



Glanmire Area News

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Glanmire Heritage Society

A very enjoyable musical evening was held in Riverstown House as part of the National Heritage Week celebrations on Friday 22nd August 2025.

The Society is very grateful to Denis and Rita Dooley for the use of this beautiful and historic venue.

The evening commenced with M.C. Kieran Kelleher introducing Eleanor Brennan of Glanmire Heritage Society who gave an excellent history of Riverstown House. Kieran then introduced the various performers, first up was Jack Cashman, Brenda Buckley, her husband Mossie together with Richard Rea who performed a selection of Irish music and songs. Hilda Galvin Leader played a few tunes on the violin; this was followed by John Egan who gave a lovely recitation of working hands and a poem by Seamus Heaney.

...continued on page 15



Jack Cashman, Brenda Buckley, Mossie and Richard Rea

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FINE GAEL

A photograph of two men in a home renovation project. The man on the left, wearing glasses and a dark jacket, is smiling and holding a mug. The man on the right, wearing an orange jacket, is pointing towards the right. They are standing in front of a wall covered in white plastic sheeting. A ladder is visible on the left side of the frame.

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AI LITERACY FOR LEADERS AT SEABOX



Our September meeting took place at the impressive new HQ of Sea Box Group Ireland in Glanmire. A big thank you to Mark Dineen and his team for the warm welcome and the chance to see their state-of-the-art facilities first-hand.



This month's theme was "AI Literacy for Leaders" with guest speaker Siobhan O'Leary, founder of SOL Learning.

Siobhán delivered a practical and engaging session on how we can use AI in daily work.

OCTOBER EVENT

Budget & Auto enrolment

Exclusive to Members

- Thursday 9th October | 9am
- Charr'd Restaurant (TBC)

◆ The Upcoming Budget 2026

- What measures could impact small businesses and local employers?
- Potential changes to tax credits, USC, PRSI and supports for SMEs.
- What employers and employees should watch out for.

◆ The Auto-Enrolment Pensions Scheme

- Due to launch in 2026 – what it means for businesses of all sizes.
- Employer and employee contribution requirements.
- Phased rollout and long-term impact on payroll costs.
- Practical steps businesses need to take now to prepare



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The Truth About Back Pain

Don't Even Think Of Taking Another Pain Pill Until You Read This

Do You Have Any of the Following Conditions?

- **Lower Back Pain**
- **Muscle spasm or strains**
- **Bulging lumbar discs**
- **Numbness or soreness in your legs**
- **Shooting hip or thigh pain**

Having back and leg pain can bring life to a standstill.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.



Is back pain keeping you from enjoying what you love to do?

You've got too many dreams left undone to let back pain slow you down. Too many special moments waiting to be experienced.

Life is too short to let pain slow you down.

Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough aspirin, paracetamol or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

Not to mention many of the pain medications available are quite addictive and can have devastating side effects.

Could This Be The Solution To Your Back Pain?

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 18 years since the doors opened, there have been hundreds of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

Back pain is NOT "just a part of life" and something you must live with.

Chiropractic has been around for over a hundred years and has been used to help everyone from tiny babies to the elderly.

Even top sports stars and entertainers... like Tiger Woods, Usain Bolt, LeBron James, Tony Robbins, Venus Williams, Padraig Harrington, Gov. Arnold Schwarzenegger and Barack Obama receive chiropractic care. These professional athletes and leaders have the money to hire any kind of doctor they want, and they choose to have a chiropractor on their team.

Here's what some of the top medical researchers had to say about chiropractic...

"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months." – **British Medical Journal**

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- **Stanley Bigos, MD, Professor of Orthopedic Surgery**

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

Have A Professional Evaluation of Your Back For Only €40

For 14 days only, I'm running a very special offer where you can find out how much this amazing treatment can help your back pain.

What does this offer include? Everything I normally do in my new patient evaluation for only €45

Here's what you'll get...

An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case. A complete neuromuscular examination,



Find peace and comfort in knowing your back is healed without drugs or surgery.

and a thorough analysis of your exam and findings so we can start mapping out your plan to being pain free.

You'll get to see everything firsthand and find out if this amazing treatment will be *your* back pain solution, like it has been for so many other patients.

The normal price for this type of evaluation is up to €145, so you're saving a considerable amount by taking me up on this offer.

Chiropractic very well could be the answer you've been looking for.

Call today and we can get started with your consultation, exam and findings as soon as there's an opening in the schedule.

Our office is called Glanmire Chiropractic Clinic and you can find us behind the Monkey Maze in Glanmire, next to the AIB bank.

Tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation.

I look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

Sincerely,
Dr. Eric Kelly, D.C.

P.S. How many years can your body handle taking pills?

Taking pain medications (even if they're over-the-counter pills) is no way to live. Pills don't "fix" anything, they just numb the pain.

Finding the problem and fixing it has got to be your top priority!

I may be able to help you live a normal, pain-free life again. Call today 021 482 4450.

Traffic. Red lights. Delays. Road works. These are the things that cause me the most stress on my way to work each and every day. But once I am past the traffic jam I do not think about it again until the following day.

But what about the people and their gardens who see the same traffic jams outside their homes every day.

I must admit that while waiting for my turn to move I look in at their gardens and try to see what plants they have growing and the combinations of plants they have.

Which from their prospective makes me a nosy nelly...

If I was living in a high traffic area and was lucky enough to have a garden, then the first thing I would plant would be a hedge at the side of the garden where the traffic is.

There are a lot of advantages to having a hedge.

