

FREE

# THE LOCAL news

WEST EDITION  
29th September 2017

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## WOULD FREE BINS STOP DUMPING

- Good news on waiver is premature, says Council
- "Shouldn't have to dribble around nappies to score a goal!"
- No place for illegal dumping, says Cllr Ward

BY PAUL KELLY

REPORTS from Sinn Féin that the party had successfully lobbied for free bins were quickly dismissed by Council management just as LOCAL NEWS was going to press.

The free-bin bid came as Cllr Mark Ward (SF, Clondalkin) complained bitterly that looking at the litter-strewn streets in his area was "heartbreaking", "shocking", and "ripping the heart and soul out of communities".

"It is difficult to ensure that the children of today will become the adults of tomorrow that have a sense of pride in their communities when they have to pass discarded rubbish on the way to school," Cllr Ward fumed.

### WASTE FOOD

He spoke of the Clondalkin of his youth which, while never spotless, showed some evidence of civic pride:

"When I was playing street football I didn't have to dribble the ball around discarded nappies and waste food to score a goal!"

Now, in a press release, the Sinn Féin councillor said he



Local Ballyfermot Artist Colette Wyhte is pictured here completing her painting of a traffic control box at Lower Ballyfermot Road as part of the Dublin Canvas in association with Dublin City Council. Other recent boxes completed including one of Paul McGrath outside St Patrick's Athletic ground and a liberties memory at the bottom of Meath Street.

had managed to pass a motion "calling on an introduction of a bin waiver scheme".

Unfortunately, there's less to it than meets the eye.

Sinn Féin have in the past placed several radical motions on waste disposal in front of the South Dublin County Council (SDCC).

Some have been defeated, and those that passed — including a recent vote to end bin privatisation — are simply scuppered by non-elected management.

Since the mid-1970s, coun-

cils in general have been stripped of their money-spending powers. Cllr Ward, to gain a cash concession — like a bin waiver — would have to have jumped two hurdles: first, passing the vote and second, winning over Council management.

Council management, beholden to their Kildare Street paymasters, routinely scuppers all efforts by councillors to reverse Fine Gael's pro-privatisation drive — whether with waste, housing or anything else.

And it turns out that Cllr Ward's successful motion, on closer examination, will simply trigger a "request".

### PROMISES

It calls on the officer presiding at the meeting — in this case, Ita Kenny, a member of SDCC's permanent management — to write a letter to government asking them to consider a bin-waiver scheme.

continued on page 2

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# Some Advice on Purchase of Second Hand Property

1. Contract. The Contract which you will sign is Contract to purchase an existing property. As such, the principle of "caveat emptor" i.e. "let the buyer beware" applies. Once you sign a Contract to purchase the property, you buy it in its current state of repair and condition complete with any problems it may have. In other words, you buy the property irrespective of its state of repair and condition and take responsibility for any defects in same. For this reason it is vitally important that you have a full survey of the property carried out by your Architect, Engineer or Surveyor.
2. Deposit: Please be aware that on signing Contracts you will be required to pay a deposit equivalent to 10% of the purchase price. From this sum you may deduct the amount of any Booking Deposit you have already paid to the Auctioneer.
3. Loan Offer: Prior to entering into such a Contract, you should ensure that you have a satisfactory letter of loan offer from your lending institution. You should also ensure that you are in a position to comply with all conditions, pre-conditions and requirements of any loan offer.
4. Mortgage Protection Insurance/Life Assurance: Prior to releasing funds your Lending Institution will require you to have in place a satisfactory policy of Life Assurance/Mortgage Protection Insurance for the amount on the term of the loan
5. Buildings Insurance: Prior to committing to a Contract for the purchase of the property, you should also ensure that the property you wish to purchase is insurable on reasonable terms. .
6. Planning: Prior to proceeding with the purchase, I recommend that you attend at the Planning Office of the relevant Local Authority and check the Planning file for the house and the development plan for its area.
7. Services: I recommend that at this stage, you clarify how the property is serviced as to the normal utilities i.e. water supply, sewerage, ESB etc.
8. Searches: Prior to completing the transaction, Searches against you/vendor in the Judgements Office, Bankruptcy Office and Sheriffs Office are carried out.
9. Closing: Please be aware that when you sign the Contract to purchase this property, you will also agree to a completion date for the transaction. Thereafter, the Contract is signed by the Vendor and returned to us. At this point the Contract is unconditional and the closing date agreed.

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Dónall Johnston

from page 1

Such schemes have been promised in the past, Cllr Ward points out:

"This bin waiver scheme was promised in the 2011 Programme for Government."

However, Fine Gael sources have told LOCAL NEWS that it is highly unlikely that the Minister concerned, Denis Naughten (Ind, Roscommon-Galway), will reply with anything other than a polite refusal.

