



INNER CITY NEWS

PAST AND PRESENT

ISSUE 3

AUGUST 2009

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Produced by ICON Senior Citizens Working Group
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LOURDES DAY CARE CENTRE CELEBRATES 30TH ANNIVERSARY



The Lourdes Day Care Centre are celebrating their 30th Anniversary. Established in 1979 and headed up by Superwoman, Bernie Pierce, this organisation has provided a wonderful service to men and women alike over the last three decades. While the Centre has a host of activities lined up every year for their clientele, Bernie pushed the boat out even further this year.

The list of events kicked off with a weekend to Sligo last April. "Twenty four of us went on a three night break to Sligo," Bernie said. "We stayed in the Sligo Park Hotel and had a wonderful time. Entertainment was provided on the Friday and Saturday nights and on Sunday we made our own with a great sing-song which was thoroughly enjoyed by all."

Next up was the Art Exhibition which took place on 19th June. "This is an Art Programme which is sponsored by the State Street International Bank. At the end of every term we have an exhibition where friends and families can view arts and crafts and paintings done throughout the year. Our new Lord Mayor, Emer Costello attended and twenty two people received certificates on the day."

At the end of June, the Lourdes Centre went bowling. "There was an attendance of about forty for that. We got a bus to Blanchardstown Leisure Plex and people that had no intention of Bowling gave it a go and they all loved it. We ended the day with a meal from the Half Way House and everybody insisted that we'd have to do it again."

Lourdes Day Care Centre Celebrates 30th Anniversary

Continued

The three events in July were a Night at the Dogs, the Matt Talbot Parish Pilgrimage to Knock and the Liffey Boat Trip. “I only expected forty five to go to the Dogs”, Bernie said, “But we ended up with sixty five. Another fantastic evening was had with sausages and chips and plenty of betting.”

The Pilgrimage to Knock was organized in conjunction with the local parish. “Twenty four went on that trip and they all raved about it and said they got a lot out of it.

The Liffey Boat Trip on 29th was the last event in July. “We had a wonderful cruise on the Liffey – again a good attendance of about forty eight. We went down to the Point Depot, around by Ringsend and up along the Quays. They let us off at Bachelor’s Walk and we had dinner in the Arlington Hotel. Entertainment was there for those of us that stayed.”



Bernie has lined up another three events for August. On Monday 10th, there will be a Music Afternoon, organised in conjunction with Fitzgibbon Street Community Gardai and to be held in the Centre.

A trip to the Meeting of the Waters Pub is next on August 16th. That includes sandwiches on arrival, music, entertainment and a sing song and then dinner followed by further music and craic. Then finally, a weekend to Killarney on August 27th. “The Group will be staying for four nights in the Best Western International Hotel with tours, entertainment and day trips all laid on.”

September’s events include a trip to Dunbrody and a Dinner Dance to launch the National Positive Aging week which is happening from 25th September to 3rd October 2009. “The Group will be going to Wexford on the 6th to see the Famine Ship and we’ll end the day with dinner and entertainment in the Dolman Hotel in New Ross. The Dinner Dance in Croke Park which is being organised in conjunction with both the Docklands Seniors Forum and the Docklands Service Providers Forum is being held on September 26th. Both Bernie and Paddy Behan from St. Agatha’s Hall will have tickets, so anybody who’s interested needs to book a place now.

On October 28th Bernie is holding the highlight of the year namely a Mass at 3pm and then a party and an exhibition of old Dublin photo’s by Terry Fagan plus a monologue by the Drama Group as well as plenty of entertainment and fun.

The year’s festivities will end with another Bowling Trip – date to be confirmed and the Christmas Dinner Dance at the Burlington Hotel with special guest, Dickie Rock.

What a line up. Fair play to ya, Bernie.

Evanne Kilmurray

**Ozanam House
Activities for Senior Citizens**

QUIZ

The Saint Vincent de Paul's Ozanam House Resource Centre is a community resource which is based in 53 Mountjoy Square. Located on the site of the original clothing and furniture warehouse Ozanam House provides programmes and projects aimed at addressing the issues of social exclusion as well as the many needs of the local community.

There are also a wide range of courses and classes which are geared specifically for senior citizens in the area.