1. The most obvious is to stop nosy nellys like me gawping into the garden. In other words, privacy.

2. A hedge as it grows to will help to muffle some of the traffic noise.

3. The hedge will absorb some of the pollutants from the vehicles as well as some of the dust and dirt created by traffic.

4. A hedge can also help to reduce wind in the garden.

5. A hedge can provide a habitat not only for birds but a whole host of other insects, as well as fungi. This all helps the overall ecosystem of the whole garden.

I know a lot of people have had bad experiences with hedges getting out of control. Taking over the whole garden, and then eventually having to remove them altogether, which can be a large task.

With a little planning and research hopefully, we can come up with a hedge that will suit you and the garden.

If you have a small garden with limited space pick a hedge that has small leaves like Lonicera.



This type of hedge is a useful alternative to the old Box hedging. As well as being able to clip it quite tightly it will also flower and has a lovely scent. It also grows quite quickly but will need trimming twice a year.

There are a few varieties, so talk to your local garden centre for the best advice.



If you need to plant a hedge to discourage animals from coming into the garden, as well as looking nice, then maybe go for a type of Berberis hedge.

The leaf colour can be green or red. It flowers well in Spring and is a great source of nectar for Bees.

This hedge is also fairly quick to grow once it has established and also has small leaves.

If you have a large plot then a hedge with large leaves will suit better. One of my favourite hedges to plant, as well as maintain is Beech. Although it does not have very visible flowers it is still beneficial to birds for shelter.



If you have a very large area to plant, and it is a good distance away from the house, then one of the most vigorous hedges to plant would be a Portuguese Laurel hedge.



This hedge has large leaves and can grow up to 2ft to 5ft a year, so as you can imagine it will need to be clipped at least twice a year to keep it looking good.

All of the hedges above, except for the Beech are evergreen. The Beech hedge will hold onto its leaves but they will be a rusty brown colour. However, as the wind blows through the hedge it gives a nice rustling sound.

The other main advantage of the above-mentioned hedges is that if they do get out of control, then they can be cut down to within a foot of the ground and they will grow back.

Jobs for October

1. Rake up leaves from the paths and lawns.
2. Make a compost bin for your leaves.
3. Reduce your mowing.
4. Sow some winter green salads indoors.
5. Finish planting your bulbs.
6. Put away the patio furniture for the winter.
7. Empty any summer containers that may be left.
8. Enjoy the garden.

Chris Troy

Stars of Glanmire



Molly Lynch Sports Star

Molly Lynch was part of the Senior Sarsfields Camogie team who bridged the 30-year gap to win the County Senior title in 2019. She was also part of the Sars team who went on to win County & Munster camogie club titles in 2023.

Last year Molly was nominated by Sars following their County Final win in 2023 to captain Cork Camogie to All-Ireland success achieving back-to-back All Ireland Senior Camogie titles.

As an individual, Molly has had great success in the All-Ireland Long Poc Competition winning the U16 title in 2017 followed by five-in-a-row Senior titles from 2021-2025. Molly was the first Camogie player in the history of the Poc Fada to win both the U16 & Senior titles.

What's your favourite film of all time?

Mamma Mia, I love the music!

What's always in your bag/pocket?

Unfortunately, my phone.

Early bird or night owl?

Definitely an early bird.

If you could swap lives with anyone for a day, who would it be?

Taylor Swift.

What's your passion?

Nothing specific, I just deal with things as they come up.

Who's your dream dinner guest?

Taylor Swift.

What book changed your perspective?

To be honest I'm not a fan of books!

First concert you ever went to?

Rihanna in the 02 in Dublin in 2011.

What's a phrase or mantra you live by?

Never give up!

Dream holiday destination?

New Zealand

Best advice you've ever received?

It's not about the mistake you made, it's how you react to the mistake - an important bit of advice when you play in goal.

What life advice would you give someone?

Nothing good is ever easy, you have to work hard in everything you do.

What's the best thing about Glanmire?

The location! We are close to everything.

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STYLING INSPIRATION by Lynda Di Blasi

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As autumn settles in, our wardrobes naturally shift towards cosy layers and richer textures. But if you've ever stood in front of your wardrobe and thought, "I have plenty of clothes, but nothing to wear," you're not alone.

Many women tell me they want to look modern, polished, and confident, but they're unsure where to begin—or they don't have the time to shop or dislike shopping to curate outfits you will feel good and enjoy wearing.

The good news? You don't need an entirely new wardrobe to feel stylish this season. A few key staples can elevate what you already own and help you rediscover your confidence.

1. The Tailored Coat

A beautifully cut coat instantly lifts any outfit. Whether it's a chic classic trench coat, a timeless navy wool tailored style, or even a deep burgundy (one of this season's key colours), the right coat pulls your look together with polish. It's practical, timeless, and can transition from work wear to school run to evening dinner effortlessly.

2. The Knitted Midi Dress

brings comfort and elegance in equal measure. Pair with ankle boots for daywear or with heels and statement jewelry for the evening.

It's a perfect balance of comfort and chic—proof that style doesn't have to mean discomfort.



3. Statement Accessories

A knitted dress can be elevated very easily with the addition of a belt. Personally I love a gold chain belt to define the waist, a metallic belt, gold or silver are timeless and are such versatile accessory which can be added to outfits all year round. Temperatures may have not dropped enough for wool scarves but a timeless silk neck scarf will brighten your complexion and add sophistication to any outfit. Accessories are a clever way to refresh your look for the current season.

