

Clip Book

(January 21, 2021)

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RUEPOINTMEDIA

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BCI Calling on Irish women to prioritise their breast health

by Aideen Sutton

BREAST Cancer Ireland (BCI) is calling on Irish women to prioritise good breast health.

The charity is inviting women to download its free Breast Aware educational app, which helps women, through a monthly reminder and a simulated video guide, to perform a self-breast check exam properly highlighting the eight signs and symptoms to look out for.

It is also calling on those tasked with minding our women, namely teachers, community groups and HR teams, to consider booking a visit by the charity's outreach team for this complimentary service.

Over the past three years, BCI have presented to over 5,000 Transition Year students and their teachers in secondary schools around Ireland.

This year with the backing of leading insurance firm, Cornmarket Group Financial Services, funding for two additional outreach coordinators was facilitated.

The Breast Health Education and Awareness Programme was extended at the start of the academic year with the aim of including visits to every primary school in the country.

A team of six outreach nurses and coordinators are now travelling throughout Ireland, educating teachers and support staff on how to perform a self-breast examination and highlighting for women and for men, the signs and symptoms to recognise.

This complimentary service now covers Leinster, Munster, Connaught. The team will continue to visit businesses and the wider community as part of their overall remit.

After just five months of the extended programme over 500 expressions of interest have been received from school and organisations and presentations have been made to over 1,500 teachers bringing to over 40,000, the number of women that have directly heard BCI's important good breast health messages since the campaign began.

Most importantly, four early cases of breast cancer, that otherwise would not have been picked up, have been identified and patients are undergoing treatment.

Using a specially adapted medical mannequin showing the eight symptoms of breast cancer, the co-ordinators educate those in attendance, so men and women, on how to recognize the symptoms and on how to perform a self-breast examination.

Cornmarket has been working with Breast Cancer Ireland for the past three years and found through their research that a large percentage of claims related to cancer, in particular to breast cancer, and therefore teamed up with Breast Cancer Ireland and INTO for this latest extension to the outreach project.

Understanding the signs and symptoms leads to earlier detection and ultimately better survival outcome. CEO of Breast Cancer Ireland, Aisling Hurley comments, "On this International Women's Day we aim to educate women and men to understand the signs and symptoms of breast cancer so that if an abnormality arises, they'll detect it a lot quicker – ultimately lives will be saved and lives will be lived and our fabulous Irish women will thrive."

Women are encouraged to identify the eight signs/symptoms that should be of concern such as puckering of the skin of the breast; lump in breast or armpit; change in skin around nipple or nipple discharge; dimpling of the nipple or nipple retraction; unusual increase in the size of one breast; one breast unusually lower than the other – nipples at different levels; enlargement of the glands; unusual swelling in the armpit.

● To download the Breast Aware App or to book an appointment by the BCI Outreach Team, please visit www.breastcancerireland.com.

BREAST CANCER IRELAND

researching a cure



1 in 9 women will be affected in their lifetime.

There are currently 3100 new cases diagnosed annually.

Below are 8 warning signs to look for.



1. A puckering of the skin of the breast



2. A lump in the breast or armpit



3. A change in the skin around the nipple or nipple discharge



4. Dimpling of the nipple or nipple retraction



5. An unusual increase in the size of one breast



6. One breast unusually lower that the other. Nipples at different levels



7. An enlargement of the glands



8. An unusual swelling in the armpit

The risk of breast cancer increases with age:



30% of women are diagnosed between 20-50 years

34% of women diagnosed between 50-69 years

36% of women diagnosed 70 years and above

Only 5-10%

of breast cancer are hereditary

Survival rates are increasing in Ireland due to increased awareness and breast screening. 85%

Mortality rates have reduced by 2%



One can reduce the risk of developing breast cancer by diet, exercise and control of alcohol consumption

RUEPOINTMEDIA

Publication:	vipmagazine.ie	**Media Cost (€):**	16
Date:	Sunday, April 5, 2020	**Reach**	2,210
Page:	Link	**Size (Sq. Cm)**	282

Georgie Crawford shares pictures from when she was going through cancer treatment

“ I don’t think I’ve ever shared this photo before. This is me two years ago on my way to my last chemotherapy session.”

In the picture, Georgie looks as stunning and positive as always and she shared it yesterday as it was supposed to be the 2020 Battle of the Stars event.

This event is in aid of Breast Cancer Ireland and Georgie participated in it herself whilst she was going through treatment;

“ Breast Cancer Ireland reached out to me and asked me to dance in their annual Battle of the Stars event that year and the dancing kept me so positive during treatment. It’s one of the best things I ever did. I can still hear the screams of my family as @darraghstokes flew me across the stage.”

The author and podcast host went on to say about her diagnosis; “ I never thought this would happen to me or could happen to me. But it did.”

Also adding that she has; “ been to the labs, I’ve seen where the money goes and I can tell you that @breastcancerireland chaired by my surgeon Prof. Arnie Hill, are doing everything they can to research a cure for breast cancer and research new drugs.”

She then asked her many followers to instead text CURE to 50300 to give a €4 donation as the “ 2020 event was due to take place tonight but unfortunately the event has been postponed due to Covid-19.”

RUEPOINTMEDIA

Publication:	carlowlive.ie	**Media Cost (€):**	10
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Carlow people! RTÉ to screen loads of classic films during the Covid-19 lockdown

RTÉ has announced additional matinee movie slots to the weekend TV schedule starting on Saturday, April 4.

Following an increased demand for nostalgic content, RTÉ will broadcast a range of classic films to offer viewers some sense of escapism each weekend.

From ‘Casablanca' to Jane Austen's ‘Sense and Sensibility', RTÉ has selected some of the industry's best creations spanning several decades.

Kicking off the new film slot tomorrow on RTÉ One is the World War II classic ‘Battle of Britain' starring Michael Caine, followed by an adventurous sixties drama ‘Mutiny On The Bounty' on Sunday, April 5.

Viewers are set for an Easter treat with several classic films running on RTÉ One across the weekend.

Starting with a drama-comedy ‘War of the Buttons' on Saturday, April 11, the story about two rival boys' gangs in Ireland the Ballys and the Carricks.

Scheduled for Easter Sunday is the Oscar Award-winning war classic ‘Casablanca', which explores the romantic journey of Humphrey Bogart and Ingrid Bergman. Followed by ‘Easter Parade' starring Judy Garland, one of Hollywood's greatest golden film actors. Easter Monday will show another Oscar Award-winning film ‘Calamity Jane' starring Doris Day, the Western musical about Calamity Jane's saloon and her romance with Wild Bill Hickok.

Other fond favourites like the heart-warming classic ‘Mrs. Doubtfire' will be shown to bring back sentimental memories of the legendary Robin Williams.

In addition to 'Zookeepers Wife', there will be a selection of romantic comedies to choose from including Jane Austen's ‘Sense and Sensibility' starring Kate Winslet, Emma Thompson and Hugh Grant, ‘Only You' with Robert Downey, Jr. and Marisa Tomei, as well as the Michael Douglas classic ‘Jewel in the Nile'.

Viewers can watch the other remarkable Douglas starring in both award-winning classics ‘Spartacus' and ‘The Vikings'.

Over the coming weeks, RTÉ will bring a wealth of other classics to Irish screens including Doctor Zhivago, Oliver!, Earthquake, North by Northwest, Grumpier Old Men, 633 Squadron, Force 10 From Navarone, The Man Who Would be King, Towering Inferno and Magnificent Seven starring "The King of Cool" Steve McQueen.

RUEPOINTMEDIA

Publication:	vipmagazine.ie	**Media Cost (€):**	9
Date:	Tuesday, April 7, 2020	**Reach**	2,210
Page:	Link	**Size (Sq. Cm)**	180

Battle of the Stars event raises €10k for Breast Cancer Ireland

A whole host of Irish stars were set to take to the dancefloor this month, however due to the on-going Coronavirus pandemic, the night of fun and frolics has been pushed back to September.

While the main gala itself couldn't go ahead, those involved in the charity event championed an online campaign, which helped raise a significant amount of money.

Aisling Hurley, CEO of Breast Cancer Ireland said, "We were obviously disappointed that our annual gala, Battle of the Stars was postponed, but this initiative championed by our amazing community of supporters and survivors, was so heartening.

"It energises us all, even in these challenging days, so that once this crisis passes, our research teams in the labs will be ready to continue their work in transforming the landscape of breast cancer in Ireland"

To donate €4, text CURE to 50300.

RUEPOINTMEDIA

Publication:	The Herald	**Media Cost (€):**	5266.63
Date:	Wednesday, April 8, 2020	**Reach**	28,940
Page:	16	**Size (Sq. Cm)**	283



'Lockdown making it easier to stick to healthy regime', says Newstalk's Clare

Melanie Finn

NEWSTALK broadcaster Clare McKenna took on the challenge of a six-month health and fitness journey just before the Covid-19 crisis hit the country.

But while the rest of us battle to stave off the "corona stone" as people comfort eat at home and are limited in their exercise regimes, she said the lockdown had actually boosted her new healthy regime.

It's also alleviated any "mummy guilt" as she enjoys lots of quality time with her two children.

"I signed up to a six-month 'turn my health around' challenge and had been working with a team of mentors, nutritionists and workout experts," she told the *Herald*.

"It wasn't just about the weighing scales. For me, it was a whole mind, body and soul thing so I was flying it before, but the juggle was hard at times. I was doing a lot of running around.

"But I found that with the lockdown, I can really focus on things more.

"To me, working out at home is the dream.

"You don't have to worry about parking and organise childcare for your workouts. Now I can do it all in my house and I am loving the Zoom fitness classes.

"I'm doing my best to stick to what I've learned nutritionally. It is hard not to keep picking at things but because I'm not going to the shop every day, I'm able to meal plan. I find I have more time now to focus on it while I'm not doing the school run and a million other things.

"I also agreed to do a photo shoot for a newspaper at the end of the six months so that's a good motivator."



GUILT

Presenter Clare, who also works for Virgin Media and has two young children Flynn (8) and Lois (6), has continued fronting her Newstalk Alive And Kicking show every Sunday at 9am.

She said there's only a skeleton staff in the building and Communicorp was taking every precaution.

Asked about job security, she said she was "trying not to look too far down the line".

"It's not something I can control so I'm only concentrating on day to day," she said.

"I've still been tipping away and looking at the silver linings, like being around the kids a lot more. There's none of that working mom guilt.

"I'm down on the floor making jigsaws with them and I'm really enjoying that aspect of it," she said.

She was among a number of celebs due to take to the stage to dance for the annual Breast Cancer Ireland charity fundraiser Battle Of The Stars.

But like so many other charities, organisers were forced to postpone it until September.

The public can still donate by texting cure to 50300 and over €10,000 has been raised.



Clare is on a six-month health journey (above and inset)

RUEPOINTMEDIA

Publication:	Irish Daily Star	**Media Cost (€):**	9757.64
Date:	Wednesday, April 8, 2020	**Reach**	44,234
Page:	13	**Size (Sq. Cm)**	347



RYAN: I HAD FAIR AMOUNT OF FEAR

Actor nervous about DWTS

■ Sandra **MALLON**
Showbiz Reporter

FORMER Dancing With The Stars finalist Ryan Andrews has revealed he was terrified he would be hated on the show.

The Dubliner, who missed out on lifting this year's glitterball trophy to radio presenter Lottie Ryan, said he had a "genuine fear" that people wouldn't like him on the series.

He told *The Star* that the "most scariest thing" going into the show was people getting to know the real him — as he was unable to hide behind his Fair City character, Sean Cassidy.

"That was probably the most scariest thing going into the show because I was like 'Oh my God, what if people hate me'. That was a genuine concern. But then I thought, 'look I've always been myself my entire life so there is no point in changing now'.

Fine

"I thought if they like you, they like you. If they don't, then that's fine.

"And now what is funny, I'm walking down the street and instead of people saying 'howiya Sean' or 'there's yer man from the panto', people are saying' well done Ryan'. It is really nice. There are saying nothing but positives."

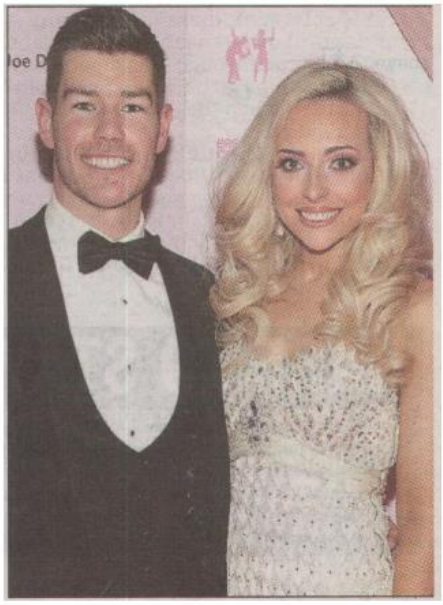
The 27-year-old was also suppose to return to filming a big storyline in Fair City as soon as the show was over but the coronavirus outbreak has forced the soap to shut down for a few weeks.

He added: "That was ready to go. I was meant to be back filming in April/May. Fair City has stopped filming until the ned of May, which is mad."

Ryan was speaking at the announcement that €10,000 was raised from online donations in aid of Breast Cancer Ireland — after the charity had to postpone their annual gala, Battle of the Stars, at the weekend.

Aisling Hurley, CEO of Breast Cancer Ireland, said: "We were obviously disappointed that our annual gala, Battle of the Stars, was postponed — but this initiative, championed by our amazing community of supporters and survivors, was so heartening.

"It energises us all, even in these challenging days, so that once this crisis passes, our research teams... will be ready to continue their work in transforming the landscape of breast cancer in Ireland."





SHOW: Ryan Andrews with Kerri Nicole Blanc; (below) Ryan with Mikaela O'Neill

RUEPOINTMEDIA

Publication:	The Herald	Media Cost (€):	5006.09
Date:	Saturday, April 18, 2020	Reach	28,940
Page:	12	Size (Sq. Cm)	269



Rugby hero Robbie raffles his jerseys for charity after lockdown clear-out

Bairbre Power

IRELAND and Leinster rugby player Robbie Henshaw has done a wardrobe detox and is giving away a cherished Ireland jersey and other sporting possessions for a charity close to his heart.

Arriving home to Athlone, Co Westmeath, to do his Covid-19 lockdown with his parents and family, Robbie discovered some of his sporting jerseys and kit and decided to donate them to a raffle for Breast Cancer Ireland.

The raffle launches today and will help the charity continue its work supporting pioneering research.

The 26-year-old has been an ambassador for the cancer charity and helped launch its Great Pink Run along with his Leinster teammate, Josh van der Flier, in 2018.

The charity lost one of its important spring fund-raisers, Battle Of The Stars, which is now rescheduled for September 12.



GEAR

"My mum and my sister were doing a clean out and they found some of my old gear. I wanted to do some sort of giveaway and Aisling Hurley, who is CEO of Breast Cancer Ireland, is a close family friend and ran the idea by me," Robbie said.

The kit includes Robbie's signed Lions tour training shirt, a signed Ireland jersey, a signed PRO 14 ball, a set of his rugby boots and an initialled kit bag.

The Ireland jersey was from the game against Wales last February.

"I missed the Six Nations the year before, and the year before, when we won the Grand Slam, I got injured with my shoulder in the second game," he said.

"In the game against Wales we came out the right side with a bonus point. I had a strong first half, had a few, good decent carries and offloads and then 10 minutes into the second half, I had to go off with a head knock."

During lockdown, Robbie does Zoom training with his Leinster teammates and said: "It was great to see all the lads." He's also been out running, and swimming in the Shannon.

"I actually got some stuff from my old school, Marist College. It was brilliant how it worked out," he said.

"I got weights and a rowing machine, enough to be kept going."

Details of the raffle are on his @robhenshaw Instagram account bio and the winner will be picked on May 2.

Since posing with his raffle prizes, Robbie has shaved his head in a Leinster team fund-raiser. "My sister did it for me with a number two blade. Straight in, no messing," he said.



Robbie Henshaw will raffle jerseys and kit including an Ireland shirt (inset) to raise funds for Breast Cancer Ireland

RUEPOINTMEDIA

Publication:	Irish Independent	**Media Cost (€):**	9127.85
Date:	Saturday, April 18, 2020	**Reach**	83,900
Page:	23	**Size (Sq. Cm)**	311



Get shirty: Robbie Henshaw's charity rugby kit raffled off

Bairbre Power
FASHION EDITOR

ROBBIE HENSHAW has done a wardrobe detox with a sporting theme for a charity close to his heart.

Arriving home in Athlone, Co Westmeath, to do his Covid-19 lockdown with his parents and family, Robbie discovered some of his sporting jerseys and kit.

Now the Leinster and Ireland centre has decided to donate them to a raffle for Breast Cancer Ireland. The raffle launches today and will help the charity continue its work supporting pioneering research.

The 26-year-old player has been an ambassador for the cancer charity and helped launch its Great Pink Run, along with Leinster team-mate Josh van der Flier, in 2018.

The charity lost one of its important spring fundraisers, Battle of the Stars, which is now rescheduled for September 12.

"My mum and my sister were doing a clean out and found some of my old gear. I wanted to do some sort of giveaway and Aisling Hurley, who is CEO of Breast Cancer Ireland and a close family friend, ran the idea by me," Robbie said.

The fully signed kit includes Robbie's signed Lions training shirt, a signed Ireland jersey, a signed Pro 14 rugby ball, a set of boots and an initialled kit bag.

The Ireland jersey is from the game against Wales in February, and is one Robbie might have wanted to keep, not just because it was an important 24-14 victory but because he hasn't played that many Six Nations matches in recent years because of injuries.

"I missed the Six Nations the year before, and the year before that, when we won the Grand Slam, I got injured with my shoulder in the second game," he said.

"In the game against Wales we came out the right side with a bonus point. I had a strong first half, had a few decent carries and off-loads and then 10 minutes into the second half, I had to go off with a head knock."

During lockdown, Robbie has been training via Zoom with Leinster team-mates and says: "It was great to see all the lads."

He was also fortunate to locate some workout equipment locally. "I actually got some stuff from my old school, Marist College. I got weights and a rowing machine, enough to keep going."

Details of the raffle are on his @robhenshaw Instagram account bio and the winner will be picked on May 2. Robbie has also shaved his head in a Leinster team fund-raiser for frontline workers and two charities. "My sister did it for me with a number two blade – straight in, no messing," he said.



Shirt order: Robbie Henshaw shows off his signed Ireland shirt and Lions training top, which will be among the raffle prizes

RUEPOINTMEDIA

Publication:	Sunday Mirror (ROI)	**Media Cost (€):**	6,744
Date:	Sunday, April 19, 2020	**Reach**	20,220
Page:	Link	**Size (Sq. Cm)**	979

Only reason I'm coping with the pandemic well is everyone has same anxiety as me now...

by SIOBHAN O'CONNOR TV star Elaine Crowley says her crippling anxiety helps her cope with the pandemic - as she's used to waking up in the night thinking the world is going to end.

The Virgin Media One presenter is open and honest and her no-holdsbarred personality is infectious. Cork native Elaine told the Irish Sunday Mirror: "My insomnia is not so bad now, I still keep taking all the supplements, my magnesium and vitamins and I'm eating right and getting regular sleep, it actually does work.

"I do get bouts of it sometimes when I'm very worried or anxious, it will happen that I won't be able to sleep.

"But it's nowhere near as bad as it was, I was waking up three or four times a night, not getting to sleep until three o'clock in the morning and getting back up again at 6am.

"I'm used to getting up in the middle of the night thinking the world is going to end, I have awful climate fear.

"Then the pandemic came around and I thought, 'This is something I didn't worry about but it's similar'.

"When you are a worrier you have to learn to talk yourself around. I was up worrying about everything. I think that's why I'm coping with the pandemic so well because everyone in the country is now experiencing the same level of anxiety as I do all the time.

"I'm now spending my days on counselling sessions giving my friends coping mechanisms to get through anxiety because they've never been worried before.

"I feel sorry for them, I think people with mental health issues might cope a bit better with this because we're used to feeling this way."

The telly favourite opened up on her 79-year-old mum Mary's battle with lung cancer, admitting Covid-19 is particularly worrying.

She said: "My mam is all right, she's taking to this better than I thought she would, she loves reading and doing crosswords.

"My family are delivering her groceries and they sit out on the patio and wave.

"She's in great form, but I can't visit and I miss her dreadfully as I haven't seen her in a couple of months, but I FaceTime her most nights or message her on Facebook.

"She has her radiotherapy but she had her scan results and the tumours are still there.

"They haven't gotten significantly bigger so we'll rescan her in a couple of months and see if she's able for chemo or something like that.

"But at the moment the priority is keeping her away from Covid-19 because if she gets that she's fecked altogether.

"Lung cancer is the least of her worries at the moment with this virus going around."

Elaine was set to host Battle Of The Stars in aid of Breast Cancer Ireland but the event had to be postponed.

She said: "Everyone is worried about money in these scary times but everyone is worried about their health and the health of their loved ones.

"It was great that we raised €10,000 even though the event didn't go ahead, but we will have it again in September and it will be brilliant and we'll raise loads of money again."

Chat show host Elaine has been working almost two decades at Virgin Media One, formerly TV3, starting out as a newscaster at the age of 22.

Now with her own show she says it's not quite living the dream but she loves presenting The Elaine Show.

She added: "The show is going great, I'm 42 now, I read my first news bulletin almost 20 years ago.

"The dream gig is probably being really rich living on a Caribbean island drinking out of coconuts, getting massaged.

"TV is not remotely glam, we've no hair and make-up [team] at the moment so it's taking me bloody ages to get ready every day.

"I love going make-up free and wearing an oversized T-shirt and just chilling."

Elaine has never shied away from talking about her depression.

She said: "I'm good enough this week, but I had a bit of a wobbler last week.

"Like everyone else missing my mother and my family, touch wood, it's all OK at the moment."

The beauty is with her boyfriend Keith Conlan "a few years now" and she quipped she hasn't killed him yet living in isolation.

She added: "He's out to work every day because he works for the ESB and I'm out to work every day too, so it's not massively different.

"You know we both can't get out in the evening so health programme Lloyds Pharmacy there are snoring issues and housework issues, when is the last time you washed a cup issues, but every couple are getting on each other's nerves.

"I'm not quite hovering over him with a pillow at nighttime, to snuff out the light, but I'm very happy we have a spare room."

She laughed: "If we get through lockdown it'll be a minor miracle." Elaine has been an ambassador with Breast Cancer Ireland for several years, supporting the charity's efforts for in funding pioneering research and awareness of breast cancer in Ireland. Covid-19 is currently curtailing the charity's work and putting strain on planned income, with events and initiatives cancelled or postponed.

ELAINE says she has met so many inspiring women of all ages who are thankful for the research efforts and ongoing discoveries being made. ¦ To donate to Breast Cancer Ireland go to www.breastcancerireland.com news@irishmirror.ie

My insomnia is not so bad right now, I still keep taking all the supplements ELAINE CROWLEY ON KEEPING HER MENTAL HEALTH IN CHECK

RUEPOINTMEDIA

Publication:	irishmirror.ie	**Media Cost (€):**	3367
Date:	Sunday, April 19, 2020	**Reach**	133,620
Page:	Link	**Size (Sq. Cm)**	979

Elaine Crowley says her crippling anxiety helps her cope with the coronavirus pandemic

TV star Elaine Crowley says her crippling anxiety helps her cope with the coronavirus pandemic as she's used to waking up in the night thinking the world is going to end.

The Virgin Media One presenter is open and honest and her no-holds-barred personality is infectious.

Cork native Elaine told the Irish Sunday Mirror: "My insomnia is not so bad now, I still keep taking all the supplements, my magnesium and vitamins and I'm eating right and getting regular sleep, it actually does work.

"I do get bouts of it sometimes when I'm very worried or anxious, it will happen that I won't be able to sleep.

"But it's nowhere near as bad as it was, I was waking up three or four times a night, not getting to sleep until three o'clock in the morning and getting back up again at 6am.

"I'm used to getting up in the middle of the night thinking the world is going to end, I have awful climate fear.

"Then the pandemic came around and I thought 'this is something I didn't worry about but it's similar'.

"When you are a worrier you have to learn to talk yourself around. I was up worrying about everything.

"I think that's why I'm coping with the pandemic so well because everyone in the country is now experiencing the same level of anxiety as I do all the time.

"I'm now spending my days on counselling sessions giving my friends coping mechanisms to get through anxiety because they've never been worried before.

"I feel sorry for them, I think people with mental health issues might cope a bit better with this because we're used to feeling this way."

The telly favourite opened up on her 79-year-old mum Mary's battle with lung cancer, admitting Covid-19 is particularly worrying.

She said: "My mam is alright, she's taking to this better than I thought she would, she loves reading and doing crosswords.

"My family are delivering her groceries and they sit out on the patio and wave.

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Elaine has never shied away from talking about her depression she adds: “I’m good enough this week, but I had a bit of a wobbler last week, like everyone else missing my mother and my family, touch wood, it’s all ok at the moment.”

The beauty is with her boyfriend Keith Conlan she says “a few years now” and she quipped she hasn’t killed him yet living in isolation.

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RUEPOINTMEDIA

Publication:	corkbeo.ie	**Media Cost (€):**	31
Date:	Monday, April 20, 2020	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	1,139

Cork TV personality Elaine Crowley says crippling anxiety helps her cope with lockdown

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Cork TV star Elaine Crowley says her own crippling anxiety is strangely helping her cope with these stressful, anxious times.

The Virgin One presenter says that long before the current emergency, she was used to waking up in the night thinking the world is going to end.

The Mallow woman told the Irish Sunday Mirror : “My insomnia is not so bad now, I still keep taking all the supplements, my magnesium and vitamins and I'm eating right and getting regular sleep, it actually does work.

“I do get bouts of it sometimes when I'm very worried or anxious, it will happen that I won't be able to sleep.

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Who is Nicole O'Brien? Cork star of new Netflix show 'Too Hot to Handle'

The telly favourite opened up on her 79-year-old mum Mary's battle with lung cancer, admitting Covid-19 is particularly worrying.

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To support and donate to Breast Cancer Ireland go to www.breastcancerireland.com

RUEPOINTMEDIA

Publication:	Virgin Media One	**Media Cost (€):**	820
Date:	Friday, April 24, 2020	**Reach**	300,000
Page:	Link	**Size (Sq. Cm)**	892

Virgin Media One @ 24-Apr-20 15:04 - (Battle) - Elaine

Matt is into his own hands to try to keep people indoors Florida lawyer Daniel of her older plans to travel around the State beaches from made the first to warn people about the dangers of not social distancing and oh by the way his wont be dressed up as the grim Reaper as he does so taking to Twitter he said that

he would be visiting beaches around the State that are opening prematurely now Meanwhile back at some people are missing the everyday Hustle and bustle of life and Noleen and flatmates miss their daily commute so much they decided to recreate it in their own bathroom the even attacks different sounds that come along with

the ride on the Luas such as the beef even chatting kids crying and is a big finger missing things got a little list they're clearly going stir crazy their God love them now as I said speaking of missing things there's been a surge in sales of pregnancy tests since movement restrictions for Corbett 19 were brought any deal

revealed there has been a 25 % increase in their one 50 item the company also listed which counties have been buying the most hits with Dublin coming out on top followed by Kerry Cork cabin and Carlow now led's vessel which would have eased but we're also far-right your Dublin you look you in

Coppers I tell you there are the other self obviously many social and with all this going and Yeah it's gone mad this is just absolutely crazy I am in particular was struggling at the start and gone from the business passed the stars look to complete 0 also saw struggle of the And yet it seems things are gonna

star on her again and now get a little bit back to normal I think Yeah what should you have been doing now saw actually missed the match through them I on fair City storyline of and Aussie dance with the Stars finished we barely saw about we fished for oil didn't go ahead

and then I heard about 6 or 7 weeks for storylines which was prevalent for and everything just went to auction Yeah like pull away but look were all that is how you deal with it now was a bit of a disappointment finishing up Dancing with the Stars early and we all had probably want that big finale after working so hard because you're

a two months Yes we started back in November nearly I and Yeah who was this week we didn't realise how severe the situation was so everyone's like your way to the final has gone ahead and we're gonna do for us lie on 74 agreement hatched crown whereas I think we'll just do it so we

were equally if it will look back we're gone locally we actually got to do that and it's the final then but Yeah I was a bit of the good things you feel like you know what that ego rather look there's bigger things and that's not something I was there I think God and you danced a lot of Sunday night

every night because expect senior dance before all of this of course the breast Cancer Ireland Battle of the Stars and with a one year I was kind of hoping he'd win this one this year but that wasn't really like but not filming fair City because I have to say my brother Liam is absolutely distraught at the thought of running

out of Mercy he was not happy at all at all but I mean you're used to being busy all the time I mean this is the first time he actually had a couple of weeks of Purcell weeks since actually is this even this year since September was the since September had a they are until

the day after as we start well and because the on the dollar if you have more ensuring that as the stairs a stage where we teach kids stance Francis At them Oh a solid to go from that to this Yeah just like you exercise in trying to build my days with their at what point do you know who

a way you know what there yet because like it's been for 30 30 years 3 5 years and has never had a break so everyone in the house what's gone on to win is coming back so it's kind of a big uncertainty at the moment would look lovely is back to normal soon enough so Yeah we'll be friends he will be

raising excellent I didn't you might even hardly an extra next year my brother be thrilled and delighted I think I finally made it very unfair it is never wise to make sure every day if he doesn't break that does not seem seen as well as any young that's all I really last week telling anyone about my down

or that I dance like a woman of the nice putting it mildly now it's peaking of people on the night John Rooney to discuss and their peers have to then I just put a low show business here in behind he's because Hihglights: Breast Cancer Ireland, Battle of the Stars.

RUEPOINTMEDIA

Publication:	thejournal.ie	**Media Cost (€):**	13518
Date:	Monday, April 27, 2020	**Reach**	330,140
Page:	Link	**Size (Sq. Cm)**	1,479

'This week I had to receive the results of my latest scan on my own'

MY NAME IS Holly Kennedy and I am thirty-five years old. I live in Dublin with my husband Derek and our young son Andrew, age three. I am currently battling breast cancer for the second time.

In December 2016 I was diagnosed with Stage 2 breast cancer. I went through thirteen months of treatment including chemotherapy, surgery and radiotherapy.

My diagnosis meant life as I knew it completely changed. I went from going to mum and baby playgroups to going to chemo and being one of the youngest women there. It was surreal and at the beginning, I found it incredibly difficult mentally.

Life changed overnight

In the first few weeks, the only place I found relief from the nightmare was while I slept. Eventually, I started to learn to live again by learning to focus on the positives of my situation. Writing has always been therapeutic for me so I started an online magazine to provide non-medical cancer support at happymagazine.ie.

I began to write there every day and slowly I learnt how to be happy again, during cancer. When my treatment was finally complete, instead of returning to my corporate role as a graphic designer for a global food company, I decided to listen to my heart – I took a redundancy offer and set about turning Happy Magazine into a free hard-copy magazine for all cancer patients in Ireland.

With the help of an army of supportive businesses and volunteers, last year we launched three print issues – 15,000 magazines were distributed to over 90 cancer support locations nationwide. The feedback was incredible and I started to work on plans for the business to expand to the UK, start wellness events and more.

Kennedy set up Happy Magazine as means of support for those with cancer.

Source: ©Fran Veale

I was cancer-free for almost two years, until last summer when I started to experience some pain in my side at night. When it didn't resolve after a few weeks I reverted back to my Oncology team and they ran some scans. Unfortunately, the cancer was back, in my liver, lungs and bones.

Again, life as we knew it was shattered once more. I was devastated that the cancer was back. I had just started to feel like I had got my life back, that I was finally shaking off the cancer cloud that had visited us – but alas, I had not. I started chemo again right away and have been having treatment for the past seven months.

My family and friends rallied around us again and this time, many of my Happy Magazine readers, most of whom I have never met, did too, with incredible gestures of support.

Their encouragement helped to convince me that I have fought this fight once before and that I will do it again. We jumped into action almost right away. My husband and I set about working with my oncology team and other health professionals to build a robust treatment plan for me, covering everything from pain management and nutrition to sleep aids. The magazine was put on hold. Getting well again became my new full-time job once more.

How has Covid-19 affected us?

We are grateful that Covid-19 has not affected us too much so far. Like so many other families, the three of us are staying home every day and trying to make the best of the situation. Our biggest concern is one of us contracting Covid-19 while I'm vulnerable during chemo.

Currently, my body has little to no immune system as it is wiped out each time I have a chemo infusion. Before Covid-19 we were limiting my contact with anyone who was sick with even just a cold, now we are completely isolating ourselves from everyone outside of our little family unit of 3 and it seems we will need to do this for some time yet.

As with the rest of the country, our son's playschool is closed. I'm sad for him as he was really starting to enjoy the activities they did and seeing his little pals every day. My husband is a self-employed mechanic with a workshop in Dublin. He has also closed until we are through the crisis.

Cocooning family

We haven't seen my parents (who live in Roscommon) since our last visit in February or my brother and his fiancée since early March. I really miss them all and our regular family get-togethers where we put the world to rights.

My husband's mom lives near us and is normally a huge help to us with our son, she is now cocooning too as she is over 70 and we have not had close contact with her either for weeks. We call or text her every day and do video calls to keep her in touch with her grandson, but it's difficult for us all not to be together in person.

I attend my weekly hospital appointments on my own now – before Covid-19 my husband would always have accompanied me for support and to drive me home after receiving my infusions, but now I drive myself. This week I had to receive the results of my latest scan on my own.

Managed isolation

Covid-19 has obviously meant no visits from friends and that has been hard too. A cuppa and a chat with a positive pal really helps me get out of my own head. I also miss simple things like being able to pop into the shops myself for a few things – my husband is doing all of our shopping now.

Covid-19 has also meant increased health expenses for us. We've invested in extra supplements to help support my body, and high-quality vitamins for my husband and son to help strengthen their immune systems too. Like many others, we've also bought supplies of masks, gloves and hand sanitisers.

We had planned a short break to Cork for March. It was supposed to be a little lift to keep us motivated through my gruelling chemo schedule. I was dreaming about delicious hotel breakfasts and going for a massage – but this is on hold for now.

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Opinion: 'My name is Niall, I'm 32, and I have cancer. I never imagined saying those words'

Treatment on hold

I'm in the process of being enrolled for a potentially life-saving cancer trial in San Francisco, but this too is on hold for us for the foreseeable future due to the current travel restrictions.

There are two of us here in Ireland with similar diagnoses so currently the trial organisers are investigating if there is a way that they can enrol us without the need for regular travel to the US.

They are trying to find a laboratory here or in Europe that could do the relevant blood work monitoring that they need. We've also been in touch with Breast Cancer Ireland to see if there is any way that they can help, either with the trial blood work or with securing compassionate use of any other new cancer drugs, so we are hopeful for some positive news from them soon.

We had also started planning a budget holiday to the UK in July, but seeing how desperate the situation is there now, we've abandoned these plans. Right now, nobody knows what the world will quite look like in three or six months time. We've all been plunged into this frightening and uncertain situation together.

It isn't easy but my cancer diagnosis has really taught my husband and me what is important in life. We strive to make the best of each day, no matter what is happening.

We work hard on our personal goals and maintaining strong, positive mindsets. We're not stuck at home, we're safe at home and we still have so much to be grateful for. There are opportunities for happiness in every minute and we try not to waste any of them.

Breast Cancer Ireland – text "Cure" to 50300 to donate €4.00 to Breast Cancer Ireland across most network operators. Helpline: 076 680 5278.

Holly Kennedy is the Editor of Happy Magazine, a dedicated cancer support magazine for Ireland. Find it online and read their print editions at happymagazine.ie.

RUEPOINTMEDIA

Publication:	thesun.ie	**Media Cost (€):**	1207
Date:	Monday, April 27, 2020	**Reach**	60,520
Page:	Link	**Size (Sq. Cm)**	746

Nick Kyrgios opens up over abuse and depression battle as tennis star reveals fight made him man he is today

The Australian star, who turned 25 on Monday, has often divided opinion for his comments and character both off and on the court.

But in an emotional and honest Instagram post, Kyrgios referenced the long journey he has been on to get to where he is now, the world's No40-ranked tennis star with career earnings of £6.89million.

Captioning a photo of himself, he wrote: "This version of me wasn't built overnight. This is experience. This is pain. This is insecurities. This is abuse. This is depression.

"I had to go through things to get to the level I'm at now."

The brave post received lots of positive reaction and support from his 1.4m followers.

One said: "The biggest heart in all of tennis. Your passion is inspiring!"

Another commented: "I'm proud to follow a sport that has someone of this character Nick. You're an inspiration to many. You're relatable and real. Much thanks for everything you do."

And a third showed their respect as they wrote: "I didn't follow you a few years ago, didn't like the attitude, until I took a closer look and realised I saw a lot of things in you that you mention in this caption. For what it's worth, I'm proud of you.

"I think you are the kind of bloke at the front in a battle and inspire men to want to follow you. The kind of man that leads with the heart and puts actions behind the words. Most definitely a fan now."

This version of me wasn't built overnight. This is experience. This is pain. This is insecurities. This is abuse. This is depression. I had to go through things to get to the level I'm at now.

A post shared by NK (@k1ngkyrg1os) on Apr 23, 2020 at 8:19pm PDT

And Behind The Racquet - an initiative set up by tennis pro Noah Rubin to help fight the stigma of talking about mental health, especially in the world of professional sport - also commented its support.

The Aussie was among the many within the tennis community to stand by British star Katie Swan when she opened up on her struggles with 12 months of turmoil last summer.

Kyrgios was born and grew up in Canberra to a Greek father and a Malay mother who gave up her title as a princess in the Selangor royal family and became a computer engineer in Oz.

He made a name for himself in 2014 when he stunned world No1 Rafael Nadal at Wimbledon to reach the quarter-finals.

As an inexperienced 19-year-old, his flair and trick shots earned plenty of attraction as he refused to conform to the stereotypical profile of a professional tennis player.

Over the next few years, though, his tennis ability was overshadowed by a long list of misdemeanours including rowing with officials, chucking chairs on to the court, arguing with fellow players and even simulating an X-rated sex act live on TV at Queen's.

Kyrgios was slapped with a 16-week suspended ban last September and told he must see a mental professional following an outburst at the Cincinnati Masters.

But in recent months, he has shown a different side to himself with his performances at the Australian Open and for his country during the ATP Cup which coincided with his fund-raising efforts for the bush fires in his homeland and Kobe Bryant's sudden death which affected the NBA lover deeply.

Now he is lending a helping hand during the coronavirus crisis, offering to drop off food and drink for those in need.

He said: “If anyone is not working, not getting an income and runs out of food, or times are just tough… please don't go to sleep with an empty stomach.

“Don't be afraid embarrassed to send me a private message. I will be more than happy to share whatever I have. Even just for a box of noodles, a loaf of bread or milk.

“I will drop it off at your doorstep, no questions asked."

Tennis star Nick Kyrgios breaks down in tears over Australia wildfires

RUEPOINTMEDIA

Publication:	Wexford People	Media Cost (€):	2289.6
Date:	Tuesday, April 28, 2020	Reach	10,868
Page:	58	Size (Sq. Cm)	424





Orion's stars align for Joey in lockdown

By BRENDAN KEANE

MUSICIANS and songwriters, by nature, are a resilient bunch.

That's possibly because euphoria and despair in equal measure can provide the inspiration for the creative flair that affords such people a platform to express themselves and provide an avenue of release.

County Wexford has produced its fair share of brilliant musicians many of whom have furrowed a path slightly under the mainstream radar but enjoying the plaudits of many reputable names within the industry.

One of those is Joey Ryan, from Enniscorthy, who for the last couple of years has been building an enviable reputation from himself on the mainland European continent under the name Orion.

A multi-instrumentalist he has been performing his own original songs for over a decade and released his debut album, 'Morning Will Come Soon, to critical acclaim in 2012.

His charitable nature was exemplified in 2014 with the release of his EP, 'Redefine' in 2014 which included the single, 'Stay Strong', which was released to raise funds for Breast Cancer Ireland.

The song also topped the Irish iTunes rock chart on the day of its release.

Joey's 'Fall Through the Night' LP, in 2016, brought him a lot of airplay in Ireland through the single, 'Tenderly'.

That album release culminated in a 25-date headline tour of Germany alongside support slots with acts like David Ryan Harris, from the Dave Matthews Band.

Now based in Berlin, Germany, the blues influenced rocker has released a number of critically acclaimed CDs and this newspaper caught up with him to find out what life is like on lockdown living in one of the most powerful countries in the world.

Thinking back to St Patrick's Day he said it was one of the strangest ones he ever experienced and was especially significant for him because his annual St Patrick's Day show in Berlin is one he always looks forward to.

'It was a crazy St Patrick's Day here,' he said.

'Sadly my annual Patrick's day show in the best bar in town, Badfish, was cancelled due to the pub closures,' he added.

However, in the interim, the same as other working musicians all over Ireland and

Europe the live gigs have been all cancelled.

'Much like Ireland, we are dealing with a complete shut down of everything from bars to shopping centre's, gyms, and schools,' he said.

Further restrictions imposed by the German authorities means that even public transport has been running on very reduced services while restaurants, pharmacies, supply stores, banks and petrol stations were the last businesses to close or have reduced opening measures implemented.

'It's affected me a lot as I was just about to undertake a five show tour in Poland, which of course has been cancelled,' said Joey.

He's also not holding out hope for a planned tour of Germany next month: 'I'm expecting a German tour in May to also be postponed.'

However, in keeping with his optimistic and positive nature he's looking forward rather then back and in so doing is thinking about what might lay ahead rather than lament the opportunities lost at the moment.

'If all these restrictions and the welcome warmth of spring work to phase out the virus more quickly then it will be worth it,' he said.

He's also planning on releasing new music as soon as the opportunity arises - which will include a batch of new songs.

'Hopefully when this time passes I will be back on track to release my new EP and singles, which I have been busy preparing and recording up until now,' he said.

However, there is no escaping the financial impact that a lack of work will have.

'There might be a little delay due to strained finances for the next few weeks,' he said.

However, always one to face a challenge he went on to say: 'I am more determined than ever to get this music out over summer and autumn this year.'



Orion (aka: Joey Ryan) is happy in Germany.

TRUEPOINTMEDIA

Publication:	New Ross Standard	Media Cost (€):	1870
Date:	Tuesday, April 28, 2020	Reach	5,781
Page:	58	Size (Sq. Cm)	425



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RUEPOINTMEDIA

Publication:	Gorey Guardian	Media Cost (€):	1865.6
Date:	Tuesday, April 28, 2020	Reach	7,277
Page:	58	Size (Sq. Cm)	424



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RUEPOINTMEDIA

Publication:	Enniscorthy Guardian	Media Cost (€):	1870
Date:	Tuesday, April 28, 2020	Reach	7,277
Page:	58	Size (Sq. Cm)	425



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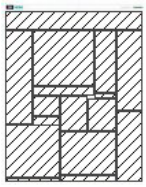
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RUEPOINTMEDIA

Publication:	The Nationalist (Kildare Edition)	**Media Cost (€):**	1258.4
Date:	Tuesday, April 28, 2020	**Reach**	4,245
Page:	24	**Size (Sq. Cm)**	572



Naas mum shares her story and appeals to people to adhere to the restrictions

A YOUNG Naas mum has shared her story of her battle against breast cancer in order to encourage Irish women to become more breast aware, even in these challenging times and to encourage the general public to stay compliant with HSE and government guidelines.

Amy Corbally Behan was just 36 years old when, in 2018, she was diagnosed with breast cancer

A busy mum of two small children, Chloe (1) and Jacob (3), Amy was working full-time as an account director for a global IT recruitment company, having returned to work in the January, following her maternity leave. She was feeling extremely tired but having an underactive thyroid for 20 years, she just presumed this was the cause. Combined with her long commute to work, Amy felt perhaps it was her frantic, always busy, lifestyle that was affecting her, but she thought she just wasn't looking or feeling like herself. At the time there was a huge amount in the news and media around cervical cancer and so while never one to overly worry about her health, she felt that something was wrong.

Over that time, she also noticed her right breast was quite tender. She recalls thinking it was sore, similar to the early stages of pregnancy. In the weeks that followed, still feeling exhausted, she went to her GP for a repeat smear test.

As an after-thought, she mentioned she thought she felt a lump and felt a bit silly and almost left the room without saying anything. Amy's GP immediately found the lump(s) and advised she would send a letter to St Vincent's and that, given her age, she would be seen quickly.

Friday 13 July 2018, was a long day in St Vincent's Hospital. Amy had an ultra sound followed by a mammogram followed by a biopsy. At the sight of some worried faces, the young mum began to get a sense that something was up. Never in a million years did she imagine for one second that it could be cancer. Seven long days passed and Amy was sitting in her consultant's rooms waiting for her results.

"Amy, you have a tumour. OK. What does that mean?... Amy, you have breast cancer."

Time stood still. "I don't really remember what was said after that. It was like a scene from a movie. I zoned out as my mind started to race." Her consultant advised that it was highly treatable and highly curable and appeared to be Stage 1.

At this point, the plan was for a lumpectomy, followed by anti-hormone therapy and slight possibility of radiotherapy and chemotherapy. However, following a CT scan and MRI scans, a number of additional tumours were detected and this meant that the plan would now have to change, with Amy requiring a mastectomy.

Before that could happen she needed a small operation. Lymph Node Biopsy. This was to ensure the cancer hadn't spread.

Ten very long days later, Amy and her husband, sat in front of the surgeon as he delivered more bad news. " Your cancer has spread to your lymph nodes". At this moment in time they were both totally bewildered by the news and were filled with fear and utter terror. Amy would now need to have chemotherapy followed by a mastectomy and radiotherapy.

Skipping over the severity of the situation and the life expectancy question, Amy asked would she be able to have more children. The Breast Care Nurse gave her some information about egg harvesting/IVF which could be carried out in the Rotunda in advance of chemo starting.

A very urgent appointment was made with her oncologist for 7pm that same evening. Amy will never forget that appointment. Her husband had gone home to look after the children and her lovely mammy was by her side.

Firstly, she was told egg harvesting would not be possible as the biology of her cancer was oestrogen receptor positive and IVF would have involved pumping her full of hormones which ultimately would have spread her cancer. "I am so incredibly grateful for the children I have. I am so lucky to have them but in that moment I felt a huge loss"

Her cancer was now categorised as Stage 2/3 and chemo would have to start almost immediately.

Then the news that her hair will fall out around 12 days after chemo starts. 24 August saw the beginning of her four month chemo journey. "The most frightening part of it, was how young the other girls were, sitting in the chairs next to me". Until then, Amy had no idea how common breast cancer was in younger women. Two of the women getting chemo with her were just 18 and 27.

"I look back on chemo now and remember some great laughs that I had with my family and friends on my chemo days. It wasn't all bad. The love and support was overwhelming," she said.

Since her diagnosis Amy has approached the situation with the upmost positivity. She truly believes that cancer is two battles, The physical battle which is the one everyone sees but secondly, the mental battle. She believes in the power of the mind and its healing ability.

"The body achieves what the mind believes," she said.

Amy talks about how her chemo hit her like a tonne of bricks. The sheer enormity of it. She thought "What if..... what if I can't fight this.

"What if it takes me from my beautiful babies and my husband who I love with all my heart?" That first night she thought a lot about dying.

But someone once told her that 'the darkest hour, is still only 60 minutes'. "Two litres of tears later, I vowed never to go to that dark place again. I WILL fight this and I WILL be here to see my children

grow up."

Bone pain, stomach pain, nausea, fatigue, chemo fog and anxiety were all side effects of the chemo, but Amy felt so lucky to have all this treatment available. The medical team in St Vincent's are real life super heroes, she says. For people reading this who are only starting their journey Amy has a message of positivity. "You CAN do this. The human body is incredibly resilient," she said.

"Its ok to be a Glow Stick, sometimes we need to break before we shine. Take pride in how far you have come and have faith in how far you can go. One day you will thank yourself for never giving up."

Over a year on and Amy is doing great. She feels healthier than she ever did and well on the road to recovery. What her new "normal" is, who knows, but she is going to enjoy the journey. "My entire perspective on life has changed and I feel that is a privilege. I love life and I appreciate the every day. Cancer, I don't want to meet you again but thank you, You have taught me so very much" she said.

She is encouraging people to stay safe, stay home and adhere to the government restrictions as we fight Covid-19.

To donate to Breast Cancer Ireland go to www.breastcancer-ireland.com



Amy Corbally Behan with her husband Christopher and children Chloe and Jacob



Amy Corbally Behan during her treatment



Amy rocked the Sinead O'Connor look after losing her hair

RUEPOINTMEDIA

Publication:	lovindublin.com	**Media Cost (€):**	2051
Date:	Wednesday, April 29, 2020	**Reach**	75,140
Page:	Link	**Size (Sq. Cm)**	1,042

Pick of the week - 16 virtual events to get stuck into this week

Here are a few picks of virtual events on the world wide web this week.

*Disclaimer - several of the below virtual events are quizzes, but if there's one thing quarantine has taught me, it's that one can never partake in too many quizzes. Enjoy.

Harry Potter Table Quiz

Yes, muggles, the rumours are true, there is indeed a Harry Potter quiz taking place tonight. There will be eight rounds of trivia along with a best-dressed contest and mini magical games too. Tickets cost a tenner and you can get yours here.

Simpson's Zoom Quiz

Taking place tomorrow night, the Simpson's zoom quiz kicks off at 8pm. Discussing all things Springfield related (seasons 1-10), entry costs a fiver and you can play solo or as a team.

Online twerk classes

Haelee hosts regular virtual events and classes online - ranging from twerk after work to Saturday pilates and Monday barre. This weekend it's ladies night so as she says: "get dolled up, grab your heels and get your twerk on".

Davina Devine's Queen of Captivity

A regular at the George of a Thursday night pre-quarantine, Davina has taken to hosting interactive pageants online until she can return. Round three takes place this Thursday. Tune in at 9pm to see 10 Queens battle for a place in the final.

Bank Holiday Queerantine Quiz

Organised by BeLonG To Youth Services, a national organisation supporting LGBTI people across Ireland, the Queerantine fancy dress quiz encourages you to bust out your loudest and proudest colours for a bank holiday shindig hosted by Miss Bunny O'Hare.

Murder Mystery Race to Mars

Basically space agencies around the world are competing to be the first to reach Mars in a new global space race and after months of travel, the spaceship that was in the lead vanishes into the darkness of the galaxy. Foul play is suspected and you've become one of the key investigators so it's up to you to solve the crime.

Bingo Loco Quiz

Deciding to take a break from their usual bingo raving madness, Bingo Loco has turned to quizzes with the third instalment due to take place this Friday along with another on Sunday - a family-friendly special. Expect questions on pop culture, music, film, sport and the like. Tickets cost €6.50.

Bruce Springsteen-athon

24 hours of nothing but Bruce Springsteen hits? Sign us up. Raising money for several vital charities over in the UK, Hungry Heart will be playing the best of The Boss from 1pm on Saturday. The perfect soundtrack for a weekend of grooving on the kitchen tiles.

Gilmore Girls Quiz

Put together by online quizzing experts Yellow Elephant Promotions, this one is for all the Lorelai Gilmore wannabes out there. The quiz entails five massive rounds of trivia related to the hit show and all you need is a pen and paper and a "cheeky drink to create that pub atmosphere". Don't have to tell us twice. Read more about it here.

Boogie Night

Clubs may be closed but that's no reason your weekend boogie can't go ahead as usual. Head to the event page this Saturday at 7pm for a night of old school bops (think 60s/70s/80s classics). Grab a few glowsticks and bring the party outside to your garden. Spot prizes for best fancy dress - look to Twiggy for inspiration.

It's Always Sunny In Philadelphia Online Quiz

Egghead presents the Always Sunny quiz - suitable for those cultivating mass, experts in the D.E.N.N.I.S system and anyone whose favourite food and beverage are served together in the style of rum ham. Claiming that it's not just a quiz, participants are advised to expect plenty of surprises.

Social Quiztancing Quiz

Dublin Simon Community's social quiztancing quiz is back again, with this week's theme a 'where in the world'special. A homage to the iconic 80s quiz show hosted by Marty Whelan and Theresa Lowe, tickets cost a fiver and all proceeds go towards providing essential services for the country's homeless community.

The Great Big Galway Pub Quiz

We're missing Galway something terrible so this pub quiz will hopefully help to tide us over until our next jaunt down Shop Street. Hosted by Malachy Duggan of The Blue Note, there will be prizes for best team name, silliest answers and the like. There'll also be a few questions thrown in specifically about Gaillimh, so get studying. This Friday at 7pm.

West End Musical Brunch

Feel quarantine is lacking a bit of culture? Fix that with a live stream of a West End musical, bringing you the biggest stars right to your living room. There will be multiple guests performing live at each event along with interactive musical theatre themed games and a special Q&A with the stars. Sadly it's BYO brunch (and alcohol should you want to make it bottomless).

The Living Lab Online Panel Talk

Organised by Native Events, this week's discussion is entitled'clothes, climate and Covid'. Panellists included Carrie-Ann Moran of NCBI and Fashion Revolution, Gracie Collier of Spice Vintage, Veronika Kisela of Loved & Upcycled and Aisling Duffy. Music to come from Hunting Hall.

The Big Interactive Quiz Show

Live on your computer/laptop/tablet every Saturday night at 8pm, the Big Interactive Quiz Show is a new online quiz show packed with general knowledge, facts and fun for everyone in the family - and 20 per cent of profits go to Breast Cancer Ireland, so it's fun for a good cause.

Any virtual events we've missed? Let us know in the comments what you'll be up to this week.

Need inspiration for staying at home? Sign up to our Lovin Home Comforts newsletter here.

READ NEXT: An Post successfully delivers scone recipe addressed to ‘Brian O’Driscoll, rugby legend’

thegeorge

RUEPOINTMEDIA

Publication:	evoke.ie	**Media Cost (€):**	192
Date:	Thursday, April 30, 2020	**Reach**	16,660
Page:	Link	**Size (Sq. Cm)**	440

Irish events company to host ultimate charity quiz this weekend

Except, at the minute our weekends have become fairly repetitive (eat, sleep, Netflix, repeat) and instead of that Friday feeling tomorrow at 5.30 pm most of us will be scratching our heads wondering how we can fill our hard-earned time off.

Learn more
On that front, how would you like to take part in a fun-filled game this Saturday that lets you flex your brain cells, show off your general knowledge, and best of all is in aid of a great cause? Of course, you do!

Leading event company Creative Event is hosting the virtual table quiz to end all virtual table quizzes and as we all know there's nothing like a table quiz to bring out our competitive side and leave us on the edge of our seat.

The Big Interactive Quiz, however, will also help to raise urgent funds to support Breast Cancer Ireland which are sorely needed during these difficult times.

Irish radio host Shay Byrne will act as MC on the night and all of the questions will be asked via your laptop or tablet and answered on your smartphone.

The quiz rounds will cover Film & TV, Music, General Knowledge, Sports, Food and Drink, In This Year, Science & Nature, Celebrity Facts, and Around The World so now is the time to buddy up with someone who's better at the things you're not.

The questions will be multiple-choice or true or false but there will also be some interactive games.

There are three winning categories overall winner, beat team photo, and best team name so get your thinking cap on.

You need both a laptop or tablet to receive the questions and a smartphone to answer them.

Your video and mic will be automatically switched off so there's no need to dress up unless you want to. Twenty per cent of the proceeds on the night will be donated to Breast Cancer Ireland.

Commenting on the donation to the charity, Aisling Hurley, CEO of Breast Cancer Ireland says: 'We are delighted to be the beneficiaries of this The Big Interactive Quiz Show.'

'With so many of our fundraising events being cancelled and postponed, putting a strain on our planned income this year, we welcome and applaud companies considering us at this time.'

The quiz will run over four weekends from 2nd -23 May. Tickets are priced at €12 per household or team. To sign up, visit: creativeevents.ie

RUEPOINTMEDIA

Publication:	dublinlive.ie	**Media Cost (€):**	478
Date:	Friday, May 1, 2020	**Reach**	30,396
Page:	Link	**Size (Sq. Cm)**	589

Pit your wits against the rest of the country tomorrow in The Big Interactive Quiz Show

Tomorrow night, quiz fans from all over the country and beyond will be locked in battle in the first of four special lockdown quizzes hosted by RTÉ presenter Shay Byrne.

By signing up for €12, you and your household will get to pit your wits against the competition on music, celebrity, general knowledge, politics and much more – all you need to join in is a laptop or tablet and your phone.

The Big Interactive Quiz Show is running on May 2nd, 9th, 16th and 23rd, and there are prizes to be won including a €100 voucher for Boutique Wines' online shop, and vouchers for Just Eat. It's for a good cause too, with 20% of profits going to Breast Cancer Ireland.

Mark French from Creative Events explains: "There are a number of fun, bonus games, and each question has a time limit so that really adds to the urgency and the atmosphere.

"There's one fantastic music question, for example, where you have to put six Beatles albums in the order that they were released. There's another great round called In This Year, so it might be four facts from that year and then you have to pick what year it is."

Mark's firm normally focuses on corporate events and team-building exercises within businesses. But with offices closed and so many people now using Zoom and Skype on a regular basis – and with the instant technology to make it work – they decided to create a virtual version of their popular quiz for the coronavirus lockdown.

"We've been running these quizzes for about 10 years and they're extremely popular," he told Dublin Live. "Only recently, the tech came out where you can do it virtually.

"People log in and they're watching a stream through Zoom with a live presenter, Shay Byrne. There are nine different rounds but the key bit is that the questions come up on the screen – your tablet or laptop – and then you're submitting your answers using your phone.

"People love quizzes, and it's high energy, high tech and you know your scores at the press of a button. This is all about speed, energy and excitement – it's like being on a live game show."

Help us help you - are you a business owner or know of a small business that is doing things differently to try and keep your business going? Has that business had to offer e-commerce solutions, online shops or community delivery services?

Maybe you're a business owner or know of a business that is sharing content online and on social media to help people get through their day. Get in touch and tell us all about it.

Email chris.jones@dublinlive.ie with 'In This Together' as the subject.

Mark is confident that there is a future for these live events far beyond the current crisis.

"Virtual events are not just for covid, I believe they are here to stay in the long term as more people work from home," he says. "We've set up a live streaming studio on Dame Street and we're ready to do all sorts of virtual events as well as the quiz."

Tickets for the May 2nd, 9th, 16th and 23rd shows on sale now. Book now at the Creative Events website.

RUEPOINTMEDIA

Publication:	thejournal.ie	**Media Cost (€):**	3466
Date:	Saturday, May 2, 2020	**Reach**	330,140
Page:	Link	**Size (Sq. Cm)**	432

From interactive quiz shows to yoga - here are some online events to check out this weekend

WE'RE HEADING INTO another weekend in Ireland with restrictions on movement in place in a bid to contain the spread of Covid-19.

We've compiled another weekend list of fun online events.

THE BIG INTERACTIVE QUIZ

Zoom, Hangouts, and Skype have been staples in households all over the country in recent weeks as friends and family try to keep in touch during the Covid-19 emergency.

Interestingly, quiz nights have proved to be extremely popular through those platforms.

Well on Saturday, Dublin based company Creative Events is firmly buying into the quiz craze and running The Big Interactive Quiz Show from its studio on Dame Street.

It kicks off at 8pm, is a 75-minute event, and 20% of all profits are going to Breast Cancer Ireland. Details can be found here.

BE CREATIVE

Pom pom flowers

Source: Shutterstock/Baby bird818

A new initiative from the Design and Crafts Council Ireland saw a number of online workshops in things like woven papers and pom pom flowers to keep the nation busy during the current restrictions.

The live workshops have all been recorded and are online for all to access.

Instructions and videos are all here - it might be one to pass the time over the weekend.

YOGA

Stock image - virtual yoga class.

Source: Shutterstock/Jacob Lund

If one thing is clear from the current challenges facing us, it's that we are a generous nation which doesn't hesitate to reach out to others in need. Charities across the country have been overwhelmed by online donations after many of their annual campaigns were cancelled at short notice.

Mandala Yoga and Swords Express are running a 55-minute online class this bank holiday Monday for all to attend, in exchange for a €5 donation to charity Aware, which supports mental well-being.

All the details for the event are here and if you can't make it, you can catch the recording of the class later next week.

A SLICE OF CULTURE

Source: Sam Boal

Sadly, museums and cultural institutions across the country are closed but if you were planning a trip, you can still grab some insight into times gone by.

The National Gallery of Ireland has a number of virtual tours online that can be viewed from the comfort of your home.

From the Grand Room and the Shaw Room – they're all available online here.

RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	400
Date:	Tuesday, May 5, 2020	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	296

RTE Radio 1 @ 05-May-20 06:22 - (breast)

And online quizzes a house online quizzes Saturday night with breast Cancer Ireland as their charity partner and that was one of the lyrics questions so hard we are rock revolving around a many people got it that stuff that was a tough one the Garth Brooks Lyrics I want Irish band called first day lying it's already will recommend it was a sweet

smile even now look let the oil that you always good God that she now the vehicle and they are needed they fear that the same man the income all the things in this country then dragged her down the aisle you give Even now is he feeling that if you didn't think had thought Irish bonds have first-aid lines

have been around for a few years doing extremely well she might even smile with pop songs and I really like that Maguire good morning Sir mortgage area but I'm in good form this morning and have a day off yesterday Lily looked after the house yesterday and I have really enjoyed they really enjoy the best was that thing I remembered and I noticed that

he was was at least a prayer for him from morning Ireland was off Mr. for us turn offer for o'clock alarm I Yeah well exactly what that's like that the alarm the new job but the bed you would like your eyes wide open Yeah God Oh my God and then you realise it's the day off so

I'm most return of the lambs and turn them back on yesterday morning for this morning out mind my mind a quarter past 4 alarm some of Yeah I stayed you don't have a longer enough now we talk about us ballooning borrowing Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	buzz.ie	**Media Cost (€):**	276
Date:	Tuesday, May 5, 2020	**Reach**	32,980
Page:	Link	**Size (Sq. Cm)**	337

Creative Events launch The Big Interactive Quiz Show for Breast Cancer Ireland

Creative Events launch The Big Interactive Quiz Show for Breast Cancer Ireland.

The Big Interactive Quiz Show will take place every Saturday from 8 pm, with 20% of all proceeds going to Breast Cancer Ireland.

Quizmaster and Broadcaster, Shay Byrne, will be the host every week with questions on general knowledge, facts, and fun for everyone taking part.

Advertisement

Tickets are €12 per household and teams can have as many players as are people living in each household.

Commenting on the donation to the charity, Aisling Hurley, CEO of Breast Cancer Ireland said; “We are delighted to be the beneficiaries of The Big Interactive Quiz Show.

"With so many of our fundraising events being cancelled and postponed, putting a strain on our planned income this year, we welcome and applaud companies considering us at this time.

"I am looking forward to taking part with my family from home and encourage our community to take part each week."

Mark French from Creative Events said; “We are so thrilled to be entertaining the nation and helping Breast Cancer Ireland in the process.

"Profits from The Big Interactive Quiz Show will help the charity's ongoing research, education, and awareness efforts."

To take part in the quiz you will need two devices; a mobile phone to answer the questions and a tablet or laptop to view the show.

Advertisement

You pay for one team and one device but they will connect to two devices per team.

Your video and audio will be auto turned off but there will be live messaging throughout the quiz.

Answers will be given by remote control on your mobile phone.

CLICK HERE to book your tickets for May 9th, 16th, and 23rd shows on sale now.

RUEPOINTMEDIA

Publication:	Weekly Observer	Media Cost (€):	278.46
Date:	Wednesday, May 6, 2020	Reach	7,500
Page:	17	Size (Sq. Cm)	234



Granagh

SYMPATHY
The death took place last week of Mrs. Murphy of Kilmore, Granagh and her funeral was to Shanavogher Old Cemetery, Granagh last Saturday at 12 o'clock and people stood on the route along the roadway as a mark of respect as the funeral passed on it way to Shanavogher. Mrs. Murphy, nee Carey, was married to the late Larry O'Shea first, then married the late Mike Murphy. WE offer our deepest sympathy to the Murphy, O'Shea and Carey families on the sad passing from this life of Mrs. Murphy. We also sympathise with her relatives, friends and neighbours. Ar dheis Dé go raibh a h-anam dilis.

SUNDAY MASS BROADCAST ON LOCAL RADIO
Sunday Mass is broadcast each Sunday morning at 10am on West Limerick Community Radio 102FM, with the Sacred Space programme broadcast at 11pm on Sunday night and continues until 12 midnight on West Limerick radio with talks on the day's sermon, sacred music and hymns. While on Monday at 1pm, West Limerick Community Radio on the Sacred Space programme the Rosary is recited, so tune into these Sacred Space programmes whenever you have the time.

AROUDN THE FIRESIDE
The next programme of Around the Fireside will be broadcast on local radio C103FM, next Monday night, May 11th, starting at 10.06pm. While the restrictions continue Jimmy Reidy will select from the archives of 30 years of Around the Fireside programmes, a programme to be repeated next Monday night, recalling another great show from the past of Around the Fireside with Jimmy Reidy and friends.

HOME COOKING
With so many people staying at home and spending a lot more time at home and with restaurants and other dining halls closed, it is a good and most opportune time for cooking at home, now with the supermarkets stocked with Irish organic potatoes, onions, cabbages, root vegetables, Irish meats, free range eggs, etc, etc. So, with such ingredients available, home cooking should be most nourishing and of the greatest benefit to the health of the people and what a great time it is now to get into the habit of cooking at home. For once one starts cooking, I find that the eating of such appetising meals, are something to be looked forward to on a regular basis.

CHOMHBHRÓN
Our sympathies to the family of Helen Murphy-O'Shea (nee Carey), Kilmore, who passed peacefully on 29th April, in her 98th year. Helen, wife of the late Larry and Mike, mother of the late Teresa-Ann is very deeply regretted by her daughters Breda, Philomena, Margaret, Helen, Mary, Bernadette, sons Stephen, Larry, Tom and Michael, brother Pat Carey, sons-in-law, daughters-in-law, grandchildren neighbours and her many friends.
Helen's funeral mass took place on Saturday 2nd, followed by burial in Shanabhotha cemetery. Go dtuga Dia solas na bhflaitheas dí.

