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(April 01, 2021)

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RUEPOINTMEDIA

Publication:	kilkennypeople.ie	**Media Cost (€):**	27
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Page:	Link	**Size (Sq. Cm)**	309

September: A new start for students, but the end of a high-flying political career

Iverk Show Society President Jack Kearns, with his wife Nan, son Liam, daughter-in-law Karen, and grandchildren Jack, Conor and Kate Kearns

It was back to school in September for hundreds of boys and girls who had enjoyed an extra long summer break in lockdown - a relief for all who had been home schooling at the end of last term!

Not back to normal, however, were the many virtual events that took place as the county tried to keep events and fundraisers happening in the context of social distancing regulations.

Among them the VHI Mini Marathon, led in Kilkenny by Criostal Hennessy, a Youth Worker with Ossory Youth and the Great Pink Run, which was launched this month.

Investment

An investment of €1.6million in projects across Kilkenny gave a huge boost to the county's climate and active travel ambitions, as well as the local economy.

The windfall was allocated under the government's July Stimulus package.

The first phase in the construction of the much-anticipated South East Greenway got underway.

The international premiere of Cartoon Saloon's Wolfwalkers took place at the Toronto Film Festival.

Supporters paid tribute to Phil Hogan following his resignation from the post of EU Trade Commissioner.

Crime Gangs

Kilkenny's Joint Policing Committee heard senior figures from Dublin-based criminal gangs are involved in the drugs trade in Kilkenny, meting out punishment beatings and making serious threats to family members of local people who are unable to pay debts.

Covid-friendly plans were put in place to host Kilkenomics, Kilkenny Cat Laughs and Subtitle will all take place in November.

After almost 10 weeks of voting, Kilkenny's Hurling Team of the Decades was revealed with a poster and centre spread in our paper.

RUEPOINTMEDIA

Publication:	Dundalk Leader	**Media Cost (€):**	1980.11
Date:	Wednesday, December 30, 2020	**Reach**	18,000
Page:	10	**Size (Sq. Cm)**	517

St Vincent's students show Christmas spirit with fundraisers for local charities

THERE is no doubt that most people will be glad to see the back of 2020, but as this very difficult year draws to a close the Christmas Spirit is alive and well in St. Vincent's school as a number of highly successful fundraising activities have taken place.

Students from Transition Year class TYB organised a raffle for a Pamper Hamper, filled with all sorts of luxury items, the donations from which will go to the Dundalk Women's Aid. As part of their religion classes the girls learned how the need for support for victims of domestic abuse has risen dramatically. When compared to this time last year the figures for those relying on Dundalk Women's Aid has seen a sharp increase and the girls felt they wanted to respond to this need.

Meanwhile, TYA were busy organising hampers of sweet treats for the local front line workers. They contacted local food chains and supermarkets to help put together the delicious selection of goodies to help workers through their long shifts in the fight against COVID 19. Representatives from Our Lady of Lourdes, St.Brigid's in Ardee, a staff member from the COVID test centre and members of Dundalk Garda Siochana came to the school to collect their gifts.

Fundraising for St. Vincent de Paul is always supported in St.Vincent's school and this year was no exception. Fifth years took part in the Step Into Christmas challenge, where a group of girls walked the equivalent distance it takes to reach the peak of Mount Everest.

Another group of Transition Year students along with some fifth years took part in a 24 hour fast to raise much needed funds for St Vincent de Paul. As hunger is something they never truly experience, they wanted to get a better understanding of the difficulties others face daily. They believe that small actions by a lot of people can truly make a difference. Those wishing to donate or get involved can still do so by following this link:

https://www.svp.ie/get-involved/do-your-own-fundraising/current-fundraisers/fundraisers/bernadette-white-(tyb).aspx.

Transition year students give hampers to local frontline workers.

De La Salle music teacher, Ms. Campbell along with her talented students brought some festive cheer to the residents of Dealgan Nursing Home recently with a "Concert Through the Window". The second year "Lifeskills" class prepared gift boxes for the residents kindly donated by parents and staff in De La Salle. These were presented after the concert.

St Mary's 5th year LCA class organised a beep test for staff and students. This enabled them to raise money for the North Louth Hospice. We are very proud of their hard work.

St Louis 6th Year Art Students raise €200 for Breast Cancer Ireland.

€200 raised by three St Louis TY students for Simon.

St Louis 6th Year Art Students raise €200 for Doras.

€440 raised by Sarah, Zara and Éadaoin for Women's Aid Dundalk and SOSAD Dundalk.

St Louis 6th Year Art Students raise €200 for Shine.

€500 raised by St Louis TY students for Team Hope Ireland.

RUEPOINTMEDIA

Publication:	Nenagh Guardian	Media Cost (€):	3022.11
Date:	Saturday, January 9, 2021	Reach	6,502
Page:	39	Size (Sq. Cm)	819

Our Lady's Secondary School, Templemore

MANDARIN Chinese: Transition Year students have studied Mandarin Chinese from September to December. Each student successfully completed an oral test in Mandarin, which is a great achievement. They recently completed projects on various aspects of Chinese Culture, which they presented orally to the class. Certificates of achievement were presented to each student by their teacher of Chinese, Mary Dillon. Well done to all involved. Special thanks to Liam Nolan for his supervision and organisation of classes. Thanks to Ms Tina Fogarty for co-ordinating Mandarin Chinese in the school.

Breast Cancer Awareness: TY students in Our Lady's recently received a Breast Cancer Awareness presentation from Juliette O'Connell Breast Cancer Ireland. TY students Katie Cribbin, Kristina Bohoova and Lorna McGrath presented Juliette with a donation. The girls raised the money through their mini company, 'Bake Me a Wish'.

Ascend - Healthy Relationships course: TY students also received their certificates for completing their six-week Healthy Relationships course with Ascend. A big thank you to Kathleen Maher for facilitating the course. Students developed life skills and discussed many topics which will be of benefit to them in the future.

Law Day for Transition Year students: Before the holidays it was all about Law for Transition Year students of Our Lady's Secondary School, Templemore. Catherine McLoone Barrister at Law and Garda Laura Hennessy provided a very informative workshop. Students looked at careers in law, the court system in Ireland and the role of the jury. The day concluded with each group taking part in a mock trial. On this occasion the jury was in no doubt the prosecution had done their job and it was guilty verdicts all round.

Christmas in Our Lady's: TY students decorated the doors of the school with their favourite Christmas images before the holidays. Winners of the Christmas Door Decorating Competition - First Place - Gingerbread House - Ellie May Fogarty, Sarah Hogan and Molly Nevin. Second Place - Grinch Stealing Christmas Tree - Katie Johnston, Emma Campion and Caroline Cormack. Third Place - Mr Fogarty's Grinch - Leah Walsh, Chloe Nolan and Grainne Russell.

On December 1st, the Student Council held a very special event for the school community. For the first time ever, a Christmas tree was placed in the school courtyard. They began the festive period by lighting the tree with the help of Tipperary footballers and former students Colin O'Riordan, Emmet Moloney and Conor Ryan.

Unfortunately, Dean McEnroe couldn't attend due to work commitments. The event was livestreamed into all of the classrooms. Everyone enjoyed the break from class and it was a great start to the Christmas season.

Fundraiser: Before the midterm break the Student Council organised a fundraiser in order to raise money for Stephen Simmons.

This proved a great success and a cheque was presented to Pauline Simmons by Anna Ryan on behalf of the Student Council.

TY students also received their certificates for completing their six-week Healthy Relationships course with Ascend.

A Christmas tree and decorations brought some festive colour to Our Lady's Secondary School prior to the holidays. Pictured in the school yard are Mr Noel Fogarty, Ms Patricia Higgins (Principal), Emmet Moloney, Conor Ryan, Colin O'Riordan and Mr Paul Fogarty (Deputy Principal).

Members of Our Lady's Student Council, who organised the festive decorations, with Ms Denise Flannery and Ms Alice Cooney.

Third Place in the Christmas Decoration Competition - Mr Fogarty's Grinch - Leah Walsh, Chloe Nolan and Grainne Russell.

First Place in the Christmas Decoration Competition - Gingerbread House - Ellie May Fogarty, Sarah Hogan and Molly Nevin.

Second Place in the Christmas Decoration Competition - Grinch Stealing Christmas Tree - Katie Johnston, Emma Campion and Caroline Cormack.

Transition Year students studied Mandarin Chinese from September to December last year.

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	797.04
Date:	Saturday, January 9, 2021	**Reach**	6,502
Page:	26	**Size (Sq. Cm)**	216

Students from Our Lady's Secondary School in Templemore took part in the Law Day back in December.

TY students in Our Lady's received a Breast Cancer Awareness presentation from Juliette O'Connell of Breast Cancer Ireland. Students Katie Cribbin, Kristina Bohoova and Lorna McGrath presented Juliette with a donation. The girls raised the money through their mini-company, 'Bake Me a Wish'.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	1729
Date:	Friday, January 8, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	937

FM 104 @ 08-Jan-21 22:16 - (breast)

Yeah I have plans and you know you have to write a major write down plans to yourself to get yourself a rush have you gone to stay aid workers I felt like dislike half your last year maybe was locked down every else we just get to the stage Ray like I put on my life Yeah pretty much any kind I just became a little bit anxious and worried coming month Yeah the book better pull the finger out definitely Yeah for my grade E your left

this is your life this is tragic soap suit shades to suit their goals while we're still working with him I've begun after 6 months to a year but no no now its apologies about that so I have to change that you know but I know I Yeah I live she said their eye I've never done before brightly Yeah I think I just have a moment of what I do my life I have to know my help places and this is my apartment with my cats and bits I'd have to change your lies around my face everything

else but anyway this was the last thing on my mind but I do have things in place for my new year's resolution that you've given me I got in a post I have gotten a bands but well I have picked the charity OK so or bartered here you are a because searchers organisational skills are Kart yet terrible for basically bad ads tour personality and the terms are right so I said well be excruciating Sharon is set for January was to organise a online virtual

charity fundraiser gig yet where she'll need to get a host and banned charity and sell tickets and make sure our works online anyone think of a like a lot of work it's a lot of works a lot of moving parts so made the comments in a band or anything like that just yet but have chosen so he's chosen charity shows shower Yeah Oh the past Charity breast Cancer Ireland are well very good charity breast Cancer Ireland that's who I am raising money for Lloyds

brilliant very well needed especially now because I know a lot of DM test centres are being delayed in here over Richard tragic by away but anyway that's why I'm raising my 4th all schools so deafening them place See demos place locked in job lovely Yes Yeah and what else is locked room done I've got a house but also reveal I guess I've got bands Oh well that's a good thing I'm hoping they don't follow through but they're on board having them to sign a contract and could now become like half an

hour for a one % those we have gone for a similar action However having gone for a comedian host now OK Gosia the fleet these people much else someone I know well reliable person throughout the person a nerve reliable person are all will be revealed I'll tell you more next week hashtag Click here to find out here we are obsessed with a cool that's a very good son I'm doing okay and I thought I'd do it Yeah I knew I could rely on

somebody that would just organise things for me but just now help me out right its own business it's the cherry gages set for the 29th Jess Friday 29 January writes so well we have got that virtual cake not the cake that amazing right Yeah well I had a great week until today Saoirse semi the task of what not getting up at 10 am every single morning regardless of what time you go to bed as here regardless of what time you're watching the wire

until whom you did pretty well because the site put up Instagram videos and stuff like that Monday Tuesday Wednesday to put some yesterday I think so condemning today son nothing from you today now explain how far declare myself again you might be listening thinking site and o'clock line from I know not really Valerie but especially over Christmas working these hours these night I'm

going to sleep I swear to God I a.m. talking more on sale up to 50 what's next that might usher one and other birds Zealand side of the river of 10 o'clock from me might be for him every David I miss getting up at 10 am yeah as for Like there's a Fine yet you have to donate 10 year to charity I feel I was doing I mean put to return your everyday Mr. and wherever we are maybe cash for any of them what happened to was last night of sleep and half 4 5 I think the

step through my into providers so I got the behalf want to look away Oh dear John Foley of I got but went up today what should I decided not to alarm and I slept from about two and all sorry OK so you did not get a tenant at which means Turner charity what charity are you going to dive table all done now actually a very good question I have decided to have a little

bank bailout Mark every day and look made is's 10 a.m. seeing mean for Saturdays and Sundays is now Monday to Friday working week weekends and count right but obviously a Friday a working day relying on Monday to Friday he get up at 10 o'clock Highlights: Breast Cancer Ireland, New Year resolution, online virtual charity fundraiser.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	132
Date:	Wednesday, January 13, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	532

FM 104 @ 13-Jan-21 21:13 - (breast)

They need to see this money going to charity otherwise I on the other hand have been working to a higher sleep behind the scenes to guess something together and not a minute I'm not disclosing anything I'm just letting you know that at 11 o'clock in the morning 12 o'clock in the morning I a.m. a voice telling people I do constant talk to let us and email

you name it so while Lysaght solution for her New year's Eve and unity from the resolutions are was basically to organise an online virtual charity gig on the 29th of January which Friday Yes a couple of weeks' time a tough sell tickets to raise funds to sponsor prizes band halt all that stuff because her you and your evil make Asian school she she hates it but I had everyone

else that is involved in this was like that's clearly unfair and if I was you wouldn't know what they done it if you told me before that is a know that she wasn't with people higher up but I am taking on the challenge and yes that sounds like she has been house just housing stress then actually fine looking like you have got good people around me you've use outsourced part of a huge project managing Real IRA denies good admitted delegate

as everyone else realised that I have to think job done right lazy people are lazy and they'll always find the late easy route to do anything and it can be you have the most efficient way to do this job done so charity gig on the end of the month that's the challenge the interest you doing for breast Cancer Ireland right OK I want to raise money for breast Cancer Ireland but that will be separate to

they must say something we won't say any more right I want you to donate to breast Cancer Ireland as well I want you to give details coming up very soon and very surely OK somebody sent on in relation to the 5 euro coins as one of France's well apparently 5 are quite a good 20 p piece and got busy days we are happy with them then you get sent around the shop but 20p to the local corner shop you get some stuff nails yet because you could literally by one of everything he'd be booted out that

the that food outlets straight away right on the way next I do this right after losing pal the details about how you can get yourself in a drawer to our past paralysed competition and you could be sitting on a beach for 10 days with your best mate in Bali details on the wane and seen this before we do that everyone didn't party too well I think that was very clear he started to fall a lucky you are to do a salute and I

think if you put this act the Arab League thank you thank you I love you and we're a little birdie that we do not Burden he added the

fact that with the Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	454
Date:	Friday, January 15, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	827

FM 104 @ 15-Jan-21 23:14 - (breast)

think we've got it here we go here we go on lead age you're bang incision here on room one Oh 4 all weekend F1 for Premier League live coverage starts tomorrow at 12 30 world taking on West brom you can listen to that game exclusively on FM afford dot ie or via the FM one for ABB which should have already but if you don't know what's gone on a 12 30 exam walls West Brom can also hear

the half 5 game which is full and Chelsea for Dolly stream that live or v B f one 4 AP Premier League live and now TV streaming live action from BT Sport and Premier Sports on their TV sports extra pass reminder in about 5 or 10 minutes I will be calling at the final name today here on from one 4 for the past paralysed final if you want yourself in a truck on Monday to win and exclude all the issues of all expenses paid trip to Bali unit and best Mate 10 days 5 quid

spend money paralysed and in Galway 7.7 9.1 of for it really isn't anything scary and very myself like a right now anyone doing anything and think surely weekend apart from walking now absolutely nothing over 1,0 runners like this fight I left but I felt like a fellow prison time as the yard time let out of prison for an hour and then you come back in anyway fingers crossed will be out of this sooner

rather than later would have if I was doing anything this sneaking into your head people sneaking into James Butterworth Oh that's very very a very bold indeed do it Carter was a rare chance to Connors's and is from Dublin but living over in London at the moment in Tunisia this evening and we just want to know more about about , 0 even as the life story Yeah Yeah and you've A much kind you give us your life story is a

brilliant night O'Connor has said cases hi London but we don't a checkpoint when you do on the essential stuff coffee shops are open but only takeaway you can actually walk into a shop but you cannot sit there he continues I'm here about 6 and a half years working as an electrical engineer for the Cloud resuming old town centre and many continue on getting married to my fiancee Nicole this year and having a few responsible's to celebrate that I'm coming home I

got offered a new job back in Ireland today starting in March Hopefully I get a real pint of Guinness so great that my views over London's St same amount of chance of us getting a real pint of Guinness is devastated and fingers crossed all the very best of luck congratulations on the engagement and wedding the marriage and you're coming home she over there which year she is she she must be Yeah she Irish as value taken the taking a break from their work on

land Rover here for the rest of life there are items 6 Government 7.4 now at the start of this stellar this year which was 14 days ago now the 15th of January 7th Saoirse side to cruelly cruelly said each other challenges for a new 11 of new year's resolutions non-stick soon but even tougher to stick to resolutions somebody else has said she is so a solution so my new year's resolution and ice set Her's somehow we are not

I'm getting on fine so a lot happens there on Tuesday I think you might your mind what are set to suffer you you'll step for me to organise a virtual gig with a post on Friday the 9th of January so that's what has happened A band us to be doing a live gig with a post on Friday the 29th now on top of that you did want to raise money for charity anger he would pay for tickets that is not okay

move that has been crossed off you cannot do that yet so we which counted a cell whose we were who recruit might recruit a lot of people so that's happening I don't know once led by it but I am going to do on my own page 4 hour or like you now get people to donate to breast Cancer Ireland that is why I've chosen so I will do that separately to the game itself but have a host I have banned no way do you have a

have also have a band I just need to make sure the aid on call-outs and be sent over some other things to be right OK but now all going well looking great as looking good and how was your overall anxiety moves was away in hospital Highlights: Breast Cancer Ireland, virtual gig.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	930
Date:	Saturday, January 16, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	961

FM 104 @ 16-Jan-21 05:18 - (breast)

is a know that she wasn't with people higher up but I am taking on the challenge and yes that sounds like she has been house just housing stress been Taxify look like you have got good people around me you've use outsourcing you hired a huge project managing I deny good just delegated as everyone else realised that I have to do the job done right lazy people are lazy and they always find the lazy route to do anything and management and

be the most efficient way to do this job done so charity gig on the end of the month that's a challenge the interest you doing for breast Cancer Ireland and right OK I want to raise money for breast Cancer Ireland but that will be separate to this list will say something we won't say any more right I want you to donate to breast Cancer Ireland as well I want you to give the details coming up very soon and very surely

ok Somebody sent on in relation to the 5 euro coins is one of France's well apparently 5 are quite good at 20 p piece and Dublin a days we are happy with them then he gets sent around the shop but 20p to the local corner shop you get some stuff nails you could literally by one of its is best for our fallen text lines are now closed barely call it takes to make out but she may still be charged for what had happened However grammar I can't be everywhere they

can carry on with the down with the biggest hits of all things weird and wonderful entertainment used in a jam we tasted 3 awards with Frank Keane BMW for trite victim's injuries Greg completely with the best ever find a 3 is a different key BMW tell a love affair for various bits of best for Fallon takes a lighter texture make Out but you'll still need your way there was one of Ireland's rarest coins it is worth between 5

and 7 Grant Wow get checking serious money won 19 E Fyfe 7 Grand for 20 p coin thank you for sending that in that anyone actually made money from doing that I wonder has anyone actually come across a Â£ or 10 p years something end the apparent action for 12 15 p.m. there that actually been worth a lot of money as and assess get a look-in because it could be worth a

hell of a lot of their a hell of a lot of money to you now you know the way right there's nothing to do Yeah so rather than looking forward to a lot of things have not had a lot of people like a look back and share more memories on Instagram sharing a picture of a remember this because they want to do so badly put up a picture of them in a bikini because they haven't delivered many years other like Misfits time ie remember when I was

away enjoying myself so you might have seen him do this yourself a lot of people are doing of the what we're looking for nostalgia Yeah and nostalgia is making huge return this year because we have very little look for him this year so far I was like Are you remember were lads put up a picture from Mark Crete Holiday prep school holiday own now and are held back in the day Yeah Yeah and just having a chat about it

was Ah well that was good crack that was gas but I think I remember two or 3 separate incidences where one of us should have died Oh Yeah 100 % and you look back now I like when I had you not how did we not like give an example right I finally gonna say quad bikes I guess Yes quad bikes Yeah my friend in hospital after being on them having a few irresponsible beverages Oh really Yeah so do I and remember even RTE went to her sinuses for documentary there like this as

shocking as people hump each other and to be honest when you look back it was bloody shocking we were kids and we just losing are bloody mind that I'll tell you what happened I nearly went off a cliff Oh so Barlow may my quad bike and what the lad was discovered drivers in the area when a crowd when for ages yet found a tiny little dirt track up a small amount I wasn't mentally like Hill put you on top of the Hill was where all these big phone mast

worse was the highest point yet the highest point in the land and we were driving up around it was to inspire a around the top of the mountain and the road a narrow were narrow narrow and was a DIRT track only got up to the top no problem getting up to the top like a happy days is Fine we have back down on her back down he went off in front of me I went off behind them for some reason I why did this but I decided to try and overtake on the way back down to

the left of me was a massive 100 foot drop to death right just drop off the side of a cliff face and legs if NAM defeat in nearly and I decided to overtake him and he was they were doing most of the talking and then realise were coming to a sharp like he you turn to the right and when I hit the brakes and Highlights: Breast Cancer Ireland, virtual gig.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	185
Date:	Wednesday, January 20, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	946

FM 104 @ 20-Jan-21 00:23 - (breast)

Stands quite well see an update anyway girls did people turning up at all would you do I drop dead yesterday was too busy was yesterday I we I was late for a Mohawk for resume meeting call at 10 am as some might think you're taking pictures of the fact that he got up at 10 and your thing for your coffee and so on if you didn't you thankfully slept through Yeah I was late for the term removing history although not the must pay talks he loves you but it

was Taylor's was inside but content I know listen listen to this particular am this morning on a now I know but I was 62 I was on the end of first I've been up till 6 or 7 the morning and and cancer my budget likely to dislike their stay at the scene for hours just to know I didn't do it yesterday and it didn't taste that I think 30 Quinn fines now I've totted up you're fine Yeah I'm just gonna drive so much money

was good for the if none no NCT is up is the next week and Stuart else services morning and your sole lazy that you would ran lazy extra money that you don't have is that it's getting up to catch so generous for a job you will be better tomorrow prompts well I hope you're better tomorrow you really have a choice because I need to see this money going to charity otherwise the their eye on the other hand have been working tirelessly behind the scenes to

guess something together and not a minute I'm not closing any thing I'm just letting you know that at 11 o'clock in the morning 12 o'clock in the morning I a.m. voice telling people I am doing it the constant talk to let us and email your name so what I said a solution for her New year's Eve in unity for the resolutions are was basically to organise an online virtual charity gig on the 9th of journalism which Friday Yes took a week's time a tough sell tickets to raise funds

to sponsor prizes the band halt all that stuff because they are your evil like Asian school she she hates it but I had everyone else that is involved in this was like that's clearly unfair and if I was you I wouldn't know what they done it if you told me on air and that is a know that she wasn't with people hire a void Aer n i& taking on the challenge and day Yes that's something she has been house just housing stress

been actually fine looking like you have got good people around me you've use outsourced part of a huge project managing they are neither good just delegated out everyone else realised that I have to do with the job done right lazy people are lazy and they'll always find the lazy route to do anything and management and you have the most efficient way to do so isn't job done so charity gig on the end of the month that's the challenge the interest you doing for

press come around now right OK I want to raise money for breast Cancer Ireland but that will be separate to the must say something we won't say any more right I want you to donate to breast Cancer Ireland but what I wanted to give the details coming up very soon and very surely okay and somebody sent on in relation to the 5 euro coins as one of France's well apparently 5 are quite a good 20 P

peace and a couple of days we are happy with them then you get sent around a shop with a 20 P to a local corner shop you get some stuff now you could literally by one of everything you could be is this a better for Fallon takes place or any colour texture make but you may still be charged for the film for Ulster's are cured up together and other guys driving around what is next 5 door hatchback for over the next few weeks we need to follow the rules of the officers that he would

feel even more than it ever was Dublin's of music's various bits of best for 4 takes a lighter colour texture make out but you may still be charged Fall away there was one of Ireland's rarest Cork minds it is worth between 5 and 7 Grant while Get checking serious money and why 19 E Fyfe 7 ground for 20 p coin a key measure for sending that in that anyone actually made money from doing that I

wonder has anyone actually come across a Â£ or 10 p years something and the Â£ for a 12 50 p.m. with that actually there were a lot of money I was just us get a look in because it could be worth a hell of a lot of are a hell of a lot of money to you now you know the way right now there's nothing to do it Yeah it's rather looking forward to a lot of things have been a lot of people like a look back and share more memories on Instagram sharing pictures of I remember this because they want to do so badly

put up a picture of them in a bikini because they have limited many years other like this this time the IEEE Member away enjoying myself so you might have seen the Highlights: Breast Cancer Ireland, charity gig, fund raising.

RUEPOINTMEDIA

Publication:	irishexaminer.com	**Media Cost (€):**	3160
Date:	Thursday, January 21, 2021	**Reach**	158,440
Page:	Link	**Size (Sq. Cm)**	634

Irish researchers help identify genes which can predict breast cancer

Irish researchers and patients were part of a new study which has identified genes which predict breast cancer, allowing for early treatment

A breakthrough study has identified nine genes which are predictors for breast cancer, meaning that at-risk women can get help earlier than at present.

The study, published in the New England Journal of Medicine , involved analysis of more than 113,000 women worldwide including 2,000 Irish women working with researchers at NUI Galway.

Breast cancer is the most common cause of death among middle-aged women, said Professor Michael Kerin, the research director of the National Breast Cancer Research Institute based in NUI Galway.

“This study is of practical importance,” he said.

“We can identify the members within families who have abnormal genes that puts them at a higher risk of getting breast cancer, and they can avail of strategies such as early screening and risk-reduction surgery, in order to improve their life expectancy.”

Prof Kerin said this study shows there are nine genes associated with breast cancer risk, four of which are associated with quite a high risk.

He expects the findings to be used in medical consultations in Ireland relatively shortly. And said women do not need to request any extra tests as doctors will discuss their family history as part of initial consultations.

Prof Kerin, who is also director of the cancer MCAN (managed clinical academic network) for Saolta University Health Care Group, said: “When you get in some families as we do all the time, a woman might say, 'my granny had breast cancer, my mother had breast cancer. I'm now 25 or 30 years of age, what do I need to do?' The information around these genes will give women more options for earlier treatment.

“We can identify people within the family, some of them don't have the bad gene, and some of them do. For the ones who do have the bad gene, we can then put a structured approach in place with mammography and MRI scanning of the breast in women from 25 or so,” he said.

The study builds on previous work done on two already known cancer genes, BRCA1 and BRCA2. Led from the University of Cambridge, the Bridges (Breast Cancer Risk after Diagnostic Gene Sequencing) study aimed to develop gene panel testing for the prediction of breast cancer risk.