The Active Retirement Group is open to everyone over the age of 55. The group provides members with a social environment and outlet where they participate in activities to develop skills which help improve their mental and physical health as well as their social and emotional wellbeing. The group meet every Monday and Wednesday 10.30 to 12.30 and on Friday afternoons from 2.00 to 4.00o'clock. The Centre organises activities such as Art Classes, Ballroom Dancing, indoor Bowls, Darts Bingo and the occasional outing. But perhaps the most important function of this group is the social aspect. Many of the members live alone and the friendship and support they receive within Ozanam House helps to combat their isolation and loneliness. Membership of this group is €25.00 per annum.

Active Retirement Dancing Group

This group meet every Wednesday from 11.30 – 12.30 to learn or practice their line dancing skills.

Yoga

There are special Yoga classes all designed for the over 50's and these take place on Fridays 12.30 to 1.30.

Older Men's Club

The Older Men's Club is a social club for men over 50. Here on Tuesdays and Thursday from 1.00 to 4.00o'clock the men can either play darts or bowls or have a cup of tea and a chat. Outings are also organised.

As well as the above senior citizens can also avail of a range of other classes being run in Ozanam House. These include Computer Classes, Home Furnishings, Arts and Crafts, Cookery, Dancing and Drama.

Ozanam House is a wonderful facility which offers seniors an opportunity to develop hidden talents or skills which can unlock the door to a brighter future. So if you're interested why not give them a call at T 8742804 or email ozanamhouse@iol.ie

1. What was there before Busaras was built?
2. Name one of the well known clothing factories in Foley Street.
3. Name the bell ringer in the old Tin Church?
4. What was the name of the original market in Cumberland Street?
5. What was the name of the well known factory on the corner of Seville Place and Sheriff Street?
6. What was St Agatha's Hall formerly known as?
7. Where exactly was the Church off Summerhill?
8. Who was the first porter from this community to work in a bank?



**OZANAM HOUSE
COMMUNITY
RESOURCE CENTRE**

**53 MOUNTJOY SQUARE WEST
DUBLIN 1**

**PHONE: 01 874 2804
FAX: 01 874 2890
EMAIL: OZANAMADMIN@IOL.IE**

**OPENING HOURS:
MONDAY TO FRIDAY
9.00AM TO 9.00PM**



ANNIE KELLY EDUCATION BURSARY
EVANNE KILMURRAY

COOK'S CORNER
BERNIE PIERCE SNR.

The Annie Kelly Bursary Fund was set up in memory of Annie Kelly. A resident of Drumalee Estate and an active member of her local community, Annie felt passionately about the devastating impact of drugs abuse affecting many local families and individuals. As a result, Annie went on to become a founder member of the North West Inner City Drugs Awareness Group, also becoming a community representative on the North Inner City Drugs Task Force – a position she held until her death in 1999.

As well as her interest in promoting drugs awareness, Annie was also a believer in the value of education so the North Inner City Drugs Task Force (NICDTF) decided to set up a Bursary in her honour. The Fund is designed to support both recovering drug users and those particularly involved in the local community who want to access further training and education. The following groups can apply for this Bursary.

- Recovering drug users resident in the NICDTF area for a minimum of a year who wish to pursue further education.
- People normally resident with their families in the NICDTF area who have a history of participation (more than 12 months involvement in either a voluntary or paid capacity) with local youth or community projects and who wish to pursue or further develop a career in the drugs or social care field.
- Other individuals who can demonstrate a long term commitment to communities in the NICDTF area (more than 24 months involvement in either a voluntary or paid capacity) who wish to pursue a future in a drugs or social care field but are not necessarily a local resident
- Priority will be given to applicants from categories 1 & 2

Individuals can apply in two separate areas – fees and support costs

(note: support costs are only available to recovering drug users from the North Inner City area). Fees are paid directly to the college and the maximum awarded in any one academic year is €1500. The maximum amount for support costs is €400.

Download guidelines and an application form from www.nicdtf.ie or by requesting them from local drugs/community projects. Completed applications can be returned by post, fax or email to Annie Kelly Education Bursary, NICDTF, 22 Lower Buckingham Street, Dublin 1. Alternatively fax to (01) 8366286

Boiled Knuckle of Lamb and Vegetables

- 2 lean knuckles of lamb
- 2 medium sliced onions
- 2 stocks of celery
- 2 potatoes
- 2 white turnips
- 2 large carrots

Cut all fat off knuckles, soak in salted water and rinse well.

