



# Glanmire Area News

FREE

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## National Heritage Week

A Heritage Council programme

### MUSICAL EVENING at RIVERSTOWN HOUSE

to celebrate National Heritage Week 2025



8pm FRIDAY  
22 AUGUST 2025  
086 1203820  
for information

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**086 8355330**

## **MUSICAL EVENING** at **RIVERSTOWN HOUSE**

**8pm Friday**  
**22nd August 2025**  
to celebrate  
**National Heritage Week**  
**2025**

**086 1203820**  
for information



**Cllr John Maher**

*Peace Commissioner*

*Working for you in our community*



086 194 2285



/johnmahercork



John\_maher@corkcity.ie



@johndaniel3

**COLM BURKE TD**

Cork North Central

If I can be of  
assistance to you or  
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*Colm Burke*



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## SUMMER SOIREE AT RIVERSTOWN HOUSE



A gorgeous evening was spent in Riverstown House for our Summer event; we were kindly hosted by the Dooley family who graciously shared their home with us. Catered by The Barn, members and guests enjoyed a tour of the house and music from Sonatina Music Academy.

## 2025/2026 MEMBERSHIP

The new membership year for Glanmire Chamber starts in July, and we're inviting all local business owners to join our growing network.

For just €150 per year, members benefit from:

- Networking events and business breakfasts
- Promotion through our website and social media
- Local campaigns supporting "Shop & Support Local"
- A voice in community and business development
- Opportunities to connect, collaborate and grow

Whether you're a small business owner, self-employed, or part of a larger organisation, the Chamber offers a platform to raise your profile and be part of a strong local business community.

Join us today and help shape the future of business in Glanmire.



## MEMBER SPOTLIGHT



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[www.glanmire-chamber.ie](http://www.glanmire-chamber.ie)





# Why Haven't People Who've Had A Car Wreck Been Told These Facts?

If you've recently been involved in a car wreck and suffer from any of the following...

- Neck pain
- Sharp, shooting pains in the arms
- Numbness and tingling in the arms or hands
- Painful headaches or dizziness
- Unrelenting muscle soreness

**...there may be cause for concern. This may be the most important article you will ever read about your injuries.**

It's amazing how different life can be after a split second collision.

One minute everything is fine, the next you are hurting for days and uncertain if life will ever get back to normal. Tasks you used to perform with ease, like reading, concentrating or even sleeping, now take more energy and cause annoying pain.

If you feel like this, or have any of the symptoms listed above, you could be suffering from whiplash. Whiplash is an injury to the spine caused by a jerking motion, either backward, forward or from the side.

Whiplash can severely damage your ligaments, even if you feel just a little sore after the accident. If not healed properly, painful scar tissue will develop, causing misery in your neck joints for decades.

Patients who have neck trauma from a car wreck usually suffer for years. Plus the traditional methods of treatment like neck collars, 'wait-and-see', and pain pills are not working.

## **Could This Non-Invasive, Natural Treatment Be The Answer To Your Pain?**

My name is Dr. Eric Kelly, clinic owner and lead Chiropractor at Glanmire Chiropractic Clinic. I've been helping people heal and be pain free after car wrecks for 17 years. Chiropractic treatment has proven to be a very effective method of healing whiplash injuries.

## **Special Opportunity To Have A Professional Evaluation**

For 14 days only, I'm running a very special offer where you can find out how bad your injuries are and if I can help you.

What does this offer include? Everything I normally do in my "Car Wreck Evaluation". Just call before August 14th and here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete nerve, muscle and spinal exam to find the cause of your problem.
- A thorough analysis of your exam including any imaging you may be able to provide us ie MRI or X-ray and then we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until August 14th you can get everything I've listed here for only €45. The normal price for this type of evaluation is €130. you're saving a considerable amount by taking me up on this offer!

Now you may be wondering why as a doctor, I would practically give away my services. It's simple really. I've seen too many people come in years after their car accident, and have nasty, degenerative arthritis, most of which could have been prevented with the right care early on.

I'm tired of seeing this scenario over and over, so I wanted to offer this special evaluation to help make a difference.

## **Here's How To Get Rid of Your Pain**

With my Evaluation we'll be able find the problem and then correct it. Think of how you'll feel in just a few short weeks. You'll be feeling your life change for the better. Starting your body on the way to a pain-free, normal living. Feeling tight joints rest, relax, free up. Feeling muscles tied in knots become more supple.

As you begin to see motion returning to your joints, you're preventing and reducing chances of disability and a crippling future. You're playing golf again, doing yard work or playing with the kids...without pain.

## **Here's What To Do About Your Pain**

Call 021-4824450 and tell the receptionist you'd like to come in for the Special Car Wreck Evaluation before August 14th.

Call today and we can get started with your consultation and exam as soon as there's an opening in the schedule. Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. ( Next door to AIB)

*Sincerely,*

*Eric Kelly, D.C.*

## **P.S. What will your pain feel like months, even years, from today?**

Don't let scar tissue build up and be painful for life. Take me up on my offer and call today 021-4824550

E-mail: [info@wellspringchiropractic.ie](mailto:info@wellspringchiropractic.ie) Tel:021-4824450



August is one of those months where you can relax a little regarding gardening jobs and just enjoy the fruits of your labour.

It is also a month you can plan for next season, and try to improve on this season or add more colour to the pots or borders.

This year the Lillies I grew were outstanding and not a touch of Lilly Beetle. Maybe it was the hot spell that brought them on, but I know I will be growing more of them next year.

Lillies are very easy to propagate. After they have finished flowering and have died down for the winter, all you need to do is lift the bulbs and clean off most of the soil, and there should be small bulblets at the base. Separate these, and pot them up next Spring and they should grow. The down side is that they may take a few years to get big enough to flower.