Cllr Ward himself appears to acknowledge that bins — free or paid-for — are not the real issue here:

"...[T]here were almost 1800 complaints of illegal dumping from June to August."

This plague goes beyond the SDCC. LOCAL NEWS, in our South and West editions of September 7, wrote about illegal dumping in Drimnagh: see *Lissadel Rubbish Piles Up for Weeks... and Months*, page 8 (available on localnews.ie).

## RESIDENTS CRITICISED

There, we were critical, as usual, of excessive charges and Fine Gael's pro-private dogma on waste. But we were critical of residents, too:



Cllr MARK WARD: never as bad in his youth

While the privatisation of bins has been for the most part an expensive and inefficient fiasco, there can be no doubt but that some blame, in the case of Lissadel Road, lies with the residents.

We saw rubbish randomly strewn in...small gardens...ultimately, responsibility for general neighbourly tidiness lies with neighbours, not Councils or bin companies. If anything the Council, for once, are the heroes here. They are deploying their...small vehicles both for normal tidying work and for "extra duty". This official helpfulness and flexibility may not last, however — particularly if locals are not seen to do their fair share in solving Lissadel Road's litter collection problem.

## GET OUT CLAUSE

Cllr Ward is similarly frank about the burden that his own constituents must carry:

"I want to be perfectly clear...that there is no place for illegal dumping in our area."

But he does offer a partial "get-out clause" to the culprits:

"I genuinely believe that the introduction of a bin waiver scheme would have a positive impact in the most disadvantaged areas."

He's right, of course, but it would help Cllr Ward and those fighting litter if the citizens got behind him — with deed as well as word.



COUNTY-WIDE PROBLEM: Drimnagh story in our last edition

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# 12,500 waiting for eye procedures

ALMOST 12,500 people were waiting for eye procedures at the end of August – the largest inpatient waiting list of any medical speciality. More than 3,000 of these people are waiting more than a year, with 800 waiting more than 18 months.

A further 38,000 are on outpatient waiting lists, waiting to receive appointments, up from 32,000 at the end of 2016 – an almost 20% increase within eight months.

The Association of Optometrists (AOI) said crisis-level delays in eye-care are compromising health and services need to change urgently to meet present and future demand. AOI called for immediate reform which would see community and hospital based services work much more closely together, with routine care provided in the community and only specialist or complex cases referred to hospital eye departments.

AOI Chief Executive Sean McCrave said: "Hospital eye departments cannot and will not meet patient ever-growing demand. In the UK and across Europe there has been an increasing move towards community based eye-care – and that is where Ireland needs to go to."

"We estimate that €32m can be saved while at the same time delivering a better and quicker service. This is because it is 50% less expensive to treat via the local Optometrist than in the hospital system."

Mr McCrave said that the HSE could solve the problem quickly by reviewing Optometrists' contracts and sanctioning them to provide an increased volume of routine public services

"We have 600 Optometrists across the country who are trained, highly-skilled, have the necessary equipment and want to solve the crisis. AOI is calling for discussions with the HSE to begin immediately," he said.

AOI estimates that annual savings can be made of €32.3m including: children's eye-care €7.2m, Glaucoma €19.3m, Triage 3.9m and Red Eye €1.9m. An Optometrist Examination costs an average of €45, while an outpatient department or community clinic appointment is estimated to cost double this and also involves high levels of non-attendances, plus patient costs (travel and parking).

Mr McCrave said there are three identifiable areas where Optometrists can immediately reduce waiting times: the paediatric list, the cataract list and review of stable patients post-treatment, particularly those with Glaucoma and AMD.

"It is frustrating to continuously hear about the growing numbers on the waiting list, and the risks to patients this brings, while Optometrists are in a position to immediately make significant inroads into solving the problem," he concluded.

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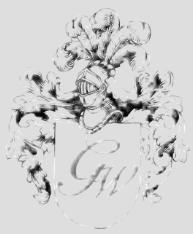
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# Hero John, 12, rescues mum from D8 balcony blaze

BY PAUL KELLY

THERE WERE dramatic and terrifying scenes in Thomas Davis Street, Inchicore last week when a midnight blaze gutted the first-floor flat of mum Maggie Green and her children John, 12, Francis, 8, and Savannah, just 7. The fire started suddenly some time after 11:00pm on Tuesday, September 19. Neighbours, including one bearing a ladder, came to

the assistance of the Green family. But it was young John Green who saved the day, turning back to rescue mum Maggie when she had become trapped in a smoke-filled bedroom. BLACKENED Neighbours reported that the children were "limp and totally blackened" when they were removed by ambulance and rescue services. Hero John was later stabilised in Crumlin Children's Hospital, but



FIRST FLOOR FIRE: investigations continue

his little brother Francis and mum Maggie were described as critical. Scorch marks on the walls near the front door have led Gardaí to treat the fire as suspicious. Their investigations continue but, as yet, no arrests have been made. Meanwhile Dublin City Council has refused suggestions that the Tyrone Place may be unsafe. "We have already initiated a fire

safety review for all the apartment," said Council Area Manager Tony Finnegan. He said that it would cover all critical aspects of safety. He did acknowledge, however, that there were limited exits, particularly if a front door became blocked. He would "look at upgrading" the apartments to solve the problem, he said.