Put knuckles in Pot and simmer for 1 hour, remove any scum that may appear

Cut and wash vegetables, add to meat and simmer for as long as possible, check regularly that water has not boiled off.

Mix 1 packet Knorr Scotch broth with ¼ pint of cold water and add to pot of soup stirring.

Eve's Pudding

- 2oz Margarine
- 3 oz. Flour
- 2ozs Castor Sugar
- ¼ tea Baking Power
- 1 egg
- Few drops of Vanilla essence
- About 1 dessertspoonful water
- 1 lb apples
- 2 oz sugar
- 2 cloves

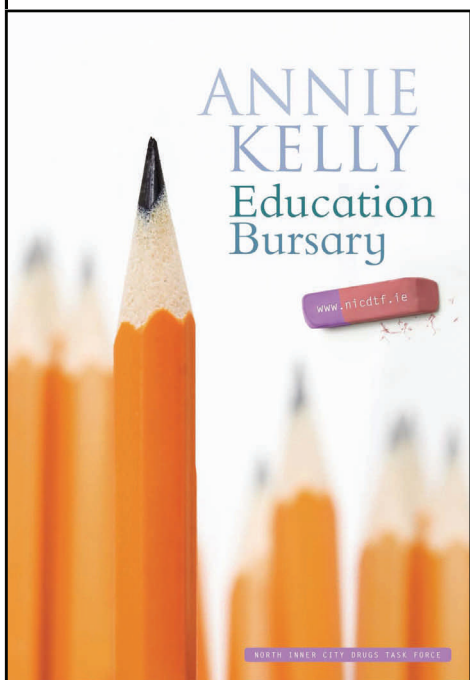
Peel, core and slice the apples and put them into a greased pie dish with the sugar, cloves and a little water.

Leave margarine at room temperature, put it with the sugar into a bowl and beat until white and creamy

Spread mixture over the apples and smooth with a knife

Bake in a very moderate oven for 40 – 45 minutes until mixture is quite cooked

Dredge castor sugar on top and serve.



NORTH INNER CITY OLDER PEOPLE'S GROUP CELEBRATE SUMMER PARTY

COMMENTS ON INNER CITY NEWS—PAST AND PRESENT



Another fantastic party for the North Inner City Older People's Group was held on Saturday 6th June last. Attended by about 200 the party couldn't have gone ahead without very generous sponsorship so I'd like to thank the following: Smart Security i.e. Noel Kirwan and Dave McCabe, Dessie Hanlon of Cleary's Pub, the North Inner City Drugs Task Force, IFSC, Tom Coffey, Bill Cullen, Paddy Behan and

Construction Worker's Benevolent Fund, Mark Kelly (Bus Eireann), Joan Walker (AIB), the committee of Brendan Behan Court and all the local politicians.

I'd like to say a special word of thanks to the Slattery family of the Waterside House Hotel and their staff for the wonderful care and attention they gave us. I'd also like to notify everybody that we'll be holding a Race Night to fundraise for our Christmas Party. This event will take place on Friday 11th September at 8 o'clock in Cleary's Pub in Amiens Street.

Our Christmas party will be held on Saturday 28th November in Donabate and we're also organising a break to Cavan which is happening on the weekend of October 9th. Don't miss them.

Tony Dunleavy

What People from the North Inner City Older People's Group think about Inner City News—Past and Present

“Newsletter is very informative.”

“The colour and layout is eye catching.”

“Loved reading about the different groups around the inner city.”

“Never knew so much was going on for older people.”

“The phone numbers are handy to have.”

“Passed mine on to other members of my family.”

“The cook's corner is interesting as I had forgotten old receipts from years ago.”

“Well done to all involved in the Newsletter.”

Are you enjoying Inner City News— Past and Present?

Let us know what you think or if you would like to see an article included in the next edition, you can contact any of the group involved— details on the back page.