The only down side of growing Lillies is the pollen they produce. The good news is you can remove the pollen stamens (if you do not want to produce seeds). The other downside is people who suffer from Hay fever.



Next year I am going to make more of an effort to grow more of my own food organically. The main reason is because organic fruit and vegetables are much healthier as well as tasty. Most of the vegetables and salads will be grown in raised beds. The main reason for this is less bending and easier maintenance.

The beds will no wider then 3ft or 90cm and about 6ft or 1.8mts long.

This can be a lot of work at the start but as the years go on it will pay for itself.

Over the next couple of weeks, I will be sowing crops for the winter and next Spring. The seeds I sow will be Kale, Purple Sprouting Broccoli, Rocket, Winter lettuce, Garlic, and Spring cabbage. I will keep you all up to date on how I get on.

Later this month as the summer containers start to fade and lose their vigour, I will empty them all out into the compost bin and fill them with plants that will look good for the winter.

This will mainly be various coloured dwarf conifers, Winter flowering heathers, small Ivy and violas. The



best trick to keep these winter containers looking good all winter is, to raise them up slightly off the ground, so any water will drain away freely. This will help reduce the number of hiding places for overwintering pests. These pots do not need to be fed with any additional feeds, as the compost should be sufficient to maintain them over the winter.

The summer flowering annuals grown in the garden may be left until September as we try to get the most out of them.



## Jobs for August

1. Keep lawns trimmed if the weather is not too hot.
2. Keep feeding all your containers.
3. Keep deadheading your flowers.
4. Keep harvesting your crops when they are ready.
5. Watch out for bird damage on your Apples.
6. Sow some winter and spring vegetables.
7. Keep your herbs trimmed.
8. Turn the compost in the bins.
9. Order your Spring bulbs.
10. Enjoy the garden.

Chris Troy



# Stars of Glanmire



## Sarah Cummins International Make-up Artist

Sarah is an International Make-up Artist who has worked across the globe, from North America to Europe, from London & all over Ireland. Based in Cork as a Professional Freelance artist, Sarah has been awarded Best Make-up Artist by Hi Magazine, Best Artistic Team at the Best of the Best Awards and was nominated by RSVP for Make-up Artist of the Year.

Sarah specializes in bespoke bridal, fashion, photographic and occasional make-up artistry. She also facilitates private lessons, group parties, hair shows, corporate events, and theatre productions.

What's your favourite film of all time?  
*Home Alone.*

Go-to comfort food?  
*Chilli Asian in Glanmire!*

What's always in your bag/pocket?  
*Lipstick & Gloss.*

Early bird or night owl?  
*Most definitely an early bird.*

What's your passion?  
*Makeup!*

Who's your dream dinner guest?  
*My mom, Sue.*

First concert you ever went to?  
*Destinys Child in Dublin.*

What's a phrase or mantra you live by?  
*What's for you, won't pass you.*

Dream holiday destination?  
*Bora Bora.*

Best advice you've ever received?  
*Hard roads often lead to the places worth going. Don't quit just because it's tough.*

What life advice would you give someone?  
*Follow your dreams, you never know where they'll bring you.*

What do you love about Glanmire?  
*The people & community. Also being surrounded by nature.*

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# GLANMIRE HERITAGE SOCIETY

## STEPHEN COFFEY (1920 – 2009) WEAVERS'SQUARE RATHCOONEY

Stephen Coffey worked throughout his life for the good of his local community and for the general Glanmire area.

As a young man he played for Glanmire Football Club. He worked in a quarry, and one day whilst operating a stone crusher he had an accident. His sleeve caught in the machine, and he failed to shrug off his jacket so he lost his right arm from the shoulder. His family say his sister had sewed on the buttons so securely he couldn't undo them in a hurry. He was only 21 when this happened. Within a short time Stephen adapted to using his left hand for everything. As he no longer played football, he continued his association with Glanmire Football, and served as secretary for many years.

He bought 36 acres from the Land Commission with the 600 pounds sterling he received in compensation from the quarry owners.

His father John Coffey was a very resourceful man. The family home was a cottage on one acre, where he kept pigs, hens and had a cow on 'the long acre'. He grew vegetables for the house, and strawberries which he sold at the Coal Quay market in Cork city. He was a great help to Stephen when he started farming, helping with animal husbandry and the building of outhouses etc..

Despite having started with a very small dairy herd, (12 cows) Stephen won CMP's Quality Milk Cup in 1960, which was presented to him by Jack Lynch, T.D.(who was Minister for Industry & Commerce at the time) and Liam Cashman, Manager CMP.

Busy though he was, Stephen always had time for children. His niece and nephews say that they learned a lot about nature and rural life from spending time with Stephen whom they fondly remember.

Stephen and Joseph O'Brien(another Rathcooney resident) set up a group water scheme for the area. Firstly, they canvassed the householders in the area to ascertain the



level of interest in a group scheme and finding many people enthusiastic, then went ahead and set it up. Before this, people had to fetch water from the nearest pump or drill their own well, which could be very expensive. Having water on tap was of great benefit to the householders, and sometime later a plaque recording their appreciation was erected on the roadside, and can still be seen.

Stephen was involved in laying out the garden around St. Joseph's Church Springhill and he organised a rota of volunteers to maintain its grounds. He was awarded a Benemerenti medal by the Vatican for his services to the Roman Catholic Church. The medal was presented to him by Fr. Kerry Murphy-O'Connor who was parish priest here at the time.

A local woman became homeless unexpectedly in the 1970s. Ever the concerned citizen, Stephen immediately set about fundraising and acquired a caravan for her. She lived therein for many years prior to getting local authority accommodation.