WEEKLY MASS
Father Dan will be saying Mass everyday, through YouTube. If you type in - Dan Lane, Granagh, his page heading will appear as a green circle with the letter D.
10.30am every Morning - Tuesday to Sunday inclusive. Every Monday night at 7.00pm.

GRANAGH BALLINGARRY CAMOGIE CLUB
A big thanks to everyone for supporting our Sunrise Solo fundraiser on Saturday 2nd May! Two great charities will benefit from your very generous donations - Liskennett Farm and Breast Cancer Ireland. The Go fund me page will remain open until Friday 8th May and there is a bucket in O'Gorman's shop. No matter how big or small, all donations are appreciated.

#helpingcharities
#gbcamogieclub

PLANT the PLANET
Glenisk is an Irish company who produce organic yogurt. They are supporting the planting of 1.1million trees in association with SelfHelp Africa. Why Trees, you might ask? Planting a tree is a simple, yet powerful action in the fight against climate change. Designed by nature, a tree grows itself and once mature, can absorb 20kg of carbon every year. In Africa, trees create shelter, food and income, they enhance biodiversity, improve the soil and provide the income that funds education to some of the poorest communities on our planet.
If you would like to help by donating just €5 - one tree will be planted in Ireland and another 10 in Africa. You will receive information where the trees are planted and also a voucher for a free yogurt!
Go to their site - www.selfhelpafrica.org

MILFORD HOSPICE
Our "Walk from a Distance" Memorial Walk will commenced for five days on the 3rd May and ends on the 7th May. There will be a special blessing ceremony on Friday, 8th May at 12 noon, which will be streamed live on our social media. Each person who registers receives a Tribute Ribbon for their loved one/s and these ribbons will then be placed under the Christmas Tree in the Chapel at Christmas where everyone will be remembered.
If you would still like to register for €20 per family and have a ribbon placed on the tree in memory of your loved ones, you can do so by visiting the website www.milfordcarecentre.ie

DID YOU KNOW
4th May, 1932 Al Capone began life as a convict in Atlanta Federal Penitentiary serving 11 years for Income Tax Evasion.
5th May, 1961 Alan B. Shepard Jr became the first American in space.
6th May, 1954 Roger Bannister became the first man to run a mile in less than 4 minutes.
7th May, 1941 Glenn Miller and His Orchestra recorded "Chattanooga Choo Choo."
8th May, 1945 VE Day/ Victory in Europe Declared.
9th May, 1974 Impeachment hearings began against President Richard M. Nixon.
10th May, 1994 South Africa's newly elected parliament chose an unopposed Nelson Mandela to be the country's first black president.

RUEPOINTMEDIA

Publication:	thesun.ie	**Media Cost (€):**	3049
Date:	Thursday, May 7, 2020	**Reach**	60,520
Page:	Link	**Size (Sq. Cm)**	10

One had to sell her knickers on eBay and another is Mrs Joe Wicks: here's what your favourite Page 3 girls are doing now

FORMER Page 3 girl Rosie Jones has been dubbed the 'hottest supply teacher ever' after taking over husband Joe Wicks's YouTube PE lessons this week.

The 29-year-old, who shares two young kids with Joe, 33, sent viewing figures rocketing with her #PEWithJoe appearance - but what are her Page 3 peers up to nowadays?

From DJing in nightclubs and taking up marathon running to having to sell their used knickers on eBay to make cash, The Sun's glamour girls have taken very different paths.

Of course, they're all currently in lockdown due to the coronavirus pandemic - with Linda Lusardi even left fighting for her life in hospital in March after contracting Covid-19.

Here, we look at what some of our Page 3 girls have been doing since their pin-up days...

Michelle Marsh - running a children's boutique

Dubbed 'the new Samantha Fox', former Page 3 beauty Michelle Marsh became a regular in lads' mags including Playboy, Loaded, Maxim and Nuts.

She was famed for her 32FF natural boobs in the early noughties, but quit modelling in 2006.

Instead, she tried to make it as a pop star - but her debut single 'I Don't Do' flopped at number 89 in the charts.

Michelle, now 37, still went on to perform on The X Factor's Battle of the Stars in 2008. She also appeared on The Weakest Link and Celebrity Big Brother.

She married Scottish footballer Will Haining in 2007, and the couple have three children.

The former glamour model - who once worked as a care assistant at a nursing home - opened a children's boutique, TillyFlops, in Oldham, Manchester, in 2012.

Nell McAndrew - keen marathon runner

Nell hosted dating show Man O Man in 1996 and modelled as a Marilyn Monroe lookalike before becoming the face of Tomb Raider's Lara Croft in the late nineties.

Now aged 46, she went on to model for all of the top men's mags.

She later moved to TV and hosted The Big Breakfast in the early noughties, before signing up for her first marathon in 2005. She has run at least five since.

#strongisnotasize it's a state of mind. Encouraging women to lift with @britishwl and @womeninsport_uk

A post shared by Nell McAndrew (@nelliemcfitness) on Jun 7, 2018 at 1:50am PDT

Start the day off feeling strong. Join me tomorrow morning (Thursday 30th) for a kettlebell session at 9am 💪 See you on Instagram live if you want to join in. 😁 #keepmoving #kettlebellworkout #exercise #mixitup #smile 😃

A post shared by Nell McAndrew (@nelliemcfitness) on Apr 29, 2020 at 1:28pm PDT

Leeds-born Nell - who has penned a book about running - has appeared on a series of reality shows including I'm A Celebrity Get Me Out of Here, Family Fortunes and Dancing On Ice.

She is married to property developer Paul Hardcastle and they have two children.

During the ongoing lockdown, she has been streaming fitness sessions on Instagram Live.

Lucy Pinder - high-flying actress

Lucy Pinder was famously voted as having 'the best boobs in the world' by Ralph Magazine in 2007 and reached number 16 in FHM's Sexiest Women list.

Lucy, now 36, went into the Celebrity Big Brother house in 2009 but was booted off in only the first week. She has since become a successful actress.

She has starred in a series of films, including Age of Kill with former EastEnders actor Martin Kemp in 2015, as well as 2017 supernatural thrillers Suburban Fairytale and Fanged Up.

The actress - whose Instagram page captures her love of photography - has also been involved with charities over the years, including Cats Protection and Help for Heroes.

Last week, she posted a photo online of herself sporting a "Bless the NHS" T-shirt.

Jakki Degg - the electronic DJ

Jakki Degg was crowned The Sun's 'Best Ever Page 3 Girl' in 2001. She's since graced the covers of hundreds of lads' mags, and has even starred as a TV actress.

She appeared in Is Harry On The Boat? a film based on the lives of holiday reps in Ibiza, alongside Danny Dyer, Ralf Little and Caroline Flack.

In 2004, she won ITV's Celebrity 24 Hour Quiz, with her winnings going to the RSPCA.

Now aged 42, Jakki quit the modelling industry after a successful decade. She later went off-the-radar to become an electronic DJ, mostly in local UK nightclubs.

Her Twitter bio describes her as a "forward thinking mixer of all things electronic".

Joanne Guest - forced to sell knickers on eBay

Starting out as a Page 3 girl, Joanne Guest starred in photoshoots with Katie Price and became a favourite with lads' mags, thanks to her quirky short blonde hair and tomboyish style.

Now aged 48, Jo has since starred in a few documentary-style shows for the Granada Men&Motors channel, such as 'UK Babes Exposed' and 'Undressed with Guest'.

In 2007, she was devastatingly struck down with the chronic pain condition fibromyalgia.

With a bloated stomach and in constant pain, Jo gave up sex for more than a year and was forced to sell her used knickers on eBay because she couldn't work.

She told This Morning at the time: “One day I tried to put on my favourite boots and couldn't zip them up - I realised my calves were swollen.

"I thought maybe it was down to the change in my lifestyle."

Jo - who was eventually diagnosed with ME (myalgic encephalomyelitis) and fibromyalgia - has since re-joined Men&Motors, and stars on their YouTube channel.

Jodie Marsh - the bodybuilder

Former Page 3 girl Jodie started her career at the world-famous Stringfellows nightclub.

She went on to star in a number of reality TV shows, even marrying her model ex-husband, Matt Peacock, as part of a reality series to find a husband. They split within months.

Years after debuting her famous outfit of just two studded straps over her breasts, Jodie, now 41, decided to turn her attention to fitness and bodybuilding.

She's since won contests in LA and featured in TV shows about her bodybuilding. She also runs an online store offering clothing, beauty products and personalised merchandise.

Leilani Dowding - professional show jumper

Leilani Dowding, who grew up in a Catholic household in Dorset, competed in Miss Universe and other pageants before becoming a Page 3 model in 1999.

In 2005, she starred in a gladiators-style TV show alongside Big Brother's Kate Lawler. She moved to LA in 2007 and featured on dating show Tough Love Miami.

The horse-mad model, 40, has since competed in professional show-jumping competitions and spends a lot of her spare time at the stables.

She also runs a clothing boutique and a real estate company in the Hollywood Hills.

Keeley Hazell - auditioned for Fifty Shades of Grey

Keeley Hazell was just 17 when she won a national 'Search for a Babe' competition, and fast became one of Britain's top glamour models during the noughties.

The London-born brunette, now 33, commanded up to a whopping £30,000 for one photo shoot, before it was slashed to £5,000 when the industry lost momentum.

Her final appearance on Page 3 was in 2009.

Keeley has since moved to Hollywood to pursue her acting dreams, auditioning for the role of Anastasia Steele in Fifty Shades of Grey before it was given to Dakota Johnson.

In 2012, she played a supporting role in the British gangster film St George's Day, then in 2016, she was cast as 'Violet' in channel E!'s popular satire The Royals.

In 2018, she took out dual US-UK nationality to further her film career.

She said at the time: "I love living in LA, and I have been fortunate to secure acting roles and modelling contracts. Dual citizenship means I can explore career options in both countries."

Nicola McClean - the reality star

Stunning blonde Nicola McClean appeared regularly on Page 3 between 1999 and 2004, but chose to retire after giving birth to her first son in 2006.

In a poll, readers voted her as their fourth favourite Page 3 girl of all time, ahead of the likes of Samantha Fox and Katie Price - with whom she had a tense rivalry.

After throwing the towel in for glamour modelling, Nicola became a reality TV star, starring with Joe Swash in the I'm A Celeb jungle in 2008 and Big Brother in 2012 and 2017.

The 38-year-old, who is an avid supporter of animal charity PETA, married footballer Tom Williams in 2009 and they have two sons - Rocky and Striker.

They briefly split when Tom cheated on her in Las Vegas in 2014, but reunited a year later.

Geri Halliwell - the Spice Girl

Before she found fame with hit girl band The Spice Girls, Geri Halliwell, dubbed Ginger Spice, posed for a series of racy glamour shots.

She also posed for Page 3 in 1990 - just four years before she was discovered by music label Heart Management and joined the Spice Girls.

The group became the most successful British pop band since The Beatles, with their first album selling more than 30 million copies.

In later years, the band split and Geri launched a solo career.

Now 47, she had a string of high-profile relationships with stars like Robbie Williams and David Walliams before meeting her husband, Formula One boss Christian Horner.

The couple have a son, three-year-old Montague, and a daughter, Bluebell, 13, from Geri's previous relationship with screenwriter Sacha Gervasi.

In recent years, the once-outspoken Spice has enjoyed spending time at home with her children, often sharing snaps of her bakes in her family kitchen.

Last year, she took to the stage again for the Spice Girls reunion tour.

As of this year, Geri is said to have amassed a personal fortune of more than £50 million.

Jayne Middlemiss - the yoga bunny

Model-turned-TV-presenter Jayne landed a spot on Page 3 in the nineties. She then struck the big time after landing a presenting gig on Top of the Pops and on Radio 1.

Already a hit on mainstream TV, Jayne went on to famously star in 2005's Celebrity Love Island alongside Calum Best and Rebecca Loos.

She won the show, despite crying 27 times during the series.

Jayne, 49, also won Celebrity MasterChef in 2009 - but has been off-the-radar since then.

On Twitter, she details her love of yoga, and has described herself as a "music obsessed spiritual junkie" and "a yogini truth seeker", whatever that means...

RUEPOINTMEDIA

Publication:	the42.ie	**Media Cost (€):**	1206
Date:	Thursday, May 7, 2020	**Reach**	114,920
Page:	Link	**Size (Sq. Cm)**	428

Tiger-Phil TV golf battle with NFL stars to bring in $10 million for coronavirus relief efforts

Tiger Woods and Phil Mickelson pictured at Shadow Creek Golf Course in Las Vegas in 2018. Image: UPI/PA Images

Tiger Woods and Phil Mickelson pictured at Shadow Creek Golf Course in Las Vegas in 2018.

Image: UPI/PA Images

TIGER WOODS AND Phil Mickelson are set for a 24 May charity showdown that will include their NFL star buddies Tom Brady and Peyton Manning and a $10 million donation to coronavirus relief efforts.

“The Match: Champions for Charity” will be played at Medalist Golf Club in Hobe Sound, Florida, broadcaster Turner Sports said Thursday.

Woods, a 15-time major champion and reigning Masters champion, will team with Manning, a star quarterback who retired in 2016 after winning his second Super Bowl title.

Five-time major winner Mickelson will team with Brady, who recently signed with the Tampa Bay Buccaneers after winning six Super Bowl titles in 20 years with the New England Patriots.

The 18-hole match will include nine holes of four-ball and nine holes of modified alternate shot in a format “aimed to provide an entertaining mix of strategy, team collaboration and consequence to nearly every shot,” Turner Sports said.

No fans will be in attendance, but Turner Sports said all of the players would wear microphones throughout, enabling them to connect with each other and broadcast commentators.

As part of the competitive play, there will also be a set of on-course challenges for charitable funds in addition to the $10 million that the players have pledged.

The funds will go to organisations working to assist those impacted by the COVID-19 pandemic.

Beneficiaries include DirectRelief.org, which equips health workers with supplies, the American Red Cross, the grant-making initiative Save Small Business and the food distribution charity All In Challenge.

The event, which has been in the works for weeks, follows the made-for-TV clash of Woods and Mickelson in Las Vegas in 2018, which Mickelson won on the fourth playoff hole.

This year’s event comes with sports fans around the world hungry for live action to watch amid the coronavirus pandemic. The US PGA Tour isn’t set to resume play until the Charles Schwab Challenge at Colonial in Texas on 11 June.

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Follow us: the42.ie

RUEPOINTMEDIA

Publication:	irishsun.com	**Media Cost (€):**	2
Date:	Thursday, May 7, 2020	**Reach**	272
Page:	Link	**Size (Sq. Cm)**	347

Tiger-Phil TV battle with NFL stars brings $10m in virus relief

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RUEPOINTMEDIA

Publication:	Vale Star	**Media Cost (€):**	320.11
Date:	Thursday, May 7, 2020	**Reach**	8,000
Page:	70	**Size (Sq. Cm)**	269



Granagh

SYMPATHY
The death took place last week of Mrs. Murphy of Kilmore, Granagh and her funeral was to Shanavogher Old Cemetery, Granagh last Saturday at 12 o'clock and people stood on the route along the roadway as a mark of respect as the funeral passed on it way to Shanavogher. Mrs. Murphy, nee Carey, was married to the late Larry O'Shea first, then married the late Mike Murphy. WE offer our deepest sympathy to the Murphy, O'Shea and Carey families on the sad passing from this life of Mrs. Murphy. We also sympathise with her relatives, friends and neighbours. Ar dheis Dé go raibh a h-anam dilis.

SUNDAY MASS BROADCAST ON LOCAL RADIO
Sunday Mass is broadcast each Sunday morning at 10am on West Limerick Community Radio 102FM, with the Sacred Space programme broadcast at 11pm on Sunday night and continues until 12 midnight on West Limerick radio with talks on the day's sermon, sacred music and hymns. While on Monday at 1pm, West Limerick Community Radio on the Sacred Space programme the Rosary is recited, so tune into these Sacred Space programmes whenever you have the time.

AROUDN THE FIRESIDE
The next programme of Around the Fireside will be broadcast on local radio C103FM, next Monday night, May 11th, starting at 10.06pm. While the restrictions continue Jimmy Reidy will select from the archives of 30 years of Around the Fireside programmes, a programme to be repeated next Monday night, recalling another great show from the past of Around the Fireside with Jimmy Reidy and friends.

HOME COOKING
With so many people staying at home and spending a lot more time at home and with restaurants and other dining halls closed, it is a good and most opportune time for cooking at home, now with the supermarkets stocked with Irish organic potatoes, onions, cabbages, root vegetables, Irish meats, free range eggs, etc, etc. So, with such ingredients available, home cooking should be most nourishing and of the greatest benefit to the health of the people and what a great time it is now to get into the habit of cooking at home. For once one starts cooking, I find that the eating of such appetising meals, are something to be looked forward to on a regular basis.

CHOMHBHRÓN
Our sympathies to the family of Helen Murphy-O'Shea (nee Carey), Kilmore, who passed peacefully on 29th April, in her 98th year. Helen, wife of the late Larry and Mike, mother of the late Teresa-Ann is very deeply regretted by her daughters Breda, Philomena, Margaret, Helen, Mary, Bernadette, sons Stephen, Larry, Tom and Michael, brother Pat Carey, sons-in-law, daughters-in-law, grandchildren neighbours and her many friends.
Helen's funeral mass took place on Saturday 2nd, followed by burial in Shanabhotha cemetery. Go dtuga Dia solas na bhflaitheas dí.

WEEKLY MASS
Father Dan will be saying Mass everyday, through YouTube. If you type in - Dan Lane, Granagh, his page heading will appear as a green circle with the letter D.
10.30am every Morning - Tuesday to Sunday inclusive. Every Monday night at 7.00pm.

GRANAGH BALLINGARRY CAMOGIE CLUB
A big thanks to everyone for supporting our Sunrise Solo fundraiser on Saturday 2nd May! Two great charities will benefit from your very generous donations - Liskennett Farm and Breast Cancer Ireland. The Go fund me page will remain open until Friday 8th May and there is a bucket in O'Gorman's shop. No matter how big or small, all donations are appreciated.

#helpingcharities
#gbcamogieclub

PLANT the PLANET
Glenisk is an Irish company who produce organic yogurt. They are supporting the planting of 1.1million trees in association with SelfHelp Africa. Why Trees, you might ask? Planting a tree is a simple, yet powerful action in the fight against climate change. Designed by nature, a tree grows itself and once mature, can absorb 20kg of carbon every year. In Africa, trees create shelter, food and income, they enhance biodiversity, improve the soil and provide the income that funds education to some of the poorest communities on our planet.
If you would like to help by donating just €5 - one tree will be planted in Ireland and another 10 in Africa. You will receive information where the trees are planted and also a voucher for a free yogurt!
Go to their site - www.selfhelpafrica.org

MILFORD HOSPICE
Our "Walk from a Distance" Memorial Walk will commenced for five days on the 3rd May and ends on the 7th May. There will be a special blessing ceremony on Friday, 8th May at 12 noon, which will be streamed live on our social media. Each person who registers receives a Tribute Ribbon for their loved one/s and these ribbons will then be placed under the Christmas Tree in the Chapel at Christmas where everyone will be remembered.
If you would still like to register for €20 per family

and have a ribbon placed on the tree in memory of your loved ones, you can do so by visiting the website www.milfordcarecentre.ie

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9th May, 1974 Impeachment hearings began against President Richard M. Nixon.

10th May, 1994 South Africa's newly elected parliament chose an unopposed Nelson Mandela to be the country's first black president.

RUEPOINTMEDIA

Publication:	Mallow Star	Media Cost (€):	278.46
Date:	Thursday, May 7, 2020	Reach	8,000
Page:	70	Size (Sq. Cm)	234



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RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	416
Date:	Friday, May 8, 2020	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	382

RTE Radio 1 @ 08-May-20 05:58 - (breast)

the Saying nothing us really the a hungry years of meals the girl Michael D love to say please Dale OK that's onto Sean O'Rourke whose ex the building today lets you get an ability the better side but a difference a lawsuit song

with a hungry Yes so you can get a morning surf we'll see you later well it's a two-minutes 6 clock care RTE Radio one's main morning Mr. Burba days college for a beautiful morning Friday again and weeks flying send best wishes to our standards in terms of Mister Sean between the Darkness into Light walk at 5 30 tomorrow morning and then doing

your table quiz and Saturday night later Clarke who said quarantine is not fun and a great weekend from the arrangements for breast Cancer Ireland Yeah I love RTE radio one these days were all looking out for each other checking him dialling in staying in and my a man that you while

you look out for each other we're looking out for you and your family because my old man that ie we can safely deliver your everyday essentials from fresh having more milk butter and eggs to orange juice smoothies and more direct to your door up to 3 times a week we are mine a man die we are local and nationwide we always deliver

fresh milk and more on your doorstep sign up in order to pay online the mind of a man dying now more than ever we need to protect our environment and manage our waste responsibly Household Waste Services are operating normally please use unauthorised waste collector or your local civic community illegal dumping destroyed our communities and result in fines or prosecution

for more information on managing your waist go to my waist .ie supported by the local authorities and regional waste management offices brought to you by the Government of Ireland rising time with Shane Byrne and RTE radio one ever came controls morning good morning thank you to do this again painting doors and staircases may even get an hour or 3

to do some fishing and us things slowly picking up have a great weekend that's from foul cane one of our regulars and please play Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	2033
Date:	Friday, May 8, 2020	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	637

RTE Radio 1 @ 08-May-20 09:59 - (breast)

today we recommend this secret taken society the story of a bird with dreams of being a national champion you know what you're getting upset with the judge and taken alive earlier the judge I are sure the dock of the day the secret taken society find it online from RTE documentary on one or wherever you get podcasts stay home stay listening

the Ryan Tubridy Show on RTE Radio one sponsored by Sky broadband with a laugh these you can share stream and play on all your devices there's a mono is my birthday buddy I'll be 40 and some had birth Claire and my parents had a pub in Salthill in Galway was next door to the Seapoint ballroom we lived over our pub at the time knew to

play there in the 9th of may 9 Canadian during the night mother went into Labour with me I reckon the racket from next door maybe want to get there that's a good yarn beloved brother to the late Sam Cullum and all the boys and girls and same marks national school Portmarnock who were out to make their communion tomorrow

for lots of love from manner that I want to wish everyone was meant to be making Communion or confirmation the best and it's just strange days and particularly people might be getting married strange times and the leaving Cert people I know that the Minister for education has a lot on his plate at the moment as much as any student who were anticipating the leaving Cert does

but he's made great decisions in the past about history on the syllabus as far as I'm concerned and about the junior Cert which eventually after procrastination they got rid of it and that was it for this year and that was the right thing to do and I'm hoping they make the right moves to alleviate the grief and the anxiety and the strain that

this leaving Cert as scenario has placed on everybody it will not be the perfect answer for everyone you know that but an answer would will do for now and I hope it pleases the most of it because you guys have been working hard It's a tough year as it happens and hopefully this will be some resolution today now could amount to fundraise for breast

cancer and course live near conclusion computer every Saturday night at 8 o' clock with each Mr. Shay bar and other great Jaber from rising now is the presenter big interactive quiz show new online crucial packed with general knowledge facts and fun for the whole family and if you are smart front and the questions and the show will feature live Scorers

for those participating and 20 % of all profits will go to breast Cancer Ireland to fund pioneering research and awareness programmes nationally which is good news and good luck to one and all I enjoy that chats as many with Bob hard to believe is 60 this weekend or one life he has lived and what an ambassador for Ireland around the

world and somebody else says we thank him for his work with the Jack and Jill Foundation we are into the art incur Incognito art contribution every year so that's lovely so thank you very much thank you team as always we see tonight for the late late Show as Adam Clayton Regan half you doing about a 12 hour period with Pierce Brosnan who

have ever interviewed for tonight Mary McAleese will join us also a woman's heart reunion Sharon Shannon Frances Mary black Mary Coughlan all live studio it's gonna be a lovely gathering of fortune Kompany after the news that more importantly for now though Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	independent.ie	**Media Cost (€):**	20391
Date:	Saturday, May 9, 2020	**Reach**	809,200
Page:	Link	**Size (Sq. Cm)**	942

The hotlist... What we want to see, do and buy this online weekend

I t's also increasingly making its mark as a sustainable fashion destination, with recent campaign A Collaborative Effort featuring seven employees highlighting the company's efforts in this area. There are 30,000 items flagged with 'sustainability', as well as various edits pointing customers in the direction of more conscious fashion choices.

BUY: See zalando.ie

Witness the fitness

Health and fitness festival Wellfest goes virtual this weekend and the event is free of charge, with an option to donate to Barretstown Children's Charity. Originally scheduled to take place at Royal Hospital Kilmainham, the online line-up includes sessions with positive-mental-attitude trainer Faisal Abdalla, a cook along with Roz Purcell (above) and a Crunch and Burn class with Maeve Madden. It concludes tomorrow night with a dancefit closing party.

DETAILS: See wellfest.ie

Art appreciation

Young artists are being asked to 'Draw Our Heroes' in a new national art competition judged by a panel including broadcaster Joe Duffy and artist Graham Knuttel. The drawings will be put online, with a public exhibition planned for later in the year and a prize pool of just under €5,000 awarded to the top 12 entries across four age categories and the hero subjects will also receive a matched prize.

DETAILS: See drawourheroes.ie

Fresh prints

Irish printmaking company JANDO, founded by husband and wife Julie and Owen McLoughlin, has launched a nationwide campaign to keep Irish people connected during lockdown. Love Where You Live wants JANDO social-media followers to select the places in Ireland they miss most. The winners will receive a special bespoke print, with the closing date for entries on May 17. It's business as usual for JANDO at the moment, but with 20pc off. Prints come in 100pc biodegradable clear protective sleeves while frames are made of wood from sustainably managed forests.

BUY: See @jandodesign on social media or jandodesign.com

Licence to grill

The current circumstances have led Dublin barbecue restaurants Asador on Haddington Road and Prado in Clontarf to move up their plans to introduce Asador | Prado at Home this summer, to the joy of grill-seekers. There's a choice of a BBQ Box (€59) or Deluxe Box (€75) with generous portions of dry-aged beef burgers, chicken wings, sticky glazed ribs and premium steaks plus an assortment of sides and sauces. It's all designed to make barbecuing easy and can be cooked indoors if the weather isn't playing ball. DETAILS: See asador.ie

Spice it up

Named after Ireland's favourite guilty pleasure, food podcast Spice Bags explores Ireland's relationship to the world. Hosts Mei Chin, Blanca Valencia and Julia Langbein delve into edible issues with secretary-general of Euro-Toques Ireland Manuela Spinelli (above) on the May 13 episode.

DETAILS: See headstuff.org and @spicebagspod

On the map

A new major research project by 100 Archive, which highlights the best of Irish communication design, has been launched. Map Irish Design (below) looks at the impact that design has had on culture, business, society and life in Ireland over the past decade, and features more than 2,300 projects from designers based in Ireland and abroad.

DETAILS: See map.100archive.com

Getting quizzy

Dublin company Creative Events is running a virtual quiz show for family and friends with 20pc of profits going to Breast Cancer Ireland. Each Saturday at 8pm, quizmaster and broadcaster Shay Byrne presents The Big Interactive Quiz Show, which costs €12 per household and allows you to have as many players as you like.

DETAILS: See creativeevents.ie/events/big-interactive-quiz

The green buy

Whether to make dinner more of an event or to mark a birthday, OVO Things' porcelain candlestick holder and candles will add an element of joy to proceedings. Available from eco-friendly online Irish store The Kind, these are handmade by small producers and artists in Lithuania using natural materials like clay, porcelain, oak, bronze and beeswax. BUY: Holder, €15; birthday candle pack, from €13. See thekind.co

Onwards

Barbecue bust-ups

Emotions are already running high without adding some burnt burgers into the mix.

Office life after lockdown

How will we maintain civilised and socially distanced water-cooler chat when we're currently at 97pc feral?

Twi-hard mania

The fandom is set to get out of control now that Stephanie Meyers has announced a new Twilight book is coming in August.

Channing Tatum's pants choices

In theory, there's nothing wrong with taking out the rubbish wearing gold lamé pants but it's never wise to go full MC Hammer.

Love Island's cancellation

Perhaps for the best. The proposed location switch from Mallorca to Cornwall was never going to work.

Upwards

Connell's chain from Normal People

It has become such an object of lust, it now has its own Instagram fan account.

Steak, chips and cheese

Apparently, Europe needs to eat more of these during lockdown to clear excess stock and we are happy to oblige.

Turbans ...

or giant hairbands or a knotted headscarf. Anything to get us to July 20, when the hairdresser will hopefully open.

Vitalising viewing

The just-landed Michelle Obama Netflix documentary Becoming is all kinds of uplifting.

Perfect casting

It doesn't get any better than Nicolas Cage playing Joe Exotic in a new Tiger King TV series.

RUEPOINTMEDIA

Publication:	Irish Independent	**Media Cost (€):**	33106.8
Date:	Saturday, May 9, 2020	**Reach**	83,900
Page:	4,5	**Size (Sq. Cm)**	1128

Weekend Hotlist

What we want to see, do and buy this weekend

hotlist@independent.ie



Considered chic

You may already know Zalando, the fashion and lifestyle online platform founded in Berlin in 2008. Over 31 million customers flock to the site, which carries more than 2,000 brands, ranging from Adidas to Zadig & Voltaire. It's also increasingly making its mark as a sustainable fashion destination, with recent campaign A Collaborative Effort featuring seven employees highlighting the company's efforts in this area. There are 30,000 items flagged with 'sustainability', as well as various edits pointing customers in the direction of more conscious fashion choices.
BUY: See *zalando.ie*

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The current circumstances have led Dublin barbecue restaurants Asador on Haddington Road and Prado in Clontarf to move up their plans to introduce Asador | Prado at Home this summer, to the joy of grill-seekers. There's a choice of a BBQ Box (€59) or Deluxe Box (€75) with generous portions of dry-aged beef burgers, chicken wings, sticky glazed ribs and premium steaks plus an assortment of sides and sauces. It's all designed to make barbecuing easy and can be cooked indoors if the weather isn't playing ball. **DETAILS:** See asador.ie and prado.ie



Fresh prints

Irish printmaking company JANDO, founded by husband and wife Julie and Owen McLoughlin, has launched a nationwide campaign to keep Irish people connected during lockdown. Love Where You Live wants JANDO social-media followers to select the places in Ireland they miss most. The winners will receive a special bespoke print, with the closing date for entries on May 17. It's business as usual for JANDO at the moment, but with 20pc off. Prints come in 100pc biodegradable clear protective sleeves while frames are made of wood from sustainably managed forests.
BUY: See *@jandodesign* on social media or *jandodesign.com*



Art appreciation

Young artists are being asked to 'Draw Our Heroes' in a new national art competition judged by a panel including broadcaster Joe Duffy and artist Graham Knuttel. The drawings will be put online, with a public exhibition planned for later in the year and a prize pool of just under €5,000 awarded to the top 12 entries across four age categories and the hero subjects will also receive a matched prize.
DETAILS: See *drawourheroes.ie*

RUEPOINTMEDIA

Publication:	thesun.ie	**Media Cost (€):**	3049
Date:	Sunday, May 10, 2020	**Reach**	60,520
Page:	Link	**Size (Sq. Cm)**	10

One had to sell her knickers on eBay and another is Mrs Joe Wicks: here's what your favourite Page 3 girls are doing now

FORMER Page 3 girl Rosie Jones has been dubbed the 'hottest supply teacher ever' after taking over husband Joe Wicks's YouTube PE lessons this week.

The 29-year-old, who shares two young kids with Joe, 33, sent viewing figures rocketing with her #PEWithJoe appearance - but what are her Page 3 peers up to nowadays?

From DJing in nightclubs and taking up marathon running to having to sell their used knickers on eBay to make cash, The Sun's glamour girls have taken very different paths.

Of course, they're all currently in lockdown due to the coronavirus pandemic - with Linda Lusardi even left fighting for her life in hospital in March after contracting Covid-19.

Here, we look at what some of our Page 3 girls have been doing since their pin-up days...

Michelle Marsh - running a children's boutique

Dubbed 'the new Samantha Fox', former Page 3 beauty Michelle Marsh became a regular in lads' mags including Playboy, Loaded, Maxim and Nuts.

She was famed for her 32FF natural boobs in the early noughties, but quit modelling in 2006.

Instead, she tried to make it as a pop star - but her debut single 'I Don't Do' flopped at number 89 in the charts.

Michelle, now 37, still went on to perform on The X Factor's Battle of the Stars in 2008. She also appeared on The Weakest Link and Celebrity Big Brother.

She married Scottish footballer Will Haining in 2007, and the couple have three children.

The former glamour model - who once worked as a care assistant at a nursing home - opened a children's boutique, TillyFlops, in Oldham, Manchester, in 2012.

Nell McAndrew - keen marathon runner

Nell hosted dating show Man O Man in 1996 and modelled as a Marilyn Monroe lookalike before becoming the face of Tomb Raider's Lara Croft in the late nineties.

Now aged 46, she went on to model for all of the top men's mags.

She later moved to TV and hosted The Big Breakfast in the early noughties, before signing up for her first marathon in 2005. She has run at least five since.

#strongisnotasize it's a state of mind. Encouraging women to lift with @britishwl and @womeninsport_uk

A post shared by Nell McAndrew (@nelliemcfitness) on Jun 7, 2018 at 1:50am PDT

Start the day off feeling strong. Join me tomorrow morning (Thursday 30th) for a kettlebell session at 9am 💪 See you on Instagram live if you want to join in. 😁 #keepmoving #kettlebellworkout #exercise #mixitup #smile 😃

A post shared by Nell McAndrew (@nelliemcfitness) on Apr 29, 2020 at 1:28pm PDT

Leeds-born Nell - who has penned a book about running - has appeared on a series of reality shows including I'm A Celebrity Get Me Out of Here, Family Fortunes and Dancing On Ice.

She is married to property developer Paul Hardcastle and they have two children.

During the ongoing lockdown, she has been streaming fitness sessions on Instagram Live.

Lucy Pinder - high-flying actress

Lucy Pinder was famously voted as having 'the best boobs in the world' by Ralph Magazine in 2007 and reached number 16 in FHM's Sexiest Women list.

Lucy, now 36, went into the Celebrity Big Brother house in 2009 but was booted off in only the first week. She has since become a successful actress.

She has starred in a series of films, including Age of Kill with former EastEnders actor Martin Kemp in 2015, as well as 2017 supernatural thrillers Suburban Fairytale and Fanged Up.

The actress - whose Instagram page captures her love of photography - has also been involved with charities over the years, including Cats Protection and Help for Heroes.

Last week, she posted a photo online of herself sporting a "Bless the NHS" T-shirt.

Jakki Degg - the electronic DJ

Jakki Degg was crowned The Sun's 'Best Ever Page 3 Girl' in 2001. She's since graced the covers of hundreds of lads' mags, and has even starred as a TV actress.

She appeared in Is Harry On The Boat? a film based on the lives of holiday reps in Ibiza, alongside Danny Dyer, Ralf Little and Caroline Flack.

In 2004, she won ITV's Celebrity 24 Hour Quiz, with her winnings going to the RSPCA.

Now aged 42, Jakki quit the modelling industry after a successful decade. She later went off-the-radar to become an electronic DJ, mostly in local UK nightclubs.

Her Twitter bio describes her as a "forward thinking mixer of all things electronic".

Joanne Guest - forced to sell knickers on eBay

Starting out as a Page 3 girl, Joanne Guest starred in photoshoots with Katie Price and became a favourite with lads' mags, thanks to her quirky short blonde hair and tomboyish style.

Now aged 48, Jo has since starred in a few documentary-style shows for the Granada Men&Motors channel, such as 'UK Babes Exposed' and 'Undressed with Guest'.

In 2007, she was devastatingly struck down with the chronic pain condition fibromyalgia.

With a bloated stomach and in constant pain, Jo gave up sex for more than a year and was forced to sell her used knickers on eBay because she couldn't work.

She told This Morning at the time: “One day I tried to put on my favourite boots and couldn't zip them up - I realised my calves were swollen.

"I thought maybe it was down to the change in my lifestyle."

Jo - who was eventually diagnosed with ME (myalgic encephalomyelitis) and fibromyalgia - has since re-joined Men&Motors, and stars on their YouTube channel.

Jodie Marsh - the bodybuilder

Former Page 3 girl Jodie started her career at the world-famous Stringfellows nightclub.

She went on to star in a number of reality TV shows, even marrying her model ex-husband, Matt Peacock, as part of a reality series to find a husband. They split within months.

Years after debuting her famous outfit of just two studded straps over her breasts, Jodie, now 41, decided to turn her attention to fitness and bodybuilding.

She's since won contests in LA and featured in TV shows about her bodybuilding. She also runs an online store offering clothing, beauty products and personalised merchandise.

Leilani Dowding - professional show jumper

Leilani Dowding, who grew up in a Catholic household in Dorset, competed in Miss Universe and other pageants before becoming a Page 3 model in 1999.

In 2005, she starred in a gladiators-style TV show alongside Big Brother's Kate Lawler. She moved to LA in 2007 and featured on dating show Tough Love Miami.

The horse-mad model, 40, has since competed in professional show-jumping competitions and spends a lot of her spare time at the stables.

She also runs a clothing boutique and a real estate company in the Hollywood Hills.

Keeley Hazell - auditioned for Fifty Shades of Grey

Keeley Hazell was just 17 when she won a national 'Search for a Babe' competition, and fast became one of Britain's top glamour models during the noughties.

The London-born brunette, now 33, commanded up to a whopping £30,000 for one photo shoot, before it was slashed to £5,000 when the industry lost momentum.

Her final appearance on Page 3 was in 2009.

Keeley has since moved to Hollywood to pursue her acting dreams, auditioning for the role of Anastasia Steele in Fifty Shades of Grey before it was given to Dakota Johnson.

In 2012, she played a supporting role in the British gangster film St George's Day, then in 2016, she was cast as 'Violet' in channel E!'s popular satire The Royals.

In 2018, she took out dual US-UK nationality to further her film career.

She said at the time: "I love living in LA, and I have been fortunate to secure acting roles and modelling contracts. Dual citizenship means I can explore career options in both countries."

Nicola McClean - the reality star

Stunning blonde Nicola McClean appeared regularly on Page 3 between 1999 and 2004, but chose to retire after giving birth to her first son in 2006.

In a poll, readers voted her as their fourth favourite Page 3 girl of all time, ahead of the likes of Samantha Fox and Katie Price - with whom she had a tense rivalry.

After throwing the towel in for glamour modelling, Nicola became a reality TV star, starring with Joe Swash in the I'm A Celeb jungle in 2008 and Big Brother in 2012 and 2017.

The 38-year-old, who is an avid supporter of animal charity PETA, married footballer Tom Williams in 2009 and they have two sons - Rocky and Striker.

They briefly split when Tom cheated on her in Las Vegas in 2014, but reunited a year later.

Geri Halliwell - the Spice Girl

Before she found fame with hit girl band The Spice Girls, Geri Halliwell, dubbed Ginger Spice, posed for a series of racy glamour shots.

She also posed for Page 3 in 1990 - just four years before she was discovered by music label Heart Management and joined the Spice Girls.

The group became the most successful British pop band since The Beatles, with their first album selling more than 30 million copies.

In later years, the band split and Geri launched a solo career.

Now 47, she had a string of high-profile relationships with stars like Robbie Williams and David Walliams before meeting her husband, Formula One boss Christian Horner.

The couple have a son, three-year-old Montague, and a daughter, Bluebell, 13, from Geri's previous relationship with screenwriter Sacha Gervasi.

In recent years, the once-outspoken Spice has enjoyed spending time at home with her children, often sharing snaps of her bakes in her family kitchen.

Last year, she took to the stage again for the Spice Girls reunion tour.

As of this year, Geri is said to have amassed a personal fortune of more than £50 million.

Jayne Middlemiss - the yoga bunny

Model-turned-TV-presenter Jayne landed a spot on Page 3 in the nineties. She then struck the big time after landing a presenting gig on Top of the Pops and on Radio 1.

Already a hit on mainstream TV, Jayne went on to famously star in 2005's Celebrity Love Island alongside Calum Best and Rebecca Loos.

She won the show, despite crying 27 times during the series.

Jayne, 49, also won Celebrity MasterChef in 2009 - but has been off-the-radar since then.

On Twitter, she details her love of yoga, and has described herself as a "music obsessed spiritual junkie" and "a yogini truth seeker", whatever that means...

RUEPOINTMEDIA

Publication:	Radio Nova 100FM	**Media Cost (€):**	625
Date:	Sunday, May 10, 2020	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	205

Radio Nova 100FM @ 10-May-20 16:29 - (breast)

O'Connor loses Sunday sessions here we go now we've been concentrating a lot on Charlie's over the last week because it's a really big it's a new world for charities at Goodwood the charity breast Cancer Ireland the CEO's Aisling Hurley and she's on Skype right now how I Aisling great location gives a quick backward into breast cancer breast Cancer Ireland a charity

OK so breast Cancer Ireland was established back in 2012 at a time when we really wanted to see if we could make a difference when we realised we possibly could get to the point very reaching a cure the cure for cancer hazard billion permutations of the disease we want to see if we could transform it from also be fatal currently we have about

690 deaths annually for breast cancer if we could transform that into a treatable long-term illness I often equated to the likes of no cholesterol you take a look at what we keep your cholesterol through what we can do with breast cancer and we are making huge headway but there is that is well mean statistically over the last number of years it is

becoming a treatable manageable illness as opposed Highlights: Breast Cancer Ireland, CEO Aisling Hurley, Great Pink Run.

RUEPOINTMEDIA

Publication:	extra.ie	**Media Cost (€):**	62
Date:	Monday, May 11, 2020	**Reach**	9,860
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Manchester United in battle to keep star after the return of the Premier League

The striker joined the club on a temporary basis on the final day of the January transfer window as a cover for the injured Marcus Rashford.

The Nigerian has gone on to make a number of appearances for the Manchester outfit, though all of his starts have come in the FA Cup and Europa League.

Igahlo's loan deal is set to end on June 30 and the halt of football around Europe has meant that the season will now stretch right on until August at the earliest.

According to Sky Sports, his parent club Shanghai Shenhua will only let United keep Ighalo if they sign him on a permanent deal.

If Ole Gunnar Solskjaer's side aren't willing to cough up over €20 million for his services, then the 30-year-old will be heading back to China in time for the new Chinese Super League season in July.

The former Watford striker has other suitors as the new incoming leadership at Newcastle are also reportedly interested in signing him up.

Ighalo stated in April that he knows of no 'offer on the table' regarding an extension to his stay at the club he supported as a child.

His current contract with the Chinese outfit runs until December 2022 but the club are keen to keep him until 2024.

RUEPOINTMEDIA

Publication:	The Echo	Media Cost (€):	9120
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Page:	20,21	Size (Sq. Cm)	1140

Cancer, Covid-19 and cocooning... my story



It's almost a year since Helen Cuddigan was diagnosed with breast cancer. Here she gives us an update on the past 12 months

MY NAME is Helen and I live in the beautiful East Cork fishing village of Ballycotton. I have been cocooning, and have been off the social radar since the Covid-19 bomb dropped on the Irish hospitality world in the middle of March.

It's a situation far from ideal for someone in the privileged position of marketing Ireland's Original Country House Hotel, Ballymaloe House.

However, it is not only Covid-19 that has kept me from my work. I want to share my story to raise awareness of, and funds for, two incredible support organisations we are lucky enough to have in Cork: The Daffodil Centre (The Irish Cancer Society's regional information and support centre) and ARC (Cancer Support Centre).

Secondly, I would like to emphasise just how important it is to seek medical assistance despite Covid-19, for non-Covid-19 emergencies. Your life might depend on it, and my story tells you why.

Last, but not least, I wish to thank my Ballymaloe family and all my family and friends for the incredible support they have shown me throughout my personal health struggles.

My Cancer Journey

In early July, 2019, I found a lump in my left breast. I immediately went to my GP who referred me to the rapid access clinic in the CUH. Within two weeks, on July 16, I was diagnosed with ductal breast cancer and started chemotherapy two weeks later.

My treatment schedule, under the watchful eye of Professor Seamus O'Reilly, consisted of eight sessions of chemotherapy fortnightly and my prognosis was excellent, largely because I acted so quickly... so, I was one of the lucky ones.

Understandably, both the diagnosis and the treatment were still scary, but having seen my little sister and cousin bravely come through after experiencing the same journey, I decided to face the first hurdle, literally, head first.

I visited The Wig Clinic in Cork city to have my long, red(ish) curls chopped pixie style to curb the inevitable stress of it falling out in lengthy clumps when the treatment started.

After a little cry, I felt liberated and in control... the Gin & Tonic hairdresser Vicky sent for certainly helped too!

There is no doubt — chemotherapy is harsh on the body — and I kept a detailed diary of how I was feeling after it. This helped me prepare for the next session and I learnt to manage my symptoms a little. At least I knew what to expect.

The Chemotherapy team at the Dunmanway Day Unit at CUH were a delight to meet with and made having to be there so much more bearable.

Throughout my chemotherapy, I was able to continue working at Ballymaloe House in my part-time role as marketing support. On a two-week cycle, I was wiped out during a treatment week, but was generally well enough during week two to go into the office.

So, there was a plan in place, and my Ballymaloe family being part of it, made it so much easier for me. They may not realise until now just how incredibly grateful I am for the love, support and strength they gave me throughout this scary journey.

The Daffodil Centre at CUH and ARC were with me every step of the way and provided an invaluable source of information, guidance and comfort. The Daffodil Centre introduced me to the charity 'Look Good, Feel Good' when I was losing my hair, eyebrows and eyelashes. I attended one of their make-up lessons and learned that making an effort to look good made me feel better inside and outside.

The cosmetic companies who support this charity have brought smiles of pride to cancer patients and their families!

In October, 2019, halfway through my treatment, with a lot of help from some great friends, we held a 'Wig & Tash Bash' at The Blackbird in Ballycotton to raise funds and awareness for Breast Cancer Ireland.

This was something I had wanted to do long before my own diagnosis, in memory of my beautiful friend and BCI ambassador Emma Hannigan. The night was a huge success, great fun and a welcome distraction. Emma would have loved it too — I ended up being the only one on the dance floor without a wig (or hair) at the end of the night.

For the outside world, I teamed up my outfits with a colourful selection of matching skull caps (I never did manage to come to terms with wearing a wig), lipstick, and nail varnish to hide the black and blue nails, and a big smile and my 'big girl pants' (just as my good friend Emma Hannigan would have advocated) and got on with 'life as normal'.

My chemo came to an end in late November, and thanks to the huge support I'd received in so many ways, my battle against breast cancer had been won.

The next stage in my journey was a double mastectomy to reduce the risk of the cancer reoccurring and I let out a sigh of relief when Professor Mark Corrigan, who had been so supportive throughout my treatment, informed me that the operation was booked for after Christmas, on Thursday, January 9.

Life appeared to be getting back to a regular 'normal' routine. And there was a cancer-free Christmas and New Year to look forward to.

Having always been a positive, half glass full kind of person, my cup was now overflowing. I was grateful for everything and everyone in my life, especially my incredible partner Michael and children Louis and Matilda.

Getting back to a new reality

All of a sudden, out of the blue I hit a slump. Without the regular supports of the medical staff, the routine of chemo and/or a pending operation, I felt paralysed by a dark 'what now' and 'what the hell was that' feeling!

The realisation that my mortality had been threatened began to haunt me, and the guilt of having got away with it, being one of the 'lucky ones', consumed me.

I experienced both feelings in equally dark ways, they felt real. It was at this point that I discovered just how important ARC was. I rang them and they encouraged me to come in right away. They immediately understood the way I was feeling, I felt so relieved. Feeling understood and 'normal' was such a comfort.

I was offered counselling and touch therapies and discovered acupuncture with Clodagh at ARC. I began to feel centred again and prepared for my mastectomy.

Clodagh suggested some acupuncture the day before the operation to keep me calm and I floated into the procedure, just as Clodagh said I would.

The operation was a success. I woke up with new double Ds and was minded by an incredible healthcare team for 12 days at Cork University Hospital. Having been involved in organising the annual Ballycotton RNLI Fundraising Gala dinner at Ballymaloe House for the past seven years, I was adamant that I and my new double Ds would be at the Gala dinner on January 31. The Great Gatsby-themed event was already a sell-out success and my tickets were paid for, in full confidence that I would be at the event.

Although my operation was postponed by a week, the event helped me focus on a speedy recovery. We made it to the ball and a record breaking €20,000 was raised for Ballycotton Lifeboat (RNLI), thanks to Ballymaloe and

many sponsors' generosity and the newly appointed dream organisational committee and 130 guests.

A health scare during Covid-19

Once more, it felt like life was getting back on track again, and I was healing well inside and out, despite a small mastectomy wound infection. I was coming to terms with my newly sculpted body as well.

Then the Coronavirus struck. Suddenly, everyone's health was at risk and people's mortality was threatened. Being immunocompromised, I was advised to take extra precautions.

With Ballymaloe House closing its doors as part of the government's Covid-19 guidelines in mid-March, our Ballymaloe family was separated and work gone, and the world as we knew it changed instantly.

Mother's Day was our last family pre-lockdown day out. I made a bacon and egg pie picnic and we headed to Knockadoon for a Sunday stroll. It was a day of blistering sunshine and there were only a handful of other walkers around sharing socially acceptable space, with muffled greetings through scarfs. It was a memorable outing and could very easily have been our last.

The next morning I woke with pain in my back and shortness of breath. I thought I might have pulled a muscle or perhaps the walk had just taken its toll on my weakened body. Both symptoms became progressively worse and I rang my GP, Dr Sean McCarthy, who suggested a blood test the next morning. I spent a restless night fighting for comfort and saw the nurse first thing Tuesday morning for bloods.

By 5.30pm that evening I was in agony and struggling to breathe. Michael rang Dr McCarthy and he raced over, calling an ambulance on the way. The blood results had come back and he was fairly certain I was experiencing a Pulmonary Embolism (a blood clot in the lung) which required urgent hospitalisation.

It was a petrifying experience, but despite my own pain and blinded by fear, I looked at Michael and the kids, desperately wanting to reassure them that I would be OK. The ambulance arrived and the two ambulance men were masked, gowned and gloved up.

Following Covid-19 protocol, I had to say my goodbyes to my family and was taken to the ambulance for assessment. All sorts of strange thoughts flood your mind at a moment like this. Painfully aware that the Coronavirus was just starting to become a challenge for Ireland and our healthcare workers, I felt I was wasting their time. I did not want to be a burden.

However, in reality, my situation was life-threatening. I was in CUH for a week, receiving treatment for the clot and IV antibiotics for my ongoing breast infection. I spent two days of this time in Coronavirus isolation (where I learnt what it truly was to be isolated!), whilst awaiting my negative Coronavirus test result.

I was not presenting any symptoms (apart from shortness of breath) but the test was mandatory for admission and necessary before they could put me in the CT machine and confirm a considerable clot on the lung.

It was a surreal week at CUH. Being the first of the official national 'lockdowns', my ward was quiet and absolutely no visitors were permitted. The incredible HSE nurses, doctors, carers, cleaners and caterers were learning and implementing new hygiene routines and adapting to work behind PPE — not an easy task. Taking bloods when your face mask is steaming up your goggles, and gloves impeding your natural instinct to find a suitable vein, was clearly a challenge.

Home exactly a week later and desperate to embrace my family, I was exhausted and emotional, but so delighted to be home. The fact the country was in 'lockdown' had no personal impact on me, with my body being in recovery I was incapable of doing much anyway.

Friends and family united and left meals, cake, flowers and treats on our doorstep and I yielded to relaxing, healing and cocooning. Every now and then, when I caught the news, I was overcome by the surreal sense of the world stopping with me. It made me uneasy and fearful for everyone's health and vulnerability.

Cancer is a bitch, evil and indiscriminate, but the Coronavirus appeared to be all that and more, cruel and more aggressive. Each day, the death toll chillingly reported, the transmission and identification of the virus, a mystery. It is affecting us all, whether you have it or not.

Cancer, on the other hand, affects you and your friends, family and colleagues, but the world does still keep on turning, which, to be honest, I found an absolute blessing. It normalised things for me.

Two days after getting home, I saw my plastic surgeon Mr O'Brion. More bad news, he was clearly devastated to have to tell me that, due to the ongoing infection, the left implant had been compromised and would need unfortunately to be removed immediately.

Another challenging situation and another few tears. The procedure was set for the next morning, but due to the clot I had and the blood thinner treatment, it would be too dangerous to put me to sleep. The implant removal would be done under a local anaesthetic.

I arrived early at the South Infirmary Hospital, feeling anxious but surprisingly calm due to the strength of confidence I had in my surgical team. It was unfortunate that this infection had occurred, but no one's fault. As the left breast had been where my cancer was, the mastectomy procedure had been more aggressive.

Walking into an operating theatre and placing myself on the table was a new experience. I imagined myself at the dentist, having an implant extracted rather than a tooth.

Mr O'Brion and his team kept me informed and comfortable throughout and reassured me tha,t although having one breast would understandably be an emotional challenge, eradicating the infection was the priority, and the implant could be replaced in time.

I was home that afternoon and I contacted the Daffodil Centre at CUH that evening.

Taking Covid-19 restrictions into account, Yvonne at The Daffodil Centre still wasted no time in booking me in for a prothesis bra fitting and took the time to let me speak about how I was feeling. A week later I met her and left with a new left breast and two pretty bras and a whole lot more confidence to face the world with my new shape.

Looking to the future

It has been just over a month since the ambulance took me to CUH. We all live in a different world now, and I feel like I am in a very different place in the world too. I have learnt to overcome health and physical challenges and been forced to consider my own mortality and life.

When my dear friend, Emma Hannigan, after a long battle with cancer, was given the devastating news in 2018 she had dreaded receiving for years, with only a few weeks to live she raised a phenomenal amount of money and awareness for Breast Cancer Ireland. She wrote her own beautiful funeral service and eulogy and wrote cards to her close friends.

The sparkly card I received from Emma after her heart-breaking funeral was full of love and wisdom. Among other beautiful things, she wrote: "Be loving towards one another and if that stops move on... have dreams and they'll come true." I believe what she meant was that you should be loving to yourself too.

What have I learned?

#1 – Don't delay getting help for any medical concerns

Please be kind to yourself. If you are currently suffering any health issues, or have a niggling suspicion something is wrong, please do not wait until the Covid-19 crisis is over to seek medical attention. The medical system is still working, and you will be treated.

It might be some time before we are living without the Coronavirus and by then it may be too late. Early cancer detection will always give you the best options and opportunities.

And always remember that you are never on your own, support is always available on so many levels and in so many ways.

#2 – Focus on what you can control

I have always taught my children, and I myself wholeheartedly believe, that although we cannot control what happens to us, we can control how we react to what happens to us — and this is the foundation for sound mental health. The Greek Stoic Philosopher Epictetus, was a little ahead of me with this theory, he believed that "All external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. We have no power over external things, and the good that ought to be the object of our earnest pursuit, is to be found only within ourselves."

Not always easy, but nowhere does it say that you have to do this alone.

#3 – Accept help when offered — you can offer help when it is your turn!

The truth of it is that there were a lot of people that enabled me to overcome this challenging time and were there to pick me up when I was in danger of tripping up.

I realise now how hugely important it is to seek out and accept the help that is out there, but also how big an impact every small act of kindness can make.

I am sharing my story with you to appeal for help in supporting these two worthy initiatives ARC and The Daffodil Centre and to highlight that they are there to help you; it is so important to reach out and seek the invaluable help they can offer not just to the patient him/herself, but to the children, parents and the partners who are also hugely affected by a cancer diagnosis.

Be loving towards yourself and let others be loving to you and make sure you give yourself every chance to overcome the enormous challenges and emotional upheaval cancer causes.

How you can support...

Please make a donation if you can. Even a small donation can make a huge difference and help these charities continue to provide the vital support they give to so many vulnerable Cancer sufferers and their families.

Covid-19 is threatening the existence of these charities and I understand first-hand the important part they play in anyone's life affected by cancer. I am so grateful for their ongoing support.

The Daffodil Centre and ARC are there to help you, but it is essential you reach out and seek the invaluable help they can offer you.

Please help these wonderful charities continue to help so many... every small donation makes a huge difference!

ARC Cancer Support Centres www.arccancersupport.ie 01 215 0250

The Daffodil Centres / Irish Cancer Society www.cancer.ie 1800 200 700

“Cancer is a bitch, evil and indiscriminate, but the Coronavirus appeared to be all that and more, cruel and more aggressive.

Tomorrow in Life: Leaving Cert students talk about missing out on their rites of passage



Helen Cuddigan at Ballymaloe House before her treatment. Picture: Brian Lougheed



Helen Cuddiga, who featured in our WOW! supplement last year when she and friends hosted a'Wig and Tash' bash at The Blackbird in Ballycotton. Picture: Howard Crowdy

RUEPOINTMEDIA

Publication:	eveningecho.ie	**Media Cost (€):**	970
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However, it is not only Covid-19 that has kept me from my work. I want to share my story to raise awareness of, and funds for, two incredible support organisations we are lucky enough to have in Cork: The Daffodil Centre (The Irish Cancer Society's regional information and support centre) and ARC (Cancer Support Centre).

Secondly, I would like to emphasise just how important it is to seek medical assistance despite Covid-19, for non-Covid-19 emergencies. Your life might depend on it, and my story tells you why.

Last, but not least, I wish to thank my Ballymaloe family and all my family and friends for the incredible support they have shown me throughout my personal health struggles.

My Cancer Journey

In early July, 2019, I found a lump in my left breast. I immediately went to my GP who referred me to the rapid access clinic in the CUH. Within two weeks, on July 16, I was diagnosed with ductal breast cancer and started chemotherapy two weeks later.

My treatment schedule, under the watchful eye of Professor Seamus O'Reilly, consisted of eight sessions of chemotherapy fortnightly and my prognosis was excellent, largely because I acted so quickly… so, I was one of the lucky ones.

Understandably, both the diagnosis and the treatment were still scary, but having seen my little sister and cousin bravely come through after experiencing the same journey, I decided to face the first hurdle, literally, head first.

I visited The Wig Clinic in Cork city to have my long, red(ish) curls chopped pixie style to curb the inevitable stress of it falling out in lengthy clumps when the treatment started.

After a little cry, I felt liberated and in control… the Gin & Tonic hairdresser Vicky sent for certainly helped too!

There is no doubt — chemotherapy is harsh on the body — and I kept a detailed diary of how I was feeling after it. This helped me prepare for the next session and I learnt to manage my symptoms a little. At least I knew what to expect.

The Chemotherapy team at the Dunmanway Day Unit at CUH were a delight to meet with and made having to be there so much more bearable.

Throughout my chemotherapy, I was able to continue working at Ballymaloe House in my part-time role as marketing support. On a two--week cycle, I was wiped out during a treatment week, but was generally well enough during week two to go into the office.

So, there was a plan in place, and my Ballymaloe family being part of it, made it so much easier for me. They may not realise until now just how incredibly grateful I am for the love, support and strength they gave me throughout this scary journey.

The Daffodil Centre at CUH and ARC were with me every step of the way and provided an invaluable source of information, guidance and comfort. The Daffodil Centre introduced me to the charity 'Look Good, Feel Good' when I was losing my hair, eyebrows and eyelashes. I attended one of their make-up lessons and learned that making an effort to look good made me feel better inside and outside.

The cosmetic companies who support this charity have brought smiles of pride to cancer patients and their families!

In October, 2019, halfway through my treatment, with a lot of help from some great friends, we held a 'Wig & Tash Bash' at The Blackbird in Ballycotton to raise funds and awareness for Breast Cancer Ireland.

This was something I had wanted to do long before my own diagnosis, in memory of my beautiful friend and BCI ambassador Emma Hannigan. The night was a huge success, great fun and a welcome distraction. Emma would have loved it too — I ended up being the only one on the dance floor without a wig (or hair) at the end of the night.

For the outside world, I teamed up my outfits with a colourful selection of matching skull caps (I never did manage to come to terms with wearing a wig), lipstick, and nail varnish to hide the black and blue nails, and a big smile and my ‘big girl pants’ (just as my good friend Emma Hannigan would have advocated) and got on with ‘life as normal’.

My chemo came to an end in late November, and thanks to the huge support I’d received in so many ways, my battle against breast cancer had been won.

The next stage in my journey was a double mastectomy to reduce the risk of the cancer reoccurring and I let out a sigh of relief when Professor Mark Corrigan, who had been so supportive throughout my treatment, informed me that the operation was booked for after Christmas, on Thursday, January 9.

Life appeared to be getting back to a regular ‘normal’ routine. And there was a cancer-free Christmas and New Year to look forward to.

Having always been a positive, half glass full kind of person, my cup was now overflowing. I was grateful for everything and everyone in my life, especially my incredible partner Michael and children Louis and Matilda.

Getting back to a new reality

All of a sudden, out of the blue I hit a slump. Without the regular supports of the medical staff, the routine of chemo and/or a pending operation, I felt paralysed by a dark ‘what now’ and ‘what the hell was that’ feeling!

The realisation that my mortality had been threatened began to haunt me, and the guilt of having got away with it, being one of the ‘lucky ones’, consumed me.

I experienced both feelings in equally dark ways, they felt real. It was at this point that I discovered just how important ARC was. I rang them and they encouraged me to come in right away. They immediately understood the way I was feeling, I felt so relieved. Feeling understood and ‘normal’ was such a comfort.

I was offered counselling and touch therapies and discovered acupuncture with Clodagh at ARC. I began to feel centred again and prepared for my mastectomy.

Clodagh suggested some acupuncture the day before the operation to keep me calm and I floated into the procedure, just as Clodagh said I would.

The operation was a success. I woke up with new double Ds and was minded by an incredible healthcare team for 12 days at Cork University Hospital. Having been involved in organising the annual Ballycotton RNLI Fundraising Gala dinner at Ballymaloe House for the past seven years, I was adamant that I and my new double Ds would be at the Gala dinner on January 31. The Great Gatsby-themed event was already a sell-out success and my tickets were paid for, in full confidence that I would be at the event.

Although my operation was postponed by a week, the event helped me focus on a speedy recovery. We made it to the ball and a record breaking €20,000 was raised for Ballycotton Lifeboat (RNLI), thanks to Ballymaloe and many sponsors’ generosity and the newly appointed dream organisational committee and 130 guests.

A health scare during Covid-19

Once more, it felt like life was getting back on track again, and I was healing well inside and out, despite a small mastectomy wound infection. I was coming to terms with my newly sculpted body as well.

Then the Coronavirus struck. Suddenly, everyone’s health was at risk and people’s mortality was threatened. Being immunocompromised, I was advised to take extra precautions.

With Ballymaloe House closing its doors as part of the government’s Covid-19 guidelines in mid-March, our Ballymaloe family was separated and work gone, and the world as we knew it changed instantly.

Mother’s Day was our last family pre-lockdown day out. I made a bacon and egg pie picnic and we headed to Knockadoon for a Sunday stroll. It was a day of blistering sunshine and there were only a handful of other walkers around sharing socially acceptable space, with muffled greetings through scarfs. It was a memorable outing and could very easily have been our last.

The next morning I woke with pain in my back and shortness of breath. I thought I might have pulled a muscle or perhaps the walk had just taken its toll on my weakened body. Both symptoms became progressively worse and I rang my GP, Dr Sean McCarthy, who suggested a blood test the next morning. I spent a restless night fighting for comfort and saw the nurse first thing Tuesday morning for bloods.

By 5.30pm that evening I was in agony and struggling to breathe. Michael rang Dr McCarthy and he raced over, calling an ambulance on the way. The blood results had come back and he was fairly certain I was experiencing a Pulmonary Embolism (a blood clot in the lung) which required urgent hospitalisation.

It was a petrifying experience, but despite my own pain and blinded by fear, I looked at Michael and the kids, desperately wanting to reassure them that I would be OK. The ambulance arrived and the two ambulance men were masked, gowned and gloved up.

Following Covid-19 protocol, I had to say my goodbyes to my family and was taken to the ambulance for assessment. All sorts of strange thoughts flood your mind at a moment like this. Painfully aware that the Coronavirus was just starting to become a challenge for Ireland and our healthcare workers, I felt I was wasting their time. I did not want to be a burden.

However, in reality, my situation was life- threatening. I was in CUH for a week, receiving treatment for the clot and IV antibiotics for my ongoing breast infection. I spent two days of this time in Coronavirus isolation (where I learnt what it truly was to be isolated!), whilst awaiting my negative Coronavirus test result.

I was not presenting any symptoms (apart from shortness of breath) but the test was mandatory for admission and necessary before they could put me in the CT machine and confirm a considerable clot on the lung.

It was a surreal week at CUH. Being the first of the official national 'lockdowns', my ward was quiet and absolutely no visitors were permitted. The incredible HSE nurses, doctors, carers, cleaners and caterers were learning and implementing new hygiene routines and adapting to work behind PPE — not an easy task. Taking bloods when your face mask is steaming up your goggles, and gloves impeding your natural instinct to find a suitable vein, was clearly a challenge.

Home exactly a week later and desperate to embrace my family, I was exhausted and emotional, but so delighted to be home. The fact the country was in 'lockdown' had no personal impact on me, with my body being in recovery I was incapable of doing much anyway.

Friends and family united and left meals, cake, flowers and treats on our doorstep and I yielded to relaxing, healing and cocooning. Every now and then, when I caught the news, I was overcome by the surreal sense of the world stopping with me. It made me uneasy and fearful for everyone's health and vulnerability.

Cancer is a b***h, evil and indiscriminate, but the Coronavirus appeared to be all that and more, cruel and more aggressive. Each day, the death toll chillingly reported, the transmission and identification of the virus, a mystery. It is affecting us all, whether you have it or not.

Cancer, on the other hand, affects you and your friends, family and colleagues, but the world does still keep on turning, which, to be honest, I found an absolute blessing. It normalised things for me.

Two days after getting home, I saw my plastic surgeon Mr O'Brion. More bad news, he was clearly devastated to have to tell me that, due to the ongoing infection, the left implant had been compromised and would need unfortunately to be removed immediately.