When your wardrobe contains the right foundations, getting dressed becomes simple, enjoyable, and confidence-boosting, relevant, and polished every single day and are timeless.

How I Can Help You

If you're short on time, facing a lifestyle change, or simply feel your current wardrobe doesn't reflect who you are today, I'm here to help. From Colour Consultations to Wardrobe Edits and Personal Shopping experiences.

Get in touch today to book your personalised confidential styling or colour service available in my private studio locally or in a private consultation room in the Hubmire located in the center of Glanmire. Don't put off investing in yourself any longer. You deserve to feel confident and modern every day.



Contact me on: 086 -2599539

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www.lyndadiblasie.com for various packages.

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Lynda Di Blasi

Dúchas is the Irish word for heritage and the digitised information contained on www.duchas.ie reflects the significance of this name. The website offers insights into the customs and folklore of Ireland and includes various items from the Main Manuscript Collection, stories from the Schools' Collection (1937-38), and images from the Photographic Collection. Notably, the Schools' Collection is particularly relevant to the residents of the parish of Glanmire. Within this collection, there are stories such as 'A Folk Tale of Riverstown House', 'The Eel of Templesque Graveyard', and references to the mills of Glanmire and its surrounding areas.

Take Bina Harte from Transtown she learned from her mother about the process of paper making in local mills during the mid-1800s. She writes:

There were many paper mills in this locality where paper was manufactured. In those days people were going around gathering rags and it is from some of these rag's the smoothest kind of paper was made. They were chopped up, boiled and bleached and pulped and rolled and treated so as to give a nice smooth surface and at last a very fine paper was made out of it. And now most of the paper is made from wood pulp but some of the paper in those days was also made from wood pulp. The wood was cut into small chips and the knots were removed. The chips were then crushed under heavy rollers and then boiled with certain strong acids till a soft pulp was made of it. Then it was made to flow in liquid state on a close woven wire band. While on this band the pulp was shaken from side to side until it took the form of a sheet of paper. At the same time the moisture fell through holes in the wire leaving the pulp much drier than it was at first. From the wire it was passed on and was rolled between a number of warm polished rollers which left a fine smooth surface and ready for use. White paper was manufactured from white rags and brown from brown and black from black rags.

Bina's father, Jeremiah, shared some information about the mill in Transtown. Approximately one hundred years ago, there was a mill, owned by Mr. Brien, located on the land of Mr. Scannell in



Figure 1: Papermaking in Ireland, c. 1920.

which paper was produced. At the time, many people were employed there, however, it eventually closed. Subsequently, O'Brien sold his house to Dan Scannell's father, who then used slate from the paper mill to replace the thatched roof of the residence. In 1937, the old mill is now in ruins, with only one gable remaining. Nearby, there was a holy well known as the mill well, which was referred to by older generations as Saint Valentine's well.

Mary Casey from Brooklodge wrote that there was a paper mill in Butlerstown that operated using water and a turbine. The mill employed approximately a dozen men and two horses. The two equine employees were used to deliver paper to Cork in the morning and return with rags in the evening. The river flowing from Kilquane powered the turbine, and the rags were placed into a large vat covered with water. The following morning, the water would be drained, and the rags were placed in a boiler for four hours. Afterward, they were removed, partially dried, and then put into a hot press. They were subsequently pressed using a metal roller and left for a designated period before being cut into sheets at the mill.

Mary also described a spade and shovel mill in Upper Glanmire that was water-powered. The process for making the spades and shovels

involved printing a mould of the tool in a sand pile. While the iron was melted in a furnace, the moulds would be prepared. Small vessels with long handles would be used to extract the liquid iron from the furnace and pour it into the sand moulds, which would be allowed to set for a period. About a hundred moulds would be utilized simultaneously. Once the iron solidified, the pieces would be removed using tongs and hung to cool for some time before being cleaned with sandpaper. They would then be tied with wire and prepared for distribution. There were around twenty people employed at this mill. We even have an image of a local spade from a pupil in Carrignavar primary school. We even have an image of a local spade from a pupil in Carrignavar primary school.

In 1937, the Irish Folklore Commission made a significant decision to collaborate with the Department of Education and the Irish National Teachers' Organisation to motivate schoolchildren to gather and record folklore and local history. This initiative resulted in an extensive collection of folklore material contributed by approximately 100,000 children from 5,000 primary schools throughout the twenty-six counties of the Irish Free State so make sure you check out www.duchas.ie for more stories.

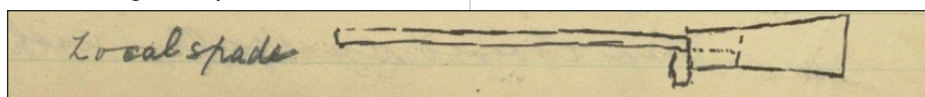


Figure 2: Spade made in Upper Glanmire (from [Duchas.ie](http:// Duchas.ie)).

October 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
Tuesday, October
28th
3pm-4pm



Children's Book Festival

October 2nd-21st
See library for more details

HALLOWEEN AT GLANMIRE LIBRARY

Children's Colouring Competition



With prizes for 1st, 2nd and
3rd places!

Teen Scary Story Writing Competition



Participate for the
chance to win a Bean &
Leaf voucher! See staff
desk for competition
guidelines and information.