“The Bridges study has revealed that changes which were thought to be unimportant in the well-known breast cancer genes, BRCA1 and BRCA2, are significant,” Prof Kerin said.

“This allows us to manage the risk of developing breast cancer in people affected by these gene alterations.”

The Irish leg of the study was run through the Breast Cancer in Galway Genetics Study, directed since 2008 by Prof Kerin and Dr Nicola Miller, a lecturer at NUI Galway's School of Medicine.

DNA samples collected between 2001 and 2008 from 1,000 Irish patients and 1,000 women acting as a control contributed to the findings of the global study. These samples also added insight to other studies.

Dr Miller said: “While we can't change the genes we inherit, this knowledge will benefit patients undergoing genetic testing for breast cancer susceptibility.”

She also highlighted the importance of funding research like this.

One in nine Irish women will be affected by breast cancer, Breast Cancer Ireland has said. About 3,100 new cases are diagnosed annually.

The survival rate has improved to 85% due to research and treatment breakthroughs.

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Irish researchers discover potential new therapy for chemotherapy-resistant breast cancer

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Caption:

Irish researchers and patients were part of a new study which has identified genes which predict breast cancer, allowing for early treatment. Picture: file Prof Michael Kerin hailed the practical use of the international research, the Irish leg of which studied the DNA of 2,000 women through the National Breast Cancer Research Institute in NUIG. Picture: Kelvin Gilmor

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	132
Date:	Friday, January 22, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	826

FM 104 @ 22-Jan-21 23:19 - (breast)

easier to pot luck welcome back to Monday's round of the few things I have to sort out a few life things like pay the TV licence I need to do that stuff on son Amy good evening what companies are looking for things like this for free snacks using you for to a teacher and snacks snacks save Video Gay and it's gonna go terribly wrong when I joined up and want it all God am I think I'm off the hook and then realise that O'Shea will organise and that's

just her now maybe there's a lot life this will just give you a new-found appreciation for a filofax little briefcase Oh my God I hate that perfectly put together and they have everything her deep hurt he knows that he used a PA is perfectly together over in the job of the person they have no idea what does it mean time the from of but anyway we stuff on my mean that a real Yeah I can do I would love to go Robbie

thanks very much we'll put you down straight thanks Sadly 3 people Robbie Eileen Amy and Fionn a million you and I'm gonna have my donation page open I will give you details of that but they have picked a charity and its breast Cancer Ireland a very worthwhile very require Yes pursuit skin good reason to get dressed and really address of Exeter she never ends current talks are looking perfect this is a great coming up with you for my good media so I saved the

task of the koran by the way after the show goes on every night and day the tall 6 7 in the morning you are watching I only now and eating crap so you're not obviously getting fairly John very much trying to Yeah now Unite is seeking a bit like coming years getting a bacteria that was here at the back of Christmas about a litigant bed at 7 a.m. morning prayer so I say the task of getting 10 am every day yet not just getting up

Taking a picture but on Instagram and in the back that means getting off and he did us for like a couple of days a couple of days and they're all kind of patch was if he didn't do it you give a 10 year old near to the breast cancer charity Mister OK perfect how it is if you missed it taken out before this week was only 3 dates secure such failure your and you're laughing at me like you do this thanks mom Yeah you are now

you feels pain many days how many days are gone up 10 this week now since I say the task well this week it's non non non I got I got up to go back to bed every single time because I was too exhausted to a 50 year later again that's another 50 EUR on top of the other I would say there was at least 40 EUR from before so we've got one day in the last 10 days of one yet a predator he scratched sleep over Armagh were disappointed I'm so disappointed and yours is

the way easy mind no I know you couldn't do that's my biology is more of my organisational skills can shut down a like I did the other day the days I did get up I was delighted with myself there are loads on went for walks and went and got coffees and selling wave a deal fell I felt about getting something done today ll look just wasted away with my life were just a point in the evening pushing pushing

are you coming to my finishes winner Yeah OK thanks that's fine people they fight people and big maybe we should have at 10 am on Friday you have to attend that's fine but will you be up for returning them for now but you're not right OK it's been interesting week Tamim the State next week 8 pm you're invited to come along or 3 can make a donation what will happen who knows but I guarantee something something that the devil is in the Argyll

anywhere what happened well there's a screening of the camera for two hours Munster cat house is on fire now and and Jedward were in the paper run around no one had any idea what was going on but sure look happy still to come on the show last chance this year and my forte yourself in Monday's draw ahead with Thailand 10 days you an investment an all expenses paid trip happy days last chance to enter coming up

very shortly as INM anything for 35 EUR a month for thinking the same not happen I think maybe is we need to be Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	121
Date:	Saturday, January 23, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	1,027

FM 104 @ 23-Jan-21 05:18 - (breast)

it on and were broken and needed to make it has anyone here ever taken him who worked in work for humans in a job where like I know Til and has an income of 5 points and never say never of Green rust suit but the real there are out there is an Irish laws such as the German one of them saying know I think there's just the German one obviously can be used anywhere Collette looking clips I've never seen one sick clip I know

never seen money that will help look up I swear to God through his work in a Spar shop or in a bush A groceries or a pub or something of an overthrown I don't think I believe that's how me and I'm like ok I need to get out Yeah you can take a joke money and you can get by but we a full wonderful work in a coin machine thing is sticking in looking for a change two , doing to get yourself a Co Armagh as part of the machine and job done the job done right that yet

that the VA and I would like to also shred my my my body clock which I thought I was getting I a.m. I need to shreds you tread you tonight for a few reasons actually but one in particular that you worse death a challenge I want this challenge a new year's Eve new year's Eve new year's resolution Yemen's opposition like decided to pick each other's resolutions I pictures she big mining you picked

years gone by when Friars Minor I picked for you a nice handy one which was a wake up at 10 am every single morning and I know we've had issues about because the lights come on and I like to stay away feel love food and watch Netflix still have 6 the morning now that's fine we still have to get up at 10 a.m. you were posting the picture which were supposed to do as well as our a fight but you know what It's funny because your door mat Stuart 3 days in a row I thought our rant is he doing I just

forget about it you knows only that somebody else who works here mentioned to me and a true school meals Danny rang you I lose stands quite well posting an update Anywhere Dickie bows ending up in order to keep draughts Oh is dead yesterday was too busy was yesterday I was late for a more for for's room meeting call at 10 a.m. some eyesore see that you're taking pictures of the fact that he got up at 10 and you're thinking your coffee and so on

foot you didn't you thankfully slept through Yeah I was late for the 10 a.m. meeting yesterday although not the must pay talks now heels luv Zubin tales of its output content I know listen listen to this new ICOs at 6 am this morning on a now I now but I was a good thing I was on the end of first I've been up till 6 or 7 the morning and and cancer my bodies like is just like the instead scene for hours just to know I didn't do it yesterday and it

didn't taste that I think 30 quid in fines now I've totted up and your one there Oh God Yeah I was gonna drive so much money and is it a bird is none I NCT is up is the next week and it's due and health services a numbing and your sole lazy that you would rather lazy extra money that you don't have is that it's getting up to catch so generous and dry for a job you will be better tomorrow prompts well I hope you're better

tomorrow you really have a choice because I need to see this money going to charity otherwise I on the other hand have been working tirelessly behind the scenes to get something together and not a minute I'm not discussing anything I'm just letting you know that at 11 o'clock in the morning 12 o'clock in the morning I a.m. voice telling people I a.m. doing it the constant clock condensed and email your name so what I said a solution for her New year's Eve Hewson for new

resolutions are was basically to organise an online virtual charity gig on the 9th of January which Friday Yes a couple weeks time a tough sell tickets to raise funds for sponsors prize the band halt all that stuff because her your evil like Nations school she she hates it but I had everyone else that is involved in this was like that's clearly unfair and if I was you I wouldn't know what they done it if you told me that is a know that she wasn't with people higher up but

I am taking on the challenge and yes that sounds like she has been housed straw has stressed him I was actually fine looking like you have got good people around me you've use outsourcing your pardon is project managing they are neither good just delegated as everyone else realised that I have to do with the job done right lazy people are lazy and they'll always find the lazy route to do anything and management and you have the most

efficient way to do this job done so charity gig on the end of the month that's a challenge the interest you doing for breast Cancer Ireland right OK I want to raise money for breast Cancer Ireland but that will be separate to that it will say something we will watch any more right I want you to donate to breast Cancer Ireland at what I wanted to

give the details coming up very soon and very shortly ok Somebody sent on in relation to the 5 euro coins as one of France's

well apparently 5 are quite good at 20 p piece and Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	437.24
Date:	Tuesday, January 26, 2021	**Reach**	9,307
Page:	24	**Size (Sq. Cm)**	68

100km in 30 days returns to raise funds for breast cancer

THE team behind last year's phenomenally successful 100k in 30 days which raised €1.1million for Breast Cancer Ireland and the breast cancer unit at Beaumont Hospital have announced that the event is returning this June.

Walkers, joggers, and runners throughout Ireland and further afield got behind the fund-raising efforts of Blackrock businessman Niall Carroll and his wife Cara McAdam, who had been diagnosed with breast cancer the previous year.

Confirming that the event is going ahead this June, the organisers are calling for all those who want to help out, or breast cancer patients and survivors who would share their stories as county ambassadors to contact team@100kin30days.

Every year 3100 women in Ireland are diagnosed with breast cancer and all funds raised by the 100k in 30 days will go toward research, treatments, new care centres and much more.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	116
Date:	Wednesday, January 27, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	810

FM 104 @ 27-Jan-21 00:22 - (breast)

and email your name so what Lysette solution for her New year's Eve Hewson for resolutions are was basically to organise an online virtual charity gig on the 29th of January which Friday Yes a couple weeks time which for Celtic to raise funds for sponsors rises band halt all that stuff because her your evil like Nations O'Shea she hates it but I had everyone else that is involved in this was like that's clearly unfair and if I was you I

wouldn't know what they done it if you told me on air and that is a know that she wasn't with people Hire Ford air n i& taking on the challenge and yes that sounds like she has been house just housing stress been Taxify look like you have got good people around me you've use outsourcing you've heard a huge project managing OK I'll organise a good just delegated as everyone else realised that I have to do the job done right maybe people are lazy and they'll always find the

lazy route to do anything and that it had and be the most efficient way to do this job done so charity gig on the end of the month that fish challenge the interest you doing for breast and around my right OK I want to raise money for breast Cancer Ireland but that will be separate to the list will say something we won't say any more right I want you to donate to breast Cancer Ireland at what I wanted to give the details coming up very soon and very surely OK

pay somebody sent on in relation to the 5 euro coins is one of France's well apparently 5 are quite good 20 p piece and got these days we are happy with them then you get sent around the shop but 20p to the local corner shop you get some stuff nails yet you could literally by one of their faith is best for Fallon takes lives are now bidding to make it out but you may still be charged and that the minor where

he was getting from everyone else for me like you are ever likely I had left for dead he or guest with Cormoran and winter should hear a rumour for we called out and last finalist for second finalist should say here on their room enough for it was Lee Porter in Cabinteely and I presumed it was a girl and you said it was a boy I never heard a name leave something you love him

he's saying you use me was a boys' thing which brackets that April answer Oh I was right after a 0 lead was the right you are a man or woman Moran Marian sorry I didn't realise your name is El Lives sooner or later I'm just seeing now I'd like ever Oi get the pronunciation wrong Yes really Yeah I get lazy the led lights

laid spelt the same way this Lady Vanessa front but is now not it's quite nice actually I like namely for a girl from lovely track now I'm sorry I apologise no injures I L E and I just assumed OK I'm sorry get a suitable of my biggest glass screen I think he's very frail of away from 11 league first and foremost our sincerest apologies for getting it wrong and they want to insult but the good news is

you're in the final Monday minor fingers crossed that you get to go who would bring if you did get to go probably praying my fiance place think you'll be disappointed the Waltons Yeah well as on-site gory story seems he might have to have a go exactly Lee having booked a date for the wedding now I'm in College so I get out of the way and then

adding thanks for the best Yeah you burn your money in college at the moment there's no chance of Oh my God I a.m. not money Yeah Yeah they are what is still a and are letting their peak what exactly is that is that chatting to losers when they come in second and third and have a bit of everything is still a Fine person Don't worry about it

not quite true the terrible for us Alex Yeah being a specialist then likely musculoskeletal injuries but again a real job a real impact with people who need absolution fair play you should be a deserved winner now listen in the drop and what we have there and your faces was blocked out a little bit in euro WhatsApp profile for about one and a into CrossFit or powerlifting more I need to be embarrassing

Oh cool very very lucky new working squad Highlights: Breast Cancer Ireland, raise money.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	2856
Date:	Thursday, January 28, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	905

FM 104 @ 28-Jan-21 23:33 - (breast)

set yourself a new year's resolution because the latter because of the misery and specially for them what is this a lockdown 3 3 half for a fool this subjective ruses like they just loads of flavour so Saoirse tasked me with getting the 10 am every morning noon and night tasked with tomorrow night ATM a live charity gig where we have talked about enough their nests first and foremost I gave you know I gave you a task of getting up at 10am I just have to take a picture of

your alarm clock and you are getting up and doing a task like making coffee going for a run not doing a little bit of exercise my ass United me easy the use setting the bar too low you every opportunity to open the County is Gus gained be disappointed in me for saying the very nice OK well I'm not explain what happened the techniques that task and I immediately tell us guide on how to do that that which is devoid of solutions organization schools I era slim to none

Yeah and I've done a lot better I think the past this is like things maybe did you were meant to fail because you learn more the failure I don't know if they've gone better I'm just not an organised person I'll admit that I never watch should attach to your identity you should know what is my identity my demands will help lay leaders from the time as a child I think is a habit and the skill of behaviour in school they took my locker of me because I used to be on my books around the

classroom Heelan from a locker at any way didn't have luck in school because of an organised a box properly it just continued on and look I have I have strength in other areas ie you know we can't all be good at everything through that is just not one of my and my strength and I'm happy to say that I wouldn't want to be an organised person might find people that are super organised our little bit uptight will be a unique and always you can always improve my extra I'm happy with who I am I really

should be though I'm very happy with who I am and not if you don't like me you don't like me anyway A 3 set win his task I think and distress over because I would never do that but be ridiculous but it will recruit a few people to help me out so I'm gonna just a minute I got in contact with Emma Nolan attended 3 shells seminal an amazing girl she is so organised She's like unbelievably organised and she was like Yeah I'll post EUR event Brigadier Basil garlic Super nice and was given me loads of

ideas it we had a few phone calls later thing this is gonna work as I was thinking well I will because every night do any of this she said would help meet the perfect that was great for my first port of call was to go to the Abbey for enough of lobby was to get in contact with bands they're bands of stuff like that bid that was fine so at this stage had Emma in the bag had not be in store now that's

outsource like doing yourself like nothing to do with it nothing myself patio on to wire are team to do that video stuff team with the team to do your stuff and not personally are concerned stations about when you can schedule said the army and broadcaster is fine everything is a dazzling for land with errors and sell well people is one side of this issue long turning the clock back Yeah and then my my charity was I wanted to raise

funds for breast Cancer Ireland and so was all gone to plan and then slowly did he get on he did not deliver an actor he didn't pay now they didn't do not not not he's a man on the planet not be as busy as it's 7 kids and wife a lot of cars review a breakfast show on Station Road sovereign how do we just 70 mins K nday to knows he does have a puppy is a doozy days it'll be quite so that just was the case and then slowly but surely things started to crumble if life is so not you

couldn't help me out because he was too busy so then Emma was suggesting I also feel nice touch nor others stare and Crystal Swing and Jedward brilliant Yeah and then I could get them and then Emma was continue Emma has tried so hard and I'd say I will everything I her are so was sorry was of story is today it was just me I don't have a Oh I don't have a how do you post something you do your job Bolognese and she

will do everything and yet lest as praise them for left because dear God the girl is just on the organisational skills mean she is the woman to go to a with me on the other hand not so not so well so I hate to disappoint you Highlights: Breast Cancer Ireland, raise funds, charity, donate.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	322
Date:	Thursday, January 28, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	741

FM 104 @ 28-Jan-21 23:42 - (breast)

please Oh there do their bit to give him a wee bit behind room room room room yesterday business I think this is a much better version incision here reminders podcasts up after the show he is back in full use of water by tomorrow maybe

your one year-old or walk causes not to do a mixed report Doctor Edward Dillon who walked today the highlight of my day you Root different direct sunny here now what didn't you walk around the dirty filthy path when the young couple walkers are getting single file anyway up on a cast Spotify of the usual podcast face agree gait your stuff from somewhere we want now is just a finish of the year the issue of the show this evening myself position

failed miserably with a news and yet we have seen a really bad really bad now I have to say by the way and the message then now I see it come from ahead you can still win this set up a GoFundMe account for breast cancer well we're doing now I wouldn't do that because I'd rather people just donate directly to breast Cancer Ireland if you're gonna donate but they will get the best he can directly dieting to go for

I don't like the idea of a Go Fund Me page one I just don't I would much rather see like Charlie's we have regular says official and hates charity I hate Terry that is at an end ahead in the morning now it is just is if you want to support me send a screenshot of your text to breast cancer Ireland and I shared on Instagram how about that other thank you for joining us straight to them

anyway we're looking for failures to write such failed miserably your new year's resolution again the stupidest thing we all could have done was to set them during a global pandemic moving into third class for blocking a stupid idea now why would you wanna do that yourself under so much pressure due primarily to think that in the 1918 Spanish flu tell us in our lives to stop now now you didn't there's such a thing happening foodie easy to lose

flood 80s down day other came back like 1925 sort it out anyway what you fail at New year's resolutions you failed miserably at this year weather was coming to the gym because they are all closed maybe having takeaways maybe trying to do a dry January and lasted 6 minutes let us now jobs what about 7.7 0.1 4 M case 17 on the way next year on the strawberry Alarm raised deep Greens person walks walks throw we get rid of

In Estee Lauder's set out to do our part of a smelly fella just send him two us sticky mud are people wash conveyor belt and after 20 minutes of hardcore deep cleaning they survive by a bank Mister deep cleans person wash walk-through we pride ourselves on your hygiene area are of shut up you are very clever in a clear fair for you recycle your baby does come we hope you and your family are keeping their lives you know we're still here for

all things Bike and Baby stories of long mile Road and words are open 7 days a week all your essential leap card fares more you can also shop they can check out the range that you recycle your old baby Doc can't shop online with Harvey Norman for big deals appliances technology furniture and bedding the began the corner to find music smartwatch for only 2.9 states 16 euro all get the beta rising 5 40 inch laptop It's all 9 save 150 euro Art & Hobby

Norman with matching competitors prices he'd miss their prices shall safely a spacious doors for her 5 is an essential technology for our full range online at Harvey Norman stores remain open for her appliances essential technology until 6 pm daily it's here this week we bring you the very early a lot of talk this Saturday everting welcome newcastle two 0 with 11 12 and 13 seconds sheffield United 3 0 Arsenal versus Man United 5 30 and then is the late game

with Southampton Alas and alack of blood when your life is no green ones guys for Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	185
Date:	Thursday, January 28, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	905

FM 104 @ 28-Jan-21 23:48 - (breast)

these guys fought back all the action on the 40 have an ever will avoid a double E. Ford with Cormac more now with adult for sushi on room one Oh 4 a hope well slowly towards Friday but no luck either Munster's is too much and feel that we can already kind it does Yeah kind indelible picture looks sooner rather than later February net February next Monday and then fingers

crossed I will be in March and then will be into another former Loughan won't even talk about listen slowly but surely get their agenda at least the evenings getting brighter yet nothing to think that something and is even as they might seem RTE sports person of the year Katie Taylor congratulations well done to her so that there was this evening on RTE one I though your new year's resolution fakers would on a happy positive Flappy people coming and going else happy Elgar skills get up at 4 am every

morning swim down in the 40 foot is now no no we don't have that we want to know why you tried to do this year and you failed miserably up because Ms Evans a ship that has been pretty bad as us listen Oh 8.6 7.7 one 4 let us now do you bother trying anything how long it lasted a when you fail this is a safe space for failures tonight Gary said I tried dry January and lasted until turning myself I think of any year unity a dry January 5th January was not the one I think a lot

people made a mistake last year doing and then realising the chaos that happens and everything being shut down so imagine a huge amount of people did last year Yeah maybe maybe listen right now the trial last year really 100 definitely not doing this because they've had so many nights out previously Ginnell December will be quite a busy month for people yet she circle on your kind of Christmas party easy to feel it from us Yeah Yeah and then

January have Be to stay in the now like the new festival for some than any card is responsible drinking harm and will have to be Xia thanks to that Adrian I dunno is fair that is directed at me if I do lose a fortune of Saoirse a sore loser sounds like you're going to cry he okay and now I'm not gonna cry I didn't lose any sleep knowing what you want to donate to breast

Cancer Ireland it marks the shortest to support I'm so disappointed we knew we'd rate of 0 . from I feel nothing wrong with this place at the heritage club just a Cossack trapped here for the love of a mother onion just didn't do until I I reacted much better to when she screamed my face Yeah Yeah where Toby she would not drive me out of the club if I decided to go to it which she would

anyway moving slowly and Erica message in I met my friend I'd go for a 20 minute run every day for the month of January I have gone from one 5 minute walk of kept the lie of all also she's done Yeah Yeah happy days gym member was like fighting a wok final walk gone live with a lock but I do remember he'd been lying about your fitness your fitness achievements was the last year in a 5 k challenge

and they were put up that they're doing like 6 minutes they were putting up I just did a 5 k run like 12 minutes that European record if you did rely him overrunning one for will spread the water on their face made themselves a bit smelly and that was like I t of people who would not along the Luas and that's not a bad one from them I like that good a good life keep going like Yeah whatever from everything Yeah I don't think I'll bother

cheap lying though she's gonna be like you're really fit now while we go for a run together are sound the marathon a half marathon then teatime one of northern Greece and Rome last may maybe next January we can do is he Yeah me and that I think just didn't they they should exists Let's be honest they shouldn't be putting pressure on yourself you're setting yourself up to fail the very reason that you're about to get what they say about people you should never talk about what

you're going to do he should do it and prove them afterwards Yeah you stay silent 8 you ain't gonna do I'm doing this and I hate the hammonds to running him just running to the shops Yes do what you do you have on the its 30 things which are routinely want anyone to think so on the 31st January say Yes I should getting up at 6 a.m. every single date overrun this month but I'm done to stop now because anyone impressed people because you've

done it and you kept quiet about it so a word of advice they are now so maybe next time don't stay anywhere a virtual cake and I might just do it anyway and with out of Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	FM 104	**Media Cost (€):**	893
Date:	Friday, January 29, 2021	**Reach**	174,080
Page:	Link	**Size (Sq. Cm)**	638

FM 104 @ 29-Jan-21 23:28 - (breast)

dog have invoices for all the is this Paddy housing Dog Minister Eric a unit of 64 the suggestions and kind have you bring a lot to the table the lack of any loss of Ultan having heart ultra mate but that where free I love that work as well It's and the made you will actually miss anyway made lists there is a strong contender there in Italy beloved anytime soon Ms someone's gonna

at official Omar who was a fisherman Peter somewhat over to get in there Oh Yeah a fisherman friend Peter spider but them if they are on their list for places left for places the seeming sorry Sandra and latterly eat your second I actually love is she one of those things where as she here for me and then I went outside him McCann notes disappeared gone on the sofa I can't remember where I put my card

old age our Garda a result it doesn't we have for places left and if there is a good demand a new one to be you could build a mass of like me booted out of form or many of maybe only one of them a friction within their marriage and game over now Adele might have to be there you have it there are I Oh 8.6 7.7 one 4 delight get in keen you forgot Eugenie is number one he is a birth

first messaged how can for check-in machines are are are Oh Hi Paddy Paddy is Paddy with howling dog a lovely 3 late Mass only 3 players left you in good cheer Oh 7.7 out of the 4 and then we get into a battle we have the battle for a place on the day go to convince people why should stay in the top two things like Farage have any friends in college and Larry Ayalon said so happy days I know a few things before we move on today was a very special

line you You attended room for us online version of Charlie King will earlier on this evening the huge success so much for the support of that amount that a yearly thing at the end of January the head social worker who welcome I did donate 100 euro today to breast cancer are ridiculous and ice cream seller put my story and I mean everyone Bali I did because you said you were also been a donate to breast Cancer Ireland did you

do that Yeah I did Yeah we're just going to do anything fancy now the asset as it may absolutely not that's a long story short if you dunno on the licence issue a challenge to help others sound friend I was trying to hire a full-time colleague Comic Sans College I was like you know what she couldn't organise a piss-up in a brewery Yeah we will try and help improve for organisations that rely a little benefit INO could

give us I can 100 % organise a piss-up the anyway OK fair enough really very good at such as I challenge you to do an online chat Keke was moving this evening at 8 o'clock a big deal out of it or if it didn't happen true I failed Yeah we also hands of online sales and I am so sorry Yeah I didn't get a virtual gig going I tried really hard I recruited blood people

they let me down let me down and now look at me air on Friday dressed-up dressed for the occasion it does occur a basket of Brian no virtual gate but I did donate to charity like I said I would thank you want to donate to breast Cancer Ireland the oldest of direction then Highlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	Spin FM	**Media Cost (€):**	1343
Date:	Saturday, January 30, 2021	**Reach**	130,560
Page:	Link	**Size (Sq. Cm)**	899

Spin FM @ 30-Jan-21 11:21 - (Great)

first pandas Fox Avenue when I was young that band split up I started at Tallaght this band from Fox Avenue ended and again netted with Ronan the drummer week we did a lot of the usual shows that Ireland we had a couple of singles but the goal was I want to record an album just in life and now it's just a guess as a musician if you get to do an album but they can be very expensive and I don't have a big fancy record deal so I paid for

myself and I funded the album and a lot of music videos myself could probably put a deposit on a house instead of this but I want to do do before I turned 30 years old why no idea was this thing my head and before I turned 30 the 12 song Songs were recorded but then the album's Stade might follow and then I moved over to New York City to continue my career in music and broadcasting and

pandemic happened like my message with this album I can practise my selfies like you can you can't control the situation that you were in there you're presented with but you can control how you respond to you know so when the pandemic happened it was terrible so I went back to the abdomen made everything sale bigger and better and then I was like when he's 12 songs are really great y sisters living on my full we fast forward a little

bit a couple of weeks it's October a come back to Ireland to spend some time here when my mum that we did the Great Pink Run which is an annual run a breast Cancer Ireland do and it was a virtual this year Like everything and my sister he felt it was an incredible human being set up this page might history Fenagh get together and then a bunch of her body is a bunch of my body's do the 5 k and 10 k for breast Cancer Ireland said she set up the page on Tuesday the runners on

Saturday I'm like I don't think we're gonna raise any money within 8 days it or something like that that went from zero to 8000 euro we didn't go telling her mother's story we didn't make a big deal about it it was just the generosity of our friends and family members so I thought well of my mum got a lot of joy out of seen the money being raised and my goal with this album was for it to just exist then I called called the Marie Keating Foundation

and I said who I was and 10 minutes later miners whom Col with Linda Keating so I say look I have this album I would like to sell online donate 100 % of the money to you guys and Yeah we just got chatting and honestly serene the idea just unfolded in front of us I was asking about the meaning behind his album because dara Yes you're like social media we see everywhere that one thing I know that you is that I don't know anything

about that a private person Yeah I know putting this story big and especially when it's not just your story I think it's when it's your mother's story as well I know what you are doing is incredible is helping so many people going through this as well finally the donations but also by sharing but you guys going very very you know it's done now it's kind of contradictory kind of having a career in in

the public eye lie yet you know wanting privacy but again much like I said that if you put into a situation that is out of your control you control how you respond if you want to be on Instagram and Twitter and Tick-tock you can control all won what you wanna put up there and you when you engage with Twitter and Instagram to me are a way of reconnecting with people that like but I do but I don't buy any personal stuff

like friends thought for a family stuff you know I'd like I've been going through this has been a part of my life for years I've been through some hellish times in the last decade for a number of reasons but and put it on the internet because it's my decision to respond to any problem is okay I'm struggling with this and where to go and talk to my therapist and get a by Darach top and 27 you know what I know and

and eat it a lot of young men that I think some of them are women as well this is something about going to talk to a therapist that there is a block and it's something that I think all the best Yeah I mean honestly I had been doing that stuff from when I was young I look it's the way Ireland was it would and there wasn't much talk about They are and I was not aware that so Yeah but doing that even a 27 has equipped me

with the tools to navigate in the current situation I'm in because the straw Highlights: Great Pink Run, Breast Cancer Ireland, Marie Keating Foundation, new album 1963, Apella, frontman Dara Quilty.

