grey coat was seen walking down a staircase, ten years before a staircase was ever built. This ghost is a strange visitor that first came to Castletown, Celbridge, Co. Kildare, in 1767. Thomas Connolly, the owner of the mansion, was the nephew of the Speaker of the House of Commons.



He had spent the day hunting with the local pack and he was returning home alone at dusk when he was joined by another rider. He did not know this man but assumed that this man was part of the hunt that day. Thomas was a hospitable host and invited the man back to Castletown where the rest of the hunting party would be, to round off their day of sport. The stranger accepted and they went back to the mansion.

After all the hospitality, the stranger fell asleep on a chair. Wanting his guest to be comfortable, Thomas instructed his servant to take off the stranger's boots. On removing the stranger's boot a cloven foot was revealed. The stranger then jumped up, looked at everyone in the room and laughed at them. A priest that was there, threw a book at him. This book passed through him and smashed against the mirror over the fireplace smashing it into a hundred pieces. Still screaming, the stranger was suddenly surrounded by a burst of vivid yellow flame. Then, the stranger and flame vanished. Thomas and his guests discovered a crack in the floor where the stranger had stood. That crack is still there today.

The second time the stranger in the long grey coat was seen by Connolly's widow who survived him by many years. She saw him on the top gallery laughing mockingly. The man then moved following the decent of the grand staircase, which had not yet been built at the time. It was built ten years later and its position correspond to the apparitions movements.

It might be just a coincidence, that this legend of demoniac being is attached to a house built by a man who was also the owner of the Hell Fire Club.

Sourced: www.ouririshheritage.org/content/archive/topics/the-ghosts-of-ireland

The Abhartach (The Irish Vampire)

There are many Irish legends about the Abhartach, but each follows a very similar tale that all begin with a historian named Patrick Weston Joyce. Joyce published a book in 1869 titled 'The Origin and History of Irish Names of Places'. It was in this book that the world was first introduced to the Abhartach. The book tells of a wicked dwarf that possessed powerful magic and who was said to terrorise villagers near where he lived. Then, after reaching their wit's end, the villages convinced a local chieftain to get rid of the dwarf.



It was one of the fiercest of the many Irish mythological creatures, and it's said that it could be found in the parish of Errigal in Derry called Slaghtaverty. He explains the dwarf was a cruel creature and that it possessed a powerful type of magic. Those who were terrorised by the Abhartach soon had their prayers answered. A local chieftain (some believe that this was the legendary Fionn A local chieftain (some believe that this was the legendary Fionn Mac Cumhail) killed the Abhartach and buried him upwards nearby.

The locals thought their luck had changed. However, the very next day, the dwarf was back, and he was twice as evil than he had been. The chieftain returned and killed the Abhartach for a second time and proceeded to bury him the same as before. Surely this was the end?!

Alas, the dwarf escaped his grave and spread his terror across the whole of Ireland. The chieftain was baffled. He had slain the Abhartach twice now and it managed to return to Ireland again and again. Deciding that he couldn't risk the dwarf returning three times, he consulted a local Druid. The Druid advised that he slay the Abhartach again but this time when it came to burying it, he must bury the creature upside down. The Druid believed that this should quench the dwarf's magic. The Abhartach never returned.

Sourced: www.theirishroadtrip.com

The Púca

The Púca, known for its shape-shifting abilities and mischievous nature, the Púca is one of the most elusive and intriguing characters in the vast landscape of Irish folklore. The term 'Púca' is derived from the Old Irish 'púcán', meaning 'goblin', but it has been interpreted in various ways, including 'ghost', 'sprite', or 'fairy'. It is part of the broader group of supernatural entities known as the Aos Sí or 'People of the Mounds', who were believed to inhabit the Irish landscape.

The Púca has parallels in other cultures as well. For example, the English 'Puck', a mischievous hobgoblin immortalized in Shakespeare's 'A Midsummer Night's Dream', shares similar attributes. These cross-cultural connections underscore the universal human fascination with trickster figures and shape-shifting entities. The Púca is primarily known for its shape-shifting abilities. It can take on a variety of forms, often appearing as different animals such as horses, goats, cats, dogs, and even hares. The Púca is typically portrayed as dark or black, reflecting its association with the night and the unknown.

The Púca is not seen as inherently evil. It is rather a trickster, delighting in creating confusion and fear. It is also known to give advice and guidance, albeit in a cryptic and riddle-like manner. The Púca's dual nature — its capacity for both mischief and assistance — makes it a particularly complex and intriguing figure in Irish folklore. One of the most common themes involves the Púca transforming into a horse and enticing an unsuspecting traveller to ride on its back. Once the individual is aboard, the Púca would embark on a wild, terrifying ride through the night, only to return the rider to their starting point by dawn, unharmed but thoroughly shaken.

The Púca is also associated with Samhain (Halloween), the ancient Celtic festival marking the end of the harvest season and the onset of winter. It was believed that on Samhain, the veil between the human and the supernatural world was at its thinnest, allowing entities like the Púca to interact more freely with humans. The Púca, a legendary creature deeply ingrained in Irish folklore, has left an indelible mark on various literary and cinematic works, manifesting in different forms and guises.

This is why Púcas are associated with Halloween. As children transform themselves by wearing scary costumes and call house to house saying 'Trick or Treat', also why the children are then called 'Púcas'. Shakespeare's "A Midsummer Night's Dream" introduced audiences to the mischievous character of Robin Goodfellow, also known as "sweet Puck," resembling the Púca. Disney's "Darby O'Gill and the Little People" showcases a Púca in the form of a deceptive horse.