Adult Take-Home Book Bingo



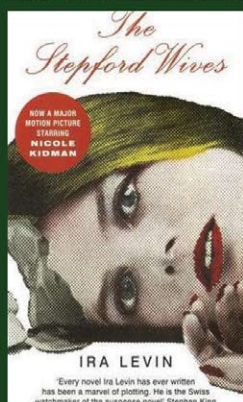
Running all month, pick up a
sheet at the staff desk and
participate for the chance
to win a Waterstones
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Books of the Month



Home Before Dark

In the latest thriller
from New York Times
bestseller Riley Sager, a
woman returns to the
house made famous by
her father's bestselling
horror memoir.



The Stepford Wives

For Joanna, her husband,
Walter, and their
children, the move to
beautiful Stepford
seems almost too good
to be true. It is. For
behind the town's idyllic
facade lies a terrible
secret.

-see staff desk for copies -

Breast Cancer Awareness Month

For information on prevention and free screenings
visit www.breastcancerireland.com



UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

The Upper Glanmire Community Association A.G.M. will take place on Tuesday October 21st at 8pm.

Membership open for 2026.

All paid up members for 2025 are eligible to vote at the A.G.M.

A Table Quiz will be held in the Boothouse Bar in November on a date yet to be announced.

Tables of 4 are €50. Contact Brian at (087) 9421649 to book a table.



UPPER GLANMIRE

BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE COMMUNITY HALL

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LIGHT REFRESHMENTS SERVED



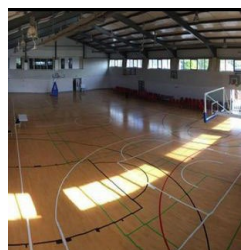
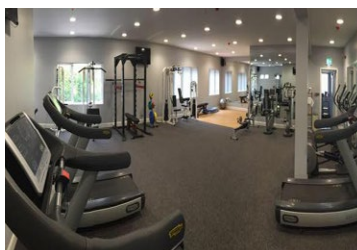
BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940



Meet the Team Celebrating Our Local Pre-school Teachers



In every thriving community, there are places – and people – that quietly shape its future. The pre-school based in the Riverstown Community Centre is one of those places—a safe and caring environment where young children have been taking their first steps into learning, friendship, and independence over the last twenty years.

Every morning, the playschool doors open to a burst of energy, laughter, and chatter. Inside, the children are painting, building, singing, listening to stories, exploring nature, and playing together. And making it all happen is a committed team who ensure that the children in their care start life with the best possible foundations.

Manager and teacher, Pam Field filled me in on the ethos of Martina's Pre-school and the activities, the creativity and the resilience required to provide the building blocks the children need to flourish and grow. 'The pre-school is play led,' she said. 'We follow an emergent curriculum where the children themselves choose their favourite interests and activities, and we respond and follow their lead.' She also told me that nurturing independence is also important. 'Washing their hands, putting on their jackets, opening their lunch boxes, these are skills we encourage from the get-go.'



Pam also said that the pre-school operates a keyworker approach in that the children retain the same teacher throughout their two-year cycle – ensuring that the parents, the kids, and the teacher all get to know each other well and that continuity is reassuring.

Jennifer Spillane, another teacher told me that they were proud of the culture of inclusion and the diversity of the children's backgrounds. 'We mark cultural celebrations which the children love – bringing in costumes, drawing pictures and educating the children about different customs and traditions from across the world. Similarly, our own Irish culture is celebrated so children new to Ireland can share what they learn with their own families.'

There is a maximum of eighteen children in Year One and twenty-two children in Year Two and the work is shared out amongst a dedicated team. I didn't meet Agnes O'Keeffe, Sumudu Meegasdeniya, Suzanne Broderick or Shaista Gull on the day I called, but these women and their contribution were highly spoken of. Agnes started in 2009 and is the longest serving member of staff. Ann Collins, another teacher told me, 'There is a great team, and we all love working here.' She added, 'It's a professional job and can be very demanding as we live in a challenging and complex

world.' Jennifer agreed. 'You're never switched off. You find yourself thinking and planning long after school has finished.' She also said something I've heard from teachers many times, 'It's for you . . . or not. You need patience. You need the professional skills and training. And you need to enjoy what you're doing, and we do.'

Pam nodded. 'A teacher's job is never done. But we all get along together here and that helps a lot as everyone benefits from a good working environment.'

Martina Conroy, who set up the pre-school 20 years ago said, 'I'd love to acknowledge the support and respect I've received from Glanmire people over the years. I'm thankful to every one of the parents who has trusted Martina's playschool to teach and care for their precious little ones.' And her team of professionals she says are the best. 'I am so proud of them all. The children of Glanmire are very lucky to have them teaching and caring for them.'

As I listened to these teachers their passion and interest in the children shone through. Each day, they balance the challenges of preschool education, guiding pre-schoolers through those critical early years, managing different personalities, additional needs and keeping each day structured and fun.

It's not always easy and we are incredibly fortunate to have such a committed and caring team guiding our children in these formative years. Their efforts ensure that playschool is not just a place for learning, but it also plays a vital role in shaping tomorrow's leaders, neighbours, and friends.

So, take a bow, and a big thank you to all the team who pour their hearts into this work and who help to make this pre-school one of the treasures that makes our community so special.



Global Flavours – Local Vibe



A much-loved local family-run restaurant has recently added another string to its bow. After securing a wine licence earlier this year, Marc Murphy of Balance decided to launch a series of themed dining nights. And now, for one Saturday every month, the venue is drawing in local diners with their Late Plates evenings dedicated to global cuisines.