RUEPOINTMEDIA

Publication:	independent.ie	**Media Cost (€):**	67972
Date:	Sunday, January 31, 2021	**Reach**	809,200
Page:	Link	**Size (Sq. Cm)**	2,852

The abiding kinship of the cancer community

It's a club that no one wants to join but when you do, the bonds forged go deep. Emily Hourican talks to breast cancer survivors, designer Helen Cody and food writer Domini Kemp, about their friendship ahead of World Cancer Day Helen Cody, left, and Domini Kemp, whose friendship was changed fundamentally by cancer. Picture by Steve HumphreysEmily HouricanJanuary 31 2021 02:30 AM

In 2018, fashion designer Helen Cody was diagnosed with breast cancer. She underwent eight intense months of treatment, including a double mastectomy. "Once you are hit with a terrifying diagnosis," she says now, "you're told all these frightening things, in a quite clinical setting: What will happen to you, what your treatment will be. You're in this awful place where your brain starts to go completely bonkers.

What you need is, not to go googling stuff - that kind of generic information is poison to you, stay away - what you need is somebody with real experience. What's lacking in the clinical setting is a person who can say to you, 'I've been through this'. Once we hear something real and relatable, we're all so much better able to manage."

In the case of serious illness - cancer - it can be hard to describe the complicated mix of emotions you go through to someone who hasn't been through it. To anyone who hasn't felt their heart thud in terror at the smell of a hospital waiting room, or watched the counting down of hours and minutes on a dose of chemotherapy, there will always be an abstraction to these things. That's as it should be.

But for those who know, there is a community of the wounded, those who have walked the same road, that is immensely powerful.

Expand

Helen Cody in the photo she posted when her hair began to fall out

Often, this is something formal. For example, the wonderful services offered by Arc Cancer Support which could be the first port of call for anyone diagnosed with cancer, and wanting to talk to someone who understands the place in which they find themselves.

Or indeed breast cancer Ireland, which has an Ambassador programme. Aisling Hurley, CEO of breast cancer Ireland, describes it thus. "Each ambassador assumes a mentoring/buddy support role with all new case study participants where we endeavour to match those with similar diagnosis in order to help them along their journey." This buddy system, she says, has created lifelong friendships over the years and is an invaluable resource.

Sometimes, however, it is informal, almost haphazard; guided by nothing except decency. Helen calls this "the pay-it-forward club", and describes herself as "a fully fledged member".

The people who could do that for her - be that for her - were vital. And they weren't necessarily people she had previously been close to.

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"These people came along almost out of the blue," she says. "One woman, who I knew through a friend of a friend, rang me up a few days before I was due to go in and have my operation, and spent an hour on the phone telling me everything to expect. It took my anxiety levels right down. I was so much calmer and so much better able to deal with what was ahead of me."

"Before my diagnosis, Domini Kemp and I were kind of friendly," says Helen of the food entrepreneur, founder of itsabagel and Feast Catering and author of several books including The Ketogenic Kitchen, written with Patricia Daly, "but I really got to know her then, because of how incredibly brilliant she was. She was one of the first people I rang - I think about three days after I got the double mastectomy diagnosis. My husband and family knew, of course, but I hadn't talked to anyone else. I couldn't, it was just so overwhelming. I didn't know what to say, where to begin. But I knew Domini had been through something similar, so I rang her. She was in college and when I said, 'I need to talk to you,' she said, 'is it business?' I said, 'it's health,' and I told her.

Expand

Holly Kennedy with her baby son Andrew

"Immediately, she said, 'where are you, I'm coming to meet you now.' We met in the Clarence Hotel and we spent four hours, talking, crying - I did most of the crying - but we were still able to laugh too. She was so incredibly warm and knowledgeable and measured and calm and intelligent. I probably didn't even take in half of what she was

saying - I was quite in awe of her!

"The fact that she did that for me, said, 'OK, I'm downing tools, I'm coming to tell you everything I know about what's going to happen, what you need to watch out for' - you can't put a price on that. It's the most calming thing: knowing that there is light at the end of the tunnel. Someone else who's been through it who can speak to you from that lighted tunnel end, who can say, 'yes, that happened to me too, and this is where I am now'."

And, Helen says, "that continued. She never stopped caring, she never stopped ringing. When I was in hospital, she dropped in beautiful balms, oils, little yummy things to eat. It just blew me away, how incredibly thoughtful and lovely it was, that on her day off she was prepared to traipse around and get all these things and come to the hospital - which I'm sure is a very hard place for anyone who's been through cancer because it brings you back to your own treatment - and check in on me."

Everything Helen says strikes a chord with me. Brings me back to the time of my own cancer diagnosis in 2015, and the discovery - amid the shock and misery of those days - of a whole world of kindness, from people I knew, and many whom I didn't. Strangers or friends of friends who got in touch to offer comfort, for no reason other than they knew the pain I felt. One of those in particular - the writer Emma Hannigan - was heroic in the way she made time and space for me amid her own more serious diagnosis. She made me laugh even in the depths of misery, and inspired me with her grace and humour.

When I ask Domini now why she dropped everything to be with Helen that day, why she had done the very same for me a couple of years previously, she says simply, "It's what you do. Because if you've been through it, you know. Your cancer friends are a hugely important part of your community. They are able to keep you in check. Their door is always open and you're able to say things to them that you don't want to burden others with."

It's knowledge she herself acquired the hard way: "The year 2013 began badly for us," she says wryly. "I had been sick with adult whooping cough at the start of the year and then found a small lump in my left breast, for which I was referred to the breast check clinic. Right before my appointment, our mum very suddenly passed away. She'd had Parkinson's and dementia and was in full-time care, but it happened very suddenly and it really knocked me sideways. I reluctantly went in for the triple assessment the week after her funeral, and some small part of me knew it was not going to be good news. I was right - the lump I had found was, in fact, a tumour. And more bad news followed: two more tumours in the same breast. That meant chemo and a mastectomy, plus radiotherapy."

Expand

Holly Kennedy, founder of Happy Magazine

Domini remembers the terrible loneliness of those first weeks.

"I kept wishing someone (really, my mum) would come sweeping into the hospital, yell at the doctors, roar the place down and demand that I be treated with something other than what was being proposed, such as six months on a beach in Thailand," she says. "I had so much fear, and was desperate to be 'rescued'."

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That kind of rawness deepens friendships, and turns acquaintances into soul mates. "When you can be that vulnerable with somebody and talk about really personal things - it washes away all level of strangeness or not knowing the person," Helen says. "But you can only do that with other people who have known really hard times, or what I call 'the interrupted life', meaning a life interrupted by tragedy. I learned it first when my son died, and I learned it again when I had cancer."

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"I'm not saying I'm a guru or anything - I'm certainly not - but I've been through it, and now I'm well again, and sometimes, that's what people need to hear.

"If I can, I'll do this for anyone. Because I know the effect it can have. I look back now and I'm so well, and I think about the people who made a massive difference to me and I will never forget the love that I feel for them and how grateful I am to them for that. When everything seems bad, little things can make such a huge difference; those little good things are vital."

It was a role Helen played in her friendship with Holly Kennedy, who tragically died of breast cancer last September.

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Cancer is a vicious, unpredictable disease, and not everyone survives it. The truth of that gives urgency to this idea of "paying it forward", passing something from those who have known the loneliness and misery of a diagnosis, to those who are new to the world.

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It's a club that no one wants to join but when you do, the bonds forged go deep. **Emily Hourican** talks to breast cancer survivors, designer Helen Cody and food writer Domini Kemp, about their friendship ahead of World Cancer Day

The abiding kinship of the cancer community

In 2018, fashion designer Helen Cody was diagnosed with breast cancer. She underwent eight intense months of treatment, including a double mastectomy. "Once you are hit with a terrifying diagnosis," she says now, "you're told all these frightening things, in a quite clinical setting: What will happen to you, what your treatment will be. You're in this awful place where your brain starts to go completely bonkers.

"What you need is, not to go googling stuff – that kind of generic information is poison to you, stay away – what you need is somebody with real experience. What's lacking in the clinical setting is a person who can say to you, 'I've been through this'. Once we hear something real and relatable, we're all so much better able to manage."

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Continued on next page

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Everything Helen says strikes a chord with me. Brings me back to the time of my own cancer diagnosis in 2015, and the discovery – amid the shock and misery of those days – of a whole world of kindness, from people I knew, and many whom I didn't. Strangers or friends of friends who got in touch to offer comfort, for no reason other than they knew the pain I felt. One of those in particular – the writer Emma Hannigan – was heroic in the way she made time and space for me amid her own more serious diagnosis. She made me laugh even in the depths

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ARC CANCER SUPPORT CENTRES ONLINE

Since the advent of Covid-19, ARC Cancer Support Centres has moved its psychological, emotional, educational and practical support services online. ARC is now providing a telephone support service and remote counselling, along with online classes and programmes for people with cancer and their families. People can now also have a virtual cuppa and a chat with one of the ARC team. All services are provided free of charge. For more information, visit arccancersupport.ie

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Left, Domini Kemp with Holly Kennedy, founder of Happy magazine, and Holly, right and below with her baby son Andrew.

Helen Cody (left) in the photo she posted when her hair began to fall out; and (above) with Domini Kemp; (right) the late novelist Emma Hannigan, who inspired with her grace and humour

Helen Cody, left, and Dominic Kemp, whose friendship was changed fundamentally by cancer.
Picture by Steve Lawshchen

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"After a double mastectomy, chemo and radiotherapy, my Sam is a true baby"

In ***Health & Living,*** free with Monday's ***Irish Independent,*** **Emily Hourican** talks to a young mum about her experience with breast cancer and her delight at becoming a mother.

Broadcaster Evanne Ní Chuilinn on living with and managing migraine and we look at treatments for Overactive Bladder, a condition that affects as many men as women and can devastate your quality of life.

We meet a woman who conquered years of yo-yo dieting and went from a size 24 to a size 12, **Dr Jennifer Grant** on mysterious rashes, plus: "I had an affair when things were bad with my husband. Do I have to tell him?" Don't miss **Allison Keating's** life and relationships column.

Health & Living - in print or subscribe online.

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'Keelin Sanley was like a guardian angel of calm and comfort' - Helen Cody and Domini Kemp on the kinship of the cancer community

It's a club that no one wants to join but when you do, the bonds forged go deep. Emily Hourican talks to breast cancer survivors, designer Helen Cody and food writer Domini Kemp, about their friendship ahead of World Cancer Day Helen Cody, left, and Domini Kemp, whose friendship was changed fundamentally by cancer. Picture by Steve HumphreysEmily HouricanJanuary 31 2021 02:30 AM

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Holly Kennedy with her baby son Andrew

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Of that phone call with Helen, Domini says: "Helen and I had been friends, but that day she called me and we met, after her diagnosis, our friendship fundamentally changed."

It's not simply about an exchange of information and reassurance - vital though that is - it's also about an openness that cuts through the facade most of us put up at times. "We all have our barriers, our walls," Helen says, "the ways we want to be seen and present ourselves. But the level of human kindness when you're willing to show your vulnerability, is astonishing.

"At the time I was in treatment, I was posting quite a lot on Instagram. I was always very open about my diagnosis. It suits some people to be very private about it, but I found I was very empowered by not doing that, by coming out and talking about it and letting people know, this is what's happening to me.

"And there was this incredible support - amazing lovely messages, from people I'd never heard of before. I'll never forget one day in particular, my hair had fallen out, and I'd put a hat on and I was going to go out, and I just felt so self-conscious. I took a photograph of myself, and I said, 'OK, you are going to put yourself together and you're

going to get out and have a walk and you're going to feel good today. Put a picture up and let people know, your hair's gone, but you're still going...' And I just got this wave of support and love and messages. I was so grateful to feel I hadn't been forgotten."

That kind of rawness deepens friendships, and turns acquaintances into soul mates. "When you can be that vulnerable with somebody and talk about really personal things - it washes away all level of strangeness or not knowing the person," Helen says. "But you can only do that with other people who have known really hard times, or what I call 'the interrupted life', meaning a life interrupted by tragedy. I learned it first when my son died, and I learned it again when I had cancer."

Of course, true kindness is a system that cuts both ways and for most of us who know this territory, we will move seamlessly between being the giver and the receiver: both parts of an informal web of support and love woven between people who have learned the hard way how much it means to hear a voice saying "I know what you're dealing with".

"I am a fully fledged member of the 'pay-it-forward' club," Helen says, "and I'm so happy to be so. I have stopped my car in traffic when I get a call from somebody I don't know. When that happens, I will park the car and give them whatever length of time they need to ask the questions, to talk, to discuss things.

"I'm not saying I'm a guru or anything - I'm certainly not - but I've been through it, and now I'm well again, and sometimes, that's what people need to hear.

"If I can, I'll do this for anyone. Because I know the effect it can have. I look back now and I'm so well, and I think about the people who made a massive difference to me and I will never forget the love that I feel for them and how grateful I am to them for that. When everything seems bad, little things can make such a huge difference; those little good things are vital."

It was a role Helen played in her friendship with Holly Kennedy, who tragically died of breast cancer last September.

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"I first saw Holly at a breast cancer charity breakfast," Helen recalls.

"There were about 20 of us, all telling our stories. At that time, I was still getting chemo and it was quite overwhelming for me to be there. I felt very insecure around all these people who were much further along than me in the recovery process. Holly was seated on the other side of the room - she had this sweet, sparkly little face and was full of joy. She was post-treatment then, full of optimism, she had set up Happy magazine and was just so full of joy at doing this thing that could help others. She made a big impression on me."

Helen didn't see Holly after that - although she read Happy, the magazine that Holly started for those who have survived cancer - until she got an email from a stranger, to say that Holly's cancer had returned, that she was doing a drug trial in America and needed to raise funds.

"She was 36," Helen says, "with a little boy, Andrew. I kind of stopped everything when I read that. I downed tools in my own job and decided I wanted to help Olive, the lady who was running the fundraising, to raise money for her. I was sending emails to everybody I knew, anyone I'd ever worked with, I just really wanted to help her."

She began to visit Holly - "dropping in fresh fruit, yoghurt, homemade food, clean night clothes. I was so moved by her determination, her fight."

However, it became apparent that Holly's cancer had gone too far, that effective treatment was no longer possible.

"I remember standing in a health food shop," Helen recalls, "looking around at all the shelves, thinking, 'where is the miracle thing, the ointment, that will cure this?' I was frantic.

"I wanted Holly to know that I felt really, really lucky to have met her, and really happy to be her friend. That she had made a huge impact on me, and that what she did with Happy magazine had helped so many people."

Holly's death, when it came, "was like losing a dear, dear friend, and that might sound weird, when I hadn't known her for so long. But I believe you can love somebody even if you haven't known them all that long, if you have that kind of connection".

It's that connection - invisible, adamantine - that links those of us who have been unlucky enough to go through cancer. And it is a wonderful positive force. But also a painful one.

As Domini and Helen talk, for all the good things we mention - the support and help and love - the memories of those like Keelin, Holly, Emma, Sarah, who have died, are strong and vivid.

Cancer is a vicious, unpredictable disease, and not everyone survives it. The truth of that gives urgency to this idea of "paying it forward", passing something from those who have known the loneliness and misery of a diagnosis, to those who are new to the world.

We aren't doctors, or scientists - our help is limited - but it is very, very human. From each according to her ability,

to each according to her needs, in a cycle that is sometimes punctuated by loss and trauma, but also by immense strength and hope.

For further information on breast cancer Ireland's Ambassador Programme, email info@breastcancerireland.com or visit breastcancerireland.com

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‘After cancer, a double mastectomy, chemo and radiotherapy – my Sam is a true miracle baby'

Close PremiumA fter being diagnosed with triple-negative breast cancer in 2017, Emma Cassidy went through two years of gruelling treatment and has thankfully come out the other side with a wonderful story of love and hope – and a beautiful baby boy Emma Cassidy is a new mum to baby Sam. Photo: Leon Farrell Photocall IrelandEmily HouricanFebruary 01 2021 02:30 AMPrivacy

Emma Cassidy's son, Sam, is just over six weeks old when we speak. Like any other first-time mother, she is tired, perhaps a little apprehensive, and exhilarated. Although for Emma, a science and PE teacher, the exhilaration may be even more pronounced.

“ I wasn't sure whether I'd be able to have a baby,” she says. She is referring to the treatment — a double mastectomy, chemotherapy and radiotherapy — she went through after being diagnosed with triple-negative breast cancer in June 2017.

“I hadn't had any fertility tests done, but they do warn you about the possible effects of chemotherapy on your reproductive system. It can age you, biologically, making it harder to conceive. I'll be 34 in March, and they say your fertility drops in your 30s anyway…”

“When I was first diagnosed,” she continues, “they did talk to me about freezing eggs, but at the time I wasn't with my partner so I decided against it. I didn't have the headspace really to think about it, and I was so anxious to get started. I was wary of anything that would have delayed treatment, because the type of breast cancer I had — triple-negative — is quite aggressive. I was 30 at the time, and they did say there's a good chance things will go back to normal, so I was reassured by that in my mind.

“When I finished treatment, my cycle came back a few months later, but I noticed it had changed in duration — it was a lot shorter — and that was worrying to me. I wondered did it mean something was wrong.”

In fact, Emma and her partner — who she got together with after treatment — were booked in for a fertility check early last year. “That appointment was cancelled because of the first lockdown,” she says, “and as it happens, although we didn't know at the time, I was already pregnant.”

Expand

Emma and Sam chill out

And so, here she is, with baby Sam, who was born just before Christmas. “Coming up to labour I was nervous. I didn't know what to expect in terms of my partner being allowed in, but in fact, it was an absolutely lovely experience. The staff, midwives, everyone in Holles Street was just so nice.”

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It is a view of the health system that, happily, has been consistent ever since her cancer diagnosis, when she was just 30. “That diagnosis only came about because my GP is so amazing,” she says. “He's been my GP since I was a baby. When I went to him quite soon after I turned 30, to say I was very tired, overly fatigued — I'd sleep eight or nine hours a night and feel I hadn't slept at all — and my skin and hair felt very dull and dry, he decided to investigate thoroughly, because he knows I wouldn't be like that normally.

“The symptoms I had aren't known symptoms of breast cancer, so he started with blood tests, and they were fine. I was put on vitamin B12 injections every week for energy, and he said, ‘Come back in three weeks and see if you feel better.' I didn't.

“At that stage, he tested my thyroid, and that was fine, and then he said, ‘Do you check your breasts regularly?' As it happened, I wasn't as vigilant as I should have been — when you're 30, you don't really think about that. So he made an appointment at the breast clinic in Beaumont ‘just to rule that out…'”

At the clinic, Emma was given a “thorough examination from a doctor there, who said, ‘There is a lump, it's in quite deep. We'll send you for an ultrasound now. It's probably nothing, but we'll have a look.' So I did the ultrasound, then they said, ‘We'll do a mammogram as well.' I was so naïve,” she says. “I was thinking, ‘Wow, this is so fantastic, such a thorough service.'

I did the mammogram, and a second mammogram, then they sent me and my mam, who was with me, for lunch and told us to come back afterwards as they were going to biopsy three areas. At that stage, I did ask, ‘Is this

normal?' And they were very reassuring and told me, 'It is a triple assessment clinic.'"

Expand

Emma says her pregnancy with Sam went smoothly

In all, Emma and her mother spent from 8am to 6pm in the clinic that day, and were told to come back a week later for the results. "We were called in to the consultant, and there was a nurse there in the room with us, and then I did think, 'OK, there's something here, but they'll just remove it and monitor me…' I didn't let myself think anything worse than that. The consultant pointed out three areas of 'abnormality', and my mam said, 'Does abnormality mean cancer…?'"

It did. "The lump was cancerous, the lymph node was cancerous, and the other breast looked troubling, with areas that were pre-cancerous," Emma recalls. "At that stage I was told, 'Your surgeon will talk to you about your mastectomies,' and that's when I burst out crying, realising it wouldn't just be a lumpectomy or something small."

In fact, there was a question over whether to have a double mastectomy — with the decision left to Emma. "The other breast could have been just a lumpectomy, but I decided, no, I'll go with both of them. My surgeon thought I was making a sensible decision." Later events would prove the wisdom of that decision.

Emma sounds as though she was remarkable cool-headed throughout this, but "there were moments where I burst out crying," she says. "I'm only human, like anyone else. But I wanted to know everything that was happening, I wanted to make sure that I took everything in. I was worried about how I'd feel about my body afterwards — I would have had a large chest before, so the surgery would be a big change, and that did bother me.

"But in fact, the overwhelming feeling after my surgery was, 'This is gone. They've taken it out!' And when I looked at my body, I didn't look the way I thought I would — they do such a good job. I was surprised at how OK I felt about it. I wasn't sick looking at myself, I felt strong, I felt, 'The cancer is gone, this is brilliant.'"

After surgery, Emma started chemotherapy – "two different types. I started at the end of August, and I finished up four days before Christmas. The hair loss was a big thing for me. From childhood I would have been known for my hair – big, wild, curly hair. I decided to shave it before it fell out, to take back a bit of control. If I had to lose it, I wanted it to be on my terms. My friend shaved my head for me the day before I started treatment."

How did she cope with chemo? "I coped quite well. I managed to get out most days for a walk. I had a lot of tiredness, but I didn't have a lot of nausea. I just focussed week by week, and told myself, 'all going well, this will be the best Christmas present ever, to be finished with this.' I had an allergic reaction to the second type of chemo, and was hospitalised, but they dealt with it so well and switched me to a different type."

And when she finished, in December 2017? "It was just such a wonderful feeling. I remember the last batch, watching the time clicking down to zero, my parents and my cousin with me, and thinking, 'that's it, that's done, another step done.' It was incredible to reach that point. Radiotherapy was next, and by then I could think 'bring it on!' Radiotherapy to the breast isn't that bad so I got through that ok."

Throughout, breast cancer Ireland were a wonderful support. But, she says: "I found the aftermath tougher – in treatment, you're in this bubble. When you finish, people think 'you're better now…' But I felt adrift; 'what do I do now?" During treatment, there are so many appointments you don't need to think about what to do next, you're in a safety net. Afterwards you have to think, 'how do I lead my life now?' At the time I was single, and I did think to myself – it wasn't the main issue on my mind but – how do you go about having a relationship, meeting someone, after cancer? Your new body, how do you broach that? How do I navigate this new body, new life? Will anyone understand how I feel? My fears, my anxiety around scans?"

Expand

Emma says she's so happy to be healthy again and is looking forward to her life with Sam

In a wonderful turn of fate, Emma reconnected with Keith, who she had known when she was at school. "We met on a school trip when we were 17 and were friends after that but had lost touch. But he was still friendly with friends of mine, and he had heard about my illness, so I didn't have to go through the whole rigmarole of explaining.

"He was comfortable asking me questions, and I like that, I don't have an issue speaking about it but I don't necessarily want to bring it up… But he didn't tippy-toe around it. We never had to have 'The Conversation'."

Early in their relationship, quite soon after she had finished treatment, Emma was given a piece of very difficult news. She had tested positive for the BRCA 1 gene, meaning she has a far higher risk of breast cancer, but also ovarian cancer. She also has a 50% chance of passing that gene on to her children.

"That was nearly worse than finding out the original cancer diagnosis," she says. "At least with that, I knew, 'ok, this is the plan, and hopefully afterward I'll be ok.' When you're told something genetic is wrong, that's a different thing. My risk of ovarian cancer now is quite high. At around the age of 35/36, I'm going to have to consider having my ovaries and tubes removed, quite drastic surgeries. I was so thankful I'd chosen to have the double mastectomy, because otherwise I would have had to go back and get it done again."

This news came to Emma around the same time she and Keith had begun seeing one another, "it was pretty early on in our relationship, so I said 'listen, I'm going to tell you this; I have this gene, this is what the implications could be, because I don't want it to cause an issue later. You can leave if you want to leave.' And his response was

‘that's not any sort of issue for me. I'm with you and I'm happy with you, and if it means children aren't in our future, I'm still happy with you.' Knowing I had such a supportive partner took away a lot of the anxiety for me,” Emma says.

“He was so understanding. He said the main thing is that you stay healthy, and we're happy, and we're not going to worry about that. Because of that, I knew there was a chance pregnancy might not happen, but I was quite relaxed about it – I felt ‘there's no point worrying about this.’”

And when it did happen, they were overjoyed – and apprehensive. “In the early days of the pregnancy, I was quite anxious. I suppose everybody is until you get to that 12 week mark. Lockdown worked out quite well for us, because we didn't have to tell people. The first few weeks, we didn't even really speak about it ourselves. I didn't want to get too excited, and jinx myself, until we got to the 12 weeks. Genes were in my mind a lot as well, because I have a 50% chance of passing the BRCA 1 gene on – and particularly with a girl, the effects are so considerable. You feel guilt – ‘am I going to give that to my baby? Am I going to have to have that conversation… How do you have a talk like that with your daughter?’”

Her mother, she tells me, “was praying for a boy. Because for men, you have a higher risk of prostate cancer than the general population, but it's slightly higher; it's a more devastating thing for a woman.”

Emma's mother's prayers were answered. After an easy pregnancy, Sam, Emma's son, was born. “I think we will have a conversation with him when he is older and definitely let him know about the BRAC 1 gene, and let him decide when he wants to get tested. We don't want it to be a big frightening conversation so we will be open with him about my story in a gentle way as he grows up.”