In Ireland, the Púca is not only a mythic figure but also a part of local culture and celebration. The Púca Festival, held annually in County Meath, Ireland, celebrates the spirit of the Púca. The festival, which includes music, arts, and a spectacular light show, is an homage to the Púca and a celebration of Ireland's rich heritage of folklore and mythology. The Púca is deeply connected to the agricultural calendar, particularly the harvest. It was traditionally believed that the Púca would spoil any fruit or crops left in the field after November 1, which marked the end of the harvest season and the beginning of winter. This myth served as a practical way to ensure that all crops were gathered promptly. The Púca was also associated with abundance. There's an old Irish saying, "Púca pléascach, nó galar gabhar" ("An exploding Púca, or a goat disease"), which was used to describe an abundance of anything, indicating the Púca's connection to the bounty of the harvest.

Sourced: www.irishhistory.com



OCTOBER GARDENING

Fruit and veg

Take cuttings of shrubby herbs, Fruit and veg

Take cuttings of shrubby herbs, such as rosemary, lemon verbena and thyme

Remove large fruits on fig trees that have failed to ripen, leaving pea-sized fruits to develop for harvesting next year

Sow green manure, such as winter rye, rather than leaving soil bare over winter

Cover salad plants with cloches to prolong cropping

Keep sowing batches of hardy broad beans and peas outdoors for early crops next year

Plant garlic cloves in a sunny well-drained spot, 15cm apart, with their tip 5cm below the surface

Finish picking runner beans and French beans, but leave a few pods to ripen fully, so you can save the seeds

Cut down the ferny shoots of asparagus to soil level once they've turned yellow, then add to the compost bin

Divide large clumps of herbs, such as chives, lemon balm and marjoram, then replant or share with friends

Wrap grease bands around the trunks of apple, pear, cherry and plum trees to trap the crawling female winter moth

Clear away old crops, so they can't harbour pests and diseases on the veg plot through the winter

Cut fruited stems of blackberries and autumn raspberries down to the ground

Raise pumpkins and squash onto bricks to keep them dry and expose them to more sun, to ripen the skins

Order bare-root fruit trees and bushes for planting from late autumn to early spring

Source Gardening World .com



Chilli con carne recipe

Prep time - 10mins

Cook time - 1hr

Serves - 4

Ingredients

1 large onion
1 red pepper
2 garlic cloves
1 tbsp oil
1 heaped tsp hot chilli powder
(or 1 level tbsp if you only have mild)
1 tsp paprika
1 tsp ground cumin
500g lean minced beef
1 beef stock cube
400g can chopped tomatoes
½ tsp dried marjoram
1 tsp sugar (or add a thumbnail-sized piece of dark chocolate along with the beans instead, see tip)
2 tbsp tomato purée
410g can red kidney beans
plain boiled long grain rice, to serve
soured cream, to serve



Method

STEP 1: Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square. The easiest way to do this is to cut the onion in half from root to tip, peel it and slice each half into thick matchsticks lengthways, not quite cutting all the way to the root end so they are still held together. Slice across the matchsticks into neat dice.

STEP 2: Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop. Peel and finely chop 2 garlic cloves.

STEP 3: Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot (a little longer for an electric hob).

STEP 4: Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent.

STEP 5: Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.

STEP 6: Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.

STEP 7: Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the mince.

STEP 8: Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits. Make sure you keep the heat hot enough for the meat to fry and become brown, rather than just stew.

STEP 9: Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.

STEP 10: Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and add a good shake of salt and pepper. Squirt in about 2 tbsp tomato purée and stir the sauce well.

STEP 11: Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.

STEP 12: Check on the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom of the pan or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the heat really is low enough. After simmering gently, the saucy mince mixture should look thick, moist and juicy.

STEP 13: Drain and rinse a 410g can of red kidney beans in a sieve and stir them into the chilli pot. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.

STEP 14: Taste a bit of the chilli and season. It will probably take a lot more seasoning than you think.

STEP 15: Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving. This is really important as it allows the flavours to mingle.

STEP 16: Serve with soured cream and plain boiled long grain rice.

Source: www.bbcgoodfood.com



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Kildare Planning Applications for Maynooth Area
Planning Applications received from 21/08/2024 to 26/09/2024
Information from Kildare County Council Website

App #	Authority	Applicant Name	Development Address	App Date
2460931	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	20/09/2024
24295	Kildare County Council	Niamh Gilmartin and Frank Mangan	43 Castlebridge, Maynooth, Co. Kildare	17/09/2024
2460904	Kildare County Council	Maynooth University	The Pheonix Sports and Restaurant Building, Maynooth University, Maynooth, Co. Kildare	13/09/2024
2460896	Kildare County Council	Tom and Pauline Holmes	Donaghstown, Maynooth, Co. Kildare	12/09/2024
2460899	Kildare County Council	Mary Pat. Steinmetz and Patrick Moran	Laragh Demesne, Maynooth, Co. Kildare	12/09/2024
2460891	Kildare County Council	Tom and Pauline Holmes	Donaghstown, Maynooth, Co. Kildare	10/09/2024
2460883	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	06/09/2024
2460882	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	06/09/2024
2460875	Kildare County Council	Neil Cusker	547 O'Neills Park, Dublin Rd, Maynooth, Co. Kildare	05/09/2024
24274	Kildare County Council	Helen & Leo Crawford	8 Lyreen Drive, Mariavilla, Maynooth, Co. Kildare	02/09/2024

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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.