HERO JOHN GREEN: saved his mum

## Emotional night as 'Bring me Back Alive' a roaring success

ON SUNDAY, playwright Patricia McCann and the cast 'raising issues' who perform 'Bring me Back Alive' brought their powerful play about suicide back to Dublin 8 for a sold out crowd in St. Catherine's Church Thomas Street. The play is set in a youth centre, and focuses on suicide and the effect it has on those left behind. Hundreds attended this powerful, emotional event. The play was previously hosted by Aengus Ó Snodaigh TD and the Dublin South Central Sinn Féin team in Ballyfermot, which was also a huge success. Speaking on the play Senator Máire Devine, who is

Sinn Féin's Seanad spokesperson on mental health, said "Last night was incredible. There were hundreds of people in attendance to see this play. I spoke to many people afterward, some of whom had lost loved ones to suicide. They said that the play articulated the thoughts and feelings that they have for too long kept inside. People in their own way found great comfort in the piece, and Patricia and the cast are doing a great public service by bringing "Bring me Back Alive" on the road." "Every community should get the chance to see this play. We could have filled the venue three



THE CAST: 'Bring me Back Alive'

times over with the demand. In October, I am co-hosting the play with Cllr Ray McHugh in Rosary College, Crumlin, D12. For those who missed this showing, make contact with the Sinn Féin office in Ballyfermot to book a ticket. They are free, but limited, and if this last showing is anything to go by they will sell out fast so don't delay. " The play also sparked conversation amongst the audience about the need for 24/7 mental health services. Cllr Críona Ní Dhálaigh stated that one audience member told of her personal loss- despite presenting to A and E, her loved one was

sent away and later died by suicide. She believed that if 24/7 mental health services had been available her loved one would still be alive. The community of Dublin 8 are extremely vocal on this issue, with one local woman going door to door with a petition to demand 24/7 mental health services. Senator Devine stated "I know that many people who attended the play last night felt compelled to sign the petition. This play starts the conversation, and it is up to the community and the powers that be to make sure that the conversation results in a real change in the way we treat mental health in Ireland."



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# Dail denies Right to Housing

BY BRÍD SMITH TD

BACK at the Dail last Wednesday for the opening of the new session it took less than one day to be reminded of how frustrating and sometimes sickening this place is for anyone trying to bring about change in this country.

It's the sheer brass neck and hypocrisy of our government politicians and so-called leaders that really get to you.

On Wednesday People Before Profit hit the ground running with a proposal to make housing a constitutional right. The Bill said:

"The State recognises the common good as including the right to secure, affordable, dignified housing, appropriate to need, for all the residents of Ireland and shall guarantee this right through its laws, policies and the prioritisation of resources.

The State, accordingly, shall delimit the right to private property where it is necessary to ensure the common good and to vindicate the said right to housing for all residents of Ireland."

The reason for the bill was of course that we are again in a housing crisis and worse than ever, with over 8000 homeless, including, appallingly, more than 2000 children. But it was also because every time we and others have made practical proposals for tackling the crisis the establishment have come back with the argument that they were not possible because they would infringe the rights of private property enshrined in the constitution.

Declare a National Housing Emergency – there is one after all – and use compulsory purchase powers to secure tens of thousands of empty residential properties for public housing. NO! It would infringe on property rights.

Ban all economic



'Brid Smith TD outside Dáil Éireann with the wonderful #MyNameIs homeless campaign'

evictions and house reposessions. NO! It would infringe the property rights of landlords and banks. (We put forward such a Bill last year but it was defeated on the casting vote of the Fianna Fail Ceann Comhairle).

Bring in rent controls. NO! That would interfere with the right of landlords to make profits.

Halt the sale of public land to private developers. NO! How can you build houses without 'incentivising' developers? That's how the market works.

Make NAMA a state company and use it to ACTUALLY BUILD PUBLIC HOUSING FOR PEOPLE. What an idea! Don't you realise that would interfere with the free market and the principles of private property.