Meantime, “I'm just so happy,” she says. “Happy to be healthy again, to have a baby, to have the opportunity to have a lovely life. A lot of people don't get that opportunity, so I feel blessed. Yes, knowing I have the BRCA 1 gene is hard, but at least I have the information and I know what I have to do. I'm not living my life based around worry or fear, I'm just getting on with things, and I have time now to come to terms with the surgery I'll have to have.”

Has she thought again about freezing her eggs, before that surgery? “I haven't even really considered it to be honest, I just feel so lucky to have Sam that I think I'm more than happy with him! Having cancer makes you appreciate things so much; there are people who are less lucky. Keith and I feel like the luckiest people in the world – it sounds like such a cliché – but Sam feels like a miracle baby.”

Check out breastcancerireland.com

What you need to know

Know the eight signs of breast cancer (check out breast cancer Ireland's free-to-download app, BreastAware). Know what is normal so that if an abnormality arises, you can get it checked out.

Over the last decade, three advances have made a notable impact on the lives of patients:

(i) Therapies targeted at HER2 — human epidermal growth factor receptor 2, a protein that promotes the growth of cancer cells — have had an important impact on breast cancer survival. Though not all breast cancers over-express HER2, those that do (about one in five) can be effectively treated with drugs that target this protein.

(ii) Tests to determine the types of genes a cancer expresses have allowed doctors to tailor therapies to a patient's individual needs. In breast cancer, this test helps determine which patients are more likely to benefit from treatment adjuvant (additional) chemotherapy in addition to hormonal therapy.

Hormonal therapy, which is used to prevent oestrogen from binding to the oestrogenic receptor–positive disease (cancer that is stimulated to grow by oestrogen) is not new to breast cancer, but the continuing refinement of this type of treatment has given patients more options. With these improvements, we are able to effectively treat many cancers using [hormonal] therapies without having to use chemotherapy.

Health & Living

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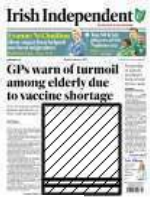

My miracle baby: Cancer survivor Emma's story of hope

When Emma Cassidy learned she had aggressive breast cancer, she knew the severity of the treatment might mean she would never experience the delight of having her own child. But lockdown brought joy to her and her partner Keith, with the news that baby Sam was on the way. Now, with Sam a happy six-week-old and Emma three years over her treatment, she tells her story. PHOTO: LEON FARRELL **Health & Living, P29**

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Emma Cassidy is a new mum to baby Sam. PHOTO: LEON FARRELL PHOTOCALL IRELAND

'After a double mastectomy, chemo and radiotherapy, my Sam is a true miracle baby'

New mum and survivor of triple-negative breast cancer Emma Cassidy has been through two years of gruelling treatment and has thankfully come out the other side with a wonderful story of hope, and a six-week-old baby boy, writes **Emily Hourican**

Emma Cassidy's son, Sam, is just over six weeks old when we speak. Like any other first-time mother, she is tired, perhaps a little apprehensive, and exhilarated. Although for Emma, a science and PE teacher, the exhilaration may be even more pronounced. "I wasn't sure whether I'd be able to have a baby," she says. She is referring to the treatment — a double mastectomy, chemotherapy and radiotherapy — she went through after being diagnosed with triple-negative breast cancer in June 2017.

"I hadn't had any fertility tests done, but they do warn you about the possible effects of chemotherapy on your reproductive system. It can age you, biologically, making it harder to conceive. I'll be 34 in March, and they say your fertility drops in your 30s anyway..."

"When I was first diagnosed," she continues, "they did talk to me about freezing eggs, but at the time I wasn't with my partner so I decided against it. I didn't have the headspace really to think about it, and I was so anxious to get started. I was wary of anything that would have delayed treatment, because the type of breast cancer I had — triple-negative — is quite aggressive. I was 30 at the time, and they did say there's a good chance things will go back to normal, so I was reassured by that in my mind.

"When I finished treatment, my cycle came back a few months later, but I noticed it had changed in duration — it was a lot shorter — and that was worrying to me. I wondered did it mean something was wrong."

In fact, Emma and her partner — who she got together with after treatment — were booked in for a fertility check early last year. "That appointment was cancelled because of the first lockdown," she says, "and as it happens, although we didn't know at the time, I was already pregnant."

And so, here she is, with baby Sam, who was born just before Christmas. "Coming up to labour I was nervous. I didn't know what to

expect in terms of my partner being allowed in, but in fact, it was an absolutely lovely experience. The staff, midwives, everyone in Holles Street was just so nice."

It is a view of the health system that, happily, has been consistent ever since her cancer diagnosis, when she was just 30. "That diagnosis only came about because my GP is so amazing," she says. "He's been my GP since I was a baby. When I went to him quite soon after I turned 30, to say I was very tired, overly fatigued — I'd sleep eight or nine hours a night and feel I hadn't slept at all — and my skin and hair felt very dull and dry, he decided to investigate thoroughly, because he knows I wouldn't be like that normally.

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From previous page

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"At the time I was single, and I did think to myself — it wasn't the main issue on my mind but — how do you go about having a relationship, meeting someone, after cancer? Your new body, how do you broach that? How do I navigate this new body, new life? Will anyone understand how I feel? My fears, my anxiety around scans?"

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"That was nearly worse than finding out the original cancer diagnosis," she says. "At least with that, I knew, 'OK, this is the plan, and hopefully afterward I'll be OK.' When you're told something genetic is wrong, that's a different thing. My risk of ovarian cancer now is quite high. At around the age of 35 or 36, I'm going to have to consider having my ovaries and tubes removed — quite drastic surgeries. I was so thankful I'd chosen to have the double mastectomy, because otherwise I would have had to go back and get it done again."

This news came to Emma around the same time she and Keith had begun seeing one another. "I said, 'Listen, I'm going to tell you this: I have this gene, this is what the implications could be, because I don't want it to cause an issue later. You can leave if you want to leave.' And his response was, 'That's not any sort of issue for me. I'm with you and I'm happy with you, and if it means children aren't in our future, I'm still happy with you.' "Knowing I had such a supportive partner took away a lot of the anxiety for me," Emma says. "He was so understanding. He said the main thing is that I stay healthy, and we're happy, and we're not going to worry about that. Because of that, I knew there was a chance pregnancy might not happen, but I was quite relaxed about it. I felt there's no point worrying about it."

And when it did happen, they were overjoyed — and apprehensive. "Lockdown worked out quite well for us, because we didn't have to tell people. The first few weeks, we didn't even really speak about it ourselves. I didn't want to get too excited and jinx myself, until we got to the 12 weeks. Genes were in my mind a lot as well, because I have a 50pc chance of passing the BRCA1 gene on — and particularly with a girl, the effects are so considerable. You feel guilt — 'Am I going to give that to my baby? Am I going to have to have that conversation... How do you have a talk like that with your daughter?'"

Her mother "was praying for a boy. Because for men, you have a higher risk of prostate cancer than the general population, but it's slightly higher; it's a more devastating thing for a woman."

The prayers were answered: after an easy pregnancy, Sam was born. "I think we will have a conversation with him when he is older and definitely let him

know about the BRAC1 gene, and let him decide when he wants to get tested. We don't want it to be a big frightening conversation, so we will be open with him about my story in a gentle way as he grows up."

Meantime, "I'm just so happy," she says. "Happy to be healthy again, to have a baby, to have the opportunity to have a lovely life. Yes, knowing I have the BRCA1 gene is hard, but at least I have the information and I know what I have to do. I'm not living my life based around worry or fear, I'm just getting on with things, and I have time now to come to terms with the surgery I'll have to have.

Has she thought again about freezing her eggs, before that surgery? "I haven't even really considered it. I just feel so lucky to have Sam that I think I'm more than happy with him!

"Having cancer makes you appreciate things so much; there are people who are less lucky. Keith and I feel like the luckiest people in the world — it sounds like such a cliché — but Sam feels like a miracle baby."

See *breastcancerireland.com*

'At that stage I was told, 'Your surgeon will talk to you about your mastectomies,' and that's when I burst out crying, realising it wouldn't just be a lumpectomy or something small'

'Then he said, 'Do you check your breasts regularly?' As it happened, I wasn't as vigilant as I should have been'

What you need to know

- **Know the eight signs of breast cancer (check out Breast Cancer Ireland's free-to-download app, BreastAware). Know what is normal so that if an abnormality arises, you can get it checked out**
- **Over the last decade, three advances have made a notable impact on the lives of patients:**

(i) Therapies targeted at HER2 — human epidermal growth factor receptor 2, a protein that promotes the growth of cancer cells — have had an important impact on breast cancer survival. Though not all breast cancers over-express HER2, those that do (about one in five) can be effectively treated with drugs that target this protein.

(ii) Tests to determine the types of genes a cancer expresses have allowed doctors to tailor therapies to a patient's individual needs. In breast cancer, this test helps determine which patients are more likely to benefit from treatment adjuvant (additional) chemotherapy in addition to hormonal therapy.

- **Hormonal therapy, which is used to prevent oestrogen from binding to the oestrogenic receptor–positive disease (cancer that is stimulated to grow by oestrogen) is not new to breast cancer, but the continuing refinement of this type of treatment has given patients more options. With these improvements, we are able to effectively treat many cancers using [hormonal] therapies without having to use chemotherapy.**

Emma Cassidy is a new mum to baby Sam.
PHOTO: LEON FARRELL PHOTOCALL IRELAND

RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	700
Date:	Monday, February 1, 2021	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	160

RTE Radio 1 @ 01-Feb-21 06:15 - (breast)

needs to prepare for an influx of seriously ill cancer patients once the pandemic nears its end and oncologist has warned new is the president's former president US president Donald Trump has fired 5 lawyers and his impeachment defence and the Irish Daily Mail finally back-to-school help for parents is the headline there the picture pretty happy picture taken by Leon Farrell from page of the Irish Independent this morning it's off a beautiful baby lying down and new mum looking down

smiling at Emma Cassidy and she learned she had aggressive breast cancer and she knew the severity of the severity of the treatment might mean she would never experience having her own child but blocked and brought joy to her and her partner Keith with news that baby Sam was on the way and now Sam is happy six-week-old and Emma 3 years over her treatment tells a story inside the Irish Independent this morning when it Highlights: Breast Cancer, Emma Cassidy, Baby Sam.

RUEPOINTMEDIA

Publication:	Midlands 103	**Media Cost (€):**	31
Date:	Monday, February 1, 2021	**Reach**	66,000
Page:	Link	**Size (Sq. Cm)**	352

Midlands 103 @ 01-Feb-21 06:46 - (cancer)

in-store every room Yeah Yeah Yeah Yeah Yeah a very bad performance just not married are you two I love about it I feel proud of but my heart wants what it wants and one of the key me feel better

than me and that's me you would do soon for him for a very very real I just love this if he could you always need a dog he wants me to my knees but there's no need to thank me and

me you would do for Pat sadly missed And Niamh the ruler and a cultic dancing and that's women for you think I'm glad that you are 3 he came 8 3 I can't wear this style of the top-selling our

brand and 300 your been ripping through we believe we did believe we would never leave them schools would please look at today's front pages the Irish times the revolved goes on in Russia a probe into the Irish times C detained protesters escorted by these Saint Petersburg police during a demonstration in the city yesterday one of many protests across Russia on the second weekend of unrest following the

jailing of the opposition leader Alexei Navalny in their hands on their heads and then heavily on the front page of the Irish times today that picture there were crucial talks on the leaving Cert is the front of the Irish Times headline mayor ministers and senior officials will meet this afternoon for crucial talks on the leaving Cert an effort to restart classes for children with special needs and the likely timetable for reopening every endeavour similar headline there on

the front page there the reopening of schools on a phased basis is back on the cars according to Professor Philip Nolan netted a number of new cases of cope with could drop to between 200 and 400 by the end of February if current progress is in continual from page of the Indo picture of my miracle baby Emma Cassidy learned she had aggressive breast cancer and she knew the severity Highlights: Breast Cancer, Emma Cassidy, Baby Sam.

RUEPOINTMEDIA

Publication:	South East Radio FM	**Media Cost (€):**	125
Date:	Monday, February 1, 2021	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	613

South East Radio FM @ 01-Feb-21 07:20 - (breast)

Are to be offered the two-shot vaccine later this month there's a Photograph of Emmet Casserly and when she learned she had aggressive breast cancer she knew the severity of the treatment might mean she would never experience the delight of having a child but locked down brought joy into her and her partner Keith and their lives as the news that baby Sam was on the way now with Sam happy six-week old Emma 3 years over her treatment she is telling her story in the Irish Independent this morning the

health & living section and both mum and baby photographed as a stay on the front of the Irish Independent this morning and he's bouncing baby boy is a rules are as they say congratulations to have and now they have many many years of joy and happiness together re-opening on schools on a phased basis is back on the cards and it is rapidly approaching a scenario where the phased reopening of schools is possible Professor Philip Nolan of the National Public Health

Emergency Team Nesbitt said the number of new cover 19 cases could drop to between 200 400 a day by the end of February of current progress is tackling the buyers of all of that continues let's hope so it's not over until Kinahan is dead that's the headline on a more crime related stories on the front of the Irish Daily Star this morning if a special Garda taskforce has come into operation to tackle crime knife crime in the capital GardaÃ have been drafted in to stop and

search suspects for weapons after a spate of stabbing incidents in Dublin's North inner city it was the same there what else is making the news more than a thin hands and all that inside the Irish Daily Star Taoiseach Micheal Martin calling for salmon the race to vaccinate the population as Ireland is in line to receive an additional 100000 vaccines from AstraZeneca and the European Commission made an agreement with the company for another 9 million

doses for delivery in the first quarter the announcement brings to 40 million doses the number that AstraZeneca is to supply to the EU there is the father of a young girl with special needs has told of his dismay at watching her learning curve go backwards over the the the past month some of my peers who has down syndrome had been starting to catch up on her educational development at St Ita's and St Joseph's special school in Tralee in the wake of the first lockdown when classes were once

shut down again Last month 17 years of age non verbal and has other issues which have required various medical interventions and other supports hasn't been able to engage meaningfully with online classes despite the best efforts of her teachers She's gone backwards more than a year his mother and father which starred is saying and she's regressed in the first lock down and retrieve some lost ground but true January he's saying it's gone and basically saying and making appeals a

school is bad from myself and just one just one example of a special needs student with special needs student in the fumes the wheel because of the moment and going backwards Laura Whitmore is in the news as well and there's a shared a snap of her blossoming baby bump in the papers as well She's 35 posted a photo online revealing her growing baby bump while posting posing in a petrol car 92 when she was the first woman on the planet to be preg

is Highlights: Breast Cancer, Emma Cassidy, Baby Sam.

RUEPOINTMEDIA

Publication:	Midlands 103	**Media Cost (€):**	37
Date:	Monday, February 1, 2021	**Reach**	66,000
Page:	Link	**Size (Sq. Cm)**	786

Midlands 103 @ 01-Feb-21 07:48 - (breast)

Community and looking after our furry friends we're proud to have donated 5 million euro to local causes Tesco Community Fund for helping us you think had sex Thank you for showing us how every little helps have been women flock competition is that they've just got to pick up the tab the fact the chance with they could score upwards of 6 incredibly lucky we can Chelsea all of his father's luck 3 live experience or VIP backstage with mate Gary Neville of the film I didn't think I'd not

happy at the been the practice that it is up to break the duck can't deny Westmeath County Council in conjunction with Longford County Council invite the residents of the local area members of the public and interested parties to participate in a public consultation on route corridor options for the N4 Mullingar to Longford Rooskey project for further information please log on to the N4 Mullingar Longford and dot ie or contact the project team had info N4 Mullingar to Longford .ie

pellets old store a few wides on sale now on if you are a range of stalls and modern palates strong we are 40 models in school work and big discounts during a sale of the powerful storm storm already wise on Church Road Tullamore film Sheppard's Irish auction House presents the Belmont House sale on the third 4th and 5th February this live online sale features desired Lots of Belmont House College Hill and other important Irish estates we love to have you in a

beautiful downturn DAA wrote to preview this exciting sale but the health of our clients neighbours and staff is paramount and you can safely browse the full catalogue online at sheppards.ie me with a number of beating options available www.epa.ie with and he can land one of 3 with the rain getting Ankara is fed up I'm sick and tired of me Look at the Christmas lights with the return of Mark is looking and I look forward now

Bridie thing is I got used to seeing him around I that I it's just part of life now that everything so surreal it's nice to have them on still I had noticed if you are upset about them a message saying your opinion and you are right to say it at catch Bethany said good morning and happy same bridge this day good morning to you your family like cat thank you for your messages this morning Dan of the front pages the was going on in the world Ireland is rapidly approaching a scenario

where the phased reopening of schools it is possible the word Professor Philip Nolan the front pages some positivity also warned there is still a long way to go A man in his 60s from Monasterevin was attacked and robbed at his rural home with the bat and a board with nails hammered onto it the incident happened on Saturday evening in Domini just outside Monasterevin two men entered the house and assaulted the owner he received serious injuries as a result and is in Mesa General

Hospital now a state of emergency in me and are all over the headlines this morning is of course a civilian leader ankle thankfully she and her top the tenants have been detained as the military we have reasserted its grip on the country with a cool against the government only there for 5 years also insurrections Russia they defied a massive police presence to join the second round of nationwide protests can silence the protesters says the Irish Sun today

against Vladmir Putin and his support for their support of course for the jailed leader Navalny largest of Sunday's rallies were in Moscow and Saint Petersburg you see pictures all over the front pages of that headline landmarks are being illuminated to promote a campaign to make Saint Brigid's Day national holiday they committed bodies of the month chasing campaign she started early last year the venues include Galway city Museum John Ross Abbey last great at Long castle

and as well Belvedere House in Westmeath her story is calling on the Irish public and the country's diaspora to sign a petition to make temperatures stay and national holiday a lovely start with the picture you think you could say a halt on the front of the independent today after cancer a double mastectomy chemotherapy and radiotherapy my Sam is a true miracle baby the words Emma Cassidy who diagnosed with breast cancer triple negative breast cancer in 2017 all the

little boy he was 6 weeks old when they are shut down today Highlights: Breast Cancer, Emma Cassidy, Baby Sam.

RUEPOINTMEDIA

Publication:	South East Radio FM	**Media Cost (€):**	105
Date:	Monday, February 1, 2021	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	658

South East Radio FM @ 01-Feb-21 08:22 - (breast)

a phased reopening starting with special needs schools and pupils in special classes in mainstream primary schools as well as other educationally disadvantaged pupils as Roxane lovely Photograph of well it's a miracle baby Photograph Emma Cassidy she learned that she had aggressive breast cancer and she knew the severity of the treatment might mean she would never experience the delights of having a child but locked down brought joy to her and her partner

Keith with the news that baby Sam was under way and their baby Sam's photographs 6 weeks old and with them 3 years over her treatment and she tells a story this morning the papers and as we said in the last our little baby Sam he's a brew was not until Mammy baby are doing very very well it's it's a lovely story like the moment making the papers this morning on the subject A mum-to-be Laura Whitmore has shared a snap of her blossoming baby bump she 35 years of age

and was about the middle of a pregnancy as well at the moment and she shares that with the whole world the morning papers GardaÃ and special Garda task force has come into operation to tackle knife crime in Dublin GardaÃ have them they have a very good lead coming through there they drafted in to stop and search suspects for weapons after a state of stabbing a spate of stabbing incidents in Dublin's North inner city such as Dublin have been all over the country as it is elsewhere we've got more from

cover 19 a lockdown situation it's the last Tory me hallmark with calling for calm in the race to vaccinate populations the the island is in line to receive an additional 100000 vaccines from AstraZeneca the European Commission made an agreement with the cup before another 9 million doses for delivery in the quarter and solved he is warning against panic with Derry 100000 more jobs and yesterday the figures 1247 cases and 15 deaths the numbers are

slowly slowly falling sadly there's lots of people losing their lives and that's that's the well the really negative part of all of this also you you may have a special needs child and form that you may have to you may have 3 and 10 this is just one story from County Kerry this morning the father of a young girl with special needs has told of his dismay at watching her learning Coral Cup backwards over the past month some made Pierce who has down syndrome had been starting to catch up on

her educational development at St Ita's and St Joseph's special school school in Tralee in the wake of the first locked Out I classes were once shut down again last month 17 years of age non verbal and has had other issues which have required various medical interventions and other supports hasn't been able to engage meaningfully with online classes despite the best efforts of her teachers She's gone backwards more than a year this is a quote from my father which

starred and issue a regressed in the first lock down and retrieve some lost ground but through January it's gone and that's just one example of the many many many students across the country special the students were in need of schools to reopen their schools re-opened and less help Let's hope it had blank leaving Certificate from the Irish Times this morning but I can talk of leaving Certificate Is it just us or is a lovely Stadium marked gone away

7.7 3.5 60 texts WhatsApp that give us your name and where you are course Tex sat with Northgate quarter of the haul of future talks would leave studies when you couple that with about 15 players we from the start if I didn't do it he

me me me and Highlights: Breast Cancer, Emma Cassidy, Baby Sam.

RUEPOINTMEDIA

Publication:	Midlands 103	**Media Cost (€):**	543
Date:	Tuesday, February 2, 2021	**Reach**	66,000
Page:	Link	**Size (Sq. Cm)**	10

Midlands 103 @ 02-Feb-21 11:07 - (breast) Part 2

Highlights: Breast Cancer Ireland, Breast cancer, Suzanne McMahon, Pandemic, Mammogram.

RUEPOINTMEDIA

Publication:	Midlands 103	**Media Cost (€):**	789
Date:	Wednesday, February 3, 2021	**Reach**	66,000
Page:	Link	**Size (Sq. Cm)**	1,048

Midlands 103 @ 03-Feb-21 01:27 - (breast)

Prior to starting chemo and I would have had food and small portions of making me more mostly plant-based foods in my freezer because I start peace Love Geary and it just reacted with me and I but people have to realise what a body may not keep the food they were used to pay for them then they went down the you have my food frozen and so healthy lentil not that kind of stuff you leaflet to battle through things that are easy to eat that we're more than a side perform with Farage during

the digestive system and otherwise you would find that the bells and EEC because space could arrive that would be horrendous if you know and there's another eye there as well you're freezing EUR preparing the food on your good day is a lesson here for you on one of the bad days when you don't feel like doing all the preparatory work Yeah I would have to have at least 5 people who are prepared to treat each session I was lucky my session for every 3 weeks with the Tipp native

every week so they're up against its kind it may only have a day or two and again I suppose the main thing that I think people should not be too proud member I initially the community rallied around the time they were fantastic they were dropping in food and I know I'm so grateful to them all and that pride shouldn't stand away like again one of the biggest things I did was I got a key hearing end it was the best thing I ever did because my bed with ready for

me once a week with change and crawling with they get if you can't get that good friend to do it not be too proud to ask for help and this budget is a very won a position to be in when you're so independent and strong and able for things to suddenly find yourself this week point where your body is just gone to the lower level possible and if you need help to the most basic things so that with the things that I had a bikini it's coming one week and then I had frozen food I went

down trying to get more holistic way to support my body rather than taking a lot of the description of the round to me and I found with a long woman that I do acupuncture every Friday after the treatment and he should be fantastic at relieving some of the symptoms and I would have a good night's sleep that night the bigger challenge going through cancer and didn't know if the nice you don't sleep well obviously the drug's effect of the steroids affect

your sleep and steroids to give your prior to get treatment just the to take after really give you a false sense of energy and they make you your feet very hard to keep a full night's sleep and course the mindset and then and meditation and found a piece of healing meditation a lot of medications and websites and she Journal they could go with those and I found a lot of those helped me ease get back to sleep and along with journalling

and then I took the acupuncture when I got into a lot of kind of focusing on myself with a degree who know and I don't want to get cancer care support services that are there because their phenomenal no no you're not I didn't get the full benefit of them in that they do a lot of politically and beer and 3 with you all the rest they weren't running when I was going through chemo but I did get care of me in that I met a lovely woman there she

giving Greece talks and mentally and support me hugely and that's still ongoing and I know that they provide a lift for people I had a friend brought me up and down to the hospital but again people could get a lift provided by 3 from the casket 14 so they really are unbelievable what they do in the background in terms of points that even just turn up and I know will not do anything there that even you know there's more there

so overall it's just a learning curve and I did a lot of research on the internet about holistic get the natural food and what to eat I became educated I went along but again I just feel that by using this if you don't get that much prior notice but I had a little bit more and get a bit twitchy bass with somebody that is gone that route with me you know I know the breast Cancer Ireland and a snack at the weekend do that but he kind of situation we can

link in with somebody not a bad thing to do we do you know in hindsight I should have possibly a match no Well having that support and talking to somebody who's been there and we can relate to what you were going through was very very helpful and it makes you feel less isolated especially now but coming out the far side what changes have you made to your lifestyle now the her cancer-free the biggest thing is that I'm very much into the

journalling the gratitude gratitude book that we got and I billion for a couple of minutes with maybe how it affects the whole mind and get you into that sense of being positive and I was my biggest problem was I was always looking to the future end up sounding and with planning not too happy to live in the present so it was the biggest

education is just take each day as it comes and to be present and not to allow those were read to affect me you

know and just down the back of not take on too much of emotional from their friends and family another person who reigned in the could be now on the phone listening to the world's Highlights: Breast Cancer Ireland

RUEPOINTMEDIA

Publication:	evoke.ie	**Media Cost (€):**	367
Date:	Wednesday, February 3, 2021	**Reach**	16,660
Page:	Link	**Size (Sq. Cm)**	761

breast cancer survivor never thought she'd be a mum just two years after diagnosis

Use precise geolocation data. Actively scan device characteristics for identification. Store and/or access information on a device. Personalised ads and content, ad and content measurement, audience insights and product development.

breast cancer survivor Emma Cassidy says she never thought in a million years she would be a mother just two years after receiving the worst news of her life.

The PE and Science teacher at Manor House School in Raheny is determined to share her story of hope to inspire other women facing a similar ordeal.

Emma, 33, a regular gym-goer was in the best shape of her life when she started to feel something wasn't quite right.

The then 30-year-old was immensely fit thanks to her role as a PE teacher but despite her healthy lifestyle, she was always exhausted.

'I didn't have the typical signs of breast cancer but what I did have was this overwhelming sense of tiredness all of the time,' said Emma.

'My doctor was giving me B12 shots but it wasn't really working. I would sleep for nine or 10 hours and wake up feeling like I hadn't slept for weeks'.

It was only when her GP referred her on to Beaumont's Breast Clinic that the sinister cause behind Emma's chronic tiredness emerged.

'I went in for tests and a week later returned with my mum but I immediately knew something was up because there was a nurse in the room with the doctor which I thought can't be a good sign,' recalled Emma.

'It was my mum who just came out and asked "Is it cancer?" and when the doctor said "Yes" I just couldn't believe it. It was like a movie when people are given bad news and they aren't there, everything just becomes noise.

'I just couldn't understand because nobody in my family had cancer but then I started to focus again and you ask the question "Am I going to die?"