Another challenging situation and another few tears. The procedure was set for the next morning, but due to the clot I had and the blood thinner treatment, it would be too dangerous to put me to sleep. The implant removal would be done under a local anaesthetic.

I arrived early at the South Infirmary Hospital, feeling anxious but surprisingly calm due to the strength of confidence I had in my surgical team. It was unfortunate that this infection had occurred, but no one's fault. As the left breast had been where my cancer was, the mastectomy procedure had been more aggressive.

Walking into an operating theatre and placing myself on the table was a new experience. I imagined myself at the dentist, having an implant extracted rather than a tooth.

Mr O'Brion and his team kept me informed and comfortable throughout and reassured me tha,t although having one breast would understandably be an emotional challenge, eradicating the infection was the priority, and the implant could be replaced in time.

I was home that afternoon and I contacted the Daffodil Centre at CUH that evening.

Taking Covid-19 restrictions into account, Yvonne at The Daffodil Centre still wasted no time in booking me in for a prothesis bra fitting and took the time to let me speak about how I was feeling. A week later I met her and left with a new left breast and two pretty bras and a whole lot more confidence to face the world with my new shape.

Looking to the future

It has been just over a month since the ambulance took me to CUH. We all live in a different world now, and I feel like I am in a very different place in the world too. I have learnt to overcome health and physical challenges and been forced to consider my own mortality and life.

When my dear friend, Emma Hannigan, after a long battle with cancer, was given the devastating news in 2018 she had dreaded receiving for years, with only a few weeks to live she raised a phenomenal amount of money and awareness for Breast Cancer Ireland. She wrote her own beautiful funeral service and eulogy and wrote cards to her close friends.

The sparkly card I received from Emma after her heart-breaking funeral was full of love and wisdom. Among other beautiful things, she wrote: "Be loving towards one another and if that stops move on… have dreams and they'll come true." I believe what she meant was that you should be loving to yourself too.

What have I learned?

#1 – Don't delay getting help for any medical concerns

Please be kind to yourself. If you are currently suffering any health issues, or have a niggling suspicion something is wrong, please do not wait until the Covid-19 crisis is over to seek medical attention. The medical system is still working, and you will be treated.

It might be some time before we are living without the Coronavirus and by then it may be too late. Early cancer detection will always give you the best options and opportunities.

And always remember that you are never on your own, support is always available on so many levels and in so many ways.

#2 – Focus on what you can control

I have always taught my children, and I myself wholeheartedly believe, that although we cannot control what happens to us, we can control how we react to what happens to us —and this is the foundation for sound mental health. The Greek Stoic Philosopher Epictetus, was a little ahead of me with this theory, he believed that “All external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. We have no power over external things, and the good that ought to be the object of our earnest pursuit, is to be found only within ourselves.”

Not always easy, but nowhere does it say that you have to do this alone.

#3 – Accept help when offered — you can offer help when it is your turn!

The truth of it is that there were a lot of people that enabled me to overcome this challenging time and were there to pick me up when I was in danger of tripping up.

I realise now how hugely important it is to seek out and accept the help that is out there, but also how big an impact every small act of kindness can make.

I am sharing my story with you to appeal for help in supporting these two worthy initiatives ARC and The Daffodil Centre and to highlight that they are there to help you; it is so important to reach out and seek the invaluable help they can offer not just to the patient him/herself, but to the children, parents and the partners who are also hugely affected by a cancer diagnosis.

Be loving towards yourself and let others be loving to you and make sure you give yourself every chance to overcome the enormous challenges and emotional upheaval cancer causes.

How you can support...

Please make a donation if you can. Even a small donation can make a huge difference and help these charities continue to provide the vital support they give to so many vulnerable Cancer sufferers and their families.

Covid-19 is threatening the existence of these charities and I understand first-hand the important part they play in anyone’s life affected by cancer. I am so grateful for their ongoing support.

The Daffodil Centre and ARC are there to help you, but it is essential you reach out and seek the invaluable help they can offer you.

Please help these wonderful charities continue to help so many… every small donation makes a huge difference!

ARC Cancer Support Centres www.arccancersupport.ie 01 215 0250

The Daffodil Centres / Irish Cancer Society www.cancer.ie 1800 200 700

RUEPOINTMEDIA

Publication:	kilkennypeople.ie	**Media Cost (€):**	44
Date:	Wednesday, May 20, 2020	**Reach**	3,264
Page:	Link	**Size (Sq. Cm)**	486

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The Kilkenny sporting summer will be a little quieter after some well-known events were forced to scrap their plans for 2020.

The Marble City Cyclers became the latest club to issue a cancellation notice as they called off the Tour de Kilkenny charity cycle.

"Marble City Cyclers are sorry to announce the cancellation of the 2020 Tour de Kilkenny," they said in a statement released online.

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"The health and safety of the public is at the forefront of our minds. Unfortunately, to host an event of this nature is not possible with the Covid-19 restrictions.

"MCC thank you for your support," the club added. "We will look forward to next year's event and hope that you will join us when the time is right for our annual fundraiser.

"For now, wishing you all health and, of course, happy miles."

The Tour has been a popular event on the cycling calendar over the last 11 years and has raised more than €130,000 for charities including Samaritans, Irish Pilgrimage Trust, Breast Cancer Ireland, New Ross Meals on Wheels and The Watergarden Thomastown.

The Tour featured 44km, 77km, 110km and 160km routes, making it a great day for cyclists of all abilities.

The cancellation of the Tour De Kilkenny means the county has lost both of its summer cycling events. The Kells Kings Challenge, a fund-raiser for Cois Nore, was also called off due to the coronavirus pandemic.

TRIATHLON

News of sporting cancellations has also affected the Kilkenny Triathlon Club, who have been forced to scrap their triathlon for 2020.

The event, which would have seen triathletes from all over Ireland flock to the city to swim in the Nore, cycle out into the county and run through Kilkenny Castle Park, was cancelled after it fell inside the lockdown timeframe set in place by Triathlon Ireland.

"It remains Triathlon Ireland's plan to commence the triathlon season in July, subject to approval by Sport Ireland and the Government," said a KTC spokesperson. "As this date is July 20, and our Club Triathlon was due to be held on July 19, our Club Triathlon for this year is cancelled."

News of the cancellation was a bitter blow for the Triathlon Club, who were also forced to cancel their Duathlon in April as the country entered into the early stages of lockdown.

RUEPOINTMEDIA

Publication:	agriland.ie	**Media Cost (€):**	353
Date:	Friday, May 22, 2020	**Reach**	10,540
Page:	Link	**Size (Sq. Cm)**	1,211

Are you using the best netwrap to improve your bottom line?

For those of us that make bales, no matter whether it's for ourselves or contract work for others, do we ever consider the parts of the process that come together to create the goal? The food value of the bale?
After all, it is easy to forget, the sole purpose of making round bales is either to feed an animal or give it a bed on which to lie.

It could be argued that this 'process' could include everything that is needed to make the bale, the baler, the tractor to pull it, even the fertiliser for the crop at the right time.

All are elements of the process of good bale making. Get one or more wrong and the finely balanced operation begins to lose its focus, bringing compromises to what will ultimately result in lower quality forage.

Of all the elements in this process, some may be seen as only temporary or a necessary commodity needed to do the job. After all what good is the baler, the tractor to pull it, the driver to manage it all, if there's no netwrap in the baler?

Fundamental elements

The netwrap is one of the most fundamental elements of the operation, yet, ironically, its relatively low purchase price could confer on it less importance than it justly deserves. Buy it, use it, don't think twice about, is often the attitude – yet this is so wrong.

The majority of round baling is done by contract-operated balers, which easily reach upwards of 10,000 bales per year, per baler; now think of how many bales will be made in the life-time of the baler?

The numbers begin to stack up. With a five-year replacement, that baler will easily have netwrap to the same value as the baler. Think of that, the same value of the baler spent on the "consumable commodity".

There is more to the choice of netwrap than simply trying to buy the cheapest. In fact, this product, love it or hate it, follows the old wives' tale "buy cheap, buy twice". In other words, a little time spent considering the value of what you are purchasing instead of the cost of the item, will pay handsome dividends.

A netwrap that gives poor cover will not make a good silage bale. The air trapped within the exposed shoulders compromise a good fermentation, delivering a bale that is below what it could have been in feed value.

You may know all of this or, perhaps, you are one of the professional users that fully understand the points. It is for this reason that such an important element of the process is close to the heart of the country's leading netwrap supplier.

Tama ASSIST

Tama Group has pioneered the way in the business of highlighting and improving ways to increase forage value.

Far from just being a maker of netwrap and twine, Tama goes much deeper in trying to find a way to achieve what the farmer really needs from a silage bale, with a level of knowledge that no other producer can bring, as Tama employees farm themselves, have their own balers and their own dairy and beef herds.

Added to this, its close joint R&D co-operation with all the leading baler manufacturers, means it has a good understanding of what you need.

Furthermore, the company has a strong presence on helping the customer before, during and after using its products. Not just "here today – gone until next season", Tama ASSIST is a part of Tama Group that is designed, as the name suggests, to give support where and when required.

This may be in understanding more about the products you need and what makes them more suited to your operation, to looking for help with an in-field hold-up. Tama has opened up its knowledge banks for you to take advantage of.

The very comprehensive on-line site contains information on all three product lines – netwrap, stretchfilm and twine – with countless gems of knowledge, insight and help.

Tama ASSIST also extends to troubleshooting and direct on-farm support, when required, from the fully trained regional technical team in Ireland led by Ray Fletcher. Contact Ray on: 087-9144244.

Try to re-consider the importance of the roll of Netwrap you purchase; think of the cost versus the value it can bring to your business.

Whether you are a farmer and want trouble-free baling, making exceptional bales, or a high-volume operator, where time saving and a good-job left behind is a must, knowing how much you can add to your bottom line by not throwing it away at the top.

Less downtime; greater productivity

“I had been using a standard 7,200ft twine in the past and tried the Tama 9,600ft when it first arrived on the market,” said Stephen Eustace, from Tullow, Co. Carlow.

After testing I immediately moved to using the 9,600ft all the time. I found that the twine ran a lot better through the knotters and knots pulled tighter quicker so there were no more slipped knots.

“Even when joining the twine in the twine box the twine knotted better and there were no longer any problems with knots opening due to vibrations.

“Also, the benefits of having longer spools means that I have to carry less twine which results in less downtime loading twine.”

Tommy Whiteside of Whiteside Agri Contracts in Greysteel, Co. Derry, is a large contractor who has been using TamaNet+ 3600 for many years and is looking forward to 2020 with Tama netting.

Tommy has grown with Tama through the years and now sees the benefits of Tama’s consistency and reliability with increased quality and strength.

“Tama netting has given me the peace of mind that allows me to continue with trouble-free baling and produce the same consistently perfect bales each time. It is hassle free and maintains a tight and well packed bale in all weather conditions,” said Tommy.

“At present, I am using Tama Edge to Edge 3,600m which is excellent; it leads to less downtime and greater productivity.”

‘Thing of the past’

Neilus O’Connor lives in North Kerry and has been using Tama net for the past 10 seasons.

“In the past, I used cheaper nets which resulted in a lot of downtime with a mix of problems. Since switching to Tama Edge to Edge problems of burst bales and net not spreading is a thing of the past,” said Neilus.

Neilus O’Connor pictured with Mike Murphy, commercial manager Tama Ireland

“Tama has been proactive with its support and in developing a quality product for Irish conditions.”

In 2015, Neilus was delighted to have the opportunity to use the Pink Tama Edge to Edge in support of Breast Cancer Ireland.

“This is a positive step in the fight against breast cancer. Breast cancer has affected the lives of so many families and we are delighted to support this fundraising campaign in conjunction with Tama.”

Additional information

To find out further information on Tama and its product range, go online or simple click here

Sponsored by Tama

RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	3737
Date:	Tuesday, May 26, 2020	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	874

RTE Radio 1 @ 26-May-20 09:48 - (breast)

Have a bad day that there are more good than bad you and that's good news to hear you you spent 5 and a half weeks in hospital Yeah for you have 40 operations yet and all that it did did did you get flashbacks or are you or are you on the road to a emotional freedom if you like been quite lucky in that sense not needed any psychological help anything my Bath and thus far I mean I don't know what will happen in the future

and about into except that my up mentally be okay I was so incredibly lucky that I write my offer me a Pat and I've just had an amazing family to help me deal with things and all I needed to do was open up and thought that everything in sales and of come August to ask about the leather jacket EUR caring on the night Yes I brought a lovely jacket then in America about a month before the attack and Iman hand

during the attack and a couple weeks later in Hospital Manchester belief return the jacket for me which was incredible that they found then now and and it have turned a small hall minute but it's my favourite jacket are aware how wearer can because they remind me of what they buy the film a favourite jacket against me happy memories and have ask me what a remarkable jacket that is and and the

associations with wood for should just be a piece of clothing of course is much more than that it's its survivors you a former you know she cape almost so Yes good are you not only that but she raised a lot of money for the Royal Manchester Children's Hospital Yes I think we feel we've raised about 65000 dozens of the SUV so yeah their incredible and I just needed to find a way to give something back to

them it was a dream Freya what's what's the plan coming up just escape from reality is I always wanted I would love that thing when I was with and and Stefan leave before the 22nd of May had been even think about that as a career because of the snow away but often now just learning to live life and though one of the he hoped the follow that dreams failure to

it's really good to talk to wish you and your sister and your Mommy that the very best of luck and Nell's family to thank you for your time today thank herein lies dodgy Fail loses their remarkable story is not dead she is the author of a book about her life story and that of the event what makes us stronger than a book by Freya Lewis site I did enjoy it that's right we're talking to her but she was a

smart and and strong and that's what we want in the world what we need in 1.1 5.1 and a point apart the story was fray saying her worst injury was losing I of particular John made his snarling angry and Shannon Dublin said I'm in tears this is a beautiful young girl so sad to hear about the loss of male another says what a beautiful girl she is everyone in tears listening my two girls 13 16 at the time went to see Ariana Grande the previous Saturday in

the 3Arena when I heard the news early on Tuesday morning it felt so close to home and they're completely to a carriage to target young innocent kids in such barbaric way hope she continues her road to recovery thank you indeed for those with back with more after this Kathleen was 83 when she died as expected she looked after her family in her will she also did something truly amazing she gave vulnerable

children hope despairing discouraged and worried father's optimism how it simple she included goal in a will you can do something truly amazing visit go global .ie and discover how you all will can really change lives might not be able To fight these days but there's a whirls just outside your window this June Bank Holiday Sunday RTE and Bord Bia Bloom are asking everyone to tell whether you have a Grand garden and patio balcony

winning windows let off balloons together and share your photos videos tips and messages with the nation by using the hashtag RTE Christmas special prizes up for grabs and gloom with RTE Sunday 31st of May in partnership with Boyd be and Niall Carroll was on to say that they're doing a lovely their pleas from fundraising for breast Cancer Ireland down there with this the for for Karen who is his wife and their amazing role model as he

says himself and this is their organiser community-based event few times over the last 5 years and now those houses carries going through breast cancer treatment the National so starts the first of June for 30 days to get as many people out jogging running or walkers young and old are coming at an ideal time for those Highlights: Breast Cancer Ireland, fundraising, Niall Carroll, Pink T-shirt.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	7040
Date:	Tuesday, May 26, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	448

Today FM @ 26-May-20 12:25 - (breast)

Today he's doing our part in making the best of things I thought Gosh energy we're doing our part to with the best dual-fuel offer for gas and electricity at times like this it helps if it's Bord Gais energy or AAB 1431 EUR 3 % electricity discounts % gas discounts with a 12 month contract and standard unit rates with direct debit and paperless billing early exit fees 15 Europe innovative standing charge apply prices valid today may vary see Bord Gais energy W free

competencies you've Tanya powers and status helm now it's time to treat you and your family to a luxurious break away at the Riverside Park Hotel in Wexford South East enjoy the safety of the Riverside Park Hotel with the spaces restaurants large family rooms and outdoor play and explore Wexford's long Sandy beaches and endless outdoor attractions this summer but with confidence at Riverside Park Hotel sat calm the

less self take great care he to every business that into a strange new world to every business making difficult decisions to every business not sure of what's to come and to every Vodafone business customers we're now offering unlimited data will help of smart working towards my device security call conferencing and virtual office number you can focus on what matters most search Bodyform business Eddie unlimited calls texts and data subject to signing up to my business

and limited plan for fun not ie for full terms and do due to you when you mention that because she's very bad memories I owe everything really to does does do really because she's gone then these memories they have bad memories is that they are man and man here now and I love the Re you doing now I am able to marry me

Yeah Yeah you're a song that's the thing we are glad to see you having changes you when you mention that because a change a thing got them memories of the do it really does change things their memories and these memories and very Joe you know a song everything we do you

think Yeah do you mind him jet black jeans me Matt Damon memories do you really Maroon 5 memories on today FM welcome back to the zoo and chat educate text is the view there made me laugh welcome back to those in a few minutes' time but now Kenya run or walk 100 k in 30 days for breast Cancer Ireland

and to tell us more about it and about getting involved in his brilliant challenge is not a Carol from Blackrock County Louth now good afternoon Highlights: Breast Cancer Ireland, fundraising, Niall Carroll, Pink T-shirt, Blackrock County.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	733
Date:	Tuesday, May 26, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	802

Today FM @ 26-May-20 12:40 - (breast)

At ISO and thank you and that today's chill to before that we had the academic anything could happen on today FM and not once mention that the Republic of a Republic of Ireland soccer manager Stephen Kenny is the master 400 k in 30 days everyone get involved is 25 EUR to register and all of that all 25 euro will go to breast Cancer Ireland so it's 100 k in 30 days dot ie and sunny today is walk Run 100 k in 30 days it's very very doable

AA carries a wonderful woman and so proud to call my friend car has done her 100 k of through her treatment she is wonder Woman and that's from Cathy her friend as that lovely mud 100 k in 30 days and will check in with Nile over 30 days and maybe some you can get in touch as well if you take part it now coming up after the break we have today is let her rip it's the kids are but the child the kid has already been picked so

don't text not talk to you very soon the last word on today FM with Matt Cooper join us just before 5 o' clock every Tuesday we will be discussing the latest in tech gadgets but Andy Donnellan Ireland has made I believe the best decision in regards to this regarding centralised or D centralised systems your data will not be stored by a government department by Health Agency PHA and the last word on Hey keep with masking pain and love flag and gay said in Tuesday's farming

Independent on the EU's new farm to fork from the deal will mean for farmers in property the return of traditional farmyard sales as a continuous work around the cover 19 restrict roots in business Farmers rights on CPO compensation for roads projects on the lamps that farming Independent real story is worth paying for the print subscriber at independent.ie 1940 in Oakpark our great granny Brett had 4 sons hungry than us so she set them to grind corn to

feed the pigs which were raised in Kildimo Park a week two brothers John and Andy a still craft in some good Russian seaman Tipperary from field to file my great granny used to neck and then had some new twists like great Bernie didn't use me Thorpe Park meal rations and discuss a beautiful bouquet of flowers it can seem more than words ever carried to celebrate congratulate would just let someone know you are thinking

as .ie we know every booking is best so everybody we receive this hand painted arranged with care and delivered with her loved across the islands we even sent a video to be delivered to you know it's just right I say it with flowers at www dot flowers .ie rated 5 stars sometimes I and I are you ready to get back to business you have the appropriate measures in place Netwatch enough for a range of services to support you this time with temperatures to inform people of these

social distancing rules and give us a reason kilometres between you and them all you want to manage occupancy levels Netwatch can help you get back to business the that Netwatch system .com net creating a fearless in by this is the important message for leaving Certificate and leaving Certificate applied students 0 students who intend to sit the leaving Certificate and leaving Certificate applied

examinations and 2020 had been offered the opportunity to receive a Certificate of calculated grey this will enable you to progress to higher and further education or to employment as a first step in the process of receiving calculated great you must register before 10 pm on Thursday 28th Ray to register go to guy of .ie 4th slashed leaving Certificate of were torn apart and told we could be due

June an apprentice boys misuse of your bacon sausage and a cheeky extravagance and what does the job like a supporting wall he's ever at Centra we're uniting Ireland builders with their breakfast chicken fillet rolls welcome back folks we've missed you too now Let's Get Ireland growing again Centra lives every day in these difficult times many businesses are still very much open for business we still need to

communicate with their customers Radio can help right now it is playing an even bigger role keeping people in Ireland informed and entertained of the latest technology means that even with social distancing radio ads can still be made and broadcasts safely radio business as usual even when it's not business as for more information go to today FM .com /advertising it was redrawn

and Highlights: Breast Cancer Ireland, fundraising, Niall Carroll, Pink T-shirt, Stephen Kenny, 100k in 30 Days..

RUEPOINTMEDIA

Publication:	dublingaa.ie	**Media Cost (€):**	14
Date:	Monday, May 25, 2020	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	581

Dublin GAA clubs rally to the call

Everybody needs good neighbours! Raheny and Clontarf put any local rivalries to one side when they went more than the distance in their derby day duel like no other last Saturday.
In the end the clubs combined to cover over 70,000km in their #GoTheDistance joint fundraiser in aid of St Francis Hospice which by Monday evening had raise an incredible €95,000 and donations were still coming in (open until this coming Saturday).

Both clubs asked their members to #GoTheDistance in aid of St Francis Hospice in a challenge from 8am to 8pm in St Anne's Park to see which club could walk/run/cycle/rollerblade the greater distance and in a tight finish a few late impact subs saw Raheny win in a photo-finish!

All ages and fitness levels were represented with Clontarf 11-month-old Cillian O'Keeffe, whose father Mick represented Raheny and Dublin as well winning Dublin senior football championships with his original club Kilmacud Crokes, the youngest participant and 88-years-young Aine O'Neill the oldest from Team Clontarf.

The real winner was the local sense of community and, of course, St Francis Hospice.

Dublin GAA has for many years engaged in fundraisers for St Francis Hospice with collections from match-day programmes as well as an annual coffee morning aiding their great cause.

Donations came be made until next Saturday at https://idonate.ie/GoTheDistanceForSFH

This Saturday Dublin LGFA referees group will take part in their charity 5k run with all proceeds going to St Francis Hospice. https://www.gofundme.com/f/dublin-lgfa-refs?

Ballinteer St John's club members fundraised for Pieta in their Run in Darkness and Light fundraiser last Saturday.

"At the end of an amazing 24-hours for BSJ and Pieta, we have exceeded €50,000 with more donations yet to be accounted for," reported Ballinteer St John's on facebook, "Incredible fundraising for this great cause. Well done to all our participants (over 1,750 of you) for the running, walking, cycling and of course generosity.

"We will share final figures during the week." https://www.gofundme.com/f/agqwb3-aib-together-fun...

Beann Eadair raised in excess of €20,000 for Jigsaw. Jigsaw is a free and confidential mental health support service for juvenile to youg adults, aged 12-25.

"Our brillo mentors, seeing we were just shy of our final Jigsaw fundraising goal, did a whip around to get us over the big round number of €20,000 (€20,095 to be exact!). Speaks volumes. Phenomenal achievement for our little club. Little but mighty together," stated the Howth club on facebook.

Dublin senior footballers John and Paddy Small took to social media to thank all who contributed recently took part and/or donated in Ballymun Kickhams' sponsored cycle in aid of St Clare's Ward in Beaumont Hospital, in memory of their late father and Kickhams chairman Declan Small.

The highly successful initiative, with Declan's sons, Dublin footballers John and Paddy, taking a leading role, raised €31,171.50.

"Thank you to everyone who contributed to our funds for St Clare's Ward in Beaumont Hospital in memory of our dad, Declan. You are all incredibly generous," wrote elder brother John in his instagram post.

"It shows the esteem our dad was held in. The money will make a real difference to the ward that cared for him. Thanks again. The Small family."

RUEPOINTMEDIA

Publication:	irishtimes.com	**Media Cost (€):**	9699
Date:	Tuesday, May 26, 2020	**Reach**	710,600
Page:	Link	**Size (Sq. Cm)**	494

Images of the Day

RUFF RIDING: A man cycles to Dollymount with a dog on his back in Dublin. Photograph: Dara Mac Dónaill/The Irish Times
RUN AND JUMP: Cousins Scott Moran (11), Craig Donnelly (11) and Sean Jacob (11) having some summer fun on the pier in Wicklow Town. Photograph: Nick Bradshaw/The Irish Times

BEACH VISIT: From left to right; Katelyn Hurley (10), India-Rose Hurley (5) and Tegan Hurley (9) all from Crumlin enjoying the good weather on Sandymount Strand, Dublin. Photograph: Gareth Chaney/Collins

FAMILY VISIT: Sean Foley, a client at Oaklodge Nursing Home in Cloyne, Co Cork is visited by his daughter Mary and grandchildren Eabha and Roisin. Photograph: Michael Mac Sweeney/Provision

PROTEST: Ania Bialocka (left) and Stephen Laidlaw, (right), joined other Debenhams workers protesting outside the Bank of Ireland, on College Green, Dublin. Photograph: Dara Mac Dónaill/The Irish Times

COMMITEE: Tadhg Daly Nursing Homes Ireland arriving at the Dáil for the special committee on Covid-19 response. Photograph: Nick Bradshaw/The Irish Times

HIGH KICK: TaeKwon-Do world champion Ciara Fitzsimons practices in Rivervalley Park, Swords, Dublin. Photograph: Ryan Byrne/Inpho

SLIPPERY FISH: Edwin Poots trying his best to hold onto a trout on his visit to Movanagher Fish Farm on Tuesday. Photograph: Justin Kernoghan

100K: Republic of Ireland soccer manager Stephen Kenny, Niall Carroll and his wife and breast cancer survivor Cara McAdam at the launch of of 100k in 30 Days for Breast Cancer Ireland at Priests Beach, Blackrock, Co Louth. To register go to 100kin30days.ie.

LIVESTREAM: Mezzo soprano Tara Erraught and pianist Dearbhla Collins on the stage of the National Concert Hall rehearsing in advance of their performance this Friday at 8pm as part of the NCH Livestream Series, sponsored by Davy. The concert will be streamed live from the NCH and is available to view worldwide on the National Concert Hall's YouTube channel, NCH Facebook and also on rte.ie. Photograph: Mark Stedman

VISIT: Mariette, a resident of the Christalain residence gets prepared by caregivers before the arrival of her daughter Patricia for a visit at Residence Christalain in Brussels, Belgium on Monday. Visits to the interior of the rest home are permitted since May 11th. There are still rest and care homes that do not accept any visits to the interior of the residence. Photograph: Stephanie Lecocq/EPA

CHURCH REOPENED: An Orthodox priest sists in the grotto of Bethlehem's Church of the Nativity following its reopening as Palestinian authorities eased coronavirus restrictions in the occupied West Bank, on May 26th. Photograph: Musa al-Shaer/AFP via Getty

RELEASED PRISONERS: Taliban prisoners stop a local taxi after their release from the Bagram prison, as they arrive in the city of Kabul on May 26th. Afghan authorities plan to release 900 more Taliban prisoners on May 26th, as calls grow for the militants to extend a ceasefire on its third and final day. Photograph: Wakil Kohsar/AFP via Getty

RUEPOINTMEDIA

Publication:	Irish Daily Star	**Media Cost (€):**	10291.92
Date:	Wednesday, May 27, 2020	**Reach**	44,234
Page:	16	**Size (Sq. Cm)**	366



Teamwork to kick cancer



GOOD SPORTS: Breast cancer survivor Cara McAdam, Ireland Football Manager Stephen Kenny, Cara's husband Niall Carroll and their children Jack (4) and Laura (2) at Priests Beach, Blackrock, Co Louth

IRELAND manager Stephen Kenny is looking match fit as he backs a new campaign to raise funds for Breast Cancer Ireland.

The former Dundalk manager, with legendary commentator Micheal O Muircheartaigh, are supporting the 100k in 30 Days challenge.

The challenge was created by Co Louth businessman and father-of-two Niall Carroll whose wife Cara McAdam (40) was diagnosed with breast cancer last year.

Stephen said: "With everything going on, it is heartening to see Niall and Cara taking on the 100k in 30 Days Challenge and raising much needed funds to support Breast Cancer Ireland.

"Like so many people, I have seen the impact of the disease and I think it is so important that initiatives like this ensure that research continues into the future."

The challenge encourages people to either run, jog or walk the distance within 30 days. More details are on www.100kin30days.ie.

RUEPOINTMEDIA

Publication:	dundalkdemocrat.ie	**Media Cost (€):**	4
Date:	Wednesday, May 27, 2020	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	341

100k in 30 Days Challenge

Dundalk businessman, Niall Carroll has launched his 100k in 30 Days Challenge to raise funds for Breast Cancer Ireland in support of his wife, Cara McAdam (40) who was diagnosed with breast cancer last year.
With the help of their local community and with newly appointed Ireland Football Manager Stephen Kenny on board, it is hoped that this initiative will raise significant funds for the many thousands of women impacted by breast cancer in Ireland by funding research into the disease.

Cara, a biology teacher, and mother of two young children, was diagnosed with breast cancer last year and she is now coming towards the end of her treatment.

Niall first organised the 100km in 30 Days Challenge, within his own community of Blackrock, in 2014. With everything going on, he was thinking of not going ahead, this year. However, when Cara asked him to do it bigger and better and to support Breast Cancer Ireland's research and awareness efforts, he couldn't refuse.

The idea is that anyone can either run, jog or walk the distance within 30 days, with their progress tracked online at www.100kin30days.ie. Participants can also challenge others to see who does the most kilometres. The record so far is 471km in 30 days!

Living near to Cara and Niall, Stephen Kenny who came along to Priest's Beach, Blackrock on Saturday last for a socially distanced photocall, to help the couple launch the campaign, comments, "With everything going on, it is heartening to see Niall and Cara taking on the 100k in 30 Days Challenge and raising much-needed funds to support Breast Cancer Ireland. Like so many people, I have seen the impact the disease and I think it is so important that initiatives like this ensure that research into the disease continues into the future."

Run Walk or Whee #100kin30days 100k in 30 Days for Breast Cancer Ireland is supported by Davy

For more information on Breast Cancer Ireland go to www.breastcancerireland.com

RUEPOINTMEDIA

Publication:	Irish Farmers Journal	**Media Cost (€):**	4076.16
Date:	Saturday, May 30, 2020	**Reach**	62,226
Page:	11	**Size (Sq. Cm)**	193

'Everyone knows a Cara – anyone can get breast cancer'

What started out as a 'bit of craic' has morphed into a global fundraising event for Breast Cancer Ireland. **Amii McKeever** spoke with organiser of the '100k in 30 Days Challenge' Niall Carroll

amckeever@farmersjournal.ie

Niall Carroll from Blackrock, Co Louth, has been organising a 100k challenge since 2014, encouraging friends to get out and run a few kilometres a day over the course of a month.

Although the challenge for the last couple of years has been a community-based event, this year Niall wanted it to go bigger and bring in a fund-raising element. Breast Cancer Ireland (BCI) was chosen as the charity as Niall's wife, Cara, was diagnosed with breast cancer last December and is currently undergoing treatment.

"We want to raise awareness that anyone can get breast cancer. Cara is a fit, active 40-year-old mother of two toddlers and a popular local school teacher. Cara is really relatable. Everyone knows someone like her in their village or town. Her involvement with this is important for BCI as she is representative of the group of women that BCI want to educate, women between 40-50 – women just like Cara who never thought that they would get breast cancer."

So what's it all about? "This is the perfect challenge for right now. People are cocooning and want to get out. You walk, run or crawl 3km every day for the month of June. This is a social distancing-friendly event. We have opened it up to walkers too. For those that have never done a 10km or a Great Pink Run, this is really achievable."

Sounds easy doesn't it? But Niall cautions that if you miss a day here or there, the kilometres start to add up. And this is where a bit of friendly competition comes in. Get your friends and work colleagues involved to encourage you.

"We want to see this go viral and the way we see that happening is through a little bit of group rivalry. We want people to challenge their friends and call them out to participate. We have a load of Gaelic clubs ready to go. There is already massive rivalries between Gaelic clubs, so let's see which one can actually do more. The athletics clubs could do this challenge in a week in their sleep, but there is no need to stop at the 100km, the record for this is 471km in 30 days – who is going to beat that?"

The challenge is taking place between 1-30 June. You can sign up online for €25 and you will get a t-shirt in the post. When you sign up, you get your own dashboard to track your progress.

"We are thrilled to have Republic of Ireland soccer manager Stephen Kenny as our ambassador and he is going to do it himself. We are also really grateful to our sponsors, Davys and Fyffes and TodayFM too who are helping to promote it."

ABOUT BREAST CANCER IRELAND

Breast Cancer Ireland provide education and awareness programmes nationally. Educating women of all ages on the importance of good breast health is vital as early detection is critical to ensuring a positive outcome. Funds raised from this year's 100km over 30-day challenge will be split between research programmes that explore newer and more effective therapies for treating breast cancer patients and supporting education and outreach programmes. CL

Team *Irish Country Living* will be taking part and you can follow our progress across our social channels. Join us in supporting this great cause.

How to sign up

Getting involved is easy in the 100km challenge

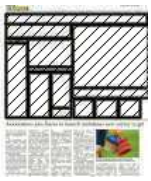
1 Register at www.100kin30days.ie
2 Run or walk and track it on an app (mapmyrun, Strava) or smartwatch.
3 Upload to your dashboard.
4 Post a photo if you want to see your dashboard numbers grow.



Niall Carroll and Cara McAdam want to raise awareness that anyone can get breast cancer.

RUEPOINTMEDIA

Publication:	Kilkenny People	Media Cost (€):	3944.29
Date:	Friday, May 29, 2020	Reach	10,591
Page:	24,25	Size (Sq. Cm)	841



Trio of sporting attractions fall to coronavirus

Sporting summer cancelled: JJ Reddy Run joins Tour de Kilkenny and Immedis Kilkenny Triathlon in calling off major events planned for the coming months across the county

Trevor Spillane
tspillane@kilkennypeople.ie

The Kilkenny sporting summer will be a little quieter after several well-known events were forced to scrap their plans for 2020.

Organisers of the 2020 JJ Reddy Run were forced to make the tough call and cancel this year's event on account of the coronavirus pandemic.

The run, which offers 5k, 10k and half-marathon options to runners, has been hugely popular. It scooped the prize for best 10km in Ireland in the 2017 Running In Ireland awards.

In a statement posted online, the Race Committee announced their decision was made in the interest of the health and safety of public, participants and team of volunteers.

WELLBEING

"The JJ Reddy Danesfort Run Committee regret to announce the cancellation of our 2020 event," they said. "We have not taken this decision lightly but we do so in the interest of public health and the safety and wellbeing of our participants and volunteers.

"We also mindful of our sponsors, supporters and partners who have generously supported our event over the last eight years. We wish them every success as they rebuild and adapt their business over the coming weeks and months.

"All those registered will receive a refund in due course. We look forward to welcoming you all back to Danesfort in September 2021."

The cancellation means the roads around Danesfort will be a lot quieter this year after The Mile Marker, another popular run held in the parish, was forced to cancel their 2020 programme. This year's Kilkenny Road Race Series was also hit hard by the pandemic.

Sporting calendars have been left looking very empty as plenty of high-profile local events were called off for this year.

The Marble City Cyclers were also forced to issue a cancellation notice as they called off the Tour De Kilkenny charity cycle.

"Marble City Cyclers are sorry to announce the cancellation of the 2020 Tour de Kilkenny," they said in a statement released online.

"The health and safety of the public is at the forefront of our minds. Unfortunately, to host an event of this nature is not possible with the Covid-19 restrictions.

"MCC thank you for your support," the club added. "We will look forward to next year's event and hope that you will join us when the time is right for our annual fundraiser.

"For now, wishing you all health and, of course, happy miles."

The Tour has been a popular event on the cycling calendar over the last 11 years and has raised more than €130,000 for charities including Samaritans, Irish Pilgrimage Trust, Breast Cancer Ireland, New Ross Meals on Wheels and The Watergarden Thomastown.

The Tour featured 44km, 77km, 110km and 160km routes, making it a great day for cyclists of all abilities.

The cancellation of the Tour De Kilkenny means the county has lost both of its summer cycling events. The Kells Kings Challenge, a fund-raiser for Cois Nore, was also called off due to the coronavirus pandemic.

TRIATHLON

News of sporting cancellations has also affected the Kilkenny Triathlon Club, who have been forced to scrap their triathlon for 2020.

The event, which would have seen triathletes from all over Ireland flock to the city to swim in the Nore, cycle out

into the county and run through Kilkenny Castle Park, was cancelled after it fell inside the lockdown timeframe set in place by Triathlon Ireland.

"It remains Triathlon Ireland's plan to commence the triathlon season in July, subject to approval by Sport Ireland and the Government," said a KTC spokesperson. "As this date is July 20, and our Club Triathlon was due to be held on July 19, our Club Triathlon for this year is cancelled."

News of the cancellation was another bitter blow for the Kilkenny club, who were also forced to cancel their Duathlon in April as the country entered into the early stages of lockdown.



The JJ Reddy Run was the latest local event to be cancelled




Organised by the Marble City Cyclers, the Tour de Kilkenny has been a hugely popular event, raising money for local charities



The Kilkenny Triathlon won't be held this year after Triathlon Ireland cancelled events in the wake of the Covid-19 pandemic

RUEPOINTMEDIA

Publication:	talkofthetown.ie	**Media Cost (€):**	19
Date:	Sunday, May 31, 2020	**Reach**	3,740
Page:	Link	**Size (Sq. Cm)**	202

100k in 30 days challenge kicks off this Monday in aid of Breast Cancer Research

Local man Niall Carroll will kick off his 100k in 30 days challenge this Bank Holiday Monday and is calling on others to get involved.
Niall has been involved in organising 100K in 30 Days for the past few years and this year he will be running for the month of June to raise funds for Breast Cancer Ireland following his wife Cara's diagnosis in 2019 and Niall is encouraging others to get involved with the challenge too.

Cara was diagnosed in December 2019 and since then she has been through surgery, chemo and is now nearly finished radiation treatment

Cara says running has been her mental health saviour during treatment.

The couple wish to use money raised to fund research into breast cancer, which they say is becoming so prevalent in 15 to 45 year olds.

Anyone who wishes to join in the challenge can register at www.100kin30days.ie and log their distances each time they go for a run or walk. You can also set challenges between teams and groups.

Registration costs €25 and the challenge kicks off on June 1st.

RUEPOINTMEDIA

Publication:	independent.ie	**Media Cost (€):**	37385
Date:	Monday, June 1, 2020	**Reach**	809,200
Page:	Link	**Size (Sq. Cm)**	1,618

'We may be in a pandemic but cancer doesn't take time off'

As if the Covid-19 crisis wasn't bad enough, a recent study involving Queen's University Belfast with University College London and DATA-CAN (the UK's Health Data Research Hub for Cancer), suggests that it could result in at least 20pc more deaths over the next 12 months in people who have been newly-diagnosed with cancer. The study, drawing on global experience, looks at the challenges facing cancer patients in the midst of the pandemic, and suggests that it could soon ignite a further cancer pandemic, if not addressed now.

There are many factors at play, including changes to diagnosis and treatment protocols, social-distancing measures, changes in people's behaviour in seeking medical attention and the economic impact of Covid-19, as well as deaths due to Covid-19 infection.

However, the most significant are, as Professor Mark Lawler, professor of digital health at Queen's University Belfast and scientific lead for DATA-CAN, and a co-author on the study, explains "both urgent referral rates [our early warning system or 'red flag' for catching cancer at its earliest stage] and patient attendances for chemotherapy delivery [an appropriate proxy measure of a cancer service's activity] have dropped significantly."

At the time of writing, there is no clear indication of when BreastCheck will reopen. Breast Cancer Ireland is concerned that people with symptoms of cancer are delaying seeking medical advice and has encouraged people with symptoms to contact their GP.

Some of this is entirely out of the public's hands, but not all of it, and Fianna Fail county councillor for South Dublin and breast cancer survivor Teresa Costello is very keen to emphasise that we stay on top of those parts that are within our control - chiefly, presenting with worries or possible symptoms. "I run my own online support group for women affected by breast cancer," Teresa says, "and I had been wondering, if I felt another lump now, what would I do? Would I go to the doctor? I realised I had so many questions I didn't know the answer to. So I wondered, did the other women feel the same? I ran a poll and over 100 people took part; 60pc said they would be afraid to go to their doctor in case they contracted Covid, and they also felt they would be wasting the medical professionals' time.

"I know that's not a scientific study, but that scared me. At the best of times, people were putting off checking themselves and taking action, so now this; it's really frightening."

Teresa was 36, with a five-year-old son, when she was diagnosed in 2013. "I found a lump by chance when I was in the shower. I never checked my breasts. I didn't ever think about it, and I didn't know much about breast cancer. There was no history of cancer in my family, and I had only heard of older women getting it. It just wasn't on my radar."

She knew enough, however, to go to her doctor. "He checked and he felt the lump, and said, 'it's probably nothing; I'm going to refer you to St James, but try not to worry.' So I went to James, and by then, there was an indentation so deep that it was like a missing part of my breast. If I had known what the warnings signs of breast cancer were, if I had regularly checked my breasts, I would have seen the changes happening, and I would have caught the cancer much earlier. Everyone's breasts are different. But if you are checking regularly, and you notice something different, something changed, you're ahead of the game."

As it was, Teresa says, "my breast was deformed by the time I was in St James. I had three tumours, although I had only felt one, and they were quite aggressive. Within a few weeks, I was on chemotherapy, for 16 weeks, then a mastectomy with reconstruction, then radiotherapy, and further reconstruction. Everything happened so fast. It was surreal. I know a lot of women who have post-traumatic stress after a cancer diagnosis, because it's such a shocker. It takes a while to sink in."

It was, Teresa says, "really shocking, but you go into fight mode. You're afraid of upsetting everybody in your circle, you want to be strong. I felt really guilty telling people. And I found being in hospital very hard. My son was so young, and he was all I had. My mum and dad were great, with him and with me, but I'm a really independent person. At one point, I had a chat with myself. I said 'right, cancer is trying to take stuff from me. It can take my sense of invulnerability, my sense of security, but it's not going to take my sense of humour, and I'm not going to give in.'"

Once her treatment was finished, "the fact that I had had breast cancer caught up with me mentally, and that was a bit traumatic. But life moved on. Because it does. I met my boyfriend, and we got engaged last November. It was funny the way we met. I knew him to see, he was friends with other friends of mine for years but I never really spoke to him. Then I met him in the hospital one day when he was bringing his father to an appointment. He came over and said hi…." As she says, "good things came too. I made amazing friendships, and cancer gave me

perspective on life. It stopped me in my tracks and made me realise that life can really change, so fast."

"I think the whole world has realised that now," she adds. "There are similarities here, between cancer and Covid-19. We all take everything for granted, until something terrible happens. But, when it does, you also learn that life does eventually go back to normal, even after a trauma. The world is going to bounce back, because that's what people do. This will be a story to tell in 20 years from now. But in the meantime, I'm very passionate about people not ignoring possible symptoms.

"Covid-19 is horrendous and we're in a worldwide pandemic and the blanket of fear has been thrown over us all, but that doesn't stop cancer. Cancer doesn't discriminate. Cancer doesn't take time off, it's still going to be hitting people. I would hate anyone to ignore a sign or a symptom and be afraid to visit their doctor. GPs will still refer you.

"Clinics are still going ahead. So don't wait. We don't know how long this will go on. But the same rules apply: if you find something different, something unusual, don't decide to ignore it until the restrictions are lifted. Don't think you're a burden on the medical system. The doctors would rather you went to them and got it checked out. For cancer, its business is as usual. We need to make sure the health of our country doesn't suffer an even worse blow because no one wants to near a doctor or a hospital."

Getting yourself checked is, Teresa says, "something I'm so passionate about, because of not taking ownership of my breast health. I let myself down. If me explaining this helps other people take responsibility, then I'll be happy. Breast Cancer Ireland have an app you can download that shows you how to check your breasts, and has details of the eight warning signs to look for. It'll even give you a discreet reminder once a month to check your breasts. The earlier breast cancer is caught, the easier it is to deal with it. So don't wait. No one should wait."

Teresa says that she feels "so grateful that I survived breast cancer. I know I'm exceptionally lucky as I have met many girls along the way that were not. Having breast cancer changed me forever. I don't take the little things for granted anymore, I am just grateful to be around to enjoy them, especially the milestones that I get to see my son, who is now 12, reach.

"My whole life changed after breast cancer, I moved house, I changed career, leaving a company where I had worked for 14 years. I went from being single to now being engaged. I have travelled much more. And last year I got elected in our local elections. I have learned first-hand you are never too old to start over and I live my life to the fullest. Breast cancer will always be a part of my life. I always carry with me an anxiety of re-occurrence, however, I take each day as it comes to me and live in the now."

It is important that we do not ignore the signs of breast cancer. If you are worried you might have one of the signs or symptoms, Breast Cancer Ireland encourages you to contact your GP. You will have a consultation either in person or over the phone and if your doctor thinks you need to be referred on, you will be. Hospital diagnostic cancer services are continuing to operate. Precautionary measures are being taken to ensure surgeries and hospitals are safe for patients. To learn more about the eight signs to look out for, download Breast Cancer Ireland's free BreastAware App, or go to BreastCancerIreland.com

RUEPOINTMEDIA

Publication:	Irish Independent	Media Cost (€):	23421.3
Date:	Monday, June 1, 2020	Reach	83,900
Page:	34,35	Size (Sq. Cm)	798



'We may be in a pandemic but cancer doesn't *take time off'*



With research suggesting a 20pc increase in new cancer-related deaths over the next year, those with symptoms must not wait out the crisis, writes **Emily Hourican**

As if the Covid-19 crisis wasn't bad enough, a recent study involving Queen's University Belfast with University College London and DATA-CAN (the UK's Health Data Research Hub for Cancer), suggests that it could result in at least 20pc more deaths over the next 12 months in people who have been newly-diagnosed with cancer.

The study, drawing on global experience, looks at the challenges facing cancer patients in the midst of the pandemic, and suggests that it could soon ignite a further cancer pandemic, if not addressed now.

There are many factors at play, including changes to diagnosis and treatment protocols, social-distancing measures, changes in people's behaviour in seeking medical attention and the economic impact of Covid-19, as well as deaths due to Covid-19 infection.

However, the most significant are, as Professor Mark Lawler, professor of digital health at Queen's University Belfast and scientific lead for DATA-CAN, and a co-author on the study, explains "both urgent referral rates [our early warning system or 'red flag' for catching cancer at its earliest stage] and patient attendances for chemotherapy delivery [an appropriate proxy measure of a cancer service's activity] have dropped significantly."

At the time of writing, there is no clear indication of when BreastCheck will reopen. Breast Cancer Ireland is concerned that people with symptoms of cancer are delaying seeking medical advice and has encouraged people with symptoms to contact their GP.

Some of this is entirely out of the public's hands, but not all of it, and Fianna Fail county councillor for South Dublin and breast cancer survivor Teresa Costello is very keen to emphasise that we stay on top of those parts that are within our control — chiefly, presenting with worries or possible symptoms. "I run my own online support group for women affected by breast cancer," Teresa says, "and I had been wondering, if I felt another lump now, what would I do? Would I go to the doctor? I realised I had so

many questions I didn't know the answer to. So I wondered, did the other women feel the same? I ran a poll and over 100 people took part; 60pc said they would be afraid to go to their doctor in case they contracted Covid, and they also felt they would be wasting the medical professionals' time.

"I know that's not a scientific study, but that scared me. At the best of times, people were putting off checking themselves and taking action, so now this; it's really frightening."

Teresa was 36, with a five-year-old son, when she was diagnosed in 2013. "I found a lump by chance when I was in the shower. I never checked my breasts. I didn't ever think about it, and I didn't know much about breast cancer. There was no history of cancer in my family, and I had only heard of older women getting it. It just wasn't on my radar."

She knew enough, however, to go to her doctor. "He checked and he felt the lump, and said, 'it's probably nothing; I'm going to refer you to St James, but try not to worry.' So I went to James, and by then, there was an indentation so deep that it was like a missing part of my breast. If I had known what the warnings signs of breast cancer were, if I had regularly checked my breasts, I would have seen the changes happening, and I would have caught the cancer much earlier. Everyone's breasts are different. But if you are checking regularly, and you notice something different, something changed, you're ahead of the game."

As it was, Teresa says, "my breast was deformed by the time I was in St James. I had three tumours, although I had only felt one, and they were quite aggressive. Within a few weeks, I was on chemotherapy, for 16 weeks, then a mastectomy with reconstruction, then radiotherapy, and further reconstruction. Everything happened so fast. It was surreal. I know a lot of women who have post-traumatic stress after a cancer diagnosis, because it's such a shocker. It takes a while to sink in."

It was, Teresa says, "really shocking, but you go into fight mode. You're afraid of upsetting everybody in your circle, you want to be strong. I felt really guilty telling people. And I found being in hospital very hard. My son was so young, and he was all I had. My mum and dad were great, with him and with me, but I'm a really independent person. At one point, I had a chat with myself. I said 'right, cancer is trying to take stuff from me. It can take my sense of invulnerability, my sense of security, but it's not going to take my sense of humour, and I'm not going to give in.'"

Once her treatment was finished, "the fact that I had had breast cancer caught up with me mentally, and that was a bit traumatic.

But life moved on. Because it does. I met my boyfriend, and we got engaged last November. It was funny the way we met. I knew him to see, he was friends with other friends of mine for years but I never really spoke to him. Then I met him in the hospital one day when he was bringing his father to an appointment. He came over and said hi...." As she says, "good things came too. I made amazing friendships, and cancer gave me perspective on life. It stopped me in my tracks and made me realise that life can really change, so fast."

"I think the whole world has realised that now," she adds. "There are similarities here, between cancer and Covid-19. We all take everything for granted, until something terrible happens. But, when it does, you also learn that life does eventually go back to normal, even after a trauma. The world is going to bounce back, because that's what people do. This will be a story to tell in 20 years from now. But in the meantime, I'm very passionate about people not ignoring possible symptoms.

"Covid-19 is horrendous and we're in a worldwide pandemic and the blanket of fear has been thrown over us all, but that doesn't stop cancer. Cancer doesn't discriminate. Cancer doesn't take time off, it's still going to be hitting people. I would hate anyone to ignore a sign or a symptom and be afraid to visit their doctor. GPs will still refer you.

"Clinics are still going ahead. So don't wait. We don't know how long this will go on. But the same rules apply: if you find something different, something unusual, don't decide to ignore it until the restrictions are lifted. Don't think you're a burden on the medical system. The doctors would rather you went to them and got it checked out. For cancer, its business is as usual. We need to make sure the health of our country doesn't suffer an even worse blow because no one wants to near a doctor or a hospital."

Getting yourself checked is, Teresa says, "something I'm so passionate about, because of not taking ownership of my breast health. I let myself down. If me explaining this helps other people take responsibility, then I'll be happy. Breast Cancer Ireland have an app you can download that shows you how to check your breasts, and has details of the eight warning signs to look for. It'll even give you a discreet reminder once a month to check your breasts. The earlier breast cancer is caught, the easier it is to deal with it. So don't wait. No one should wait."

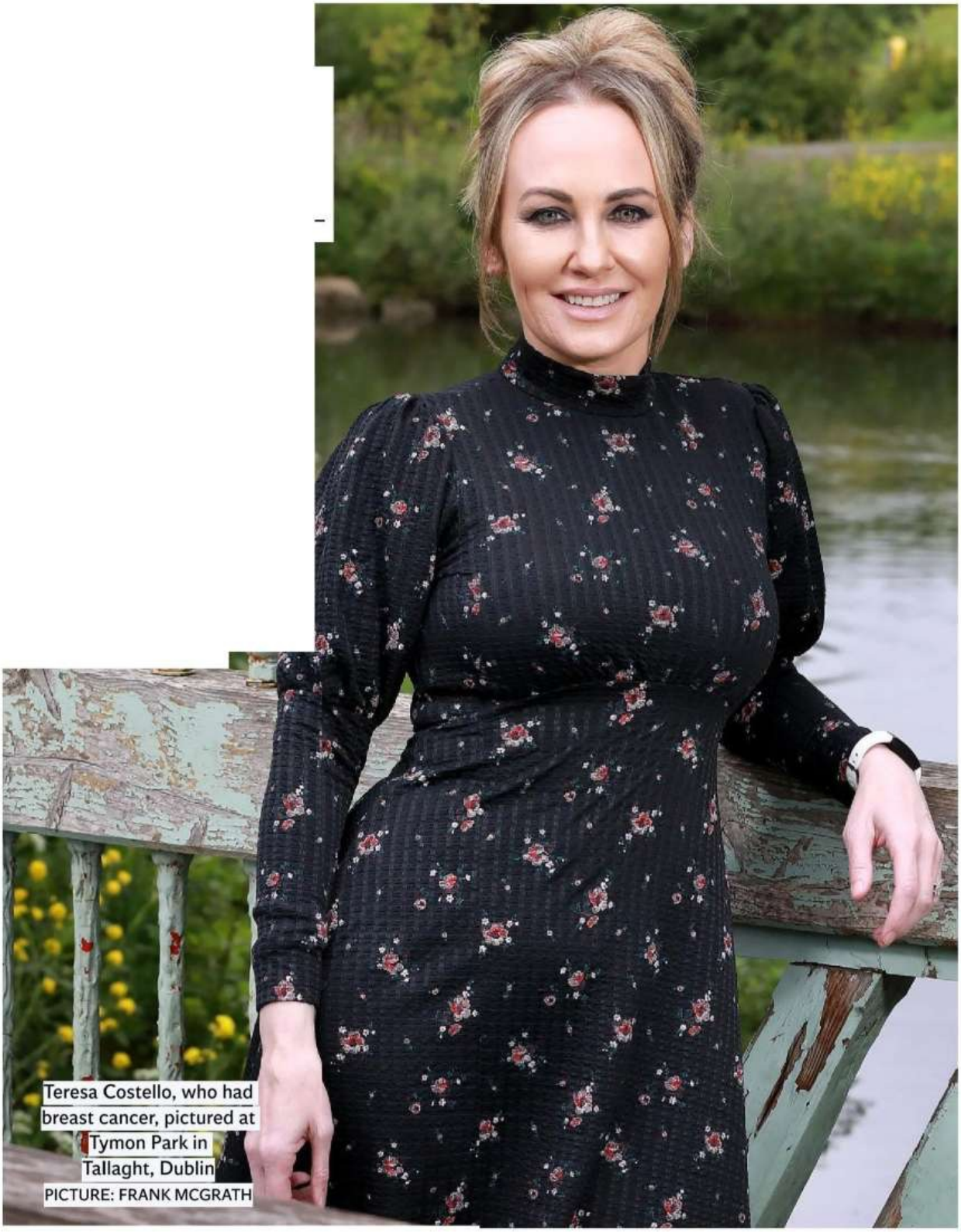
Teresa says that she feels "so grateful

that I survived breast cancer. I know I'm exceptionally lucky as I have met many girls along the way that were not. Having breast cancer changed me forever. I don't take the little things for granted anymore, I am just grateful to be around to enjoy them, especially the milestones that I get to see my son, who is now 12, reach.

"My whole life changed after breast cancer, I moved house, I changed career, leaving a company where I had worked for 14 years. I went from being single to now being engaged. I have travelled much more. And last year I got elected in our local elections. I have learned first-hand you are never too old to start over and I live my life to the fullest. Breast cancer will always be a part of my life. I always carry with me an anxiety of re-occurrence, however, I take each day as it comes to me and live in the now."

It is important that we do not ignore the signs of breast cancer. If you are worried you might have one of the signs or symptoms, Breast Cancer Ireland encourages you to contact your GP. You will have a consultation either in person or over the phone and if your doctor thinks you need to be referred on, you will be. Hospital diagnostic cancer services are continuing to operate. Precautionary measures are being taken to ensure surgeries and hospitals are safe for patients. To learn more about the eight signs to look out for, download Breast Cancer Ireland's free BreastAware App, or go to *BreastCancerIreland.com*

'I found a lump by chance when I was in the shower. I never checked my breasts. I didn't ever think about it, and I didn't know much about breast cancer'



Teresa Costello, who had breast cancer, pictured at Tymon Park in Tallaght, Dublin
PICTURE: FRANK MCGRATH

RUEPOINTMEDIA

Publication:	kfmradio.com	**Media Cost (€):**	6
Date:	Monday, June 1, 2020	**Reach**	2,992
Page:	Link	**Size (Sq. Cm)**	83

Listen: 100k In 30 Days Chellenge To Raise Money For Breast Cancer Ireland Begins Today.

A physical challenge to raise funds for Breast Cancer Ireland will get underway today.100k in 30 Days for Breast Cancer Ireland will see people either run, jog or walk 100 kilometres in 30 days.
100 thousand euro has already been raised for the charity.

Organiser of the event, Niall Carroll has this advice if you want to get involved:

newstalk231540.mp3, by Ciara Plunkett

RUEPOINTMEDIA

Publication:	Tipp FM	**Media Cost (€):**	78
Date:	Monday, June 1, 2020	**Reach**	44,000
Page:	Link	**Size (Sq. Cm)**	944

Tipp FM @ 01-Jun-20 10:03 - (Ireland)

and on your mobile this is that if ever you it's 10 o' clock good morning Miriam on top public health doctors says he's worried about the risk of importing new cases of cover 19 to the island of Ireland And from Great Britain Dr Gabriel Scally says any plans to lift lockdown here any earlier depends on the number of new cases emerging staying low to more people infected with cover 19 were reported to have died yesterday and 66 more people have

tested positive for the virus Dr Scally says many parts of the country are on the right track I I was very pleased to say that there were 6 counties where there were no new cases next week so that children really great progress so I think things are on course a bed they should be speeded up a thick that depends on two things the number of new cases develop soccer in the next week or so

and then I'm having my point of view that we avoid the risk of importing new cases Meanwhile two more people have been diagnosed with cover 19 and Tipperary in Friday evening's update one of the cases had previously been assigned to the county was reviewed and assigned to another County which meant the total for Tipperary was then 527 However yesterday evening's figures from the health protection surveillance centre to more cases were notified in

the Premier County the overall figure for Tipp now stands at 529 making up 2.1 % of the country's total US commentators says police have to stop people using race protest to Luton destroyed property there was more violence overnight in a number of cities following the death of a black man in police custody last week George Floyd died after an officer restrained him by halting a knee on his neck

the officers being charged with murder and is due in court today political commentator and NUIG law lecturer Larry Donnelly says those using peaceful protest need to be heard by all means these people need to have a voice that voice needs to be heard or indeed a national conversation needs to be about race about policing about all these things that will a line needs to be dryness it's totally unacceptable

but that some people using this as an excuse but to lose two right to cause mayhem to destroy small businesses the seller but they put in place an invidious position a local Garda inspector is warning motorists to be wary of silage machinery travelling in convoy on the roads James White as highlighting a number of different dangers which motorists should expect over the to over this bank holiday weekend including the glare of bright sunshine cover 19

travel restrictions remain in place limiting people to within 5 kilometres of their own home inspector White says that of the journeys must be made the news should expect heavy machinery on country roads obviously the silage contractors and when the big one people you will most likely meet 3 4 or 5 in convoy and to be bigger and wider so if you see one expect from an expensive very nice with the most part

under the one plus plan to make the most of that he accepted that but also to be aware of that people across Tipperary are being encouraged to run jog or walk to raise money for breast Cancer Ireland today 100 k in 30 days for breast Cancer Ireland is kicking off with Irish rugby player Rob Kearney among those getting involved to take part all you have to do is log onto 100 k in 30 days a .ie organiser of the event while Carol says you do a

bit each day within the 5 kilometres travel restrictions absolutely like this is a unique event in that it is socially business in the event you can do much within a 5 km radius of the site with an axe during June while hopefully will be so and it's a complete new virtual event which is the first of its kind in the country especially at this scale and finally for the first time people are being

urged not to attend a popular religious event in Clonmel today despite Co with 19 the annual grotto Mass at the Dell Quinn trying will still go ahead this morning at 11 but with only the priest in a small number of organisers in attendance they say they've worked in conjunction with the GardaÃ so that it can still happen it'll be live streamed online for anyone who wanted to attend but can't on church services at TV /club

Male Peter and Paul's dealing with racing and the horse racing community in Ireland will be keeping a close eye on events in the UK this afternoon racing shut down in England comes to an end when the first race in newcastle goes to post one o'clock behind closed doors champion jockey Oisin Murphy will be involved the Kerry native has 3 rides at Gosford Park each race on the 10 race card will be restricted 12 entries the meeting takes place exactly a week

before behind closed doors racing gets underway in Ireland at Mace racecourse in soccer Inter Milan want to keep on loan at Man United striker Alexis Sanchez for the remainder of the series last season Italian top flight but football was given the Green light to resume on the 20th June and could run as late as mid August Sanchez joined Inter on a 10 Highlights: Breast Cancer Ireland, Tipperary, 100 K in 30 Days. Rob Kearney.

RUEPOINTMEDIA

Publication:	C103	**Media Cost (€):**	73
Date:	Monday, June 1, 2020	**Reach**	75,000
Page:	Link	**Size (Sq. Cm)**	829

C103 @ 01-Jun-20 10:03 - (breast)

bacteria in every car are good and When buying a new range of found himself from the IRA and every month Finance provided byway of a hire purchase agreement from Volkswagen Financial Services Ireland and subject to lending criteria terms and conditions apply visit SKODA dot ie for further information I shall working these 10 litres of water per minute fill a shorter shower save lots of water having

more of us at home means more water is being used are putting pressure on water supplies around the country from more watches saving tips visit water ie to Irish water safeguarding your water for your future do you want to make the most of your garden or this week in the Irish Independent Jim Gavin from party setting steep kid friendly green places to peaceful haven spot to grow and how to best use of space Mr. 50 ways to create an idyllic garden for some men

only in this week's Irish Independent it's 10 o' clock good morning Hi I'm Barry O'Mahony top public health doctors said he's worried about the risk of importing new cases of call with 19 to the island of Ireland from Great Britain Dr Gabriel Scally said any plan to lift up lockdown here any earlier depends on the number of new cases emerging staying law to more people infected with the virus have died and 66 more people tested positive

but Doctor Skelly said that many parts of the country are on the right track how they that the 6 counties where there are no new cases next week so that children wear any great progress so I think things are on course that should be speeded up I think that depends on two things the number of new cases where the next week or so and then I think my point of view the risk of importing new cases

Fianna FÃ¡il is calling on insurers to clarify if businesses will be covered if there is a second wave of Corbett 19 many companies due to re-open over the months of June July deputy Robert Troy says firms have been told they didn't qualify for business interruption cover previously and he criticised insurance companies for failing to follow policies manner in which insurance companies had treated their customers joined the crisis had been

appalling they have cited reason why it will not pay out for for business disruption cover one of the reasons the said nobody had contacted paper on their premises as a reason for legitimate face masks should be compulsory for anyone using public transport according to the National Bus and Rail Union currently using face masks and bus and train services is not mandatory

last month the Taoiseach said that science is unequivocal on the issue Dermot O'Leary of the NBRU said the union is recommending to Government face masks on transport become mended Tory should people be difficult as a society is what they do that's if there's 2.4 5 and again and again that the submission we put into view of the committee again in that question we have to because a lot of confusion wrought in relation to freight

GardaÃ in Cork are urging people to stay safe as a bank holiday weekend draws to a close one weather has seen large numbers of people out exercising across the weekend wide base Sergeant John Kelly is asking people to be safety conscious while walking jogging and cycling walk straight and go but I see an increasing amount of of is seen to be going wrong with you not aware of their environment we are not attractive coming

the other way the car coming you're not the only person walking I had read that people are being asked to run jog or walk to raise money for breast Cancer Ireland today 100 k had 30 days for breast Cancer Ireland getting underway and take part All you have to do is log onto 100 km 30 days .ie the organisers of the event Niall Carroll says he can do a bit each day within the 5 kilometre travel restrictions absolutely like this really make Ben

in that sort of thing you can do within a 5 km radius of the site but you know that during one hopefully will be it's a complete new virtual event which is the first time really in the country especially at this scale australia's central the next stage of easing lockdown restrictions in New South Wales told almost half the country's overall virus infection people can now go to museums galleries and

libraries as illogical parks the number of those 11 cafes restaurants and pubs has also increased with different states now setting their own rules US sellers says police have stopped people were using race protest to loot and destroy property was more violence overnight in the number of cities Highlights: Breast Cancer Ireland, Tipperary, 100 K in 30 Days. Niall Carroll.