This is why our Bill was so essential. It would insert into the Constitution the principle that the right to housing overrides the rights of private property i.e. the rights of landlords, and so make it possible to do all the practical things we have

been proposing.

And we had the support of Father Peter McVerry, the Simon Community, many housing activists, the Social Democrats and a lot of trade unionists, Plus 81 countries worldwide, including Justin Trudeau's Canada, already have this right in their constitutions.

So what did the establishment politicians – who never stop talking about their determination to tackle the housing crisis – have to say? They said this Bill is not a practical proposal, it won't actually house anyone in the morning! And they voted it out!

By 73 votes to 37 the Dail rejected the idea that housing should be a basic right. And – and people should remember this come election time – Fianna Fail voted WITH Fine Gael on this, as they always do on anything really important.

One thing, by the way, is key to understanding how Irish society works. Fianna Fail and Fine Gael bicker and criticise

each other all the time over secondary matters but when it comes to defending the interests of the rich, the bankers and the bosses against the interests of the mass of working people they always stand united.

They have been leading the people of

Ireland this merry dance for more than eighty years and will do it for next eighty years if we let them get away with it.

So for all the fine words, all the expressions of concern, all the crocodile tears and all the talk of summits and initiatives, nothing serious

is being done about the housing and homelessness crisis. Its going to get worse and the landlords and developers are going to get richer.

So what to do? It is not a question of thinking up new and clever solutions. The solutions are there and they are straight-

forward – the problem is the government won't implement them because they are protecting their landlord and developer friends. Indeed many of the government ARE landlords themselves.

So there's two things that will make a real

difference: 1) keep on campaigning to put enough people on the streets to scare the living daylights out of the establishment, as with the water charges; 2) voting out the landlord parties i.e Fine Gael and Fianna Fail at the next local and general elections.



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# Finally, a smart-cash app for a dumb-phone world

BY PAUL KELLY

A TINY KENYAN charity has solved an online payments problem that Ireland's billionaire brothers, the Collisons, founders of Stripe, and other giants like PayPal, hadn't even noticed.

The problem?

That buyers and sellers in poor countries — and poor people around the world — cannot afford expensive



**M-PESA IN ACTION:** bottom-of-the-line phones can handle money

smartphones.

So far, all new payments systems, including the

Collisons' Stripe, assume that the sender and the receiver of money

possess at least a smartphone and, at the merchant's end, probably several fancy PCs as well.

## M-PESA

But in Kenya, population 50 million, with an average income of €34 per head per week, that ain't necessarily so.

Enter M-Pesa.

Ironically, M-Pesa didn't start life as a "PayPal killer" at all, but merely as a channel to allow GAMOS, a microfinance and anti-poverty agency, to keep in touch with its borrowers.

GAMOS bosses quickly learned that those borrowers — market traders and other tiny businesses — were terrified to bring home their day's takings. Salaried workers, similarly, hated carrying cash. Robbery and banditry are rife in Kenya, and paper money is a dangerous liability.

## DUMB-PHONE SMARTS

So the M-Pesa startup managed to convince business people to take their hard-earned Kenyan Shillings, KES, to a nearby M-Pesa agent who would in return... send a line of digits to their mobile phone.

Not a smartphone, a dumb one.

Astoundingly, the micro-merchants agreed to this bizarre barter, but they were soon rewarded.

They discovered that shops near their homes — and everywhere else — were happy to cash the digits for the real thing: groceries, hardware or, if they wanted it, money.

But there was more.

As M-Pesa began putting the bandits out of business, the shopkeepers accepting the digital cash began to prefer M-Pesas to the real thing. They, after all,

had security problems of their own, so the less paper currency they carried in their shops or safes, the sounder they slept at night.

Astonishingly, M-Pesa, a mere four years after its introduction in Kenya, began to replace the official currency, the Kenyan Shilling or KES, altogether.

## 50 BILLION EURO

It took from just 2007 to 2011 to sign up half the population. And now more than a third of all transactions — for cups of coffee, hardware, or even cars — are carried out with strings of swapped M-Pesa code, with nary a banknote in sight.

Kenyan M-Pesa transactions for the last two years amount to 5 thousand billion KES (€50 billion), or about half the country's gross national product.

The essence of M-Pesa, and the basis for its appeal, is its simplicity. No one, it seems, has yet "forged" an M-Pesa string, so there's been little or no fraud. Now, for the first time, it's being used in Europe, with pilot payment programmes in Romania, soon to be followed by the UK and, presumably, Ireland.

As it's so simple, why can't we start an M-Pesa clone of our own?

## Harold's Cross site could accommodate new Educate Together School

Local Fianna Fáil TD, Jim O'Callaghan has called on the Minister for Education, Richard Bruton to construct a new post-primary school on the Harold's Cross site in Dublin 6.