Emma was told she had Triple Negative breast cancer which meant she would need to undergo a double mastectomy and a gruelling 16 rounds of chemo along with four weeks of radiation therapy.

Incredibly, she avoided the worst of the side effects associated with chemo but did endure severe rashes that needed to be treated in hospital.

Emma made a decision to shave her hair before it fell out and endeavoured to go for a walk every day she felt well enough to get out of the house.

'I got some good advice from my doctor who said this would be a year of my life I would need to take out to get better and after that, I could go back to having a good life,' she said.

'So every time I went for a treatment, I viewed it as a week closer to making it through the year because if you looked at everything as a whole there is no way you would be able to cope.

'My mindset was these are the cards you are dealt but you just have to keep going'.

A post shared by Emma Cassidy (@cassosnuggetsofwisdom)

Today, Emma's life is almost unrecognisable from those dark days. She is a new mum to seven-week-old baby Sam who has transformed her world.

'After I finished my treatment I honestly felt a bit lost because I didn't know what would come next,' she said.

'I didn't expect I would have a lovely partner and a new baby. I wasn't even sure I would be able to have children because chemo ages your reproductive system'.

Emma, speaking as part of World Cancer Day on February 4, says she now dedicates her free time to working with breast cancer Ireland as an ambassador to educate and offer hope to other women.

She has run talks in her school for the girls, 'not to frighten them but so that they become more aware of their own bodies to look out for the early signs of breast cancer'.

'The message is simple, getting a diagnosis is a tough card but there is light at the end of the tunnel,' she says. 'I

know it isn’t the same for everyone but you can recover and go on and live a good life.’

If you need any more information about any of the issues raised in this article then please visit www.breastcancerireland.com.

Caption:
Emma Cassidy says there is light at the end of the tunnel after undergoing treatment for breast cancer Pic: Leon Farrell/Photocall Ireland.

Caption:
Emma Cassidy says she can’t believe she’s a mother Pic: Supplied.

Caption:
Emma Cassidy and family. Pic: Instagram.

RUEPOINTMEDIA

Publication:	msn.com/en-ie/entertainment	**Media Cost (€):**	10
Date:	Wednesday, February 3, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	782

breast cancer survivor never thought she'd be a mum just two years after diagnosis

breast cancer survivor Emma Cassidy says she never thought in a million years she would be a mother just two years after receiving the worst news of her life.
The PE and Science teacher at Manor House School in Raheny is determined to share her story of hope to inspire other women facing a similar ordeal.

Emma, 33, a regular gym-goer was in the best shape of her life when she started to feel something wasn't quite right.

The then 30-year-old was immensely fit thanks to her role as a PE teacher but despite her healthy lifestyle, she was always exhausted.

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'I went in for tests and a week later returned with my mum but I immediately knew something was up because there was a nurse in the room with the doctor which I thought can't be a good sign,' recalled Emma.

a person wearing a pink bag: Emma Cassidy says there is light at the end of the tunnel after undergoing treatment for breast cancer Pic: Leon Farrell/Photocall Ireland

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a couple of people posing for the camera: Emma Cassidy and family. Pic: Instagram

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bodies to look out for the early signs of breast cancer'.

'The message is simple, getting a diagnosis is a tough card but there is light at the end of the tunnel,' she says. 'I know it isn't the same for everyone but you can recover and go on and live a good life.'

If you need any more information about any of the issues raised in this article then please visit www.breastcancerireland.com.

Read more

RUEPOINTMEDIA

Publication:	irishtimes.com	**Media Cost (€):**	23876
Date:	Thursday, February 4, 2021	**Reach**	710,600
Page:	Link	**Size (Sq. Cm)**	1,153

BreastCheck conducted 114,000 fewer mammograms in 2020

Covid-19 impact: Just 56,000 screened last year compared to more than 170,000 in 2019

The number of mammograms carried out by the HSE's BreastCheck screening service fell by more than two-thirds in 2020, leading to the detection of 600 fewer breast cancers.

Some 56,000 women had a full mammogram last year compared to more than 170,000 in 2019, a drop of 114,000, and mammogram numbers this year are expected to be behind again as BreastCheck operates a coronavirus-affected service.

The average number of cancers detected by BreastCheck each year is 1,050. Warning that delays will continue, the HSE said BreastCheck “does not aim to catch up on issuing outstanding invitations in the short term”.

The current delays will mean that many women will get a BreastCheck screening every three years, rather than the recommended two-yearly check.

When targets for 2020 are examined, the drop in mammograms is even higher than 114,000, since it had been planned to carry out 128,000 more mammograms last year than were actually possible to do.

Appointments ceased

“The pause in screening was put in place to protect participants and staff by complying with social distancing guidelines. When screening was paused, the arranging of appointments ceased,” said a HSE spokeswoman.

According to the HSE, a significant number of women attending BreastCheck are in a vulnerable age category for contracting the virus, as it caters for women aged 50-69. BreastCheck carries out mammograms on healthy women only.

Appointments for routine screening will resume when it is deemed safe to ask women to reattend, according to HSE clinical director of BreastCheck Prof Ann O'Doherty.

Acknowledging the impact of the virus, Prof O'Doherty said: “Most years we pick up six cancers in every 1,000 women we screen. We've screened much less so there are hundreds of women we haven't diagnosed.

“We know that and we are desperate to get back screening,” she said, adding that women with breast cancer are still receiving treatment and anyone with symptoms should seek advice.

Women who require “further assessment” are being seen in follow-up clinics and the HSE has urged those undergoing follow-up treatment to attend their appointments.

Noting the pressures created by the virus on the State's hospitals, she said: “The truth of the matter is we are not able to treat people in the normal way because hospitals are full of Covid patients.

“We don't save lives by doing a mammogram. We save their lives by treating patients and getting them to hospital and operating. That is a huge problem in Covid times because hospitals are inundated with sick people.

“It's very hard to get people in at the moment. We're not ignoring screening but we have to do what is going to give the best outcome in Covid times,” she told The Irish Times.

Despite the problems, the health service was treating the same number of women for breast cancer as it had been at the end of 2019: “So that was good. People were very frightened at the start and didn't come in.

“Then it stabilised and overall we don't think that we had a lot of people not coming in,” she said, though it will be impossible fully to catch up with the screenings missed during the pandemic.

This is because of a lack of trained personnel required to ramp up screening, she said, adding that it takes 15 years to train a breast radiologist and seven years to train a radiographer.

Concerns

“It's absolutely unrealistic to think that we are going to catch up. We're going to keep going and get as many through the system as possible. We will probably have in the next year or two some women going out to three years, which would be the norm in the UK. We'd love to get everyone back at two years.

BreastCheck is a screening service for well women, and not a symptomatic service, so women with concerns should immediately contact their GP for referral on to hospital clinics that are still fully working.

However, women with symptoms of breast cancer have avoided presenting for investigation because of their fears

about contracting the virus, according to a leading expert, Arnold Hill, professor of surgery and head of the medical school at the Royal College of Surgeons Ireland (RCSI).

“I think there are a number of people who are obviously concerned and are opting not to come. There is no question about that. It's very hard in a Level 5 lockdown though, because people themselves are often not certain about what is normal and who can blame them,” he said.

“Understandably, patients have fears and concerns about attending hospital but we still want to see a woman with a possible lump to make sure they don't have cancer and if they do, we're here to treat them.

Despite the challenges, Beaumont Hospital , where Prof Hill works as a breast and endocrine surgeon, detected more cancers last year than the year before, making 380 diagnoses in 2019 and more than 400 in 2020.

When caught early, breast cancer, the second most common cancer in women in Ireland, has an 85 per cent survival rate after five years. About 700 women die from the disease every year. One in 10 will be diagnosed with it during their lifetime.

The chairman of the charity breast cancer Ireland (BCI), Prof Hill said new research has found an existing cancer drug, Dasatinib, can have a “helpful effect” in treating aggressive breast cancers, combined with chemotherapy.

Known as triple negative breast cancers, or TNBCs, they occur in younger women as well as those who are older, grow rapidly and are challenging to treat. Few young women treated for TNBCs later can have children.

The research was led by Dr Paul Mullan at Queen's University Belfast. Welcoming the development, the chief executive of BCI Aisling Hurley said it hopes one day to make breast cancer “a long-term treatable disease”.

To mark World Cancer Day on Thursday the Irish Cancer Society is urging people to contact their doctor if they are concerned about symptoms that may indicate cancer.

Eight signs of breast cancer

The eight signs/symptoms to be aware of in self-examination are:

– 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

Regular updates to screening schedule changes are available at breastcheck.ie . Women can also contact Freephone 1800 45 45 55 or info@breastcheck.ie

Caption:
Emma Cassidy, a breast cancer Ireland ambassador, and her newborn son Sam.

RUEPOINTMEDIA

Publication:	Virgin Media One	**Media Cost (€):**	6000
Date:	Thursday, February 4, 2021	**Reach**	300,000
Page:	Link	**Size (Sq. Cm)**	810

Virgin Media One @ 04-Feb-21 08:21 - (great) - Ireland AM Part 1

joins Staying with us. Breast cancer is Breast cancer is the most common cancer in women, with 1 in 9 diagnosed with it in year. And while significant diagnosed with it in Ireland every breakthroughs have been made in fight against breast cancer in

breakthroughs have been made in the recent years, breast awareness and self-examinations are more important than ever in early detection of the disease, for women of all ages. Two women who know this all too well are podcaster and breast cancer survivor Georgie Crawford who joins us in studio, and via Skype we have fellow survivor Emma Cassidy, both

diagnosed with the disease while in their early You're both very welcome. Georgie, lovely to have you with us. I can't believe it's been just over a year since we ran the great pink run Chicago and it was a be the first since we ran the great pink run in this wonderful extensive Chicago and it was a be the first of

cancer island endeavours this wonderful extensive breast cancer island endeavours and activities around course the pandemic put paid to activities around the world but of from the moment but there's a wonderful app which we must allow viewers about? Breast cancer island have an appis a

Iregreat app to help you check your breasts directly. There is a great video on that app and sends you a monthly reminder if you find something abnormal and sends you a monthly reminder and if you find something abnormal to ring your GPU, they will see you and refer you to a breast clinic. You found an abnormal lump and

decided to take action and to treat you need? I found my lump in the middle of the night by accident. It never dawned on me to check my breast. I just didn't think it would ever happen to me. I pick up my daughter who was ever happen to me. I roll over to months old at the time and my

pick up my daughter who was seven months old at the time and my hand fell against my chest and I thought there was a huge lump in my chest I had never noticed before. I think at that moment I just knew it was bad news. I knew my body and I wasn't useless in lumps or bumps or anything like that. Did you go straight to the doctor?

The next morning. Women would feel that and put it off and that is of the problem? I was diagnosed with stage II cancer which was a shock to me. I was diagnosed with stage II breast Luckily it hadn't spread to my lymph nodes but I causes it is a good time. I went on to have chemotherapy and

radiotherapy so I was because it's so important to act radiotherapy so I was really lucky fast and there is this little voice in the back of our head telling us there is something wrong and we try to ignore it but never ever ignore that little voice in the back of your head. And Emma joining us this morning,

you are both great pals and I believe Emma, you didn't necessarily find a lump but you found you were feeling quite fatigued and that's why you went to your GPU? feeling quite fatigued and why you went to your GP? I felt really really not myself at all for a I felt really really run down and

not myself at all for a few weeks. I went to my GP and he is amazing. We have a great relationship and he has known me since I was born and he felt that was the quite felt that was felt that It wasn't quite right. Can I ask you do you check your breasts regularly and I was not breast aware because you never think that at 30

years of age you could potentially have breast cancer. Thankfully, he got me an appointment for the breast clinic and two weeks later I had an examination and a lump was found and that day I ended up having mammograms, ultrasounds and biopsies and everything done in How did you feel when the diagnosis came in? You are only 30 years old,

it wasn't undermined at all and it must have been an incredibly stressful and traumatic It really was. It was hard stressful and traumatic time? It really was. It was hard to process initially. My mum came me and even though I had all process initially. My mum came with me and even though I had all these

extensive tests, I still didn't think it would be anything too sinister and it was quite naive but it might be something simple that Highlights: Breast Cancer Ireland app, the Great Pink Run, Emma Cassidy, Georgie Crawford

RUEPOINTMEDIA

Publication:	Virgin Media One	**Media Cost (€):**	370
Date:	Thursday, February 4, 2021	**Reach**	300,000
Page:	Link	**Size (Sq. Cm)**	834

Virgin Media One @ 04-Feb-21 08:28 - (breast) - Ireland AM Part 2

they can do to fix me. And I never thought I would end up on the road that I ended up on. When you hear the words cancer it is so frightening. You do still set into panic mode. Can I live a life again. It really knocks I think as ambassadors for It really knocks you physics. island you have been

I think as ambassadors for cancer incredible.--Breast Cancer It makes women stop and think incredible.--Breast Cancer Ireland. actually I do need to make sure know how to check but also actually I do need to make sure I know how to check but also going forward this has to be on my mind just to make sure that if there is

something wrong I need to go to doctor. Have you found through feedback that it is always a shock as your mind does go to the That is why I started my pod cast does go to the darkest point? because I think my whole life I project my energy outwards and I gain nothing to myself really so

when I got sick I thought I have to change here and how can I warn people to take better care of themselves before it's too late. The healthiest best version of yourself so I decided to help get men and women to comment on their stories of overcoming to give people motivation and know that you can be in the darkest place you ever

thought you could be but there is a way back. The people have done it and you can do it too. That's why I started the pod cast and it brought so much positivity to my started the pod cast and it has life and taught me so much and I am so excited to continue on that path. And listening to those stories. I think it was

And listening to stories and sharing because of your age that that was the real shock and was that the reason why you wouldn't be checking? Maybe if you are older you be we need to check it now. When Maybe if you are older you be going we need to check it now. When you're in your thirties you just don't think of this.

I think people presume that when you breast check, women don't have to worry but they do amazing work in shouting from the rooftops that breast cancer for the under and when I met Emma, breast cancer for the under fifties and when I met Emma, Emma was the first person to reach out to me when I told my story publicly and I was

able to see her pictures and she is a couple of months ahead of me and there is hope for me. My grow back and I have been connected there is hope for me. My hair will to these amazing women and we lift each other up but it has been hard. It is a hard road and we will meet up and one of us might be down but we know exactly how the other person

is feeling so connect with people going is feeling so it's so important to connect with people going through the same thing as you. How are you now? I am three years clear now. My daughter is for this month. Life is good. Lockdown has been triggering and I get up and put one foot in of

the other and I have my coping mechanisms so I run, I spend doing things I never thought I would in my life but it keeps me well. And Emma has had an incredibly extraordinary few months with the birth of baby Sam. Huge congratulations. Secondly, I suppose when you have spoken very honestly it is an interesting point that

after your surgery and have breast cancer any more, it after your surgery and you didn't have breast cancer any more, it was an extraordinary journey to get better from an emotional point of view. Back then, when you are at your low ebb, did you ever imagine the baby coming back a few years later?

Absolutely not. We put so much emphasis on physical health that when you're recovering from cancer people think you're OK and life can be better again now but it opposite. You kind of feel quite lonely and you don't know what to do yourself. The appointments become further and

further It's like a safety net further apart. it can be hard to piece your back together. It's like a safety net is gone and When I was pregnant with Sam, it was just like the most incredible feeling because I did not think for a second that I'd be able to have

him. He was born not to the day but close enough to 3 years on from my final chemotherapy so it's such a massive Highlights: Breast Cancer Ireland app, the Great Pink Run, Emma Cassidy, Georgie Crawford

RUEPOINTMEDIA

Publication:	newstalk.com	**Media Cost (€):**	1520
Date:	Thursday, February 4, 2021	**Reach**	72,420
Page:	Link	**Size (Sq. Cm)**	789

'Cancer doesn't stop because of coronavirus' - Survivour appeals to people on World Cancer Day

A Dublin teacher who was diagnosed with breast cancer has appealed to people to keep their doctor's appointments.
Emma Cassidy was diagnosed with triple negative breast cancer, an aggressive form of the disease, and within a week was undergoing surgery to have a double mastectomy.

She has since become a spokesperson for breast cancer Ireland.

She told Pat Kenny her diagnosis was "the biggest shock of my life, I was only 30 years of age.

"I never in a million years thought that I would be someone who would get cancer."

"I didn't really have a big history of it in my family - I was quite naïve about it all, to be honest."

She was diagnosed in June 2017 and said there was a "blur and a whirlwind of treatment" that followed.

"Within two weeks, I'd had a double mastectomy, a couple of weeks after that into chemotherapy, then into radiotherapy.

"The whole thing was just a very frightening experience".

But she said she stayed positive, thanks to those around her.

"I have such amazing family and friends, and in work - work colleagues - and all the students.

"Everybody's just so supportive to me, breast cancer Ireland have been a massive support in helping me through such a tough time.

"So I suppose when you've that kind of support system around you, it's a lot easier to be optimistic and positive that you're going to come through it".

Life after treatment

She also recently became a mother to baby Sam, who is eight weeks old.

"He's absolutely changed our lives, we couldn't be happier with him."

She said a baby was not something she had really thought about.

"When I was starting out with the chemotherapy and the surgery, I was just so focused on getting through that, that at the time I suppose it wasn't at the forefront of my mind.

"I just kind of wanted to get through that and get better".

But she said after all the treatments were done, her mind started to focus again.

"When the treatment finished.... and you've a lot more thinking time on your hands, all of those kind of thoughts can kind of creep in on you.

"You're thinking 'Oh my goodness I never had even considered this, is there a chance that I won't be a mother'.

"It was definitely something that I was trying to come to terms with, that I mightn't get the opportunity to be a mother - so it makes all the more special now that I am".

Emma said education is key for everyone.

"I actually always assumed that people who got breast cancer, it was something that ran in their family - that that was the most common thing.

"But actually it's not: most breast cancers aren't actually genetic, it's more unusual for it to be genetic".

BRCA gene

Emma had a genetic test done after her treatment, which revealed she had the BRCA1 gene.

BRCA are genes that produce proteins that help repair damaged DNA.

Everyone has two copies of each of these genes - one copy inherited from each parent.

They are sometimes called tumour suppressor genes, because when they have certain changes - called harmful (or pathogenic) variants (or mutations) - cancer can develop.

A woman's risk of developing breast and/or ovarian cancer is increased if she inherits a harmful variant in BRCA1 or BRCA2 - but the degree of increase varies depending on the mutation.

She said it was "a massive blow" and "almost tougher than the cancer diagnosis".

"You can have treatment and hopefully get better, but with a genetic abnormality you can't change your whole genetic make-up".

She said this was "a hard pill to swallow" after the year she had.

"Now to be told, after all that, 'OK you have this gene and now you're at a risk of ovarian cancer and other things' - so it was difficult."

She said she has one message for everyone on World Cancer Day.

"If you feel there's something abnormal in your body, or something just doesn't feel right - even in the current climate with the pandemic - please go to you GP and get checked because you will be seen.

"Cancer doesn't stop just because there's another illness or virus happening - cancer will always be there, unfortunately".

World Cancer Day is marked every February 4th as part of a global initiative to raise awareness and improve education.

Events are also being held in Ireland.

Main image: Emma Cassidy. Picture by: Facebook/breast cancer Ireland

RUEPOINTMEDIA

Publication:	Red FM	**Media Cost (€):**	188
Date:	Thursday, February 4, 2021	**Reach**	192,000
Page:	Link	**Size (Sq. Cm)**	726

Red FM @ 04-Feb-21 15:03 - (breast)

Britain first Neil Prendeville show through their needs but it seems an obvious series of bond maturities all you need in your hotel where Village shopping centre putting smiles on faces because now more than ever every little helps April National Music Station of the Year red FM at 3 o' clock with the latest Here's another read them then there was news to me we could see a repeat of 2018 storm Emma next

week which was nicknamed the Beast from the East a cold front from Siberia will move across Ireland bringing potentially heavy snow met Eireann has warned of the risk of severe snow event from Wednesday with temperatures across Cork set to plummet and showers of snow expected in place of Alan O'Reilly from Carlow Weather says time will tell there is significant snow risk comes from where low pressure systems to come up with against that call there are Wednesday into Thursday

and Friday now that's where you have a kind of a similar set-up to a storm Emma when we had and 2018 will very have this continual heavy snow falling However at the moment it is impossible to say where exactly will happen for it will turn to rain the head of the HSE says new guidance on call the vaccines will pose significant challenges to the rule out over 70s it's been advised that people in that age group should get revised or McGurn Gerard brother them the at to Zenica one of 219000 people

have received at least one adult so far with around 8000 administered each day over the last week the locations were multiple GPs can vaccinate over 70s are being looked at as Pfizer and adjourned jobs more difficult to store HSE chief executive Paul Reid said contingency plans are being finalised were currently working through the operational changes that we have to make a head to we adjust our plan based on this decision there are quite

significant challenges that we have to mobilise around I will say the HSE has been clear and consistent me that in the first quarter we always knew it was only on the bumpy old punished the Varadkar said the Government can't give a timeline for the delayed over 70s it still means that we will be able to start the vaccine programme for the over 55s in the middle of this month as a trouser PBC be the

been planned and they will be getting the Pfizer are there enough vaccines rather yesterday AstraZeneca vaccine itself for those over 70 the role that may well be sorry but for healthcare workers and other groups it will be faster but in total the same number of people will be vaccinated campaign groups say the decision not to bring criminal charges against Kerry teenager who racially abused former footballer Ian Wright set support precedent there are calls for a hate crime

legislation to be introduced as a matter of urgency Ian Wright described the news that an 18_-year-old Kerry teenager will be spared a criminal conviction for sending him racist abuse online as disappointing the 20 private messages were sent to the former Arsenal and England striker on Instagram by Patrick O'Brien of Sycamore Court Ashley Downs Tralee Ian Wright said it seemed the judgment can only wonder what deterrents there is for others sending racial abuse online Perry Ogden from sport

against racism Ireland this reaction I think the problem is that by not handing out some kind of incidents this is is is leaving the door the anybody to make any comment A cancer survivor says known to be put off seeing their GP if they are showing symptoms even during the pandemic today marks World Cancer Day with the Irish Cancer Society revealing one in 4 people Mister GP or consultant appointment during the first lock down and Cassidy is a spokesperson for

breast Cancer Ireland that people need to put their health first feel there's something at Nore linear y E or something just doesn't feel right even in the current climate with the pandemic please go to your gp and get chatting he will be seen Cancer doesn't stop just because there's another illness the virus happening cancer will always be there unfortunately so just Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	232
Date:	Thursday, February 4, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	601

98 FM @ 04-Feb-21 19:04 - (breast)

New to us was clear out over the course of the coming days as they have done on this morning's weather models then certainly there does exist the potential for snow events next week on a par with that experienced in 2018 A cancer survivor says nobody should put off seeing their GP if they are showing symptoms evening during the pandemic Today is World Cancer Day with the Irish Cancer Society revealing one in 4 people Mister GP or consultant appointment

during the first lock down Emma Cassidy spokesperson for breast Cancer Ireland says people need to put their health first even in the current climate with the pandemic please go to your gp and get better because you will be seen Cancer doesn't stop just because there's another illness the virus happening can you will always be there unfortunately and Instagram says there's no place for racism on its platform its after former footballer Ian Wright says he is

disappointed Kerry teenager was spared a criminal conviction for sending him racist abuse online statement from Instagram owner Facebook says the company knows there's more to do and will continue to work closely with the club's players and football authorities to investigate instances of discrimination and now Europe to date and 98 98 the light back on the boil for the betting gambling care .ie believing heard Stephen dorrell the coffers just under an hour away at the

top of Bridge stadium where Spurs and Chelsea meet in the London Derby 6th place in the table is on offer to the winners as they look to stay in touch with the Champions League places the Chelsea boss Thomas Tuchel has played down suggestions of could come down to a tactical battle between himself and offices number you're very young I strongly believe that it's Tottenham against Chelsea and not me against Poznan very happy to compete with a strong team against this I am very happy to arrive this

squat with our quality with our mentality and done with the atmosphere that game kicks off at 8 the away leg of Liverpool's Champions League last 16 tie with RB Leipzig popular to take place in Germany this month the country's banned people from entering your trouble from areas affected by qualifiers mutations including the UK that no special allowances made for the Premier League title holders Uefa is working on a solution for the game to be played

outside Germany Rory McIlroy got 3 over par through 3 goals to two under par after 15th but they won at the Phoenix Open Republic Harrington has just started his first film in Arizona McIlroy 6 shots off the leader America Matthew P Smith who has a three-stroke lead these under par defending champion Graeme McDowell Shane Lowry Cormac Sharvin shot level par opening rounds of 70 % the international England's David Horsey topped the leaderboard by one shot after

cutting a nine-under-par 61 Paul Dunne shot a three-over-par round 73 for your stories A Mauser Joe to the sporting apps run of late and then whether that Yeah still pretty damn thing repair and maintenance mostly cloudy with a chance of showers it's 9 degrees 98FM breakfast with your back and Brendan waking you up from 7 a.m. only on 98FM like you it is clear on the big fear is Thursday evening with a picture if Christina Aguilera and take your

crew got a 98 and the only He he he he he he he he he he he eat eat eat eat Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	85
Date:	Thursday, February 4, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	814

iRadio @ 04-Feb-21 19:54 - (breast)

here on iRadio Syrian air base in Homs a chlog will be doing a 10 minute take over as usual I've also got you a pint of beer from Billie Eilish Drake and a throwback from a cast of well hang up I really was I say please protect these other end of the day with iRadio looking to learn a new skill or change career or access to third-level courses confused by obviously worried about points and not ready for a four-year degree programmes Dunboyne College of further Education on for over 50 level 5 and 6 one

year courses in Nursing business IT beauty and more care psychology pre-university teaching law or science and 9 now and the other protesters at Dunboyne College of .ie work all day with so few 5 double 7 begin to go anywhere for click Yeah I love your room for young drivers called do you Oh 1.3 1.3 one from a summer in a Ltd trading as cover to you it really wasn't on your Radio on the Radio and on Europe Maurice Hayes is not really you mean I can't taste the Ribery said

nobody should put off seeing their GP if they are showing symptoms even during the pandemic to coincide with World Cancer Day the Irish cancer society highlight to help one in 4 people Mister GP or consultant appointments during the first lock down last year Ms Cassidy E a spokesperson for breast Cancer Ireland I feel there is something abnormal nearby tea or something just doesn't feel right even in the current climate of the pandemic please go to

your gp and get checked because he will be seen cancer will stop just because there's another illness the virus travelling cancer there will always be there unfortunately so we're just really encourage people to keep those appointments and just be vigilant and Bureau applicant's fear health campaign group Save the decision not to bring criminal charges against Kerry teenager who racially abused a former footballer Ian Wright said the poor precedent there are calls for

hate crime legislation to be brought in as a matter of urgency but Stephen Murphy has a smart disappointed was out Ian Wright described the music then 18_-year-old Kerry teenager would be spared a criminal conviction for sending racist abuse online the 20 private messages were sent to the former Arsenal and England striker on Instagram by Patrick O'Brien of Sycamore caution Ashleigh Downs internally came right said that seeing the judgment he can only wonder what the territory for others

sending racial abuse online curry ultimatum sport against racism Ireland I think it probably is that by not handing out some kind of sentence make it is leaving the door wide open for anybody to make any to add his voice has been changed says her 13_-year-old son had been racially abused a number of times online in a moment we are Through the Professional Footballers' Association

says they haven't received any recent reports of online racist abuse centre player's ball with a string of recent incidents in the UK including abuse said the high-profile players like Manchester United's Marcus Rashford there is pressure on social media companies to do more you could see heavy snow next week because of a cold front from Siberia it's going to move across Ireland Met Eireann has warned of the risk of a severe snow event from Wednesday while he's going to start

getting colder for the weekend Alan O'Reilly from Carlow Weather said there is a shadow we see a repeat of storm Emma next week if that doesn't meet there was no pressure systems recruit see a repeat of something similar with some very significant fall of abortion being it is just really is impossible to give a definitive answer this stage a price of course be aware that it will get very cold and keep an eye on the forecast because they will continue to change over the

coming days as we get closer to a possible event ready meals heat and it's official the Irish accent is one of the most well received of all the English speaking countries and the Irish ladies have fared particularly well Eleanor O'Carroll has more good Irish women's accents have been voted the least denying while it's bad news for the American gals who Batten had been voted the most annoying the survey by the knowledge you can we ask 200 and 50 singletons to listen to 5 minutes of the same

narrow still recorded by different accents from English-speaking countries the findings are based on the average duration they listen to the recordings before switching off American women's absence with the least listened to with an average of only one minute and 26 seconds and 5 minutes in Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	thejournal.ie	**Media Cost (€):**	4159
Date:	Thursday, February 4, 2021	**Reach**	330,140
Page:	Link	**Size (Sq. Cm)**	444

Here's What Happened Today: Thursday

Here's your round-up of what made the headlines today. NEED TO CATCH up? TheJournal.ie brings you a round-up of today's news. IRELAND

Emma Cassidy, a cancer survivor and Breast Cancer Ireland ambassador, with her six-week-old son Sam. Today is world cancer day.