OUR LADY OF LOURDES CHURCH

A vote of thanks to all the businesses who sponsored the painting and cleaning of Our Lady of Lourdes Church, Sean McDermott Street. The clean up was organised by Paddy Behan and Tony Dunleavy from the North Inner City Older Persons Group and was done on a voluntary basis. Tony Dunleavy Junior and Paul McNamara did a wonderful painting job while a great clean up of the grounds was done in conjunction with Tony Hynes of Dublin City Council and was carried out by Urban Soul. Well done to all concerned.



If anybody else is interested in doing a bit of voluntary work to help maintain our Church contact Fr. Mick Casey at 01 8363358.

Paddy Behan

AMAZING MAISIE



Photo:
Maisie and Tom
on their
wedding day

90 year old Maisie (nee Whelan) Morgan is a wonderful woman full of life and stories. She was born on 26th September 1919.

“My parents lived in Parnell Street but I went to live with my Granny who rented four rooms in 113 Gardiner Street. I had two brothers and a sister, one brother lived with an auntie Alice Ryan while the others stayed at home.”

Maisie went to Marlborough Street School which was semi private.

“My Gran paid £3.9p every quarter. She was a great woman with a big heart. She ran a grocery shop but spent most of her time taking in relatives and other needy souls.”

Like all the girls in the area, Maisie left school at 14 and went to work in Philips Bed Manufacturers.

“Even though I’d to work I enjoyed my teenage years. We weren’t let out until 16 or 17 but then we’d go to St. Theresa’s Club which was run by the Legion of Mary. We’d do ballroom dancing in Parnell Square and we’d also go to the Top Hat in Dun Laoghaire and then there’d be the ballads every Sunday night in that hotel in Denmark Street.”

Growing up around Gardiner Street, Maisie remembers all the old shops.

“The Big Bear” in Talbot Street was the first supermarket. Then there was the Home and Colonial, Hafners Butchers, Big Guineys and Caffreys Hay Shop at 115 Gardiner Street.”

Some of the memorable characters, Maisie recalls includes Alfie Byrne, Lord Mayor of Dublin and Maud Gonne McBride.

“Alfie lived in Talbot Street, he’d a little sweet shop under the bridge. When he became Lord Mayor, he held a big party for all the inner city kids in the Phoenix Park. We all got a box of sweets with his picture on it which I still have upstairs. And Maud Gonne – now she was a real lady. She was a great friend of the Carberry’s who also lived in Gardiner Street. She’d have all us kids gathered around the fire at night and she’d tell us stories of the men and women who fought to free our country. Then there was Big Jim’s sister, Delia Larkin. She ran the Cocoa House, a place for poor children to have something to eat after school. You’d get bread, jam and cocoa but I used to go for the fun of it but when my Gran found out she clobbered me”

Though there was wide spread poverty Maisie loved those days for their neighbourliness.

“People looked out for each other though many were very badly off and had to go to the pawnbrokers. There was a funny story about my father who wanted a few quid for a couple of drinks. He went to the pawn shop and gave the man what he thought was a pair of brogues but they weren’t shoes at all but a couple of bricks of peat wrapped in newspaper”

During the war years Philips shut down so Maisie had to leave her job.

MAISY WHELAN INTERVIEW
BY EVANNE KILMURRAY

“By now Dublin Corporation had moved us to Mary’s Mansions. My Gran didn’t like it and she took a stroke and was put into St. Kevin’s now St. James’s Hospital. She was better to me than any mother so I took her back home to Gardiner Street but this time we only had one room and the toilets were four flights up”

One of Maisie’s saddest memories was when her Gran died.

“She was a wonderful woman and I miss her terribly.”

She met her husband Tom shortly after her Gran had passed away.

“I met him when I was in buying an ice-cream. He was in the building trade. At first I wasn’t interested as I was too upset over my Gran’s death but he pestered and pestered me and we got married in 1950”.

Maisy lost her first child when two blood vessels burst but she went on to have four more – three girls and a boy but tragedy struck again.

“My son Thomas was drowned when he was barely nine. Himself and a friend had left Seville Place School and gone to play on the ice just beside Cadburys. But hadn’t the Manager told a worker to clean the boiler with hot water which melted the ice and the boys fell through. The poor manager ended up with a nervous breakdown even though we tried to console him.”

Maisie worked all her life. After the war she went back to Philips but when they moved she worked in a bookies, then as a cleaner in Government Buildings, and finally ending up as a cleaning supervisor for 32 years in the College of Art. Like her Gran, Maisie stayed in the north inner city.