The Deputy raised the matter in Dáil Éireann last night during a special debate when he said, "In May of this year the Dept of Education purchased the land at the former greyhound track in Harold's Cross. How this land will be used by the state is a hugely important issue for the people in my constituency."

"Some years ago the Dept of Education approved the construction of a new post-primary school, to be completed by September 2018, to service the Dublin 2, 4, 6 and 8 area. Following a patronage process, Educate Together was approved to be the patron of the new secondary school."

"It is an urgent priority in our area that this school is con-

structed to alleviate the pressure on parents who are struggling to secure a school place for their children.

"There is limited choice for parents who wish to send their children to a non-paying secondary school that is multi-denominational and co-educational. There is huge demand for a school of this kind and Educate Together is an excellent model."

"The vacant site at Harold's Cross is an ideal location, in the centre point of the area most in need of a new post-primary school. It is crucial that steps are taken to establish a new multi-denominational, co-educational, non-fee paying secondary school."

"This is an enormously positive project for our locality and one that I will continue to support and advocate in Dáil Éireann over the coming weeks," concluded Deputy O'Callaghan.



**THE UNLOVED KES:** Kenya's paper shillings are falling out of favour

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# Thousands of self employed in rush to complete tax return

*Self assessed income tax payers have just 4 weeks to get their tax affairs in order*

THE date has been set for years the, 31st of October, but that doesn't stop the procrastination. For approximately 600,000 self assessed income tax payers across the country the rush to find receipts, check their credits and finally complete their tax return is on.

Walkinstown based tax Advisors; TaxAssist Accountants notice a very specific trend when it comes to tax returns. Commenting on clients burying their head in the sand Michael Sandys said, 'Unfortunately, most people leave it until the last minute to file their tax returns. We are gearing up for our busy season at the moment and it wouldn't be unusual to get new clients on the week of the 31st of October desperate to get their tax affairs in order.'

The bad news for



procrastinators is that if you fail to file your 2010 tax return on time the Revenue Commissioners will apply an initial late filing surcharge.

As well as late filing surcharges the Revenue Commissioners can also levy interest on the late payment at a rate of 0.0219% per day which equals

interest of 7.99% per annum.

Encouraging clients to get going earlier Michael commented 'I'd always advise people not to wait until the last minute to complete their tax return – you will need time to discuss your liabilities and the options available to you to minimise your final tax bill.

imise your final tax bill.

TaxAssist Accountants is a network of accountancy and tax advice shops for small businesses and taxpayers providing a range of services including tax returns, payroll, end-of-year accounts and book-keeping. TaxAssist works on a on a fixed-

fee basis. There are currently fourteen branches across Ireland in Dublin, Galway, Cork, Kildare, Limerick, Carlow, Louth and Longford.

By Michael Sandys, TaxAssist Accountants Walkinstown.

*Michael is pictured here with some of the staff, call 01 492 3588 for advice.*

## Understanding Dementia together

SEPTEMBER is World Alzheimer's Month. The readers of the Local News might be surprised to learn that Alzheimer's disease is one of at least 400 different types of dementia. All can be associated with difficulties in memory, thinking and language, problem-solving and carrying out everyday tasks, as well changes in mood and behaviour.

People in Ireland have poor knowledge of dementia, which is surprising given that so many of us have been touched by it. One in every two of us knows someone with dementia. Half a million of us live in a family that has been affected by dementia and 180,000 of us have cared for a family member or loved one with the condition.

Those who have received a diagnosis, their families and loved ones have told us of the stigma and fear which still surrounds dementia. They speak of feeling isolated within their own communities, of being written out of daily life.

Ireland is renowned for its sense of community. We have always gathered together to support one another in times of difficulty. The Dementia: Understand Together campaign seeks to build on this tradition of 'meitheal' by calling on people to ensure that their villages and

towns, and their clubs and businesses, are part of communities which support people with dementia and strive to be better places in which to live with dementia.

Understand Together aims to get people talking about dementia – to understand what it is and what it isn't – and to encourage them to see the person behind the disease. We need to build on what people with dementia can still do and the contributions they can still make.

Together we can all make a difference. Simply taking a few minutes to chat or calling by for a cuppa, can help alleviate some of the loneliness people with the condition and their carers can experience. If you own a business or are part of a club, consider what you can do to become more dementia-inclusive. Find out more by visiting [www.understandtogether.ie](http://www.understandtogether.ie) or Freephone 1800 341 341.

This World Alzheimer's Month, let's all stand together with the 55,000 people living with dementia in Ireland and play our part in building a more supportive, inclusive and welcoming society for people with dementia.