Memory of Stephen Coffey lives on in Rathcooney. He was a man of action. Once he identified a need or problem in the community, he sought a solution and encouraged others to get involved and bring about an improved situation. Lets hope that Stephen's belief in community effort will continue to flourish in Glanmire area.

Frances Hedigan - PRO Glanmire Heritage Society

Expanding on the subject of mills in the Glanmire parish, this article will delve into some of the earliest enterprises established in the region by merchants who recognised the economic opportunities presented by the Glanmire valley and its abundant water resources. Amongst the first to see the area's potential was Huguenot entrepreneur Joseph Lavit. The persecution of the Huguenots, Protestants who followed the teachings of John Calvin, began in France in the early sixteenth century and reached its climax in 1685, when Louis XIV revoked the Edict of Nantes (1598). Many families fled and settled in Europe, with a number landing in Ireland, and over three hundred established themselves in Cork. The next time you walk down French Church Street, have a look at number 15, home to Priya Therapy today. This former Methodist church was built on the site of a Huguenot Church, and at the rear is the Huguenot Burial Ground, which can be seen from Carey's Lane.

Joseph Lavit, born in Millau, France, in 1662, arrived in Cork around 1690, accompanied by his wife, Christiania, and their infant son, Gautier (also known as Walter). Lavit's journey is truly extraordinary. Arriving in Cork without a penny to his name, he quickly began to forge a successful path by supplying brandy to the Williamite army. Joseph's arrival in Ireland coincided with a tumultuous chapter in the nation's history, yet it was a ripe moment for entrepreneurial ventures. The Williamite War commenced in 1689 when Prince William of Orange took the throne, effectively removing King James II from power. In a bid to reclaim his crown, James II suffered a significant defeat at the hands of William's diverse coalition during the pivotal Battle of the Boyne in 1690. The conflict extended into 1691, leaving a lasting and profound legacy on the country. The plantations in Ireland—specifically the Ulster, Cromwellian, and Williamite settlements—spanned nearly a century. During this time, more than 81% of fertile land was confiscated from the predominantly native Catholic population and redistributed largely to Protestant settlers.

After the war concluded, William III initiated measures to rejuvenate the country's struggling industry. The Irish Parliament again revived their bill of 1674 (which the Parliament



Figure 1: Old postcard of Shandon and Lavitt's Quay c.1900.

of James had suspended), granting naturalisation to refugees who chose to settle in Ireland, and ensured them the freedom to practise their religion, fostering the success of individuals like Joseph Lavit. An enterprising trader, he engaged in quay development and land reclamation starting in 1705 (Lavit's Quay). Additionally, he was among the pioneers of industrial development in the Cork Liberties, establishing a series of iron and paper mills in Ballyrosheen (Riverstown). His contributions to the city culminated in his election as mayor of Cork in 1720. It seems that Lavit was quite the visionary as by the mid-eighteenth century, Cork City was the largest market for paper in Munster, with Glanmire emerging as the principal location for paper-making and by 1841, there were eleven paper mills in the area, six using the power of the Butlerstown river, four on the Glenmore and one on the Glashaboy.



Figure 2: Old ordnance survey map c.1829-1841

Returning to the subject of Lavit's mill: it seems it was subsequently leased to a papermaker named Thomas Bond. Later, Henry and Phineas Bagnell made a considerable investment in a papermaking enterprise in Cork. In 1762, they built or acquired a paper mill at Riverstown. When they applied to the Irish House of Commons in November 1763 for

a grant, the Bagnells noted that 'in the year between March 1762 and March 1763 they had invested £1,148 in the construction of the paper mill, "finishing it with proper materials for carrying on the business of making paper" and had employed many in the manufacture who would otherwise have been idle.' In July 1763, the Bagnells began to use paper from their mill for the printing of the Cork Evening Post. Two years later, Phineas Bagnell went into partnership with the Knights in the publishing of the newspaper and by 1781 they advertised paper manufactured at their mill at Glyntown. Indeed, according to Frank Keohane in his publication, *Buildings of Ireland: Cork City and County*, in 1784 Phineas Bagnell was granted a long lease of Riverstown House.

By the 1840s, water-powered paper mills had largely discontinued their operations, as they were supplanted by more efficient and cost-effective technologies, notably steam power and the advent of wood pulp as a primary raw material for papermaking. While waterpower played a crucial role in the early stages of the industrial revolution, especially within the paper industry, its limitations became increasingly evident with technological advancements. During this transition, the number of mills in Cork experienced a decline; by 1852, all the mills in the Glanmire Valley had shut down, leaving only three operational mills in the county, specifically located at Dripsey, Towerbridge, and Transtown. Nevertheless, milling continued in Glanmire with Guy's Directory of 1889, noting an ale brewery and flour mills in Riverstown amongst others. Check back in next month for more about the mills of Glanmire.



# August at Glanmire Library

## Children's Book Club

to sign up, either:

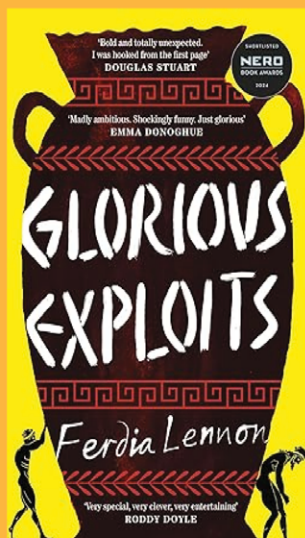
- enquire within the library
- email:  
glanmire\_library@corkcity.ie
- call: (021)238 9795

The next meeting is  
August 27th  
11am-12pm



## Book of the Month

**Glorious Exploits** by Ferdia Lennon



"Told in a contemporary Irish voice and as riotously funny as it is deeply moving, *Glorious Exploits* is an unforgettable ode to the power of art in a time of war, brotherhood in a time of enmity, and human will throughout the ages." -Penguin Random House



THE SUNDAY TIMES BESTSELLER  
WINNER OF THE WATERSTONES DEBUT FICTION PRIZE 2024  
A BBC2 BETWEEN THE COVERS PICK  
PICKED AS A BOOK OF THE YEAR BY THE GUARDIAN, THE INDEPENDENT, THE IRISH TIMES, THE FINANCIAL TIMES AND THE TLS

## Herritage Week



Saturday August 16  
12 pm



**Bees, Honey**

**and Beeswax**

Learn about Bee anatomy and make an edible, anatomically correct Bee model cookie!