RUEPOINTMEDIA

Publication:	Cork 96 FM	**Media Cost (€):**	320
Date:	Monday, June 1, 2020	**Reach**	115,803
Page:	Link	**Size (Sq. Cm)**	853

Cork 96 FM @ 01-Jun-20 10:04 - (Breast)

views but his head another sunny morning in Cork a blue skies and sunshine temperatures now about 8 18's severe in the 20s a little bit later this afternoon enjoyed heading outdoors with your 5 k limit Do remember to factor social distancing and to wash your hands the Casey and Ross highlights on the way after the news Tom litres of water per fill a shorter shower save lots of water having more visit held means more water is being used to putting pressure on water supplies around the

country from more watches saving tips visit water .ie Irish water safeguarding your water for your future sterilisation system kills 99 % of viruses and bacteria in every good to know when buying an approved the school and across our new range it has found itself from 0 % and a 3 month S finest provided byway of a hire purchase agreement from Volkswagen Financial Services &

subject to lending criteria terms and conditions apply busier still I did ie for further information it's 10 o' clock in the morning 9 Barry Mahady at a public health doctor said he's worried about the risk of importing new cases of Corbett 19 to the island of Ireland from Great Britain Dr Gabriel Scally said any plan to lift up lockdown here any earlier depends on the number of new cases emerging staying law

to more people infected with the virus have died and 66 more people tested positive the Doctor Skelly said that many parts of the country are on the right track I would greatly there were 6 counties where there are no new cases next week so that children really great progress so I think things are on course whether they should be speeded up we're not unpick that depends on two things the number of new cases

develop supper the next week or so and Ben importantly I think my point of view we avoid the risk of importing new cases Fianna FÃ¡il is calling on insurers to clarify of businesses will be covered if there is a second wave of Corbett 19 many companies due to re-open of the Month for June and July deputy Robert Troy says firms have been told they didn't qualify for business interruption cover previously and he criticised insurance companies

for failing to follow policies manner in which insurance company has treated their customers and if all the crisis has been appalling they have cited reasons why it will not pay out over for business disruption cover one of the reasons for the Fed if nobody had contacted Corbett on the panel for that reason for legitimate face masks should be compulsory for anyone using

public transport according to the National Bus and Rail Union currently using face masks and bus and train services is not mandatory last month the Taoiseach said that science is unequivocal on the issue David O'Leary of the NBRU said the union is recommending to Government face mask on transport become mandatory should be a bit difficult as a society is what they did is that these 2.4 5 and again look to have the debate and that the

purpose of which was put into the committee over the weekend and that's the question we have to because just like the laughter of children brought in relation to freight I GardaÃ in Cork are urging people to stay safe as a bank holiday weekend draws to a close the warm weather has seen large numbers of people out exercising across the weekend a wide base Sergeant John Kelly is asking people to be safety conscious while walking jogging and

cycling Yeah it was a water tank but I see an increasing amount of of people seem to be something you're not aware of their environment we are not attractive coming did not hear the car coming you're not doing it for a walk and as I say a particular word people are being asked to run jog or walk to raise money for Breast Cancer Ireland today 100 k had 30 days for breast Cancer Ireland getting underway and to take

part all you have to do is log onto 100 km 30 days .ie the organisers of the event Niall Carroll says he can do a bit each day within the 5 kilometre travel restrictions absolutely like this unique event in that if the talks and events you can do it within a 5 km radius of the site but in all of them feel relaxed during doing well hopefully it will be so and it's a complete new

virtual events which is the first of its kind in the country especially at this scale Australia's enter the next stage of easing lockdown restrictions in New South Wales told almost half the country's overall virus infection people can now go to museums galleries libraries as illogical parks the number of those 11 cafes restaurants and pubs has also increased with different states now setting their own rules

Highlights: Breast Cancer Ireland, Tipperary, 100 K in 30 Days. Niall Carroll.

RUEPOINTMEDIA

Publication:	fm104.ie	**Media Cost (€):**	29
Date:	Monday, June 1, 2020	**Reach**	13,940
Page:	Link	**Size (Sq. Cm)**	78

Calls to take part in Breast Cancer awareness month

People can run, jog or walk to raise money for Breast Cancer Ireland today.
100k in 30 Days for Breast Cancer Ireland is kicking off, with Irish rugby player Rob Kearney among those getting involved.

To take part all you have to do is log onto 100kin30days.ie

Organiser of the event, Niall Carroll says you do a bit each day, within the 5 kilometres travel restrictions.

RUEPOINTMEDIA

Publication:	KCLR FM	**Media Cost (€):**	47
Date:	Monday, June 1, 2020	**Reach**	63,000
Page:	Link	**Size (Sq. Cm)**	912

KCLR FM @ 01-Jun-20 11:01 - (breast)

Garda Anthony Farrell said the sun is a major issue while driving more exercise the people will be cycling walking interests of all people all thought to be careful I agree with it I know I can be better for drivers some primary schools in England are re-opening today to 3 classes the country's seen its largest easing of restrictions with groups of 6 people allowed to meet outdoors and Paul printable as an

England says up to 46 % of families could keep their children at all Sky's enda Brady says a lot will be learned from whether young school goers can follow social distance same the classroom primary school will be back today it will be interesting to see how many parents and their children in reception distancing measures in place asking the question about the reception class and 4th class the little ones I understand are put in place in respect of social distancing

60000 euro worth of cannabis has been found in bush in North Dublin the discovery was made following a search in Darndale Park yesterday 3 large bags of the drug were found in ahead growth in the Park no arrests have been made people can run jog or walk to raise money for breast Cancer Ireland today 100 k in 30 days for breast Cancer Ireland is kicking off with Irish rugby player Rob Kearney among those getting involved to take part all you

have to do is log on to wander 100 k in 30 days .ie organiser of the event now Carol says you do a bit each day within the 5 kilometre travel restrictions absolutely like this really need it then in that event you can do all that much I can within a 5 km radius of the site with an axe during doing well hopefully it will be a complete tool events which is not the first of its kind in the country especially at this scale

we have sport and weather next we are working hard to get as many people connected as quickly as possible to reliable high-speed broadband prioritising that connecting people that have a poor or no broadband imagines advanced high-speed broadband network now covers over one million homes and businesses across rural Ireland think you can't get high-speed broadband check again call one 809.8 200 that one 809.8 200 or go to imagine a .ie

better broadband the law for the horse racing community in Ireland will be keeping a close eye on events in the UK this afternoon racing shut down in England comes to an end when the first race at Newcastle goes to post at one o'clock the hind closed doors champion jockey Oisin Murphy will be involved the Kerry native has 3 rides at Gosford Park each race on a

10 race card will be restricted to 12 entries the meeting takes place exactly a week before behind closed doors racing gets underway in Ireland at a nice race course Inter Milan want to keep an eye on the lawn Manchester United striker Alexis Sanchez for the remainder of the series a season Italian top flight football has given the Green light to resume on the of June and could run as late as mid August Sanchez join Inter on a 10 month deal that is due to expire at the end of the month

but the club's sporting director has said they will rely on Sanchez for the next few months and American sprinter Bobby Morrow who won 3 gold medals at the 1956 Olympic games in Melbourne died on Saturday aged 84 Morrow won gold in the 100 200 metres and anger the US to victory in the 4 by 100 metres relay in which they set a world record is one of 4 men to win these 3 events at a single games alongside Jesse Owens Kalu us and use same

bald and matching the sport for now on KCLR more a case of our fans all .com he restored cars Kilkenny really open and ready to welcome you all safely store electricity now and then and I think Forward did see in-store for dry warm and mostly sunny today of us some cloud will bubble up in places this afternoon highest temperatures will reach between 22 and 27 degrees

it's currently 20 degrees in Bagnelstown and 20 degrees in Bennettsbridge and actor opted for now you can get all local stories and more on the case and our app easier or lunch with John key thank you very much Angela and very good morning to welcome it is junkie with the EU on June Bank holiday Monday and another bank holiday Blues honest here with you in my gaff your gas as they would say today thanks got a job what she's back

tomorrow morning case our breakfast from 7 o'clock 10 arrive here on Casey hours that's great news in the including the coffee break and a Hall lead of other bits and pieces which will be 10 more but they run and indeed something I will tell you that that's happening on this very show kicking off for the next few weeks in Association with their counterparts that's all kicking off tomorrow on the show but I tell you all the details that very soon anyway how are you welcome along it's a

Highlights: Breast Cancer Ireland, Rob Kearney, raise money, 100k in 30 days.ie, Niall Carroll, travel restrictions, social distancing, virtual event.

RUEPOINTMEDIA

Publication:	C103	**Media Cost (€):**	71
Date:	Monday, June 1, 2020	**Reach**	75,000
Page:	Link	**Size (Sq. Cm)**	871

C103 @ 01-Jun-20 11:03 - (breast)

time to enjoy a meal Time together whether reading indoors with everyday favours from Dunnes stores we've got are you ready a favourite 24 pack Bord Bia approved Irish beef burgers just two euro for a further Â£ one euro and strawberries raspberries blueberries blackberries only two 0 each plus without grocery vouchers use additional 10 euro on every 50 EUR you spend Dunnes stores always here for our customers is always better value terms and conditions apply minimum

spend required restart your journey towards a greener Ireland 3 to 0 two with high-end dyeing your hair and idea there is a ready answer your questions about her left eye and eco-friendly petrol and diesel models to learn to because high and I do have just one we have all the power should we start your journey towards a greener our visit us today to discover how and I to learn to have things called Cleary's Cork Mallow Midleton or visit

series .ie for slashed ayoung guy pay it's 11 o' clock good morning I'm burying many there's a call for widespread imaginative thinking about how town centres can overcome cover 1941 business groups have written a letter to the Taoiseach calling for local economy to be prioritised in the next programme for Government we want a task force established to help communities transition into being equipped for social distancing Cork County Council has already launched

a project backed in 23 towns across the county Yentob of Chambers Ireland outlines what they'd like to see happen the Department of the Taoiseach taking responsibility for the national task force comprised of all the key stakeholders natives including multiple Government departments they could then co-ordinator work some schools may open early to operate a summer programme for children with special needs has been

reported that some could be back at their desks in July under a plan being rolled out by the health and education officials Kevin Keegan has more on the story parents of children with special needs album warning that the longer they are kept out of the school environment the harder it will be to reintegrate them to a school setting after the pandemic restrictions raised now according to the Irish times

a plans being drawn up to re-open buildings to run the July education programme for children with autism and intellectual disabilities over 10000 children have taken part in the summer school in recent years the paper reports Officials are investigating expanding the programme to cover other children with special needs including Danson Drumm plans to bring children from disadvantaged backgrounds backing for summer schools run in previous years are also being

considered a memo on the plans will be given to the Cabinet in the next two weeks children in Limerick dyes as will be able to have their confirmation Communion ceremony in late summer sacraments which are usually held in may and June were put on hold or into the Corbett 19 restrictions Bishop Brendan Leahy and sacraments would resume in late summer

be guided by what they learn from the resumption of public worship injuries aren't quite the very much a new normal because we're all shocked obviously public health guidelines it that would be a big serve me that back but that won't be so I suppose in turn reflected I'd imagine we feel like we could be done in small groove Cork city Council issued a water safety message to swimmers using the River Lee near the Regional Park Ballincollig

two girls got into difficulty on Saturday last and emergency services and gardai were alerted city Council which manages the park is urging people not to swim in the river near the we are down river swimming signs previously directed because of treacherous currents in the area a physical challenge to raise funds for breast Cancer Ireland getting under way today 100 gained 30 days for breast Cancer Ireland

will see people either run jog or walk 100 kilometres over 30 days 100000 euros already been raised Father charity organiser of the event now Carol has this advice if you want to get involved you log onto the website 100 pretty ears Bella ie when you register for attention when new opener Nick thank you 25 euro the schools award for best that Ireland you have a tent there you can log in and upload or

your talk you wanna walk 7 strongest today you're all right and then you can go in there over 4000 people have been arrested in cities across the United States over the weekend as violent protests continued a week on from the death of George Floyd the unarmed black man died at the hands of a white officer in Minnesota the across your orders in place for 140 cities and army reservists have been deployed in up to 21

states Revolut account of the civil rights leader who says that police officers must be held accountable more police officers are decent most of them just just have a job if they want to do women want to help but there are shoe many apples in these matches Highlights: Breast Cancer Ireland, physical challenge, raise money, 100k in 30 days.ie, Niall Carroll.

RUEPOINTMEDIA

Publication:	Cork 96 FM	**Media Cost (€):**	328
Date:	Monday, June 1, 2020	**Reach**	115,803
Page:	Link	**Size (Sq. Cm)**	891

Cork 96 FM @ 01-Jun-20 11:03 - (breast)

Floaty 6 years local Independent businesses for the last few months they have been adapting and surviving finding new ways to serve our community use and Bank of Ireland we're doing RBS and because your financial well-being is our priority are dedicated business teams can help you take the next step so we can all keep tapping clicking and collecting and one day getting back to what we all do the best we can and the real begins BANK of Ireland is

regulated by the Central Bank of Ireland and some of us are anxious some of us are learning to video call her grandchildren for the first time some of us clicking refresh endlessly on news sites some of us are working on the frontline and some of us are worried about them and some of us are finding all this hard we're all some of us no matter what you're going through in isolation they stay connected and make it through together Visit golf .ie slashed together for advice ideas and

support your physical and mental well being an initiative of the Government of Ireland it's 11 o' clock good morning I'm betting on many as a call for widespread imaginative thinking about how town centres can overcome covered 1941 business groups have written a letter to the Taoiseach calling for local economy to be prioritised in the next programme for Government we want a task force established to help communities transition into being equipped for social

distancing Cork County Council has already launched project packed and 23 towns across the county Ian Talbot Chambers Ireland outlines what they'd like to see happen Department of the Taoiseach taking responsibility for a national task force comprised of all the key stakeholders ages including multiple Government departments they could then co-ordinator work some schools may open early to operate a summer

programme for children with special needs has been reported that some could be back at their desks in July under a plan being ruled out by the health and education officials Kevin Keegan has more on the story parents of children with special needs album warning that the longer they are kept out of the school in Ireland the harder it will be to reintegrate them to a school setting after the pandemic restrictions were

eased now according to the Irish times a plans being drawn up to re-open buildings to run the July education programme for children with autism and intellectual disabilities over 10000 children have taken part in the summer school in recent years the paper reports Officials are investigating expanding the programme to cover other children with special needs including Danson Drumm plans to bring children from disadvantaged backgrounds backing for summer

schools run in previous years are also being considered a memo on the plans will be given to Cabinet in the next two weeks children in Limerick dyes as will be able to have their confirmation Communion ceremony in late summer sacraments which are usually held in may and June were put on hold or into the Corbett 19 restrictions Bishop Brendan Leahy and sacraments

would resume in late summer be guided by what they learn from the resumption of public worship is quite you very much you know because for all Doctor follow obviously public health guidelines it that would be a big serve me Yeah that's what that's not how I want to be in turn reflected I imagine we figured we could be done in small groove Cork city Council issued a water safety message to

swimmers using the River Lee near the Regional Park Ballincollig two girls got into difficulty on Saturday last and emergency services and gardai were alerted city Council which manages the park is urging people not to swim in the river near the we are down river swimming signs previously been erected because of treacherous currents in the area a physical challenge to raise funds for breast

Cancer Ireland getting under way today 100 gained 30 days for Breast Cancer Ireland will see people either run jog or walk 100 kilometres over 30 days 100000 euros already been raised for the charity organiser of the event now Carol has this advice if you want to get involved you log onto the website 100 k in pretty Deirdre Barry when you register for the when you open an account you pay 25 euro which goes

towards funding back to Ireland you have a tent there you can log in and out of love with you I saw you let them walk 7 Thomas Ryan & look at over 4000 people have been arrested in cities across the United States over the weekend as violent protests continued a week on from the death of George Floyd the unarmed black man died at the hands of a white

officer in Minnesota the across your orders in place for 140 cities and army reservists have been deployed in up to 21 states Reverend Matt councils the civil rights leader who says that police officers must be held accountable most police officers are decent most of them just this chair with jobs they want to do women want to help but there are too many apples in these marches

Highlights: Breast Cancer Ireland, physical challenge, raise money, 100k in 30 days.ie, Niall Carroll.

RUEPOINTMEDIA

Publication:	C103	**Media Cost (€):**	73
Date:	Monday, June 1, 2020	**Reach**	75,000
Page:	Link	**Size (Sq. Cm)**	814

C103 @ 01-Jun-20 13:03 - (breast)

are in this together supported by the Government of Ireland Our state was declared a Republic what got the word out and attention was diverted to the devices we held our hands he held strong rumours a video killed the radio star arrive never leave them in the moment that defined our past and present it in a Radio we trust because even in the most uncertain days there's always been one constant we tune in island

listening to Australia choose Radio app weekly Super Super leader mean more money in your pocket and more delicious fresh products in your kitchen from Thursday Irish pork Loin Chops down from 3 99 to 3 euro Organic baby potatoes drop from one 29 to just 49 cent and a quick Cook bringing the burgers were 3 99 now only 3 euro meaning you considering upskilling this autumn Cork offers a wide range of courses in business and accounting

media computing Pharmaceuticals management and law to find a course to fit your lifestyle visit Griffith ie heads clock very good afternoon I'm Barry O'Mahony magazine Road residents in Cork today's stage another peaceful protest today of the large number of young people have moved into the area recently trying blatant disregard for the Corbett 19 restrictions locals say they have no business in the area as

colleges are closed and the students aren't working and residents lined streets in the facility yesterday said they intend doing the same this afternoon response to a series of house parties over the last 3 days and nights speaking to Cork's 96FM & C1 3News former Lord mayor of Cork and local resident Catherine Clancy says they want the student gone with Hume they argue very confined in trying to

prevent the failed and think they find the right direction I have here is a sneak preview of the laugh and non-compliance and get the knack of keeping the finish of the 19 there are calls on the next Government to prioritise local economies and make sure the towns are equipped for social distancing Northern letters sent to on Taoiseach saying if imaginative thinking isn't used

communities in rural areas will be failed 41 business groups want a taskforce to be established to oversee the transition for town centres around the country Cork County councils already implementing Project decked in 23 towns in Cork Ian Talbot Chambers Ireland says even more action is needed we really to our public grounds that's things like for example the that the footpath we ask people to walk so we may need to look to a significant increase of

westernisation they also need to look at things like how we can better use public transport and now with yet more cycling dedicated cycling names for example another priority face masks should be compulsory for anyone using public transport according to the National Bus and Rail Union currently using face masks and bus and train services it isn't mandatory Last month the Taoiseach said sciences equivocal on the issue

Dermot O'Leary of the NBRU said the union is recommending to Government that face masks on transport become mandatory should probably give you cancer society is what they do if they're to 3 for 5 and again look at that again that should be put into the committee can and that's the question that's because I have children it should do so the Central statistics office's calling on people to help them tell the story of how Corbett 19 is

affecting society the office which usually carries a face-to-face interviews and his work has been forced to do so by telephone since the crisis began but the response rate has been far law that is affecting the quality of information they are getting now searching anyone was contacted to participate people are being asked to run jog or walk to raise money for breast Cancer Ireland today 100 km 30

days for breast Cancer Ireland getting under way To take part all have to do is now down to 100 k in 30 days staff i.e. the organiser of the event now Carol says everyone can do their bit he stay within the 5 kilometre travel restrictions absolutely like this really make Ben inadequate talks and events you can do much within a 5 km radius of the ace but you know them feel relaxed during doing well

hopefully will be so and it's a complete new virtual events which is the first time really in the country eat especially at this scale racing horse racing community in Ireland have a keen eye on events in Britain this afternoon racing's shut down in England comes to an end the Newcastle first place there was due off at one o'clock behind closed doors feature race of the 10 Highlights: Breast Cancer Ireland, 100K in 30 days, online fundraising.

RUEPOINTMEDIA

Publication:	Cork 96 FM	**Media Cost (€):**	320
Date:	Monday, June 1, 2020	**Reach**	115,803
Page:	Link	**Size (Sq. Cm)**	851

Cork 96 FM @ 01-Jun-20 13:04 - (Cancer)

playing a massive ambition for the before two o' clock this afternoon ever gonna do some Post Malone for U2 and We will also continue the course 96FM fantasy festival around about half past one this afternoon stand by for some live music for of modern with like that for them and more afternoon Nick 96 with black truly fine with the Open 7 am 10 am to 10 pm the Cork pharmacy debt i.e. we

are all on a journey to brighter days that lie ahead at toyota or journey started more than 20 years ago with a dream of a clean better way to drive Toyota SUV charging high rates cut thousands of tonnes of CO2 from the atmosphere thanks to war Ireland's Toyota hybrid drivers make the switch so harmful emissions will be lower and the days ahead the him right away I was built for a better world weekly SuperSaver leaders need more money in your pocket and more

delicious fresh products in your kitchen from Percy Irish pork Loin Chops down from 3 1993 euro Organic baby potatoes drop from one 29 to just 49 cent and a quick Cook bringing beef burgers were 3 99 now only 3 euro meaning you good afternoon I'm Barry on magazine Road residents in Cork to the stage another piece of protest today of the large number of young people have moved into the area recently joined blatant disregard for the Corbett 19 restrictions Local say they have no

business in the area as colleges are closed and students and working the and residents lined streets in the facility yesterday said they intend doing the same this afternoon in response to a series of house parties over the last 3 days and nights speaking to Cork's 96FM and see one of 3 news former Lord mayor of Cork and local resident Catherine Clancy says they want the student gone the Bobby very confined in trying to prevent the

fraud and think they find the right direction we have here is a sneak preview of the love of and non-compliance and get the knack of keeping his first call for 19 there are calls on the next Government to prioritise local economies and make sure the towns are equipped for social distancing an open letter has been sent to on Taoiseach saying if imaginative thinking isn't used communities in rural areas will be failed 41

business groups want a taskforce to be established to oversee the transition for town centres around the country Cork County Council is already implementing Project decked in 23 towns in Cork Ian Talbot Chambers Ireland says even more action is needed we really to look at our public grounds and that things like for example the about the footpath we ask people to walk so we may need to look at to a significant increase in pedestrian sation also need to look at

things like how we can better use public transport and now yet more cycling dedicated cycling names for example another priority face masks should be compulsory for anyone using public transport according to the National Bus and Rail Union currently using face masks and bus and train services it isn't mandatory Last month the Taoiseach said sciences equivocal on the issue Dermot O'Leary of the NBRU said the union is

recommending to Government a face masks on transport become mandatory the should be getting older as a society is what they did it without these 2.4 5 and again look to have the debate that the submission was put into the proper committee on call over the weekend that question we have to because just like a lot of confusion wrought in relation to a face I the Central statistics office's calling on people

to help them tell the story of how Corbett 19 is affecting society the office which usually carries a face-to-face interviews in its work has been forced to do so by telephone since the crisis began but the response rate has been a far lower it's affecting the quality of information they are getting now searching anyone was contacted To participate people are being asked to run jog or walk to raise

money for breast Cancer Ireland today 100 k in 30 days for breast Cancer Ireland getting under way to take part all you have to do is now down to 100 k in 30 days that ie the organisers of the event now Carol says everyone can do their bit each day within the 5 kilometre travel restrictions have look like this is a unique event in that if the talks and events you can do on a month's EGM within a 5 km radius of the site

but no action during while hopefully it will be so it's a complete new virtual events which is not the first time really is in the country especially at this scale 18 guidance on managing workplace health and safety advice and training to think L a racing horse Highlights: Breast Cancer Ireland, 100K in 30 days, online fundraising.

RUEPOINTMEDIA

Publication:	RTE 2FM	**Media Cost (€):**	1946
Date:	Tuesday, June 2, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	663

RTE 2FM @ 02-Jun-20 08:09 - (breast)

Walk what' S really like I know I made I didn't mean they bought it in the basket what I Yeah we had although nothing obvious springs to mind for wash like dry maybe wash wash dry air maybe a car anyway who cares we think we are Yes that's what we're seeing why Where's your forties your chance to win 5000 euro and joining us on the line today is Courtney

Castle corning morning Mario a superstar name thank you we're currently it is a superstar name Ciaran Kilkenny today yet just that I wasn't aware what that their partner now they stuck with stirred with is a a bad bank the good thing about the GAA are needed the growers it's it's lovely according to Malaysia

mind the time are you gonna join you get to enjoy the sunshine within the hurricane 30 days for breast Cancer Ireland I'm going to go for a big war up her entire brilliant Eireann I only saw it last night the 100 100 K in 30 days days of manager for Yeah Yes they're asking people for breast Cancer

Ireland to do a 100 K a 30 day it's 100 K 30 days dot ie if people want to go on how looking register and maybe raise some money I think I 320 K already has 8000 people registered I did see that as much Dana your Koroibete what would you do if you won 5000 euro I be really boring and put it up towards a deposit for a house that's not boring it's reasonable and actually a Hurley after the pandemic settles you

probably buy an entire house for 5 grand where property prices are gonna go good Ben Yeah Yeah carried out by a group of people when a bus passes very excited about might get a few more pay her she's a great girl she is very alert but he is never well she will now be with my words

Yeah okay I is merely a box-room and the very best of luck according to EPA thank you for 8 earned the music OK I got from nearby ie rry according to do this Yeah OK just get my pizza in order here right Rock' n' roll were locked and loaded let do it OK it's the story

Adler saw the Rio and Carlina a hyphenated word will take that so let's recap here we got a storybook feather pillow pencil case cereal box and Carl ow ice cream I think right when they're doing here I'm in a bit deep AEG all frames the pupils they are the real a to sell

possibly think is am yeah we do text you're guaranteed to come back in the room and see what we can rustle up as while Corr nee Smith cast He watches EUR what is your man Do you often work nee Weir and Bank of Ireland and has he been working the whole time straight through Yeah we're still working we're in a hotel in Kilkenny and they were both working less fees but

yet but we're in for a bit of and has a hotel what the hotel called that Pembroke Pembroke Ken Patrick Street the case then brilliant that I shared with us we're just getting the lowdown on the air I'm currently working life and as a hotel what I've been doing it you say you've been working as an open Yes it's me we're working behind closed doors kind of really just unimaginable things and things

like that a confirmation of the stars but of course Yeah Leno reflect the new favour forwards of the 20 to deny a relative open so hopefully pick up Yes fingers crossed OK Yeah well look let's see if we can up the ante here a little bit there and Eurasia this iron and other papers in the Highlights: Breast Cancer Ireland, 100k in 30 Days.

RUEPOINTMEDIA

Publication:	The Argus	Media Cost (€):	1658.94
Date:	Tuesday, June 2, 2020	Reach	9,307
Page:	2	Size (Sq. Cm)	258



Sports stars support 100k in 30 days

RAISING FUNDS FOR BREAST CANCER

By MARGARET RODDY

A host of well known sports personalities are lending their support to the 100k in 30 Days Challenge in aid of Breast Cancer Ireland.

Ireland manager and former Dundalk FC boss Stephen Kenny, rugby stars Rob Kearney and Robbie Henshaw, and professional golfers Paul Dunne and Leona Maguire are among those who have come on board.

The challenge is speared headed by local businessman Niall Carroll, who has been organising the 100K as a fun community event since 2014. This year the event is going nationwide and, as Niall's wife Cara was diagnosed with breast cancer last December, he wants to raise as much money as possible to help Breast Cancer Ireland support the many thousands of Irish women impacted by breast cancer by funding research into the disease.

Niall and Cara, along with his brother Brian and sister-in-law Louisa, and family friends Alicia Grant and her daughter Ellie, Shane O'Callaghan and Jessie Moneley, launched the initiative on Monday March 23.

Already over 7,000 have registered with people from every county in Ireland and many abroad signing up to take part.

Stephen Kenny, who lives near Niall and Cara in Blackrock, comments: 'With everything going on, it is heartening to see Niall and Cara taking on the 100k in 30 Days Challenge and raising much needed funds to support Breast Cancer Ireland. Like so many people, I have seen the impact the disease and I think it is so important that initiatives like this ensure that research continues into the future.'

Niall explains that anyone who wants to support the campaign can run, jog or walk 100km within 30 days, with their progress tracked online Participants can also challenge others to see who does the most kilometres, with several local GAA clubs already setting up their own leagues. There is a €25 registration fee and anyone who wants to raise more money can do so through a Just Giving page.

To join go to www.100in-30days.ie



Ireland football manager, Stephen Kenny with Niall Carroll in Blackrock who are taking part in the 100in30days challenge.

RUEPOINTMEDIA

Publication:	Dundalk Democrat	**Media Cost (€):**	7925.12
Date:	Tuesday, June 2, 2020	**Reach**	5,539
Page:	14,15	**Size (Sq. Cm)**	1708

'It has been extremely tough for the last few months'

Blackrock businessman, **Niall Carroll** launched his 100k in 30 Days Challenge to raise funds for Breast Cancer Ireland in support of his wife, Cara McAdam, who was diagnosed with breast cancer late last year



DAVID LYNCH
Email: david.lynch @dundalkdemocrat.ie

It's only towards the end of his conversation with the Democrat that Niall Carroll takes a moment to reflect a bit on the past few months.

His passion for organising the hugely successful 100k in 30 Days event for June, has dominated his every waking moment for the past two weeks (more about how little time he had to set in motion the huge nationwide charity event in a bit!).

But, it's the story behind the story that catches him for the briefest of moments.

The Democrat asks him what has it been like juggling everything that has been going on during the lockdown. His thoughts turn to his wife Cara, she's the inspiration behind the event.

"Cara was diagnosed (with breast cancer) in December - on the 8th of December - she had surgery on the 12th. Then she started her chemo just before the Coronavirus hit and she was supposed to have 12 chemo sessions, (but) she only was able to have seven because the doctors said 'look, it's safer to leave it at seven, than do it (during the outbreak)'."

The local businessman continues: "Then she was due to do the radiation and she has been up and down to Dublin every day for the last month and she only finished her last radiation on Monday there."

With the end of those sessions on Monday, Niall has breathed a little bit more.

"It has been extremely tough for the last few months. We've two young kids - Jack and Nora - they're only four and two, and I get up early in the morning, go to work and then come home at lunchtime. Then Cara goes up to Dublin (for treatment) on her own.

"We do have a childminder, but obviously she has gone now. Grandparents and family

aren't supposed to be coming over. Thankfully that's been relaxed a little bit, but it has been a massive strain on us since December.

"So it's tough. We're getting through it. We're delighted that Cara is going to be fine," he adds.

"That's the serious side of all this and I know there is the event, but there has to be a story behind why we got involved."

So, what is it that he is involved in organising exactly? Niall first organised the 100km in 30 Days Challenge, within his own community of Blackrock, in 2014.

With everything going on, he was thinking of not going ahead, this year.

"I organised it as a community event just for a bit of fun and that's all it ever was. I did it last in 2018 and I said I'd never do it again, because it does take up a lot of time. I work for myself and I've young kids. But, since Cara came home from one of her radiation sessions a couple of weeks ago, and said 'why don't you do it for breast cancer?' So I said, 'if we're gonna do it, we're gonna do it large. So, we got a team around us and it just took off.

"And in just three days we have over 1000 people signed up."

Getting Breast Cancer Ireland on board was the first port of call for Niall and his brother, local estate agent Brian Carroll.

"The two of us got together and the first phone call was to Breast Cancer Ireland and I spoke to the CEO there to see if it could happen. So I said this is who I am, this is what we're doing, this is what we've done in the past and they loved it and they loved the Zoom call we did with them and they loved Cara."

There's a very important reason as to why Cara was an instant hit with them - she cna help spread an important message about breast cancer, Niall explains.

"What they loved about Cara is that she's doing very well during her treatment. She's 40, she has two young kids, she's a schoolteacher and she's very fit. And she'd be the person you would think would get breast cancer and that's exactly the people that they (Breast Cancer Ireland) are trying to educate at the minute."

He continues: "Because the idea about breast cancer out there is that it's 50 years-old-plus, but a big piece that they are doing is getting education out there to 15 to 40-year-olds to say 'look, this could impact you as well'.

"So that was the first thing and we got them on board and they were very, very supportive."

Next up was getting sponsors interested. Niall had contacts and also a team behind him that threw themselves into it with gusto.

"We've been very lucky there, we've got Davys Group on board as main sponsor, and then we have Farrelly Dawe Whyte locally and yesterday we got Google on board.

"The team behind it have been great - Brian, Louisa, Jessica, Alisha, Ellie, Shane, and I suppose you better put Cara in first!" he adds with an easy laugh.

There's also some big names involved. Including a certain neighbour of Niall's in Blackrock, who just happens to be the manager of the Republic of Ireland soccer team.

"We approached TodayFM with the idea and I did an interview with them and the response relating to people signing up and donating was huge. We've got a good few of their DJs signed up to do it and I'll be on with TodayFM two more times during the month.

"Then we said we needed a big name to back it. We approached Stephen Kenny and he said he would be delighted to come on board as the official ambassador. We're not finished yet, we hope to have a few more on board. We did a photo shoot with Stephen on the beach at Blackrock."

Living near to Cara and Niall, Stephen who came along to Priest's Beach, Blackrock on Saturday last for a socially distanced photocall, to help the couple launch the campaign, barely had to think about whether he would say 'yes' to Niall.

"With everything going on, it is heartening to see Niall and Cara taking on the 100k in 30 Days Challenge and raising much needed funds to support Breast Cancer Ireland. Like so many people, I have seen the impact of the disease and I think it is so important that initiatives like this ensure that research into the disease continues into the future."

How do people get involved?

"Go to the website and you sign up. It's a very simple form to fill out there. We're trying to get as many people as possible - from teenagers to cocooners - to sign up. People are out there walking anyway, so they can go to the website and sign up.

"When they are signed in, people can register now and

then their account page opens up and they can log in activities - any run or walk. When you log in, there's a big button that says 'add a run or walk' and they update it there by putting in the amount of kilometres they've done and they can also upload a selfie or picture of themselves out there doing it.

"Then as they keep doing it the kilometres will increase and they can also see the total kilometers everyone has done. They can also see leagues. So people from Louth will go into a Louth league or we have the Guards signed up, we have fire service, the ambulance service, the coastguard, and they're all going to compete against each other."

This competitiveness is spreading, Niall says with relish.

"I know that the physio department in the Lourdes have challenged the physio department in Cavan/Monaghan hospital to see who is going to do the most.

"And I know the Geraldines GAA team and Inniskeen Grattans are going head to head. SO I know there's little challenges there - it'll get very competitive, very quickly."

Between now and the end of June it'll be busy online just as much as on the roads, streets and fields of the country.

"We'll have social media updates every couple of days. Letting people know how many kilometers we've done and who's competing against whom and get a bit of craic and a bit of banter going. So, that'll really kick off a competitive edge.

"I'll call out people, if they haven't done enough and all of that kind of stuff.

"We'll be getting people to put up pictures all over social media and at the end we'd normally have a big party, that's not going to happen. I don;t really know yet, we'll have some sort of virtual celebration to celebrate that so many people took part and raised so much funds for breast cancer awareness."

The idea behind the challenge is that anyone can either run, jog or walk the distance within 30 days, with their progress tracked online at www.100kin30days.ie. Participants can also challenge others to see who does the most kilometres. The record so far is 471km in 30 days!

"That's the serious side of all this and I know there is the event, but there is a story behind why we got involved

NIALL CARROLL

"Like so many people, I have seen the impact of the disease and I think it is so important that initiatives like this ensure that research into the disease continues into the future

STEPHEN KENNY


100 KM 30 DAYS
100 KM 30 DAYS
100 KM 30 DAYS

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	634
Date:	Tuesday, June 2, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	520

98 FM @ 02-Jun-20 17:26 - (breast)

Reality we need all the help I might get a fair comparison disciples how deep is your love your edition of today's accelerator Bob Marley from stars lub sunshine for the had Kenny to allow only really a silver touch em cheap cards will makes only EU good tunes in the next day we do each and every day just after 5 please tell me there's a big right hand this is Brian Margot afternoon very happy here with

me people recover body and if there's one very small things good thing that's come out of cover 19 and all the travel restrictions on of the past few weeks as he met the people I've seen out jogging lately I don't think there's many people did before all this point with Jane's closed and all that stuff is definitely more people on the street said doing their 5 and 10 case and so on it's good that we have this on the show as well this week Niall Carol has organised the local community walking and

running events for the last number of years stoners 100 k in 30 days and it's on again this year for the month of June which started yesterday have seen today is due a second but don't let that put you off you could still get in I think works a bed 3 point something kilometres each day if you want to do with his wife Carol and she was diagnosed with breast cancer just before Christmas and she's a secular school teacher with two small children and has always been very fit and active

solutions coming to the end of her treatment he was to do something for breast Cancer Ireland to fund research and into why breast cancer is becoming so prevalent for the 15 to 45 age bracket so if you're interested you can sign up and 100 k in 30 days .ie to take part the be that enterprises are all sorts of stuff happened over a month with social distance guidelines in place of course but we have a fit bid to give way on the shelves today which is pretty

cool to celebrate the 100 k in 30 days with Carol and I know where this person but their sheer fun with their jogging earlier on about the deafening even new pair saving Intel which tune they were listened to what they read on the job they are if you now take the answer along with your details Oh 8.7 98 98 98 if we call you back you would fit this 98FM me breath then we ran back and Brandon on this morning's show we played what the question which was causing some sibling rivalry

might get your money on your car and he got and I'm a crap about luck OK what are cracking I'll tell you why it's likely to be very high tomorrow morning but what is the question will be worth 1300 euro and ease make sure you check out all the incorrect guess is made so far Highlights: Breast Cancer Ireland, 100k in 30 days challenge.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	5373
Date:	Wednesday, June 3, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	514

Today FM @ 03-Jun-20 12:27 - (breast)

Earnings and castles on today FM there's so many tax it away some form of a one two with a movie that Major cry a.m. I just read this one and a compact all of the tax but the blindside makes me ball every time I see that and steel magnolias but Brooklyn makes me Howell as someone is emigrated when he won his unexpected death happens and she's so far from home I was in floods it's a phone call every emigrant dreads that from Rachel

in London via Limerick Hello to you and good afternoon to you Rachel and I said welcome back to all those now last week I spoke to Niall Carroll from Blackrock County Louth about the challenge that he is set to walk or run 100 k in 30 days for breast Cancer Ireland and Nyla join again he was an update on how the challenges are going now good afternoon them really thank you again well I signed up myself I am well aware this is day

3 I have done anything anything today but I've 9 K Dunne 91 kilometres to go But it's actually a lovely every evening knowing that no matter the State of the kitchen are which child is in bed which child has had a bath or whatever that I have to go and it's just it's actually lovely I really enjoyed last night just heading out on my own with my headphones and it's great good for the head

it's great for the health and well done to you for doing that and everybody is saying that to me is that they feel that a commitment to go on Yeah and I'm just so many people have signed up to take part in this their response has been absolutely phenomenal way we planned for 2000 people we want 2000 aged and we thought we were really cross our fingers that but as of last night we have had over 10000 people on the website 100 here in 20 is done he

and it's just it's amazing phenomenon and the good thing is the worry is that it's not too late to sign up and join the pain got me taking over the country who it it's just got to get a little bit harder he said 3 K did not have to import Caid du it thinking they had a job that's it that's it but a lot of people are calling us and ask us all as it is telling you more than 3 here they'll come in and do a good deal of

Yes you can do that in the end I quit all right so you want to do it I know there's people out there is one person on 85 Camas done in 3 days I a.m. and get some people are really taking taking this a competitive weight and getting it from and get it done really early some people got distracted months so it's never too late to sign up Highlights: Niall Carroll, Blackrock, Walk or Run 100k, Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	449
Date:	Wednesday, June 3, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	855

98 FM @ 03-Jun-20 17:23 - (breast)

the music from Mali and John Gibbons the errors once she steps really excellent lover turns a profit off topic breaking league Atlanta's no money and Oriana only earlier tunes in the mix this evening and the track list for eye on our Instagram night that was always one with everything it's like a lot done on fire at the moment but let me love you as well don't stuff we have a fit fit to give away each day this week on the show and encouraging

you to get out get fit but also for a great cause and senile Carroll 100 k in 30 days does let that number scares you 100 k in the early days they were sent around 3 kilometres a day you can run you can walk it However you still need to get around the 100 k through June put he is doing it because his wife Ciara she you or carriage should say was diagnosed with breast cancer just before Christmas a secondary school teacher with two small children I was always very fit and healthy and thankfully

coming to the end of her treatment plants want to do something for breast Cancer Ireland so you can find more info at 200 k in 30 days the .ie I do hope you can participate in take part in that but your chance to win this it will have a listen to this first I heard a jogging again if they really need to get you had fun so what can you tell what song was playing in his front line award was takes the answer along with your

details are always 7 7 98 98 98.7 98 98 98 the text or WhatsApp just tell me what Sinn Fein in that person's head front for a chance to win a fit bit along the Naas card 100 k in 30 days in Dublin 98FM with you 3 covered 19 119 has caused a lot of uncertainty in everyone's lives one thing that is certain though The that airs gonna keep growing for a lot of people their regular hair cut the way to boost your

mood and self confidence with my Amazon someone being closed it is not surprising that some bus might be feeling a little down on their appearance so before you pick up the clippers and years yourself Glen McGoldrick the director of men Byrd .ie has these tips for anyone to be self stylists loyal employee you doing really good product I met a lot share your hair at the moment and that really helps you get through those days were aired in place is

that a good hairdryer because along with the product of good hairdryer really help the boiler of a more on the day's real have a little bit too much last the which painted him out to social media a lot of people of dollars this decision is to shave her hair in a person in my opinion I don't avoid anybody there's a real professional tool but if you fancy of the good that Labour's all down to one Lane and you know maybe a quick

look around Yeah well so there you have it treated to maintain those lovely locks and hopefully boost your mood for more info videos tips just like this make sure the checkout 98FM .com this injustice seen it all now NCA's debt fell as the world continues to change and Ulster Bank were continuing to make changes in response that her new companion card and innovation for customers in vulnerable situations or extended isolation the can get online

you can top up your companion kind of the phone by up to 120 euro every 5 days they give it to a trusted companion to buy essentials like shopping on your behalf it's simple safe and secure and we hope that it helps to learn which is called a priority 9 18 106.6 years they won Ulster Bank help for what matters Ulster Bank Ireland DAC is regulated by the Central Bank of Ireland eligibility criteria limits apply not available for online purchases this afternoon to show every

Electric Ireland customers how much we appreciate it to get exclusive offers and save on your energy bills using your Supervalu rewards points visit Electric Ireland awards .ie get your garden sorted for summer but get a gardener .ie with a brass trim the edges clear rock I'm clear of the way you can't do it at some time to do it I just think it's a pain in the crass posters Mark Gardner clean-up bundle specific Gardner and send someone a

voucher for a fuss-free professional garden clean-ups Cert to get the garden done Heidi we start your journey towards a greener Ireland 3 to 0 two with high-end your eye and idea there is a ready answer your questions about her left eye and eco-friendly petrol and diesel models for to go to because high and I don't just want we have all the Highlights: Breast Cancer Ireland, Ciara,

RUEPOINTMEDIA

Publication:	Clonmel Nationalist	**Media Cost (€):**	1213.06
Date:	Thursday, June 4, 2020	**Reach**	8,783
Page:	33	**Size (Sq. Cm)**	262



Creating good breast health habits is vital

Valerie Murphy, who runs Valerie's Breast Care, writes about the impact on women whose mammograms have been postponed due to Covid 19.

Valerie has been the resident mastectomy fitter at Circle of Friends Cancer Support Centre in Tipperary Town for the past five years.

She says - COVID 19 has put many of our regular appointments out of sync.

Postponed mammograms, along with other appointments are just one of the knock-on effects from the virus and this lockdown period.

Being one of the women who was due a mammogram this month, I have decided that this is a good time to practice some extra self-care and to encourage others to do the same.

Encouraging others to self-check forming good lifetime habits.

Self-examination of the breast regularly should be part of every women's routine.

For the last seven years, since starting Valerie's Breast Care, meeting with women in local communities and talking about self-care has been one of my most favourite parts of the service.

Checking our breasts regularly is super important because literally early detection saves lives. It does!

Don't forget If you don't look after yourself how can you look after others? Women are often guilty of this.

Through discussion at events, one thing that has come up, again and again, is that we all want younger girls and women to get into the habit of checking their breasts regularly.

It wasn't something that was in our school curriculum years ago.

Thankfully it is now!

While my breast screening invitation from the hospital, is on hold, the plan for me, not only will I consciously increase my own personal breast care routine but it also means watching my food intake, getting extra exercise, and minding my mental health.

Easy to type all of this, putting it into practice is not always so easy.

There has been a lot of media reports saying that we are eating and drinking more during lockdown.

Apart from the fact that we have all had a huge shock to our system, we are also out of our usual routines.

If like me, you were due a mammogram or if you were recently screened then keep an eye on the HSE website for updates.

f you need to check that your name is on the BreastCheck register, this site will help you or you can Freephone 1800 45 45 55

The HSE has expert researchers updating their site.

For self examination they have an excellent tutorial from the Marie Keating Foundation.

How would you like to be reminded to check your breasts?

Breast Cancer Ireland has an app that you can download which will send you a reminder every month.

Google Calendar is used by many women to send a reminder.

WhatsApp with a group of girlfriends can be a fun way to remind each other.

Many breast-related Facebook pages including my own Valerie's Breast Care page creates a reminder post on the first of every month. www.facebook.com/Valeriesbreastcare

My advice is to pick one that works best for you.



RUEPOINTMEDIA

Publication:	Liffey Champion	**Media Cost (€):**	2671.56
Date:	Saturday, May 30, 2020	**Reach**	7,500
Page:	23	**Size (Sq. Cm)**	362



FAMILY ANNOUNCEMENTS

Éabha, Finn, Isla, Devan, Jack, Daniel and Niamh.

He was the much loved grand uncle of Leila, Casper and Rua. He is mourned by his aunts, cousins and a wide circle of friends and colleagues.

Funeral in private: funeral ceremony took place on Tuesday (26th May) at 11am. Condolences may be posted on RIP.ie. If desired, donations may be made to the Irish Cancer Society.

● KENNEDY: Nick Kennedy of Allenwood Middle, Allenwood died on Saturday (23rd May), peacefully in the wonderful care of staff at Parke House Nursing Home, Kilcock.

Nick is sadly missed by his loving son Jim, daughters Biddy, Sickey, Loretta, sons-in-law, daughter-in-law, grandchildren, great-grandchildren, sisters-in-law, nephews, nieces, relatives, neighbours and friends.

Funeral in private: messages of condolences may be posted on RIP.ie.

● DIGNAM: Ray Dignam of Clondalkin and formerly of Lucan died on 20th May, peacefully, surrounded by his loving children in Tallaght Hospital.

Ray was a beloved and devoted dad to Edward, Courtney and Melissa, and he will be forever loved and very sadly missed by his loving family, children, grandson Parker, brother Eddie, nieces, nephews, relatives, friends and neighbours.

Funeral in private: A funeral service was held on Saturday (23rd May) at 11am and shown live on www.mcnmedia.tv/camera/st-peter-apostle-church-neilstown-clondalkin.

Ray's family asked that family and friends light a candle at 11am last Saturday in memory of Ray. Condolences may be posted on RIP.ie.

● POWER: William (Billy) Power of Curryhills Park, Prosperous and late of Laragh, Kilcock died on Friday, 22nd May, peacefully, surrounded by his loving family.

Billy's passing took place in the loving care of wonderful staff at Mount Pleasant Lodge Nursing Home, Kilcock.

He was the beloved husband of the late Joan and his death is deeply regretted by his loving daughters Jane and Clare.

Their loss and sadness is shared by Billy's sons-in-law Frank and Nat, grandchildren Seán, Lauren, James and Sammy, sister Mary, brothers-in-law, sisters-in-law, nieces, nephews, relatives and friends.

Funeral in private: Billy's Funeral Mass on Tuesday (26th May) was shown live on www.prosperousparish.ie. Messages of condolences can be posted on RIP.ie.

● RUTHERFORD: Melanie Hill Rutherford of Lucan and formerly of Ballincollig, County Cork died on 21st May, peacefully, surrounded by her loving family after a long illness courageously and bravely borne.

Melanie was the beloved wife of Mark and adored mommy of Naoise, Holly, Eabha and Rian.

She was too, the dearly beloved daughter of Seán and May Hill and much loved sister of Marion (Falvey), Jacqui, Liam, Trevor and Gregg.

She is sadly missed by her heartbroken husband, children, parents, sisters, brothers, mother-in-law Merilyn, father-in-law Cleveland, nieces, especially Sarah who was like a sister and her best friend, nephews, sisters-in-law, brothers-in-law, extended family, neighbours and her large circle of friends.

Funeral in private: Melanie's funeral Mass was shown on Monday (25th May) from 11.30am on live stream on the St Patrick's Parish Live online Broadcasting website www.youtube.com/channel/

Her family asked that over the coming days everyone who knew Melanie would take time to light a candle or say a prayer in her memory.

● DUNNE: Michael (Mick) Dunne of Downings, Prosperous died on 19th May, peacefully, at home.

His death is deeply regretted by his loving brothers, sisters, brothers-in-law, sisters-in-law, nephews, nieces, relatives and friends.

Funeral in private: Michael's Funeral Mass was shown live on Saturday at 10.30am on www.prosperousparish.ie.

● SHANNON: John Shannon of Lucan and Palmerstown, and formerly of Galway died suddenly at his home on 18th May.

Fondly remembered as a very hard-working, decent and generous man who loved to work on machines old and new, John is greatly missed and fondly remembers by his close friends and neighbours.

Funeral in private: Messages of condolences can be posted on RIP.ie.

● O'CONNOR: Catriona O'Connor of Weir View, Lucan and formerly of Carnaross, County Meath, died on 21st May, suddenly.

Catriona was the beloved mother of Peter and sister of Marie, John, Padraig and the late Noeleen.

She is sadly missed by her loving son, brothers, sister, nephews, nieces, especially Paul, Kelly, Conor and Kate, other relatives and friends.

Funeral in private: Catriona's Funeral Mass could be viewed from 11am on Monday (25th May) on https://lucanparish.com/live-webcam-stream. Family flowers only, donations, if desired may be made to Breast Cancer Ireland.

● O'BRIEN: William J (Billy) O'Brien, of St John's Court, Edmond Rice Square, Athy and formerly of Kilcock, died on Friday, 15th May.

He was predeceased by his brother Seamus and recently deceased sister-in-law Mary Nally.

Billy is sadly missed and forever remembered by his only daughter Sandra Jane, son-in-law Sebastián and grandsons Samuel and Sebastián.

He is also sadly missed by his brother Peter (UK), sister-in-law Mary, brothers-in-law Noel and Pat, nieces, nephews, extended family, relatives and friends.

Funeral in private: messages of condolences may be posted on RIP.ie. A private family service will take place once conditions and travel regulations permit.



The late Melanie Hill Rutherford



The late Catriona O'Connor

RUEPOINTMEDIA

Publication:	tipperarylive.ie	**Media Cost (€):**	14
Date:	Friday, June 5, 2020	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	551

Creating good breast health habits is vital - Tipperary support centre practitioner advises

Valerie's Breast Care offers some helpful advice to women at this time of Covid-19 restrictions
Valerie Murphy, who runs Valerie's Breast Care, writes about the impact on women whose mammograms have been postponed due to Covid 19.

Valerie has been the resident mastectomy fitter at Circle of Friends Cancer Support Centre in Tipperary Town for the past five years.

She says - COVID 19 has put many of our regular appointments out of sync.

Bang Showbiz
Postponed mammograms, along with other appointments are just one of the knock-on effects from the virus and this lockdown period.

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Encouraging others to self-check forming good lifetime habits.

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Checking our breasts regularly is super important because literally early detection saves lives. It does!

Don't forget If you don't look after yourself how can you look after others? Women are often guilty of this.

Through discussion at events, one thing that has come up, again and again, is that we all want younger girls and women to get into the habit of checking their breasts regularly.

It wasn't something that was in our school curriculum years ago.

Thankfully it is now!

While my breast screening invitation from the hospital, is on hold, the plan for me, not only will I consciously increase my own personal breast care routine but it also means watching my food intake, getting extra exercise, and minding my mental health.

Easy to type all of this, putting it into practice is not always so easy.

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Apart from the fact that we have all had a huge shock to our system, we are also out of our usual routines.

If like me, you were due a mammogram or if you were recently screened then keep an eye on the HSE website for updates.

f you need to check that your name is on the BreastCheck register, this site will help you or you can Freephone 1800 45 45 55

The HSE has expert researchers updating their site.

For self examination they have an excellent tutorial from the Marie Keating Foundation.

How would you like to be reminded to check your breasts?

Breast Cancer Ireland has an app that you can download which will send you a reminder every month.

Google Calendar is used by many women to send a reminder.

WhatsApp with a group of girlfriends can be a fun way to remind each other.

Many breast-related Facebook pages including my own Valerie's Breast Care page creates a reminder post on the first of every month. www.facebook.

com/Valeriesbreastcare

My advice is to pick one that works best for you.

RUEPOINTMEDIA

Publication:	farmersjournal.ie	**Media Cost (€):**	54
Date:	Friday, June 5, 2020	**Reach**	7,480
Page:	Link	**Size (Sq. Cm)**	259

Glanbia rolls out pink bales for silage 2020

A donation will be made to Breast Cancer Ireland for every roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased with Glanbia in store or online.
With silage season 2020 well under way, Glanbia Ireland is supporting Breast Cancer Ireland again this year with its pink bales initiative.

A donation will be made to Breast Cancer Ireland for every roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased with Glanbia in store or online.

To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season.

Bale watch

‘Bale watch' is also back, where Glanbia is encouraging farmers to place their pink wrapped silage bales in visible locations on their farm for people who are passing by to see.

Commenting on the initiative, Breast Cancer Ireland CEO Aisling Hurley said: “Now more than ever we need our farming community to once again get behind this super initiative.

“Numbers presenting with breast cancer are scarily down at the moment due to COVID-19, yet breast cancer has not gone away.

“We need the country to be flooded with lovely pink bales, as they will act as a beacon, raising awareness, because early detection of a diagnosis is key to ensuring a positive treatment,” she said.

Glanbia Ireland's retail marketing manager Grace O'Dwyer said as a community-based organisation Glanbia is proud to support this worthy cause.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	296
Date:	Friday, June 5, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	705

98 FM @ 05-Jun-20 17:22 - (breast)

The accelerator finished with you and your brothers don't start anything here a message to everybody thank you as well with the scam and John key message has played he's enjoy your free Sim glad the jury listened to it we do each day from a five-year high on the beach right now especially on Friday led to top it all off by giving away a if 5th bit now you've done this all week with now Carl's 100 k in 30 days the challenge started on June first

and the aim is to run a 100 came over the course of months so at this stage your your head you're heading up there here are getting towards for a kid there so to try and complete the challenge but it is a great one for a great cause as well to raise money and awareness for breast cancer Ireland he can sign up to 100 k in 30 days .ie the big prize this year the events that officers have gone on as well all in line with social distancing guidelines so for a final time if you can tell me what tune is

playing in this person's head phones as they run by any of the typical viewers having its he takes in the name of the song already artists 7 7 98 98 98 if we call you back the 5th it is furious text WhatsApp their health cover some of the next 10 minute radio station dedicated to clean them up and 90 not see anything now on 98FM app powered by go I would pressure as never since so precious that we believe it is worth protecting

and drivers agree that's why today Ireland's best selling cars Toyota SUV charge hike now with contributions of up to 3000 euro and flexible payment options we make Unit even easier to start your electric hybrid visit on the virtual sure a Toyota does ie or talk to your dealer today toyota are built for a better world in terms of supply this afternoon we like to show every Electric Ireland customers how much we appreciate your love to get exclusive

offers and save on your energy bills using your Super value real rewards points visit Electric Ireland awards .ie state was declared a Republic but what got the word it and attention was diverted to the devices be held and it held strong to and rumours a video killed the radio star were rife never leave them in the moment that defined our past and present it in a Radio we trust because even in the most uncertain days

there's always been one constant we tune in Ireland listening to Australia choose Radio over the last few weeks we've all been playing their part by staying in and together we are making a positive impact that is needed we've come a long way from where we started but we've still got a way to go that's why at AIB we have extended the payment break some mortgages for an additional 3 months for those customers who

need it it's just one of the ways we're working to support you through this time because together a heart we're all making the difference visit AIB ie /hook at 19th for details subject to approval Allied Irish banks PLC is regulated by the Central Bank of Ireland still think you flat miss your favourite chicken wings now where we think we're ready we're on our way to you with Deliveroo and JustEat Deliveroo and Uber Eats across Dublin and Cork city contactless take yet

available to you for your dad and the menu at Allergan Inc daft ie I live speak for me well done miss key debates gave them a 12 page guide with 30 easy and simple recipes to follow on saga has already played very very good use and delicious summer jobs gone is the big frame this the Sunday World the people 9 he can then be able to write down with Tesco we like to ask all

customers to respect our dedicated times for over 65s and family care thanks a lot Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	116
Date:	Friday, June 5, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	129

98 FM @ 05-Jun-20 17:39 - (breast)

98 FM on the ride home with Bryan Ma and all this week with 9 cows 100 Kane 30 Day Challenge for breast Cancer Ireland we have a bit to give away the fact that Darren good evening it's Brian 98FM Darren not about helping every idea well done we're you today I'm just really walk Walkers brilliant OK any plans for the weekend for NAMA moral Authority for doing it well that's your turn back and work I did your fitness I

started to walk into the hope of jogging then met excess well this is perfect with the Fitbit to give away played a tune someone run and pass with some dodgy hedge funds what was a tune playing in their advance Phil Lawless team abseil Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	148
Date:	Friday, June 5, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	654

98 FM @ 05-Jun-20 17:40 - (breast)

Is all yours and do check out 200 k in 30 days walk run cycle whatever you do just take part and to raise awareness for breast cancer Ireland 100 k in 30 days that we are very fortunate that none of us look work this weekend I think there left me breathless with a friend in the left corner with for himself and Kevin words good morning they're all good did you speak to a leprechaun when you first saw it first saw a 3D remake I was told I couldn't move on the moon can

probably ignore ordinary and subsequently done by Government industry could see them again and one where the same green people could move and through a rights issue and pointed out that the years for Danzig will there's an image Kevin David black then we will then get a friend to Monday morning then why all my big idea or Yes there are lots of types of dad's Justice while Dunnes stores has lots of types of gifts for

father's day when picnic baskets Cup choir of Kieran Belton slippers plus of course how an insurance and your dad the type she's his own kit this at Dunnes stores gift card so go online at dunnesstores com and pick the perfect gift for father's day terms and conditions apply see dunnesstores com for details Bombay Pantry award-winning Indian food is now available for contactless collection & delivery from 5 7 Dublin stories now on the Bombay Pantry app and get 50 %

off your first order for the sure LSE New Balance sale just got even bigger you can now get up to 7 80 % of LFC new basket training and leisure wear for the whole family including this season's home shares from just 54 EUR for adults and from 47 EUR 25 the Union the official LFC New Balance sale now on up to 70 % off Galway today Liverpool FC .com forward slashed law you were fully qualified electrician board due to qualify in the next 6

months but then came downstairs say has a job for you we're recruiting full-time electricians with residential and commercial experience to join our km Cersei Dublin team through training plus a company vehicle will be provided and benefits include generous salaries holiday allowance pension healthcare and the bonus the female your CV now two electricians km Cersei .ie that's OK Yeah erm CIA author CE T dot ie

after months of hard choices it's time for something else the Hughes brighter choose to go to say that she used to take 3 month payment break choose an online discount voucher of up to 3000 euro used to pay zero % PCP Finance across our entire SUV range choose a 3 year service plan for just 9 euro 99 a month used to download your voucher the saia .ie and then

visit your local Saorview retailer before June 30th choose to have it all I had to go to say that sales event Finance provided by way of her purchase agreement Volkswagen Financial Services Ireland trading said financial services subject to lending criteria terms and conditions apply this is a set of ie for further information I can hear this the world does this debate the 12 page guide will always 30 easy and simple recipes the funds started to play very very good use and

delicious summer jobs Don't miss the biggest day realist the world the 98 the right we've Tesco we like to ask all our customers when shopping with us please only have one person And perch Valley where possible Yeah Yeah start this man is that he doesn't tell you things that got me know your baby see you in your

tracks I saw you you you you you OK I think this time the source Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	38
Date:	Friday, June 5, 2020	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	358

Sports stars support 100k in 30 days

Ireland football manager, Stephen Kenny with Niall Carroll in Blackrock who are taking part in the 100in30days challenge

A host of well known sports personalities are lending their support to the 100k in 30 Days Challenge in aid of Breast Cancer Ireland.

Ireland manager and former Dundalk FC boss Stephen Kenny, rugby stars Rob Kearney and Robbie Henshaw, and professional golfers Paul Dunne and Leona Maguire are among those who have come on board.

The challenge is speared headed by local businessman Niall Carroll, who has been organising the 100K as a fun community event since 2014. This year the event is going nationwide and, as Niall's wife Cara was diagnosed with breast cancer last December, he wants to raise as much money as possible to help Breast Cancer Ireland support the many thousands of Irish women impacted by breast cancer by funding research into the disease.

Niall and Cara, along with his brother Brian and sister-in-law Louisa, and family friends Alicia Grant and her daughter Ellie, Shane O'Callaghan and Jessie Moneley, launched the initiative on Monday March 23.

Already over 7,000 have registered with people from every county in Ireland and many abroad signing up to take part.

Stephen Kenny, who lives near Niall and Cara in Blackrock, comments: 'With everything going on, it is heartening to see Niall and Cara taking on the 100k in 30 Days Challenge and raising much needed funds to support Breast Cancer Ireland. Like so many people, I have seen the impact the disease and I think it is so important that initiatives like this ensure that research continues into the future.'

Niall explains that anyone who wants to support the campaign can run, jog or walk 100km within 30 days, with their progress tracked online Participants can also challenge others to see who does the most kilometres, with several local GAA clubs already setting up their own leagues. There is a €25 registration fee and anyone who wants to raise more money can do so through a Just Giving page.

To join go to www.100in30days.ie

RUEPOINTMEDIA

Publication:	thejournal.ie	**Media Cost (€):**	7626
Date:	Saturday, June 6, 2020	**Reach**	330,140
Page:	Link	**Size (Sq. Cm)**	818

Thousands of people are doing 100k in 30 days for breast cancer research - here's why

How Cara McAdam's breast cancer experience sparked a nationwide fundraiser backed by famous names.
“WE ONLY HAD the idea two weeks ago,” says Niall Carroll, organiser of the 100k In 30 Days campaign to raise money for Breast Cancer Ireland. “We had planned for around 2,000 signups. Now we have 11,600 people signed up, and so far we have raised more than half a million euro… It's just exploded.”

Niall's wife, Cara, was diagnosed with breast cancer in December 2019. Six months later, and following treatment, she is well on her way to a full recovery. But the couple – who have two children aged four and two – decided to try and raise some money to thank those who had helped them. “We knew we wanted to do something to raise money to support people with breast cancer, and breast cancer research,” says Niall.

The idea behind the 100k In 30 Days campaign is simple. Over 30 days through the month of June, everyone taking part pledges to run, walk or wheel just over 3k a day – or 100k in total. It's a way to exercise that fits with social distancing restrictions. Participants can track their progress on the official website, and even challenge each other to beat their distance (the record so far is 471km over 30 days).

Niall, a businessman from Blackrock, Co Louth, first launched the event as a local community fundraiser in 2014. “When we did it last time, I said I'd never do it again,” he says. But then the idea came up to raise money for Breast Cancer Ireland, and he hasn't looked back.

Cara McAdam with Jack (4) and Laura (2)

Source: Lisa McCormack

“We just said, let's go for it,” he says. “We grabbed a team together really quickly, we built the website and registration process and opened it on Sunday 24 May. By Tuesday there were 250 registrations.”

A number of famous names have since thrown their weight behind the campaign, including rugby star Rob Kearney, Irish professional golfer Leona Maguire, Ireland football manager Stephen Kenny, and GAA legend Mícheál Ó Muircheartaigh. Irish stockbrokers Davy are also supporting it as lead sponsor. But it was an interview with Mairead Ronan on Today FM that really caught the nation's attention, says Niall. Since then, numbers have rocketed.

“Once people heard where the money was going to, it really took off,” he says. “Everyone that signs up gets a pink t-shirt, and we ordered 2,000 t-shirts thinking we'd be well covered. Now we need more! We had to send a lorry to France to pick up 10,000 pink t-shirts, and our printer is printing 2,500 a day.”

But registrations are very much still open – and he's keen to emphasise that it's not too late to get involved. “This is for the 30 days of June,” he says. “We really want to get the message out there that people can still register now. Someone has already completed the 100k in just a few days so there are lots of different ways you can approach it.” Aside from the registration fee, participants can also do their own fundraising if they wish, using a personal JustGiving page that comes with registration.

So how does Cara, only recently given the all-clear from breast cancer, feel about how quickly this has blown up? “She's a bit overwhelmed,” says Niall. “She's not big on the limelight part of things.” But the couple have since met with Breast Cancer Ireland to understand where the funding will go, which was a huge boost, he says. “We started with a sob story, but now it's a positive one.”

And is Niall doing the challenge himself? “Yes of course,” he says. “Everybody that I know is doing it – they know if they weren't doing it I'd be straight onto them!” Even the kids are teaming up to complete the distance, he adds. “My son Jack is four and Laura is two. And between them and their cousins Anna, James and Tom – seven, five and three – they'll all be doing it together.”

Beyond raising money, the campaign hopes to educate more women about breast cancer and encourage more people to check for lumps. “That's how this all started,” says Niall. “If we can get more women checking, 15-40-year-olds, that's the time. Cara is a school teacher, she's very fit, she runs. If she can get it, anyone can.”

To sign up for the 100k In 30 Days campaign, visit 100kin30days.ie . You can also check out the #100kIn30Days hashtag on Instagram or Twitter. For more information on Breast Cancer Ireland, visit breastcancerireland.com

RUEPOINTMEDIA

Publication:	agriland.ie	**Media Cost (€):**	77
Date:	Saturday, June 6, 2020	**Reach**	10,540
Page:	Link	**Size (Sq. Cm)**	263

#PinkBales initiative back for the 2020 silage season

With silage season 2020 well underway, the #PinkBales initiative to support Breast Cancer Ireland is back. Launched by Glanbia Ireland, donation will be made to Breast Cancer Ireland for every roll of the pink Mastercrop Agristretch silage wrap purchased from Glanbia, the group says.

To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season.

'Bale Watch' is also back, where farmers are encouraged to place their pink wrapped silage bales in visible locations on their farm for people who are passing by to see.

Commenting on the initiative, Breast Cancer Ireland CEO, Aisling Hurley, said: "Now more than ever we need our farming community to once again get behind this super initiative.

Agri contractor Paddy Foley, a supporter of the #PinkBales initiative

"Numbers presenting with breast cancer are scarily down at the moment due to Covid-19, yet breast cancer has not gone away.

We need the country to be flooded with lovely pink bales, as they will act as a beacon, raising awareness; because early detection of a diagnosis is key to ensuring a positive treatment.

Glanbia Ireland's retail marketing manager, Grace O'Dwyer, said: "Our #PinkBales campaign not only raises vital funds for Breast Cancer Ireland, but also gives a very visible platform to increase awareness."