Professor Brian Lawlor Chair, "Dementia: Understand Together" Steering Group Trinity College

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# Be your own life coach



**Clinical Hypnotherapist KIERAN FITZPATRICK** advises in his regular column on how to achieve your goals.

AT THE end of the last article I suggested trying replying to the simple greeting "How are you?" with very positive words, such as "Great", "Fantastic", "Terrific" or "Amazing" to notice how that begins to affect how you actually feel.

Now, if you did it, the first thing I'd say you noticed was that it felt uncomfortable, or at least strange. And that would be normal.

I was talking about us doing some "Thinking Training" and thinking of it as you would physical training, that you would do to get physically fit, or improve at a sport.

If you started doing an exercise or a movement that you were unfamiliar with, it would feel strange initially and even uncomfortable as you did it.

But that "discomfort" is a very good sign, in both cases. It means that you are pushing beyond your "Comfort Zone". And I love the expression "Life Begins At The Edge Of Your Comfort Zone".

If it is physical training, our bodies will only begin to change when we push it beyond what it is comfortable with. Similarly, when we start training our mind, we know we are heading towards positive change when what we are doing feels different and unfamiliar.

I say "unfamiliar" because the word "comfort" is sometimes not really accurate in this case. Sometimes we can feel very uncomfortable with our current situation, for example feeling depressed, anxious, powerless or unhappy. But it is still called our "comfort zone". The thing is, humans feel a certain security in the familiar. We like to know what's happening and what's going to happen next. Even if that is something miserable!

So to do something unfamiliar or different, with possible results that we have not experienced before, can feel a little uncomfortable. But what we are trying to escape is our "Familiarity Zone"! (It's not as catchy, but probably a more accurate description).

Some life coaching gurus will tell us that the quality of our lives is directly proportional to the amount of uncertainty we can take.

Remember, it is normal and not a weakness to feel uncomfortable about change, even when it is positive change.

But also realise, that at that habit level, when we experience something better than what we were experiencing before, we can instantly and easily change. We just have to take that chance in the first place, of letting ourselves experience something new and unknown.

It is worthwhile to also think about the fact that if we keep doing the same things, in the same ways, we are going to keep getting the same results! If we are not happy with our lives, then the only option is trying something new!

So, let's keep the practical exercises simple for the moment. Keep monitoring your thoughts, become aware of your thinking. When you notice negative thoughts, simply take a moment to replace them with positive opposites. Expect that initially this will feel strange, maybe even silly. And expect to think that it isn't having any effect. But also, think of it as you would physical training.

With Thinking Training you also need to keep doing it until it comes easily to you, then you'll be doing it habitually and very soon noticing the positive results!

Kieran Fitzpatrick ADHP MIAEBP (Member of The International Association of Evidence Based Psychotherapy) is a fully qualified Clinical Hypnotherapist, NLP, EMDR practitioner and Personal Coach. His practices are in Perrystown Dublin 12 and City Centre, Dublin 2. For more details call 087-1227361, e-mail: kieran@kieranfitzpatrick.com or see [www.kieranfitzpatrick.com](http://www.kieranfitzpatrick.com)

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## Join the Memory Choir

For those with memory difficulties, their families carers etc The Memory Lane Choir on a Wednesday morning might be an interesting date. They meet every Wednesday from 11am until 12.39pm. No singing experience is necessary. The Memory Lane Choir is open to those with Dementia, memory loss, their families, carers and supporters. The venue is the Community Centre for Music and Arts beside St Agnes School on Armagh Road. You can contact them on 01 456 2926.

Your local **People Before Profit** team



**Bríd Smith TD**

**Cllrs Tina MacVeigh  
and Hazel de Nortúin**

## CAN WE HELP?

If you need advice, support, solidarity, get in touch. Bríd's website ([www.bridsmith.net](http://www.bridsmith.net)) has the times and places of local clinics - just click on the 'contact' button for details of a clinic near you. Or you could phone the Constituency office: (01) 6161003 or the Dáil office: (01) 6183000.

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# Ardmhéara meets Rohingya representatives

ARDMHÉARA Bhaile Átha Cliath Mícheál Mac Donncha met representatives of the Rohingya community at the Mansion House and expressed his grave concern at what is happening to the Rohingya in Myanmar.

Having met the delegation, he stated: "This afternoon I met Haikal Mansor and Mohammed Rafique of the Rohingya community in Ireland, together with Michael Clinton of the Voice for Rohingya Dublin Campaign. I heard about the appalling plight of the Rohingya people who are suffering repres-

sion on a mass scale by the Burmese military, amounting to ethnic cleansing and recognised as such by the United Nations.