“We reared the children in Mary’s Mansions and then I moved to Champions Avenue. Tom died fourteen years ago and we all really miss him – the children still go up and put flowers on his grave.”

Just like her Gran, Maisie is a very caring woman.

“There’s always people coming and going and I lend a hand whenever I can but sure that’s the way I was brought up.”

And would Maisie prefer past or present?

“It was better in the old days. They were hard times but we were all there for each other. The pubs would be shut by 10 and we’d all come out on the balconies and eat cabbage, pig’s cheeks and ribs and listen to gramophone music. The mothers use’nt to drink but the grannies always had their stout.”

And what of the present day?

“Well it’s different, the children are drinking at 16 and 17 and they spend money like water – nobody saves anymore. People are afraid to say too much now because of the drugs problem as we’re terrified of our families getting shot. So we don’t get as involved as we used to. On the plus side, people don’t look down on each other the way they used to. But to tell the truth I miss the neighbourliness and the simple fun and laughter that we all used to have.



Darkie Bolger, Maisie and Bridget in St Mary’s Mansions

GRANDPARENTS WORKING GROUP ISSUES AFFECTING GRANDPARENTS AS CARERS

In 2007 ICON and the North Inner City Drugs Task Force set up a working group to address the needs of Grandparents who are acting as carers to their grandchildren because of drug related and other issues. Anecdotal evidence suggested that this was a serious issue that had been affecting a large number of families in the area.

The group is comprised of local residents affected by the issue, project workers, public health nurse, family support workers and a welfare officer from the HSE. Funding was received to undertake research on the issue. Pilot research was carried out and focus groups held with grandparents and carers.

Some of the issues that arose from the focus groups are:

- There are various levels of fear and frustration when dealing with social workers and can cause distress
- Teachers in local schools were rated as good supports by most of the participants, when the teacher understands the family background; they do support the grandparents & guardians.
- Counseling services for children are available and some children have accessed counseling but this is provided through the schools
- There is a feeling of insecurity about the nature of guardianship arrangements
- There are some difficulties in talking to children about the parents.
- Some difficulties encountered in accessing the medical card

“ALL PARTICIPANTS FELT IT WAS A ‘MORAL OBLIGATION’ TO CARE FOR THE CHILDREN AND IT WAS “THE WAY OF THIS COMMUNITY” TO CARE FOR THE CHILDREN NOW IN THEIR CARE.”

There were a number of recommendations arising from this research including the need for an information officer who could advise and explain different payments and how to access these entitlements; a financial advisor/information officer based locally was the ideal support discussed by participants; an “advocacy” office to support guardians in liaising with social welfare came highly recommended

A key recommendation was the need for information leaflets which would explain the different supports and entitlements available to grandparents caring for their grandchildren. This information is currently been researched by the group with a view to producing a leaflet that may be of benefit the grandparents.

If you would like to know more or if you are affected by this issue and would like to get involved please contact Ann in the ICON office at 8366890 or email iconet@iol.ie

Sian Muldowney

POET'S CORNER

Each day's a new beginning
so start it with a smile
enjoy the art of living.
do things that are worthwhile
like loving and forgiving
and having time to spare
to make some person happy
by showing that u care.

Evelyn Smyth

NEWS SNIPPETS FROM ST LAURENCE O'TOOLE EVELYN SMITH

The Centre ran Art Classes for our seniors last Spring. The classes, which lasted for 10 weeks were a big hit. All materials including paint and brushes were provided and about ten people took part and really enjoyed their afternoons of painting. All I can say is watch out Van Gogh!

The Centre also had story telling sessions over the course of the last few months. They took place once a month on a Tuesday afternoon. Run by Michael, Eileen and Derek, they lasted a couple of hours. We had a great turn-out for this one and our seniors had plenty of stories of their own to add to the mix.

Our senior's went on a week's holiday to Kerdifstown last month. They were really looking forward to the break as it got them out into the fresh air. They had a fantastic time and were very well looked after by all the staff and helpers in the house so thanks to everyone there.