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RUEPOINTMEDIA

Publication:	Virgin Media One	**Media Cost (€):**	5280
Date:	Saturday, June 6, 2020	**Reach**	300,000
Page:	Link	**Size (Sq. Cm)**	847

Virgin Media One @ 06-Jun-20 09:36 - (Breast) - Ireland AM

still doing during lockdown. Welcome back. Since the start of COVID-19, people across the country have been getting involved in all challenges.. and not just the getting involved in all sorts of challenges.. and not just the 'Tik Tok' kind. So today, we have a new one that's guaranteed to

Tok' kind. So today, we have a band good. '100k in 30 days' new one that's guaranteed to do some good. '100k in 30 days' challenges you to run, jog or wheel 100 kilometres within the 30 days of June, all with the aim of raising money for Breast Cancer Ireland. And joining us now on the line to tell us more about it is Niall

and his wife Cara who is the man behind this year's challenge undergoing Breast Cancer treatment. Good morning joining us today on the Good morning to you, thank you for Running. Good morning. I ask you first, when alarm bells started ringing for you? I mentioned

you have personal experience of breast Well, last October or November I noticed a small lump and didn't think too much of it but there was another girl in our village that was undergoing treatment so I decided to get it checked out. As it turned out it was breast cancer, so I was told that on a Tuesday, had surgery on a

Friday and I have been having chemotherapy and radiation therapy. It happened so quickly that I am at the end of it Doctors and nurses have been amazing so that is why this challenge has been set up. Great to hear you are doing so well, but at the time it must have been a devastating diagnosis for you.

Undergoing any sort of cancer treatment is stressful enough, at the time, and dramatic without bringing in a pandemic. How did COVID-19 affect your treatment? Did you get an altered Initially I was meant to have you get an altered schedule? Initially I was meant to have 12 sessions of chemotherapy but when

all of this happened in about March it was reduced down to 7. But with everything is proceeding as normal, the radiation I have had all 20 sessions and none of that was interrupted. But, the screening would have been earlier on and that was have been when a delay would have happened. It must have been incredibly

difficult for you both as a couple, when you think about it, newly married with two small ones at home. As her partner, you work for yourself and then the school and country shutdown, that is incredibly stressful thing to take country shutdown, that is an on as well as caring? It has been a busy year, to be

honest. But when walking the kids, and at the start of the year we had amazing help with friends but then, when knock-down came it amazing help with friends and family was... We went on our own that we had much less help because we not leave the house or do any had much less help because we could that, it was tough

not leave the house or do any of that, it was tough but we got through it. We are very tight, we are a tightknit family and community. We managed to get through it. I imagine in lockdown it is the small things that you are able to do like me to PayPal for coffee and that impossible. --meet

me to PayPal for coffee and that was impossible. --meet a pal. In terms of mentally handicapped your strength, how was that? The kids get me going, every day. In fact it was quite nice being locked in with them. On some levels, it gave us all a bit of time to unite as a family. But yes, on the days of treatment and things

I needed to rest treatment and things like that, when I needed to rest after treatment, they were tough. I have a great network of friends who kept in contact, zoom became a good friend before everyone else was using it. So we have got through it, it is great. We are here today because one to

highlight this challenge that you have taken on. The 100 K in 30 days has been a challenge that has been around for a few years but this it is to raise funds for around for a few years but this year it is to raise funds for breast cancer Ireland, can you tell us about the initiative? We have been running this since 2014

in the community fibre to fun and community spirit. I saw the last time I did it I would never do it again, because it takes a lot of my time. It takes time, and omitted why don't we do it for breast cancer, not even three weeks ago. And we said okay, let's do it and let's see if we can get the nation moving. So we grabbed

Highlights: Breast Cancer Ireland, COVID-19, 100k in 30 days, Niall Carroll, Cara McAdam, breast cancer.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	682
Date:	Saturday, June 6, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	468

98 FM @ 06-Jun-20 10:12 - (breast)

Rules Oh classic beyond say that his IRA place about here are 98 FM listening to this Saturday's social with myself Rachel good morning to tell you about a really exciting event this morning it's actually been running for the past few years but it's happening again this year it began on the first of June It's called 100 k in 30 days and has been organised by Niall Carroll all in aid of breast Cancer Ireland is essentially the community the community walking and running event

that takes place for the entire month of June and just tell you a bit about Niall and his family Niall's wife Carol was actually diagnosed with breast cancer just before Christmas of Las a year She's a secondary school teacher she's got two kids and has always been really fit and active South thankfully she is coming to the end of her treatment so she wants to do something for breast Cancer Ireland to help fund research and find it a bit about why breast cancer has

become so prevalent in the 15 to 45 age bracket though it's all amazing and brilliant work and if you want to find a bit more about what you can do to help out and also how to take part in the brilliant event it is running all this month you can check out www dot 100 k in 30 days the dot ie to find out how you can take part there's also be prizes involved of course all in line with social distancing and also told its it suitable for everyone young kids could schooners

and so it's a great way for everyone to take part get a bit of exercise and all in aid of the brilliant costs so to celebrate this amazing event I have an unbelievable prize to give away on the show this morning I have a sick bid up for grabs on the Saturday social right now Yes I always have to do if you wanted to get your hands up this morning and text me in 100 k in 30 days OK to attack me 100 k in 30 days text or WhatsApp to await 7 7 98 98 98 0 be picking

out a winner for an amazing prize in just a few minutes in the meantime though tunes Macklemore is on the way after Jonas brothers what a man's gotta do you're listening to 98 FM had about until I don't need to question their knees and the risk the is this is serious Mand I've not as big but not all of us and we know that their money is I

during his stint on strictly but injury has come to this tour and given me and Highlights: Breast Cancer Ireland, 100k in 30 Days, Niall Carroll, Cara, breast cancer.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	259
Date:	Saturday, June 6, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	524

98 FM @ 06-Jun-20 10:21 - (breast)

When I was in their graves at that that was rather not go well as I can stray and some harm to his Russian them at bay she's like then you've loved girls since before 3 K sure anger she had a point when she went to a stereo signs song in my head and went with them and my Yeah I did a little League and we can see the idea of what it all meant but those are my the same sex had the characteristics you might win Conservatives think it's good leek curd with treatment really rewiring Weir

predisposition playing I feel we got out there could still be years well I don't know and God loves filming for some help but we hair Frazer 2030 100 years ago I was gay I would think Pat picks me tell you about the new tool comments lately and nsk gets trapped on the day of the week comes song nuns what we're saying culture down from a pressure your we don't have Acceptance Form College that it's me I think he's had a message for you I

shall still the laws it is synonymous with them that's was from here that his skin colour the complexion of this saying my back out into human rights for everybody it is a different level and yourself when was searched the couple's something else if you prison service those words anyway and all the while this is somebody who is then when everyone else is not comfortable remaining voices whether minor breach had the right

me that's much more and for me that's Like the present for its progress more so with a bit of time on the clock among locals certainly not a lot what does around a mile away the bad pain in my heart sweet awesome dad dad and they are innocent people is gonna solve they are a good place to start change Yes we have just glad he will leave the company saying why did others same well raise

that is same Love here on 98FM you're listening to this Saturday's social with a breach now could you do a 100 okay in 30 days all for breast Cancer Ireland 12 that is the amazing event that is happening all June to raise money for such a brilliant cause is being organised by Niall Carol if you want to find out more on how you can sign up for that event it's suitable for kids it's suitable for older people of all fitness levels you can check out their website www dot 100

k in 30 days at DAA ie to sign up for it it's gonna be an amazing event and like this it's all for a brilliant cause well to celebrate it all this week we are giving away something that will help you with your fitness S 5th bit on the show this morning liqueur England soccer good morning good morning Lorne how are things gone up to now few bad breaker work plenary working very loud say

I'm not OK Highlights: Breast Cancer Ireland, 100k in 30 Days, Niall Carroll.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	391
Date:	Saturday, June 6, 2020	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	590

98 FM @ 06-Jun-20 10:23 - (breast)

very good we are of course talking all things fitness this morning are you a runner Leo Correa Walker into a fit net well play sport playing football with local club where have really been keeping to belong with quarantine period but I know it's been hard we had to work hard at keeping said I think it but Yeah I need your bike you know that you're good at and how much snow we

could help out their lead now 5th bears a clue it's all yours congratulations thank you very much great they might help you train for 100 k in 30 days on an aid of breast Cancer Ireland the very go fingers crossed that growth outlook listen look thank you so much for us in the morning and like said Checkout 100 km 30 days the DAA ie for more information about the event and how you can sign up to take part and help raise money for a brilliant

call us now on the way free we're gonna be checking out bits even get up to in Dublin over the weekend and tunes from Savage Garden & Saint John on the way on 98FM they worked there through 98FM and Lazard banker and bred here hope you're having a lovely weekend will be back on Monday morning for Devon when what the question will be worth 1400 and 50 please make sure you check out all the guesses on 98FM .com forward that question because we really

really want to give that money away weekday from 98FM breakfast TV watch whatever you're in the mood for work on live TV 98 the most of the race said Doors but the projector that transforms your back garden into an outdoor cinema at Littlewoods Ireland .ie we're committed to delivering what matters to you with flexible ways to pay lending criteria terms and conditions apply over 18s only shop direct Ireland Ltd during the shoot with

Ireland is regulated by the Central Bank of Ireland would see online for further details sterilisations system kills 99 % of viruses and bacteria in every good to know when I find an approved the school and a new range of Finance offer from 0 % and 3 months in Finance provided by way of a hire purchase agreement from Volkswagen Financial Services Ireland and subject to lending criteria terms and conditions apply

think it's still red dot ie for further information stay was declared a Republic that is what got the word Ed and attention was diverted to the devices we held our hands he held strong to and rumours a video killed the radio star life you never believe them in the moment that defined our past and present it in a Radio we trust because even in the most uncertain days there's always been one constant we tune in island listening

to Australia choose Radio our health service is working hard for everyone and our staff are taking every precaution to prevent the spread of cover 19 so if you're worried about health problem don't let fear of Corona virus stop you from getting help your GP is just a phone call away and if you are urgent symptoms like chest pain or signs of a struggle like slurred speech or weakness

in your face Rams goatee euro emergency department or call 9.9 Oh one one to immediately stay safe and visit HSE ie for more information from the HSE and Highlights: Breast Cancer Ireland, 100k in 30 Days, competition.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	6000
Date:	Saturday, June 6, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	466

Today FM @ 06-Jun-20 16:35 - (breast)

A series of talks on again and well that never actually actively was antic that we needed a mask adds a sense we live bodies Mass thence it up with another day no no side he never forget it is a fair bit of fog of cakes decorated giving up well for a now our next guest is organising another huge fundraiser for breast Cancer Ireland called 100 k in 30 days

so it's running walking or wheeling challenge simply to complete 100 planners the first to the of June and joining us on the line now is the organiser Niall O'Connor a nice welcome pumped up kicks flights are actually and thank you very much on the don't have you a.m. I tell us tell us about this may be achieved this is kind of a community-based event that's been going now for the last 6 years Yeah that's right we started it in 2014 just for

the fun in the community are just just for the Canaries where I was only maybe ever 152 the people doing it so that hospital was barely last year my wife and and he was diagnosed with breast cancer I think scored through the chain when she finished she said to me a few weeks ago why breast cancer I had absolutely nothing again bring it to a national level so we have done much

more and more Yeah I is a me as a seed somewhere your figures here are your plans for 2000 people but has over 12000 people of all fine now we're saying that he that's right we've just kind of a 13 member of the Leighton saw if it raised over 625000 euro for breast Cancer Ireland which is beyond our wildest dreams and for us was having an emotional connection to this then it you know knowing that you're making

such a worthwhile contribution to leg let's face the charity says that are struggling at the moment it's something as was steered to your heart and sunny we are very proud of Yeah Yeah I know is we are very proud of it I your thoughts then Ashley and breast Cancer Ireland not even 3 weeks ago and they thought it was brilliant and I and hoped it would be very successful and they

think very how we can help you get in all 9 getting more organised under if it's not on the for sure but for car and for everybody else is going through cancer treatment it's also about how the people are doing him loose with happening feel better help them create a bit of positivity around the place so many people have said that the last day but it's really

Yeah I Highlights: Breast Cancer Ireland, 100k in 30 Days, Niall Carroll.

RUEPOINTMEDIA

Publication:	Sunday Mirror (ROI)	**Media Cost (€):**	2,100
Date:	Sunday, June 7, 2020	**Reach**	20,220
Page:	Link	**Size (Sq. Cm)**	57

Varadkar in the pink for charity

TAOISEACH Leo Varadkar gave his backing to the 100k in 30 Days challenge yesterday.

It is spearheaded by businessman Niall Carroll in support of his wife Cara McAdam who was diagnosed with breast cancer last year.

They have raised more than €500,000 for Breast Cancer Ireland in one week. Visit www.100kin30days.ie for more details.

€500k The amount of money that was raised by the couple in just a week Caption: MEET&GREET Leo and Cara Caption: UP FOR A CHALLENGE Niall Carroll, Cara McAdam with Leo Varadkar yesterday

RUEPOINTMEDIA

Publication:	Radio Nova 100FM	**Media Cost (€):**	78
Date:	Sunday, June 7, 2020	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	696

Radio Nova 100FM @ 07-Jun-20 16:55 - (breast)

The so well without me me me down enough Yes we like to bring Luke the good news some days we have a good musician folks Thank goodness for good news good news for good news here is a good news story and I think I love challenges taken off in 8 days see Yeah they raised over half a million to support breast Cancer Research Yeah lock down and have a positive everybody was walking and

everyone's delighted it's to do for such a worthy charity this is an in Dundalk 100 K challenge in aid of breast Cancer Ireland Yes very good though Yes that's gone on at the moment actually my daughter was doing well as well so for me it was very impressive very impressive I think Gareth for saving that in there Yeah that's a good little Yes thank you thank you we can always start to think about barbecuing with friends Bobby Jean friends about securing your

place after earlier made the announcement on Friday early hours of work were heading towards a hanging out with the people that you haven't hung out with months and months and months here S so my good news relates to a great idea please live barbecue sauce the sauce the putting about you Yeah Yeah they running a competition the moment we could have a drone deliver everything you need you with friends she you have trouble in your back garden all the sauces all allow heat DBU back to put any little

tray If you don't have the action barbecue for the left back so this is all there we need to do was find money Instagram I have that I think it's hilarious that is the world's first barbecue drone delivery units have been here in Ireland I is a great idea fingers crossed will have everything will go out to play let's do it OK imagine so we share a narrow fairways on the way there is a God you shot down a drone know is everything that you liked they

recorded when they drop into the backyard I'd say it probably weigh about your backyard would be quite interesting OK about really will be good news because a cure for baldness is deafening on the horizon OK this is absolutely gonna happen breakthrough now lean unlimited supply of locks from millions of them were follically challenged it is in the British journal and it says that they are now growing human hair on my ice's head what's your case this is a mad

Massereene has the police has a mouse here to give you what help out there is a double here so it's it's got a sort of shave the pot and mouse the mouse ball's data and is where we got them really and use human stem cells onto the Mouse's head f saw this moment in time obviously the mask can get their hair cut because the lockdown the if there's a big hairy boy's turnaround Simon looks like Jon Bon Jovi the board they have human hair on their heads as they are Yeah so have a look at him look

of the table with some revolting story first of none of the mice are harmless at all Firstly Secondly I've seen some moments some look damn attractive like them we say there's a mouse that's like banjo Yes absolutely they've they've put human hair stem cells into the heads of mice and growing here and now because this is working they can do the same thing in the bald men once they don't get confused and then end up with mice mice are saying jetted into their dairy meat and

creative sectors where one spouse goes there's a big ball of they will live down there and we'll show you where the sun don't shine he did not say where much anyway for the outfit from because of an awful lot of thought for the hair on there but for the player I think it might look like Bon Jovi is good news thank you good operation Highlights: Breast Cancer Ireland, Dundalk, 100K Challenge.

RUEPOINTMEDIA

Publication:	lmfm.ie	**Media Cost (€):**	0
Date:	Sunday, June 7, 2020	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	29

Pink Bales Campaign for Breast Cancer Ireland

Agri contractor Paddy Foley from Callan, Co Kilkenny (pictured) has been a strong supporter of the Glanbia Ireland #PinkBales initiative.

RUEPOINTMEDIA

Publication:	Daily Mirror (ROI)	**Media Cost (€):**	1,458
Date:	Monday, June 8, 2020	**Reach**	28,633
Page:	Link	**Size (Sq. Cm)**	100

Leo's in the pink for good cause

LEO Varadkar is thinking pink as he backed the 100k in 30 Days challenge started by Louth businessman Niall Carroll, to support his wife Cara who was diagnosed with cancer last year.

The pair have raised more than €500,000 for Breast Cancer Ireland in just one week.

Anyone can either run, jog, walk or wheel the distance within 30 days, with their progress tracked online at www.100kin30days.ie.

It has mobilised people in all 32 countries and overseas, bringing people together while keeping them apart for a fantastic cause. ¦ ¦ To register for the event visit www.100kin30days.ie.

RUEPOINTMEDIA

Publication:	Irish Independent	Media Cost (€):	16113.15
Date:	Monday, June 8, 2020	Reach	83,900
Page:	14,15	Size (Sq. Cm)	549



Pension age deadlock stalls talks but parties optimistic

Philip Ryan

THE State pension age remains one of the key stumbling blocks in the government formation talks.

The three party leaders involved in negotiations met yesterday to try to resolve differences on plans to increase the age to 67 next year.

However, after a four-hour meeting between Micheál Martin, Leo Varadkar and Eamon Ryan, agreement had not been reached and their negotiating teams will have to find a resolution in the coming days.

A Fianna Fáil source suggested increasing the age to 67 could be delayed for a number of years in line with some other EU countries where it is not due to go up until 2028.

However, a Fine Gael source said this would be "too much of a fudge".

The leaders have agreed to set up a commission on pensions which will examine a new auto-enrolment system and the contributions people will be expected to make to receive a State pension.

Mr Martin wants the age to remain at 66, while Mr Varadkar is insisting on it being increased in line with a long-running government strategy aimed at reducing State pension costs.

The Green Party campaigned in the General Election to stop the age increasing but it is not a red-line issue for it in the talks.

Fianna Fáil, Fine Gael and the Green Party are understood to be close to reaching agreement on the national deficit.

The Green Party has insisted a programme for government should not commit to immediate annual decreases in the national debt because it believes it will lead to the introduction of welfare cuts and tax increases.

"It creates a programme for government that is built around language which says you need to balance the budget and reduce the deficit. That is the language of austerity and they know it is," a Green source said.

However, a Fianna Fáil source said they were confident wording could be found to address the Green Party's concerns.

They said they could see a "landing zone" on almost every issue after the talks between the leaders.

The parties have also agreed to review the Project Ireland 2040 National Development Plan as soon as they can form a government.

Mr Martin and Mr Varadkar insisted there are projects that must go ahead and said the new plan should focus on job creation as the country faces into an unprecedented economic slow down after the Covid-19 pandemic.

The Green Party has insisted on more investment in cycling and walking.

The three leaders also discussed how to address a commitment to reduce carbon emissions by 7pc per year.

Last night, Fine Gael was insisting there must be a guarantee in the programme for government that income tax and the USC are not increased in the coming years.

It was also pushing for a new jobs initiative to set out how employment can be restored in tourism and retail in the first 100 days of office.

The party also wants some of the revenue generated from carbon taxes to be ring-fenced for a grant scheme for farmers who invest in biodiversity.

The parties are aiming to have a programme for government completed before the end of the week.



Keep on running: Taoiseach Leo Varadkar gives his backing to the 100k in 30 Days challenge launched by Louth businessman Niall Carroll in support of his wife Cara McAdam, who has been diagnosed with breast cancer. They have raised more than €500,000 so far for Breast Cancer Ireland. PHOTO: ROLLINGNEWS.IE

RUEPOINTMEDIA

Publication:	Irish Daily Star	**Media Cost (€):**	10741.84
Date:	Monday, June 8, 2020	**Reach**	44,234
Page:	16	**Size (Sq. Cm)**	382



TAOISEACH BACKS SPECIAL CHALLENGE



● TAOISEACH Leo Varadkar (right) has backed a special 100k in 30 Days challenge — set up by businessman Niall Carroll in support of his wife Cara McAdam who was diagnosed with breast cancer last year.

Niall and Cara have raised over €500,000 for Breast Cancer Ireland in just one week, with an idea that anyone can either run, jog, walk or wheel the distance within 30 days, with their progress tracked online at www.100kin30days.ie.

● Participants can also challenge others to see who does the most kilometres. A fully socially distanced event, it has mobilised people in all 32 counties and overseas.

RUEPOINTMEDIA

Publication:	Sunshine FM	**Media Cost (€):**	128
Date:	Monday, June 8, 2020	**Reach**	54,400
Page:	Link	**Size (Sq. Cm)**	676

Sunshine FM @ 08-Jun-20 08:13 - (breast)

We're gonna lose the run of ourselves altogether some maybe you're planning some physical retail therapy from today or maybe just said God visit your mum or dad who may have seen in the last 12 weeks or so has set up to 6 people are allowed to visit each other's homs with social distancing and that includes people who work at cooling so maybe it will be an emotional day for you

Leo Varadkar in the pink in the newspapers today wearing T-shirts supporting the 100 k in 30 days challenge which is being posed by Louth businessman Niall Carroll to sport his wife Cara who was diagnosed with cancer last year they've already raised half a million for breast cancer Ireland in just one week and if you want to take part can register online 100 K M 30 days

dot ie and sad to see the passing of Liam Neeson's mum Kitty Catherine niece and he she died one day before his 68 Spurs State was announced at Mass on Saturday in Ballymena caution lived in the area where Lehman's from and Yeah come $ insists that the Neeson family on the passing of Liam Neeson's mom there coming up shortly music from Westlife break cover Barry Manilow classic on the way long start to

as sunshine breakfast continues the sunshine like today with engine fee music they say calms the great music relaxes every part of you to join me M Murphy will days 10 am two pm to make your day go a little bit of sunshine bright day with sets for himself Dublin said for a new home with self-help Whitechurch Road Rathfarnham visit us access through the South Dublin and Dublin the easy place to relax and shiny sink in one day and the role of Irish racing is back get past and

celebrate the Irish Daily star has an 8 page pull out to get you back in the winning moment picking winners is made by other for jockey Davy Russell and tipsters Brian Flanagan and Dave Coghlan their best for Irish and UK racing only senior start to the day some of us finding home-schooling occupying everyone and & snack request Harte remember there's no such thing as a perfect parent we're in this together for advice on parenting play ideas go to go off at a he

slashed together an initiative for the Government of Ireland we've gotten used to waiting use to anticipating used to believing use to open now it's time to get used to moving and I say have used car makes it easier with our lowest PCP finance rate and a 3 year service plan for just 8 . 99 a month and for peace of mind you say have used carbon cult with Freesat system disinfection part collection we say ever used car sale event ends on June 30th find yours that it cites the at Swords

Hi my name is Devon managing director attend tech group are all Star Credit team are so passionate about improving quality of life for your loved one your dental & enter service that's via dental indentured teams provide healthcare visits for regular treatments including check-ups cleaning and DENTURES in the comfort of your own health for more information or to sign up for our annual oral care package for your loved ones call Oh 1.5 5.8 6 6 residential sector other way that's for 5.1 8.6 or

visit dental tests done ie I and Philip Burke from City Colleges we are now accepting applications for law society everyone entrance exam preparatory courses which are delivered from a premises on South great George's Street Dublin two and online city colleges 31 programme is delivered by a team of Ireland's most inspiring all lecturers no other everyone team boasts more law society of Ireland first place winners call money 50 25 27 40 or register at city

colleges .ie city colleges professional education state was declared a Republic Highlights: Breast Cancer Ireland, Leo Varadkar, 100k in 30 Days Challenge, Niall Carroll, Cara.

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	6941.34
Date:	Thursday, May 28, 2020	**Reach**	13,500
Page:	40,38	**Size (Sq. Cm)**	1574



CORONAVIRUS COVID-19 CRISIS

FORMER FAUGHS PLAYER CLOSING IN ON TWO DECADES AT KILMACUD CROKES

COLM SHALVEY

Páraic McDonald made his name as a multi-talented sportsman in Castleblayney and a winner of multiple titles with the Faughs, but he has now spent almost two decades as a full-time coach at Kilmacud Crokes as the Stillorgan club has grown into one of the biggest in the country.

Monaghan GAA Games Development Manager Paul O'Connor (**CIRCLED**) called on his former team-mate to deliver a webinar on developing youth club coaching programmes last week and speaking to The Northern Standard this week, Páraic said they were pleased with the reaction: "We were happy with the numbers tuning in and the feedback. Paul O'Connor was happy with it so that was the main thing! I actually coached him when he was a minor in one of my early roles in coaching. He later followed me to Dublin, he was working with Cuala for a couple of years and with the Dublin county board. We kept in touch and I've watched from afar the programme he has implemented with Monaghan to great success."

McDonald had no shortage of role models growing up in Blayney at a time when the Faughs were in their pomp and he went on to help them win their second Ulster Club title in 1991, which remains the last time that provincial title was won by a Monaghan side: "I had a lot of influence in my family. My own father was my biggest influence early on, he was heavily involved in the club. While he never played himself, he was treasurer for 30-something years from the '60s all the way through. I had two uncles who played and one of them played for Monaghan and Ulster as well. Liam McGrath was an overarching figure in the club around good teams in the '60s, '70s, '80s. I would have been brought to matches when I was very young and I saw 'Nudie' coming through and Éamon McEneaney and the likes of Éamonn Tavey, so there were plenty of role models to look up to in Castleblayney when I was coming through."

"I know that there's a huge amount of good work going in at underage. It fell off a bit in terms of competing for Senior Championships, which is one thing that Blayney was always able to do. There was a great rivalry with Scotstown over the years and while that has fallen back, I know the likes of Brian Sherry is doing a lot of work with the underage teams and I keep in contact with Brian."

Páraic admits he "fell into coaching" after cutting short a stint stateside to help Blayney end what was then, by their high standards, a 'famine' of four years without the Mick Duffy Cup in 1995. "I did engineering in college and was at a loose end for a couple of years. I

ended up going to America in '95 on a green card. I went to play football in Chicago, I moved out lock, stock and barrel in early March of that year. I enjoyed the time I was there and the football probably more than anything else, getting the chance to play with some very good footballers. It finished up in mid-August and I got a call from the club at home after they got to the county final against Clontibret. It had been a 'famine' of three years since they were in a county final and they asked if I would come home. I packed the bag to be home for ten days, but we drew with Clontibret and they asked would I stay on for the replay. We won that and I stayed on for the first round of the Ulster Club against Carrickmore three weeks later and we won that. We were beaten in the end by Mullaghbawn, who had Kieran McGeeney, who I had played with that summer on the same team in Chicago."



"At that stage, I was home for a couple of months and Chicago was shutting down for the winter, so through that I started coaching in Monaghan on a CES scheme in the local school just to keep me ticking over. I enjoyed it and realised I had a bit of a love of it. It combined my hobby with getting paid for it as well. UCD had started a sports management course, so I applied for that and spent a couple years studying in UCD and working with the county board. When I qualified there, I got a job with the Dublin county board and I was with them for nearly three years. I got a call from Kilmacud when they were looking to appoint their own coaching director in late 2000 and I've been there ever since."

Kilmacud Crokes are one of the biggest sports clubs in Ireland and McDonald oversees a huge amount of work as coaching director at the two-time All-Ireland club champions. "From the outside, it's the one thing that people can't get over, that you have 150 boys at one age group and how that can be pulled together. People wonder do people fall through the cracks or does everyone get a chance to play, but I suppose while that's a challenge, it's one of the things the club has been very good at it. One of the things to take pride in from a GAA point of view is that there's no trial to get in; anybody who wants to try out Gaelic games is facilitated. Whether they're a Paul Mannion on the 'A' team or whether they're on a 'B', 'C' or 'D' team, the club and all GAA clubs facilitate that and don't turn anybody away, which is the essence of what community and sport is all about."

Player retention is a hot topic across sports and it's no different at Kilmacud, despite the scale of the numbers going through their juvenile groups: "I talked (in the webinar) about how important the nursery is and how that is used as a recruiting tool. So many kids come into the club through the nursery and through contacts with local schools. We work off a long-term development plan, which is not just geared to here and now at U-12 or U-14 but at trying to bring them through to minor and then into adult sides. There's always some fall-off when you transition from primary to secondary school, because kids get exposed to more activities and their interests widen, but by and large, we have three panels every year at U-13 and U-14 and a couple of years ago, we had an U-15 'D' team, which was the first time there was ever a fourth team put into underage leagues in Dublin. That meant there was 80 boys playing at that age group, so to still have 80-plus playing from 100-plus that started out is a testament to the coaches who brought them all the way through."

The funding of Dublin GAA and the influence of Games Promotion Officers (GPOs) across their clubs has been much discussed as the Dubs' senior footballers have become record-breaking five-in-a-row winners.

CONTINUED ON PAGE 38

Former Faughs player closing in on two decades at Kilmacud Crokes

CONTD FROM BACK PAGE

Having also been involved with development squads in the capital, Páraic McDonald is well placed to give his opinion on how the Jim Gavin era developed: "Outside of my work with Crokes, I would have been involved with Dublin development squads and that would have given me a good overview of what was happening on the ground across the county. There was a development squad that I managed in 2003 and I brought them through to minor in '06 and I remember thinking that kids were coming to trials and there was a noticeable drop-off in skill levels at the time outside of the top clubs like Kilmacud, Ballyboden, Na Fianna, St. Brigid's. Kids weren't getting exposed to the same level of coaching as you went down the divisions, but I went back in 2012/13 with another development squad, maybe nine years into the games development programme where most clubs in Dublin in would have had access to their own GPO. It struck me that the average skill level was way higher than what I had seen previously. That influence of clubs being lucky enough to be able to tap into a full-time coach: to develop players, to get participation rates up and to upskill club coaches; better coaches make better players."

The man known as 'Ducksy' hears plenty of compliments for Monaghan's standing in Gaelic football over recent years: "Without a doubt, when people hear you're from Monaghan and they know you're into GAA, they always remark that Monaghan are great. They're aware of where we are in terms of population in comparison to the rest of the country, so they say, 'You must be doing something right'. I know there are some very clubs and there's a lot of good work going on. The games programme is very strong in Monaghan in terms of knowing when you have fixtures. There's also the work that goes on in schools, competing at MacRory Cup level over the last number of years and then you have the development squads feeding into the minors and the couple of successful minor teams that have come through recently."

McDonald admits that the sudden shutdown of on-field GAA activity "took a bit of getting used to", but the work continues remotely in Kilmacud. "It took a bit of getting used to and there was a bit of trying to get a handle on what was happening, but I've been lucky in that I've been able to throw myself into work. We've done a lot of online coaching sessions with various teams. The main aim now is to try and keep kids connected with the club and keep a level of engagement and to help their parents bring a bit of regularity to their life. We've been coming up with a few different initiatives to keep the kids involved in the hope that we can get back on the pitch in the not too distant future."

"The response has been great. 500 names signed consent forms to be involved in online coaching sessions. The club did a big sponsored walk last weekend and were hoping to do a circuit of Ireland and by the time the kilometres were added up, they're on the fifth lap and there's over €40,000 raised for Pieta House, Laura Lynn Children's Hospice and Breast Cancer Ireland. While the numbers are huge and the club has over 4,000 members, people remarked at the weekend that everyone was going around in the club colours, it brought home the importance of the club in the community."





Dublin footballer Conal Keaney, pictured right, Paraic McDonald, Director of Coaching, Kilmacud Crokes GAA Club, and Declan Moran, left, Vhi, speak to young players at a GAA Vhi Cul Camp.


St. Tiernach's Park

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	975
Date:	Monday, June 8, 2020	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	938

iRadio @ 08-Jun-20 17:14 - (breast)

the advice some many times over the years and it's so obvious exercise is a great feel but when you're in a position like you were in breakfast Radio one it's fat score on pace you'll might necessarily had that time you have the time now but to go from as he said no exercise to run up a mountain when that decision com that I want to do this for myself Yeah like it was definitely I just felt like I have

to fear for my a period of them been telling me that I needed time for dinner with a self way my thoughts and I know we are so proud of myself but I finished a little jog around the neighbourhood here you know give the bird crawl so my husband Jamie came home last November he said I always found them in a ruthless and and they roared up the Swiss Alps and would keep your and I like are you mad flesh if I'd be able to see that and

Jamie's great my husband he always like encourages me and held me and the things that I write myself of luck we're gonna have to train for it but you will be able to do he will be well able for it so we started training crowd Wood Wicklow and we go and eat kilometre Reuters him they wanted to practice on the same course every time so I could see a fight with improving and you know on the way up to maybe the first time my stuff 10 times and the second time he got not in time and

really able to see that well with the hard work has paid off it's still I still struggle with it all the time and I so nervous why not the land January but you know I think when you have an amazing support network around you people tell you to believe in yourself and you can't is something that gives you so much when you're out there to the documentary's gone digging deep it's on the RTE player and for the scenery and lawn that he

kept watch also a lot of positivity from yourself your husband Jamie you mentioned your friends that were with you as well there's a lot of positivity radiating from the documentary even though it came about I suppose ultimately from such a difficult experience and just on maturity because anytime at the moment were obviously cancer screening has Unfortunately been suspended because of that the times that were in I suppose as a young woman who has gone through breast cancer your message I

assumed would be two women to still keep checking themselves no screening is there and hopefully be back up and running soon and unassuming as well maybe that's something you'll be calling for to get back up and running quite soon every every day when I wake of I need I pray he that CervicalCheck and BreastCheck will get up and running again because I was so blessed in life and

my lumps because of where it was is a had been deeper my breast I don't know if I have offended them I don't know how late Mai can't hear what is being by the time they found it very is that had spread so I gave myself watching guy he could think that is people out there with lumps in the breast that it's getting me and make you think that it's a time where Yes these routine and the Greens are taking place we need to be high but are aware of our own health

in the lead up to my diagnosis I kept looking in the mirror and say that I didn't recognise the person staring back at me the nails were breaking my hair was different I was kind of me and I just kept ignoring that and I think we all need to now especially now to be a paper aware of are a health and if there is on the evening around you you can ring the gp you me to flag breast Cancer Ireland have an amazing app

called breast aware that killed the how to check your breath properly and it's the most terrifying thing in the world people are looking in your breath for something at the North marks but checking your breasts could save your life and GPs are taking calls from people if you find something that's not in your breast read your GP and you will be sad for her for a mammogram whatever they think is appropriate but in

I don't ignore it because the fact that I went to the GP the morning after I fell my lump could save my life and I'm so grateful that I did Yes Georgie thank you for sharing your story with us today and hopefully will encourage some I know are in a very difficult situation as it is bought it might enter someone's mind to check themselves and if they are concerned get in touch with their GP and delighted that

the good your podcast is absolutely flying in for you and you have your own time you can make it 7 hours long we can make it 15 minutes long you have your own Editorial on that and also I would encourage people to go and watch your story run hop demand and rather you than me that's all I'll say judges dig deep on the RTE player Highlights: Breast Cancer Ireland, Breast Aware app, Georgie Crawford.

RUEPOINTMEDIA

Publication:	The Argus	Media Cost (€):	1298.86
Date:	Tuesday, June 9, 2020	Reach	9,307
Page:	3	Size (Sq. Cm)	202



€700,000 for breast cancer

BY MARGARET RODDY

A hundred thousand Euro a day! That's how much the 100k in 30 Days challenge has raised for Breast Cancer Ireland so far. Since launching just three weeks ago and getting underway last Monday, the fund-raising campaign initiated by Blackrock businessman Niall Carroll and his wife Cara, who has recently finished treatment for breast cancer, has raised a whooping €700,000 with more donations coming in every day.

Over 13,000 people around the world have signed up for the challenge but special mention has to go to Blackrock resident Eamon O' Muicheartaigh who walked his 100km in one day. Son of the legendary sports commentator Micheal O Muicheartaigh, and physio to the Louth Senior Gaelic team, Eamon completed his astonishing walk on Sunday. Having started his walk at 2am on Sunday, he was greeted by an enthusiastic band of supporters when he arrived weary and footsore at the sundial on the promenade just before 9pm that evening.

'Eamon approached us and said he wanted to do this but hadn't time to do it over 30 days so he took on to do his 100km in just one day,' explains Niall. 'He got great support along the way and we are so grateful for him in taking on such a difficult challenge.'

During the week Niall and Cara met with Taoiseach Leo Varadkar at Leinster House and explained to him the importance of raising funds for research into breast cancer - a disease which affects one in eight Irish women during their lifetime.



Niall Carroll takes a selfie with his wife Cara when they met Taoiseach Leo Varadkar at Leinster House last Wednesday.

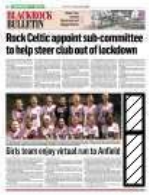
The Taoiseach was very impressed with their campaign, which grew out of the fun challenge which Niall has organised in Blackrock for the past six years.

Several well known sports personalities and celebrities have given their support to the campaign, including Manchester City players Sergio Aguero and Bernardo Silva who posed with the challenge's iconic pink t-shirts.

It's not too late to join the challenge or give it your support - check out www.100kmin30days.ie

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	379.37
Date:	Tuesday, June 9, 2020	**Reach**	9,307
Page:	24	**Size (Sq. Cm)**	59


BLACKROCK BULLETIN
Rock Celtic appoint sub-committee to help steer club out of lockdown
Girls team enjoy virtual run to Anfield

Couple raise over €500k

The initiative spearheaded by local couple Cara and Niall Carroll to raise badly needed funds for Breast Cancer Ireland has really taken off in a big way locally, not to mention nationally and even internationally.

This month has been designated as the 100k in 30 Days Challenge, with participants invited to walk, jog, run and if you like cycle to generate money for the charity.

In the space of a few days 11,000 signed up for the challenge, bringing in over €500,000 for the charity.

Rock Celtic has put its weight behind the campaign, the latest local sports club to pledge their wholehearted support for the cause.

RUEPOINTMEDIA

Publication:	Westmeath Examiner	Media Cost (€):	3485.68
Date:	Saturday, June 13, 2020	Reach	5,799
Page:	55	Size (Sq. Cm)	748

RUNNING MATTERS ONE:2:ONE WITH RACHEL MCKEVITT



Martin Lyons

martinlyons87@hotmail.com

RACHEL McKevitt, who is fighting Covid-19 as a nurse, began running as a way to challenge herself and to get fitter. She started in what she thought was a quiet part of Mullingar, for shame of being seen or heard out of breath, but she realised that the running scene is full of encouraging people and she soon became a regular at the Mullingar parkrun. She has made good progress in her fitness and running and continues to improve, but the Covid-19 crisis has a put a halt to plans for future races. Rachel's fighting spirit will help everyone she deals with, not only now on the frontline in her care of duty towards them, but also as a runner, as it will help her continue to get fitter and faster, when her running adventures get the go-ahead to continue.

NAME: RACHEL MCKEVITT DOB: 28/09/1982

When did you start running and what motivated you take it up?

In January 2019. I had decided that it was going to be a year with something different every month. I also wanted to lose weight and asked my brother-in-law to help me develop a plan. my first run was in the dark on the canal line, at the Green Bridge, where there are some street lights. I thought that starting that way no one would see me huff and puff, but I soon learned that anyone who sees someone out running is actually going 'fair play' and not 'oh look at them'. I think everyone appreciates the individual efforts put in, especially fellow runners and fitness enthusiasts.

WHAT IS YOUR FAVOURITE AND LEAST FAVOURITE TYPE OF TRAINING AND YOUR FAVOURITE RACE DISTANCE?

my favourite race distance is still 5km, but I find a great sense of achievement when I crossed the 10k finish line, on the occasions I have done them. Training wise, my favourite bit is the local parkrun on a Saturday morning, as the people here are just so friendly and encouraging. The parkrun is not just for runners, but walkers as well and it's all about getting a group of people to get out and get moving.

My least favourite part of training is often just putting on the runners to get out the door, but once you go, you never regret it. I am not always the best at doing the (light) weight and core training plan. Overall I enjoy the different aspects of running training, including the socialising.

WHAT RUNNING ACHIEVEMENTS ARE YOU MOST PROUD OF AND WHY?

The biggest achievement was putting on the runners and going for the first run, but race-wise it would have to be the Lough Bora 5km, in April 2019, my first public race and I crossed the finish line alive! Galway Bay 10km was my first 10km and I went to it by myself. It was wet, windy and generally tough to move in, but I didn't give up as I am a fighter. I can proudly say I kicked the wall in Galway Bay - oh and the soup after was to die for!

This was also my test or trial run, for the 10k Breast Cancer Ireland's Great Pink Run. It is a cause I wanted to raise money for, as I normally hold a coffee morning in October each year, but I ran this the 10k, 10 months to the day from my first run, in my sister's name.

List your PBs for the following distances.

I've never said I was the fastest, but slow and steady gets there.

5k: 35.01 - Mullingar parkrun, September 14, 2019

10k: 83.53 - Galway Bay, October 2019

Half marathon: To be completed!

Full marathon: In my dreams (or nightmares - we'll see which at some stage I'm sure!).

HAVE THE CURRENT COVID-19 RESTRICTIONS AFFECTED YOUR TRAINING OR RACING PLANS?

I had slipped a bit in my training before Covid-19 struck, as I had started a new job with a longer commute. So in February, I had got back into planning and had booked four runs to work back up to - however, all but one of those has been cancelled. Covid-19 has me working longer hours, so I have less time to get out and about, or even the energy to get out and about.

The biggest thing at the moment that my husband and I are missing is the Mullingar parkrun on the Saturday mornings, as this was a great start to set us up nicely for the weekend and any plans we had.

WHAT ADVICE OR TRAINING TIPS WOULD YOU GIVE TO ANYONE WHO IS NOW LOOKING TO TAKE UP RUNNING?

Aim small, start slow and build it up. You will not run a marathon overnight. Mind your feet and invest in good runners. (Brooks are my choice).

I suffered with blisters when I started and it took a while to get on top of them, but good running socks are also important.

Pick a time to suit that you work it into your daily pattern and don't forget to take a day off from

running, if not two days, in the week.

Finally, I'd say stretch before a run, and especially afterwards.

WHAT ARE YOUR LIFETIME GOALS AND/OR PBS FOR THE FOLLOWING DISTANCES (WHERE APPLICABLE):

Going through them distance by distance I'd say:

5k: break the 35-minute barrier, as it seems to have been there for ages, and then I'll aim for 32 minutes.

10k: 75 minutes and see how that feels before making plans!

Half marathon: I will be just happy to cross the finish line some day.

I have also done 6k and 4 mile races in the past, but I can't remember the times I posted, so I'll start a fresh on those races if they arise in the calendar.

Apart from the above, just to stay healthy and to keep enjoying the running scene.

My favourite running quote on my hoodie is from Siggy, 'outrun the dark'. (Google it, maybe.)

I don't run in win races or to get places. I run to quiet my mind, I run to feel strong and I run to be free.

WHAT IS YOUR FAVOURITE POST RACE MEAL?

I don't really have one, but what hasn't been beaten yet was the soup I had after the 10k Galway Bay race, as I was so wet and cold at the end of that. Generally I don't eat for a while after hard runs or races, except the obligatory banana and to rehydrate on the magic water.



Rachel and her husband Jason McKevitt before the start of the Great Pink Run.



Rachel with her mother Olwyn (Williamson) after the Great Pink Run, Phoenix Park, October 2019.

RUEPOINTMEDIA

Publication:	LM FM	**Media Cost (€):**	168
Date:	Tuesday, June 9, 2020	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	274

LM FM @ 09-Jun-20 12:41 - (breast)

Mark cure all then quickly cure all is poured down the the simple America I Sasana Thomas Morrin gave the people of Ireland do not see a project that will cure you were obviously your yours bright Coolock the lyrics to look at Ark because we need to make sure they do like you're only here and there for years

we are indeed proud to play Irish music and everyone on the way for you and this is especially for Kate also in Drogheda in his her birthday today happy birthday to Katie that's coming in from McGahern's and this is especially for you it's picturesque the back of strong songs trying your players to relax up the job done a lot to us and

a serious risk to see the shoot-outs Yes these things are you sure Yet it's this and one 9 especially for Katy in drag who is celebrating her birthday to day now it's not one night but for one day but over 30 days this is fantastic I saw this popping up the other day and social media have to find out more and Niamh Carroll from Blackrock

County Louth he is the organiser of this it's 100 kg in 30 days and it has just swept the nation altogether it's all to raise money for breast Cancer Ireland an apparent denial only had the idea about two or 3 weeks before this actually kicked off and it's just absolutely exploded see what it is essentially was triggered by the fact that Niles wife Carol was diagnosed with breast cancer in December 2019 6

Highlights: Breast Cancer Ireland, social media, Niall Carroll, 100k in 30 Days, Cara, breast cancer, fundraiser.

RUEPOINTMEDIA

Publication:	kildare-nationalist.ie	**Media Cost (€):**	7
Date:	Tuesday, June 9, 2020	**Reach**	340
Page:	Link	**Size (Sq. Cm)**	857

Kildare death notices 9 June 2020

Tuesday, June 09, 2020 AddThis Sharing Buttons Share to Facebook
Messages of condolence may be left on rip.ie

The death has taken place of Eddie Boles, (late of Templeogue, Dublin 6W and formerly of Kildare Town) – 7 June 2020, peacefully surrounded by his loving family and in the exceptional care of all the medical team in the Ruttle Ward, Tallaght Hospital. Predeceased by his parents, brothers and sister. Beloved husband and best friend to Phil for 64 years. Devoted and adored father to Sharon, Andrew, Denise and Ed. He will be greatly missed by his loving family, sons-in-law Jim and Allen, daughters-in-law Becky and Fiona, beloved grandchildren Catherine, Hannah, Daniel, Matthew, Jack, Harry, Lily, James and Lauren, brothers-in-law, sisters-in-law, nephews and nieces, neighbours and friends.May he rest in peace. A private funeral will take place due to government advice regarding public gatherings. Eddie's Funeral Mass will be available to view online Friday, 12th June, at 10 am using the following links – https://watchmcnmedia.tv/camera/st-jude-the-apostle2

Those who would have liked to attend the funeral; but due to current restrictions cannot, please leave your personal message by selecting https://www.masseybrosfuneralhomes.com/funeral-notices.

The death has occurred of Michael Crilly, (Newry and St Catherine's, Maynooth, Co. Kildare) Peacefully at Our Lady's Hospice, Harold's Cross, Dublin. Michael, dearly beloved son of the late Paddy and Madeline and cherished brother of Martina, Rosaleen, Marie and the late Paddy and John, formerly Corry Square. May he Rest In Peace.

Michael's remains will repose at the Heaney Keenan Funeral on Wednesday from 5pm to 7pm. Funeral for immediate family only on Thursday at 12.30pm in St Catherine's Church, Dominic Street, Newry. Burial afterwards in St Mary's Cemetery. Please adhere to social distancing guidelines.

He will be sincerely missed by his sisters, nephews, nieces, family circle and friends.

The death has occurred of Michael Derek Jeffares, 'Brantwood', Geraldine, Athy, Kildare. Suddenly and peacefully at home, sitting under the sun. Loving husband of Lys, father of Alan and David, brother of Jackie (Weaver) and Nikki (Carslaw). Will also be deeply missed by brothers-in-law David, James and Brian, sister-in-law Mary, nieces, nephews, cousins and friends.

A private funeral service will take place, due to government advice regarding public gatherings.Family flowers only please. Donations, if desired, to Breast Cancer Ireland & The Irish Heart Foundation.

The death has occurred of Annie Martin (née Bracken) 65 Preston Brook, Rathangan, Kildare.Formerly of Main St., Rathangan. Died in the loving care of St. Catherine's Nursing Home, Newcastle West, Co. Limerick on Tuesday, 9th June 2020. Prececeased by her husband Billy and her eight siblings. Very deeply regretted by her loving daughters Ann and Claire, devoted sons-in-law Peter and Phil, her dear grandchildren Colin, Emma, Sarah and David, their partners Antonieta, Alan and Eric, Neal and partner Janine, Owen and Robin and adored great-grandchildren Sophie, Ella, Sadie, Marley, Benjamin, Esme, Ollie and Lara, sisters-in-law Mary and Rena and loving nieces and nephews. She will be very sadly missed by her large circle of friends in Kildare and her special friends in Newcastle West.

May She Rest In Peace. Removal is on Wednesday, 10 June, from St Catherine's Nursing Home, Newcastle West for funeral mass at 12 noon in the Church of Assumption, Rathangan, Co. Kildare and burial afterwards in St Patrick's Graveyard, Rathangan.

The death has taken place of Peter McCreevy, (Senior), Sherlockstown, Sallins, Co. Kildare and formerly of the 14th Lock, Killeenmore, Co. Kildare, 9 June 2020, suddenly at his home. Son of the late Charles and Eileen. Sadly missed by his brothers Charlie and Hugh, sisters-in-law, nephews, nieces, relatives and a very large circle of friends.Rest In Peace

In accordance with government directives and in the interest of public health, a private family funeral will take place for Peter. Peter's Funeral Mass can be viewed on Thursday morning at 10am by clicking on the following link https://www.naasparish.ie/our-parish/naas-webcam/

The death has taken place of James (Jimmy) Walsh, (O'Higgins Terrace, The Curragh, Co. Kildare) – 9 June 2020 (peacefully) in the wonderful care of the nurses and staff of Tallaght Hospital. Jimmy, brother of the late Patrick and Joan; sadly missed by his loving sister Bridget, brother-in-law Michael, nieces and nephews, extended family, relatives and friends. May Jimmy Rest in Peace.

A private family funeral will take place due to government guidelines on public funerals. The family thank you for your co-operation, understanding and support during this sensitive time.

The death has occurred of Tom Carroll Springhills, Ballymore Eustace, Co. Kildare, 8 June 2020. Peacefully, at home, surrounded by his family and those who cared for him. Husband of the late Angela and father of Ann, Mary and Paul. Will be dearly missed by his family, daughter in law, grandchildren, sister Brigid, brother in law, nieces, nephew, extended family, relatives and friends.

RUEPOINTMEDIA

Publication:	News Letter	**Media Cost (€):**	1,499
Date:	Wednesday, June 10, 2020	**Reach**	13,710
Page:	Link	**Size (Sq. Cm)**	79

PICTURE OF THE WEEK

With silage season 2020 well underway Glanbia Ireland are proudly supporting Breast Cancer Ireland again this year with their #PinkBales initiative. A donation will be made to Breast Cancer Ireland for every single roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased on www.GlanbiaConnect.com or across all Glanbia Ireland Agri Branches and Glanbia CountryLife branches. Agri contractor Paddy Foley from Callan, Co Kilkenny (pictured) has been a strong supporter of the Glanbia Ireland #PinkBales initiative.

RUEPOINTMEDIA

Publication:	Irish Examiner	**Media Cost (€):**	2802.36
Date:	Thursday, June 11, 2020	**Reach**	25,419
Page:	7	**Size (Sq. Cm)**	193



€7 of extra grass for €1 of lime to bring soil pH to correct level

Take your opportunities to get lime out during the spring and summer, because conditions don't always suit in the autumn, and you've missed another year.

Lime plays a major role in improving the three fundamentals of soil health namely,

- Soil chemistry (fertiliser use efficiency).
- Soil physical structural quality (drainage).
- Soil biological functioning including earthworm activity etc.

Maintaining the correct lime status of your soils will improve overall soil health and fertiliser use efficiency, and in turn improve your crop yields and farm productivity. Increased grass and grain yields of at least 1.5 t/ha are common when soil pH is brought up to the correct level.

This represents a return on investment of almost €7 in additional grass yield for each €1 invested in lime, or a 7:1 return.

Planning your liming programme

Using every opportunity or window throughout the season to spread lime, if required, is important.

As we saw last year, waiting until October to spread lime is risky, due to poor weather and un-trafficable soil conditions.

Take advantage of low grass cover after silage cuts, and plan to have the paddocks that also need lime grazed out at the same time, so that lime can be applied to both areas.

Develop a liming programme for the individual fields on your farm.

This can be as simple as:

- knowing which fields require lime, ideally based on soil tests.
- knowing what rate of lime is to be applied (t/ha) on each field.
- organise your grazing rotation to have paddocks that need lime grazed out at the same time as silage is cut.
- have this information to hand, ready to call your lime supplier when the opportunity/conditions are right



Agri contractor Paddy Foley, Callan, Co Kilkenny has been a strong supporter of the Glanbia Ireland #PinkBales initiative, again under way in 2020. A donation will be made to Breast Cancer Ireland for every roll of the limited-edition pink silage wrap purchased on www.GlanbiaConnect.com or at Glanbia Ireland Agri and Glanbia CountryLife branches. Farmers are encouraged to share photos and videos of their pink bales on social media (using the hashtag #PinkBales), and to place their pink bales in visible locations on the farm to raise awareness of breast cancer.

Impact of lime on fertiliser/slurry

Queries often come up about the interaction between lime and slurry or fertiliser, here's a quick guide.

- CAN Fertiliser — no issue.
- Urea before lime — leave 10 days between applications.
- Lime before urea — avoid urea for three months.
- Protected urea — no issue.
- Slurry before lime — wait 10 days for slurry to wash in.
- Lime before slurry — avoid slurry for three months.
- P & K — no issue.

For further advice please contact your local Glanbia Ireland Business Manager.

- **GlanbiaConnect.com**

RUEPOINTMEDIA

Publication:	The Avondhu	**Media Cost (€):**	277.84
Date:	Thursday, June 11, 2020	**Reach**	9,000
Page:	25	**Size (Sq. Cm)**	151



Pink bales call to raise awareness of cancer sufferers

NIALL O'CONNOR

Breast Cancer Ireland and Glanbia are calling on farmers across *The Avondhu* region to show their support by using pink bales as they gather the silage.

With silage season 2020 well under way, Glanbia Ireland are proudly supporting Breast Cancer Ireland again this year with their social media #PinkBales initiative.

A donation will be made to Breast Cancer Ireland for every single roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased on www.GlanbiaConnect.com or across all Glanbia Ireland Agri Branches and Glanbia CountryLife branches.

To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season.

'Bale Watch' is also back, where we encourage farmers to place their pink wrapped silage bales in visible locations on their farm for people who are passing by to see.

RAISING AWARENESS

Aisling Hurley, Breast Cancer Ireland CEO, called on farmers to help spread the word of the fight against the killer disease.

"Now more than ever we need our farming community to once again get behind this super initiative. Numbers presenting with breast cancer are scarily down at the moment due to Covid-19, yet breast cancer has not gone away!

"We need the country to be flooded with lovely pink bales, as they will act as a beacon, raising awareness; because early detection of a diagnosis is key to ensuring a positive treatment."



Agri contractor Paddy Foley with one of the Glanbia Ireland #PinkBales initiative.

Glanbia Ireland's retail marketing manager, Grace O'Dwyer, said the company is proud to support a cause that was dear to the heart of farmers across the country.

"Breast cancer is unfortunately present in communities right across Ireland and as a community-based organisation, we are really proud to support this worthy cause.

"Our #PinkBales campaign not only raises vital funds for Breast Cancer Ireland, but also gives a very visible platform to increase awareness."

RUEPOINTMEDIA

Publication:	East Coast Radio	**Media Cost (€):**	1065
Date:	Thursday, June 11, 2020	**Reach**	30,000
Page:	Link	**Size (Sq. Cm)**	687

East Coast Radio @ 11-Jun-20 11:25 - (cancer)

Morning show these ghost and certainly a lot of discussion about racism and the symbols of racism if you've got a viewer should people in Greystones be changing the names of places that are to do with little to show family that is a question Oh 7 77 11 one Oh 3 now those with breathing problems says Kathleen Kelleher from masts could try face shields from cult dynamics in Kilcoole I have won it's very easy to use says Kathleen so maybe that sell for are listener to trouble breathing through a

face-covering are amassed thanks for that Kathleen cult the dynamics in Kilcoole the company there and Kate in Arklow says removing statues of slave traders from all villages towns and cities should really be sufficient changing Street names would be ridiculously expensive says case morning should discuss now the clinical director of BreastCheck says it will be months before the screening services back to normal Professor Ann O'Doherty says there are huge

challenges and resuming services and that is still possible to give a timeline of when they'll be back up and running cancer screening has been on hold since March because of the Corolla virus pandemic on the line and John Bass CEO from breast cancer Ireland Aisling Hurley hi Aisling morning how are you good morning to you and on a related matter I see that in the UK they are talking about 10 million this is not just cancer checks errors arse whatever just

was specifically but 10 million people on a waiting list in the national health service at the moment that they reckon there's got to be there so we're building up a backlog of everything and certainly on BreastCheck that can be worrying situation so tell us how you view what actually is going on well it is very worrying the reason being that I ate predicts that we're going to have a lot of

cases that went to flood the system if people feel that it is safe to go to hospital I have to assure them that if you spot any abnormality during this restrictive faith they should contact their GP the GP are open and willing and will see them and they will be referred on to the Hospital system Hospital for taking huge precaution and have very strict protocols now similar to like William Rollo system where not to patients with the INEC in waiting at any one time the film of one patient leaves the

building of a patient will be called into the car park they getting through them and not some magic not the same amount that they used to get so and Prix coverage so things are are how happening they are saying people people themselves Women in particular needs to be breast aware they need to be vigilant and if they detect anything they need to get in touch with the Chieftains because as we all know early detection saves lives

but that has moved along the detection doesn't because BreastCheck is for people undiagnosed such and and maybe don't even know that they might actually have something there d' you think at the moment it's been moved to spot something and if you're worried get in touch well I tell you that the most important thing is that we have free to download app which is called West where it's very simple to downloads across all

of the devices it offers the 8 signs and symptoms to look out for it our very best and Related video guide on how to perform proper breast examination and it and and and on that he penned a reminder that your monthly aware he had been if you know what's normal today sure that normality regarding the screening you go to your gp and your gp will wait for you and you will be seen within at and your weekly

that's reassuring so you're saying about the backlog and things and but at the same time screening been done so what do in Highlights: Breast Cancer Ireland, CEO Aisling Hurley, screening services, clinical director of the BreastCheck programme, Professor Ann O'Doherty, cancer screening, Coronavirus pandemic, National Cancer Control Programme, Beaumont Hospital.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	423
Date:	Thursday, June 11, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	1,022

WLR FM @ 11-Jun-20 18:37 - (breast)

Ireland at present Of course Holly area of cancer in the breast cancer differently hasn't got away with that in mind Lam we are and what you have allowed this pink bail full raising initiative and tell us all about this initiative which should be such a huge success his brace O'Dwyer cheese Glanbia Ireland's retail marketing manager Grace welcome to the programme I Ciaran Parker for Archer Frank grazed his pink bear fundraising initiative has

been a fantastic us says Over the years a great buying by the farmers only by Glanbia Mike outlined the background of this and why he decided to go again this year Yes prepare and I hope I can do there is something us as an organisation I think it's very hard and 29th the organisation for a book on the island and all the wider campaign group Dino Candy or anything it's very much a community organisation and we are in communities right across the country to our

branch network and literature the like that of the farming community and by there is something that affects every community in Ireland so in that respect we feel it's a very worthy cause for to get involved Weston something that we know that all farmers I feel passionately about so we've been involved in some way off being finished 16 all and I'm happy to report in conjunction with our farmers we raised over 40000 euro I think that's something to be very proud of

them and if you take that 40000 euro that Represents 15018 billion since 2016 all very much not just about a funny feeling I think it's also about the wearing nothing but pink think I don't think they will light up the countryside it's a crazy talk ability and conversations range birth and there which I think it's really important and definitely have been at a presentation at supply over the past number of years indeed the representives of breast cancer are are so

appreciative lawn of the hand the cheque but as you say this all visualisation and the promotion of the pink bail out farmers I really got into that people worried initially we found was buying my God have they bought into it in their thousands and I think we have to be really thankful of that hearing because we're just really quite imperative that the farmers that are coming in or going online and I think they'll be doing the work with their contractors not have the

think they'll light up the country and I think it's very important action now more than ever we're hearing from our nation Brits can't burn then that the numbers of people presenting at birth and third at the moment because the 19 life but people just aren't comfortable maybe you don't come forward but it's still really important person can't there have not gone away and we can't we have to be careful in that respect and we have to continue to try and drive awareness and talk when it's your round trip

though some that this fear now more than ever and that those think bail out the country's banks will help but I can't turn the gender question on achieving that a very simple protocol really want to push your pink baby you're contributing to the overall funding measure say or 40 told raised over the last number of years of course the pink bill initially isn't joining Glanbia Ireland the exam is a group has been

well embrace some of the series' funds within the company itself or Glastonbury for breast Cancer Ireland Rabbitte said that the terror bird can burn and it's really something that United the organisation from our colleague in Glanbia group they've been running quite think on those in Ireland and then to stay and fight me think that in within Glanbia and understaffing for your get a fathers' day card I

actually peaks challenge for a 100 employees head down to Kerry for and over the course of two days to go until peak and we have another initiative called cycle 300 and where chief caves in over 300 metres I can then pick 17s I got up here you've had none of that scale very incurred in 19 in 100000 on a free transfer then so I suppose that's something that we're really proud of you and say look for an urgent issue for

supporting Ben super fantastic got it once again remind are listed as is obvious the email read all Agri branches and and Limerick Country Life stores shawls more information that we collect .com would that be the best route Yeah Yeah or on 52 branches but also available online through the morning but the country can go online or call into your local branch with any more if they want so not function

Chris Edwards Amir Ireland retail marketing manager Grace listen to you and all involved in Zambia and the exam is well done and Congress on the fantastic money raised in the past I'm sure this year farmers will be found wanting for European bailout fund raising initiative praised thanks for talking us with talking the future but before

we go a reminder of the farmer Marcus indeed country Marcus writer across the city and county this Saturday and every Saturday morning

with water Farmers market John Roberts Square also on Saturday morning course would disrupt the markets now also trading a $ while on Thursday morning with Dungarvan farmers' market every Thursday morning Grattan Square on Friday morning with Watford country Matthew pinsent is running from 9th until one and for horse lovers don't forget the beet field sport horses and ponies summer leagues are running every Thursday and Saturday competition from 70 centimetres right up

to one 20 that time and Thursdays 5 pm on Saturday morning it's 10 o'clock every Saturday morning for more information you can look up to Facebook of the field performance horses well that's it for this Highlights: Breast Cancer Ireland, Glanbia Ireland's Retail Marketing Manager, Grace O'Dwyer, pink bail fundraising.

RUEPOINTMEDIA

Publication:	KCLR FM	**Media Cost (€):**	192
Date:	Thursday, June 11, 2020	**Reach**	63,000
Page:	Link	**Size (Sq. Cm)**	479

KCLR FM @ 11-Jun-20 19:39 - (breast)

and ideas for tomorrow let's work together and use our creativity and experience to figure out how we can best work with your community please call us on Oh 5.9 7 two zero 7 double 3 Carlow development partnership working with good unity is the country is under way to re-opening of the world and are rules have changed since we last out here there are now more of a cycling and more of us walking and there are more reasons to look out for each

other please slow down and take care when passing pedestrians and cyclists pedestrians always walk on the foot that if there isn't one on the right-hand side of the road facing oncoming traffic make it safer one message from the Road Safety Authority and An Garda SÃochÃ¡na Waterford Institute of technology supports for CAO

applicants are moving online book virtual one-to-one meeting with a support team attend the talks in business engineering health sciences humanities science and competing I ask those all important questions and see why over 2000 students choose WIT every year we are here to help at WIT dance-like he slashed CAO farm show on KCLR with Batt O'Keeffe he with Delamere connects down calm I think this is a life for myself and

Farm Dairy with Celtic telling lies that sales on a per the belies that trade seat there every Tuesday and cattle there every Friday Oh 5.9 1.1 one 14 without being concerned with whatever issues as the main health threat in recent times but of course there are other impart and health matters breast cancer being one of them and in that regard the pink pills that we see dotted around the countryside

serve a very useful purpose Chris and EUR retail marketing manager with Glanbia what is the purpose of that pink wrap Yes I suppose that this is something that we've been very proud to be involved in 16 weeks so what attracted you to encourage farmers to purchase think well of me I can't get next up come on line behind each or any of your local branch and then the funds raised from last week make a donation to breast Cancer Ireland we are working with them now

they said since 2016 in that time with the help of his gun on the good work if we were aged over 40 outlets and week that Facebook would not only leave you with that kind of money but also we don't quite work in terms of weight when I need to get around by cancer in Ireland in that time but 15000 with the thing itself have been seen dotted around the countryside I think this point of view that it's really fantastic I can whenever an island I think it's the kind of initiative the

Highlights: Breast Cancer Ireland, Glanbia Ireland's Retail Marketing Manager, Grace O'Dwyer, pink bail fundraising.

RUEPOINTMEDIA

Publication:	Irish Examiner	**Media Cost (€):**	19921.44
Date:	Friday, June 12, 2020	**Reach**	25,419
Page:	11	**Size (Sq. Cm)**	1372

Feelgood

Irene Feighan looks back on two decades of Feelgood, from the hotpants diet to guest editors, fertility issues, and reports on the big issues in our lives

2020 VISION

IT seemed counterintuitive at first to open the digital vault housing past editions of *Feelgood* when the cut and thrust of journalism is about what's happening right now or what's on the horizon. But by delving into our 20-year archive, I uncovered layer after layer of our recent social history, from boom to bust to bounce-back.

Just like fashion, the worlds of health and wellbeing have their trends, all reflected in the pages of *Feelgood*. It seems strange now, for example, that we published so many articles on weight loss. 'The hotpants diet' trilled a headline in 2002. At the time, Kylie Minogue's bum-skimming hotpants was a huge talking point, so taking our lead from popular culture, we ran a story on how to get a rear just like the Aussie pop star's.

Our focus in recent years has rightly shifted to health and fitness - but this is not without its limitations. In a recent RTÉ Radio One interview, US author Lionel Shriver spoke about the "commodification" of fitness.

I could only agree with her.

Strong bodies for men and women are the new thin. Books, gyms and online exercise classes, for the most part, promise a toned, lean body if you're a woman; and a strong, muscular body if you're a man.

The cult of the six-pack is a relatively recent phenomenon. There was a time when sports stars just wanted to be fit. Now they want to be ripped — like all-action Hollywood stars. Could it be a new religion too?

For our small part, we no longer run stories about quick-fix diets - drop a dress size, get a bikini body etc. Now our focus is on nutrition and healthy eating.

Still, there's no getting away from the fact that women, and increasingly men, are painfully aware of how their bodies do not measure up to Instagram standard.