The statement by Aung San Suu Kyi is extremely disappointing and in fact only makes matters worse. I have sought the views of other group leaders on the City Council on the question of whether the award of Freedom of the City to Aung San Suu Kyi should now be withdrawn. I am personally in favour of this and will continue to consult councillors on the matter. I am



also calling on the Minister for Foreign Affairs Simon

Coveney to advocate strongly at all international levels on be-

half of those suffering appalling human rights abuses."

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# Youth internet safety campaign needed

FIANNA Fáil Seanad Group Leader, Senator Catherine Ardagh has said that we must equip young people, their parents and teachers with the information and supports required to use and explore the internet

safely. A recent study carried out by Cyber-Safelreland discovered that 179 teachers in schools across the country dealt with over 200 incidents of cyber-bullying in the past 12 months. Almost 70% of these teachers did not

feel equipped to teach online safety.

Commenting on the findings, Senator Ardagh said, "The increased prevalence of social networks, smart-phone apps, and near constant web access presents increasing

challenges for those trying to avoid experiencing bullying online.

"The expansion of this burgeoning online industry has imposed pressure on young people to conform and upload their lives on social media, leaving them open to altogether new levels of scrutiny, criticism and teasing. This can be deeply distressing for most.

"A frighteningly high number of Irish young people have been or

are being abused and harassed via the web. Cyberbullying has become a major factor in producing negative or poor perceptions about personality and body image among our younger generation.

"Apps such as 'Sarahah' which has 20 million users worldwide and appeals predominantly to Irish teenagers, facilitates anonymous comments about users and allows some school children to

bully others. Other popular apps have location tracking which make it easier to follow a person's movements. My main concern would be that many parents are unaware of this potentially dangerous setting.

"The ever evolving digital space means that much of the advice previously provided to young people, their parents and teachers is now outdated and impractical.

"We need to en-

courage open discussion to help young people challenge the distorted attitudes towards maintaining an online presence.

Catherine added, "This latest study also revealed that 16% of those under 13 years old spend more than four hours online daily which makes them even more exposed to unsafe content or features. While bullying was once confined to a number of hours a day

in the classroom or playground, the accessibility of social media makes it virtually impossible to escape.

"It is crucial that we explore new ways of engaging children and young people, as well as their parents, guardians, and teachers, on the issue of internet safety.

"The conversation about how to stay safe online needs to start now," Senator Ardagh concluded.



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[www.ultrafreshcleaners.com](http://www.ultrafreshcleaners.com)

### Dear Editor

A national celebration takes place on 1 October. National Older Veg\*ns Day is a chance to appreciate older people within the vegan and vegetarian movement.

On 1 October, people worldwide will organise events for World Vegetarian Day and International Older Persons Day. What better opportunity to make the day special for older veg\*ns? Many became veg\*n at a time when it was much harder to avoid meat and dairy than it is today. We want to show we value their contribution by organising events across the country.

V for Life has been speaking with care homes and community groups who will be hosting events on the day. We want to make the occasion full of fun and enjoyment for older veg\*ns.

We have plenty of free literature available. Our five-ingredient recipe book Take V is popular, as is our lifestyle magazine, Vintage. Vintage features ideas on how host a successful event for older veg\*ns.

I strongly encourage anyone who is passionate about older people or the veg\*n movement to get involved.

For full details visit: [www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk), email [admin@vegetarianforlife.org.uk](mailto:admin@vegetarianforlife.org.uk) or call 0161 257 0887.

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If you need any assistance you can contact me at my constituency office at 10A Old County Road. Phone: 4540085/4540086. You can also phone me at Dail Eireann 6183215. Email: [joan.collins@oirlie](mailto:joan.collins@oirlie) or go to [joancollinstd/facebok](https://www.facebook.com/joancollinstd/)

**Cllr Pat Dunne - Working with Joan Collins TD**

Pat Dunne is a councillor for the Crumlin/ Kimmage local election area. You can contact Pat at the constituency office of Joan Collins TD.



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**Sun 1st THE VALUES**

**Sun 8th FRONT PAGE**

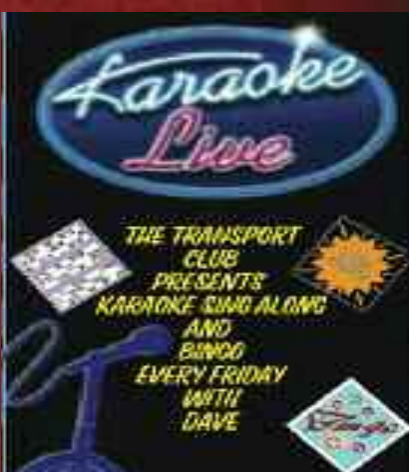
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**NEW MIXED UP HOST'S**