Wednesday August 20  
11 am

Join us to hear

**'UKULYPTUS'**

Hollyhill Library's resident ukulele band. Chat to the performers and register your interest in joining a Glanmire Library Band.

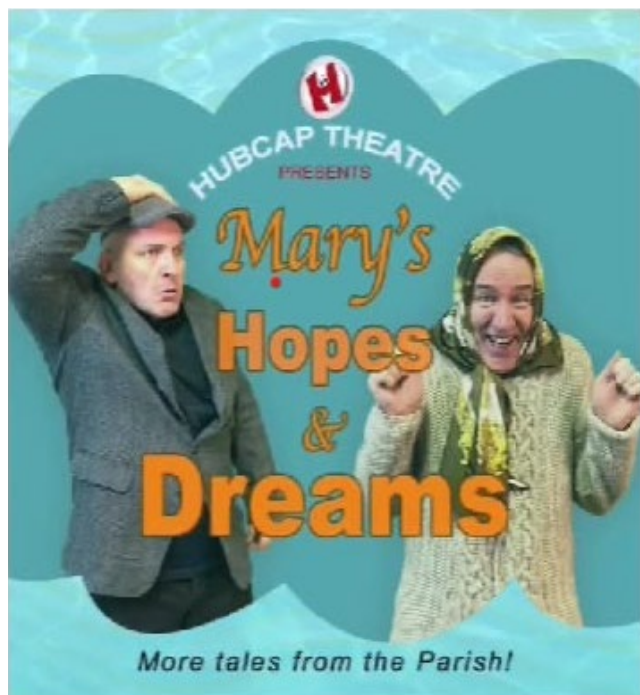
Saturday August 23  
1 pm

'UNLOCKING THE PAST':  
GENEALOGY FOR BEGINNERS  
WITH DAVID LOHAN

From August 16<sup>th</sup> - September 20<sup>th</sup>

**Speaking Through  
Stone Exhibition**

# UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



## HUBCAP THEATRE presents: **Mary's Hopes & Dreams**

Upper Glanmire Community Centre  
Friday 12th September 2025

At 8pm, Doors from 7.30pm  
Admission €15

Bookings to  
Boothouse Bar 087 9421649  
Bernie Kenny 087 9645496  
Jerry Burke 087 9816481



UPPER GLANMIRE

# BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE COMMUNITY HALL

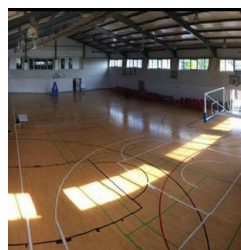
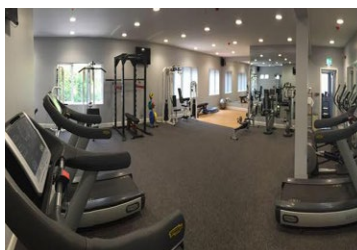
**JACKPOT** EVERY THURSDAY

LIGHT REFRESHMENTS SERVED



## BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215  
6 Months: €155  
3 Months: €80  
Monthly: €28



**Contact Dermot Cambridge 087 0981940**





## Heritage Week 16 - 24 August

National Heritage Week celebrates Ireland's cultural, built, and natural heritage, bringing together volunteers, community groups and heritage enthusiasts to share their experience, knowledge culture and practices. The Glanmire Heritage Society have been operating now for 40 years and for this year's Heritage Week they are organising a musical evening in the historic Riverstown House in Glanmire on 22nd August. For more details keep an eye on our Glanmire Area Community pages on Facebook and Instagram.

There are hundreds of events, talks, walks, readings, exhibitions, and classes organised in communities throughout the county for Heritage week. Here is a flavour of what's happening.

(further details at [www.heritageweek.ie](http://www.heritageweek.ie))

- A Nostalgic Trip down Patrick St in the 50s, 60s, 70s in Douglas Library/ 19th August/11.30am
- A walking tour of Cobh /16th August/2.30pm
- Behind the Scenes Tour of the Everyman /16th August/ 11am-12pm
- Cork Jewish History Walk/ 16th August/ 11am – 12.30pm
- Guided Heritage Walk in the Glen River Park/ 23rd August/ Ballyhooley carpark/ 2.30pm
- Life Writing Workshops x 3 City Library/ 23rd August/1pm–2.30pm
- Guided Walk of the Blarney River/ 24th August/2pm-4pm
- Beginners' Embroidery Workshop/ Fota House/ 18th August/ 12pm-2pm



## Hats Off to Glanmire Chamber

Congratulations to Glanmire Chamber who organised their recent Summer Soiree event in Riverstown House. Beautiful music, canapes, and drinks in a magnificent setting. Thanks to Rita Dooley who gave us all a wonderful insight into the history and heritage of this historic house.

## Help Us Raise the Curtain on a New Glanmire Drama Group

The Glanmire Area Community Association is looking for passionate, creative, and enthusiastic people to help **set up a new Glanmire community theatre group**. Whether you're into acting, directing, costumes, tech, marketing or organising

behind the scenes – we need your energy and ideas to make this happen.