SEARCH ENGINES

When we started, people were just as concerned about health and happiness as they are today. At the time, Google was a relative newcomer (it was founded in 1998) so access to research was limited. Instead, we had to rely on press releases from medical journals such as *The Lancet* which were then picked up by journalists.

While Google and other search engines have democratised access to the latest scientific breakthroughs, there probably has never been a greater need to trawl, curate and interpret the deluge of information they deliver. Every week, *Feelgood* attempts to do just this through its clearly written and well-researched articles.

There was no Facebook in 2000. The nearest we came to social media was group texts and emails. But within four years, due to the breakthrough work of Mark Zuckerberg et al, the way we communicated with each other changed dramatically. Soon, we were networking and posting pictures and stories about our daily lives online. It's estimated that 57% of Irish people now use the site.

However, the introduction of the platform and others such as Twitter and Instagram, has brought troubling consequences — trolling, ghosting, bullying, and body shaming.

Regardless, social media has become integral to our daily lives and, for the most part, has brought change for the better.

Mental health, for example, has become a talking pointing, particularly among young sports stars. There are now online programmes, such as IRUPA's Tackle Your Feelings, to connect with and help young players.

BIG ISSUES

I've looked at almost every lead story we've published in 20 years -

1,000 editions in all. Initially, I expected merely to flick through the back editions, but soon it became like looking through the family photo album, with each cover bringing back memories.

Clear themes emerged: dating, sex, fertility, pregnancy, birth, women and work, menopause, men's health, raising children, smartphones, alcohol and dogs (among my favourite covers).

In 2005 The *Irish Examiner* published the results of the first national media poll on **childcare**. It found that women had a one in four chance of continuing to work full-time once they had a baby and a one in four chance of being happy with their child's creche. More than four in ten said the cost of childcare would prevent them from having additional children. Such was the strength of the public reaction, the findings were discussed in the Dáil chamber.

Feelgood, a member of the steering group, followed up with a special edition, expanding on the themes raised by the survey.

Almost 15 years later, little seems to have changed. Ireland still lags behind other EU countries when it comes to investment in early years care. Public expenditure in the sector is estimated at 0.2% of GDP, versus the 1.9% GDP invested by Sweden.

For years we ran a special edition on **breast cancer** during the last week in September to highlight the upcoming awareness month. When we started reporting on the issue, women were often reluctant to talk about their breasts or to check for lumps. So in 2002, we ran what I still consider today to be a limit-pushing cover — a picture of a woman's upper body with an exposed nipple. (I waited for the complaints to flood in but remarkably none came.)

A seismic shift happened in September 2013 when Majella O'Donnell, who had just started treatment for breast cancer, got her hair shaved off on the *Late Late Show*. Her aim was to raise awareness and funds for the Irish Cancer — an extraordinary €700,000 as it turned out. Three years later, when she spoke to *Feelgood*, she had fully recovered but was as committed as ever to breaking the taboo associated with breast cancer.

It's interesting to track how our coverage of **IVF** changed over the years, from couples trying to conceive to egg freezing, sperm donation and egg donation.

What's remarkable is not only the advance of reproductive science but our willingness to speak publicly about it — like June Shannon who we featured on April 10, 2015, when she was 16 weeks pregnant thanks to a donor egg. With great excitement, we went on to introduce her newborn daughter Clodagh on our December 4 cover.

We've consistently challenged the **'strong male' stereotype,** running stories on caring dads, along with ones on plastic surgery, Botox and skincare for men. To mark Father's Day, we ran a lead story on June 16, 2017, highlighting the pressure on men to skip their two-week entitlement. Introduced in September 2016, during the first three months, 5,013 paternity benefit claims were awarded — yet, in that period, 14,740 babies were born.

BIG NAMES

Our covers have featured a parade of high-profile people, from Miriam O'Callaghan and Dermot Bannon, to Lucy Kennedy, Neven Maguire and Donal Skehan.

Two celebrities went to great lengths for our photographers: **Ray D'Arcy** who cycled from Donnybrook to Dublin City Centre for our Fashion Targets Breast Cancer photoshoot in 2009; and **Sean O'Rourke** who last summer fired up his back garden barbie for a feature on men's innate attraction to cooking over an open flame.

One cover brought me back to what now seems like simpler times. In August 2011, we were running a lead story on men's willingness to get stuck into the housework. **Simon Harris**, who at the time was the youngest TD in the Dail, had agreed to be interviewed and photographed.

I phoned Simon and asked if he'd be willing to wear a pair of Marigolds while washing the dishes. He gamely agreed and even came up with a location, a hotel kitchen near Dáil Éireann.

Nine years later, he still has his sleeves rolled up, but this time as Health Minister tasked with tackling the biggest health crisis to hit the country in living memory.

Warrior woman and bestselling author **Emma Hannigan** appeared no less than three times on our covers. On March 27, 2009, under the headline 'Will to live', she posed regally for pictures, flanked by her two young children. Aged 36, she had already undergone a double mastectomy and had her ovaries removed as a result of carrying the BRCA1 gene. The second was on December 12, 2015, for a lighthearted story on getting dressed up for Christmas. The third was on March 1, 2019, to mark the first anniversary of her death and to acknowledge her huge contribution as an advocate for Breast Cancer Ireland.

I spoke to Emma over the phone on a few occasions through the years and there was never the faintest hint of self-pity; she seemed to rise above her determined, recurring cancer.

SPECIAL EDITIONS

I've long been a fan of author **Marian Keyes**. In 2008, I sent her an email asking if she'd like to guest edit an edition of *Feelgood* with a charity in mind. In an act of great generosity, she agreed to undertake the project. She chose Debbie Deegan's charity for children, To Russia with Love, for the September 28 cover story. It was a privilege to work with Marian, to witness her sharp, quick mind. What stood out was the depth of her compassion, her understanding that we all struggle in life.

Ten years later, near the end of 2018, I contacted the cervical cancer campaigner **Vicky Phelan**. She quickly got back to say yes to my request to guest edit a special edition on cervical cancer.

It was a whirlwind of meetings, emails, commissioning and proofing.

There is never time to waste when it comes to this cancer. When caught early, the five-year survival rate for those with invasive cervical cancer is 92%.

Though she had to go to hospital to be treated for a virus halfway through, Vicky insisted the project should go ahead. The edition was published on March 6, 2019, International Women's Day.

We all know of Vicky as the determined woman who exposed the CervicalCheck scandal, but in person, she's highly entertaining and a compelling storyteller. There were occasional fleeting references to her terminal condition but I've rarely encountered someone so full of life.

Giving birth is one of the most important experiences a woman will have in her lifetime. And what happens in and around the time of birth is critical for the mother and baby.

In 2006, *Feelgood* joined forces with the *Irish Examiner* and launched a first nationwide survey of women's experience of **maternity hospitals**. What we found was a deep divide between the quality of private and public maternity services.

Women in private care reported receiving 'more ultrasound scans during pregnancy, more Caesarean sections and fewer emergency interventions during delivery' than their counterparts in public care. It was an ambitious project, one we hope helped to deepen the conversation about our inequitable two-tier medical system.

The irony that three of the women working on the year-long project, myself included, became pregnant during that time was not lost on us or the team.

I've two teenage sons, so the issue of the **HPV vaccine** for boys is close to my

home. When the vaccine was first introduced in 2010 it was for girls only. However, it was only after reading about a campaign in Australia to include boys in the programme, that I realised of course HPV does not discriminate between gender. Some 85% of women and 91% of men with at least one heterosexual partner will contract a HPV infection during their lifetime.

Our cover story on March 15, 2017, titled 'Jabs for the boys', ran two years before the Irish HPV programme was rolled out to teenage males. I'd like to think in some way our article helped to build the case for this important development.

GOING ONLINE

Ten years ago, I announced with a flourish that *Feelgood* was going online. We'd recently uploaded PDFs of editions from the previous six months and were committed to adding new editions two weeks after publication.

It was seen as a groundbreaking move at the time, but with the internet now on tap on our smartphones, the focus has shifted to digital-first.

These days you'll find new *Feelgood* articles online every day of the week, some uploaded five days before the print version. But it's not just on our website you'll read our stories — they are being promoted and shared across Twitter, Facebook and Instagram, reaching larger audiences than ever before.

In April, I joined with my colleagues on the features desk to create a Friday lifestyle newsletter with a selection of best reads for the weekend. It's an important precursor of what's to come.

New web developments this summer will see the growth of web-only content and with it the opportunity to connect directly with readers through questionnaires, surveys and comment sections, giving us the opportunity to hear in realtime what is happening in their lives.

It couldn't be a better time to be a journalist.

BIG PICTURE

A publication is the sum of its parts and from the start, *Feelgood* has been underpinned by a team of talented and hardworking journalists who often go beyond the call of duty to fill out the picture, from large-scale issues, to deeply personal case histories. The exceptional work of our graphic designers, turning words and pictures into must-read pages, cannot be understated. We live in a visual world with design at the heart of how we consume news and information.

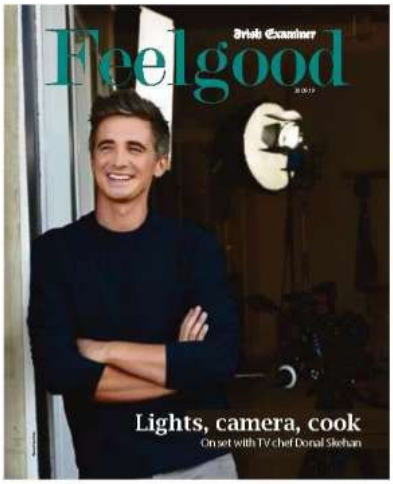
As I write, I'm at home, surrounded by books that have informed and inspired me through the decades. It's a world away from the busy open-plan office I left just before lockdown was announced in March. (*Feelgood* has since been running in the main paper on a temporary basis.) But for the first time in months, it's now safe to leave our home bunkers and connect with the wider world.

As we continue to go flat out to flatten the Covid-19 curve, I believe the need for the empowering and uplifting stories *Feelgood* publishes, week in, week out, has never been greater.

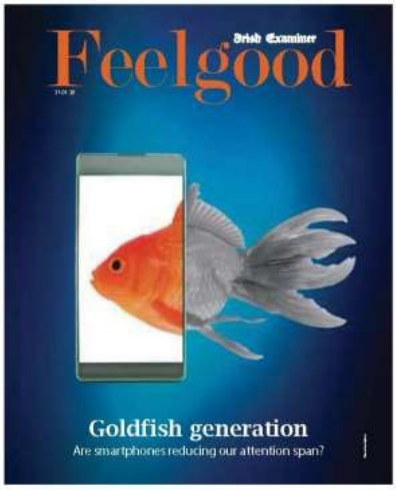
Long may it thrive.


Irish Examiner
Feelgood
It's a guy thing too
Ray D'Arcy and other Irish celebs line up to support Fashion Targets Breast Cancer campaign: 8,9,10
SUN ALERT
NO LIMITS
HEART-STOPPING


Irish Examiner
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Cloud on the horizon
Should we worry about teen vaping?


Irish Examiner
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Lights, camera, cook
On set with TV chef Donal Skehan

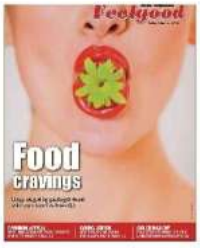

Irish Examiner
Feelgood
Special about editor Marian Keyes
Boundless love


Irish Examiner
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Goldfish generation
Are smartphones reducing our attention span?


Irish Examiner
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Flour power
The rise and rise of sourdough bread


Feelgood
Fun & games

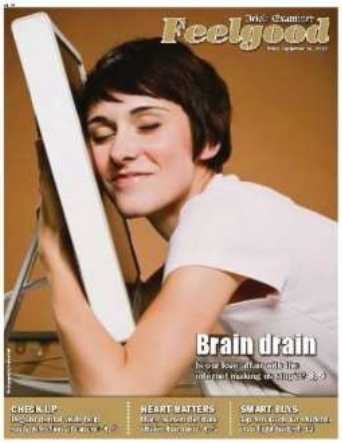

Feelgood
Jigsaw puzzle


Feelgood
Food cravings


Out of the dark

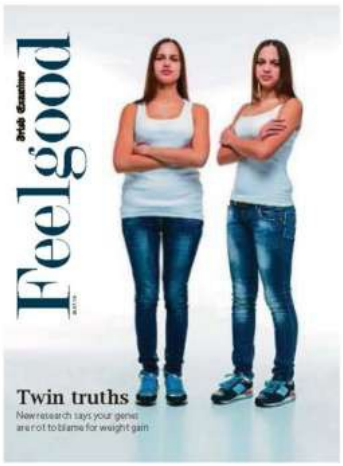

Feelgood
Costa conception

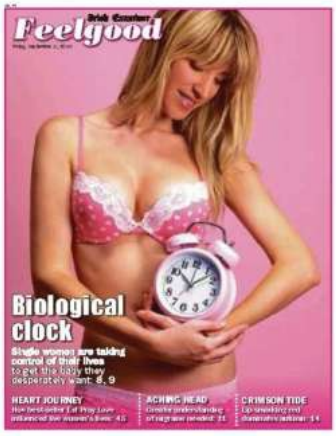

Underarm tactics

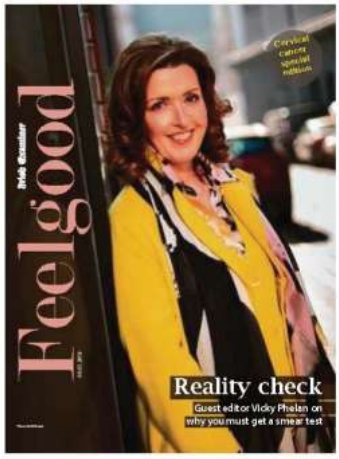

Irish Examiner
Feelgood
Brain drain
CHECK UP
HEART MATTERS
SMART BUYS


Irish Examiner
Feelgood
Always remembered
Emma Hannigan's friends on her enduring legacy


Irish Examiner
Feelgood
Fantasy six-pack
TUNING IN
COLD THERAPY
TOP CLASS


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New research says your genes are not to blame for weight gain


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Biological clock
Single women are taking control of their lives to get the baby they desperately want: 8, 9
HEART JOURNEY
ACHING HEAD
CRIMSON TIDE


Irish Examiner
Feelgood
Cervical Cancer Special Edition
Reality check
Guest editor Vicky Phelan on why you must get a smear test

RUEPOINTMEDIA

Publication:	Kilkenny People	**Media Cost (€):**	1754.06
Date:	Friday, June 12, 2020	**Reach**	10,591
Page:	24	**Size (Sq. Cm)**	374



Support for #PinkBales

With silage season 2020 well underway Glanbia Ireland are proudly supporting Breast Cancer Ireland again this year with their #PinkBales initiative.

A donation will be made to Breast Cancer Ireland for every single roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased on GlanbiaConnect.com or across all Glanbia Ireland Agri Branches and Glanbia CountryLife branches.

To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season.

Farmers are encouraged to place their pink wrapped silage bales in locations on their farm for people who are passing by to see.



Paddy Foley, agricultural contractor from Callan, supports the Glanbia Ireland #PinkBales initiative

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	417
Date:	Friday, June 12, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	1,023

WLR FM @ 12-Jun-20 06:27 - (Great)

Look and keep us posted a weekly updating our list was as we go along throw the summer time to call a 19 very much the focal point of everybody in Ireland at present Of course Holly area of concern the breast cancer differently hasn't gone away with that in mind Lam we are and what you heard the announcer Pinky bail full raising initiative and tell us all about this initiative which should be such a huge success his brace O'Dwyer cheese Glanbia Ireland's retail marketing manager Grace

welcome to the programme I can't raise this pink base fundraising initiative has been a fantastic cross says Over the years a great buying by the farmers only by Glanbia Mike outlined the background of this and why he decided to go again this year Yes OK I hope I can see there is something that as an organisation I think it's very hard and 29th at the organisation for a book on the island and all the wider Cumbria group and you know

can be earning it's very much a community organisation and we are in communities right across the country to our branch network and literature the fight for the farming community and birds and there is something that affects every community in Ireland so in that respect we feel that the very worthy cause for to get involved with and something that we know that our farmers are passionately Zionist we've been involved with this think they'll finished 16 and I'm happy to report in conjunction

with our farmers we raised over 40000 euro I think that something to be very proud of that and if you take that 40000 euro that represents 15000 think Bale since 2016 all very much not just about a funny feeling I think it's also about the wearing of the Green I think think about those I think they'll light up the countryside and it does create the talk ability and conversations range birth and there which I think it's really important indefinitely have been at a presentation at supply

over the past number of years indeed the representives of breast cancer are are saw priest of a lawn of the hand the cheque but as you say this all visualisation and the promotion of the pink bail out farmers I really got into that people worried initially we found was buying my God have they bought into it in their thousands and I think we have to really thankful of that hearing because we're just really quite imperative but the farmer that are coming in or going online

purchase thinking they'll be doing the work with their contractors not take the think they'll light up the country and I think very important action now more than ever we're hearing from the patient's breast cancer burden that the number of people presenting at birth and for the moment because 19 life with people just aren't comfortable maybe come forward but it's still really important for cancer have not gone away and we can't we have to be careful in that

respect and we have to continue to train driver awareness and talk that he arranged it so that they feel are now more than ever and that those paying to bail out the country's banks will help but I can't turn the gender question on achieving that a very simple protocol really want to push your pink baby you're contributing to the overall funding measure say or 40000 raised over the last number of years of course the pink finish of isn't joining Glanbia Ireland examines the group has been

involved in the race some of the series' fun within the company itself or Glastonbury for breast Cancer Ireland are I can turn and it's really something that United the organisation from a dark Alley and Glanbia group think then running the Great Pink Run course in Ireland I think stay and fight me think at the end within Glanbia Ireland nurse staffing for the are getting I think what we've got a few peaks challenge for a 100

employees head down to Kerry for and over the course of two days to go until peak and we also have another initiative called cycle 3 on Jersey where she stayed for 300 and I'm sure I can then about 17 I got involved in that but your dad all that I think that in 19 100000 on the rates for breast cancer Ireland so I thought that something we're really proud of you I will thankfully Hamas an issue for a sporting event super fantastic got it once again remind are listed

as is obvious the email read all Agri branches and and Limerick Country Life Stories a source more information damage click .com would that be the best route Yeah Yeah or are those available at one 52 branches but also available online through a defect that the country can go online or call into your local branch in Waterford if they want so they are recent words and the Ireland retail marketing manager Grace listen you are involved in Zambia and

the dam is well done and Congress on the fantastic money raised in the past I'm sure sure the farmers won't be found wanting for European Fail fundraising initiative praised thanks for talking the future thank you very much before we go a reminder of the farmer Marcus indeed country Marcus writer across the city and county this Saturday and every Saturday morning with water Farmers market John Robert Square also on Saturday morning of course

would disrupt the markets now also trading a $ while on Thursday morning we give our farmers happen every Thursday morning in Grattan Square while on Friday morning with Watford country Mass in St John's Hall running from 9 am until one and for horse lovers don't forget the beet field sport horses and appalling summer leagues are running every Thursday and Saturday competition from 70 centimetres right up to one 20 stacked and on Highlights: Breast Cancer Ireland, Great Pink Run, Glanbia Ireland's Retail Marketing Manager, Grace O'Dwyer.

RUEPOINTMEDIA

Publication:	irishexaminer.com	**Media Cost (€):**	11645
Date:	Friday, June 12, 2020	**Reach**	158,440
Page:	Link	**Size (Sq. Cm)**	2,531

20/20 vision: celebrating two decades of Feelgood

From the cover of our June 12, 2009 edition. Irene Feighan looks back on two decades of Feelgood, from the hotpants diet to guest editors, fertility issues, and reports on the big issues in our lives.
IT seemed counterintuitive at first to open the digital vault housing past editions of Feelgood , when the cut and thrust of journalism is about what's happening right now or what's on the horizon. But by delving into our 20-year archive, I uncovered layer after layer of our recent social history, from boom to bust to bounce-back.

Just like fashion, the worlds of health and wellbeing have their trends, all reflected in the pages of Feelgood . It seems strange now, for example, that we published so many articles on weight loss. ‘The hotpants diet' trilled a headline in 2002. At the time, Kylie Minogue's bum-skimming hotpants was a huge talking point, so taking our lead from popular culture, we ran a story on how to get a rear just like the Aussie pop star's.

Our focus in recent years has rightly shifted to health and fitness - but this is not without its limitations. In a recent RTÉ Radio One interview, US author Lionel Shriver spoke about the “commodification” of fitness.

I could only agree with her.

Strong bodies for men and women are the new thin. Books, gyms and online exercise classes, for the most part, promise a toned, lean body if you're a woman; and a strong, muscular body if you're a man.

The cult of the six-pack is a relatively recent phenomenon. There was a time when sports stars just wanted to be fit. Now they want to be ripped — like all-action Hollywood stars. Could it be a new religion too?

For our small part, we no longer run stories about quick-fix diets - drop a dress size, get a bikini body etc. Now our focus is on nutrition and healthy eating.

Still, there's no getting away from the fact that women, and increasingly men, are painfully aware of how their bodies do not measure up to Instagram standard.

Our March 27, 2009 edition, with double mastectomy survivor Emma Hannigan.

When we started, people were just as concerned about health and happiness as they are today. At the time, Google was a relative newcomer (it was founded in 1998) so access to research was limited. Instead, we had to rely on press releases from medical journals such as The Lancet which were then picked up by journalists.

While Google and other search engines have democratised access to the latest scientific breakthroughs, there probably has never been a greater need to trawl, curate and interpret the deluge of information they deliver. Every week, Feelgood attempts to do just this through its clearly written and well-researched articles.

There was no Facebook in 2000. The nearest we came to social media was group texts and emails. But within four years, due to the breakthrough work of Mark Zuckerberg et al, the way we communicated with each other changed dramatically. Soon, we were networking and posting pictures and stories about our daily lives online. It's estimated that 57% of Irish people now use the site.

However, the introduction of the platform and others such as Twitter and Instagram, has brought troubling consequences — trolling, ghosting, bullying, and body shaming.

Regardless, social media has become integral to our daily lives and, for the most part, has brought change for the better.

Mental health, for example, has become a talking pointing, particularly among young sports stars. There are now online programmes, such as IRUPA's Tackle Your Feelings, to connect with and help young players.

Ray D'Arcy, on our May 8, 2009 front cover, to benefit Fashion Targets Breast Cancer.

I've looked at almost every lead story we've published in 20 years - 1,000 editions in all. Initially, I expected merely to flick through the back editions, but soon it became like looking through the family photo album, with each cover bringing back memories.

Clear themes emerged: dating, sex, fertility, pregnancy, birth, women and work, menopause, men's health, raising children, smartphones, alcohol and dogs (among my favourite covers).

In 2005 The Irish Examiner published the results of the first national media poll on childcare . It found that women had a one in four chance of continuing to work full-time once they had a baby and a one in four chance of being happy with their child's creche. More than four in ten said the cost of childcare would prevent them from having additional children. Such was the strength of the public reaction, the findings were discussed in the Dáil chamber.

Feelgood , a member of the steering group, followed up with a special edition, expanding on the themes raised by

the survey.

Almost 15 years later, little seems to have changed. Ireland still lags behind all other EU countries when it comes to investment in early years care. Public expenditure in the sector is estimated at 0.2% of GDP, versus the 1.9% GDP invested by Sweden.

For years we ran a special edition on breast cancer during the last week in September to highlight the upcoming awareness month. When we started reporting on the issue, women were often reluctant to talk about their breasts or to check for lumps. So in 2002, we ran what I still consider today to be a limit-pushing cover — a picture of a woman's upper body with an exposed nipple. (I waited for the complaints to flood in but remarkably none came.)

A seismic shift happened in September 2013 when Majella O'Donnell, who had just started treatment for breast cancer, got her hair shaved off on the Late Late Show . Her aim was to raise awareness and funds for the Irish Cancer — an extraordinary €700,000 as it turned out. Three years later, when she spoke to Feelgood, she had fully recovered but was as committed as ever to breaking the taboo associated with breast cancer.

It's interesting to track how our coverage of IVF changed over the years, from couples trying to conceive to egg freezing, sperm donation and egg donation.

What's remarkable is not only the advance of reproductive science but our willingness to speak publicly about it — like June Shannon who we featured on April 10, 2015, when she was 16 weeks pregnant thanks to a donor egg. With great excitement, we went on to introduce her newborn daughter Clodagh on our December 4 cover.

We've consistently challenged the ‘strong male' stereotype, running stories on caring dads, along with ones on plastic surgery, Botox and skincare for men. To mark Father's Day, we ran a lead story on June 16, 2017, highlighting the pressure on men to skip their two-week entitlement. Introduced in September 2016, during the first three months, 5,013 paternity benefit claims were awarded — yet, in that period, 14,740 babies were born.

From our September 30, 2011 edition: a grate look into the world of vegetarianism.

Our covers have featured a parade of high-profile people, from Miriam O'Callaghan and Dermot Bannon, to Lucy Kennedy, Neven Maguire and Donal Skehan. Two celebrities went to great lengths for our photographers: Ray D'Arcy who cycled from Donnybrook to Dublin City Centre for our Fashion Targets Breast Cancer photoshoot in 2009; and Sean O'Rourke who last summer fired up his back garden barbie for a feature on men's innate attraction to cooking over an open flame.

One cover brought me back to what now seems like simpler times. In August 2011, we were running a lead story on men's willingness to get stuck into the housework. Simon Harris , who at the time was the youngest TD in the Dail, had agreed to be interviewed and photographed.

I phoned Simon and asked if he'd be willing to wear a pair of Marigolds while washing the dishes. He gamely agreed and even came up with a location, a hotel kitchen near Dáil Éireann.

Nine years later, he still has his sleeves rolled up, but this time as Health Minister tasked with tackling the biggest health crisis to hit the country in living memory.

Warrior woman and bestselling author Emma Hannigan appeared no less than three times on our covers. On March 27, 2009, under the headline ‘Will to live', she posed regally for pictures, flanked by her two young children. Aged 36, she had already undergone a double mastectomy and had her ovaries removed as a result of carrying the BRCA1 gene. The second was on December 12, 2015, for a lighthearted story on getting dressed up for Christmas. The third was on March 1, 2019, to mark the first anniversary of her death and to acknowledge her huge contribution as an advocate for Breast Cancer Ireland.

I spoke to Emma over the phone on a few occasions through the years and there was never the faintest hint of self-pity; she seemed to rise above her determined, recurring cancer.

Cervical cancer campaigner Vicky Phelan, a former guest-editor of ours, on the March 8, 2019 edition.

I've long been a fan of author Marian Keyes . In 2008, I sent her an email asking if she'd like to guest edit an edition of Feelgood with a charity in mind. In an act of great generosity, she agreed to undertake the project. She chose Debbie Deegan's charity for children, To Russia with Love, for the September 28 cover story. It was a privilege to work with Marian, to witness her sharp, quick mind. What stood out was the depth of her compassion, her understanding that we all struggle in life.

Ten years later, near the end of 2018, I contacted the cervical cancer campaigner Vicky Phelan . She quickly got back to say yes to my request to guest edit a special edition on cervical cancer.

It was a whirlwind of meetings, emails, commissioning and proofing.

There is never time to waste when it comes to this cancer. When caught early, the five-year survival rate for those with invasive cervical cancer is 92%.

Though she had to go to hospital to be treated for a virus halfway through, Vicky insisted the project should go ahead. The edition was published on March 6, 2019, International Women's Day.

We all know of Vicky as the determined woman who exposed the CervicalCheck scandal, but in person, she's highly entertaining and a compelling storyteller. There were occasional fleeting references to her terminal condition but I've rarely encountered someone so full of life.

Giving birth is one of the most important experiences a woman will have in her lifetime. And what happens in and around the time of birth is critical for the mother and baby.

In 2006, Feelgood joined forces with the Irish Examiner and launched a first nationwide survey of women's experience of maternity hospitals . What we found was a deep divide between the quality of private and public maternity services.

Women in private care reported receiving ‘more ultrasound scans during pregnancy, more Caesarean sections and fewer emergency interventions during delivery' than their counterparts in public care. It was an ambitious project, one we hope helped to deepen the conversation about our inequitable two-tier medical system.

The irony that three of the women working on the year-long project, myself included, became pregnant during that time was not lost on us or the team.

I've two teenage sons, so the issue of the HPV vaccine for boys is close to my home. When the vaccine was first introduced in 2010 it was for girls only. However, it was only after reading about a campaign in Australia to include boys in the programme, that I realised of course HPV does not discriminate between gender. Some 85% of women and 91% of men with at least one heterosexual partner will contract a HPV infection during their lifetime.

Our cover story on March 15, 2017, titled ‘Jabs for the boys', ran two years before the Irish HPV programme was rolled out to teenage males. I'd like to think in some way our article helped to build the case for this important development.

Gracing our September 20, 2019 cover: chef Donal Skehan.

Ten years ago, I announced with a flourish that Feelgood was going online. We'd recently uploaded PDFs of editions from the previous six months and were committed to adding new editions two weeks after publication.

It was seen as a groundbreaking move at the time, but with the internet now on tap on our smartphones, the focus has shifted to digital-first.

These days you'll find new Feelgood articles online every day of the week, some uploaded five days before the print version. But it's not just on our website you'll read our stories — they are being promoted and shared across Twitter, Facebook and Instagram, reaching larger audiences than ever before.

In April, I joined with my colleagues on the features desk to create a Friday lifestyle newsletter with a selection of best reads for the weekend. It's an important precursor of what's to come.

New web developments this summer will see the growth of web-only content and with it the opportunity to connect directly with readers through questionnaires, surveys and comment sections, giving us the opportunity to hear in realtime what is happening in their lives.

It couldn't be a better time to be a journalist.

From January 31 of this year: our look at smartphones and their effects.

A publication is the sum of its parts and from the start, Feelgood has been underpinned by a team of talented and hardworking journalists who often go beyond the call of duty to fill out the picture, from large-scale issues, to deeply personal case histories. The exceptional work of our graphic designers, turning words and pictures into must-read pages, cannot be understated. We live in a visual world with design at the heart of how we consume news and information.

As I write, I'm at home, surrounded by books that have informed and inspired me through the decades. It's a world away from the busy open-plan office I left just before lockdown was announced in March. (Feelgood has since been running in the main paper on a temporary basis.) But for the first time in months, it's now safe to leave our home bunkers and connect with the wider world.

As we continue to go flat out to flatten the Covid-19 curve, I believe the need for the empowering and uplifting stories Feelgood publishes, week in, week out, has never been greater.

Long may it thrive.

From February 21, featuring a piece on the rise of sourdough bread and starters.

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Megan Sheppard's top ten natural health lessons

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RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	213
Date:	Friday, June 12, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	593

Today FM @ 12-Jun-20 13:31 - (breast)

commercial heart that doolally back and break my heart I love you enjoyed be the business so if you're a small to medium-sized business and listening in and you like the Senate to anyone get involved all to do is tell us a little bit about your business what you do where you are and the price you would offer up and send it off to parade at Today FM .com and we can do the rest but now in a world of bad news and it's full of bad

news lately we thought will be some ice here are some good news we asked and you answered so with your good news Here's Today FM's knock Roberts thanks raid good afternoon Brian and count us made cannot contain his emotions this afternoon as he says he's going to see his parents today for the first time since the start of March it's all hitting him just now how long and how hard it's been the last few months and is absolutely so great for his mum and dad are bored well and

healthy fair play to Cassie Aisling and feeling who have signed up for the 100 km 30 Day Challenge for breast Cancer Ireland they've already clocked up 30 kilometres so far and loving it the keeper little ladies Nell is happy proud mum today she just received her daughters Kate O'Sullivan's report card from school and she's done brilliantly she's going to get a special treat today to celebrate and start enjoying the summer together

Simon is preparing for a possible celebration now that Liverpool are in with their best chance ever of winning the Premier League say you'll never Walk alone there Simon Jean and Donegal as Ireland's newest bird Whisper after full year trying to gain as budgies trust snowy flew into his hand on prompted the budget finally budged now on to the next of kin double congratulations to an end Ballyporeen in

County Tipperary not only did she just gave birth to her 5th baby a little girl called Aisling she also managed to achieve a first class honours degree in I don't even know what that is actually right now a raid of the Paddy power may there's no stopping 6 all taxing Cork after she learnt to cycle without stabilisers yesterday weighed Godot All says Dad Stephen Landon Kim Abbey are spoiling

their dog Millie Rotten today as she celebrates her second birthday well that's her 4th 18th birthday in dog years so they've been baking dog treat for all day and jockey friends are coming over to celebrate too later on Alice wants to wish her friend Jane all the best congratulations as Jane has been offered an amazing job analysis saw happy for wishing her the best of luck

and cannot wait to celebrate this absolutely wonderful news and that's good news raid for today FM I you can't rule in Ballyporeen her 5th child this child Yeah and fair play and are still happy my goodness my goodness you stop calling yourself in your absolutely left I g's fair play absolutely fair play and then the budgie

the would seek a snowy listen everybody in there thank you so much for sharing the good news with us there we needed and Niall needed this week anybody selling meat chicken meat Yeah and here you're happy now Niall Alison thanks a million will talk to you on Monday aimed at them and I with the Highlights: Breast Cancer Ireland, 30-day challenge.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	12
Date:	Friday, June 12, 2020	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	115

Couple raise over €500k

The initiative spearheaded by local couple Cara and Niall Carroll to raise badly needed funds for Breast Cancer Ireland has really taken off in a big way locally, not to mention nationally and even internationally.
This month has been designated as the 100k in 30 Days Challenge, with participants invited to walk, jog, run and if you like cycle to generate money for the charity.

In the space of a few days 11,000 signed up for the challenge, bringing in over €500,000 for the charity.

Rock Celtic has put its weight behind the campaign, the latest local sports club to pledge their wholehearted support for the cause.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	38
Date:	Friday, June 12, 2020	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	359

€700,000 for breast cancer

Niall Carroll takes a selfie with his wife Cara when they met Taoiseach Leo Varadkar at Leinster House last Wednesday

A hundred thousand Euro a day! That's how much the 100k in 30 Days challenge has raised for Breast Cancer Ireland so far. Since launching just three weeks ago and getting underway last Monday, the fund-raising campaign initiated by Blackrock businessman Niall Carroll and his wife Cara, who has recently finished treatment for breast cancer, has raised a whooping €700,000 with more donations coming in every day.

Over 13,000 people around the world have signed up for the challenge but special mention has to go to Blackrock resident Eamon O' Muicheartaigh who walked his 100km in one day. Son of the legendary sports commentator Micheal O Muicheartaigh, and physio to the Louth Senior Gaelic team, Eamon completed his astonishing walk on Sunday. Having started his walk at 2am on Sunday, he was greeted by an enthusiastic band of supporters when he arrived weary and footsore at the sundial on the promenade just before 9pm that evening.

'Eamon approached us and said he wanted to do this but hadn't time to do it over 30 days so he took on to do his 100km in just one day,' explains Niall. 'He got great support along the way and we are so grateful for him in taking on such a difficult challenge.'

During the week Niall and Cara met with Taoiseach Leo Varadkar at Leinster House and explained to him the importance of raising funds for research into breast cancer - a disease which affects one in eight Irish women during their lifetime.

The Taoiseach was very impressed with their campaign, which grew out of the fun challenge which Niall has organised in Blackrock for the past six years.

Several well known sports personalities and celebrities have given their support to the campaign, including Manchester City players Sergio Aguero and Bernardo Silva who posed with the challenge's iconic pink t-shirts.

It's not too late to join the challenge or give it your support - check out www.100kmin30days.ie

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	415
Date:	Saturday, June 13, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	990

WLR FM @ 13-Jun-20 09:56 - (breast)

right here like what I think if we can we will we will keep the link there anything like it put it that way there's only been involved with it for 7 years but it was empty I a.m. actually you're Egan Enda Kenny Leo I love that Peacock from Harlow that started all this movement before we get involved like Enterprise Ireland saw the opportunity in this budget for the sector and for the Agri technology and Agri Engineering sectors and the year battered body of people that the Ploughing not get that 300

house some people they share what we're hoping to do is few like yourselves talk about innovation on the website and do it much social media and video footage of the participants as we can what we were born to represent the award we will still keep the award's announcement on until the first day of the Ploughing we might we might have to do quite well because we're a little bit big yawn and agreed with them beforehand great

We have to adapt as you go along and deafening hopefully by September the last things might have changed anyway so hoping for better as our entry lab guys listen to us a lot of people would bloody ID body and buyers as well as the established companies how can the enter and what the time frame as well as closing date open now hear me open the competition for the few and it would on the 10 metre line and you can apply for online at www dot in the arena that I

E if you put that in any Google search for bringing up fear not thought to think that things are safe well come across the Innovation Arena .ie and that's the course I want to correct of course the most wrong we think big music technology amazing cutting-edge ideas or less obvious have come from this let's talk this year will be no exception and hopefully within the Hall cover 19 there might be some very interesting suggestions

and as finally just to clarify again as regards the am the prize fund is a total of 10000 it is a 5 for reach best actor and best overall that the breakdown Yeah we're doing here is where we checked around and one is for the best start-up will receive a cash prize 5000 and then for the overall winner of the innovation across all categories mentioned earlier on and they will also receive a cash prize the face

well James this I am delighted that the go-ahead well done T and the and present and of course the National Ploughing for staying involved in this difficult time Enterprise Ireland Innovation Arena Awards Twenty20 more information you can have to Innovation Arena dot ie Killarney James thanks for talking us but to look and keep us posted a weekly updating are stars as we go along throw this summer thanks to will call

a 19 very much the focal point of everybody in Ireland at present Of course Holly serious concern the breast cancer differently hasn't gone away with that in mind Lam we are and what you heard the announcer Pinky bail fundraising initiative and tell us all about this initiative which should be such a huge success his brace O'Dwyer cheese Glanbia Ireland's retail marketing manager Grace welcome to the programme I Ciaran Parker for Archer Frank grazed his pink bear fundraising initiative

has been a fantastic says Over the years a great buying by the farmers only by Glanbia Mike outlined the background of this and why he decided to go again this year Yeah where cancer is something that as an organisation I think it's very hard and 29th the organisation for a book on the island and all the while your company grow and you know can be earned I think it's very much a community organisation and we are in communities right across the country to our branch

network and literature the like that of the farming community and birth and there is something that affects every community across Ireland so in that respect we feel that the very worthy cause for to get involved with and something that we know that all farmers and I feel passionately about so we've been involved with this think they'll finished 16 and I'm happy to report in conjunction with our farmers we raised over 40000 euro I think that's something to be very proud of

and if you take that 40000 euro that represents 15008 billion since 2016 all very much not just about the Clonskeagh I think it's also about the wearing of the Green I think think about those I think they'll be nice not the country I know that's crazy talk ability and conversations range birth and there which I think important and definitely have been at a presentation at supply over the past number of years indeed the representives of breast cancer are

are saw priest of a lawn of the hand the cheque but as you say this call visualisation and the promotion of the pink bail out farmers I really got into that people worried initially we found was buying two Oh my God how they bought

into it in their thousands and I think we have to be really thankful of that hearing because we're just really provide an imperative but the farmers that are coming in or going online purchase thinking they'll

was doing work with their contractors not take the think they'll light up the country and I think it's very important action now more than ever we're hearing from our association with breast Cancer Ireland that the numbers of people presenting at birth and they were down at the moment because of the 19 people to start Highlights: Breast Cancer Ireland, Glanbia Ireland, Pink bale fundraising Initiative, Glanbia Ireland Retail Marketing Manager Grace O'Dwyer.

RUEPOINTMEDIA

Publication:	wlrfm.com	**Media Cost (€):**	24
Date:	Saturday, June 13, 2020	**Reach**	4,760
Page:	Link	**Size (Sq. Cm)**	202

Waterford Farmers Turn Countryside Pink for Breast Cancer Ireland.

Farmers in Waterford are turning the countryside pink for Breast Cancer Ireland as the pink bale initiative gets underway as part of the 2020 silage season.
The initiative sees farmers wrapping their bales in pink plastic and for every roll of the limited edition pink silage wrap purchased Glanbia will make a donation to Breast Cancer Ireland.

Farmers are also being urged to embrace the 'BaleWatch' drive by placing some of their pink-wrapped silage bales in visible locations on the farm to help raise awareness of breast cancer with those who pass by.

Grace O'Dwyer is Glanbia Ireland's Retail Marketing Manager. She told WLR's Kieran O Connor that so far they have raised 40,000 euros.

"That represents 15,000 pink bales since 2016. Its very much about the awareness that we are bringing. When you think about those pink bales lighting up the countryside it does create a talkability and a conversation around breast cancer which I think is really important."

They are also asking social media users to get involved also by sharing their photos and videos of the bales, using the hashtag #PinkBales.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	85
Date:	Saturday, June 13, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	871

WLR FM @ 13-Jun-20 10:04 - (breast)

available from your local branch and online at Glanbia Connect back half acre agri finance from Dungarvan tell Lismore and Cappoquin credit unions the beginning of a farming career can be challenging we want to help we can support you by providing credit for cashflow and working capital and succession planning with acres of benefits of Finance up to 50000 euro Let us help you to get your foot on the ladder check out our Facebook page acre agri finance for more info I

refinance caring For are rule community clubs is subject to approval terms and conditions apply if you do not meet the repayments on your loan your account will go into arrears this may affect your credit rating which may limit your ability to access credit in the future credit unions are regulated by the Central Bank of Ireland was very glad to see it it is better for everybody if we had this conversation now Julie comfort I T T have to think about her

future plans are talking about a call for such treatment and a trusted person safe it also helps healthcare professionals to have their wishes respected plan your future with better for everybody to safeguard the rights of its the right price tiles and moorings 70 % off sale up to 70 % of all child up to 70 % off all flooring add up to 70 % of all Bath where everything is reduced in store and online right price tiles & Wood flooring 70 % off sale

stores nationwide now its 10 o'clock at the newsdesk Kyne 18 Alan government formation talks could see significant progress today after discussions on key issues Fianna Fail's Thomas Burns said the programme for Government is to close after talks went on late last night yesterday the Taoiseach said all sides could possibly reach a deal over the weekend Thomas Byrne agrees with that assessment

made late into the night last night for a number of key areas that there is progress being made I have to say and indeed in relation to helping to Stoke I become a significant story with a further plenary meeting with various parties such will update the country's largest teachers union says it would be unacceptable if any solution to reopen schools deviated from public health advice A new report shows the current two metre rule means primary school students only

attending class one day a week and secondary students twice a week yesterday the education Minister said that would be a non-runner the Department now planning for return without the practice ASTI president Deirdre McDonnell says the announcement came as a surprise the winner Sir that's been speaking out to the sides of his mouth but everybody in back to support education were wonderful absolutely but also then about maintaining and the community

so we are not think yesterday we know we know an ambition I would love that we have 3 months on and that will be my ambition for the summer but how do I get it travel agents Meanwhile says there's no reason why foreign travel restrictions can be lifted once proper precautions are in place the Irish travel agents Association claims it doesn't make sense not to welcome in non-domestic tourists given the number of covered 19 cases here 13 cases were

announced yesterday the Taoiseach says a decision on easing the current restrictions won't be made for another two weeks spokesperson Paul Hackett says there's always going to be risked reopening the only opening up from the first of July some of their their beaches on their hotels and resorts knocking the credit it's not gonna be your typical summer it is always in the context of having a health and safety of passengers and holidaymakers

to the front providing a safe and secure environment the risks are minimal we can't live in a zero risk society we don't live in a zero risks Meanwhile prolonged thunderstorms have been forecast for Munster today met Eireann weather advisory is in place from midday today until 9 pm tomorrow rain in southern counties is expected to persist throughout the day and into this evening Alan O'Reilly from Carlow Weather says we can expect a warm wet weekend

up into 21 maybe 22 degrees in some parts over the weekend but unfortunately while there will be some sunny spells there will be some thunderstorms are really with locally downpour is causing possibly even some flash flooding and thunderstorms are very slow to move And farmers in Waterford turn in the countryside pink for breast Cancer Ireland the pink bail initiative is underway as part of the 2020 silage season it sees Glanbia making a

donation to breast Cancer Ireland for every role of the limited edition pink silage wrap purchased Greece O'Dwyer as Glanbia Ireland retail marketing manager to me she spoke to Dolores Ciaran O'Connor on fire view this morning happy her award think conjunction with farmers to be freed over 40 I enjoy it I think that's something to be very proud and if you take that forward he said insurers that represents 15018 Highlights: Breast Cancer Ireland,

Glanbia Ireland, Pink bale initiative, Glanbia Ireland Retail Marketing Manager Grace O'Dwyer.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	79
Date:	Saturday, June 13, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	688

WLR FM @ 13-Jun-20 11:04 - (breast)

for the greatest sporting you have your say is due on WLR thanks the flag of their winning way a historic order to support local shop local is always so important she faced sharp is a Waterford-based family write an online store with free next day delivery specialising twice about fintech for kids especially youth For early learning and development as well as fun stuff to encourage all ages in all stages they also supply while major private sphere has children died

as well as cars and expensive smart phones and related accessories become official offer you the job that I love online shopping days are here again but nothing beats the feeling area like a breeze across your face a day at the beats are clear for for the taste of the East pier freshly landed face freshly cut to gas some salt and vinegar leave him full summer pleasures East pier the harbour in Dunmore East now open Ethiopia always fresh always local

on the Road back for many of us it's been a while since we face the morning commute put safety first take vehicles including your tyres Boyle and lights your mind in gear for driving again and was more people on the road don't forget to look out for vulnerable road users so that the Road back is a safer place

for everyone message from the Road Safety Authority and An Garda SÃochÃ¡na its 11 o'clock at the news desk I'm leaving Phelan government formation talks could see significant progress today after discussions on key issues Fianna Fail's Thomas Burns's programme for Government is close after talks went on late last night yesterday the Taoiseach said all sides could possibly reach a deal over the weekend Thomas Byrne

agrees with that assessment made late into the night last night a number of key areas of progress being made I have to say and indeed generations have been getting so I would be confident that it will have a significant story with a plenary meeting with Burial and pattern and update your 0 people aged between 10 and 24 are the most affected by the Corona virus lockdown research in

the Lancet journal has called for more awareness of this effect social distancing has had on young people and their relationships However says social media may have played a role in easing some of their exile city health expert Dr Amy Orban says the pandemic has affected differently different young people in different ways teenagers need clear contact you and build their social networks to build a sense of self and Sarah are he were saying that adolescence

there is between the ages of 10 and 24 there were probably being affected by that the rapper appeared contact that they have during the lockdown Meanwhile there's fears of a second wave of covered 19 in Beijing parts of the Chinese capital are in lockdown following reports of new locally transmitted cases the first in 50 days skies south-east Asia correspondent Siobhan Robbins has the details 11 residential areas now in lockdown because of a

new class that has been linked to the wholesale market these in the south of Beijing the wholesale market is being investigated for or is at the centre of this investigation is called she in fact the market here no prolonged thunders storms have been forecast for Munster and south Leinster today met Eireann weather advisory is in place from midday until 9 pm tomorrow rain in southern counties is expected to persist throughout today and into this

evening Alan O'Reilly from Carlow Weather says we can expect a warm wet weekend not tinted 21 maybe 22 degrees in some parts over the weekend but unfortunately while there will be some sunny spells there will be some thunderstorms activity with locally downpour a cause and possibly even some flash flooding and thunderstorms are very slow to move and farmers in Waterford are turning the countryside paying for breast Cancer Ireland the

pink bail initiative is underway as part of the 20 Highlights: Breast Cancer Ireland, Glanbia Ireland, Pink bale initiative, Glanbia Ireland Retail Marketing Manager Grace O'Dwyer.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	76
Date:	Saturday, June 13, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	866

WLR FM @ 13-Jun-20 12:04 - (breast)

itself but I still will be a little bit careful enjoy the rest of your weekend optimism but by cars Waterford are delighted to be back they are offering a massive one euro of every used car is a dark with no exceptions to welcome you all that Volvo cars Waterford showroom and Here's to all title and providing contactless transactions of sales and service to assure you Safety call Volvo cars water very hollow 5 one

double 3 7 900 today some of us have to go home and feeling very lonely connected with friends and family can help for advice on minding your mental health and information on support services good glove daughter he slashed together an initiative of the Government about high David Keeling here now more than ever that partner charity Childline Donations help these are unsettling times Caroline Flack inundated with more calls texts and online chats than ever before but most vulnerable children

cut off from school and society that's why right now we're donating 10 cent from every punnets of Keelings berries salt to help keep these lines open 24 hours love her first personal donation policies in store today Keelings love to grow at SuperValu we have everything we need this week White SuperValu fresh Irish Sirloin Steaks save 33 % mix and match their delicious like Grange barbecue meats any 3 for 10 euro this week's 7 offers like iceberg lettuce only

49 cent and Casillero del Diablo Cabernet Sauvignon 9 euro rest assured at SuperValu we are therefore you enjoy alcohol responsibly from and face these news of the year a 12 Clarke the newsdesk Kyne 18 Alan further Government formation talks will take place this afternoon with all sides saying good progress was made last night yesterday the Taoiseach said he is hopeful that agreement could be reached on a deal this weekend

issues including housing in Agriculture were covered last night Fianna Fail's Thomas Byrne doesn't expect any further stumbling shouldn't prevent any particular difficulties I don't want to prejudge the outcome of the discussion to be had but clearly moving class of these negotiations I think everybody put their shoulder to the wheel and tried to get agreement with drink taken a big side will have met a year ago if we get the Government over the line the

direction the country stability was because he needed update your big travel agent has accused the Government of kicking to touch when it comes to making a decision on travel restrictions in and out of the country yesterday the Taoiseach Leo Varadkar said that its decision on easing the current restrictions won't be made for another two weeks John power from Harvey travel in Waterford says this message is

very confusing for consumers he said we seem to be following Europe on every other aspect of covered 19 when it comes to travel restrictions there are mixed messages as well I think from the first of July the quarantine arrangements and lots of countries in Europe I've been so I think the first of July will be a real mandate to start the summer I suppose because 3 months performance would have been lost

already people want to go on holidays till that very difficult to understand the thinking behind young people aged between 10 and 24 are most affected by the Corona virus lockdown research in the Lancet journal has called for more awareness of the effects of social distancing has had on young people and their relationships However it says social media may have played a role in easing some of the anxiety health expert Dr Amy Orban says the

pandemic has affected different young people in different ways and teenagers need clear contact your bill there social networks to build their sense of self and Sarah are he were saying that adolescence there is between the ages of 10 and 24 are they were probably the team is affected by that the rapper appeared contact that they have during the lockdown there are fears of a second wave of covered 19 in

Beijing parts of the Chinese capital are in lockdown following reports of new locally transmitted cases the first 50 days Sky said these data corresponded to mourn Robin has the details 11 residential areas now in lockdown because of a new class that has been linked to the wholesale market these in the south of Beijing the wholesale market is being investigated for Or is at the centre of this investigation is called she found the market

farmers in Waterford are turning the countryside paying for breast Cancer Ireland the pink bail initiative is underway as part of the 2020 silage season it sees Glanbia making a donation to breast Cancer Ireland for every role of the limited edition pink silage wrap purchased Greece O'Dwyer as Glanbia Ireland retail marketing manager spoke to Dublin North Ciaran O'Connor happy to report in conjunction with our farmers we freed over 40 I enjoy it I think that's something

to be very proud of him and if you take that 40000 Highlights: Breast Cancer Ireland, Glanbia Ireland, Pink bale initiative, Glanbia Ireland Retail Marketing Manager Grace O'Dwyer.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	102
Date:	Saturday, June 13, 2020	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	881

WLR FM @ 13-Jun-20 13:04 - (Ireland)

all child but with 70 % of all one flooring and up with 70 % of all Bath where everything is reduced in store and online right price tiles of wood flooring 70 % off sale stores nationwide now the last few weeks we've all been playing their powers by staying together making a positive impact is needed we've come a long way from where we started but we've still got some way to bed crying 18 Extended break mortgages for an additional 3 months

for those customers who need it it's just one of the ways we're working to support you through this time because together all making the difference visit AIB ie forward clashed with 19 trimmed more details subject to approval of Allied Irish banks PLC is regulated by the Central Bank of Ireland I had a great the family had I come from that green that lovely food of killed I had a yard for 3 long days in the traditional way I have always care for one

real Ham I have a gay bar for anything and everything sandwiches pasta dishes salad this here I have somehow for the Brady family Ham it's your only half introducing the chequered flag special edition range from Jack you are a world class saloon in FTBs and now even better than ever with enhanced interior and exterior design features and savings of up to 10000 euro across the range prices start from 37870 your only accept the exception of giving the chequered flag special

edition range at Aldi Boland Jaguar Jaguar and a high delivery and related charges apply from Waterford and Donegal face is is the one o'clock news desk I'm 18 fell and a programme for Government is expected by tomorrow at the latest as the main Government party's meet this afternoon to thrash out a deal with Fianna Fail Fine Gael and the Green party discussion discussing issues such as housing and agriculture after talks went into the early hours of this morning our

political correspondent John Afoa says the leaders will sign off on the proposals before they are presented to party now embers for approval the general prediction is that at some point tomorrow the programme for Government after the team's plenary teams assigned often it does need to go upstairs to the party leaders for final approval for any kind of outstanding issues if there are any less looks like a certainly not tomorrow than by Monday we have a programme that

they could look to put their party's a Waterford travel agent says customers could be out of pocket if a decision is not made soon on travel restrictions in and out of the country yesterday the Taoiseach Leo Varadkar said that a decision on easing the current restrictions won't be made for another two weeks John power from Harvey travel in Waterford has accused the Government of kicking the issue to touch and says

this message is very confusing for those who already made travel plans Yeah well I think we have a lot of people already do like a lot of people in July and if we in the whole and not but the guerrillas operating the people are going to lose money because of the element operating a new dawn it's your decision

saw you know it is difficult for all involved a group representing parents of children with special needs says it's worried about the availability of a new summer education scheme announced by the Government under the plan students will be able to access support at home or in school through July and August However it's dependent on the number of teachers SNA staff members and schools that sign up Lorraine Dempsey of the Special needs parents Association says the fact

that its voluntary is a concern I doubt that many schools that they would take part and it will be in a position to actually take part because of the logistics that they may have to put in place and they don't actually proper guidelines themselves Yes I'm how they can open safely for the month of July and August Meanwhile young people aged between 10 and 24 are the most affected by the Corona virus locked down that's according to research in the Lancet journal

which is called for more awareness of the effect social distancing has had on young people and their relationships However the research says social media may have played a role in easing some of the anxiety health expert Dr Amy Orban says the pandemic affected different young people Indifferent to these teenagers need clear contact you and build their social networks to build a sense of self and Sarah are you were saying that and less sense

there is between the ages of 10 and 24 are theirs were probably the cleanest affected by that racket appear contact that they have earned a lot down and farmers in Waterford are turning the countryside pink for breast Cancer Ireland the pink bail initiative is underway as part of the 2020 silage season he sees Glanbia making a donation to breast Cancer Ireland for every role of the limited edition pink silage Highlights: Breast Cancer Ireland,

Glanbia Ireland, Pink bale initiative, Glanbia Ireland Retail Marketing Manager Grace O'Dwyer.

RUEPOINTMEDIA

Publication:	KCLR FM	**Media Cost (€):**	189
Date:	Sunday, June 14, 2020	**Reach**	63,000
Page:	Link	**Size (Sq. Cm)**	805

KCLR FM @ 14-Jun-20 07:38 - (breast)

you want a job long enough so and that was so shocked it rethinks saw look you can't really complain too much about where we want to ensure there were no of course not it's it's it's looking reasonably positive from a low base obviously in international dairy markets should be hopping for stability and maybe a price increase he does believe the media which we get an extra two

reasons why should be under way but as with everything else that is their choice in addition to the welcome bonus decision awaited finale before things start of an offer that it will make a big difference it was thought she would want to be putting forward tells me he wouldn't be Paul got some of these which are regarding these prices because Dragon and announced that they are maintaining their milk price for the month of this

might have hoped for an increase but but than a decrease back after this break farm show on KCLR with Matt O'Keeffe he would gladly do them proud I am of the together re-start stronger at a hard slog why invite And centre discover are a great tool to offers including low-cost finance options starting from 2.9 % APR purchase contributions of up to 3500 euro

and leasing plans including servicing with 0 deposit call Oh 5 6 double 7 double 2.9 5 visit us on the Waterford Road Kilkenny or C La hearts that I ie lending criteria terms and conditions apply grief is a lonely road but no one should have to walk at a launch the Irish Hospice Foundation bereavement line offers you connection comfort and support call freephone one 800

between 70 77 Monday to Friday 10 a.m. to one p.m. this is Enda Kenny supporting the Irish Hospice Foundation farm show on KCLR with Matt O'Keeffe he with a glam the island's biggest farming itself and for farms dairy good talented fella life that failed on a personalised dad trades seat there every Tuesday and cattle there every Friday Oh 5.9 1.1 and one 4th seed without being concerned with other issues as the

main health threat in recent times but of course there are other in part in health matters breast cancer being one of them and in that regard the pink pills that we see dotted around the countryside serve a very useful purpose Chris and EUR retail marketing manager with Glanbia what is the purpose of that pink wrap Yes explains that this is something that we've been

very proud to be involved with engine 16 league so I thought what attracted you to encourage families to purchase think well from me the correct .com online find each or any of your Bank and then the funds raised from the hostel we make a donation to breast Cancer Ireland we like it and now they said since 2016 and in that time with the far-right Tory he's done all the good work if we were aged over 40 outlets and with that Facebook was not only way to waste that kind of money but also we have some

great work in terms of weight well let's get around by cancer in Ireland so in that time over 15000 with the thing itself have been seen dotted around the countryside I think from his point of view that is really fantastic for cancer awareness and Ireland's I think it's the kind of initiative that raises curiosity and awareness as much as it raises money in equally important Yes Yes absolutely I would like to leave the bank

thank you weren't they have faced a lot of people presenting with I can direct them to cope with and he we all know about countries have not gone away and I would that quite concerning so I think now more than ever it's really important that we get a deal and ChinaHR its ability and awareness we encourage families to good hits crutches to think big if they are for sale online using the hashtag think they'll be there to watch last acting is being watched here if they do a great photo and

video that they might have a plan from the Yeah there is that hiatus where are the matters were start pact and early detection from cancer and other diseases hugely impact and stuff but the bottom line is Hamas by choosing the dead the dead the pink wrap is not costing them any more suppressing a very worthwhile cause Yes absolutely we make the donation and of the half backs but I think what's really important is that

we're seeing you again the figures that we have a box in my kind I eventually falter lot of research Highlights: Glanbia Ireland's Retail Marketing Manager, Grace O'Dwyer, Covid, breast cancer, pink bales, Breast Cancer Ireland, donations.

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	906
Date:	Sunday, June 14, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	902

Newstalk @ 14-Jun-20 09:06 - (breast)

I was in town on Monday was covering inherent Monday saw was in town on Monday the 8th as all the shops are reopening and ie had a lightbulb moment that the reason it's okay because we were in lockdown for so long it's so obvious but it took me a while pretty much everything was closed for 3 months so it does actually makes sense that we would have less virus about as we take a tentative steps forward and if you

real Wenger business this week health when Welsh year and that it continues to go in that way and during the week I interviewed Professor Arnold Hill he's chairman of breast Cancer Ireland and leading breast surgeon for their Instagram page and while I'm sure it's been a worrying time for many during the pandemic was heartening to hear that clinics have been ongoing in emergency cases have stay in still been seen now what would have been 40

to 50 people a day was reduced to 15 are 9 other still much discussion as to screenings and when the national screening programme will roll out again but it's the questions that came in were from Instagram followers and chat is still there in the highlights and breast Cancer Ireland Instagram page for anyone who might need it but the message from Professor Hill was the same as here all the time if you do you find are either

long or you have any health issue or query do always go straight to your GP Don't put anything off and they will pass you on then wherever it is that you need to go and my half marathon training continues see my remember Roz Purcell and John O'Regan around the show to tell me about the virtual half Marathon together apart we run that they had organised and I said Yes go on I'll do it too and I've enlisted my wife my best friend Alison who was a seasoned

marathon runner herself I've cheered on from the sidelines in Dublin and new York but this time I've gone from the sidelines and running alongside her Well we have our two metre distance mainly done because the guidelines because I carry keep up their mind no slowing down but she deftly makes me run further than I would do without her and she checks of me and says have I done my long run during the week and she judges me

if I haven't so we also get to catch up A causal chats so it's a win win depending on what way you look at it and I do love her but I'm not sure I'll ever read I love running your listing to alive and kicking with Clare McKenna on Newstalk you can email alive and kicking at Newstalk that calm now some of us are barely survived the last few months some of us are still barely surviving in the

throes of working from home with no childcare and home schooling but some have been trying new recipes baking banana bread training for marathons and using things on the back of cupboards long since forgotten somewhat food writer Susan Jane White well I over her Instagram She's been growing herd in the garden I do definitely like to look for a coffee ice cream and cookies she is on the line now Hello there

good morning thanks for having me what a shame you can't be in front of me offering me a and cookie and all sorts as you as the last little while your head has been well I've been up and ran like everybody guess is a really good game and then a really bad but I'm baking like a mad yoke and cooking

And not more than I ever have been because this is my my professional cooking writing anything for I do for a living but it's different because my pace has been invaded I tried to find a way through now with the consistent Les and and a dearth of my kitchen I'm having all my family in there constantly and the things that I've come to rely on in the last 3 weeks something I get a pandemic of force

me to reconsider and recalibrate my value system and solely relying on back to cooking and growing my own valid leave and fresh herbs because I think I and you're listening you can probably relate to the you don't really know in the middle of a pandemic want to run around the store for two reasons why you can get that he'll face value time being one of the and Secondly

he joining any unnecessary and bugs and viruses so a lot of fresh food had moon it has been hard to come by and I allow my readers writing in and saying what can we do to do balance the lack of fresh food in our lives because we did not shopping every week we're getting deliveries once every 3 weeks and so I've really got into fermentation my kitchen is my the Cumberland mini Hogwarts and

I've turned into the store for of of bubbling from key to the kitchen to try and preserve the threat that comes in and then and growing wealth of the Highlights: Breast Cancer Ireland Chairman Professor Arnold Hill, pandemic, breast

surgeon, national screening programme, Instagram.

RUEPOINTMEDIA

Publication:	TV Now	**Media Cost (€):**	14697.19
Date:	Saturday, June 20, 2020	**Reach**	22,378
Page:	4,5,6	**Size (Sq. Cm)**	1723



Daytime Elaine
Weekdays, 3pm, Virgin Media One

The stunning broadcaster on her eponymous daytime show and the personal sacrifices she's made for lockdown

Home chat with... Elaine

INTERVIEW: Deborah Neville

"I THINK VULNERAB DO NOW, I

Elaine Crowley is a fountain of honesty; a TV star refreshingly devoid of any ego, she'll happily divulge details about herself from her accidental mullet, to her problem hormones, to her mad family get togethers with her nine – yes nine! – siblings and not give two hoots what anyone thinks.

Why? Because Crowley's approach to life is simple: tell it like it is and don't pay any heed to the whole fame thing or, for that matter, get notions about yourself.

On, and off, air Crowley is an open book and a delight to interview in that she does not take herself at all seriously. Is it any wonder then she's one of Ireland's most adored stars of telly? And her enduring likability is not lost on Virgin Media bosses pinning the success of her daytime TV show firmly on Elaine's star status by calling the programme after her. On Elaine, it's Crowley's straight-talking take on the big topics of the day, along with some anecdotal offerings from her eclectic and vocal panel, that make the show a daytime TV hit.

Flying solo

Strict safety guidelines implemented at Virgin Media Towers due to the pandemic however means Elaine is now in studio alone communicating with her panel by virtual means.

"I miss them dreadfully, it's just not the same," she says with an exaggerated sigh. "I'm talking to the wall every day and I'm sick of it. Although it's a new wall, it's a new set and it's all very fancy and all that. At least I can still have the banter with my panel and we're still having the craic so I don't think that spark is gone. If that had been lost I don't know what I would have done. We're still having good fun."

That said, with the entire show now dependent on good speed WiFi, Elaine – who is also the

K WE HAVE TO THINK OF THE MOST LE IN OUR SOCIETY IN EVERYTHING WE T'S FOR EVERYBODY'S OWN GOOD"


She's got a great sense of humour and great style

show's producer – admits at times her nerves are shot.

"When you're depending on technology, WiFi signals dropping out and you're sitting there a ball of stress going what's going to go wrong?" she offers. Nothing goes wrong of course thanks to the professional gallery staff, a techie-whiz by the name of Nathan and her researchers, all beavering away remotely. "We seem to be knitting the show together nicely," she adds.

With television studios now bereft of hair and makeup departments Elaine is doing her own hair and makeup herself. "I love makeup. I wanted to be a makeup artist when I was younger," she enthuses. "In the HD studio you have to get the makeup right so I have to use the Makeup Forever Ultra HD foundation or else you look like you're 89. Very minimal, no shimmer, nothing."

Her TV hair, however, is the real concern. "The hair has been a nightmare," she laughs revealing a singeing incident with a curling tongs pre lockdown. "I went to this place I had never been to before for a curly blow-dry. The curly blow-dry didn't really curl, so they got the curling tongs out and they kept trying to curl it. It looked fine that night and then I washed it and it started breaking off and I went in to work and Roisin my hairdresser at work – who I miss dearly – said 'Elaine, what's after happening to your hair?' And I said, 'what do you mean?' Because I still had extensions in. She said you really want to get this seen to and to take the extensions out and see what the damage is."

"Louise, my neighbour, my friend, she is a hairdresser took them out – and I had been working so hard on getting it thick and healthy and lovely – and she said, 'Okay you are not allowed to look in the mirror', she was nearly crying," Elaine continues. "'You need to go straight to Easilocks right now and get them to put in extensions.' I had a mullet, I looked like your man out of Tiger King, I was pissing myself laughing. The only time I'm getting cross with it is now because if my extensions fall out now I'll have no one to put them back in and I will have a mullet."

A kind viewer

Though Elaine is usually super healthy in terms of her diet, she admits to some degree of indulgence during lockdown.