Monday 2nd Peter Hynes  
Monday 9th John Hynes  
Monday 16th Peter Hynes  
Monday 23rd Joey Byrne

# LIVE MUSIC

**Saturday 30th**

**John Hennessy**

**Saturday 7th**

**The Johnny Hopper Show**

**Saturday 14th Kathy Kay**

**Saturday 21st John Hennessy**

**SERVED FROM 12.30**

**DELICIOUS HOMEMADE  
ROAST DINNER  
ONLY €8.95  
ADD HOMEMADE SOUP  
FOR €2 EXTRA**

**DEATH BY CHOCOLATE  
OR APPLE PIE  
WITH FRESH CREAM OR  
ICE CREAM ONLY €3.95**

**Irish Breakfast**

**Lunched Served Daily From 12  
Full Menu Inside**

**SUNDAY CARVERY NOW OPEN UNTIL 5.30pm**

**BINGO**  
**FIRST TUESDAY  
OF EVERY MONTH**

**WATCH ALL LIVE  
GAMES ON OUR  
BIG SCREENS**

## STAGE SWAP SUNDAY'S

**SUN - 1st**

**SUN - 8th**

**SUN - 15th**

**SUN - 22nd**

**JOHN HYNES**

**LIZ DUFFY**

**CHERRY**

**JOE BYRNE**

## HAVING A PARTY ?

**FREE DECORATIONS  
FREE ENTERTAINMENT  
FREE RESERVED AREA  
CALL NUMBER ABOVE**



# OUT AND ABOUT



Great night out at the Clock



Enjoying the live entertainment at Tom Kennedys

## THE CLOCK

THOMAS STREET, DB

### ENTERTAINMENT

**Saturday 30th** ..... Anne Kinsella  
**Saturday 7th** ..... Dennis Coffey  
**Saturday 14th** ..... Joey Byrne  
**Saturday 21st** ..... Francis Howe

**SUNDAYS**  
**SING A LONG**  
with the versatile  
**MICK**



from 3pm  
**EVENINGS**  
**DJ DEREK**  
from 9pm with  
a fun session

**MONDAYS**  
**BINGO**

with **Graham**  
Be on time and  
play to win  
It's the Bingo  
they all talk about  
**UP TO €1,500**  
**PAID OUT**

**THURSDAYS**  
**GAMESHOW**  
**NIGHT**  
with  
**EMMA JEAN**  
Great Fun  
Evening  
Play some  
games and  
win prizes  
including  
cash prizes!

**ENJOY FRESH SANDWICHES EVERY DAY**  
**AND OUR LUNCH TIME SPECIALS**  
Soup & Sandwich €5.50 Tea/Coffee €2

**SEE ALL SPORTING EVENTS ON OUR BIG SCREEN**

## THE VILLAGE INN

EVERY WEDNESDAY  
**Traditional Music evening**  
with **THE CONNECTION**

**Saturday 30th** Paul Blake  
**Sunday 1st** Paul Ellis  
**Saturday 7th** Bosco  
**Sunday 8th** Paul Blake  
**Saturday 14th** Paul Blake  
**Sunday 15th** Rod the Rocker



**NEW MENU**  
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SALAD PLATES & SOUPS

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# OUT AND ABOUT



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 3 for 2 Waxing • Complimentary Hair Treatment with all hair services

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## DECIES COUNTY

**MONDAYS**  
 BARRY & ADO PLUS BINGO  
 with Compere Joe Thomas  
**1st TUESDAYS of the MONTH**  
 Texas Hold'em from 8.30pm

## LIVE ENTERTAINMENT

**Friday 29th**.....Men in Black featuring Karl Quinlivan  
**Saturday 30th** .....The Reflex 80's Tribute Act  
**Sunday 1st** .....Ian Byrne  
**Friday 6th**.....Roscoe  
**Saturday 7th**.....The Nineteen Eighty (Two)  
**Sunday 8th** .....The Finbarr Coady Show  
**Friday 13th**.....Million Days Band  
**Saturday 14th** .....Something Else  
**Sunday 15th**.....Catalpa Ballad Band

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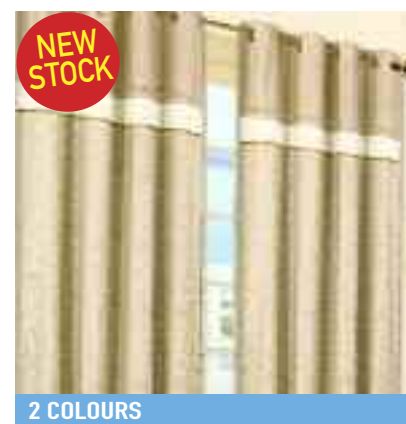
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DORCHESTER - 3 COLOURS



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