And finally, many thanks to our caretaker, Laura Dolan from Dublin City Council who drops in every day, five days a week to check on our residents in St. Laurence's Court. Laura has been so helpful in making sure our seniors are fit and well. They really look forward to her visits and if they need anything she'll make sure that it happens, i.e. maintenance, phone repairs and doctors. She's also great at getting anything we need in the Day Care Centre so a big thank you, Laura once again from all of us but especially from the staff at the Centre.



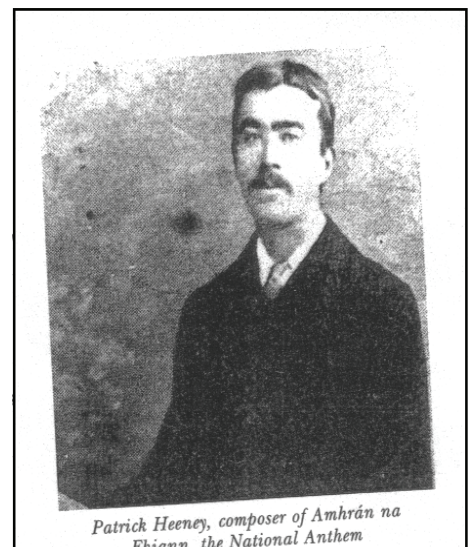
PATRICK HEENEY

Did you know the man who wrote the music for our National Anthem, Amhran na Fhiann (The Soldiers Song) lived in Monto. Pat Heeney was born in 101 Lower Mecklenburgh Street in 1881. The son of a small grocer he went to school in St. Patrick's National School also in Mecklenburgh Street.

One day in 1907, Heeney's best friend, Peadar Kearney arrived at the door with a song for which he wanted Heeney to compose the music. He left the song with him promising to return in a few days.

On his return, he found a frustrated Heeney who was so enraged at failing to get the tune right that he crumpled up the manuscript and threw it into the fire. But Kearney rescued it and urged Heeney

to keep trying. Our man from Monto persevered and within a couple of weeks the Soldiers Song was born. It was then adopted by the Irish Volunteers and received its first airing during Easter Week 1916. The words and music were first published in the USA in English and it was then translated into the Irish version by Niall Rings Granduncle who was a translator in Dail Eireann. However, Heeney didn't live to see his music become famous. He died in abject poverty in 1911. Kearney, having heard of his friend's death while on tour in London with the Abbey Theatre held a collection amongst his Irish friends. Few had heard of the Soldiers Song but Peadar collected £16 and sent it to Kearney's mother who was in dire straits herself. Pat Heeney was buried in an unknown grave in Drumcondra Cemetery. No plaque will ever mark his birthplace as the house has long since been demolished.



Patrick Heeney, composer of Amhrán na Fhiann, the National Anthem

EFFECTS OF APRIL BUDGET 2009

When the dust settled on the April Budget, some of our most vulnerable older people were once again among those hardest hit by its measures.

First up were the poorest of pensioners who were most dependent on the Christmas bonus from the Department of Social and Family Affairs. If the Government follows through on the claim by Finance Minister Brian Lenihan on Budget day that they cannot afford to pay the bonus, then December will be a tough time for thousands of pensioners.

Many pensioners have become dependent on the bonus, not only for the extra festive treats for themselves and their families, but to buy additional fuel at one of the coldest times of the year.

The Government has rowed back a little since Budget day, claiming that they will pay the bonus if they can afford it. Pressure is expected to build in coming months to press the Government into protecting the bonus.

The other big losers on Budget day were the frail, vulnerable and fearful, who were hoping to avail of the Community Support for Older People. The scheme provided funding for personal security alarms, security locks and security lights for people aged over 65. The scheme was suspended the day after the Budget, pending a review of its operation. Community, Rural and Gaeltacht Affairs Minister, Eamon O'Cuiv expressed concern at the rising demand for the scheme. Last year the Department paid out €4.3m, helping over 11,700 older people.

The review is expected to take until September and the scheme will remain suspended until then.

Older people will also be hit by other Budget measures. The increase in the income and health levies will not hit older people whose sole income is from a social welfare payment, but it will affect those who have a second pension and who are subject to income tax.

Anyone whose taxable income is above €500 per week, (approximately €26,000 per annum) will have to pay the health levy. Those earning up to €75,036 will pay 4%, rising to 5% for those on higher incomes. Those aged over 70 and medical card holders are exempt from the health levy.