"I'm living on a diet of red wine and Twirls," she chortles. "I was trying to be healthy today on a three-day juice cleanse. It's not a detox, it's just so you feel a little bit better – usually I do them in Thailand but doing them in Dublin is not a good idea let me tell you. I fairly stumbled through the show today, I was like a giggling mess interviewing Shayne Ward. I should do a three-day juice cleanse when I'm actually not working."

Her health issues stem from a hormone imbalance: "I've quite a lot wrong with my hormones, between PCOS (Polycystic Ovary Syndrome) and early peri-menopause and thyroid issues I didn't know I had," she explains. "But anyway they are all sorted now. So the only thing I changed is I am intermittent fasting now. I don't really eat before lunchtime. I'll have cups of coffee or whatever but I don't really eat before 12 any day."

With medical shortages due to the pandemic, Elaine is finding it impossible to acquire the HRT she needs; however, one viewer watching her show came to her rescue.

"One of the hormone packages I am on has been out of stock, cannot be got for love nor money anywhere in the world and I mentioned it last week and one of my viewers was sent the wrong box last year and she has the exact brand I'm looking for and she posted it up for me," Elaine beams. "If someone gave me all the tea in China it wouldn't have been as great a gift. The kindness of that, she contacted me on Instagram and sent it up."

Zoom quizzes are a no-no for Elaine, however themed virtual nights are right up her street and Elaine's siblings get great craic dressing up.

"We have these theme nights. First was the Eurovision – so we all dressed up as someone from the Eurovision, but I forgot so I just put on a load of pointy party hats. But my sister Kathy won, she dressed up as Marty Whelan and the rest of them, the effort they went to. Lily was a puppet on a string, she didn't win she was raging. She put clothes wires on her head, she looked like a puppet, did a tutorial on YouTube and all..."

Elaine says she is enormously close to her family.

Crowley



Wowzers! Talk about stunning

"I haven't seen them for four months now it's a bit of a pain in the ass." Her sister Mag is a specialist midwife and Elaine is so proud of the work she does. "She delivers stillborn and premature babies. It's a tough old job for her, I'm very proud of her."

Sadly, Mag's twin died when she was just a couple of weeks old from birth defects. "Technically there was 11 of us and Anne-Marie died when she was a few weeks old. And that's why I think Mags does what she does. Even on her days off she'll go in and check on some of her patients – she really cares, she's a good egg."

Personal sacrifices

Elaine is especially close to her mum also and has not seen her since February as her mum cocoons at home in Cork. "Yes it is sad but at this stage she's mocking me," Elaine laughs. "She says, every time I open the newspaper it's Elaine missing her mammy, taking the absolutely piss out of me, she thinks she's hilarious. We speak every day, though."

Not physically seeing her family though is starting to take its toll on Elaine. "This week I'm finding it really hard," she admits. "It's gone on so long now and you want some sense of normality and it's not there and sometimes all you want is a hug. I was saying it last night to my sisters in our group chat and I said 'yes I do realise I have a very attractive boyfriend but I'd like a hug from someone else apart from him!' The kids I miss a lot, I've 20 odd nieces and nephews that I'd be quite close to, you just miss human contact."

Elaine is in lockdown in Dublin with her beau Keith, and while she spends the evenings virtually chatting to her sisters outside in the garden Keith is relishing his time on the couch bingeing on car shows in the vein of Top Gear. And having sacrificed so much personally thus far Elaine stresses that it's imperative to keep with the health and safety guidelines in order to stop a second wave of the virus.

"I just think, my mother has cancer and COPD and I'm involved with Breast Cancer Ireland so I know loads of people who are going through chemo and I know loads of people with diabetes, and it's those people you have to think of, it's not a joke. And it's frustrating for people but just because there's not somebody in your family that could be affected badly by this doesn't mean it won't be somebody else's family. All it takes is one person to cause a surge and if that happens, god only knows when any of us can see our loved ones again. I think we have to think of the most vulnerable in our society in everything we do now, it's for everybody's own good."

Elaine is actually an ambassador for Breast Cancer Ireland and urges women to be breast aware in that should they find any abnormalities to go see a GP. In fact, appearing on Elaine's show on the day of our interview, breast cancer survivor Teresa Costello warned of a rising trend in women not attending their GP with breast concerns out of fear of being a burden on medical services but she said early detection is crucial.

Elaine suggests for more support and information to see Teresa's Facebook blog on Teresa Costello Breast Friends Ireland. "There could be a second wave of deaths," Elaine worries, "and not from Covid, it will be because of cancer." ■

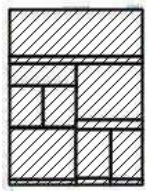
ELAINE'S HOME BREW FACTS

TEA OR COFFEE?
"I'm drinking both during lockdown."

FAVOURITE SPOT AT HOME FOR A HOT DROP?
"At the moment, I'm not going to lie to you my favourite place is to sit out in the back garden, in one of two deck chairs we have, because that's where I talk to my sisters with a glass of wine in the evenings."

RUEPOINTMEDIA

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Eamon's 100km walk in one day

AS the 100k in 30 days fund raiser in aid of Breast Cancer Ireland edges closer to the €1million mark, there have been many stories of personal bravery and heroism, from people doing the walk while undergoing cancer treatment or in a wheelchair.

However in terms of sheer physical endurance, it's unlikely if anyone will surpass the achievement of Blackrock resident Eamon O Muircheartaigh as he completed his 100k for Breast Cancer Ireland not in 30 days but in one day

A pink army turned out to support the Dingle native as he walked ten loops of the village on Sunday June 8, starting at 2am and completing the blistering endeavour at the sundial around 9pm.

Eamon, who is physiotherapist to the Louth Senior Team, opted to do his 100k in one day due to work commitments although he quickly adds that it's not something he would recommend people to do.

'I knew what to do and how to look after myself although I couldn't put my feet under me the next day,' he says.

His father, the legendary GAA commentator Michael O Muircheartaigh, sent his message of support urging people to get involved in the 100k in 30 days in aid of Breast Cancer Ireland.

It's a charity which Eamon has raised funds for Breast Cancer Ireland previously through the Pink Ribbon Tour which saw cyclists take on the eight stages of the Ras na hEireann at the same time as the pros were competing.

'It was really tough, cycling five or six hours a day at full tilt,' he says. 'I always enjoyed testing myself so I thought I'd do the 100k in one day. I didn't realise what the after effects would be - the kids said my feet looked like Hobbit feet and that was not a compliment.'

However, he has no regrets about doing it. 'It was my little way of helping out.'

He says that when his wife Breffnie Carroll, whose late husband Stephen died for cancer, was organising a charity cycle in aid of the hospice Niall Carroll, who along with his wife Cara, is organising the 100k in 30days, helped her out. 'It was a easy decision to help Niall and Cara by doing this.'



Pelican Promotions set the pace as walkers hit the roads in Blackrock for the 100k in30 days.



Eamonn O Muircheartaigh refuels, with Ken Norton (right).



Time for a chat on the way.



Jamie and Jenny Lally.



Rebecca Kenny and Derek Mernagh.

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	1626.79
Date:	Tuesday, June 16, 2020	**Reach**	9,307
Page:	37	**Size (Sq. Cm)**	253



THE TOWN I LOVE SO WELL



Q&A WITH: Senator John McGahon

How are you getting through the day in the present COVID-19 conditions?

It's going well and life has started to return to some degree of normality as restrictions are easing. The 2K restriction was probably the most difficult but I found that exercise was a great way to try and maintain some sort of structure on your day. So I was doing a lot of running throughout and now I'm taking part in 100K in 30 Days which is being organised by Naill Carroll and Cara McAdam from Blackrock to raise funds for Breast Cancer Ireland. In terms of affecting daily life, it did make my job more difficult. A lot of the time you need to meet people face to face to get a full grasp of the issue they are coming to you with, but like everyone at the minute, you learn to adapt and thanks to technology I was able to hold Zoom Constituency Clinics for people who wanted to see me about an issue.

What is your favourite memory of Dundalk growing up in the town?

I remember Bill Clinton coming to Dundalk in 2000. I was 10 years of age and there was a real buzz and excitement around the town in the week leading up to his visit. Another memory would be playing in the Marist growing up. There was a group of us who grew up together in Seatown and we are all still friends today, but every summer day would involve climbing the Marist wall first thing in the morning and stay there all day playing football until it started to get dark.

Where is your favourite public place in the town and why?

It's slightly outside town, but it would have to be Salterstown Pier outside Annagassan. I do a lot of sea swimming in my spare time and there is honestly no better way to start or finish your day than going for a swim. It's got an incredible view of the Cooley and Mourne Mountains. The Louth Coastline is a real hidden gem that our County has and the Council and local businesses already have a lot of plans about promoting it.

What is your favourite shop in the town?

Pinstripe Punk and Tony McDonnells'

What is your favourite café/restaurant in the town?

23 Seats is my favourite café, Alan and Ulrike have down an excellent job with it over the years. Favourite restaurant would be The Townhouse and again the Manager there, Grace, does an excellent job.

What is your favourite takeaway in the town?

Kieran's in Seatown. It's the best chicken burger in Dundalk.

As life returns to a new normal what are you most looking forward to doing in the town?

Getting back to playing rugby, I've played rugby with Dundalk since I was nine and I had to stop playing last November as I just didn't have the time with an election on the horizon. So I'm really looking forward to just getting back to being on the pitch and playing.

What advice have you for our readers?

The Country has done unbelievable in work in not only flattening the curve but completely crushing it. Because of the decisions people made, thousands of lives were saved and our health service was not overrun. However, the danger still exists, and a second wave is more likely than not. We still have to follow the public health advice and that has now moved on to wearing masks when on public transport, shopping or just out and about. We simply cannot afford to get complacent.

RUEPOINTMEDIA

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The Big Wow! Interview

Ahead of Father's Day this Sunday, June 21, CHRIS DUNNE talks to TV presenter Elaine Crowley about her beloved dad, who died of cancer, how her mum is now battling the disease and why the Cork woman will never have 'notions'

Elaine Crowley is from Newtwopothouse, near Mallow, in County Cork. Picture: Evan Doherty

I'd love one more hug with dad

EVEN though Elaine Crowley's dad, Sean, was her school principal too, she wasn't always teacher's pet. But he did have a pet name for his daughter.

"Dad's pet name for me was Lainey!" says Elaine.

"He never showed me any favouritism in the classroom," adds Elaine, aged 42.

"I remember once, he caught me cheating on a maths test, passing notes in class," says Elaine, who hosts the daytime talk show, *Elaine*, on Virgin Media, and who is from Newtwopothouse.

"Dad reprimanded me when he caught me cheating and I thought, I'm in for it when I go home," she recalls.

"But that was the end of it. Dad never brought his work home or any school issues home with him."

When he brought his daughter home from school, father and daughter cooked dinner together.

"Cooking was something that we both enjoyed doing," say Elaine.

"We were both real foodies! And we were like two peas in a pod. My mother was a teacher too and I come from a family of 10 children, I am number seven, so there was a lot of cooking to do!"

Elaine remembers her dad as a great storyteller.

"He loved history and he was the local historian, instilling the love of history into his pupils. He appeared on a history documentary on RTÉ television. He was a great story-teller."

With Father's Day looming this weekend, Elaine is reminded of how much she still misses her dad, who passed away age 62 from a rare cancer, Liposarcoma, when Elaine was just 23.

"I remember every

Father's Day, growing up, I'd make him breakfast in bed. He loved Silvermints," says Elaine.

"When I sat on his knee I'd steal the mints form his pocket.

"Later, on Father's Day, I'd make him a sandwich with a smiley face decorated with Silvermints on the top of the sandwich. He was chuffed!"

Sean died before his time.

"My dad was snatched away prematurely. He went before his time," says Elaine. "It was very tough."

Elaine's star was in the ascendency. TV was her destiny. After studying in the Institute of Technology Dublin and working in a radio station in Cork, she joined TV3 in 2000 working as a newsreader and presenter of *Morning Ireland AM*, before headlining her own TV panel show, *Elaine*.

"I had just started reading the news when dad was diagnosed with cancer," say Elaine, whose glittering career spans over 20 years.

"TV3 was still in its infancy. Dad was very ill at home in Cork and he was getting a second opinion from the oncology team in the Mater Private Hospital in Dublin. We hoped his life could be prolonged."

Sean could connect with his daughter from his hospital bed.

"Dad used to watch my news first on TV3 and then he'd watch the 'real' news on RTÉ at 6pm! He only ever thought the real news was on RTÉ! I remember I'd do the 11am news update on TV3 in studio and then I'd fly over to the hospital to see dad."

Did he live to see Elaine's amazing success in the media?

"No, he wasn't around when my career started to progress," says Elaine.

"He was alive and well when I first started work in TV3. And I know he was very proud of me."

Sean Crowley always championed his daughter.

"As a teenager, I was quite sporty and athletic," says Elaine.

"Dad always came to my basketball matches. Would you believe I never had basketball boots! One Saturday I scored a rake of points in the match for the team. At the next match the following weekend I was going on court and dad took hold of my hand and handed me a brand new pair of basketball boots."

Elaine says her dad was a pivotal role model in her life.

"When he died I went to pieces," she says.

"I struggled for a while in my thirties. Dad was my role model.

He and my mother were very happy together all their married life."

"They really were a stunning couple. I look back at old photographs of my parents. They were just like movie stars, a real Hollywood couple, who were very striking. My mother was devastated after she lost dad. She was very lonesome after him."

Elaine says when she first began working in Dublin, it was a lonely place to be.

"It was pretty horrific," says Elaine. "But that was where the work was. Having come from a big family and coming from Cork, enjoying the homely banter as only you can do in North Cork, I missed home dreadfully. I knew no-one at all in Dublin and it was a very lonely time for me."

Now that she's famous on our TV screens, and is ambassador for Breast Cancer Ireland, and has another amazing man in her life, boyfriend Keith Condon; Elaine is never lonely.

"That is for sure!" she says.

But some things never change.

"I still love going home to Cork. I love the banter and the craíc there!"

And she is grounded in her home ground of North Cork.

"I was never one for notions! Notions are soon knocked out of you in North Cork!"

Often, through coincidence, daughters find the traits of their dads in their partner. Is Keith like Sean?

"He is a hard-worker and he has lovely traits," says Elaine. "He and dad are a bit alike."

And like her dad, Keith is handsome too.

"Yes he is!" says Elaine, laughing.

She is fortunate to have known true love throughout her life.

"My dad was really precious to me. We had a unique relationship. He was my anchor who cannot be replaced," says Elaine.

"It would be hard for anyone to measure up to dad."

Sean and Elaine looked alike.

"Yes. In my 20s we were Cork mirrors of each other, with red hair and green eyes!"

In lockdown Elaine used her own traits she learned growing up in the busy household in Newtwopothouse to keep herself busy.

"I did a lot of cooking, cleaning and hoovering!"

Like thousands of others around the country, Elaine did a lot of walking too.

"I started walking to work every day, which is based at the Red Cow Inn on the Naas Road, Dublin," says Elaine.

"It is a fair walk from where I live in Kimmage. I am walking the ass off myself!

Is that why she is looking so svelte lately?

"Honestly, I really think walking is the way to go to get fit and healthy."

Elaine is looking forward to travelling to Newtwopothouse next month to see her mother and to do a bit of walking nearer home.

"My mother was diagnosed with lung cancer last year but she is doing well, having responded to treatment," says Elaine.

"She is a strong lady. I can't wait to see her. I haven't seen my mother since February. It seems like ages ago."

With sons and daughters getting ready to celebrate their dads on June 21, Elaine says she will miss hers terribly.

"I'd give anything for one more hug from my dad," says Elaine.

"Everyone should cherish their dad. And anyone who hasn't seen their dad, or who has fallen out with their dad; they should address that straight away.

"When that time is gone with your father, you can never get it back. That is the reality."

Does Elaine, one of 10 children from rural North Cork, ever pinch herself knowing the reality is that her daytime Virgin Media programme called after its host is one of the most popular shows on TV?

"You know, I never think of it as '*Elaine*'. I know I host the pro-

gramme and I produce it. But, then, that is what I do."
It is what she does best.
But then, Elaine Crowley was never one for notions.

> When he died I went to pieces. Dad was my role model.

> I'd give anything for one more hug from my dad. Everyone should cherish their dad. And anyone who hasn't seen their dad, or who has fallen out... they should address that straight away.



Elaine Crowley, front, with mum Mary and dad Sean, back row, with her sisters Veronica and Maggie.



Elaine Crowley with TV colleagues. Picture: Brian McEvoy



Elaine Crowley hosts TV show, 'Elaine'. Picture: Evan Doherty

RUEPOINTMEDIA

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COMMUNITY NOTICE BOARD

ATHBOY

Returning to Mass

From 29th June, celebrating Mass with a congregation will resume in Athboy. Volunteers, who are not cocooning, are urgently needed to: set up a rota of cleaning; stewarding - men and women - to assist as ushers and to supervise entrance and exit from the church. If anyone can help they should contact the Parochial House.

Returning to public worship, is a source of great joy and hope, however, public health considerations require changes to the way it celebrates its liturgies. Under current social distancing restrictions (two metres apart), there are 60 spaces in Athboy Church for 60 individuals or 60 couples or households. (Rathcairn only accommodates 20 and Rathmore even fewer).

For the time being and because of its larger capacity, mass will be celebrated in Athboy Church only. A weekday schedule will be announced later and this will be reviewed as times goes on.

BELLEWSTOWN

Step Challenge

Scoil Naomh Treasa Bellewstown is running a Step Challenge fundraiser, '5 million Steps for 5 Million Bytes'. The school is trying to raise funds to buy new laptops and iPads for the school. More details on www.bellewstownns.com or check out the Facebook page Bellewstown NS Parents Association for more details.

BOHERMEEN

Recruiting for Church Helpers

It is expected that mass in the parish will resume on 29th June and it is recruiting for people to join in. If people can sing, clap their hands, play drums or guitar then they should get in touch via www.bohermeenparish.ie.

BROOMFIELD

Sincere Sympathy

Sympathy is extended to the family of Christy Thompson, Letterkenny, Co Donegal, brother of Seamus Thompson, Starinagh, Collon, who died recently.

Broomfield Mass

A Mass for the Living and Deceased Members of Broomfield and District will be celebrated on Thursday next, 18th June at 10am in the Church of the Nativity of Our Lady, Ardee. The link to view the mass is at Church of the Nativity of Our Lady at mcnmedia.tv

This Mass is to correspond with St Columcille's Patrun which is a nine day Patrun from 9th to 18th June. In previous years, a Mass was held during the Patrun. Due to the covid-19 restrictions, there was no Patrun this year.

Collon in the ('Rare Ould') Irish Times

In an Irishman's Diary on Thursday 4th June last, Frank McNally presented a very worthwhile article on Collon Village, which he said, 'Like many other Irish villages, Collon, Co. Louth is built around a simple crossroads.' In the article he refers to the Russian Orthodox Crosses in the Church of Ireland Cemetery, and follows on with a little bit of significant history around this. He mentions the Tolstoy and Couriss Families, and their place in Collon life. An interesting read!

CARLANSTOWN

Thrift Shop

The Community Thrift Shop in Carlanstown opened again last week. Everyone is asked to support it if possible. It is open Saturday 10am to 5.30pm and Sunday 11am to 3pm.

CARNAROSS

Blessings of the graves

As it is not possible to have public gatherings for Blessings of the Graves this year, Prayers for the Dead and Blessings at the scheduled times will be streamed live on the Carnaross Pride of Place Facebook page. Scheduled times are as follows: Saturday 20th June at 2pm, Loughran at 3pm and Castlekiernan at 4pm. On Sunday 21st June in Dulane at 5pm and Holy Family Cemetery Carnaross at 7pm. Families are encouraged to make private visits to family graves in their own time.

KILDALKEY

16th Meath Kildalkey - Scout Group

A group of the 16th Meath Kildalkey - Scout Group - cubs, scouts and a rover have been working hard on

flower beds in the village

with weed barrier and stones put on and planting done. After that it will be finishing the beds. Everyone will be really looking forward to the finished product. The scout group is very appreciative of those in the community who have supported them with donations and lots of "likes". This is the magic of scouts and community together.

KILMAINHAMWOOD

Get Active Charity Event

Kilmainhamwood GFC is running a charity event on the weekend of June 20/21 in aid of the Nobber Cancer Support Group and Kilmainhamwood Meals on Wheels. The club us asking as

many people to get out and run, walk, crawl and donate for these great charities. It is asked that everyone sends in a screenshot of time and distance and of themselves at the end of the walk. To donate, people can find the link at gofundme.com.

KILTALE

Walking Track Open Again

The Walking track at Kiltale opened again on Monday 15th June working under strict guidelines handed down by Croke Park. All users of the track must be a member of the club - social membership is available for €25 for the remainder of 2020. It will be €50 for a full year in 2021.

There will be supervisors on duty - if anyone is not a member they should pay them directly and provide them with a name, mobile phone number and email address for registration; The club is awaiting delivery of wristbands. Once they arrive (hopefully next week), everyone will be required to wear it so it is known that they are a member. Wristbands can be collected from supervisors at the track once the club has them; The track is permitted to open for four hours only - from 5pm until 9pm - the first hour will be for cocooners ONLY; All other areas of the ground are strictly off limits, including pitches and hurling walls; No

group training or similar group activities is allowed; Social distancing must be adhered to. Enjoy everyone!

Fundraiser

Kiltale 24-Hour Relay

This year's fundraiser will be a relay run involving all of the adult players both hurling and camogie and the footballers from sister club Moynalvey but everyone is welcome to participate.

Club Chairman Stephen McCormack says: "I hope you are all keeping safe and well in these unprecedented times. It has been heartening to see the people of our community and parish pull together to support each other in

numerous unseen ways. There is now light at the end of the tunnel and Kiltale Hurling and Camogie Club are ready to embrace the new normal.

Due to COVID 19 we are unable to have our annual "The Walk and Talk" fundraiser. This fundraiser was our biggest funding for the year, which covers costs of running the club and keeping the extensive grounds. The grounds are used extensively by teams from age six to senior across the parish. With no income from our clubhouse, and traditional fundraising initiatives, we need to get creative to generate funds to keep the grounds and overheads covered until next year. Most importantly, we need to pay the remainder of our public liability so we can open our grounds for all teams to get back training, and of course opening up the walkway for all our members to enjoy a walk or run. There are also a number of infrastructural projects, such as the walking track extension, dugout renovations and netting we would like to progress.

The fundraiser is going to be a relay run starting at the clubhouse, taking in some parish scenery, and ending at the clubhouse. The distance is 12km and each runner will run 3k or 6k click elbow and next runner will run the subsequent

leg.

All of our adult players both hurling and camogie and the footballers from our sister club Moynalvey will be taking part and anyone within the parish is welcome to give it a go. We aim to have 100 plus runners and at the end of the nonstop run we will have achieved 600km in total, which may even be an Irish record for longest relay!!

There will also be an opportunity for those less ambitious to participate by walking the track, and those with more agricultural inclinations to join a tractor run on the route.

Watch out for the details of a GoFundMe that will be set

up for everyone to support their friends, family and the club. It will take a huge effort by all involved as the run will take place over 24 hours non-stop from Saturday, June 20th through to Sunday 21st. Thank you for all your support in the past and we look forward to your continued support for the

Kiltale 24-Hour Relay."

NAVAN

Virtual Run for Claremont

Registration can now take place for a family 2km fun run and a virtual 5km to help raise funds for the new Athletic track at Navan. The track has been used by the local community, clubs from all over Meath and further afield for over 20yrs and is in need of repair. Registration can be completed at MyRunResults.com. Entry is €10 for over 16s and €5 for under 16s with a family option for 2 x adults, plus 2 x under 16s for €20.

There is an option to donate further during registration and purchase a bespoke t-shirt / medal including postage. Following registration all that is left is to run your distance and then go back to MyRunResults.com from 1st to 8th July and download your finishers certificate

Alzheimer's Society Raffle Winners

The Meath Branch of The Alzheimer's Society of Ireland, Whistlemount Day Care Centre would like to announce the winners of its recently held raffle: First prize, Louie Bourke, Navan; second prize, Grainne Smith Muldoon, Cortown, Kells; third prize, Nora Wayte, Dunshaughlin; fourth prize, Stella Conlon, Kilmessan.

Navan Church Reopening

In order to reopen in an attentive and correct manner on Monday 29th June, priests of the parish are seeking volunteers to help with stewarding and other necessary duties in order to prepare churches. Any expertise which anyone might be able to offer or propose would be most welcome.

It is thought that perhaps some groups from clubs in the parish or parents of sacramental classes might be willing to volunteer once a fortnight. This would mean that St Mary's Church and St Oliver's Church can be kept sanitised and stewarded to a high standard. To volunteer, contact the parish via Facebook or phone the parish on (046) 902 7518 or drop an email to office@navanparish.ie or send a private message to this account.

SKRYNE

Blotto Re-commencing

The Blotto in Skryne GFC is due to restart on Sunday 21st June at 7pm with a jackpot of €8,200. Everyone should be sure to get their ticket in Swans or from local sellers. People can play online by visiting SkryneGFC.ie

For annual and online players that have contributed during the COVID lockdown period, it will draw ten names that will each win €40. Anyone can purchase an Annual Blotto starting at €100 per year via Standing Order from €10.50 per month by filling in the Blotto subscription form and returning it to secretary. skryne.meath@gaa.ie or giving it to any member of the Skryne GFC committee. Contact Ross Phillips (087) 979 8822 for more information. All continued support is appreciated for the Blotto.

TRIM

100 km for Breast Cancer

Trim GAA are about half way through their 100km challenge in 30 days for Breast Cancer Ireland, accumulating over 900km to date. People who want to donate can do so at Justgiving.com under Teamtrim.

RUEPOINTMEDIA

Publication:	kilkennypeople.ie	**Media Cost (€):**	10
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Support for #PinkBales on Kilkenny farms

With silage season 2020 well underway Glanbia Ireland are proudly supporting Breast Cancer Ireland again this year with their #PinkBales initiative.
Paddy Foley, agricultural contractor from Callan, supports the Glanbia Ireland #PinkBales initiative, as you can see above!

A donation will be made to Breast Cancer Ireland for every single roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased on GlanbiaConnect.com or across all Glanbia Ireland Agri Branches and Glanbia CountryLife branches.

To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season.

Farmers are encouraged to place their pink wrapped silage bales in locations on their farm for people who are passing by to see.

RUEPOINTMEDIA

Publication:	Irish Examiner	**Media Cost (€):**	2889.48
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€7 of extra grass for €1 of lime to bring soil pH to correct level

Take your opportunities to get lime out during the spring and summer, because conditions don't always suit in the autumn, and you've missed another year.

Lime plays a major role in improving the three fundamentals of soil health namely,

- Soil chemistry (fertiliser use efficiency).
- Soil physical structural quality (drainage).
- Soil biological functioning including earthworm activity etc.

Maintaining the correct lime status of your soils will improve overall soil health and fertiliser use efficiency, and in turn improve your crop yields and farm productivity. Increased grass and grain yields of at least 1.5 t/ha are common when soil pH is brought up to the correct level.

This represents a return on investment of almost €7 in additional grass yield for each €1 invested in lime, or a 7:1 return.

Planning your liming programme

Using every opportunity or window throughout the season to spread lime, if required, is important.

As we saw last year, waiting until October to spread lime is risky, due to poor weather and un-trafficable soil conditions.

Take advantage of low grass cover after silage cuts, and plan to have the paddocks that also need lime grazed out at the same time, so that lime can be applied to both areas.

Develop a liming programme for the individual fields on your farm.

This can be as simple as:

- knowing which fields require lime, ideally based on soil tests.
- knowing what rate of lime is to be applied (t/ha) on each field.
- organise your grazing rotation to have paddocks that need lime grazed out at the same time as silage is cut.
- have this information to hand, ready to call your lime supplier when the opportunity/conditions are right



Agri contractor Paddy Foley, Callan, Co Kilkenny has been a strong supporter of the Glanbia Ireland #PinkBales initiative, again under way in 2020. A donation will be made to Breast Cancer Ireland for every roll of the limited-edition pink silage wrap purchased on www.GlanbiaConnect.com or at Glanbia Ireland Agri and Glanbia CountryLife branches. Farmers are encouraged to share photos and videos of their pink bales on social media (using the hashtag #PinkBales), and to place their pink bales in visible locations on the farm to raise awareness of breast cancer.

Impact of lime on fertiliser/slurry

Queries often come up about the interaction between lime and slurry or fertiliser, here's a quick guide.

- CAN Fertiliser — no issue.
- Urea before lime — leave 10 days between applications.
- Lime before urea — avoid urea for three months.
- Protected urea — no issue.
- Slurry before lime — wait 10 days for slurry to wash in.
- Lime before slurry — avoid slurry for three months.
- P & K — no issue.

For further advice please contact your local Glanbia Ireland Business Manager.

- **GlanbiaConnect.com**

RUEPOINTMEDIA

Publication:	tippfm.com	**Media Cost (€):**	7
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Page:	Link	**Size (Sq. Cm)**	145

Annette Hahessy nee Ryan, Clerihan and Dublin

Ashlawn, Clerihan, Clonmel and formerly of Templeogue, Dublin.+Due to Government restrictions, a private Funeral Mass will take place on Friday at 11.30am in St. Michael's Church, Clerihan.
+

This can be viewed on www.churchservices.tv/clonmelpeterpaul followed by clicking on the tab 'Annette's Funeral Clerihan'.

+

Burial immediately afterwards in the adjoining cemetery.

+

Family flowers only. Donation, if desired, to Breast Cancer Ireland.

+

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RUEPOINTMEDIA

Publication:	rte.ie	**Media Cost (€):**	4198
Date:	Thursday, June 18, 2020	**Reach**	499,800
Page:	Link	**Size (Sq. Cm)**	311

Louth couple's breast cancer fundraiser nearing €1m

Louth couple Niall Carroll and Cara McAdam's 100km in 30 Days challenge for Breast Cancer Ireland is nearing the €1million mark.
Mr Carroll organised the fundraiser in support of his wife Ms McAdam following her breast cancer diagnosis last year.

The challenge sees participants aim to run, walk or wheel 100km during the month of June.

Now 18 days in, they have raised over €900,000 and Mr Carroll said the amount tends to increase by "about €25,000 every day".

Over 14,500 people have registered to take part in the challenge from 34 countries around the world.

Niall Carroll on his daily run as part of the challenge

The idea for the challenge came from a similar event Mr Carroll has been running in Blackrock, Co Louth that usually sees around 100-150 people take part.

"It's really positive whats come from this, initially we didn't think it would grow legs like this," Ms McAdam said.

"For me, I'm a runner, I would've run through my treatment when I'd energy, not at the level as before, but exercise made the side effects more tolerable, its kept me going, and its nice that the initiative is tied into that."

Niall Carroll, Cara McAdam and their two children run on Blackrock beach in Co Louth

Ms McAdam hopes the money raised will help lead to breakthroughs in treatment options.

"Surgery was fine, chemotherapy was really tough, it's just so toxic, that's the area of research I would love a lot of the money to go towards because that will make a difference," she said.

"That's what changed my life, the treatment is what changed my life, feeling so bad for the days after, not being able to engage fully with my children."

RUEPOINTMEDIA

Publication:	Dungarvan Observer	**Media Cost (€):**	529.2
Date:	Friday, June 19, 2020	**Reach**	10,000
Page:	49	**Size (Sq. Cm)**	270



Agri contractor Paddy Foley from Callan, Co. Kilkenny who has been a strong supporter of the Glanbia Ireland #PinkBales initiative.

Pink Bales Campaign for Breast Cancer Ireland

WITH silage season 2020 well underway Glanbia Ireland are proudly supporting Breast Cancer Ireland again this year with our #PinkBales initiative. A donation will be made to Breast Cancer Ireland for every single roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased on www.GlanbiaConnect.com or across all Glanbia Ireland Agri Branches and Glanbia CountryLife branches.

To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season. 'Bale Watch' is also back, where we encourage farmers to place their pink wrapped silage bales in visible locations on their farm for people who are passing by to see.

Commenting on the initiative, Breast Cancer Ireland CEO, Aisling Hurley, said: "Now more than ever we need our farming community to once again get behind this super initiative. Numbers presenting with breast cancer are scarily down at the moment due to Covid-19, yet breast cancer has not gone away! We need the country to be flooded with lovely pink bales, as they will act as a beacon, raising awareness; because early detection of a diagnosis is key to ensuring a positive treatment."

Glanbia Ireland's Retail Marketing Manager, Grace O'Dwyer, said: "Breast cancer is unfortunately present in communities right across Ireland and as a community based organisation we are really proud to support this worthy cause. Our #PinkBales campaign not only raises vital funds for Breast Cancer Ireland, but also gives a very visible platform to increase awareness."

RUEPOINTMEDIA

Publication:	LM FM	**Media Cost (€):**	135
Date:	Thursday, June 18, 2020	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	554

LM FM @ 18-Jun-20 11:56 - (breast)

Ireland and so many people around the region here and indeed around the country are getting involved in this so they do they are a 100 kilometres away the run walk or jog Murphy me crawl ahead 30 under 30 days and it's all raising money for breast Cancer Ireland they have nearly reached the one million mark in donations that to me is just mind blowing altogether Niall organised a fundraiser and it was because his wife had a

diagnosis of breast cancer last year and they've been through the Mail obviously and they want to give back to breast Cancer Ireland they know the value of work that's been done there to be raised over 900000 and he says it's increasing every day he's seen 14500 people registered to take part from 34 countries around the world and they're using the pink T-shirts ahead to run and walk and cycle whatever they're doing and it's fantastic 100

k in 30 days .ie is the place where you can find all the information and donate everything else fantastic news fair play to all involved there is no news of 12 was under way and after that are alien to admit club crash lands in Rath Cairn God love them and a passenger travelling to Switzerland left a bag behind them but not just any bag the contents of the bag our extremely valuable tell all about that as well

voice King scored a utility with a performance that puts you in the fire in the same way I always think these things your test drive today do you no shame at all interiors Townparks Ardee will make a purchase to any room and sizes Yes we still Reek of Ulster we start ready made curtains beds lamps much more so come out today to share any wall Interiors Townparks Ardee your one-stop interiors

job done just a quick come to London as a stand at the fridge door crushed home along the road Neil backwards at the last minute with a lunchtime meeting it went straight into after a morning meeting in rushed to do well from a sound sleep at the start and at the fridge door and reached for the cheese that takes a use by date each and every day since 1912 Charleville a great place to start a

Harvey Norman is here to help our spacious daughter rears them with a team practising social distancing to keep us all safe if you leave now you can get at Harvey Norman you will find a replacement of essential to stay connected or even a biggest sofa or a bed and mattress to make her more comfortable shocks safely in store or online click and collect and home delivery available way he'd help Harvey Norman your appliances technology furniture and bedding specialist

every day requires a different level of energy trying Pharmaton capsules and scientifically formulated with Jean saying Gee 1.5 and see if I can contribute to the function of the immune system and the reduction of the team stays home at your best chance is available in pharmacies it's the right price tiles and wood flooring 70 % off sale up to 70 % of all child up to 70 % off all Highlights: Breast Cancer Ireland, donations, Niall Carroll, Cara McAdam, 100k in 30 Days, fundraiser.

RUEPOINTMEDIA

Publication:	talkofthetown.ie	**Media Cost (€):**	11
Date:	Thursday, June 18, 2020	**Reach**	3,740
Page:	Link	**Size (Sq. Cm)**	139

Local couple's 100k in 30 days challenge nearing the €1 million

Local couple Niall Carroll and Cara McAdam's 100k in 30 Days challenge for Breast Cancer Ireland is nearing the €1 million mark.
Niall organised the fundraiser, which encourages people to clock up 100km of walking, cycling or running throughout the month of June, in support of his wife following her diagnosis with breast cancer last year.

Now 18 days in, they have raised over €900,000 and Mr Carroll said the amount tends to increase by "about €25,000 every day".

Over 14,500 people have registered to take part in the challenge from 34 countries around the world with the sight of the pink t-shirt being worn by participants regularly seen on local walking routes at present.

You can support the cause

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	3133
Date:	Friday, June 19, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	845

Newstalk @ 19-Jun-20 08:54 - (breast)

To date we've raised over 900000 euro for its eventual community-based events that my husband had organised over the last number of years just in our local village and I always had the potential to be big buts this year after I was diagnosed with breast cancer and December he if we decided to do it about time for lunch so it well It's been phenomenal we of course maybe get

a 1000 people to take part today we have over 4500 people signed up so that Nationwide and 34 countries so we are dipping away by the support of that event worry based Blackrock contend I thought you know what I thought was that's where I grew up I know it I know well we are obviously many many many decades ago them and nearly a million quit that is full

so all of the funds are going to break and Vernon's we approached them for me and for a week ago less than 4 weeks ago to say that you know we are interested in doing a bit of fundraising to give something back and start then two weeks later he also taught at the end of June we find you the best and the days are long the idea behind it is that you go out every day lager least 3.5 3.6 $ and then by the end

of June you have a 30 Earth 100 kilometres down the thing about it is it do for all level flying me even elite athlete to take part we have in a professional runners but they would obviously maybe do have 5 or 600 longer than what people knew to rectify that you know it gives them a bit of motivation out they might have to do my 3.6 $ today just keep on top of things we can run Walker we'll also catch up on Twitter as well

so Yeah it's just been brilliant talking for hours the court we how you did occur good Yeah I was diagnosed in December so that even if not only that it was a stage when a very treatable it haven't you moved I am now so I had surgery in December then I had my chemotherapy and I've just finished my radiation so I am continuing to get treatment for the next year but

then hopefully that's the end of my treatment here when his tank your organisation like breast Cancer Ireland the research they fund that you know that it made my experience and hopefully a thing of the past 3 if we wanted to be able to give something back you that you know they support the they carry out storm watch researcher joining areas from reducing tax 50 of the treatment for people

with early stage cancer to prolong improves life for people that stage for you know a recurrent breast cancer all the funding the money we've raised today will go towards many of those with studies had been carried out at the moment even with the finding raised so far the clinical trials have been they're back so the Lab worker which were wild now

back open and clinical trials are continuing and it will all go towards funding the new breast cancer research unit in Beaumont Hospital Bridge bring fantastic fantastic well done tea and again the delighted to hear you you do well and well done to you and your husband Niall Carroll fantastic fantastic achievement and Carrigallen thanks indeed for talking to us this morning now earlier this week people will remember we spoke to Fiona shark the car she told us about how her

family's caravan was stolen sure we spend what was so important about this caravan had particular significance to a 15 year-old Sean a fairly fairly cute special needs she described as a safe haven is little slice of heaven well we are joined on the line by Fionna against you and you were appealing for information Earlier in the week things are not looking good what has happened since

well we got a phone call last night from Portlaoise Garda station to say that they had recovered are being bought by a thick and it was being looked after by the Guardian Kate Portlaoise I is a great feeling it must be over the moon well actually we were crying too we have been though looking forward to that call and bring the children I was so happy we have that she would got it Yeah

but we will be going to get it over the next players we think might be Sean when you get the first in a happy place that little piece of heaven give independents have been given back and quality of life he deserves that much source the plan now is get back we're gonna head after the caravan on the itinerary at the moment now we have got a plan a plan is to

Highlights: Breast Cancer Ireland, Karen McAdam, breast cancer, fundraising, community event, Chemotherapy, clinical trials, Breast Cancer Research Unit.

RUEPOINTMEDIA

Publication:	eveningecho.ie	**Media Cost (€):**	422
Date:	Friday, June 19, 2020	**Reach**	10,880
Page:	Link	**Size (Sq. Cm)**	1,426

I'd love one more hug with dad

Ahead of Father's Day this Sunday, June 21, CHRIS DUNNE talks to TV presenter Elaine Crowley about her beloved dad, who died of cancer, how her mum is now battling the disease and why the Cork woman will never have 'notions'

EVEN though Elaine Crowley's dad, Sean, was her school principal too, she wasn't always teacher's pet. But he did have a pet name for his daughter.

"Dad's pet name for me was Lainey!" says Elaine.

"He never showed me any favouritism in the classroom," adds Elaine, aged 42.

"I remember once, he caught me cheating on a maths test, passing notes in class," says Elaine, who hosts the daytime talk show, Elaine, on Virgin Media, and who is from Newtwopothouse.

"Dad reprimanded me when he caught me cheating and I thought, I'm in for it when I go home," she recalls.

"But that was the end of it. Dad never brought his work home or any school issues home with him."

When he brought his daughter home from school, father and daughter cooked dinner together.

"Cooking was something that we both enjoyed doing," say Elaine.

"We were both real foodies! And we were like two peas in a pod. My mother was a teacher too and I come from a family of 10 children, I am number seven, so there was a lot of cooking to do!"

Elaine remembers her dad as a great storyteller.

"He loved history and he was the local historian, instilling the love of history into his pupils. He appeared on a history documentary on RTÉ television. He was a great story-teller."

With Father's Day looming this weekend, Elaine is reminded of how much she still misses her dad, who passed away age 62 from a rare cancer, Liposarcoma, when Elaine was just 23.

"I remember every Father's Day, growing up, I'd make him breakfast in bed. He loved Silvermints," says Elaine.

"When I sat on his knee I'd steal the mints form his pocket.

"Later, on Father's Day, I'd make him a sandwich with a smiley face decorated with Silvermints on the top of the sandwich. He was chuffed!"

Sean died before his time.

"My dad was snatched away prematurely. He went before his time," says Elaine. "It was very tough."

Elaine's star was in the ascendency. TV was her destiny. After studying in the Institute of Technology Dublin and working in a radio station in Cork, she joined TV3 in 2000 working as a newsreader and presenter of Morning Ireland AM, before head-lining her own TV panel show, Elaine.

"I had just started reading the news when dad was diagnosed with cancer," say Elaine, whose glittering career spans over 20 years.

"TV3 was still in its infancy. Dad was very ill at home in Cork and he was getting a second opinion from the oncology team in the Mater Private Hospital in Dublin. We hoped his life could be prolonged."

Sean could connect with his daughter from his hospital bed.

"Dad used to watch my news first on TV3 and then he'd watch the 'real' news on RTÉ at 6pm! He only ever thought the real news was on RTÉ! I remember I'd do the 11am news update on TV3 in studio and then I'd fly over to the hospital to see dad."

Did he live to see Elaine's amazing success in the media?

"No, he wasn't around when my career started to progress," says Elaine.

"He was alive and well when I first started work in TV3. And I know he was very proud of me."

Sean Crowley always championed his daughter.

"As a teenager, I was quite sporty and athletic," says Elaine.

"Dad always came to my basketball matches. Would you believe I never had basketball boots! One Saturday I scored a rake of points in the match for the team. At the next match the following weekend I was going on court

and dad took hold of my hand and handed me a brand new pair of basketball boots."

Elaine says her dad was a pivotal role model in her life.

"When he died I went to pieces," she says.

"I struggled for a while in my thirties. Dad was my role model. He and my mother were very happy together all their married life."

"They really were a stunning couple. I look back at old photographs of my parents. They were just like movie stars, a real Hollywood couple, who were very striking. My mother was devastated after she lost dad. She was very lonesome after him."

Elaine says when she first began working in Dublin, it was a lonely place to be.

"It was pretty horrific," says Elaine. "But that was where the work was. Having come from a big family and coming from Cork, enjoying the homely banter as only you can do in North Cork, I missed home dreadfully. I knew no-one at all in Dublin and it was a very lonely time for me."

Now that she's famous on our TV screens, and is ambassador for Breast Cancer Ireland, and has another amazing man in her life, boyfriend Keith Condon; Elaine is never lonely.

"That is for sure!" she says.

But some things never change.

"I still love going home to Cork. I love the banter and the craíc there!"

And she is grounded in her home ground of North Cork.

"I was never one for notions! Notions are soon knocked out of you in North Cork!"

Often, through coincidence, daughters find the traits of their dads in their partner. Is Keith like Sean?

"He is a hard-worker and he has lovely traits," says Elaine. "He and dad are a bit alike."

And like her dad, Keith is handsome too.

"Yes he is!" says Elaine, laughing.

She is fortunate to have known true love throughout her life.

"My dad was really precious to me. We had a unique relationship. He was my anchor who cannot be replaced," says Elaine.

"It would be hard for anyone to measure up to dad."

Sean and Elaine looked alike.

"Yes. In my 20s we were Cork mirrors of each other, with red hair and green eyes!"

In lockdown Elaine used her own traits she learned growing up in the busy household in Newtwopothouse to keep herself busy.

"I did a lot of cooking, cleaning and hoovering!"

Like thousands of others around the country, Elaine did a lot of walking too.

"I started walking to work every day, which is based at the Red Cow Inn on the Naas Road, Dublin," says Elaine.

"It is a fair walk from where I live in Kimmage. I am walking the ass off myself!

Is that why she is looking so svelte lately?

"Honestly, I really think walking is the way to go to get fit and healthy."

Elaine is looking forward to travelling to Newtwopothouse next month to see her mother and to do a bit of walking nearer home.

"My mother was diagnosed with lung cancer last year but she is doing well, having responded to treatment," says Elaine.

"She is a strong lady. I can't wait to see her. I haven't seen my mother since February. It seems like ages ago."

With sons and daughters getting ready to celebrate their dads on June 21, Elaine says she will miss hers terribly.

"I'd give anything for one more hug from my dad," says Elaine.

"Everyone should cherish their dad. And anyone who hasn't seen their dad, or who has fallen out with their dad; they should address that straight away.

"When that time is gone with your father, you can never get it back. That is the reality."

Does Elaine, one of 10 children from rural North Cork, ever pinch herself knowing the reality is that her daytime Virgin Media programme called after its host is one of the most popular shows on TV?

“You know, I never think of it as ‘Elaine’. I know I host the programme and I produce it. But, then, that is what I do.”

It is what she does best.

But then, Elaine Crowley was never one for notions.

I’d give anything for one more hug from my dad. Everyone should cherish their dad. And anyone who hasn’t seen their dad, or who has fallen out... they should address that straight away.

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	590.94
Date:	Thursday, June 11, 2020	**Reach**	13,500
Page:	37	**Size (Sq. Cm)**	134



A'MULLEN

Covid 19: We all in Aughnamullen GAA hope you are doing well and are adhering to Government and Health Guidelines this is very important if we are to beat this pandemic.

Walking Track: Following Government announcement the country has moved into Phase 2 on the road to recovery the GAA produced a roadmap on Friday last in relation to this. First up is the Return to opening of our walking tracks to our club members. Some of the guidelines are as follows every person using the track must sign the log in sheet at the entry to the track. There must be a clear one way system of walking and the track is used for recreational purposes only. Up to 4 people can use the track together provided they adhere to the present social distancing rules. Our other facilities i.e. Football Fields, Dressing Rooms, Gym and Social Centre are to remain closed. Designated toilet will be open. Our opening hours are as follows are 9am -11am for the elderly and vulnerable only and from 6.30pm - 8.30pm for anyone else who wishes to uses the track. The track is for Club Members only.

Return to Training: As part of the Safe Return to Play it is hoped that our playing fields will re open on the 29th June on a non contact basis only and from 20th July providing that everything is going according to plan for contact training with competitive action commencing the 31st July. More details of the clubs plan in the coming weeks.

Lotto: The Lotto was held on Sunday night last the numbers drawn were 09,12,13 & 26 there was no winner. Next weeks jackpot is €8,300.

Lucky Dip Winners
Angela Keenan
David Geoghegan
Kathleen O Connell
Seamus Quinn
Phil Duffy
Michael Geoghegan
Roisin Duffy
Gabriel Duffy

Many thanks to all those who support the Lotto each week.

Field Maintenance: Many thanks to all those who have assisted the club in some maintenance around the GAA Complex i.e. painting of the walls around the track and the installation of new turnstiles and gates entering our football fields. It shows that in time of need our club members will always assist when called upon

Sympathy: Sympathy is extended to Georgina Keenan Creeve on the death of her grandmother Laura Fitzpatrick Latton may god have mercy on her soul.

Congratulations: Congratulations is extended to Sean Brady Formill who celebrated his 50th Birthday last weekend

Fundraisers: There are at present a number of local fundraisers and we hope our members can support them if you can.

100k in 30 Days in Aid of Breast Cancer Ireland

Millys Marathon change of heart which is in aid of young Milly Byrne from Magheracloone

Monaghan2mizen Virtual Walk organised by Noel Duffy Drumhowan All funds raised go to Irish Heart Foundation & The Acute Stroke Unit Our Ladys of Lourdes Hospital Drogheda.

Monaghan GAA Senior Team "Shave or Dye" Fund Raising Campaign

https://www.gofundme.com/f/monaghan-gaa-shave-or-dye in aid of two fantastic charities Cancer Services in Monaghan and The Holy Family Special School in Cootehill.

Please check their social media forums for further details

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	440
Date:	Friday, June 19, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	687

Today FM @ 19-Jun-20 13:34 - (Cancer)

A kind when we used in and higher love on Today FM we dedicate that to a Sarah she said I really hope we can read the text out for me my name is Sarah my fiance Jamie is stuck in Saudi Arabia since Christmas he never made it home at least because the cover 19 and her two boys Noah and Oscar really miss them and we want to wish him a huge Happy Father's Day we love and loathe we miss you loads and we really hope we see him soon Oh my goodness where I will be

seen soon to and I'm worried since listened that Lady from my lovely horse I've donated and it couldn't have been easier I live near a Derry and I'll be paying a visit to the shop as soon as it reopens best wishes and that's from Sinead enough clean thank you so much to anybody who has donated so far we hope we make a good news story out of this and that leads me nicely onto in a world of bad news we thought will be some nice to hear some good

news we asked a new answer so here's Stephen Murphy on the day we do care Medica Irish made the HSE approved hand sanitiser Medica .ie Ivory 8 Aisling can't wait for this evening as she is getting ready to celebrate her Mum's 81st birthday also locked down her mum would regularly say that she really missed her sitting in a pub with a lovely pint Aisling has gone all out and build a bar in her garden for her mum complete with roof and window boxes she just has to pick up 6 bottles

of SATs and rail on the way home such a ladies Robbie from Tipperary cant believe the little boy Josh is growing up so fast today he's getting measured for his first pair of shoes a big solution thank you to post man Christy he just heard about the 300 euro voucher that he and all his colleagues receive from from on paused for their service over the last 3 months is gone above and beyond and onesies say that he really appreciates it

and it's been a pleasure working for everyone in his community he also has 6 weeks holidays coming to him so he's having a very happy Friday Happy Father's Day to Nile bacon OK lay Lane Callie say that he's the best dad because he doesn't write stuff for them he tells a very bad dad jokes that make them laugh and makes up ridiculous songs about them Sally in West Cork is over the moon after getting a first in her master's degree she studied so hard

over the last two years and can't believe she's made it through she is looking forward to a summer of chilling out before diving into the real world and a real job and finally congratulations and in new Ross County Wexford he just finished 100 k in 30 days for breast Cancer Ireland she wants the tanker causing a WhatsApp group for donating money as well as a workmate from Thomastown and walking bodies Brian Stasi Rita Trisha and share

she crossed the finish line yesterday in Kennedy Park and it was a very special moment as and herself went through breast cancer treatment last year and she wants to wish good luck to all going through their cancer journey and through good news for today FM are stealing that was brilliant thank you I feel so much better for that and off so I can believe and new in new Ross in Wexford she's finished the

underpaid 30 days I've gone are the Government's 40 kg still to go think of like me about the year ahead anyway we appreciate you stepping into not cupboards very big shoes thank you very much I didn't do it I hope that justice you and you're really we have the backing of the time a lovely honour to have a great weekend Highlights: Breast Cancer Ireland, event, fundraising, donating money.

RUEPOINTMEDIA

Publication:	rte.ie	**Media Cost (€):**	18367
Date:	Friday, June 19, 2020	**Reach**	499,800
Page:	Link	**Size (Sq. Cm)**	1,265

Georgie Crawford: "In my recovery running became my saviour"

Before Georgie Crawford was diagnosed with breast cancer at 32, she says she had never exercised before. Crawford, who worked as the Entertainment Editor on Spin 1038, was wrapping up her maternity leave after the birth of her daughter Pia when she found the lump in her breast. The presenter of the Good Glow podcast detailed her journey online, sharing the highs and lows equally.

Two surgeries, five months of chemotherapy and four weeks of radiotherapy later, she stunned audiences with her strength on The Late Late Show, sharing her story and her message of endurance.

But that show of endurance was nothing compared to what she had planned: a 12km mountain run through the Swiss Alps as part of the Swiss Snow Walk & Run in Arosa.

powered by Rubicon Project

Here, she speaks to RTÉ Lifestyle about the journey from cancer diagnosis to trekking through the Swiss Alps, what keeps her going and the reality of those months after "going back to normal".

Where did the title Digging Deep come from?

The phrase 'digging deep' has always been a big part of my journey over the last couple of years. I first heard it when a fellow cancer survivor was describing how you have to 'dig deep' to get up and face the world every day. It really spoke to me and captured exactly what you have to do when you are faced with such a challenging time in your life.

Crawford with Shannen Joyce and Mary Cullen on The Late Late Show in 2019

When you are in the depths of chemotherapy digging deep is sometimes your only option. When I said it on The Late Late Show I didn't imagine it would get such a reaction but I heard from so many people that week who were suffering who told me that's it, that's exactly it, thank you for saying that because it describes it perfectly.

Where did the idea to challenge yourself with the 12km run come from?

I surprised myself last year after completing some 10km runs. I did the VHI Women's Mini Marathon and Breast Cancer Ireland's Great Pink Run in both Dublin and Chicago. I didn't exercise before my cancer diagnosis and in my recovery running became my saviour.

So I started small, one kilometre at a time and soon I was doing the parkrun on a Saturday morning. It became one of my healthy habits and I loved doing them. My husband Jamie found the Arose Snow Run which is a 12km run in the Swiss Alps.

When he suggested it I thought there was no way I would be able for it. But we trained for 7 weeks in Chrone Woods in Wicklow and in January we set off for Switzerland. It was the most amazing experience and I was so proud of myself when I reached the top of the mountain.

What was training like for you?

It was very tough. I had never experienced trail running before I started training for the Alps so it was difficult. We were also training in November and December so sometimes the wind would take my breath away. But it was the perfect conditions to train in to get prepared for running in freezing temperatures in Switzerland.

But I have to say those Wicklow training sessions were often tougher than the Alps. Trail running is so challenging but very rewarding. You cannot beat the feeling of getting to the top of a mountain and knowing the hard work is done and you can enjoy the descent. I can't wait to get back to it this summer.

What was the experience of filming it like?

Our friends Jack Lowe and Audrey Hamilton have studied filmmaking in LA and only recently returned to Ireland having spent a couple of years there. Jack is a very talented producer so himself and Jamie sat down and planned everything from start to finish.

Jamie suggested we film it because the scenery would be so beautiful, it was also my biggest challenge yet so I wanted to bring my followers and my Good Glow [podcast] listeners along with me on the journey. So the four of us set off for Switzerland and we had so much fun filming it.

Where did you get your strength to keep going and keep climbing those mountains?

When It gets tough I think about how far I've come since 2017. I was at rock bottom when I was told I had cancer, I

was so scared that I wouldn't see my baby [daughter Pia] grow up and go to school so she gave me a lot of strength during that time.

So when I'm out there and it gets tough, I do it for her and for our future. If I invest in myself and keep healthy and fit, it's better for us all.

There is a lot of advocacy for people with cancer and cancer prevention. Do you feel enough consideration is given to breast cancer survivors?

I never thought it would be so hard to go back to my job after having cancer. I couldn't wait to go back to work and see all of my brilliant radio colleagues who were so supportive to me when I got sick. But when I went back everything had changed and sometimes I would sit at my desk and wonder what on earth I was doing there.

I felt like an entirely different person and would often have panic attacks. My friends Kim, Brendan and Susan would sit with me and calm me down and I'm so grateful to them for that.

But I think more needs to be done to support people in their recovery from cancer and understand how difficult it is to 'go back to normal'. I stayed for about 8 months but I felt like I was on a different path so I decided it was best for me to move on to concentrate on The Good Glow. But who knows, maybe someday I will go back to radio. I will always have the best memories from my 12 years in the industry.

Recent months have brought their own unique challenges, some more extreme for others, and we may not see the end of the pandemic for some time yet. What would your advice be to others on how to stay positive?

It's definitely about taking one day at a time. I think we are all on a rollercoaster of emotions at the moment. It has been challenging at times for us but I really appreciate the time together as a family.

Spending time in nature really helped me in my recovery from breast cancer so I've been reconnecting with that side of myself and using this time to rest and take a step back. I'm really lucky that I could continue to record my podcast and have sparked some pretty interesting conversations.

What are you most looking forward to after things "go back to normal"? Do you have any new goals in mind?

I've some really exciting projects in the pipeline as I grow The Good Glow brand. I'm enjoying exploring the world of wellness and self care. I'm excited to get back to trail running when Pia goes back to Montessori and see what challenges we can take on next.

Watch Digging Deep on RTÉ Player here or on Georgie's IGTV.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	42
Date:	Friday, June 19, 2020	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	387

Eamon's 100km walk in one day

As the 100k in 30 days fund raiser in aid of Breast Cancer Ireland edges closer to the €1million mark, there have been many stories of personal bravery and heroism, from people doing the walk while undergoing cancer treatment or in a wheelchair.
However in terms of sheer physical endurance, it's unlikely if anyone will surpass the achievement of Blackrock resident Eamon O Muircheartaigh as he completed his 100k for Breast Cancer Ireland not in 30 days but in one day

A pink army turned out to support the Dingle native as he walked ten loops of the village on Sunday June 8, starting at 2am and completing the blistering endeavour at the sundial around 9pm.

Eamon, who is physiotherapist to the Louth Senior Team, opted to do his 100k in one day due to work commitments although he quickly adds that it's not something he would recommend people to do.

'I knew what to do and how to look after myself although I couldn't put my feet under me the next day,' he says.

His father, the legendary GAA commentator Michael O Muircheartaigh, sent his message of support urging people to get involved in the 100k in 30 days in aid of Breast Cancer Ireland.

It's a charity which Eamon has raised funds for Breast Cancer Ireland previously through the Pink Ribbon Tour which saw cyclists take on the eight stages of the Ras na hEireann at the same time as the pros were competing.

'It was really tough, cycling five or six hours a day at full tilt,'he says.'I always enjoyed testing myself so I thought I'd do the 100k in one day. I didn't realise what the after effects would be - the kids said my feet looked like Hobbit feet and that was not a compliment.'

However, he has no regrets about doing it. 'It was my little way of helping out.'

He says that when his wife Breffnie Carroll, whose late husband Stephen died for cancer, was organising a charity cycle in aid of the hospice Niall Carroll, who along with his wife Cara, is organising the 100k in 30days, helped her out. 'It was a easy decision to help Niall and Cara by doing this.'

RUEPOINTMEDIA

Publication:	The Argus	Media Cost (€):	5246.88
Date:	Tuesday, June 23, 2020	Reach	9,307
Page:	4,5	Size (Sq. Cm)	816

Couple on target to raise €1 million for breast cancer

By MARGARET RODDY

WHEN Blackrock businessman Niall Carroll launched the 100km in 30 Days challenge in aid of Breast Cancer Ireland at the beginning of the month, he set himself a target of raising €100,000. Now the initiative is within a whisper of raising an amazing €1million.

Having organised a fun 100km in 30 days challenge in the local community for a number of years, Niall and his wife Cara McAdam (pictured), who was diagnosed with breast cancer just before Christmas 2019, decided that they wanted to raise funds for Breast Cancer Ireland.

Niall admits that he is surprised and overwhelmed with the fantastic response commenting: 'It's incredible what has been achieved together and we cannot thank everyone enough for getting behind the campaign and for helping Cara and I to make a difference to women diagnosed with breast cancer.'

'When we started out we thought getting €100,000 would be outrageous and that it would make a big difference,' he continues. 'But this is going to make a massive difference.'

While the plan was to get one thousand people walking or running, over 14,500 people from every county in Ireland and from 34 countries around the world have registered to take part in the challenge which sees participants aim to run, walk or wheel 100km during the month of June.



With just a week to go the PinkArmy has already raised over €900,000 and all monies raised will go directly to Breast Cancer Ireland to fund research programmes in the hope that it will lead to breakthroughs in treatment options. It will also fund new state of the art imaging equipment at the new Breast Research Centre which due to open at Beaumont Hospital in the Autumn of 2021.

'Cara is a biology teacher at the De La Salle and is big into science and research so it was important that the money will go into research which will eliminate the need for women to go through really harsh treatments involving chemotherapy,' explains Niall.

Both Niall and Cara, who celebrated their wedding anniversary last week, have been donning the distinctive pink t-shirts which all participants get when they sign up, and clocking up their kilometers.

'There are over 3,200 people who have already completed their 100km and are still going as they are enjoying it so much, while the rest are well on the way to logging their 100km by the end of the month.'

The couple, who have two young children, Jack (4) and Laura (2), are overwhelmed by the support they have received, especially in their native county, where 3,500 people are taking part.

Cara is also keen to raise awareness about breast cancer and credits another young Blackrock woman Donna Farrell, who was diagnosed with breast cancer last year. It was thanks to her sending out a reminder on social media to her friends about the importance of being breast aware, that Cara decided to go to her GP and ask for a mammogram.

They are also moved by the amazing stories being shared by the participants, by the many cancer survivors as well as by those going through treatment who are doing the challenge.

While Eamonn O Muircheartaigh set an unbeatable achievement by walking his 100km in just one day, there

have been other remarkable stories.

'Roison Soraghan (nee O'Hanlon) ran from Blackrock to Carlingford at the weekend, while Mark McDonnell, a advanced medical technician, walked 35km home from Castleblayney so that he would complete his 100km,' says Niall. Blackrock resident Geraldine Rogers, who had 72 years of age is one of the oldest diabetics in the country, is also doing her 100km.

It's not just the walkers and runners who deserve credit, as a band of over 90 volunteers are busy packing the pink t-shirts in a warehouse off the Coe's Road.

With a host of famous sports stars and celebrities giving their backing to the challenge, most recently Liverpool FC players Steve Gerrard and Gary McAllister, the fund raiser is hitting the headlines, with Niall and Cara being featured on RTE and Ireland AM, while Niall has done interviews for Newstalk and Today FM.

With the challenge finishing next Tuesday, June 30, Niall says that in normal circumstances they would have organised a big hooley in Blackrock to mark its success.

Now, inspired by a photo sent to them by the Stafford family from Wexford, featuring eleven women, three of whom are breast cancer survivors, in their pink t-shirts, they are asking participants to get together in groups of not more than 200, keeping their social distance, and take photos to mark their achievement.

Naturally, the remarkable effort of Niall, Cara, and all their supporters is greatly appreciated by Breast Cancer Ireland.

CEO Aisling Hurley comments: 'The 100k in 30 Days challenge is a phenomenal achievement that shows the power of community support and the desire to change the dial positively on this disease into the future. Unfortunately, everyone knows someone that has been affected by breast cancer with 1 in 9 women being diagnosed in their lifetime and with over 3,100 new cases presenting annually. Continuous investment in research is vital in helping to speed up research discovery and uncover new targeted therapies that will affect better treatment outcomes for patients. The funds raised will help in transforming this disease, from often being fatal, to treatable illnesses that can be maintained long-term'





The Stafford family from Wexford, including three breats cancer survivors.

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	507.97
Date:	Tuesday, June 23, 2020	**Reach**	9,307
Page:	27	**Size (Sq. Cm)**	79



Cara and Niall's efforts are just priceless

THE response of Cara and Niall Carroll to personal adversity is quite remarkable and puts others to shame.

The Blackrock couple suffered a major shock when Cara, a young mother, was diagnosed with breast cancer.

Having organised a fun 100km in 30 days challenge in the local community for a number of years, Niall and his wife Cara McAdam, who was diagnosed with breast cancer just before Christmas 2019, decided that they wanted to raise funds for Breast Cancer Ireland.

They are now on course to raise an astounding one million euro for breast cancer research and the battle against the disease on the back of their 100k in 30 days campaign.

You cannot miss the pink t-shirts for the campaign which it seems are being worn by almost everyone in Blackrock in particular. Every second person out walking, running or cycling seems to be wearing a pink t-shirt.

Their efforts are incredible, their drive and selflessness amazing.

Having the awareness, motiviation and courage to be front and centre of highly public fundraising campaign, while in the middle of fighting cancer is so commendable.

Their positivity and energy compelling.

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	2102.61
Date:	Tuesday, June 23, 2020	**Reach**	9,307
Page:	1	**Size (Sq. Cm)**	327



€1MILLION THANK YOUS

COUPLE BLOWN AWAY BY SUCCESS OF BREAST CANCER FUNDRAISER

By **MARGARET RODDY**

BLACKROCK couple Niall Carroll and Cara McAdam can't quite believe the success of their 100km in 30 days challenge which is set to raise at least €1million for Breast Cancer Ireland.

The fund-raiser has captured the imagination of people not just around Ireland but in 34 countries worldwide who have signed up to walk or run 100k in the month of June.

Niall launched the challenge in support of his wife Cara who was diagnosed with breast cancer last year and the couple decided that they wanted the money to go to Breast Cancer Ireland to fund a research fellowship and to the new Breast Cancer Centre being opened at Beaumont Hospital later this year.

While they initially dreamt that the event might raise €100,000, they never imagined that it would snowball to become the success it is. Their efforts have resulted in a sea of pink T-shirts being seen on the highways and byways of Ireland and the campaign has got the backing of leading sport stars and celebrities at home and abroad.

For full story, see page 4



Cara and Niall Carroll.

RUEPOINTMEDIA

Publication:	Dundalk Democrat	Media Cost (€):	3744.48
Date:	Tuesday, June 23, 2020	Reach	5,539
Page:	10	Size (Sq. Cm)	807

Niall and Cara's challenge getting close to an incredible €1m mark

Charity: Massive national response sees challenge hit the heights

There's no doubt that the people of north Louth, Dundalk and much further afield have taken the '100k in 30 Challenge' - which was set up by a local man at the start of this month - close to their hearts.

Take a walk around the local area and you're sure to see plenty of very distinctive pink t-shirts pounding the pavement - either walking or running. And it's all for such a brilliant cause too.