The themed nights have been a big hit with the community, transporting guests to different corners of the world through carefully curated menus. Spanish nights bring the taste of the Mediterranean to the table with tapas, and rich Rioja wines. Italian evenings serve up pastas, cheeses, and a perfect glass of Chianti. Indian nights add spice and colour with classic curries and fragrant sides paired with crisp white wines or a bold red. And the next addition, Asian Fusion night – already fully booked – will blend flavours from across the continent into exciting modern dishes.

Balance has paired these menus with carefully selected wines, giving locals the chance to explore new flavours without leaving Glanmire. Marc Murphy, owner, and chef says the themed events are about more than just food—‘they’re about bringing people together, celebrating different cultures, and keeping customers local.’ Marc says it’s also about supporting local. ‘We use local products including @brazenchilli in some of our Indian dishes and Ronan from the Castle next door has been around with vouchers for the guests. So, we all help each other here in Glanmire. It’s a good community.’

The global dining nights are busy so? ‘Hectic,’ he says, ‘We have two sittings with a fast turnaround in between. There is a whole team of servers and kitchen staff making sure that the experience is special, first to last.’ He adds, ‘Service is key, and I go to every table to welcome guests and explain the menu.’

For Late Plates, the restaurant is transformed: tablecloths, candlelight, soft themed background music, and guests arrive all dressed up for their Saturday evening ‘on the town’ without having to drive into the city. Coming closer to Christmas, Marc is planning some Friday and Saturday wine and cheeseboard Late Plates. Check them out @balancefoodglanmire 021-4824277.

It’s this kind of fresh thinking that keeps a dining scene alive, making sure there’s always something new to enjoy and talk about. With the addition of the wine licence and the success of these themed nights, this restaurant is proving itself not only as a place to eat, but as a hub of flavour, culture, and community spirit in Glanmire.

Glanmire is on Fire

Glanmire is on fire . . . with talent! Over the last few months of our Stars of Glanmire feature (www.glanmireareanews.ie) we’ve been proud to showcase the remarkable achievements of local Glanmire people, some of whom have reached audiences not just across the nation, but around the world.

These sports and cultural stars remind us that talent knows no boundaries. Through hard work, dedication, and a passion for what they love, they’ve carried the spirit of Glanmire far beyond its borders. Whether competing on the global stage, performing in front of international audiences, or sharing their talents in ways that inspire others and touch countless lives, they embody the best of who we are.

And while their names and achievements are now known and

applauded widely, we’ll always be proud to say: they started right here at home in Glanmire.

This month check out Molly Lynch, GAA star, and her outstanding sporting achievements. It’s no surprise that her mantra is: Never give up!

Taking Centre Stage:



Local Theatre Is Back!

A brand-new community theatre group has officially launched in Glanmire, bringing together a rich and varied group of local talent. The organisers are delighted to announce that the group includes people of all ages and backgrounds, promising an exciting, creative venture and all sharing a love of theatre and storytelling.

“We are absolutely thrilled to have such a talented and diverse group of people involved,” said Eleanor O’Kelly-Lynch from the Glanmire Area Community Association. “Each member brings something unique to the table, and we can’t wait to see how their creativity shapes our upcoming productions.”

The new group has met for the first time and with a lot of hard work to do, local audiences can soon look forward to some entertaining, community-driven performances that showcase both emerging and experienced talent. Updates and announcements will be shared over the coming months on the Community Newsletter, GACA socials, on the Glanmire Noticeboard and on Mums of Glanmire.

The first rehearsals will soon be underway, so whether you’re a theatre lover or someone who wants to see the arts thrive in Glanmire, please support this new drama endeavour when and where you can.

Glanmire Macra News

With the new Macra year now kicked off. Glanmire Macra have been busy this month, planning out the year and making the most of the end of summer weather.

September brought a return to our monthly meetings, and it was great to meet up with everyone and have a chat about how the summer went and make plans for the rest of the year. We also discussed upcoming events, including a club bowling night and the regional rounds of the Know Your Ag Quiz, Bowling and Basketball all of which we got to the national finals of last year, and we are hoping to do just as well this year!

We have also been making the best of the last bit of summer with two club walks. The first was a lovely evening stroll along the Marina walk. Which we followed up with later in the month with a walk in Glounthane. We went from Glounthane Community centre all the way down to Harper's Island, with Fitzpatrick's providing a convenient coffee pitstop along the way.

With the new Macra year now well underway, we have



Some Glanmire Macra Members at a recent club walk to Harper's Island.

plenty of fun events planned over the next few months. Including a club bowling night in the coming weeks. Our weekly sports night continues every Wednesday from 7.30-9pm, where we play everything from basketball to volleyball and even try out Olympic handball sometimes.

Everyone is welcome of any skill level, entry is €5 with your first night free. If you're interested in coming along to any of this, keep an eye on our Social medias for the latest updates, and feel free to reach out to us on social media or by contacting us at glanmire@macra.ie. We would love to hear from you!

GLANMIRE MACRA'S SPORTS NIGHT

EVERY WEDNESDAY 7.30 - 9PM

Little Island Sports Complex
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€5 each and the first time is free!!



Glanmire Macras Weekly Sports Night

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Glanmire Heritage Society

...continued from page 1

Julia Dennehy O'Callaghan accompanied by her son Dion sang some country & western songs. Eleanor O'Kelly gave a reading from her book 'The Girl with Special Knees'. Frank Houlihan accompanied by Liam O'Connell and our M.C. Kieran also sang a few of songs. Sarah Roche a Shean Nos singer also sang. The final performer was well known singer Margaret Tobin who brought the evening to a close with some beautiful songs. On behalf of Glanmire Heritage Society we wish thank all those who contributed their time & talents to this special evening's entertainment.