A further 1,318 Covid-19 cases and 75 deaths were reported , bringing the total number of confirmed cases above

Gardaí launched an investigation after a woman's body was discovered in a burning car in north Cork.

Regulations making it a legal obligation to quarantine after arriving into this country were signed by the Minister for Health.

The Chief Executive of the HSE urged the public to “bear with” the organisation as it responds to issues with the Covid-19 vaccine rollout plan.

219,200 coronavirus vaccine doses have been administered so far in Ireland

740 people who have received a Covid-19 vaccine in Ireland reported suspected side-effects to the country's health products regulator up until 28 January.

Here are the main points from this evening's NPHET briefing.

Met Éireann said it will be on “high alert” for snow next week, with temperatures beginning to drop from Sunday

A war of words continued over post-Brexit checks in Northern Ireland, with unionist leaders calling for the Northern Ireland Protocol to be scrapped and the Irish government insisting it needs to stay.

A man found with almost €1 million in a bag of onions inside his campervan – crime cash that was destined for the Kinahan Cartel – will be returned to jail after the Court of Appeal today increased his sentence by a year.

Leo Varadkar told the Dáil he was “quite surprised” to hear that audio recordings of witness testimony given to the Commission of Investigation into Mother and Baby Homes were destroyed.

The Tánaiste also told

TheJournal.ie that staycations “will be possible this summer”.

INTERNATIONAL

A man working on a large stained glass window in England.

Source: PA

#COUP: Myanmar's generals ordered internet providers to restrict access to Facebook, as UN chief Antonio Guterres said the world must rally to ensure the military coup fails.

#SORRY: Tokyo Olympics chief Yoshiro Mori apologised but refused to resign after making sexist remarks that prompted outrage in Japan.

PARTING SHOT

The nation's forecaster is on “high alert” for snow next week, with temperatures dropping from Sunday and potential snow showers in the east of the country at the start of next week.

With this in mind, why not try out our quiz from 2019 to see how much you know about Irish weather…

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	1146
Date:	Thursday, February 4, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	810

Newstalk @ 04-Feb-21 21:01 - (breast)

products I SuperValu butter biscuits only 79 cent SuperValu medium curry sauce or something I've grabbed only 89 And and SuperValu family cottage by one point to you only think you can do yourself but you're here you're not prices across your board the Asian of the year of 9 o'clock at night time or Murphy GardaÃ have discovered a body in a car that was on fire in

County Cork the discoveries made in the Don really area at around half past 4 this afternoon during a search of the area a man was discovered by GardaÃ from nearby river and he is receiving medical attention in Cork University Hospital A senior of official says the reduction in Corbett 19 case numbers has not plateau effort today has reported 1300 and 18 new cases of the virus as well as 17 additional deaths official said earlier in the week they were afraid of a plateau in case numbers which

have consistently remained above 1000 a day but Professor Philip Nolan who chairs never modelling group says encouraging data shows the spread of the virus is actually slowing down the best fit for all of this is that we have seen he's stable level of exponential decline at minus 6 to minus 9 % per day Meanwhile the reproductive number for the virus is between 0.5 0.8 which is marginally above last week new data also shows three-quarters of recent cases

involve the British variant that pandemic should not get in the way of people getting checked for cancer according to a survivor Emma Cassidy who was diagnosed in 2017 and has since recovered is urging anyone who believes something is wrong to call the general practitioner the Irish cancer society research for World Cancer Day found one-in-four people missed GP or consultant appointments between March and June of last year Ms Cassidy who is spokesperson for breast Cancer Ireland Emma is the

day she was diagnosed nearly 4 years ago the biggest shock of my life who was only 30 years of age I never in a million years thought I would be somewhat will get cancer and didn't really have a big history of it in my family was quite naive about golf to be honest he laws to be changed in Britain some ministers who have a baby while in office can take maternity leave it's been prompted by UK Attorney general still braver

man who is currently pregnant that's it for now more in an are all well and good the you can find our best is Karen 0 on car insurance online DAA does like me many areas will start off dry tomorrow with sunny spells highest temperatures of 4 to 7 degrees now up-to-date on Newstalk love football job of them all with Paddy power make crowd noise it sounded good and we got you we got right I bet that if I can get

on with being a very important man not have a mobile phone should be better off just gone away for a Stadium Chelsea leading Spurs by one or both male Jorginho penalty midway through the first half we would be talking about Liverpool against Man City in some detail with Kevin Doyle former Republic of Ireland striker a moment but first let's hear from quiver O'Neill of the Liverpool Echo he was talking about Liverpool's

pretty powerless title situation after they went 7 points behind man city this week fan of the season it is the way OK there's still 15 games to go after that we're crazy things happen but it really is that you can't worry about you know top 4 becomes reality it is reality maybe we don't accept that just guess I'm just saying you know I think you lot of the team last night you can't explain the performance in a way mean James now

That as play back-to-back games Eric as a disease of the 35 year old just won't stop running for the top nothing affairs of any ego a bit leggy throughout the game and maybe you do what you like it's a stance of being kept on a bit of energy and cheekiness what he brings to the pet but the HSE indeed the sobs failed to make an impact did not agree and I don't remember doing anything with Oh a sea-change try and a disco scenes that you can catch a ball you've

set plays a brainy and just like the pain surrounding the ball he saw a UFO like there was any light on the pitch at times and winnable just looked as though now with energy and lacking in confidence which is bizarre because as I mentioned a few games a massive boost to the whole Foundation Highlights: Breast Cancer Ireland

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	733
Date:	Thursday, February 4, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	746

Today FM @ 04-Feb-21 21:01 - (Cancer)

9 o'clock at night time the GardaÃ have discovered a body in a car that was on fire in County Cork the discoveries made Madonna really area at around half past 4 this afternoon during a search of the area a man was discovered by GardaÃ from nearby river and he is receiving medical attention in Cork University Hospital if senior health official says the reduction in , 19 case numbers has not plateau effort today has reported 1300 and 18 new cases of the virus as well

17 additional deaths official said earlier in the week they were afraid of a plateau in case numbers which have consistently remained above 1000 a day but Professor Philip Nolan who chairs never modelling group says encouraging data shows the spread of the virus is actually slowing down the death for all of this is that we have seen a piece of Cable lets an intruder in a minus 6 to minus 9 % per day Meanwhile the reproductive number for the virus is between 0.5 0.8 which is

marginally above last week new data also shows three-quarters of recent cases involved the British variant that and then I should not get in the way of people getting checked for cancer according to a survivor Emma Cassidy who was diagnosed in 2017 and has since recovered and is urging anyone who believes something is wrong to call the general practitioner the Irish cancer society research for World Cancer Day found one in 4 people missed GP or consultant appointments between March and June of

last year and McCafferty who is spokesperson for breast Cancer Ireland Emma is the day she had died in also nearly 4 years ago the biggest shock of my life I was only 30 years of age and never in a million years thought I would be some who get cancer and didn't really have a big history but my family was quite naive about golf to be honest the laws to be changed in Britain some ministers who have a baby while in office can take maternity

leave it's been prompted by UK Attorney general to live free from man who is currently pregnant that's it for now more in an hour with a baby boy and Paddy power are you thank you believe these same old book full of the gallon that they care that they its advantage Chelsea as the second half gets underway in the London Derby against Spurs in the Premier League they lead one 0 at Tottenham Hotspur Stadium having

dominated the opening half midfielder Jorginho scoring the game's only goal so far he easily converted from the penalty spot of team Verner was fouled However the Blues have seen their centre-back Thiago Silva limped off injured during the opening 45 Liverpool have been handed an early Champions League advantages of their last 16 tie with RB Leipzig the first leg of their game will be played in Germany but rather at a neutral venue

German officials said they will not be granting Liverpool special dispensation to travel into the country due to their cover 19 regulations with Uefa now working on a solution for the game to be played in a different country I have and he and Ben Iraq has avoided a ban after the club successfully appealed the red card he received in Manchester United defender was sent off after a VAR review when he conceded a penalty during an 9 0 thrashing in the Premier League his manager

Ralph Hasenhuttl says it was a strange and damaging decision restyle them the grammar wouldn't be like to be a tennis player so far makes for but was not the player is the same why do I do then I decided to give the red colour with a nod to this moment golfer Rory McIlroy survived a disastrous start the back of the leaderboard on day one of the waste management Phoenix open after dropping 3 shots in his opening two holes the

four-time major winner rallied with 5 birdies but a bogey on the par-four 17th saw him end the day with a one under par round of 70 leaving M7 back from the lead which is held by American Martin Smith Padraig Harrington has made a steady start to his final first round is one under par after 6 holes and finally Tokyo Twenty20 present EUR Highlights: Breast Cancer Ireland, Emma Cassidy

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	259
Date:	Thursday, February 4, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	857

98 FM @ 04-Feb-21 21:02 - (breast)

seriously as a job for you we're recruiting full-time electricians with residential and come Should experience to join our store estate Dublin 18 schools training plus a company vehicle will be provided and benefits include generous salaries holiday allowance pension healthcare and flawless skin female UCB now two locations at km Thursday .ie that's OK Yeah erm CIA or CBT .ie 98 now it might be and 98

and then there's me but 9 o'clock at night time the GardaÃ have discovered a body in a car that was on fire in County Cork the discoveries made in the Donabate area at around half past 4 this afternoon during a search of the area a man was discovered by GardaÃ from nearby river and he is receiving medical attention in Cork University Hospital a senior health official said the reduction in Corbett 19 case numbers has not

plateau effort today has reported 1300 and 18 new cases of the virus as well as 17 additional deaths official said earlier in the week they were afraid of a plateau in case numbers which have consistently remained above 1000 a day but Professor Philip Nolan who chairs never smuggling group says encouraging data shows the spread of the virus is actually slowing down the death for all of this is that we have seen a peaceful stable level of exponential decline minus

6 to minus 9 % per day Meanwhile the reproductive number for viruses between 0.5 and 0.8 which is marginally above last week new data also shows three-quarters of recent cases involved the British variant that pandemic should not get in the way of people getting checked for cancer according to a survivor Emma Cassidy was diagnosed in 2017 and has since recovered and is urging anyone who believes something is wrong to call the general practitioner the Irish cancer society research for World Cancer

Day found one in 4 people missed GP or consultant appointments between March and June of last year Ms Cassidy who is spokesperson for breast Cancer Ireland Emma as the Dail should have died in also nearly 4 years ago the biggest shock of my life it was only 30 years of age I never thought I would be children get cancer there and didn't really have a big history Abbott family was quite naive about golf to be honest he laws to be changed in Britain some ministers who have a

baby while in office can take maternity leave it's been prompted by UK Attorney general to live free for a man who is currently pregnant that's it for now more in an hour of my life I spend here on the boil for the lettings 80 plus a gambling care does eat its advantage shelf the the second half gets underway in the London Derby against Spurs in the Premier League they lead one 0 at Tottenham Hotspur Stadium having dominated the opening half midfielder Jorginho scoring the

game's only goal so far easily converted from the penalty spot A team of Verner was fouled However the Blues have seen their centre-back Thiago Silva limped off injured during the opening 45 Liverpool have been handed an early Champions League advantages of their last 16 tie with RB Leipzig the first leg of their game won't be played in Germany but rather at a neutral venue German officials said they will not be granting Liverpool special dispensation to travel into the country

Judge their cover 19 regulations with Uefa now working on a solution for the game to be played in a different country the Southampton's Jan Bednarek ACC has avoided a ban after the club successfully appealed the red card he received in Manchester United defender was sent off after a VAR review when he conceded a penalty during the 9 0 thrashing in the Premier League manager Ralph HasenhÃ¼ttl says it was a strange and damaging decision this of them from a wooden these

likely to be a tennis player What makes the call of the glen is that those sale of alcohol on the way to do this I think if you read the kind of the 19 and golfer Rory McIlroy's survived a disastrous start it back up the leaderboard on day one of the Waste Management Phoenix Open after dropping 3 shots in his opening two holes the four-time major winner rallied with 5 birdies and a bogey on the par 4 17th saw him end the day with a one under par round of 70 leaving M7

back from the lead which is held by American Matt unit Smith Padraig Harrington has made a steady start to his final first round he's one under par after 6 holes and finally Tokyo Twenty20 present your Shearer Morris says he won't resign despite pressure to stand down after he made sexist comments the 83 year olds reported to have said that women talk too much meetings during an online session of the Japanese Olympic committee board of directors he

apologised for making the remarks but these stories Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	83
Date:	Thursday, February 4, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	767

iRadio @ 04-Feb-21 21:57 - (breast)

7.1 Oh two one Oh 7 also been alerted Darren his Texan that person is said they were living Galway and all but we had a conversation about two Lucinda share our he must have loads of time on your hands look I think you know what it's good to have a chat about these things when you're living with other people and you know if you have a housemate little bit of form on a on which Yeah like a public conversation about this

type of thing but how how the water rushing to fill in and out now and let's give you some advice tonight Justin Bieber on the way I found this if he plays next year on the Hobbit sorry we came here we had been together for a great great I can't let it here we go Oh any be good on the Greens may think I maybe the Americans why don't you take them doesn't like to think that I'm in this job you have always done things I love that you like me to do another

and now green that leave me you love with their contracts will be back tomorrow at 11 a.m. no excuse me how you recruit you you are brilliant and this very moment someone is looking for new jobs is listening to this sad as well if only there was a way we could introduce you to each other if only this listener Neil any of your business if only this commercial was Lord commercial radio I connect your own branding programme and cost-effective email I connected I

radio .ie or visit I radio .ie forward that I connect and replace This commercial with your commercial medium it works is you really want your van insurance today within my ran for great value insurance and exceptional benefits comes as Ireland's low-cost insurance specialists we're here a man who called us today raise price guarantee the website for dealing with the finance marketing group Ltd trading as ensure my van der ie is regulated by the

Central Bank of Ireland's new radio on the Radio on your smart speakers this is my real father was a cancer survivor he said nobody should put off seeing their GP if they are showing Fintan's even during the pandemic to qualify I with World Cancer Day the Irish cancer society highlighting how one in 4 people Mister GP or consultant appointments during the first clock 10 last year Ms Cassidy is a spokesperson for breast Cancer Ireland I feel there is something abnormal

senior IT or something just doesn't feel right even in the current climate of the pandemic please go to your gp and get checked because he will be seen cancer will stop just because there's another illness survivors having cancer will always be there unfortunately so just really encourage people to keep those appointments and just be vigilant and year-old had tickets here How easy Meals beat campaign groups say the decision not to bring criminal charges against Kerry teenager who

racially abused a former footballer he Ian Wright inset support precedence there are calls for hate crime legislation to be brought in as a matter of urgency and Stephen Murphy have a smart disappointed was out Ian Wright described the news that an 18_-year-old Kerry teenager would be spared a criminal conviction for sending racist abuse online the 20 private messages offensive the former Arsenal and England striker on Instagram by Patrick O'Brien of Sycamore caution Ashley Downs in truly

Ian Wright said that's seen the judgment he can only wonder what territory for others sending racial abuse online curry ultimate from sport against racism Ireland problem is that by not handing out some kind of sentence this is but it's got better make it if they want to hear his voice has been changed says her 13_-year-old son has been racially abused a number of times online and are are are room him through

the Professional Footballers' Association says they haven't received any recent reports of online racist abuse centre players with a string of recent incidents in the UK including abuse sent to high-profile players like Manchester United's Marcus Rashford there is pressure on social media companies to do more with the heavy snow next week because of a cold front from Siberia it's calling to me across Ireland Met Eireann has warned of the risk

of a severe snow event from Wednesday while it is going to start getting colder from this weekend Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	Virgin Media One	**Media Cost (€):**	60000
Date:	Thursday, February 4, 2021	**Reach**	300,000
Page:	Link	**Size (Sq. Cm)**	818

Virgin Media One @ 04-Feb-21 23:00 - (breast) - The Tonight Show Part 1

importance of getting presenter, Georgie Crawford, on the Welcome back, it is world cancer awareness day, so Georgie Crawford it here. Tragically cancer accounts for one in four deaths in this country, they tell us a little bit about your own experience as a mother to discover you had about your own experience as a young

mother to discover you had cancer? It was 2017 and I was diagnosed breast cancer a few months It was 2017 and I was diagnosed with having my first baby. It breast cancer a few months after having my first baby. It was a complete shock to me and there was no breast cancer in my family, it was not my reader. So it has been a

long road, I've radiotherapy and two surgeries. So long road, I've had chemotherapy and I'm three years clear now thank God, and hopefully I can continue today well. That is greater here, tell us about the importance of early diagnosis. the moment that with Covid-19 people diagnosis. People are concerned at

are reluctant to present the symptoms to the doctor. important is it to report it symptoms to the doctor. How quickly? I found my lump by complete accident, my handphone against my chest. The reality is that breast cancer is happening to women under 50 as well as above 50, so time we need to be hyper aware

50 as well as above 50, so in this our own health and we need to time we need to be hyper aware of our own health and we need to know the symptoms of cancer. We need to be checking ourselves. I know if you do something abnormal you be checking ourselves. I know that if you do something abnormal you can ring your GP and you will be

referred to a breast clinic, but I suppose my messages to because early detection saves lives suppose my messages to act fast so you need to be super aware of what is going on in your body at the moment. Of course there are semi different types of cancer, especially for men prostate is a big issue, but you have this

especially for men prostate cancer podcast in which you talk to people, how important is it to talk about the issues in relation to the diagnosis and treatment of cancer? When I started it I thought it might connect with a few people, little did I know that actually in life we all go through tough times, so I started to get people on to tell

their stories. It has become this amazing communities where people can share their stories and as a safe place. My message is just check yourself and look after yourself and it does not have to get to the point of illness before you start giving some of your energy to yourself. I was a young mom and very career driven, I just wanted to succeed and

do well and be the best person and best mum I could be, but I was not giving that energy to myself. So through my journey I wellness path, my life has through my journey I started on this wellness path, my life has been completely transformed and I do a lot of things now that fill up my own time so I suppose that my

message to people is to look after yourselves. It does not have to get to the point of illness before you take care of yourself. Thank you so Social Cairns, and Fergus O'Dowd, Fine Gael TD, are still with us. Holly if I can act to you, the treatments for cancer are so much better, the survival rates are so

much higher, but we still have 9000 people a year who die of cancer here in Ireland, how fearful are you that medication may have been missed because of Covid-19? There are 45,000 diagnosis of cancer annually in Ireland. We know that cancer services were the treasurer for the pandemic so there will be pressure. Armour in the summer

pandemic so there will be massive pressure. Armour in the summer that the... I hope we get our right this time around. We the... I hope we get our priorities massive investment in public health right this time around. We need including cancer screening and cancer services in general. It is world Cancer Day and it is great to

hear from survivors of it, so I think it is really important to say as well that... I think the whole nation so Lindsay Bennett talking about the settlement, and I think it is really important to point to her and say who do the hitch everything that they are falling by paying out these settlements were not accepting blame. The HSE are fighting dying

RUEPOINTMEDIA

Publication:	Virgin Media One	**Media Cost (€):**	1350
Date:	Thursday, February 4, 2021	**Reach**	300,000
Page:	Link	**Size (Sq. Cm)**	6

Virgin Media One @ 04-Feb-21 23:00 - (breast) - The Tonight Show Part 2

Highlights: Breast Cancer, Georgie Crawford, discussion

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	78
Date:	Thursday, February 4, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	808

iRadio @ 04-Feb-21 23:49 - (breast)

it hit the road for an hour after a long shift good stuff thank you very much they drive and you and thanks so much for a tune and then listen thanks so much for all your messages tonight and really really fantastic show and great to have a listen in a long and well done forget the best Dublin on the way on Sunday Lord's love to catch up on their and for the Valentine's special if there is anything any experts there anything you'd like to get in touch with you like to hear on the show you can let

me know Oh 8.1 one Oh two one Oh 7 right that my love for my figure there are intake Leavy stay safe and I'll catch you back here on Sunday the best of adequate Monday from 9 and 30 then tears when we came here because we can put things together I think it's great I can't let it go any deeper than the kind of amazing now my maybe the American people we think then why don't you take them doesn't like the things that

I'm in this job you're I mean Yeah I love that song promise I make to you obviously Green the TV you love with their contracts on the house we'll be back tomorrow at 7 on a Currys PC World And 50 JB the 50 inch Android 40 18 the now 3 for 9th get the LG night Killer washing machine 14 minute quick wash now live to 130 EUR save 150 euro on the idea that one laughter of with the rice and fried now 6 6 I and get your benefit of a fair a

free one in 10 went back what they paid these things apply shop online at Currys ie I now pay later it was a big thing for a little thing for everything had Hall we offer them alternative to regular payments on furniture electrical jewellery garden and home improvements who lost so much more and why not there is really a pain in the day I was called by a visit terms and conditions apply your Radio on your Radio on your smart speaker in his youth I really

can't face the driver he said nobody should put off seeing their GP if they are showing Fintan even during the pandemic to coincide with World Cancer Day the Irish cancer society highlighting how one in 4 people Mister GP or consultant appointments during the first lock down last year and a half He's a spokesperson for breast Cancer Ireland feel there's something normal linear ie or something just doesn't feel right even in the current climate of the pandemic please go to your gp and get

checked because he will be seen cancer will stop just because there's another illness there buyer happening cancer will always be there unfortunately so just really encourage people to keep those appointments and just be vigilant in the euro at tickets here How to Eat campaign groups say the decision not to bring criminal charges against Kerry teenager who racially abused a former footballer Ian Wright said the poor precedent there are calls for hate crime legislation to be brought

in as a matter of urgency the Stephen Murphy tells us more disappointed with Ian Wright described the news of an 18_-year-old Kerry teenager would be spared a criminal conviction for sending racist abuse of more than 20 private messages were sent to the former Arsenal and England striker on Instagram by Patrick O'Brien of Sycamore Court Ashley Downs in truly Ian Wright said that scene the judgment he can only wonder what a terrible rate for all their sending racial abuse

online carry out Tim is from sport against racism Ireland it is that by not handing out some kind of sentence make it clear this is leaving the door why didn't anybody to make it two one and his voice has been changed says her 13_-year-old son had been racially abused a number of times online and are remembered through the Professional Footballers' Association says they haven't received any recent reports of online

racist abuse centre player is all with a string of recent incidents in the UK including abuse said the high-profile players like Manchester United's Marcus Rashford there is pressure on social media companies to do more because of the heavy snow next week because of a cold front from Siberia it's going to move across Ireland Met Eireann has warned of the risk of a severe snow event from Wednesday while it is going to start getting colder from this weekend Alan

O'Reilly from Carlow Weather says there is a chance that we'll see a repeat of storm Emma next week if Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	76
Date:	Friday, February 5, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	147

iRadio @ 05-Feb-21 00:57 - (breast)

Of the blue here if he to the you very much we will print extra

to be think that they can be all the And protect each other at all and I really think on your Radio on the real smart speaker I read

you can't my per cent nobody should put off seeing the GP showing symptoms even during the pandemic to coincide with World Cancer Day the Irish cancer society highlighting health one in 4 people Mister GP or consultant appointments during the first lock down last year Ms Hassett ease A spokesperson for breast Cancer Ireland I feel there's something a normal linear variety or something just doesn't feel right even in the current climate of the

pandemic please go to your gp and get checked because you will be seen cancer will stop just because there's another illness survivors happening Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	8000
Date:	Friday, February 5, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	897

Newstalk @ 05-Feb-21 01:45 - (Cancer)

when they take to the road the best of Newstalk might be mentioned during the attack will not be read out he was to be our next guest as a PE and science teacher from Rossini in the breast can survivor with which she was diagnosed in 2017 she documented her treatment and recovery journey on social media are reaching thousands of followers and inspire people with her positive outlook throughout her journey she has since become a

spokesperson for breast Cancer Ireland and she joins us on world cancer day Emma Cassidy good morning and welcome why I spend so much money on it's great to have you back because the last time we spoke you just finished chemotherapy and radiotherapy so have you been since I think great thanks so much it seems so long since those are with you and we end up talking about Britney Spears I think and chicken nuggets so I'm

not gonna happen is there now we have the band make in the meantime man locked down on the course Europe teacher and trying to do things from home but something else very important has happened he hard as I've recently gone while there's two baby Sam he's 8 weeks old and he's a sea change I realised we couldn't be happier with them problem being that not everyone that you like to meet Sam has got to me it's because of the pandemic now that's in the talks as hard like you a lot of

my friends and even some of her family members have got to meet demand it obviously babies don't like change every day and getting so big now so that's a really tough for us that he hasn't had any interaction with people anywhere the lights but obviously has to happen in order to keep everybody safe but this rate of Yeah how all summer he's a resold horse very very new very fresh and very steep learning curve I suspect