Blackrock couple Niall Carroll and Cara McAdam's 100km in 30 Days challenge for Breast Cancer Ireland is coming close to raising an incredible €1million.

The challenge sees participants aim to run, walk or wheel 100km during the month of June and over 14,500 people have registered to take part from every county in Ireland and from 34 countries around the world.

Niall who organised the fundraiser in support of his wife Cara following her breast cancer diagnosis last year is surprised and overwhelmed with the fantastic response commenting: "It's incredible what has been achieved together and we cannot thank everyone enough for getting behind the campaign and for helping Cara and I to make a difference to women diagnosed with breast cancer."

Cara says she has been blown away with how many people have taken up the challenge so far, as they near the €1m mark.

"It's really, really positive what has come form this. Initially when we talked about it we didn't think it would grow legs like this."

Cara feels the challenge itself ties in perfectly with how she adapted her life to her breast cancer treatment originally.

"For me, I am a runner, I would have run throughout me treatment and whenever I had energy I would have gone out and, not run at the level I sued to run at, but still any bit of exercise really made the side effects of the treatment a lot more tolerable.

"That kept me going and it's very nice that this initiative is connected to that. That it is exercise."

For those that did set out on the first day of June, they're getting closer to the completion of it, says Cara.

"They say that if you statrted it on the 1st of June you should be three point whatever kilometres a day and you'll be finished."

However, there's some that have a little bit more catching up to do.

"People starting maybe torwards the end of it have a little more to do," adds Cara with a smile.

While speaking to RTE about her own situation, Cara added that improving the treatments available could mean a lot to those going through it.

"The surgery was fine, but the chemotherapy was tough. It's just so toxic. In that area of research I would love a lot of the money to go towards, because I think that's what will make a difference.

"The treatment is what changed my life. You know, feeling so bad for a few days after it, not being able to fully engage with my children.

"The research Breast Cancer ireland carries out ranges from clinical trials and trying to reduce the toxicity. SOme of the treatments are horrendous, especially for women who haven't had all their children yet, or haven't had any chaildren yet.

"And if there's a chance they can find out that certain treatments aren't necessary, that will mean everything to those women. It will mean that they won't have to freeze their eggs and will mean that they will go on to have a normal life."

Niall Carroll added that he was very proud of the way people have taken on the challenge.

"There's an amazing team behind me here and we're all so proud with how the nation has taken this and ran with it. Not just in Ireland, but in 34 countries across the world. I love the Irish diaspora, their attitude is just to get his thing to spread and we're very, very proud of what we've achieve."

At over half-way through the month, the #PinkArmy has already raised over €900,000.

All monies raised will go directly to Breast Cancer Ireland to fund research programmes in the hope that it will lead to breakthroughs in treatment options. It will also fund new state of the art imaging equipment at the new Breast Cancer Research Centre which due to open at Beaumont Hospital in the Autumn of 2021.

Breast Cancer Ireland say they are "humbled" by the reaction and support, with CEO Aisling Hurley saying: "The 100k in 30 Days challenge is a phenomenal achievement that shows the power of community support and the desire to change the dial positively on this disease into the future. Unfortunately, everyone knows someone that has been affected by breast cancer with 1 in 9 women

being diagnosed in their lifetime and with over 3,100 new cases presenting annually. Continuous investment in research is vital in helping to speed up research discovery and uncover new targeted therapies that will affect better treatment outcomes for patients. The funds raised will help in transforming this disease, from often being fatal, to treatable illnesses that can be maintained long-term."

"Any bit of exercise really made the side effects of the treatment a lot more tolerable



Niall Carroll, his wife and breast cancer survivor Cara McAdam and Ireland Football Manager Stephen Kenny

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	6600
Date:	Tuesday, June 23, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	339

Today FM @ 23-Jun-20 13:27 - (breast)

new stabilisation system kills 99 % of viruses and bacteria in every good in their final pool game and a new range of Finance offer from 0 % and a three-month pilot provided byway of a hire purchase agreement from Volkswagen Financial Services Ireland and subject to lending criteria terms and conditions apply visit still that dot ie for further information Cut at the plant will also need to question their

easy run the army is all Blacks does money I was doing the wasting their hands and say that the John his brothers and with a man that I do when this is lunchtime with Murray Ronan and now at the beginning of the month I spoke to a man who set up a 100 K in 30 days is he asked you to sign up to walk or run 100 K during the month of June to raise much needed funds

for breast Cancer Ireland we are now one day lead 23 so I thought it a great catch up with Niall Carroll see how it's going good afternoon I'll that memory I'm doing very very well I have been doing your 100 K in 30 days myself and I've been thoroughly enjoying it ie I knew I wasn't going to go and do like 200 K 158 but for me it's just been lovely getting out every day Sunday's do more than 3 K Sunday's do

under it and it's just been a really lovely experience Yeah it's been brilliant and we've been tracking your progress Mister Dunne and Seanie you there and the we've had a lot of people say that it's it's great just been kick-started needed to get out and do a few runs and do a few walks and I and and is loved the fact that they're seeing the other pink T-shirts arrive people they don't know them and they have a common goal together and

not in a way everybody when the passage has been Re Highlights: Breast Cancer Ireland, 100k in 30 days, fundraising, Niall Carroll, pink tshirts, compete virtually, real challenge, social distance restrictions, Fund Research Programme, Breast Cancer Research Centre, donate.

RUEPOINTMEDIA

Publication:	LM FM	**Media Cost (€):**	77
Date:	Wednesday, June 24, 2020	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	873

LM FM @ 24-Jun-20 09:49 - (breast)

of people applauded and abandoned and take it that way a lot of people like can I just say this is where the heroes don't wear capes but in many cases a superhero didn't have any people eat away at the beginning of this crisis you would call that allow residential settings such as nursing homes were basically stating that they could not secure the appropriate PPE right staff did not have the effect that another to protect

patients and you know some of these things that are coming to light now out I do know we made a submission also this week to the expert panel on nothing and expressing these concerns and obviously there are those report will feed into an article of faith going forward but also into the European Commission which I believe has a role to look at how the thing is that there right

throughout Europe this is something that can never be repeated OK well we've had actually expected to be speaking to you as a Siptu rep this morning because you're stepping down from the role I take it this is one of her last duties appearing before the Oireachtas committee yesterday and will assume the role with the Workplace Relations Commission in due course absolute like a place you would market place OK thank you indeed Paul Bell who

is outgoing divisional organiser with Siptu health trade union now let's go to the look at the papers this morning because as always when you get to Wednesday during the weekend the papers are available to you we have them in front of us Emery clearance has some of the stories making front page news this week OK good morning to you morning I think we got started in Drogheda Fri right we are indeed warrants issued for the arrest of 3 John men that May's for the lead story of the

dried Independent has reported that the pair were facing serious charges including false imprisonment have effectively gone into hiding because of the threat to their lives the plight of pub owners is also featured on page one and Collette new deal the president of the loud Vintners Federation tell the public Kids across loud been deeply disillusioned as they attempt to navigate the guidelines issued over the last week

OK questions then making the front page story of the Dundalk relating to DKIT Spanish doubts about a dog I'd tease ability to achieve Technological University status does from page to jury of the dog Democrats after a source at the Institute claimed that all of the institutes of technology in the country have or are about to announce mergers and the fear is that it will leave DKIT effectively on its

0 However responding to the claims DKIT says that active consultation around TU designation is currently ongoing and that DKIT expect to be able to make an announcement by the end of June 2020 we are moving away from that story then there's also Lovely tribute inside the paper Michael to the late Terry Brennan the for led Fine Gael Senator who sadly passed away on Friday and was described by Taoiseach Leo Varadkar as a great public representative he of course won 5 consecutive local

elections and was a councillor for a total of 26 years be informed before being elected to Seanad Eireann in 2011 current Senator John McGahern told the Democrat he was a meticulous and devoted constituency worker and also had such a massive personality that it was impossible not to leave his company without a smile on your face a rest in peace Harry Marais and further Terry's family Iarla singer like to let them know that I'd like to send

my best wishes to them at this very sad time I was very sad to learn of Cherry Brandon's death I have to say I spoke to Terry many times over many years as a local councillor he then of course to get a seat in the Shannon and with a bit of a falling out I think it would be silly to say otherwise I was never sure why but that Unfortunately was the case but nonetheless very good public representative and as you say may he

rest base onto the yard % Michael one million thank you is is the heading of the lead story in the Argus and this really is a remarkable story highlights how simple fundraising initiative can really spiral into something major Blackrock couple night Carol and Karen McAdam can't quite believe the success of their 100 kilometre in 30 days Challenge which looks set to raise at least one million euro for breast Cancer Ireland NI launched the challenge in

support of his wife Carol who was diagnosed with breast cancer last year and while initially hoped might raise 100000 they never imagined in a snowball to become the successor is capturing the imagination of people not just around Ireland but in 34 countries worldwide who have just signed up to walk or row are run 100 k in the month of June for unlocking the economy the firm Highlights: Breast Cancer Ireland, fundraising initiatives, Blackrock Karen McAdam, Niall Carol, 100k in 30days.

RUEPOINTMEDIA

Publication:	dundalkdemocrat.ie	**Media Cost (€):**	11
Date:	Wednesday, June 24, 2020	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	889

Dundalk couple Niall and Cara's challenge hits incredible €1m mark

Charity: Massive national response sees challenge hit the heights
There's no doubt that the people of north Louth, Dundalk and much further afield have taken the '100k in 30 Days Challenge' - which was set up by a localcouple at the start of this month - close to their hearts.

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Blackrock couple Niall Carroll and Cara McAdam's 100km in 30 Days challenge for Breast Cancer Ireland has already hit the €1million mark, with an incredible 1,000,000 kilometres logged also.

Learn more
The challenge sees participants aim to run, walk or wheel 100km during the month of June and over 14,500 people have registered to take part from every county in Ireland and from 34 countries around the world.

Niall who organised the fundraiser in support of his wife Cara following her breast cancer diagnosis last year is surprised and overwhelmed with the fantastic response commenting: "It's incredible what has been achieved together and we cannot thank everyone enough for getting behind the campaign and for helping Cara and I to make a difference to women diagnosed with breast cancer."

Cara says she has been blown away with how many people have taken up the challenge.

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Cara feels the challenge itself ties in perfectly with how she adapted her life to her breast cancer treatment originally.

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"The surgery was fine, but the chemotherapy was tough. It's just so toxic. In that area of research I would love a lot of the money to go towards, because I think that's what will make a difference.

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RUEPOINTMEDIA

Publication:	Limerick's 95 FM	**Media Cost (€):**	1721
Date:	Wednesday, June 24, 2020	**Reach**	96,000
Page:	Link	**Size (Sq. Cm)**	136

Limerick's 95 FM @ 24-Jun-20 11:29 - (breast) Part 1

Kyle Patton and the soothing chemotherapy I hectic the talking but like I was very lucky I am coming up in 8 years' time the 3 and you know I a.m. very lucky like that I know after being at all for 10 months but I think them I am very very I feel very very lucky that I I mean why not keep the understand like that these thoughts are with but they continued to check themselves to be can they make and the actual all know what they're

looking for and it's not just the number at their ease and others find to eat I just want and where can people get that information by the way just might take a look all 9 I worked for breast Cancer Ireland myself than a Highlights: Breast Cancer Ireland, breast check examination, Minister for Health Simon Harris, cancer screening services, Breed O'Connell, Juliet O'Connell, breast cancer, HSE, long term treatment, early detection, radiotheraphy, chemotheraphy.

RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	3682
Date:	Thursday, June 25, 2020	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	787

RTE Radio 1 @ 25-Jun-20 09:53 - (breast)

Me been a most unlikely win for your average song contest that remotely camp and kind with an excuse he hinted expression called death think about things and paralysed and didn't happen from this year because the original cancer that's that Freya's the ban like that like a lot they confirmed show at Dublin's Olympia Theatre about that I do not see them April 4th 2021 when

the restrictions will be a distant memory and highlight the incredible work that the couple from allow us and the great people of Ireland are once again beyond we've achieved in fundraising for breast Cancer Ireland well done two mile Carol and Karen McAdams 100 kilometres and 30 days it's great they were great initiative it was a challenge for breast Cancer Ireland raised a phenomenal amount of money in a very short space

of time in just a few weeks they raised one million euro well adjusted just again the Lockout generation the decency and Nations a carousel was diagnosed with breast cancer in December they have only got married in June 2019 two children Jack for lorries to 6 months later following treatment carries well await a full recovery to good news story despite everything I great care from Beaumount sponsor Tourism to

permit hospitals and want to give something back they came up with this 100 km 30 days campaigns congratulations to them on a great result registrations still very much open is not too late to get involved so 100 km 30 days dot ie but I want to go now to the Aran Islands we had a beautiful day on Inisheer on our travels there recently and we met and you wonderful woman by the name of that McDonnell was the thought that I would like

good morning I'm sorry Yeah are you said Me and you gave me tea and looked after me I'll never forget your hospitality on the island was like I was like a disused on tour or on the coast of Ireland thank you Oh you're very welcome also changed times some spin but please God we get back to normal again in the future I hope so you took your took up pole on the island last week and you ask do you want to open the

island for tourists or not what percentage said no well in the local choral cream van the core of ran a survey to see what you know because they are involved in tourism themselves represent all residents on the island they decided you know we better take a survey and see what people want their opinion is and 92 per cent said they wanted to keep the iving fill the tourism this year but you know we realised that we can tick

completely and we are all geared up with a paper that these 5 opening and then last week when the it too tough and very sad I still think it was announced we are all very nervous and it's really from a public health issue really because we're very happy later as you know we're very small and we are very afraid of the virus getting into the islands and like the local doctors and that have asked for

of to be left the until T5 and it's just that he is doing on the main members of boards and given that a little breathing space because it's not in our nature it All that when complete that we welcome everyone with open arms time you know you should let would you say you now are you saying to people please don't come Justice this for the time being or you try to come and see what happens Emily are

you can are saying please don't please don't at least two of the of July told them it Yes exactly now family and friends of mine that I haven't seen loved ones and that ease slowly slow and steady and just to be on the safe side and at the moment we have water water reserves are depleted then we have restrictions on water

the islanders the lawn there's no public toilets open and I don't know how we're going to manage it's when it does open up but of course we know like most of the island is dependent on tourism and the rest of them would be mild cheese I know that schools of the compliant features and that in my the straight but that's a small percentage the big income is the Nazi the scullery Valera and tourism and people have you no decided that

health is Highlights: Breast Cancer Ireland, fundraising, Louth couple Niall Carroll and Cara McAdam.

RUEPOINTMEDIA

Publication:	The Avondhu	**Media Cost (€):**	524.4
Date:	Thursday, June 25, 2020	**Reach**	9,000
Page:	55	**Size (Sq. Cm)**	285



Charity 440km fundraiser this Saturday

Castletownroche GAA Club have organised a charity fundraiser for two worthy organisations. Breast Cancer Ireland and Pieta are the two that the club decided to fundraise for. This great cause is taking place this Saturday, June 27. It is a Dawn Until Dusk relay that begins at 4.30am and finishes at 10.30pm.

The aim of this fundraiser is to complete a total distance of 440km either by walking, jogging or running. Why 440km you might ask? Well it was one of our club officers Mick Sugrue that came up with the idea that this was the total distance travelled by our junior B hurling team of 2019 to the five pitches en route to winning the county title. These five venues were a trip to Ballyhea/ Blarney (which was visited twice due to a replay), Inniscarra/ Kilbrin, and finally the big trip to Páirc Uí Rinn.

This fundraiser is open to everybody. You can choose to walk any road or route that suits yourself. Take an account of how many kms you have clocked up no matter if its 1km or 20km and send your total to Mick on 087-6175447 or any club officer that you may know of. So get on your walking or running gear and if you have any club colours to wear please do and support these two great causes. Donations can be made online at https://www.idonate.ie/CastletownrocheGAA-Club.

TRAINING RESUMES

After many weeks of no activity on the GAA grounds it is with great delight for the players to get onto the sod of grass once again from Wednesday night onwards. Every player to their credit have been doing their own bit of running during lockdown, so now it's time to sharpen up on the hurling and football skills. Every player and anyone involved with any activities or duties within the club must now complete a Covid-19 education learning module. Please contact Bobby Hazelwood 087-9261367 if you need to complete this module. We as a club encourage all of our players to abide by all the necessary regulations regarding the prevention of Covid -19 while attending training and games.

CLUB LOTTO

The club lotto has been put on hold since the beginning of the lockdown. Our last lotto was held on the 2nd March. It is hoped that the lotto will commence in the next few weeks. Anyone who purchased a yearly subscription for the fortnightly lotto will have their ticket extended to cover the number of draws missed in the past few months.

MAIN SPONSOR

The Hill Stop Inn.



Seamus Hennigan, chairman of North Cork Primary Schools Board pictured presenting the cup to Owen Noonan, captain of Castletowroche National School after their 1991 North Cork Primary Schools football win. (The Avondhu Archives)



Abbey Rovers, Castletownroche pictured with club members and mentors after their victory over Doneraile in the North Cork U21 B football championship final at Killavullen in 1998. Back l-r: Pad O'Sullivan, Bobby Hazelwood, Jim O'Brien, Paul Barrett, Donal Relihan, Michael Clancy, Michael Farrell, Christopher Relihan, Owen Noonan, David Barrett, Jonathan O'Callaghan, Tony O'Sullivan and Tom Barrett. Second row l-r: Thomas O'Neill, Rob Carter, Harry Farrell, Joseph O'Neill, David Relihan, John O'Brien, Tony Murphy, Brian Magner (captain), Michael Lenihan, Kevin Finnegan, Wesley Walsh, Paudie O'Sullivan, Philip Murphy and Thomas Barrett (jnr); front l-r: Russell O'Brien, Eric Stafford, Peter Noonan, Johnny Ryan, Johnny Batterberry and John Quirke. (The Avondhu Archives)

RUEPOINTMEDIA

Publication:	LM FM	**Media Cost (€):**	79
Date:	Friday, June 26, 2020	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	915

LM FM @ 26-Jun-20 02:30 - (breast)

over many years as a local councillor he then of course to get a seat in the Shannon and with a bit of a falling out I think it would be silly to say otherwise was never sure why but that Unfortunately was the case but nonetheless very good public representative and as you say may he resting place and the largest them Michael one million thank you is if the heading of the lead story in the target and this really is a remarkable story highlights how a

simple fundraising initiative can really spiral into something major Blackrock couple night Carol and Karen McAdam can't quite believe the success of their 100 kilometre in 30 days Challenge which looks set to raise at least one million euro for breast Cancer Ireland NI launched the challenge in support of his wife Carol who was diagnosed with breast cancer last year and while initially hoped might raise 100000 they never imagined in a snowball to become the successor is capturing the

imagination of people not just around Ireland but in 34 countries worldwide who have just signed up to walk or row are run 100 k in the month of June for unlocking the economy though left for the main story for the Dundalk leader that's right it's back publishing this week and a return to the story of positivity and its front page report in the sense of optimism optimism even for the local economy Paul Berne is right that the streets around the town centre are looking more

familiar these days as businesses around job begin to open the doors and that there's a real sense of relief amongst dog traders as life slowly but surely returned to some sort of normality with some pubs restaurants and hotels of course expected to reopen this Monday evening Removal from for further they chronicle of reporting on a cancer patient who was going very important medication that's right this is it a Dunboyne dad has been given the Green light by the HSE to get vital life-prolonging drug

56_-year-old Pascal Murphy can never smoked in his life was given a diagnosis of terminal cancer lung cancer two years ago and was devastated by the Government and HSE's failure on turnout to fund the proven drug which increases both life Inspector Si 8 Inspector Si and quality of life he had been paying my bills of 5270 euro a month himself you can imagine his delight and relief that that's going to be paid by the HSE

OK thanks for letting me and if people listen to want to come and hear their stories as always with love to hear from the telephone numbers waiting 57.5 9.8 read at school to shin Fein to TD for Meath West Johnny girl whose arm El the line and is calling for more charging points for electric cars should be installed around the country over good morning to you John McGuirk and thanks for

joining us how do you drive an electric car yourself there's gives them both Chada spent around one of them got a good blood a query from people electric cars and that the infrastructure is not a player I am sorry we couldn't hear the other starter problem that are just too good to be back on the first question is do you drive an electric car yourself no I don't like them but

to maybe something that I would look at it the infrastructure was in place then there's there's an awful lot of there's a huge push across them can change everything for electric cars the the lowest CO2 emissions and reduce knives and air pollution and climate action really are talking about 936008 charged by 20 talking to quickly we need that they could infrastructure and twisted and people can charge

your scars and and soccer at the moment isn't it well it is but you take and the like me like me I think we have 22 charging points across the whole of the County and maybe too fast charger so when it When you might let you know him if you are currently run by 2022 a pub and 75000 each parish also always tourists coming to the area might you talk about the old Norse mead areas that have not charging when you could go chatter that by the

summer and are too long much and you're lucky all those Justice Michael don't have charging points so you know it's it's very hard to push for electric cars we don't have that basic infrastructure in place but we have the plan under the National development plan to provide for these points have Attorney Michael but it's like a lot of land that needs to be implemented it needs to be pushed and the Taoiseach put in place at the moment

Michael M I know several people around me who have electric cars and they would be on me like about you Holly you can always in my mind and go where you want get a charging point like the sort that infrastructure needs to be in place before people will consider buying these electric cars and that that that's what I'm here in my everyday week long but the plan as I say is to roll them out on a Grand scale under the National development plan and

Highlights: Breast Cancer Ireland, 100 kilometre in 30 days challenge.

RUEPOINTMEDIA

Publication:	Irish Independent	Media Cost (€):	9744.2
Date:	Friday, June 26, 2020	Reach	83,900
Page:	2	Size (Sq. Cm)	332



Promoting breast cancer awareness in schools



IVAN AHERN
Director,
Cornmarket

A newly expanded education programme from Cornmarket & Breast Cancer Ireland aims to help women spot breast cancer early.

Cornmarket has teamed up with Breast Cancer Ireland to expand their awareness and education programme and help women recognise the signs and symptoms of breast cancer.

There is a common misconception that breast cancer only affects older women. However, the statistics tell a different story, with 30% of women diagnosed with the disease aged between 20 and 50*.

Early detection of breast cancer is key to survival, and if women can be educated to self-check, this will help increase awareness and ultimately save lives.

The awareness and education programme supports visits to schools to educate teachers, as well as transition year students, on the signs and symptoms of breast cancer.

Initially when Cornmarket came on board the programme was aimed solely at transition year students and secondary school teachers. The scope of the project has now grown significantly, and has been expanded to target primary school teachers too.

The programme is available in schools throughout Ireland and is delivered by qualified Breast Cancer Ireland representatives, including both breast cancer survivors and nurses. They have a genuine passion for educating others and sharing their stories.

As part of their presentations in schools, these representatives use a specialised mannequin for medical instruction, which allows participating teachers to feel for lumps and learn what to look out for during a self-examination.

Presentations are free of charge and can be arranged for 20-25 minutes during lunch or 45 minutes after school hours.

Feedback on the programme has been positive and continues to gain momentum.

- 100% of respondents rated the programme as excellent or very good
- 98% of respondents said they were not self-checking correctly before the presentation
- 100% of respondents said they would recommend the programme to a friend.

*Breast Cancer Ireland 2019

Cornmarket is proud to sponsor this programme and through its support of Breast Cancer Ireland, understands that knowledge is power and awareness saves lives.

To register your interest in a presentation for your school, visit:

www.cornmarket.ie/into-breast-health-programme

Presentations are on hold until after Covid-19, however you can still register your interest in advance.

Sponsored by

Cornmarket

IN ASSOCIATION WITH:

BREAST CANCER IRELAND
researching a cure


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RUEPOINTMEDIA

Publication:	Irish Independent	Media Cost (€):	9861.6
Date:	Friday, June 26, 2020	Reach	83,900
Page:	4	Size (Sq. Cm)	336



Breast health and how to self-check



DR ANN SHORTT
GP, Emergency Medicine Consultant and Director, Full Health Medical

New 'Pink Power' initiative sponsored by Cornmarket successfully raises awareness by 50% and could save many lives.

One in nine women will be diagnosed with breast cancer in Ireland in their lifetime. It's the biggest "female" cancer with 3,100 new cases diagnosed annually*. Thanks to research by Breast Cancer Ireland and other agencies, it is becoming a more treatable, curable illness.

New tests mean the ability to personalise treatment plans, allowing clinicians to gauge the effectiveness of treatments and the likelihood of the cancer returning.

In the next ten years, it's expected that most breast cancers will become treatable with drug therapy, and surgery; making invasive chemotherapy a thing of the past.

What to look for

However, even with all the advances in research, awareness and early intervention remain central to the fight against breast cancer. If you experience any of the following symptoms you should get checked by your GP without delay:

- A lump in the breast or breast area
- A swelling in the armpit
- Enlargement of the glands around the breast
- Puckering of skin in the breast
- A change in skin around the nipple or nipple discharge
- Dimpling of the nipple or nipple retraction
- An unusual increase in the size of one breast
- One breast unusually lower than the other.

Pink Power

Don't forget to check your insurance policy too – many are now offering wellbeing programmes with really valuable benefits. For example, insurance brokers, Cornmarket, recently launched a programme called Pink Power to thousands of their customers.

Pink Power offers a face-to-face appointment with a GP for a one-off physical exam, education on how to self-check, and a referral for further investigation if needed (mammogram, ultrasound,

biopsy). Cancer was caught in 14 customers. Many said it saved their life. Meanwhile, 90% said they were more confident to self-check after their appointment, compared to only 40% before**. Cornmarket's Pink Power initiative is an excellent example of how we can increase awareness in women, and ultimately save lives.

*Breast Cancer Ireland, Feb '20. **Cornmarket, Feb '20.

For more information visit **cornmarket.ie/pink-blue-power** and **breastcancerireland.com**, where you can download a free app, "Breast Aware," for reminders and guidance on how to self-check.

Sponsored by

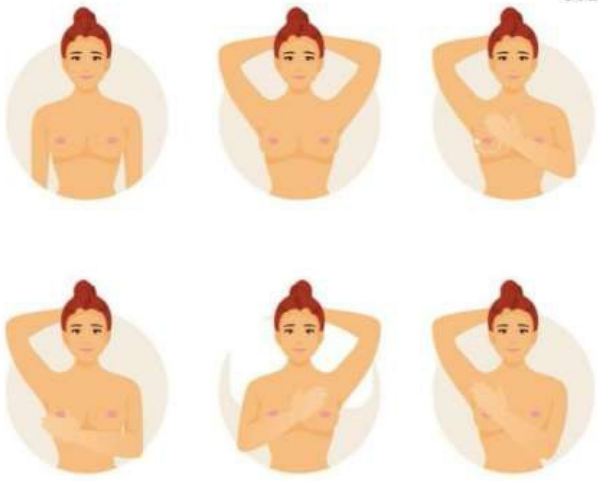
Cornmarket

IN ASSOCIATION WITH:

FULLHEALTH MEDICAL

BREAST CANCER IRELAND

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RUEPOINTMEDIA

Publication:	Weekly Observer	**Media Cost (€):**	304.64
Date:	Wednesday, June 24, 2020	**Reach**	7,500
Page:	46	**Size (Sq. Cm)**	256



Granagh

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RUEPOINTMEDIA

Publication:	Vale Star	**Media Cost (€):**	364.14
Date:	Thursday, June 25, 2020	**Reach**	8,000
Page:	70	**Size (Sq. Cm)**	306



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RUEPOINTMEDIA

Publication:	Mallow Star	**Media Cost (€):**	342.72
Date:	Thursday, June 25, 2020	**Reach**	8,000
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RUEPOINTMEDIA

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Date:	Friday, June 26, 2020	**Reach**	87,040
Page:	Link	**Size (Sq. Cm)**	383

Q 102 @ 26-Jun-20 08:14 - (breast)

leave sure Oh my God he's cute sure that's really if it's just me that thinks the us in your cellist he could really speak for us all to move You because you're clearly understood

to be a lovely this Dublin secure funds for St and he wasn't done not Italy saying sorry for her I know you are nihil a great mate Norma veg termed mad then see and play that song so now if anyone is a charmer and is doing well but Ireland's blue book at the end of this week because 2020 years staycations as perfect your staycation

Ireland's blue book .com collection of historic houses hotels and restaurants for romantic getaways so today the final one the week it is an overnight stay for two people at number one Pery Square in Limerick the heart of Limerick's historic Georgian quarter the an overnight stay and dinner as well what we want to know is what is the name of the Castle that sits write them in Limerick on the river Shannon Watts

in the Castle across the tech start with the word trip followed by your name and we were always 3 42 42 one O2 and will give it away before 9 o' clock this morning now 100 kilometres in 30 days this is a brilliant thing yet this is amazing there's a this is basically this man called Niall Curran set this up to support his wife Carol was diagnosed with breast cancer last year and those kind of done

this 100 longer than 30 days challenged around their area in BlackRock and Dundalk but then he was sinking gun bigger when cars diagnose the cycle I'm not sure but it's gone over the country and they have now raised over a million euro for breast Cancer Ireland with and Monday night and over is front amazing that is just brilliant and Niall us on the phone

now Nile good morning good morning thank you very much I know you're such a good start such a good cause Niall Yeah no it's it's a great cause and it is closer than 0.3 p but to a lot of people around the country request catch touches one in line with everybody we Highlights: Breast Cancer Ireland, 100km in 30 Days challenge, Niall Carroll, Breast Cancer Research Centre.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	253
Date:	Friday, June 26, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	464

Today FM @ 26-Jun-20 13:35 - (breast)

week truly was the scene of a random act of kindness racial Fitzgerald is training really hard to do 5 kilometres sea swim to raise money for down syndrome Ireland on behalf of her daughter peppy out of the blue or Waterworld and truly gifted a brand new fancy swimsuit and this has made a week and given her a new motivation to push on congratulations to Sarah on passing a third-year exams for primary school teaching your family are so so proud of you and

hope you and your pals Rachel Becker Claude and Lloyd have an absolutely fabulous summer Daniel Wade a 12 year-old from County Kilkenny is finishing his 100 kilometres in 30 days challenge today he started late and made huge solo effort raising 350 euro to boot for breast Cancer Ireland so well done Daniel and fair play congratulations door McNulty who has been accepted for a Masters in paradigm exciting part parrot

chemical science in Nottingham mum and dad are absolutely over the moon for you is a case of fly away home for the funky homing pigeon that got lost and stated the listeners housing County Kildare the good feather eventually flew away and found his way home to County Armagh it's been the best week ever for Liam his massive waste is found in his idol also named Liam tweeted back Liam Gallagher though he's also Liverpool Van saw celebrating their League win and today is his

last day of work for a week before heading to Kerry for a few nights in a cottage overlooking the beautiful Atlantic with his partner Paula and their one year-old Her Ella and to top it all off he had his first pint of Guinness in 3 months as they booked into a restaurant for next Wednesday and finally not just good news but great news coming out of Limerick Sinead Maloney grandad is recovering from the qualifiers after spending 12

weeks in hospital he took his first few steps and is allowed to eat some mashed banana everyone in Limerick is so so proud of him and that's good news today for today FM are on a knife that was lovely I was I'm so proud of little Daniel in their Daniel Wade the 12 year-old from Kilkenny Ennis finished his 100 K 30 days already and did not finish until Tuesday evening's of fair play to him

absolutely brilliant and only 12 years of age now my goodness I I will be finishing line on Monday who still not done as still have done anyway no thank you as always he would talk to you again next time it started there I is a gorgeously when a cycle lane next to me Highlights: Breast Cancer Ireland, 100km in 30 Days challenge, Daniel Wade.

RUEPOINTMEDIA

Publication:	Red FM	**Media Cost (€):**	218
Date:	Friday, June 26, 2020	**Reach**	192,000
Page:	Link	**Size (Sq. Cm)**	520

Red FM @ 26-Jun-20 18:45 - (breast)

Km over are from a red card for your show is a icon up with Irish author Eoin Colfer the with Trump for that we will see a sequence of Artemis Fowl movie is now available on Disney Clarks and when said that there was a second term he loved to be more involved and hoping that the movie does reasonably well in easy might see and another movie because then I might be able to fix some hiccups that happen in

this movie I saw I would definitely take a bigger part in that myself Joy lazy for already airs weeknights himself Cork's Red FM the army would not be what you are doing here with us and for them for now and only one Ba that are we feel that this is due to give we should get up and I'll be seeing you and your very cute you're grew short break

just for your will you thought I was doing the rounds this was a cause for real question will be is me a few years ago this is where I get out there and I'll be seeing you your brew your brew you're great just You can there's a little bounce if you weekend topic a 7 S

breaking me on courtship music station Red FM he was on the way the old school party ICTU amazing stories for you before you go one of which involves a song from a man from Millstreet called chair are but the next story is a charity story get to it just after this break but one mention another one Neil Barron she is upwards on 10 Grand towards an 11 Grand target she's doing the 100 km 30 days Challenge which started on the first tune for breast Cancer Ireland the affected

person she recovered from a 6 years ago and we all know people who have been affected by breast cancer and this is a very worthy charity and a very worthy cause she's been walking 5 Cape day for last 24 days has clocked up 132 kilometres and continue to do so until June 30th if you do contribute to a fund raising on just giving .com /fundraising /meals dash Baron you'll be in line to win one of over 90 prizes she's put together including signed Munster Leinster Connacht and Tipp jerseys she's

raised 10 Grand love to be aged 11.5 days to go just giving .com force rash fundraising for a special meal dash Darren Weldon given good luck they lacked drive with 4 star pizza just got a lovely welcome see you course that this Saturday's Irish examiner as the 3 parties will be to form a government have their say about the future of the country we'll bring you all the details of the school holidays are

here in weekend magazine we look at how to make the Somerfield different for the kids and for us and in sport a special 20 page magazine and how your clock drove Liverpool to their first Premier League title Highlights: Breast Cancer Ireland, 100km in 30 Days challenge, Niamh Baron.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	107
Date:	Friday, June 26, 2020	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	924

Couple on target to raise €1 million for breast cancer

When Blackrock businessman Niall Carroll launched the 100km in 30 Days challenge in aid of Breast Cancer Ireland at the beginning of the month, he set himself a target of raising €100,000. Now the initiative is within a whisper of raising an amazing €1million.
H aving organised a fun 100km in 30 days challenge in the local community for a number of years, Niall and his wife Cara McAdam (pictured), who was diagnosed with breast cancer just before Christmas 2019, decided that they wanted to raise funds for Breast Cancer Ireland.

Niall admits that he is surprised and overwhelmed with the fantastic response commenting: 'It's incredible what has been achieved together and we cannot thank everyone enough for getting behind the campaign and for helping Cara and I to make a difference to women diagnosed with breast cancer.'

'When we started out we thought getting €100,000 would be outrageous and that it would make a big difference,'he continues.'But this is going to make a massive difference.'

While the plan was to get one thousand people walking or running, over 14,500 people from every county in Ireland and from 34 countries around the world have registered to take part in the challenge which sees participants aim to run, walk or wheel 100km during the month of June.

With just a week to go the PinkArmy has already raised over €900,000 and all monies raised will go directly to Breast Cancer Ireland to fund research programmes in the hope that it will lead to breakthroughs in treatment options. It will also fund new state of the art imaging equipment at the new Breast Research Centre which due to open at Beaumont Hospital in the Autumn of 2021.

'Cara is a biology teacher at the De La Salle and is big into science and research so it was important that the money will go into research which will eliminate the need for women to go through really harsh treatments involving chemotherapy,'explains Niall.

Both Niall and Cara, who celebrated their wedding anniversary last week, have been donning the distinctive pink t-shirts which all participants get when they sign up, and clocking up their kilometers.

'There are over 3,200 people who have already completed their 100km and are still going as they are enjoying it so much, while the rest are well on the way to logging their 100km by the end of the month.'

The couple, who have two young children, Jack (4) and Laura (2), are overwhelmed by the support they have received, especially in their native county, where 3,500 people are taking part.

Cara is also keen to raise awareness about breast cancer and credits another young Blackrock woman Donna Farrell, who was diagnosed with breast cancer last year. It was thanks to her sending out a reminder on social media to her friends about the importance of being breast aware, that Cara decided to go to her GP and ask for a mammogram.

They are also moved by the amazing stories being shared by the participants, by the many cancer survivors as well as by those going through treatment who are doing the challenge.

While Eamonn O Muircheartaigh set an unbeatable achievement by walking his 100km in just one day, there have been other remarkable stories.

'Roison Soraghan (nee O'Hanlon) ran from Blackrock to Carlingford at the weekend, while Mark McDonnell, a advanced medical technician, walked 35km home from Castleblayney so that he would complete his 100km,' says Niall. Blackrock resident Geraldine Rogers, who had 72 years of age is one of the oldest diabetics in the country, is also doing her 100km.

It's not just the walkers and runners who deserve credit, as a band of over 90 volunteers are busy packing the pink t-shirts in a warehouse off the Coe's Road.

With a host of famous sports stars and celebrities giving their backing to the challenge, most recently Liverpool FC players Steve Gerrard and Gary McAllister, the fund raiser is hitting the headlines, with Niall and Cara being featured on RTE and Ireland AM, while Niall has done interviews for Newstalk and Today FM.

With the challenge finishing next Tuesday, June 30, Niall says that in normal circumstances they would have organised a big hooley in Blackrock to mark its success.

Now, inspired by a photo sent to them by the Stafford family from Wexford, featuring eleven women, three of whom are breast cancer survivors, in their pink t-shirts, they are asking participants to get together in groups of not more than 200, keeping their social distance, and take photos to mark their achievement.

Naturally, the remarkable effort of Niall, Cara, and all their supporters is greatly appreciated by Breast Cancer Ireland.

CEO Aisling Hurley comments: 'The 100k in 30 Days challenge is a phenomenal achievement that shows the power of community support and the desire to change the dial positively on this disease into the future. Unfortunately, everyone knows someone that has been affected by breast cancer with 1 in 9 women being diagnosed in their lifetime and with over 3,100 new cases presenting annually. Continuous investment in research is vital in helping to speed up research discovery and uncover new targeted therapies that will affect better treatment outcomes for patients. The funds raised will help in transforming this disease, from often being fatal, to treatable illnesses that can be maintained long-term'

Publication:	Red FM	**Media Cost (€):**	678
Date:	Saturday, June 27, 2020	**Reach**	192,000
Page:	Link	**Size (Sq. Cm)**	162

Red FM @ 27-Jun-20 11:35 - (breast)

With them the message that is Yeah thank you thanks it's not my thing give a drop of a hat is only one of the she's still with him and we are now on this issue it should was really just the Greens Cork's the music station read Mitt column on the tentative sure we caught a

line in there before that as well right now go on a chapter called Colin McGrath and that about this weekend and he's raising money for breast Cancer Ireland Colin how are you Yeah fine not too bad all Colin you're an active man you're out and about a lot recently and raise money for a great cause I tell us what to do first of all of charity in Ireland and there is something of a moment where the two and a half miles in 30 hours for 120 days and I just stood there are 100

and 30 days and it Highlights: Breast Cancer Ireland, Colin McGrath, raising money, charity.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	653
Date:	Saturday, June 27, 2020	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	551

Today FM @ 27-Jun-20 17:23 - (breast)

And also you should be sad on today FM pumped up kicks with deck appears an allegory away 7 401 to get in touch they now have to give a shout out to Cassidy Camogie Club in North Cork they are doing 440 kilometre dusk until dawn relayed today to raise funds for breast Cancer Ireland and Pieta House is incredible there are a small club and receiving great support there I think I a.m. now a 350 clambers towards told target of the 440 are a target

it were 50 rebuilt since early this morning the huge step in healing group a believe kick-started I'll hath for this morning 16 and completed a 5 case that is brilliant so if you want to find more awake and help them once the Castletown Road GAA Facebook page mixu says thanks and we love the show just extra Yeah I did I love her creative people think of becoming the last couple of weeks when it comes to raising money for charity

pictures show the young people coming together and showing that these charities need money Speaking of charity events on the line right now we have Rory O'Connor from Rory Stories fame he's undertaking a massive challenge tomorrow supported by Meath GAA in support of a better life for your campaign rural area are how with everything going you are you prepared and ready for tomorrow Tell everybody exactly which

are doing yeah we've a big event on the Morrow of a better life for living and so I think maybe we need to raise any praise for David Grace Sarah but bad base he added these were described as the most expensive injection in the world and it's only America at the minute and that's why we need maybe give a better life

one of the fundraisers that we put in a solid challenge so basically what happened is this out of the 12 clubs in the 11th sorry get involved as amici glamorous stand in one and Nobber and Navan O'Mahonys won in led a merry don't mean it Ballymacarbry village share then carry the bath trying either barred them for 25 Columba's and Oh Yeah and you will be some sight then we get the weather like today a dad Albert

Bartlett in Garristown in Dublin where Libby Martyn Turner originally storms so that the crack the problem a wider action tomorrow so have you been practising your soul laying out the back garden like a mad man 25 glum there's a big task I now and I only really made a promotional video which shop buying a landmark day in Ballymun GardaÃ and used to manage me as a football for 5 years

He's like was told who laid the ball off you are ago would really good not like but listen I've been practising in the last this followed we only now two months old so it's not ideal only more 3 weeks training whatever for to listen one outsider like yourself a challenge to prepare himself all day it is done of the possibly can but I'm really excited and and there's

not a great problem I need time film Gael Kenny Dooley Bennett Lyn Pat Collon Co Highlights: Breast Cancer Ireland, Castletownroche GAA Club, raising funds, Pieta House.

RUEPOINTMEDIA

Publication:	Q 102	**Media Cost (€):**	829
Date:	Sunday, June 28, 2020	**Reach**	87,040
Page:	Link	**Size (Sq. Cm)**	913

Q 102 @ 28-Jun-20 07:44 - (breast)

we have seen people actually like looking at a brief parting embrace that man I picked it because in a couple you are getting a bit of that he was a man using a Hollywood get a bit more powerful that he was now a man that bird man got an Oscar nomination the other 14 playing and again it is the area is a washed-up actor who once played a famous superhero Yeah you're from public life he was fantastic in that he was amazing and that again is very self-aware III

your weight very much in the Thatcherite that like yeah starring in Spider-Man movie Super unknown as culture and other Aviation been bigger that you like more the kind of coming home but now I'm kind of glad to see we have to be playing up everywhere in the clash which should be filming and again you just date later this year or early next with all of them that I guess it's it's it's it's easy to be taken more seriously about when

your successors were Val Kilmer and George Clooney and the need for him to no debate about whether or not he will be wearing a ball on bat soon and here I think to be fair I think what may be even better he's really good you're really your performance you get the sense that any looking for a move but you get the sense that like Michael Keane with playing Batman and the brutal way it has this very

normal very boring I just wishes that he worth 3 wishes that he could live in it Keane not lie down and pretend he would back the money that might well Melissa we will look forward to seeing that I will be back as a bad man I a.m. Anjum who knows who else like Richard various roles we could see that these bank was but happy great anyway at the moment Darren thank you very much a look at these have and which subject you next week

jeered I best mornings and Dublin Q one 0 to please don't call or text at this time as he will be charged to Dublin's Q one 0 to real good music 100 kilometres in 30 days this is a brilliant thing is yet this is amazing this is basically this man called Louth Carlow set this up to support his wife Cara was diagnosed with breast cancer last year and those kind of done this 100 families 30 day is a challenge around their area and Blackrock in Dundalk but then he was

thinking a gun bigger when cars diagnose the cycle I'm not sure about it's gone the country and they've now raised over a million euro for breast Cancer Ireland with and among the Ivanova is fun amazing yet that is just brilliant and Niall is on the phone now now good morning good morning thank you very much it's such a good cause Niamh Yeah no it's it's a great cause and its close EP

but to a lot of people around the country let's catch touches one of Beckett's everybody we're delighted every Yes come on board and help out with it's been hell do you know how many people have been taking part have got like an official number we do we were just over 15 people think are that all 24 countries around the world that is terrific and and to raise two million euro so quickly that that's an incredible 10 weeks there is

not much money but my my original goal was to cut the rate because of the pairs would would make a difference to keep him on the judge people for registering every 3 seconds what point during the day and we raised just short of a 100 Grand and the fortitude all keep people away that's amazing it's a by as well as the perfect time because lockdown people are out doing the walking in their kind of like now it gives them a

gold that the timing was perfect between blockchain coming to an end the darling of the number of people was getting itchy feet about it it just lopped the end of the recession had Heath and like you say people are walking all week we just passed his given 25 euro and do it for a cause and that that's how I started because I think he's got to be seen all around the country people ask

think about it and then became a hot property because he can't get another see if you with you your wife was diagnosed last year so this is something it means a lot to EU Yeah it does mean a lot like we only got married last June we in November she said but I was diagnosed in December I do not see that the care that she got was absolutely brilliant and that's why they agreed that we wanted it to be about money just yet thank

you please everybody look after carrying ball Rating 5 secure and there are is that there was no point in everyone is a very tough journey but he threw the ball to look good as a rest you have as yet not now a good good to hear that she is through through for most of the Highlights: Breast Cancer Ireland, Niall Carroll from Blackrock, 100km in 30 days, raised over a million euro.

RUEPOINTMEDIA

Publication:	East Coast Radio	**Media Cost (€):**	63
Date:	Sunday, June 28, 2020	**Reach**	30,000
Page:	Link	**Size (Sq. Cm)**	111

East Coast Radio @ 28-Jun-20 17:28 - (breast)

down price Mark but you could always get Michelle tin whistle you wouldn't it of course you and Happy anniversary to you about the last but not least the huge well done to Conor Ward on completing 100 k in 30 days for breast Cancer Ireland Conor says he raised over 14 100 euro he wanted to say a huge thanks to everybody for donating to this brilliant cars and what that photo as well him holding his well

worn and slightly sinking looking runners up to the camera fair play Conor but I'm glad I'm not your house Oh 8 7 77 11 one Oh 3 for your Mass Highlights: Breast Cancer Ireland, Conor Ward.

RUEPOINTMEDIA

Publication:	LM FM	**Media Cost (€):**	863
Date:	Monday, June 29, 2020	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	747

LM FM @ 29-Jun-20 12:45 - (breast)

Areas David Kennedy and last getting a message in a year from Hester and air she says they're fantastic service in the upgrade barbers in the dark there opening opening up one Sunday a month for children with special needs a safe child-friendly one-to-one appointments and she's thinking Peter therefore less stress for parents Yes this is Yeah for special needs kids when they go to the hairdressers it can be extremely kind of difficult and challenging for them so fair play to Peadar and all

of the gang just one immense as well bred not drive-in bingo starting back tonight at 7 30 p.m. in the pitch and there's 1000 euro the jackpot up for grabs to be won tonight so I know a lot of people welcomed the bingo returning as well know if you're on the job hunt come instead recruiting new and experienced caregivers in Louth Meath Monaghan Navan all the details on home instead dot ie Terry Glen they require a social care manager in Westmeath please send your CV along

with a cover letter to recruitment and Terry Len dad ie and the Boyne Valley Nursing home requires a full or part-time nurse for the Louth Meath area you have to have your own transport for information their rosy at at Boyne Valley Nursing home the dot ie all of the details of all these jobs are on LMFM local jobs section and LMFM daft ie now we know the song one pays the Nile but he's run 100 kilometres that's

for sure I just I can't get my head when two kilometres in war in the day He's unbelievable he struck BlackRock his name is Jackie AGNEW were here head we did it just after these is King scored through utility with a performance that you love what you think you're doing your test drive today whatever changes looking after a baby is still top of every parent left with everyday savers from

Dunnes stores we've got crewing see the baby why only 95 found in friendly Super absorbent newborn nappies from one euro 39 and baby dry nappies designed for comfort long-lasting dryness from to EUR 79 for their grocery voucher use additional 10 euro on every 50 EUR you spend every day favours from Dunnes stores always here for our customers always better value terms and conditions apply minimum spend required juicy he is black manes women's kid's extended

opening hours 8 to wait Monday to Saturday stay safe she uses League Castleblayney make your holiday dreams come true with an Aer Lingus flight from Dublin to one of Europe's hottest film sparks you delighted to be back in the air from July and 90 what David sun-soaked destinations like Malaga Alicante allow Ancelotti Barrow Â£ that and room for just 39 99 one way including taxes and charges book now at Aer Lingus staff for your summer getaway offers subject to

conditions and availability if you are all at sea for real-time ideas we've and the fresh Irish had a delicious nutritious Just like this and it's so versatile like had that with a salad Baby Gem cakes and crispy bacon sliced lemon custard Perfect summit for more delicious meal ideas visit BordBia .ie and next time you're in the supermarket or fishmongers lookout for a fresh Irish had brought to you by your local fisherman fresh ideas great meals from bought the

Gilmore is it with the largest faction within the 35 billion EUR of which are within the Meanwhile syllabus my came to run being caged to 5 k is a big achievement my next guest is he would leave an asylum the dust because he ran a whopping 100 kilometres in just one day all to raise vital funds for breast Cancer Ireland even the horrific wind and rain that we experienced over

the weekend didn't attend him and he managed to complete the challenge which is just fantastic I'm delighted to be joined by the running man we're gonna call him Jack Agnew how radiant Jackie extension of I suppose we saw a wee bit tight but that was one of the expected of the Park on Friday night absolutely because amateurs one day write my limbs are just sore are thinking about that Sinn Fein is Jackie what

possessed you to take a such a tough challenge and schools why you why do Highlights: Breast Cancer Ireland, 100 kilometers in one day, fund raising, Jackie Agnew, 100k in 30 days events, donation.

RUEPOINTMEDIA

Publication:	dundalkdemocrat.ie	**Media Cost (€):**	14
Date:	Monday, June 29, 2020	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	1,068

Louth man runs incredible 100k in a day for Breast Cancer Ireland

Caoimhín Reilly 29 Jun 2020 Email: caoimhin.reilly@dundalkdemocrat.ie
Jackie Agnew with Isaac after O'Connells'CTI Business Solutions Intermediate Football Championship final win over Clan na Gael in 2017.

Jackie Agnew had never run a full marathon distance until completing it twice and more over the weekend.

The Castlebellingham native, who now lives in Blackrock, took on the 100k in a day challenge to coincide with the hugely successful June campaign run in aid of Breast Cancer Ireland.

Organised by local couple, Niall Carroll and Cara McAdam, the 100k in a month walk/run has so far raised over €1 million and Jackie's aim was to just do his bit for the staggering effort, along with trying to conquer an extreme pursuit.

"Firstly, it was to raise much-needed awareness for Breast Cancer Ireland and the event which Niall, Cara and the team have set-up, 100km in 30 days, it was to raise funds for that and to promote it coming into the last weekend," Agnew tells The Democrat, outlining the reasons for last Saturday's excursion.

"The second 'why', 100k to me probably doesn't seem like a daunting challenge but to other people 100k is massive. I was trying to put myself in other people's shoes. 100k in a day to me might be the same as 100k to them in a month so I was trying to challenge myself the same way as other people have.

"I've never done a marathon before, I'd never actually done over a half-marathon distance. With work we do a lot of treks, going over the mountains, and probably over a day or two you might clock up 40k with gear and boots on you, navigating through different terrain."

The entire course was over 15k clear of the double marathon mark and took him roughly 19 hours 45 minutes from start to completion, over half of which includes actual running time.

Hence, he began at midnight on Saturday, finishing that evening having been helped through the final six hours by Turlach Cotter, among others.

"I didn't think it was going to be achievable to do the 100k without taking a break," Agnew added. "I broke it down into 6ks, 5ks and a 10k, and the last one was an 8k to finish. That gave me enough rest to recover and get food into the body to go again.

"So it didn't just happen overnight. With no football and the gyms being closed, I like running to keep fit and I turned 31 in April and there is a David Goggins challenge that I was looking to do. He runs four miles every hour for 48 hours, so I was training for that. I got through part of the training for it but my knees just weren't ready for it; it was too much of an overload.

"I kept up the running and come June, this challenge was great because I did 150k in two-and-a-half weeks leading up to the 100k in a day, which put the miles in the legs.

"There's an 'ultra-ultra' and they run four miles every hour on the hour until there's a winner so I started to research that and found that in the 30 minutes you're not running, your body doesn't cool down enough to get too stiff.

"I knew that if I kept my window as short as possible my muscles wouldn't go into a state of recovery.

"I'd 30 minutes off per time. At night I probably got about eight minutes' sleep. I was stretching when I got back but the big thing for me was that I needed to eat. I knew I was going to burn between 6,500 and 7,000 calories so I needed to eat 10,000 calories from start to finish. I'd a nutritional plan made out.

"When I'd come back, if I was really wet, I was changing my t-shirt and socks, which could take two or three minutes; sticking stuff in the microwave, another two or three minutes; eating it, another two or three minutes; and sure by that time it's nearly a quarter to and you're setting your alarm, saying 'you're going to be awake in six minutes'. It was a bit of a daunting challenge but I had to eat as much as I could to get my body across the line."

His partner, Shauna, he insists, played a major role in the event, while still managing to look after their kids, Isaac (3) and five-month-old Bea, having meals and fresh clothes prepared on Jackie's every return to the house.

This support, along with the various running mates, including Niall and Cara, and his physical and mental strength, which stems from his career in the army, contributed to the effort's success.

"Thinking about all the men and women who are being helped by Breast Cancer Ireland; it was in my head, 'this is

what you're out doing it for. It's not going to be easy but in terms of what they've gone through, it's nothing like it'. That grounded me and it acted as a bit of fuel, I suppose."

How does he feel?

"There's a bit of pride; it was a great achievement."

And with his O'Connell's manager, Wayne Callan, having been there to see him across the finishing line, he got to thank the gaffer for his contribution to the 100k.

Agnew quipped: "Wayne's training programme that he's been sending out over Whatsapp definitely helped, but I'll have to get back into a bit of strength training for football starting up."

Same again next year?

"There's talk about the 200k in a day, but I don't think the body will be able to take that on. If they run with it next year, and I hope they do, you never know what we might be able to come up with to challenge the body again. Football might give out about it, though!"

So far Jackie's selflessness has raised in excess of €2,300, but you can continue to donate to the overall cause online.

RUEPOINTMEDIA

Publication:	The Argus	Media Cost (€):	2012.59
Date:	Tuesday, June 30, 2020	Reach	9,307
Page:	49	Size (Sq. Cm)	313



Geraldine's personal goal

BY MARGARET RODDY

For well-known Blackrock resident Geraldine Rogers the motivation in doing the 100km in 30 days Challenge for Breast Cancer Ireland was not just to support Niall and Cara but to challenge herself.

As a diabetic for 68 years, one of the oldest in the country, Geraldine was delighted to find that undertaking the 100km over the curse of a month wasn't as daunting as she had feared.

'I'm not a walker but I wanted to do this as I know Niall and Cara and a lot of my friends were doing it. I decided that just because I'm a diabetic I wasn't going to let it stop me,' she explains.

Geraldine was the first child to be diagnosed with a diabetes in Our Lady of Lourdes Hospital when she was just four years of age.

She is insulin dependent and recalls the early days when she had to get an insulin injection with 'a glass syringe and a horrible steel needle'.

Back then, there was very little available in terms of specially produced sweets for diabetics and she remembers her father driving to Belfast to get treats for her.

'From an early age, I learned to be disciplined about what I could or couldn't eat,' she says, crediting her parents for instilling that in her.

'Of course, I did have the one sweet now and then when I was at school but I knew that I couldn't have more than that!'

Geraldine has learned to cope with diabetes and knows how to control the bouts of high and low blood sugar which affect diabetics.

She leads a full life but says she wouldn't be able to do so without the help of her husband and best friend Peter, and her good friends. 'If I didn't have their support I would be less good,' she says. 'If I'm on the golf course they will keep an eye out for me.

As she embarked on the 100km in 30 days challenge, she decided she would walk on her own, so not to hold anyone else back.

'I always took some jelly babies in my pocket so I could eat them along the way to stop my blood sugar from dropping.'

She was also careful to walk in areas where there were houses so she could get help if she needed it.

As the 100km in 30 days challenge comes to an end today, raising more than a €1.1 million, Geraldine is proud to have played her part, and says she did it both for her self and for society.

'I felt if I could do it, absolutely anyone could.'

Her proudest day was when she walked 10km on her own without having hypoglycaemia (low blood sugar) .

'It was brilliant'.

Geraldine was one of a group of extended Rogers family and friends who did the walk. The group, which included Betty Rogers, a breast cancer survivor, Rita Doyle, Ann Rogers and Maria Dullaghan, donned their pink t-shirts for a photo to celebrate them all completing their 100km.



Geraldine Rogers (back right) with fellow walkers Anne Rogers , Maria Dullaghan and Rita Doyle, and Betty Rogers (front)

RUEPOINTMEDIA

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€1.1MILLION IN 30 DAYS

COUPLE GRATEFUL TO HUGE RESPONSE TO 100KM IN 30 DAYS CHALLENGE

BY MARGARET RODDY

Walkers, runners and wheelers, in 34 countries around the world, have helped Blackrock businessman Niall Carroll and his wife Cara McAdams raise an amazing €1.1million for Breast Cancer Ireland and the breast cancer unit at Beaumont Hospital, by taking part in the 100km in 30 days during the month of June.

'We are delighted to get to €1.1million and we are delighted at all the effort people have put in over the last few days,' says Niall who took what had been a fun community challenge global after Cara, who teaches in De La Salle College, was diagnosed with breast cancer last year.

'We are so thankful to everyone, especially those in our local community who have supported us, from individuals and family groups, to corporate sponsors.'

He revealed that they have been getting messages of support and goodwill from people all over the world. 'They are saying that the challenge has made them feel closer to home and closer to their families.'

'One woman from Switzerland wrote that she felt she was being part of the cure by taking part in this.'

A host of sports stars and celebrities, including Rio Ferdinand, singers Mary Black and Nicky Byrne, have come out in support of this massively successful fund raising effort, which saw over 14,000 people run the equivalent of 28 laps around the globe!

As the challenge finishes today, June 30, Niall admitted that it had been a tiring but hugely fulfilling month.

'The last week has been very busy, as we've had a lot of photo shoots and presentations with corporate sponsors who making donations.'

These include newly merged Dundalk and Cuchulainn Credit Unions, the Department of Equality and Social Protection in Dundalk, where 45 staff had taken part in the challenge. Specsavers have also come on board, holding bucket collections outside six of their stores and donating the money from repairs to the cause.

The couple are extremely appreciative to all those who completed the 100km and are touched by the stories of the 'heroes' which have emerged - of participants who face their own challenges and illnesses but still took part as well as those who pushed themselves to the point of endurance as they clocked up far more than 100km or completed the distance in just one day.

Jackie Agnew, braved heavy downpours on Saturday as he ran his 100km in a day, becoming the second Blackrock resident to achieve that.

A physical training instructor at Aiken Barracks, where he is based as a member of the Defence Forces, Jackie says that he has to have 'a high level of fitness.'

He plays football with O'Connells GFC in Castlebellingham, and missing the opportunity to train and play due to the COVID-19 pandemic, he decided to take part in the 100km in 30 days challenge.

Having completed 100km in the first week, Jackie made up his mind to take on the big challenge of running 100km in one day.

'I do a lot of running and had been training for an endurance event in April but wasn't ready for it,' he explains. 'I had done the training for that so I felt it would be able to take on the 100km.'

Jackie carefully worked out his strategy for the undertaking, breaking it down into blocks of 30 minutes running and 30 minutes rest.

He set off from his home in Blackrock, which he shares with his partner Shauna and their two young children Isaac and Bea, at 8am on Saturday morning, ran for 15 minutes to the village centre, and then turned back.

He used his rest period to catch up with eating, stretching and changing his socks and t-shirt. He found keeping nourished was the most difficult part of his run. 'I was burning off 7,000 to 10,000 calories so it was difficult to replenish them the body.'

Jackie says he got great support from friends and neighbours throughout the

day, including Turlough Cotter turned up in his three-wheeled wheelchair.

While challenge has come to an end, people can still support those who took part by donating to the JustGiving Page.



Jackie Agnew celebrates with a hard-earned pint after completing his 100km in one day.

RUEPOINTMEDIA

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#PinkBales initiative receives strong support

Picture Caption #PinkBales 2020 Agri contractor Paddy Foley from Callan, Co Kilkenny (pictured) has been a strong supporter of the Glanbia Ireland #PinkBales initiative. With silage season 2020 well underway Glanbia Ireland are proudly supporting Breast Cancer Ireland again this year with our #PinkBales initiative. A donation will be made to Breast Cancer Ireland for every single roll of the limited-edition pink Mastercrop Agristretch silage wrap purchased on www.GlanbiaConnect.com or across all Glanbia Ireland Agri Branches and Glanbia CountryLife branches. To raise awareness of breast cancer, farmers are encouraged to share photos and videos of their pink bales on social media, using the hashtag #PinkBales for the 2020 silage season. âBale Watchâ is also back, where we encourage farmers to place their pink wrapped silage bales in visible locations on their farm for people who are passing by to see. Commenting on the initiative, Breast Cancer Ireland CEO, Aisling Hurley, said: âNow more than ever we need our farming community to once again get behind this super initiative. Numbers presenting with breast cancer are scarily down at the moment due to Covid-19, yet breast cancer has not gone away! We need the country to be flooded with lovely pink bales, as they will act as a beacon, raising awareness; because early detection of a diagnosis is key to ensuring a positive treatment.â Glanbia Irelandâs Retail Marketing Manager, Grace OâDwyer, said: âBreast cancer is unfortunately present in communities right across Ireland and as a community based organisation we are really proud to support this worthy cause. Our #PinkBales campaign not only raises vital funds for Breast Cancer Ireland, but also gives a very visible platform to increase awareness.â

RUEPOINTMEDIA

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Agnew had breast cancer sufferers in mind when taking on major challenge

100k in a day: Jackie Agnew ran over two marathons in aid of charity



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Jackie Agnew had never ran a full marathon distance until completing it twice and more over the weekend.

The Castlebellingham native, who now lives in Blackrock, took on the 100k in a day challenge to coincide with the hugely successful June campaign run in aid of Breast Cancer Ireland.

Organised by local couple, Niall Carroll and Cara McAdam, the 100k in a month walk/run has so far raised over €1 million and Jackie's aim was to just do his bit for the staggering effort, along with trying to conquer an extreme pursuit.

"Firstly, it was to raise much-needed awareness for Breast Cancer Ireland and the event which Niall, Cara and the team have set-up, 100km in 30 days, it was to raise funds for that and to promote it coming into the last weekend," Agnew tells The Democrat, outlining the reasons for last Saturday's excursion.

"The second 'why', 100k to me probably doesn't seem like a daunting challenge but to other people 100k is massive. I was trying to put myself in other people's shoes. 100k in a day to me might be the same as 100k to them in a month so I was trying to challenge myself the same way as other people have.

"I've never done a marathon before, I'd never actually done over a half-marathon distance. With work we do a lot of treks, going over the mountains, and probably over a day or two you might clock up 40k with gear and boots on you, navigating through different terrain."

The entire course was over 15k clear of the double marathon mark and took him roughly 19 hours 45 minutes from start to completion, over half of which includes actual running time.

Hence, he began at midnight on Saturday, finishing that evening having been helped through the final six hours by Turlach Cotter, among others.

"I didn't think it was going to be achievable to do the 100k without taking a break," Agnew added. "I broke it down into 6ks, 5ks and a 10k, and the last one was an 8k to finish. That gave me enough rest to recover and get food into the body to go again.

"So it didn't just happen overnight. With no football and the gyms being closed, I like running to keep fit and I turned 31 in April and there is a David Goggins challenge that I was looking to do. He runs four miles every hour for 48 hours, so I was training for that. I got through part of the training for it but my knees just weren't ready for it; it was too much of an overload.

"I kept up the running and come June, this challenge was great because I did 150k in two-and-a-half weeks leading up to the 100k in a day, which put the miles in the legs.

"There's an 'ultra-ultra' and they run four miles every hour on the hour until there's a winner so I started to research that and found that in the 30 minutes you're not running, your body doesn't cool down enough to get too stiff.

"I knew that if I kept my window as short as possible my muscles wouldn't go into a state of recovery.

"I'd 30 minutes off per time. At night I probably got about eight minutes' sleep. I was stretching when I got back but the big thing for me was that I needed to eat. I knew I was going to burn between 6,500 and 7,000 calories so I needed to eat 10,000 calories from start to finish. I'd a nutritional plan made out.

"When I'd come back, if I was really wet, I was changing my t-shirt and socks, which could take two or three minutes; sticking stuff in the microwave, another two or three minutes; eating it, another two or three minutes; and sure by that time it's nearly a quarter to and you're setting your alarm, saying 'you're going to be awake in six minutes'. It was a bit of a daunting challenge but I had to eat as much as I could to get my body across the line."

His partner, Shauna, he insists, played a major role in the event, while still managing to look after their kids, Isaac (3) and five-month-old Bea, having meals and fresh clothes prepared on Jackie's every return to the house.

This support, along with the various running mates, including Niall and Cara, and his physical and mental strength, which stems from his career in the army, contributed to the effort's success.

"Thinking about all the men and women who are being helped by Breast Cancer Ireland; it was in my head, 'this is what you're out doing it for. It's not going to be easy but in terms of what they've gone through, it's nothing like it'. That grounded me and it acted as a bit of fuel, I suppose."

How does he feel?

"There's a bit of pride; it was a great achievement."

And with his O'Connell's manager, Wayne Callan, having been there to see him across the finishing line, he got to thank the gaffer for his contribution to the 100k.

Agnew quipped: "Wayne's training programme that he's been sending out over Whatsapp definitely helped, but I'll have to get back into a bit of strength training for football starting up."

Same again next year?

"There's talk about the 200k in a day, but I don't think the body will be able to take that on. If they run with it next year, and I hope they do, you never know what we might be able to come up with to challenge the body again. Football might give out about it, though!"

So far Jackie's selflessness has raised in excess of €2,300, but you can continue to donate to the overall cause online.

"'It's not going to be easy but in terms of what they've gone through, it's nothing like it'

JACKIE AGNEW'S MOTIVATION



Jackie Agnew with Isaac after O'Connells' IFC final win over Clan na Gael in 2017 INSET: Agnew during his 100k on Saturday