The income levy is 2% for those earning between €15,028 (or €20,000 for over-65s) and €75,036, 4%

for €75,036 to €174,980, and 6% for higher income. For those aged over 65, the income threshold is €20,000 for a single person and €40,000 for a couple.

Eamon Timmins is Head of Advocacy and Communications at Age Action, the national charity for older people, which is based in Camden Street. It works to improve policies and services for older people, to make Ireland the best country in the world in which to grow old. Its information service operates from 9.30am to 5.30pm and can be contacted by phoning 01-4756989.

Quiz Answers

1. A Custom House warehouse
2. Fishers
3. Willie Leslie
4. The Tuggers
5. Sherries and Smallbridge
6. The Mall Dance Hall
7. Langrishe Place
8. Paddy Behan

NOTICE BOARD

Senior Citizens Projects

Lourdes Day Care Centre, Sean MacDermott Street, Dublin 1	8554381
Day Care Centre for the Elderly, Meals on Wheels, Chiropody, Hairdressing and Social Events	
St Laurence O'Toole Day Care Centre, Oriel Street, North Wall, Dublin 1	8364066
Day Care Centre for the Elderly, Meals on Wheels and Social Events	
Ballybough Court Senior Citizens, Dublin 1	8786087
Meals on Wheels, Social Events	
Summerhill Senior Citizens Group, c/o LYCS, Sean MacDermott Street, Dublin 1	8363416
Social Events	
Chiropody Services	
Contact your Public Health Nurse, G.P. or Lourdes Day Care Centre	
Care and Repair (Age Action)	1890 369369
Household Repairs and Home Visits	
Care Local, Carmichael Centre, North Brunswick St, Dublin 7	8782358
Visitation and Befriending Service	
Senior Helpline Listening Service	1850 440 444
Service for older people to talk to other older people about issues and concerns	
Energy Action, IDA Unit 14, Newmarket, Dublin 8	4545464
Provision of insulation, draught proofing, home security services to older people	

Other Services

Inner City Organisations Network (ICON), 22 Lower Buckingham St, Dublin 1	8366890
Community based network for the area, support and services to local groups	
Dublin City Council Area Office, 51/52 Sean MacDermott St, Dublin 1	6722249
Housing, Planning, Environmental and Community Services	
Our Lady of Lourdes Church, Sean MacDermott Street Fr. Michael Casey	8363358
St Agatha's Church, Nth William Street, Dublin 1 Fr. Brian Lawless	8554078
Second Hand electrical appliances available, contact Tony Dunleavy	087 9759043



ICON Senior Citizens Group

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Or

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The Macushla Dance Club & Dublin Docklands Development Authority
 invite you to:

THE MACUSHLA DANCE CLUB

A Song & A Dance!

DUBLIN DOCKLANDS DEVELOPMENT AUTHORITY

Are you over 50? Feel like shaking a leg and having fun? Join us for a series of dance & music classes for the over 50's, finishing with a celebratory tea-dance on October 16th. Try out different dance styles and songs - even get a chance to perform!

Classes can be taken sitting or standing and suit all fitness levels.



WHEN: Every Friday from 14th August to 16th October. - WHAT TIME: 10.30am – 12.00pm (followed by refreshments). - WHERE: Seán O'Casey Community Centre, St. Mary's Road, East Wall.

WHO'S IT FOR: Over 50's, ladies and gentlemen, all levels of experience and fitness.

HOW MUCH: Classes are FREE! (sponsored by the Dublin Docklands Authority).

If you are interested, sign up at the Seán O'Casey Community Centre or drop in on the 14th August

The Re-Opening of the Machusla Dance Club will take place on 10th September from 11am-12.30 in the Lab on Foley Street. Light Refreshments will be served.

EMERGENCY NUMBERS

D-Doc	1850 224477
<i>Out of Hours Doctor for North Inner City</i>	
<i>Monday-Friday 6pm—8am , Saturdays, Sundays and Bank Holidays 24 Hrs</i>	
North Strand Health Centre	8556466
Summerhill Health Centre	8554244
Mountjoy Square Medical Centre	8786269/8740841
Dorset Street Surgery	8303488
East Wall Health Centre	836 3422
Bethany Bereavement Group	8364524
Fitzgibbon Street Garda Station	6668400
Store Street Garda Station	6668000