Oh absolutely I would have really had much experience of babies were passed we tell us so everything is new every day there's something different that happens we have to adapt and learn about what it is absolutely amazing and he's really been like the light relied so I couldn't have you I'm just the managed to expand your bubble a bit to get a bit help give up visit Yeah we have had a couple of people

that like a state visit so that's been great obviously you know with such a big change in your life it is important they are able to lean on some people and now both of the grandmothers have been fantastic excel and we you learn so much from them and they helped us quite a lot now E EUR diagnosis was pretty quick pretty rapid and pretty extreme wasn't at

like absolutely the biggest shock of my life was only 30 years of age and never in a million years thought I would be some who get cancer and didn't really have A big history but my family was quite naive about it all to be honest Danny Yeah I was diagnosed at the end of June 2017 expense like a holiday in Hospital or get a test done still didn't think anything would be wrong to me and then I was diagnosed it was then just like a

blur a whirlwind of treatment that followed winning two weeks site had a double sets me a couple we sat that into chemotherapy and radiotherapy so the whole thing was just a very frightening experience we spoke a number of times during your journey but you were incredibly optimistic all the time E maybe it's just you and nature that EUR by definition a cheery person always seeing the bright side rather

than the dark side Yeah I think I am very positive by nature but that's just not for me that's lovely as well from all the support and people have around we have such amazing family and friends and I like my arm in my work my work colleagues and other students everybody's been so supportive to me breast cancer Ireland obviously had been a massive support to help me through such a tough time I suppose I knew that and support system around you it's a lot

easier to be optimistic and positive they will come through she now did obviously you had a very daunting set of therapies between radiotherapy and chemotherapy and given your diagnosed at the age of 30 years thinking what about my fertility number obviously your fertility is fine thank you very much that's a worry but more worrying Yeah it was you know I suppose when I was starting out with chemotherapy and surgery I was just so focused on

getting through that that at the time I suppose it wasn't kind at the forefront of my mind I just want to get through that get better but then I and then when that treatment finished and you know your appointments are kind of finished and is a lot more thinking time on your hands all of those kind of thoughts you can create an annual thinking Oh my goodness I never even considered this you know is Highlights: Emma Cassidy, Breast Cancer Ireland

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	85
Date:	Friday, February 5, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	716

iRadio @ 05-Feb-21 02:43 - (breast)

you are a Radio check your very right but Miley Cyrus midnight they should tell our own if you are in any doubt that we are in a if you are all all who 20 or maybe you're all done on the radio or your being here to launch really you're all on your Radio on the Radio and on your marks being here I really

a cancer survivor he says nobody should put off seeing their GP if they are showing symptoms even during the pandemic to coincide with World Cancer Day the Irish cancer society highlighting help one in 4 people Mister GP or consultant appointments during the first lock down last year Ms Cassidy is a spokesperson for breast Cancer Ireland feel there's something I'd normally your body or something just doesn't feel right even in the current climate with the pandemic please go to your

gp and get checked because he will be seen I can't stop just because there's another illness survivors having cancer there will always be there unfortunately so just really encourage people to keep those appointments and just be vigilant in the euro at the pier how are you campaign groups say the decision not to bring criminal charges against Kerry teenager who racially abused a former footballer Ian Wright said the poor precedent there are calls for a hate crime

legislation to be brought in as a matter of urgency the Even Murphy have a smart disappointed with Ian Wright described the news that an 18_-year-old Kerry teenager would be spared a criminal conviction for sending racist abuse online the 20 private messages were sent to the former Arsenal and England striker on Instagram by Patrick O'Brien of Sycamore caution Ashley Downs in truly Ian Wright said that seeing the judgment he can only

wonder what terror there is for all their sending racial abuse online Perry optimist from sport against racism Ireland I think the problem is that by not handing out some kind of sentence make it clear I was leaving the body to make it two one who is thought to have been changed says her 13 0 saw have been racially abused a number of times online in a hurry and you remember

the Professional Footballers' Association says they haven't received any recent reports of online racist abuse centre players forward to a string of recent incidents in the UK including abuse said the high-profile players like Manchester United's Marcus Rashford there is pressure on social media companies to do more with the heavy snow next week because of a cold front from Siberia it's going to move across Ireland Met Eireann has warned of the risk of a severe snow event from Wednesday while

he's going to start getting colder air from the East we weekend Alan O'Reilly from Carlow Weather says there is a chance that we'll be a repeat of storm Emma next week if that's all there is meet the was low pressure system we could see a repeat of something similar with some very significant fall of abortion being it's just really is impossible to give a definitive answer this stage quite course be aware that a very cold and keep an eye on the

forecast because they will continue to change over the coming days as we get closer to depart from the radio he had its official the Irish accent is one of the most well received of all the English speaking countries and the Irish ladies have fared particularly well Eleanor O'Carroll has more Irish women's accents have been voted the least annoying while it's bad be is for the American gals who accidents have been voted the most annoying a survey by the knowledge

Academy asked 250 single tends to listen to 5 minutes of the same narrative recorded by different accents from English-speaking countries the findings are based on the average duration they listen to the recording before switching off American women's accents were the least listened to with an average of only one minute and 26 seconds and 5 minutes in contrast the volunteers listened to Irish women's accents for 4 minutes and 32 seconds the Scottish accent topped the men's list

Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	85
Date:	Friday, February 5, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	345

iRadio @ 05-Feb-21 04:31 - (breast)

as a group two race I can't let you go to the any be amazing all right maybe the American people we think not why don't you take him Oh thanks to a base jumper you are in love with you I love that he said we do not seem to me that he feels that the contracts are now back tomorrow at 7 on your Radio on the radio and I really can't face the survivors when nobody should put off seeing their GP if they are showing symptoms even

during the pandemic to coincide with World Cancer Day the Irish cancer society highlighting how one in 4 people Mister GP or consultant appointments during the first lock down last year and a half to ease a spokesperson for breast Cancer Ireland I feel there's something normal linear variety or something just doesn't feel right even in the current climate of the pandemic please go to your gp and get checked because you will be saying I can't I will stop just because there's another

illness survivors happening cancer will always be there unfortunately so just really encourage people to keep those appointments and just be vigilant and year-old applicant's fear how he feels he's campaign groups say the decision not to bring criminal charges against Kerry teenager who racially abused a former footballer Ian Wright said the poor precedent there are calls for hate crime legislation to be brought in as a matter of urgency the Stephen Murphy tells us more disappointed was

out Ian Wright described the news that an 18_-year-old Kerry teenager would be spared a criminal conviction for sending racist abuse of more than 20 private messages were sent to the former Arsenal and England striker on Instagram by Patrick O'Brien of Sycamore caution Aisling James in truly human rights said that seeing the judgment he can only wonder what territory for all their sending racial abuse online curry optimist from sport

against racism Ireland it is that by not handing out some kind of sentence Highlights: Breast Cancer Ireland, World Cancer Day, Irish Cancer Society, Emma Cassidy.

RUEPOINTMEDIA

Publication:	wlrfm.com	**Media Cost (€):**	4
Date:	Friday, February 5, 2021	**Reach**	4,760
Page:	Link	**Size (Sq. Cm)**	60

breast cancer Awareness Free Virtual Evening on Thursday February 18

th at 7:30pm. Presented by Juliette O' Connell, breast cancer Survivor & Outreach Coordinator with breast cancer Ireland. This programme aims to educate women of all ages about the disease so they will know what is normal for them. To register phone 0761 102141 or email library@waterfordcouncil.ie

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	46
Date:	Friday, February 5, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	325

WLR FM @ 05-Feb-21 09:33 - (breast)

Innocent woman across the Road she came across him after whining asked if she could borrow some of his nerve that movie is that it still makes him are not surprised that turn of phrase kids have some was just always said the with smallish keep a diary they will face stopping us think and remember but Walt there's such a warm the cockles of your heart just incredible stuff so thank you so much for that 9 very chill days day long day connected with the

community on done thanks to a very busy breast cancer are aware as free virtual evening on Thursday February 18th at 7 30 pm presented by Julie S O'Connor all breast cancer survivor and outreach coordinator with breast Cancer Ireland this programme aims to educate women of all ages about the use of the will know what is normal for them and that different for everybody so you can check out the website if wise section more

information on all that there is more average but the Beekeepers Association their running a 6 week introduction to beekeeping course weekly from the second March to the 6th of April 6 weekly modules on the course include fearing practical demonstrations of hide equipment etc details on that get onto the website FYI section and you'll see that and much more on their own people what would you do that by emailing reception the reception a double life and calm day

with the community very like Lebanon the boom take given the green he can get back they knew about the impact of deep one can tell you that these

wasn't for budging maybe they do but I think it's only right that they got a mandate that they cover the be a dad are you doing good thank you He's not the dad

dad get that level of the common people at 9 36 news Highlights: Breast Cancer Ireland, Outreach Coordinator Juliet O'Connell, breast cancer, awareness.

RUEPOINTMEDIA

Publication:	leitrimobserver.ie	**Media Cost (€):**	47
Date:	Friday, February 5, 2021	**Reach**	2,516
Page:	Link	**Size (Sq. Cm)**	664

breast cancer Ireland says there is cause for hope for future treatments in Ireland

1.7 million women worldwide face a diagnosis of breast cancer each year, of whom 460,000 are in the EU and 3,100 are in Ireland.
However, data shows that survival rates are improving year on year, currently standing at 85% with mortality rates reducing by 2% each year, and importantly, local control of breast cancer is improving year on year.

As further cause for hope, on yesterday, World Cancer Day (Thursday, 4th February), breast cancer Ireland (BCI) announced ground-breaking new developments in the treatment of Triple Negative breast cancers specifically.

breast cancer Ireland has, over the last nine years, spearheaded various research initiatives, such as the funding of pioneering research into Triple-Negative breast cancer led by Dr Paul Mullan, from the Patrick G Johnston Centre for Cancer Research at Queens University Belfast.

This research, which commenced in October 2018, is now showing very promising results in the fight against the growth and spread of the most aggressive Triple Negative breast cancers (TNBC's). Dr Paul Mullan commented "Having conducted molecular profiling on 70 TNBC's from patients being treated, and comparing those who relapsed within three years against those who did not, we have identified a key protein (TGF-beta 2*) associated with cancer metastasis (secondary/advanced cancer). TGF-beta 2 was strongly present in patients who relapsed post-surgery and treatment. We've confirmed that this protein sustains the ability of TNBC's to spread and invade organs, and more importantly, we have now identified a drug, the SRC inhibitor (Dasatinib) which could work to overcome these aggressive features of TNBC's. We hope to be able to now use this knowledge to develop a marker which can predict which TNBC's will relapse, and potentially develop a treatment which can prevent this from happening."

Commenting on this progress, CEO of breast cancer Ireland, Aisling Hurley says, "Our vision for 2021 and beyond is that we can continue to increase the speed of research discovery through ongoing collaboration with the very best breast cancer research experts in the world, progressing more quickly through to clinical trial stage, and the development of newer more effective drug therapies ensuring greater survival rates amongst patients, ultimately realising our goal of transforming this disease into a long-term treatable illness."

Professor Arnold Hill, Chairman of breast cancer Ireland & leading breast cancer Surgeon added "Indeed, since 2012, BCI have also funded specialist breast cancer research nurses in some of the designated cancer centres in Ireland who are collaborating on a clinical trial basis to understand disease progression in over 4000 Irish breast cancer patients. This work has led to the creation of a new National Bio Bank which is being made available to scientists, researchers and clinicians worldwide, allowing them to access a much larger volume of samples, thereby helping to speed up their respective research discovery efforts.

Over the last decade four particular advances have made a notable impact on the lives of patients, including new Her-2 directed therapies, gene expression testing, hormonal therapy and the need for less invasive surgery***. When combined with a greater understanding of risk factors and preventative lifestyle choices, women are gaining more ways to reduce the risk of diagnosis and recurrence on a daily basis. All in all, this is progress worth celebrating"

"Given the impact of the Covid-19 pandemic, the fight still goes on despite the challenges posed and I would urge Irish women to understand good breast health, know what's normal and if an abnormality is detected, contact your GP and you will be seen immediately. On this World Cancer Day, our progress continues with research and clinical trials ongoing, seeking to develop newer, targeted therapies for the many different subtypes of breast cancer experienced, so that we can in the future, transform this disease into a treatable illness, that can be maintained long term"

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	51
Date:	Friday, February 5, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	163

WLR FM @ 05-Feb-21 15:25 - (breast)

me Yeah Yeah Yeah Yeah is when you are a Yeah Oh Yeah and I think he is really really all The day locals stay connected with the community for me

thanks to Waterford city a a breast cancer awareness free virtual evening is happening Thursday February 18th 7 30 pm and will be presented by Juliette O'Connell breast cancer survivor and outreach coordinator with breast Cancer Ireland programme aims to educate women of all ages about the disease they will know what is normal for them to register you can phone Oh 7 6 Oh one one zero 2.4 one are email Library Waterford

Council dot ie all of these details are on our website if you are FM not come / require the State to stay connected with the community to thank them so what got here right it's Friday this is the them thank you now Yeah then

you really but he didn't he when he'd he Highlights: Breast Cancer Ireland, Breast cancer awareness, Juliette O'Connell.

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	7560
Date:	Saturday, February 6, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	68

Newstalk @ 06-Feb-21 22:29 - (breast)

Heaney she's also a breast cancer survivor with which she was diagnosed in 2017 she had documented her treatment and recovery journey on social media reaching thousands of followers and inspiring many people with a positive outlook she has since become a spokesperson for breast Cancer Ireland the last time we've spoken she had just finished chemotherapy and radiotherapy so what has changed in her life since then Highlights: Breast Cancer Ireland, Breast cancer survivor Emma Cassidy.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	52
Date:	Monday, February 8, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	554

WLR FM @ 08-Feb-21 09:27 - (breast)

insurance matters it could be a saving grace for a lot of publicans further next 6 months there's Griffin is common on about the universe the issues won't talk to Kathleen Chada the effects of the ruling that said child victims of murder can be named and the effect they have on their loved ones and that all food situation about dogs will it never end the situation Doctor funny another friend night and crap like crap a friend of mine who doesn't live one for did always text me yesterday

and again like myself she's a dog owner and she just give out stink up from her house Her mother South as we like but you know I'm a dog owner your dog owner Damien Varley your dog like it's just it's just part of your routine that carry-on bags with Yeah I don't I actually just don't get how anyone can leave a dog do the business on a footpath and walk off with Yeah scoffed at the idea that all know he's looking for I want to pick it up like that be the same sort of

mentality they could say all I'm going to go driving without a seatbelt because nobody can see me my other different quantifiable 0.0 budget gets diseases from Rob who was well but now we've got so many texts about it and said the subject we haven't covered since the start of the second knockdown their third lock and its causes were now but it got really really bad a lot of people are saying there are so many people out walking their dogs and they're just not doing that it is awful it

is really really often hear from people about that this morning Oh 8 3 double 3 double 3.7 5 if you've got a dog poo on your mind are you Damian about anything else at all feel free to get in contact tank Damien Damian coming up after the news at 10 with Sinead with dated today very long day connected with the community upon done thanks to working for breast cancer

awareness we virtually evening on Thursday February 18th is at 7 30 pm presented by Juliette O'Connell a breast cancer survivor an outage co-ordinate with breast Cancer Ireland on the programme aims to educate women of all ages about the disease the know what is normal for them it's again commit from for each and every person but would keep that in mind to come into the double website W D I f wise section of that for all the information much more besides

you also learn how to include healthy Harty and nutritious food on your lives with Julian McConnell is free webinar happening on Friday this by becoming the of February at 11 a.m. with a Waterford Libraries and you can find out how you register for all about checking out the double website FYI section was the thinking something that would be of interest to the greater community at large us know by emailing receptions reception WLR FM .com will do our best to give a shout for a very

very good community very busy With himself he can't think he likes us I think me stay with to leave Highlights: Breast Cancer Ireland, Outreach Coordinator Juliet O'Connell, educate women.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	59
Date:	Wednesday, February 10, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	161

WLR FM @ 10-Feb-21 13:25 - (breast)

A day long stay connected with the community hall thanks to Waterford breast cancer awareness free you virtually thing happening next Thursday February 18th at half past 7 % by Juliette O'Connell breast cancer survivors outreach coordinator with breast Cancer Ireland this programme aims to educate women of all ages ago the disease so they know what is normal for them to read history will fall all 7.1 one Oh 2.4

one that number again 0.6 4.1 0 to real one for one hiding Email library at Waterford Council .ie and gauge Adams Santry charity shop is closed due to a level 5 restrictions would still make a donation by contacting past 8.4 zero 5.1 8 6 that's passed on all 8.4 zero 5.1 8 6 did with the community to bring him me if I didn't

I Yeah Yeah Yeah me me me me me me me me me me me and I love really bad

Highlights: Breast Cancer Ireland, Juliette O'Connell

RUEPOINTMEDIA

Publication:	Irish Daily Star	**Media Cost (€):**	10741.84
Date:	Friday, February 12, 2021	**Reach**	44,234
Page:	49	**Size (Sq. Cm)**	382

INSIDE OUT

This week's online events

PEARL JAM
Live from Seattle, Tonight (1am), $14.99

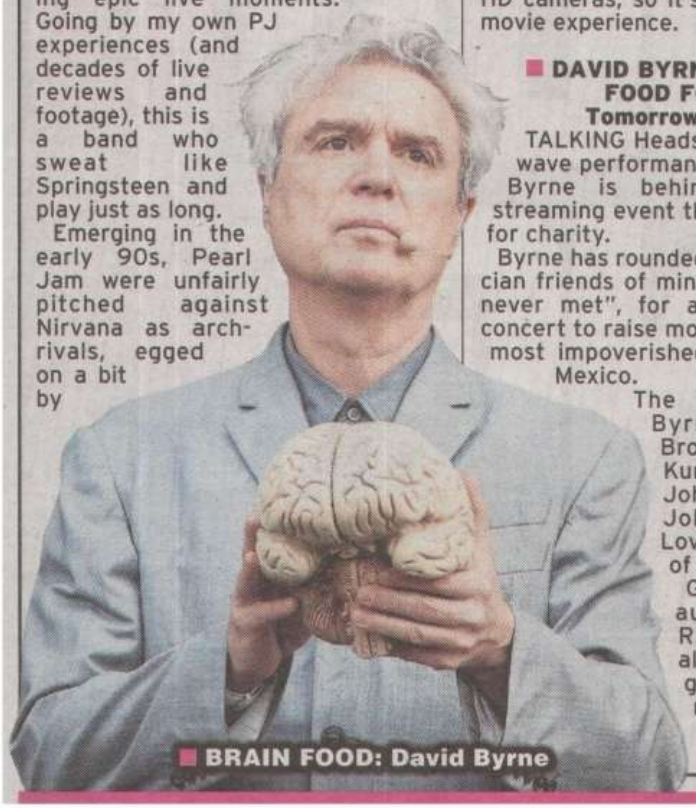
IF WE'RE splitting hairs here, this isn't an actual 'live' stream, but a global broadcast of Pearl Jam's hometown show in Seattle in August 2018. It's been described as "iconic" in the press notes which seem a bit much for a gig a couple of years ago, but Pearl Jam have history in creating epic live moments.

Going by my own PJ experiences (and decades of live reviews and footage), this is a band who sweat like Springsteen and play just as long.

Emerging in the early 90s, Pearl Jam were unfairly pitched against Nirvana as arch-rivals, egged on a bit by frontmen Eddie Vedder and Kurt Cobain's occasional sniping, and Nirvana's punk and DIY attitude vs Pearl Jam's debt to classic rock.

Music mag gossip aside, Pearl Jam have rightly gone down as one of the most enduring bands of the era, and this 37-song set captures their three decades, from classics to their many left turns along the way.

It's mixed in stereo and 5.1 digital surround sound, and shot on multiple HD cameras, so it's the full concert movie experience.



BRAIN FOOD: David Byrne

DAVID BYRNE PRESENTS FOOD FOR LOVE,
Tomorrow (midnight)

TALKING Heads legend and new wave performance art icon David Byrne is behind the biggest streaming event this weekend – all for charity.

Byrne has rounded up "some musician friends of mine, and many I've never met", for a virtual benefit concert to raise money and feed the most impoverished people in New Mexico.

The gig features Byrne, Jackson Browne, the Chicks, Kurt Vile, the Doors' John Densmore, X's John Doe, Lyle Lovett and dozens of other artists.

Game of Thrones author George R.R. Martin will also be one of the guests – so it's not all just music based.

(Stream (and donate) at foodforlove.org)

MOGWAI,
Live at Tramway, Tomorrow, 8pm, £15

THIS show isn't one of those impromptu all-back-to-mine streaming gig on a phone, but a concert performance that Mogwai have been planning for months, filmed and recorded in their native Glasgow at the Tramway.

If you've never seen (or felt) Mogwai in the flesh, this might actually be a safer introduction to the apocalyptic post-rock veterans. Mention a quiet/loud dynamic in guitar music and Pixies often come up, but Mogwai take it to extremes at both ends of the scale on stage. From transcendent, glacial passages, to torrential no wave noise and drones, they can reach that ecstatic punishment level more famously reserved for acts like My Bloody Valentine, Swans and Godspeed You! Black Emperor.

They're presenting a live premiere of their 10th album As the Love Continues, which sounds like the most positive sounding title you could hope for in "these times". Then again, knowing their pitch-black humour, don't expect many cash-in Valentine's bops.

Hear it tomorrow six days before it's released.

(Buy a ticket at shop.mogwai.scot and they'll send you a link)

VALENTINE'S DISCO BALL,
Tomorrow, 7pm,

PHEVER.IE is a go-to hub for underground electronic music, broadcasting, promotion, training and loads more – and they've been behind many worthwhile causes in ireland while sharing their vision.

Tomorrow they're hosting a special 'Lockdown Livestream' in aid of the

■ PHEVER PITCH: Karen Reddy and (inset) Graeme Park DJing for Charity

charity Suicide Or Survive, asking music fans to think of those struggling through tough times.

They've got a night of exclusive disco and house sets, with Hacienda legend Graeme Park as a headliner of.sorts – and you can also catch his long-running Long Live House weekly radio show every Saturday.

Other guests include Karen Reddy (The George/GayBurn Show); Gary Seery (Strings of Life Phever); Gary Egan (SmasHau5, Phever) and Dean Sherry / Speedi-D (Glitterball).

(Donate at .idonate.ie/PHEVERMedia and stream onnline atphever.ie or the Phever app)

■ VALENTINE'S BALL, Sunday, 8pm, Free (donations welcome)

THE fact that you can't go out this Valentine's Day could mean one of two things – you're going to miss investing in a romantic night out with your better half, or you're off the hook and it'll pass by with a whimper.

Then again, there's an option three – a virtual concert in aid of the National Breast Cancer Research Institute.

The charity's Valentine's Ball has been a Galway institution for years, so rather than cancel this year because of COVID restrictions, it's going online for the first time.

It's probably the most family-friendly line-up you're likely to see on these pages for a while, including Daniel & Majella O'Donnell, Nathan Carter, Sean Keane, Trudi Lalor, Cliona Hagan, Sandy Kelly, hosted by Marc Roberts and organised by the charity's Galway fundraising committee.

The concert is free but you can make a donation to the charity during the show or up to two weeks afterwards.

(Watch the show and donate at valentinesconcert.ie).

RUEPOINTMEDIA

Publication:	Echo (Tallaght Edition)	Media Cost (€):	4372.21
Date:	Thursday, February 11, 2021	Reach	7,486
Page:	2,3	Size (Sq. Cm)	1069

Things can only get better

PERFORMANCE: Members of the Sea of Change choir Linda Flood, Angela Hogan, Barbara Kelly and Suzin Staunton who sang Things Can Only Get Better at the launch of the EU's Beating Cancer Plan on World Cancer Day

Sea of Change Choir virtual performance as part of World Cancer Day is one of hope and inspiration

By **Aimee Walsh**

aimee@echo.ie

THE Sea of Change Choir performed a virtual rendition of 'Things can only get better' at the launch of the EU's Beating Cancer Plan on World Cancer Day, February 4.

The Sea of Change Choir are a group of women that are cancer survivors and supporters that have banded together to sing for cancer awareness and provide survivors and patients with hope and encouragement. The choir was started by Deirdre Featherstone, an Irish woman who was diagnosed with breast cancer in 2012.

Amongst the members of the choir are Tallaght locals Barbara Kelly, Linda Flood, Angela Hogan, Lisa Walsh, Audrey Brown and Suzin Staunton from Citywest.

One of the choir's members, Barbara Kelly, explained that she got involved when her sister Linda developed breast cancer.

"Linda got cancer in 2013, she was diagnosed with breast cancer and ever since then we have gone to 'Strip and Dip', an annual event to raise money for children's cancer charity Aoibheann's Pink Tie. Through that over the years we have gotten to know people."

The choir did an outstanding performance last year in February 2020 for World Cancer Day at The European Parliament which won them a standing ovation from parliament.

They were due to perform again this year but due to Covid-19 restrictions, the choir alternatively put together a video including a moving virtual performance of the song 'Things can only get better'.

"The song was all done on zoom. We were given our scores and it was great fun. It was great seeing it being put together." Barbara told *The Echo*.

"Somebody approached me for the EU Parliament last year and we said let's get on board. We did the song for them and stood up in the parliament, and they did not expect us to be there.

EU Health Commissioner Stella Kyriakides said this years video is one of 'hope and inspiration'.

Like so many, Covid-19 and lockdown has been difficult for the choir, but they are determined to keep going.

"The choir is going strong, every couple of weeks we have zoom calls. We lost two of our girls last year, Annette Hahessy and Eileen Carron, and it has been very hard. Because of Covid, we were not able to attend the funeral as a group.

"Zoom has been huge, and it has been so inspiring for everyone. Together we are great, and when you are on your own you are missing everybody. We lean on each other for support because a lot of the girls have had cancer and still have.

Barbara added, "We have a lot under our belt at the moment, and a few things lined up so watch this space."

Watch the inspirational video by scanning the QR code below

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LOSS: Choir members Annette Hahessy from Templeogue and Eileen Carron from Chapelizod who sadly passed away last year

RUEPOINTMEDIA

Publication:	Echo (Tallaght Edition)	Media Cost (€):	2216.78
Date:	Thursday, February 11, 2021	Reach	7,486
Page:	16	Size (Sq. Cm)	542

Family's dream comes true after 100k challenge

Over €8k raised at Run for Rita for Leon's sensory room

By Aideen O'Flaherty
aideen@echo.ie

OVER 100 runners raised €8,000 for the development of a sensory room for a Kilnamanagh schoolboy who has autism, making a family's "dream come true".

The runners clocked up 100k each throughout January as part of the Run for Rita event, which has been held every year since 2014 in memory of local woman Rita Savage, who passed away from breast cancer in 2008.

The event is typically held in Tymon Park every March, and last year it was all set to raise funds for a sensory room for nine-year-old Kilnamanagh boy Leon Hughes.

Leon is non-verbal, and has autism and a sensory processing disorder. Sensory rooms offer a variety of soothing activities for children who are on the autism spectrum or have additional needs.

Leon's parents, Vanessa and Luke Hughes, didn't have room for a sensory room in their house, so they planned to purchase a log cabin to put in their back garden, and kit it out with things like bubble tubes, a projector and a sensory bean bag with the funds raised at the event last year.