We want to bring stories to life. We want to bring drama to the local people of Glanmire. We want to utilise local talent and creativity. We want to bring theatre out into the community – into schools, pubs, cafés, workplaces, and community spaces both indoors and outdoors.

**Get in touch if you're interested – no experience needed, just enthusiasm!**

Email [gacacork@gmail.com](mailto:gacacork@gmail.com) with THEATRE in the subject line or contact Eleanor on 0872773737



## A Lifesaving Piece of Local Information

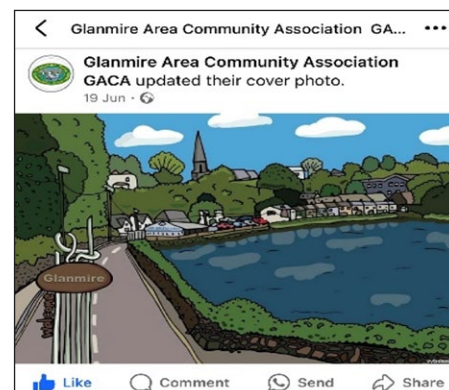
Do you know where to find a **Defibrillator** locally in GLANMIRE and surrounding areas? Here is a list to keep in your phone. You'll never know when you'll need to use one of these life saving devices.

- Ryans SuperValu (Inside and outside)
- Fitzpatrick's shop Glounthaune (outside)
- Glanmire Football Club, Pike Field (outside)
- Elis in Sallybrook (outside)
- St Stephens Pitch and Putt club (outside)
- St Joseph's Primary School (inside)
- Riverstown Boxing Club near Monkey Maze (inside)
- Colman Savage Windsor Hill, Glounthaune T45XE68 (outside on pillar)
- Scout hall behind Aldis (inside)
- Sars Club (outside)
- Vienna Woods Hotel (outside)
- Glanmire Medical Centre (inside)
- Brooklodge School (inside)
- Knockraha Community Centre (outside)
- Gaelscoil Ui Drisceoil (inside)
- GCC (inside)
- Erin's Own GAA Pitch (outside)
- Old Christians Rugby Club (inside)
- Centra Little Island (outside)
- Little Island Community & Sports Complex (inside)
- Leaside United (outside)
- White's Cross GAA (outside)
- Upper Glanmire Community Centre (outside)
- Grandon's Sallybrook (outside)
- Grandon's Glanmire Village (outside)
- Three phone boxes along Glounthaune Road between Fitzpatrick's and the Elm Tree
- O'Driscolls in Brooklodge East (front of their house T45FD70 (available to public outside 24/7/365)
- Tony Doyle outside his house Blossomgrove T45A472 (No code access 24/7/365)
- The Barn Gastro Bar New Inn T45X684
- L Hanrahan Builders, Mayfield Business Park (on the left, just up past ALDI). T23 A8RW. (Code to access the unit is C123 and is displayed.
- St Joseph's Church Parish Hall T45TW72 (outside/press C to access /no code)
- Buck Leary's Cross (industrial estate/outside Skyline ltd opposite Southern Fuels and Farm Supplies)
- Sorensens offices opposite church (during office hours)
- Kiely Pitches Buck Leary's Cross

## Update on Glanmire Roadworks

- Traffic Lights at Hazelwood Junction are now operational
- Cycle lane being resurfaced
- Final 50 metres road area – along GAA pitch entrance – completed in November
- Hazelwood road – resurfacing/ new kerbs/footpaths/lighting finished by end of August
- R639 north of Glanmire Bridge will remain closed until Sunday 17th August
- Hazelwood Centre Bridge work ongoing

Please note: All local businesses in these areas are operational. Please support local business.



## Exciting News – Our New GACA Socials are Live

We're excited to announce that our new Glanmire Area Community Association Facebook and Instagram pages are now live! These pages can be your go-to source for all the latest community projects, local news, upcoming events, volunteer opportunities, and updates. It's a great way to stay connected, get involved, and celebrate what makes our community in Glanmire special. We'd love for you to join us online—please like, follow, and share our pages to help spread the word. Together, we can build a stronger community for everyone.



# Glanmire Macra, Not Just for Farmers



Some Members at our recent trip to Moanbaun Woods

Glanmire Macra have been keeping busy over the last few weeks, holding several events from an adrenaline filled end of year event, to a walk in the woods.

We started the month off with a walk in Moanbaun Woods, where we had a nice stroll through the woods with plenty of chats along the way too. July also brought the 2024/2025 Macra year to an end and sent the chequered flag flying. As we headed over to Kartworld for our end of year event on their Go Karting track. Where we had an exhilarating time racing around the track, in scorching weather. This was a great opportunity for several of our members to try out Go Karting for the first time and some more

experienced members to show them how it's done. With congratulations going to Clare on winning the overall race and fastest lap on the day. We followed this up with coffee in the track cafe watching the next group race around the track, while taking some time for post race analysis and of course plenty of bragging.

We have plenty more events coming up during the summer. With some of our members planning on heading to Queen of the Castle in Cahir over the August Bank Holiday weekend and more club walks and other events.

We also wanted to take this opportunity to let the Glanmire Community know about Glanmire Macra, if it is something



Glanmire Macra goes Go Karting

## GLANMIRE MACRA'S SPORTS NIGHT

EVERY WEDNESDAY 7.30 - 9PM

Little Island Sports Complex  
(T45 F449)

€5 each and the first time is free!!



you might be interested in joining. We are an organisation for all young people between the ages of 17 and 35 (but you can join up to age 40) not just farmers, and organise a range of social, sports, public speaking, performing arts, agriculture and community involvement activities. This provides a great opportunity to meet new people whether you have lived in the Glanmire area for a long time, or are new to the area and just looking for something new to do and to meet some new people.