John Egan



Keiran Kelleher



Hilda Galvin Leader



Eleanor O'Kelly Lynch



Sarah Roche



Margaret Tobin



Glanmire and Sarsfields Healthy Clubs



World Suicide Prevention Day

On World Suicide Prevention Day 2025, Weds, the 10th of Sept., the HSE National Office for Suicide Prevention (NOSP) shared 5 key messages:



- 1. Reach Out and Check In:** Take time to connect with people around you. A simple check-in can bring hope and make a real difference.
- 2. Your Words Matter:** Speak with kindness and empathy when talking about suicide. Everyone affected – whether they've lost someone or struggled themselves – deserves dignity and respect.
- 3. Be Safe Online:** Share information about suicide or self-harm responsibly and supportively. 3. Help create a safer, more sensitive online space for everyone.
- 4. Let's Talk About Suicide:** Build your suicide prevention skills. Learn how to spot signs and support someone – you could help save a life.
- 5. Know Where to Get Help:** Familiarise yourself with local & national supports & services. Knowing where to turn can make a difference.

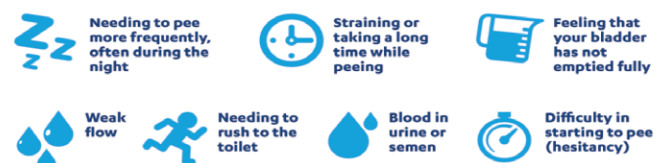
Cancer Checks

When providing access to free period products to ladies teams using the new changing facilities in Buck Leary's Cross, we also placed two important cancer check related posters on the walls for both men and women. The pictures below are examples of freely available and easy to access information on how to check for breast cancer or prostate cancer. For more information in general on cancer awareness and prevention, go to: www.cancer.ie or <https://mariekeating.ie>



The 'Know Your Lemons' website also provides helpful visual info: www.knowyourlemons.org

Symptoms of prostate cancer can include:¹



#November2021

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of every club



All of our Club Members and our Community are welcome to our events.

Sarsfield Camogie Club Notes

We held our U7 & U8 Street Leagues final recently with plenty pomp & ceremony, not to mention the fabulous camogie skills on display.

Thank you to the coaches for organising this super event and to all the local businesses & parents that donated to the cause – it was all very much appreciated.

Reaching out for anyone interested in playing Social Camogie – new players always welcome. No previous camogie experience required – only criteria is to be over 25 and not playing camogie competitively!

Great way to make friends, have fun and keep fit! Please contact Gillian at 086 6022333.



U16As



U16As



U14 Premier



U14Bs



U10s in Clonakilty



Sarsfields Camogie Club

GLANMIRE GAA CLUB SECURES FOUR MULTIYEAR PARTNERSHIP DEALS



Pictured at the launch of Glanmire GAA's Four New Multiyear Partnership Agreements were (L-R) Paul Kingston - Glanmire GAA Chairman, Daniel Molden - Glanmire GAA, Liam Attridge - Regional Sales Manager at BWG Foods, Martin Walsh - Corporate Account Manager at Panda, Ken Grandon - Dealer Principal at Grandons Toyota Glanmire, Niall O'Sullivan - Partner at O'Sullivan Brothers DIY, Darren Kenneally - Captain Of Glanmire Premier Intermediate Team, Mark Hopkins - Manager of Glanmire Premier Intermediate Team.

Glanmire, Cork – August 6, 2025

Glanmire GAA Club is proud to announce the signing of four significant multiyear partnership agreements that will strengthen the club's foundations, provide vital support to the club's operations and community programmes and, strengthen its connection with local businesses and the wider community into the future.

Grandons Toyota Glanmire has reaffirmed its long-standing commitment to the club by extending its role as **main club sponsor until 2030** extending the successful relationship that has played a vital role in the club's development over the past decade. This renewed commitment reflects the shared values and deep-rooted ties between Grandons Toyota and the wider Glanmire community.

In addition, **O'Sullivan Brothers DIY, MACE Glanmire & Sallybrook**, and **Panda** have signed three-year partnership deals covering the **2025-2027 seasons**.

- **MACE Glanmire & Sallybrook and O'Sullivan Brothers DIY** will be **sleeve sponsors** on the club's **adult team jerseys**.
- **Panda** joins as the official **sustainability partner**, with its branding to appear on the **adult team match balls**, highlighting a shared commitment to environmental responsibility.

This vital support ensures that continued investment can be made in facilities, coaching, and development programmes at all levels of the club.

Club Chairperson Paul Kingston announced the following: *This is a landmark moment for Glanmire GAA. The support of these four businesses will help us grow on and off the pitch, and we're proud to partner with organisations that value community, development, and sustainability. We thank them all for their belief in our vision.*





White's Cross GAA News

Playing Matters

The Junior A championships have really kicked into gear in the last month. The Junior A Footballers played St. Michaels on August 30th. After a slow start, three first half goals saw us take complete control of the game. In the second half, the side kept the pressure on and won on a huge 4-21 to 1-09 scoreline with the Michael's goal coming in injury time. It was also the first time that we managed to score four goals or more in a championship game since April 2011 versus St. Nick's.