We host and attend a range of events throughout the year, including ice skating, bowling, nights out, walks, and other events like Go Karting. We also have a weekly sports night in Little Island Sports Complex every Wednesday from 7.30-9pm. Where we play a range of sports. Everyone is welcome, entry is €5 with your first night free, and we also take part

in regular competitions across a range of sports. There is also plenty of performing arts options including Public Speaking, Debating, Amateur Dramatics and talent competitions. With a range of farming competitions available also including livestock judging and farm skills. But don't worry, you can take part in any of these competitions no matter your experience level. Macra also offers travel opportunities with scholarships and exchange programmes. Additionally we raise money for local charities and organise other activities to contribute to the development of the Glanmire area.

If you are interested in coming along to any of these events feel free to reach out to us on any of our social media accounts or by contacting us at [glanmire@macra.ie](mailto:glanmire@macra.ie). We would love to see you there.

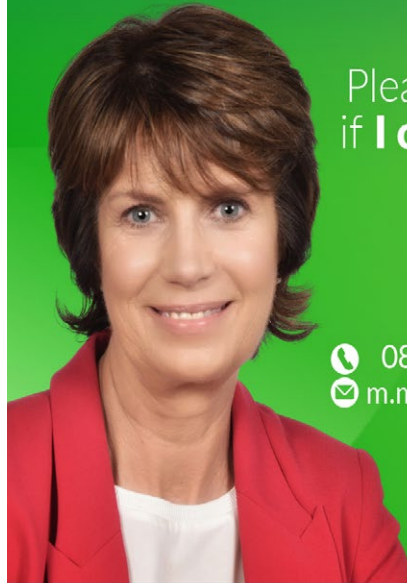


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# ERINS OWN LGFA & CAMOGIE CLUB



August 2025



## Minor Football All-Ireland Final

Well done to our 6 minor players, Eabha, Orlaith, Saoirse, Niamh, Megan and Jenny, who have qualified for the All-Ireland Football Final with the Cork Minor squad! They play Dublin in the final on the 26th July. Best of luck to all involved!

## Junior League Final

After a comprehensive win against Ballinora in the league, our Junior Footballers have now qualified for the league final against Bandon. This is fixed for the 9th August in Bandon GAA. Best of luck to all involved!



## Junior Championship

Best of luck to the Junior Football and Camogie teams who start their championship campaigns on the 17th and 20th of August respectively!



## Cul Camps

The annual cul camps were held in Caherlag again this summer in what was a week of great fun for all involved! Massive thank you to everyone who gave their time to help make the camp run smoothly, especially to all the coaches. It was great to see all the kids have the opportunity to meet our own Junior and Cork Senior Footballer Aimee Corcoran at the end of the week before her match against Dublin.



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## Glanmire and Sarsfields Healthy Clubs



### Cork Hurling ❤️💕

We send huge thanks to our senior Cork hurlers for giving Cork so much excitement throughout their All-Ireland journey. We are very proud of team manager, Pat Ryan, as well as Sars hurlers Jack O'Connor, Daniel Hogan and Cathal McCarthy, and local man, Paul O'Sullivan, from the Cork management team.



### Nutrition Talk



On the 25<sup>th</sup> of June, we hosted a nutrition talk with Marc Murphy from Balance. As always, Marc provided insightful information on the best foods to eat and the foods to avoid to ensure we remain healthy. He shared details about carbs, fibre, sugar and fat intake in a way to way that would make you think. Simple changes can make a big difference!

### Sun Safety

With the high temperatures we experienced in July and future hot weather at home or when on sun holidays, please review this advice from the HSE to enable yourself and your family to stay Sun Smart



Find a bag at home to use for your SunSmart kit



Add to the bag



Keep your Healthy Ireland SunSmart kit near the door so you can grab it before you go out into the sun! And remember, seek shade to play in!

### Food Safety



With warm weather, many people barbeque. For important advice on eating safe BBQ food, visit: <https://www.safefood.net/Food-Safety/Food-safety-events/barbeque-food-safety>. The SF advice includes topics such as BBQ prep, preventing cross-contamination, and knowing when barbequed meat is at the right temperature (75° Celsius).

### Couch 2 5K

Confirming that our Couch 2 5K programme will commence on **the 20th of August, at 6.30pm in GCC**







# Riverstown Boxing Club



Riverstown Boxing Club held a hugely successful two days of Boxing at Erins Own GAA Club on the weekend of June 28th and 29th.

Our Underage and Novice Boxers performed with distinction on the Saturday.

These kids had been training hard all year and it was so satisfying for our Coaches to see them express the full range of skill and technique in the ring.

On the Sunday our competition and Championships Boxers were in action and

while there were good wins and close losses they certainly left their all in the ring.

We had local Cork Club's involved as well as from Kerry and Tipperary.

Awards on the day were:

The Mick Kenny Memorial Cup Best Boxer Of The Year: CJ Brady.

Best Boxer Of The Tournament: Michael Dooley





# White's Cross GAA News

## Playing Matters

On the playing front in the past month we have had only one competitive match. We played Rochestown in the quarter-final of the Flor McCarthy Cup. The results had not been kind to this team, despite some good performances, so far this year. However, we saved our best performance of the season for this game. The first half was mixed. We had periods of dominance and we were also under the cosh against a team that had recently played a Junior C County final. In the second half, we were down to 14 players for 10 minutes due to a black card. We trailed by four points. However, in the last 20 minutes we really stepped it up and completely dominated. We scored three goals to win by eight points on a 3-11 to 1-09 score-line.

All our teams are busy preparing for championship action which will commence in the month of August. Our championship fixtures are as follows with all games due to take place in the City Division Headquarters in Ballinlough:

### Junior A Hurling Championship – Group 3

White's Cross V Passage – Saturday 16th of August at 19:00

White's Cross V Blackrock – Tuesday 9th of September at 19:00

### Junior A Football Championship – Group 2

White's Cross V St. Michaels – Saturday 30th of August at 16:00

White's Cross V Douglas – Saturday 13th of September at 19:00

### Junior B Football Championship – Group 2

White's Cross V St. Douglas – Sunday 10th of August at 10:45

White's Cross V Nemo Rangers – Sunday 14th of September at 18:00

Thankfully our injuries are beginning to clear up and a number of lads are returning to training and are taking part in the various challenge games being organised. The above championship games are the most important of the year for the club's flagship teams. Optimism is high that we can do

well. We ask all club members and supporters to come out at championship time and support the lads.

It would be great, in particular, to see underage players (and parents) in attendance. We would hope that as many players, girls and boys, as possible from our underage would continue to play with our adult teams long into their adult lives. The earlier the bonds are built between the underage and adult teams are built, the more likely this will happen. Best of luck to all our teams in their championship games.

## Underage Activity

The past month has been reasonably quiet in terms of underage activity (in comparison to April and May). However, it was still a good month as we managed to add a second trophy to the cabinet. Our Under 16 B team (our under 15 team in effect) added to their football league title when they annexed the hurling league by beating Sarsfields on a score of 1-10 to 0-10 points. This was significant turnaround given that they had lost to the same opposition in their final group stage game by nine points; conceding five goals in the process. Well done to Ollie Murphy, his management team and players on the double victory!

Our various under 12 and under 13 teams had completed their phase 1 (grading) programme and have been waiting for the board to sort the teams into the various groups for phase 2 (which is their championship in effect). These games kicked off in the last month or so. The Under 11 (under 12 team 2) played three games. They had a comprehensive win over Douglas before suffering two defeats in three days when they went under to both Sarsfields and Ballincollig. They were beaten by eight points on both occasions. The first of these defeats represented the first time that this side has been beaten in some twenty league or go-games since they have come together. The defeats will stand to the team. As a young group, they are up against bigger and older lads playing with big clubs who are used to training in large numbers. This is all new to this

group and this year is all about development.

Our Under 12 (3) team have lost their opening three games while our first under 12 team won their first game when they beat Lee Gaels on a 1-10 to 1-08 scoreline. The Under 13 hurlers lost their first game to Ballycastle Gaels. They atoned for this defeat in the second round when they notched ten goals when beating Whitechurch. Our minor team began their football championship with an impressive win over Canovee in White's Cross pitch.

## Cul Camp

White's Cross GAA once again held a most successful Cúl Camp this summer for boys and girls between 5 and 13 years of age. One hundred and fifty children attended the week long camp, guided by a team of 25 coaches and assistants – hopefully it has furthered their interest in the games of Gaelic Football and Hurling / Camogie. Running such a Camp is obviously no easy task, and to do so requires the support of many people. For the first time ever the camp was not co-ordinated by Conor Kelleher (who had been doing this task for 22 years). Into the breach, stepped Ciara Cashman who made the transition seamlessly. There is a huge amount of work taking place in the background before any child arrives at the camp. It is a testament to Ciara's organisational skills and drive that the camp was so successful again this year. Thank you Ciara! There are numerous other parties that make the camp what it is. The coaches and assistants are enthusiastic and diligent and ensure that the participants enjoy the experience. Members of the adult and juvenile committee are about to lend a hand when needed throughout the week and to help organising the event. Thanks also to Cork players who visited the camp during the week; for sharing their knowledge willingly with their young audience and stayed on to sign autographs/ take photos answer any questions. Finally, thank you to all of the participants who came, had fun, learned some skills and behaved impeccably throughout the week!



## Writer's Corner

### Stories Only You Can Tell

with Eleanor O'Kelly-Lynch

This month I want to talk about memoir and here's why. In a world saturated with noise – status updates, reels, Facebook photos – I think we all crave something more real: a voice speaking directly from the heart of lived experience. That's the power of memoir. It's not autobiography. It's not journalism. Memoir is memory, shaped with intent. And memoir is not just a window into a life – it's more like a mirror, reflecting the meaning in the mundane and creating a bridge between past and present.

It's never too late to tell your story. And remember, you don't have to write an entire book. Memoir can be simply about writing a few stories – incidences, recollections, events that resonated with you emotionally. You can write one story, or two or many and you, as the writer, can gain huge satisfaction from shaping the chaos into something meaningful.

Some people feel you need to have lived a sensational life to write memoir. Not at all. To sell thousands of copies of your book you definitely need to have a compelling story that resonates with readers. But writing memoir doesn't have to be public: it can also be about a personal journey or a way of preserving family history that might otherwise fade with time. You become the archivist of your own truth, passing down not just events, but values, life lessons, resilience, and identity.

*Hold this thought:* you may be the last living witness to some moments. If you don't write them down, they vanish forever. Even small, everyday stories—how you met your partner, the job you hated, your first Holy Communion Day, the day your child was born—carry emotional resonance and cultural value. Written recollections can become a personal time capsule for loved ones and future generations.



And crucially, memoir isn't just about what happened—it's about what it *meant*. Contrary to what people think, memoir is rarely about what you *already know*. It often reveals what you *didn't* know—until you wrote it. Many older writers discover buried emotions, long-ignored questions, or moments of surprising joy.