On then to the next group game against Douglas. This was a cracking game of football played to a very high standard. The first half was nip and tuck with both sides trading scores almost one-for-one which was reflected by the 1-07 each half-time scoreline. Douglas second goal put them 2-09 to 1-09 ahead with twenty minutes to go. However, then we saw the best of White's Cross. In the last twenty minutes, it's fair to say that we played our best football in fifteen years and outscored our opponents 2-05 to 0-02 to win by six points. We have now qualified for the semi-final where we are due to play Nemo Rangers on October 11th or 12th. This has been a very impressive championship so far for the squad. We were drawn in a very tough group with two sides that have won 4 of the last 6 championships (winning two each). To finish top of the group and to have recorded such big victories is noteworthy and a job very well done; so far. However, no doubt the management group will be urging caution ahead of a very difficult championship the lay's ahead.

The Junior B footballers also had a tough group. Having played in the Division 4 football league and having come up following victory in the Junior C championship last year, to be drawn with Nemo Rangers and Douglas (the winners of the previous two championships) was going to be a daunting

task. And so it proved. We were well beaten in round 1 versus Douglas. The final game against Nemo Rangers was a dead-rubber. Only one team from the group emerged to the next round. As Douglas had also beaten Nemo, our second game against Nemo was an academic affair; played in Nemo Rangers as they won the toss to play-out the fixture. With nothing on the line, the game was not at all competitive. Nemo Rangers won. Well done to all the players that played for the Bs. They all made the effort to turn out the day following the highs of the A victories. We had a successful year last year and while the results, not due to lack of effort on behalf of the payers, did not go our way this year, no doubt success will return again.

Our junior hurlers, as reported in our last notes, went under to Passage in their first championship game. The performance in this game was very good. It looked for a long while that we might win but the concession of late goals meant that we approached our final game versus Blackrock needing to win or our season would be over. The lads responded to the challenge and the winning of this game came just before the half-time break when three goals put us in a commanding position. In the second half a resolute Rockies side began to claw their way back into the game in the second half. A fourth White's Cross goal looked to kill the game but our opponents hit back almost immediately. Still, the lead built up before half-time proved sufficient to withstand any comeback and we held on for a three-point victory.

This victory meant White's Cross emerged from the group in 2nd place. This set us up for a preliminary quarter-final against Glen Rovers. Unfortunately we lost this game by two points after extra time. There was nothing between the teams throughout the game, White's lead, narrowly, for the first 45 minutes and things were going

well. At this juncture, the Glen had a player sent off. As we have seen many times in the past, it is often the team that loses the player that responds the better. This is how it worked out on this occasion. The Glen got the next four points without reply, White's Cross battled throughout. We may rue some of the missed chances and the fact that a goal bound effort hit the post. These are the breaks. The result is disappointing. However, the team is progressing and we will continue to compete at this level

Underage Activity

Pride of place this month goes to our under 14 girls football team who won the County Under 14 D3 Football championship when they beat Clann Na nGael in the final En route to the final they had a big quarter-final win over Ballinora and a hard-fought semi-final win away to Crosshaven. The final itself was rather one-sided as the Drimoleague outfit had no answer to the White's Cross girls. In the end we won on a huge 7-15 to 0-04 scoreline. This is the second year in a row that a White's Cross girls team has won a county under 14 title. There is certainly a bright future ahead for these girls in the White's Cross colours.

Our under 13 football team finished their league/championship campaign with a win over Ballinora. This meant that we ended the campaign on top of the group and, at the time of writing were looking forward to a final against O'Donovan Rossa. Our second under 13 hurling team had also qualified for a final where they played Bride Rovers. They had a very impressive performance and they won on 3-10 to 0-02 scoreline.

The under 12 hurlers also qualified for two shield finals. The first team played Clyda Rovers but were well beaten. The second team were due to play Erins Own but the game was cancelled due to a waterlogged pitch.

The Blank Page and Me: Lessons in Creative Writing

I've been writing on and off for years, and even now, some mornings - a lot of mornings actually - I put it off. I am the queen of excuses as my mind plays little games, telling me:

- I'll start writing now once I've sent off these emails . . . I absolutely will.
- Just a quick sweep, that floor is driving me mad.
- I'll make a quick shopping list before I get stuck in . . .
- I'll put the kettle on . . . a cup of coffee will wake me up . . .

Before I know it, an hour has passed and I still haven't begun. It's very frustrating. Like a lot of tasks we put off, the getting started bit is often the hardest part. The blank page can be like a void. The trick is, I think, not to fight it. Accept you find it hard to get going. Tell yourself you'll give yourself a treat (coffee and a biscuit) in twenty minutes, hail or shine. Then sit down, set your phone timer for 20 minutes and start to write without stopping. Don't edit. Don't delete. Don't think about how bad it is. Just keep going. The critic hates this. And once the critic quiets down, the real writing sneaks in.

It helps too to start with a question. For example: what would happen if I saw my grandmother getting on a bus knowing she had died two years ago/knowing she was bed-bound/knowing she lived in America?

Follow the threads of that prompt and give yourself twenty minutes to explore it. And once you're on a roll, you can turn to what you really want to write about as you are now 'warmed up' and in the zone.

If I had to boil down some of the other lessons I've learnt they'd look something like this:

Boundaries Help. The tighter the boundaries, the freer the imagination. Give yourself something specific to write about - a specific 20-30 minutes - or a specific genre/town/ character/ word count. If you want to write about your life, choose a day/incident you remember and write about how you felt, what happened, why it mattered etc. Narrowing your focus makes the writing more doable.



Write What You Know. "Write what you know" is a good place to start but then give the familiar a twist. Your experiences, emotions, and memories are raw material. They are the palette from which you draw. For example, if you work in retail, you could use that experience to set your story around a department store/book shop/boutique while introducing new twists and characters, melding your experience with your imagination to create something new and fresh.

Perspiration V Inspiration. Inspiration is like weather: unpredictable. So don't hang around waiting for it to descend upon you like the Holy Ghost. Start writing, even badly. The spark tends to follow motion.

Newborn Writing. A first draft is newborn writing and be proud of it, in all its imperfection. My first drafts are usually scrappy, and full of clichés. But here's the thing: no one sees them. The draft is just clay. The art comes in shaping and



reshaping it - just as a sculptor does. Aim not for brilliance but for completion.

Listen to the Music. Words have a beat and a rhythm. When I'm stuck, I always read my sentences out loud. It's amazing how quickly the clunky parts reveal themselves. Words aren't just about meaning; they carry rhythm, sound, even musicality. Listen to how words sound, not just what they say. Your ear will guide you as much as your brain.

Rewriting. Revision is the real heart of writing. It's about cutting, trimming away excess. The tidier, neater and leaner the piece gets, the more alive it feels. Reading aloud helps here too. If my tongue stumbles, the sentence usually needs fixing. All writing involves rewriting and it's great fun to see the original draft take shape. Here's a secret: most writers' first drafts are terrible. So, take heart.

Build a Routine That Suits You. Carve out small pockets of time: ten minutes in the morning, a notebook in your bag for the commute, a short session before bed. Consistency matters more than volume.

Why Bother?

Writing is fun, it reveals your talent, sharpens your communication, deepens your observation, and gives you tools to express emotions that might otherwise stay bottled up. So, as we go deeper into October and the light fades and the fires are lit, give yourself a chance to create something new and see where it takes you.

Happy Writing
Eleanor

PS If there's any aspect of writing you'd like me to talk about, drop me an email or contact me on Instagram/Facebook/ 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 and local bookstores.

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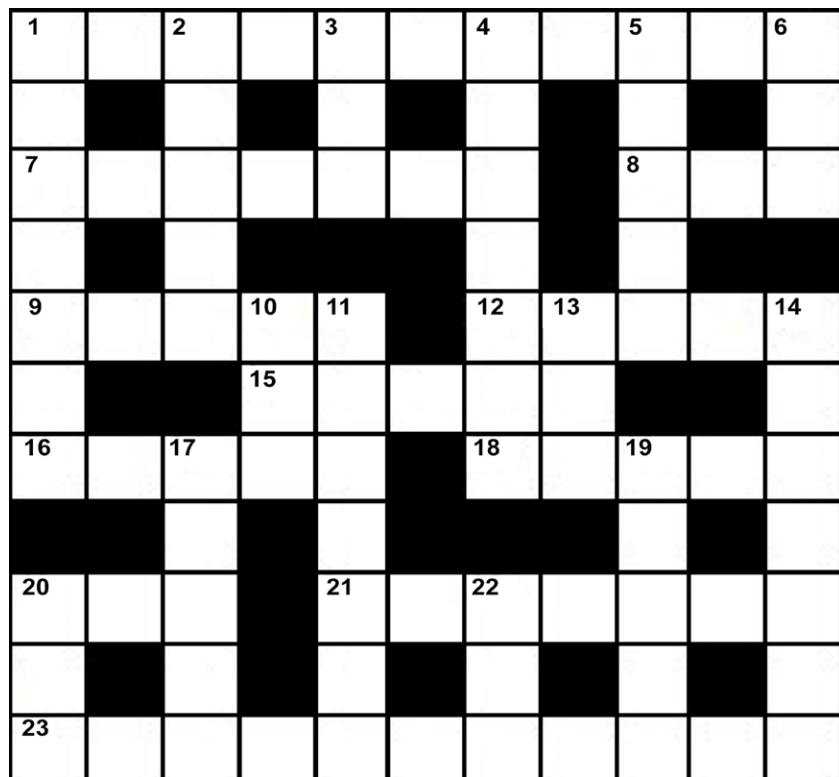
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Crossword Puzzle



Across

1. Confusing or deceiving thoroughly (11)
7. Type of desk with curved siding cover (4-3)
8. Frozen water (3)
9. Facial cavity connected to nasal passages (5)
12. Luxury sailing vessel (5)
15. Reject with contempt (5)
16. Venomous British snake (5)
18. Thick sweet liquid (5)
20. Chewy confection or tree resin (3)
21. Certainly, without question (2,5)
23. Person who lends cash at interest (11)

Down

1. Coffee shop employee (7)
2. Large sweet fruit (5)
3. Not in (3)
4. Gentle breezes (7)
5. Relating to hip bone (5)
6. Mild exclamation of surprise (3)
10. Put into service (3)
11. Bouncy and elastic (7)
13. Whatever one (3)
14. Person who gives racing predictions (7)
17. Evil spirit (5)
19. Circular in shape (5)
20. Precious stone (3)
22. Single cube for gaming (3)

Crossword sponsored by **BOOTHOUSE**



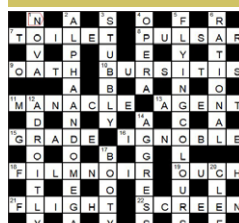
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home or work, your email and your address.

September Crossword Winner: **Joan O'Dea, Glanmire.**



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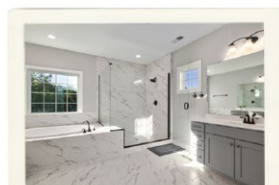
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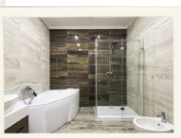
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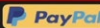
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