I remember in one writing class, we were asked to close our eyes and imagine a doorway, the door colour, the shape of the handle etc. We were then asked to turn the handle and open the door . . . and to imagine the scene. Behind my imagined door was the hallway of my childhood home. I was nine years old. I wandered into the kitchen and saw my mother peeling potatoes at the Formica kitchen table. I started to write about the scene, how it smelt, how I felt, the conversation with my mother. I was back there, and it felt good. That's what writing can do, propel you back into your earlier life where you are now an observer, both watching yourself in a scene from the past and being back in that nine-year old's shoes again.

Writing your story isn't just remembering—it's re-seeing. The act of shaping memory into story helps many people find peace, forgiveness, or meaning they didn't know they needed. Memoir gives pain and loss a shape, and often, a purpose.

Some of the most profound memoirs are quiet ones—about growing up in a small town, raising children, losing parents, or simply noticing how life changes you over time. Ordinary life, written with honesty, becomes extraordinary.

Memoir writing is not just for experienced writers. It's for anyone who has lived and wondered, '*Did it all mean something?*' The answer is yes. And the memoir is how you show why.

It's never too late to write your story. With age, you're better equipped to look back and connect the dots. You have more clarity and wisdom. In fact, the later you begin, the more you have to say—and the more it may matter. Youth may bring energy to writing, but age brings depth. Memoir is a lens through which the past can be finally understood.

Next month, I'll set out a few tips and techniques about how to get started on writing your own stories and peeling away the years to find the diamonds buried in the backyard of your past.

Until next month, happy writing

Eleanor  
[eleanorokellylynch@gmail.com](mailto:eleanorokellylynch@gmail.com)

Eleanor O'Kelly-Lynch is an author, living in Glanmire. Her novels '*The Girl with Special Knees*' and the sequel '*The Girl with Stars in Her Eyes*' are available on Amazon, Kindle, [www.buythebook.ie](http://www.buythebook.ie) and local bookstores.

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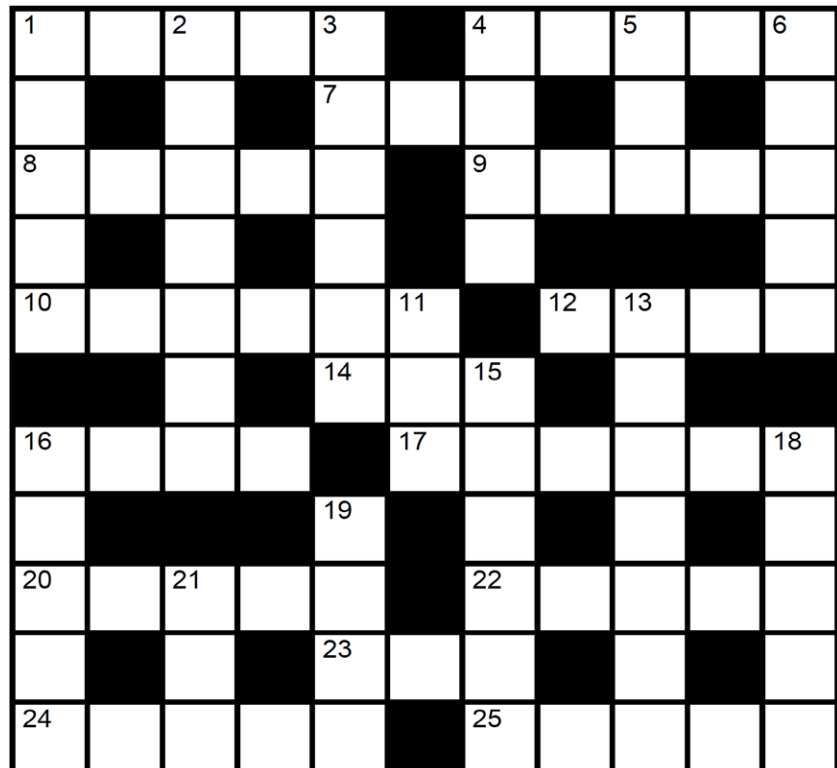
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## Crossword Puzzle



### Across

1. Supply with necessary gear (5)
4. Related to vision (5)
7. Breathe in and out (3)
8. Flashy jewellery (5)
9. Third letter in Greek alphabet (5)
10. Eccentric person (6)
12. Single article or unit (4)
14. Fuss or commotion (3)
16. Plant used to make tofu (4)
17. Cyclist with battery assistance (1-5)
20. Flashy jewellery (5)
22. Praise highly (5)
23. Medical professional (3)
24. Packed tightly together (5)
25. Device that measures elapsed minutes (5)

### Down

1. Joint between arm and forearm (5)
2. Practical usefulness (7)
3. Asian tower with multiple tiers (6)
4. Wild party with excessive indulgence (4)
5. Scottish flat cap (3)
6. Quality of being delightful (5)
11. Lyrical poem (3)
13. Point weapon at target (4,3)
15. Raise opposition(6)
16. Burn with hot liquid (5)
18. Revolving part of machinery (5)
19. Impolite or discourteous (4)
21. Establishment offering lodging (3)

Crossword sponsored by **BOOTHOUSE**

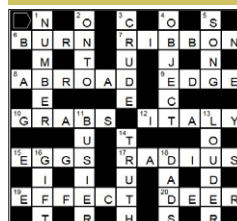


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July Crossword Winner: **Liz Fahy, Brooklodge, Glanmire**



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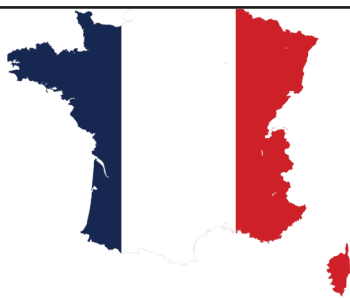
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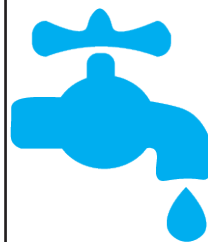
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