However, Run for Rita had to be cancelled at the last minute as a result of the coronavirus pandemic in March 2020.

This year, Glenda Curtis, Rita Savage's daughter and the organiser of Run for Rita, decided to hold the event virtually and earlier in the year to secure the funds for Leon's sensory room – and she's been blown away by the response.

Run for Rita concluded in Tymon Park on Saturday, where a socially distanced gathering of people including Glenda, her sister, some family friends and the Hughes family, finished their 100k challenge, and released balloons at Rita's bench.

"Over 100 people took part in the 100k challenge, and many more donated," she told *The Echo*.

"All in all, we're after raising €8,000. I'm a little bit overwhelmed. Every year it gets me that people want to take part in Run for Rita.

"Especially with this year and Covid, there are so many online fundraising events...so for people to get behind Run for Rita again this year was a big thing.

"The community really got on board. It's just been brilliant."

The donations will be used to pay off part of a loan that Leon's parents took out to purchase the log cabin last year, and also to fully kit it out with all manner of sensory equipment.

Leon's mam, Vanessa, told *The Echo:* "The support of the community has been phenomenal. This will improve Leon's quality of life considerably.

"This is something we've always wanted to do for him, and I don't know what we would've done without the support of Run for Rita."

She added: "We want the sensory room to be like the one he has in school. Once he goes into a sensory room, the difference in him is unbelievable – his anxiety levels drop down to nearly zero."

Vanessa added that the sensory room will make a difference to the entire Hughes family, including her husband Luke and their teenage children Reece and Mischa.

"Thank you to all of the people who supported us," she said. "You've all been wonderful – you've made a family's dream come true."

The sensory equipment will be installed in the coming weeks, and Glenda added that the results of a raffle for all those who donated will be put up on the Run for Rita Facebook page by the end of the week.

Looking ahead, Glenda said: "Please God next year we'll be back to some normality, and Run for Rita will be back in Tymon Park."

> Especially with this year and Covid, there are so many online fundraising events ...so for people to get behind Run for Rita is a big thing

SUPPORT: Leon and Vanessa at the finish line in Tymon Park (inset) Leon delighted to finish the challenge on Saturday

OVERWHELMED: Leon's mother Vanessa with Glenda Curtis, organiser of Run for Rita in Tymon on Saturday

RUEPOINTMEDIA

Publication:	Echo (Ballyfermot Edition)	**Media Cost (€):**	4400.84
Date:	Thursday, February 11, 2021	**Reach**	7,486
Page:	2,3	**Size (Sq. Cm)**	1076

Things can only get better

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Sea of Change Choir virtual performance as part of World Cancer Day is one of hope and inspiration

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Amongst the members of the choir are Tallaght locals Barbara Kelly, Linda Flood, Angela Hogan, Lisa Walsh, Audrey Brown and Suzin Staunton from Citywest.

One of the choir's members, Barbara Kelly, explained that she got involved when her sister Linda developed breast cancer.

"Linda got cancer in 2013, she was diagnosed with breast cancer and ever since then we have gone to 'Strip and Dip', an annual event to raise money for children's cancer charity Aoibheann's Pink Tie. Through that over the years we have gotten to know people."

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LOSS: Choir members Annette Hahessy from Templeogue and Eileen Carron from Chapelizod who sadly passed away last year

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RUEPOINTMEDIA

Publication:	Echo (Ballyfermot Edition)	Media Cost (€):	2204.51
Date:	Thursday, February 11, 2021	Reach	7,486
Page:	16	Size (Sq. Cm)	539

Family's dream comes true after 100k challenge

Over €8k raised at Run for Rita for Leon's sensory room

By Aideen O'Flaherty
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The donations will be used to pay off part of a loan that Leon's parents took out to purchase the log cabin last year, and also to fully kit it out with all manner of sensory equipment.

Leon's mam, Vanessa, told *The Echo:* "The support of the community has been phenomenal. This will improve Leon's quality of life considerably.

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SUPPORT: Leon and Vanessa at the finish line in Tymon Park (inset) Leon delighted to finish the challenge on Saturday

OVERWHELMED: Leon's mother Vanessa with Glenda Curtis, organiser of Run for Rita in Tymon on Saturday

RUEPOINTMEDIA

Publication:	Echo (Clondalkin Edition)	Media Cost (€):	2224.96
Date:	Thursday, February 11, 2021	Reach	7,486
Page:	16	Size (Sq. Cm)	544

Family's dream comes true after 100k challenge

Over €8k raised at Run for Rita for Leon's sensory room

By Aideen O'Flaherty
aideen@echo.ie

OVER 100 runners raised €8,000 for the development of a sensory room for a Kilnamanagh schoolboy who has autism, making a family's "dream come true".

The runners clocked up 100k each throughout January as part of the Run for Rita event, which has been held every year since 2014 in memory of local woman Rita Savage, who passed away from breast cancer in 2008.

The event is typically held in Tymon Park every March, and last year it was all set to raise funds for a sensory room for nine-year-old Kilnamanagh boy Leon Hughes.

Leon is non-verbal, and has autism and a sensory processing disorder. Sensory rooms offer a variety of soothing activities for children who are on the autism spectrum or have additional needs.

Leon's parents, Vanessa and Luke Hughes, didn't have room for a sensory room in their house, so they planned to purchase a log cabin to put in their back garden, and kit it out with things like bubble tubes, a projector and a sensory bean bag with the funds raised at the event last year.

However, Run for Rita had to be cancelled at the last minute as a result of the coronavirus pandemic in March 2020.

This year, Glenda Curtis, Rita Savage's daughter and the organiser of Run for Rita, decided to hold the event virtually and earlier in the year to secure the funds for Leon's sensory room – and she's been blown away by the response.

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RUEPOINTMEDIA

Publication:	Echo (Lucan Edition)	Media Cost (€):	2310.85
Date:	Thursday, February 11, 2021	Reach	7,486
Page:	16	Size (Sq. Cm)	565

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RUEPOINTMEDIA

Publication:	Echo (Lucan Edition)	**Media Cost (€):**	4437.65
Date:	Thursday, February 11, 2021	**Reach**	7,486
Page:	2,3	**Size (Sq. Cm)**	1085

Things can only get better

PERFORMANCE: Members of the Sea of Change choir Linda Flood, Angela Hogan, Barbara Kelly and Suzin Staunton who sang Things Can Only Get Better at the launch of the EU's Beating Cancer Plan on World Cancer Day

Sea of Change Choir virtual performance as part of World Cancer Day is one of hope and inspiration

By **Aimee Walsh**

aimee@echo.ie

THE Sea of Change Choir performed a virtual rendition of 'Things can only get better' at the launch of the EU's Beating Cancer Plan on World Cancer Day, February 4.

The Sea of Change Choir are a group of women that are cancer survivors and supporters that have banded together to sing for cancer awareness and provide survivors and patients with hope and encouragement. The choir was started by Deirdre Featherstone, an Irish woman who was diagnosed with breast cancer in 2012.

Amongst the members of the choir are Tallaght locals Barbara Kelly, Linda Flood, Angela Hogan, Lisa Walsh, Audrey Brown and Suzin Staunton from Citywest.

One of the choir's members, Barbara Kelly, explained that she got involved when her sister Linda developed breast cancer.

"Linda got cancer in 2013, she was diagnosed with breast cancer and ever since then we have gone to 'Strip and Dip', an annual event to raise money for children's cancer charity Aoibheann's Pink Tie. Through that over the years we have gotten to know people."

The choir did an outstanding performance last year in February 2020 for World Cancer Day at The European Parliament which won them a standing ovation from parliament.

They were due to perform again this year but due to Covid-19 restrictions, the choir alternatively put together a video including a moving virtual performance of the song 'Things can only get better'.

"The song was all done on zoom. We were given our scores and it was great fun. It was great seeing it being put together." Barbara told *The Echo*.

"Somebody approached me for the EU Parliament last year and we said let's get on board. We did the song for them and stood up in the parliament, and they did not expect us to be there.

EU Health Commissioner Stella Kyriakides said this years video is one of 'hope and inspiration'.

Like so many, Covid-19 and lockdown has been difficult for the choir, but they are determined to keep going.

"The choir is going strong, every couple of weeks we have zoom calls. We lost two of our girls last year, Annette Hahessy and Eileen Carron, and it has been very hard. Because of Covid, we were not able to attend the funeral as a group.

"Zoom has been huge, and it has been so inspiring for everyone. Together we are great, and when you are on your own you are missing everybody. We lean on each other for support because a lot of the girls have had cancer and still have.

Barbara added, "We have a lot under our belt at the moment, and a few things lined up so watch this space."

Watch the inspirational video by scanning the QR code below

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LOSS: Choir members Annette Hahessy from Templeogue and Eileen Carron from Chapelizod who sadly passed away last year

RUEPOINTMEDIA

Publication:	West Cork People	Media Cost (€):	271.44
Date:	Friday, February 5, 2021	Reach	9,000
Page:	26	Size (Sq. Cm)	312

Living with epilepsy

International Epilepsy Day is taking place on February 8 this year. This is a global day of epilepsy awareness that provides the opportunity for people with epilepsy to share their lived experiences of the condition. They do this in order to raise awareness within their communities in an effort to reduce the stigma that can still often be unfortunately associated with the condition. Victoria Brook, who lives in Bandon, speaks to **Sheila Mullins** about the impact epilepsy has on her life.

Originally from Yorkshire, Victoria was 35-years-old and living in Spain when she had her first seizures (after two seizures you are officially diagnosed with epilepsy). After five years of EEGs, Pet scans and MRIs, she finally had a video EEG that is not routinely offered but which pinpointed the part of her brain affected during a seizure and allowed doctors to better treat her condition. Many more seizures followed but, now 15 years, and 14 different medications, later Victoria feels her epilepsy is under control.

"I haven't had a grand mal seizure in 18 months or so," she says. "Unfortunately I do still suffer from episodes of 'speech arrest' where mid-sentence my words become mumbles. I can hear it happening (and see the expression on people's faces) but I can't stop it."

Her epilepsy also means that Victoria struggles with navigation and as a result cannot drive. "I am allowed by law to drive but I even get lost around Bandon!" she exclaims.

Death from a seizure is called SUDEP (sudden unexplained death in epilepsy). Victoria's brother also had the condition and tragically passed away during a seizure, so she says there isn't a night that she doesn't worry about having a nocturnal seizure that would cause her to suffocate; she sleeps in the recovery position.

The support provided by her excellent medical team in Cork and by Epilepsy Ireland has proven vital in helping Victoria to cope with the stress of her illness. "In Spain the neurologist was very abrupt and I was just sent home with drugs," she explains. "Here in Ireland, getting diagnosed isn't as easy but the after support is fantastic. I can ring up Epilepsy Ireland at any time, for any reason, be it for practical or emotional support, and they are there for me."

Victoria still feels that research, care services and education around epilepsy is hugely underfunded: "Diseases like breast cancer have huge public awareness campaigns but there isn't the same for epilepsy. Nearly 40,000 people in Ireland have the condition and it can strike at any age but there is still a lot of misunderstandings and stigma around it."

Victoria is happy to tell people about her condition and has a caresheet pinned up in the staffroom so that her co-workers know what to do if she ever has another grand mal seizure.

She offers this advice for readers if somebody has a seizure in front of them: "Timing the seizure is the most important thing so that medical staff know how long it lasted. Support the person's head and make sure they are given plenty of space – preserve their dignity by ensuring that onlookers don't crowd around them. It is an old myth that you should stick a spoon in their mouth! A seizing person is more likely to smash their teeth on it or bite you by accident! If you don't know the person and their medical history, or if the seizure lasts much longer than normal, then you should call an ambulance. The person

will be very disorientated when they come around so give them plenty of time and reassurance until they have recovered."

As Victoria concludes her phone interview, a squawk is heard in the background. "That's my parrotlet Chilli!", she says laughing. "He's actually registered as my emotional support animal and when I first moved to Bandon and didn't know anybody – and was getting lost all the time – he was such a comfort. He helps me to chill out and gather myself when I'm stressed."

International Epilepsy Day is on February 8 and there is also an Irish Epilepsy Day on March 26. Epilepsy Ireland is committed to working for, and to meeting the needs of, everyone with epilepsy in Ireland and their families and carers. See www.epilepsy.ie for more information and local contacts.

Victoria Brook with her parrotlet Chilli, an emotional support bird.

RUEPOINTMEDIA

Publication:	Echo (Clondalkin Edition)	**Media Cost (€):**	4376.3
Date:	Thursday, February 11, 2021	**Reach**	7,486
Page:	2,3	**Size (Sq. Cm)**	1070

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RUEPOINTMEDIA

Publication:	Vale Star	**Media Cost (€):**	172.55
Date:	Thursday, February 11, 2021	**Reach**	8,000
Page:	48	**Size (Sq. Cm)**	145

LIMERICK ICA

CLARINA GUILD

It was with much sadness that we heard on February 1 that a most loyal ICA member Maura Sheehan had gone to her eternal reward. Maura was President of Clarina Guild and had been a founding member of the Guild in 1965 in Irwin's Hall in Clarina. She was an ICA member for 56 years. As well as being a Guild officer Maura served as Federation President from 1985 to 1988. She was a recipient of the "Federation Roll of Honour" in 2003. Maura had a great interest and loved to participate in all ICA activities at Guild and Federation level where she made great friends. Maura, with the Guild members, was responsible for the collection of contributions for a number of charities such as Breast Cancer Research, ACWW and many other worthy causes. Maura was a regular visitor to An Grianán and with her Guild visited Aras An Uachtaráin. Maura loved crafts and showed her great organisational skills for many years in the Craft section of Limerick Show when it was held in Greenpark. We extend our deepest sympathy to her family Christine, Noreen, Jack, Gay, Eddie, their families, her sister Nellie Cosgrove and the Clarina Guild members. Maura was a special person and will be missed, may she rest in peace in her Grianán. Leaba I measc na naomh di.

LIMERICK CITY GUILD

The Limerick City Guild is sad to announce the death of one of our members, Breeda Cusack. Breeda died peacefully on Saturday 6th February and is deeply regretted by all of her friends in the ICA. We send our condolences to her family including her sister Peggy O'Sullivan who is our Guild treasurer. We also extend our sympathies to the family of Nell Doherty (past member of the Limerick City Guild) who passed away peacefully on January 27th. Ar dheis Dé go raibh a hanamacha dílis.

SPRING POEM

This lovely poem was brought to my attention during the week. I thought it sums up exactly what we need during these long lockdown days. I hope the author, Liam Cronin, doesn't mind me reproducing it here.

Green Shoots

Upon this barren Spring terrain
Where soil is deep and wet with rain
A single shoot doth spread its arms
And dreams of Summer's leafy charms.

The sky shall clear and clouds abate
Our seedling grows in height and weight
It stretches out to face the sun
And on its leaves a web is spun.

Towards the Summer sky it stares
And rises with the heaven's airs.
Our seedling proud and full of hope
Is now a sapling, strong as rope.

Whilst in due time, the Autumn calls
And in hedgerows leaves do fall,
Our little friend is firm at last
Now ready for the Winter fast.

There's beauty in the simple thing
Like little plants and grow in Spring
And when you're down and feeling low
Just watch the seedling as it grows.

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Publication:	Mallow Star	**Media Cost (€):**	172.55
Date:	Thursday, February 11, 2021	**Reach**	8,000
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Publication:	iRadio	**Media Cost (€):**	86
Date:	Friday, February 12, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	405

iRadio @ 12-Feb-21 08:14 - (breast)

For the 0 free I radio the morning with 30 minutes on Friday from the great news for the country and western music what's up at a country music birds have earned a free gig for Valentine's day and it's all for a wonderful cause as well Mike Denver no Miter over my body yet he has revealed that he will be joined by a host of famous faces for a virtual concert in

aid of breast Cancer Research sharing the news on Instagram he said Hi everybody Mike Denver here just letting you know about freezing thank you from praise from that God does let you know about it read God did that have been a Sunday February 14th Valentine's night in aid of the National breast cancer research Institute on the night there with Daniel and Majella and Sean Keane Keane Hayden Nathan Caton truly Lawlor Sandy Kelly Mary Born Michelle Lally and myself and it's free events all

have to do you logon and asking everybody to donate whatever they can it's all in aid of a good cause so sit back and enjoy a Connacht final plan I think is wonderful you think Nathan Wood Yeah let me do a duet with him I can think anyway and another Valentine a new plan on pops the question on Sunday night you that are meant that you are saving for the long run of the year

Well I have a great idea maybe go want to have a plan with the lockdown restrictions can do you know the big dramatic proposal break you have the plans gone to the supermarket and buy yourself some Heinz beans the alphabet spaghetti they've launched a romantic version for Valentine's Day and on the cans they have the words and letters I should say I a.m. 8 or or why in me and you can spell it out right on the kitchen table as you're about to serve up your health Betty spaghetti tree

first meal as as an engaged couple I think that's absolutely gorgeous was actually inspired by a couple called Karen and year amid P use spaghetti to proposed for and Hines got wind of this moment there are a smart girl like the wind as well if she eats lettuce and all that is good about where you can eat me please thank him I think

he's Highlights: Breast Cancer, Mike Denver, virtual concert, National Breast Cancer Research Institute, donate.

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	82
Date:	Friday, February 12, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	387

Galway Bay FM @ 12-Feb-21 08:20 - (breast)

she didn't kill Jason and that person was when I saw him is that as the Ashes with Yeah Yeah Yeah

Yeah Yeah Yeah Yeah Yeah Yeah Yeah for me You guessing it's called Chambury butterflies Valentine's Day concert for breast cancer research live laugh love and our very own Mark Roberts is Ince and no better man to do the job there is just a whole pile of big names across the country Irish country Western Daniel O'Donnell Mike Denver

the all in there and the prices guess what it's free you can do a donation if you just take on two Valentine's contoured dog ie and all proceeds go to the National breast cancer research Institute and you can watch that online if you just follow the link of the details it's all happening on Valentine's Day so and Marc Roberts he's gonna be the man in charge another man saw the virtual Valentine's Day concert for breast cancer research

get behind it if you can't only got a couple of dedication and requests I wish my family in Castlebar have scrapped a very Happy 25th birthday today and also congratulations to the Nile and Jamie Kennedy on their achievement during the week thanks to a draw before the text while I can I wish my wife and Holland happy birthday Her work is Sunday Valentine's this she's got a double reason to celebrate and again comes in from Robert Holland thanks Robbie re legend we hope

that as a great weekend and that's also from Kevin and Geraldine son and daughter as well and for Robin and we've got some Valentine's celebrations planned as well we get loads of presents for competition with thanks to cloud and County jury will give 5 silver Claddagh rings had not sought and given us overnight State of a pandemic level 5 ends are you able to use that caused Easter as well as a lovely meal for two with wine and a fabulous prize we've got to do

is tell a story of the last 12 months but somebody looking across the sure you love being a work colleague your friend be issued to date your better half son daughter granddaughter whatever doesn't matter just text the same story for the nomination Highlights: Breast Cancer, Mark Roberts, Daniel O'Donnell, Mike Denver, virtual Valentine's Day concert, National Breast Cancer Research Institute, donate.

RUEPOINTMEDIA

Publication:	RTE Radio 1	**Media Cost (€):**	3133
Date:	Friday, February 12, 2021	**Reach**	901,200
Page:	Link	**Size (Sq. Cm)**	570

RTE Radio 1 @ 12-Feb-21 09:22 - (breast)

term but she says but now have the theme for going for gold in my head for the day I lost that Sean listen to remind me of sick days from school and cracking up was only had to travel no data Radio just gave Burnham anyone thinking a level Listen Rob now 48 I love the station even though I have all the channels dump on TV just radio one and the 40 Shelbourne calls yes I am officially middle age or old much sure don't don't don't dwell on it just

that is keeping things keeper listing to the radio listen around them is great tunes and relax because Ross friends now you've no choice I love the shop God thanks so much for the rider Jonathan Bushe welcome Northern not a big reader but have the ball is back I really appreciate the recommendations Ralph that's what we're here for a love to hear that because I want the reader if I caused pain for some

people but you got you got the bug back clear in business some for Larmour Last is mentioned this is a neighbour for tickets through when you're young you can my ability I'd rather as a budget can still have great a judgment of the National breast cancer research Institute for a spectacular virtual Valentine's Day concert how about that it's the biggest names in Irish music including Daniel Emma gel O'Donnell Nathan Carter song came to the Lawlor Cliona Hagan

Sandy Kelly he's a great Mary Berne Mike Denver the FAI and Chris Kelly a lot more a lovely and that would be funding raising funds for breast cancer research team based at the Institute and NUI Galway post by Marc Roberts another good leg and organised by the charity's Galway fundraising committee are delighted for them that their cancer free which can make a donation how about that I do A .ie for slashed Valentine's

concept or simply had developed a concept not I got im easy easy message golfer and support if you can't Hans Zimmer Yes appeared in video killed the radio star in that it was inevitable the video but it can be briefly seen wearing black playing a keyboard with David Darcy and Linda Jordan

provided the female-focused for the song did not owe their inevitable smart cutting that it's my cooking once my cooking to both volumes and greater sea using my cooking to book out as a comics the economics teacher I Council refer back to having had used by male teacher when I was a student publication credit tumour Rita medium so glad you're giving your name like couldn't remember names Mark and Martina Cribben the to them Reuters keep up the skills and will be ready for practical

for example for an old you are moved on to the favourite stuff quite yet but I fear I listen S never too late to learn but it feels good a Senate this morning you get the butter and flour and Brown sugar in a bowl using year seen fingers to mix it all up to make the base for the biscuit the thing this knife some good music and and a nice way to while away an hour or two are set to be just as the music I think

we should at the NI Highlights: Breast Cancer, Mark Roberts, Daniel O'Donnell, Mike Denver, virtual Valentine's Day concert, National Breast Cancer Research Institute, Galway Fundraising Committee, donate.

RUEPOINTMEDIA

Publication:	echo.ie	**Media Cost (€):**	49
Date:	Friday, February 12, 2021	**Reach**	6,800
Page:	Link	**Size (Sq. Cm)**	280

Things can only get better

THE Sea of Change Choir performed a virtual rendition of ‘Things can only get better’ at the launch of the EU’s Beating Cancer Plan on World Cancer Day, February 4.
The Sea of Change Choir are a group of women that are cancer survivors and supporters that have banded together to sing for cancer awareness and provide survivors and patients with hope and encouragement.

Members of the Sea of Change choir Linda Flood, Angela Hogan, Barbara Kelly and Suzin Staunton who sang Things Can Only Get Better at the launch of the EU’s Beating Cancer Plan on World Cancer Day

The choir was started by Deirdre Featherstone, an Irish woman who was diagnosed with breast cancer in 2012.

Amongst the members of the choir are Tallaght locals Barbara Kelly, Linda Flood, Angela Hogan, Lisa Walsh, Audrey Brown and Suzin Staunton from Citywest.

One of the choir’s members, Barbara Kelly, explained that she got involved when her sister Linda developed breast cancer.

“Linda got cancer in 2013, she was diagnosed with breast cancer and ever since then we have gone to ‘Strip and Dip’, an annual event to raise money for children’s cancer charity Aoibheann’s Pink Tie. Through that over the years we have gotten to know people.”

The choir did an outstanding performance last year in February 2020 for World Cancer Day at The European Parliament which won them a standing ovation from parliament.

They were due to perform again this year but due to Covid-19 restrictions, the choir alternatively put together a video including a moving virtual performance of the song ‘Things can only get better’.

RUEPOINTMEDIA

Publication:	vipmagazine.ie	**Media Cost (€):**	6
Date:	Friday, February 12, 2021	**Reach**	2,210
Page:	Link	**Size (Sq. Cm)**	122

Irish country singers are offering a free virtual gig this Valentine's Day

With Valentine's Day fast approaching you may be looking for some way to pass the occasion that feels somewhat normal! Although we can't go out for dinner or drinks, perhaps a gig could remind you of the good old days of going out pre-pandemic!
Luckily some of our favourite Irish country singers are hosting a virtual gig this weekend for charity.

Organised by Mike Denver, he announced the news on his Instagram; "Hi everybody, Mike Denver here, just letting you know about a free concert that's happening on Sunday 14th February, Valentine's night in aid of the National breast cancer Research Institute."

RUEPOINTMEDIA

Publication:	Radio Nova 100FM	**Media Cost (€):**	38
Date:	Friday, February 12, 2021	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	313

Radio Nova 100FM @ 12-Feb-21 09:52 - (breast)

Shop online with Harvey Norman for big deals on home appliances and Technology 310 euro the LG 49 inch smart TV now for free and I boarded a Bosch 8 kg heat pump dryer with bodies right technology now 5.9 saving 40 euro at Harvey Norman we are matching competitors prices even if oil prices some wine shop in the world shop online Harvey Norman I also think we have a spacious stores open until 6 pm daily for home appliances and essential technology that we have had absolutely no sense you could say

what they did to the Hollywood star somebody he changed the W and he had to beat Polly said that they were racing away ends with breast cancer I PD captain Steven Reid said that the Act was the way the fund could dragging your help we do it for free you are really a lover with a Honda civic with Apple CarPlay Honda Sensing and ahead Turning low profile it makes you think about what a car because he can't really know that economies the breakfast show with music organ

trafficking can use to track wall Let's wrap up this competition we will always back that really bad way because for a very long with Aldi Lucy second try with Aldi Lucy now you're here or ago are left with it it's a bad time we believe think that a man like Aldi kind he said these beautiful red roses had my fill yourself I think

the risk is this could be any better schools said Ms flood said the everybody can sell Salah million roses this week a very impressive 700000 them for you let's go out to get their houses rose of Tralee the fact we've been playing world Lucie all this week and the final one today was the man in your Highlights: Breast Cancer, Hollywood signs, raising awareness.

RUEPOINTMEDIA

Publication:	RTE 1	**Media Cost (€):**	1083
Date:	Friday, February 12, 2021	**Reach**	600,000
Page:	Link	**Size (Sq. Cm)**	604

RTE 1 @ 12-Feb-21 10:05 - (Breast) - Ellen

Yeah, I had to put this shirt on, so hat - no hat, coming out. That's right. I never see you without a hat, but you had to put your shirt on. I felt a little naked coming out. My head was like, "Ooh!" You know, it made that sound as I came out the door. I heard it. I heard your head go,

"Ooh!" Yeah. Yeah. tWitch, as you know, that's our new "Vote" T-shirt. Everyone has gotta vote. Hopefully everybody has either voted already, or... You've gotta vote. Gotta do it. That T-shirt is available in the Ellen shop, and because it's Breast Cancer

Awareness month we have some new items. We have this. This is a new Ellen mug right here. And we have, this is really cute, this pink hoody. Right here. Very very soft, cosy. There's the hoody part. And then Andy wants me to show everybody there's double strings. So we added a string, without adding

cost to it. There's more strings. LAUGHTER There ya go, two strings. Andy I've shown everyone. Thank you. Ok. Make sure you show em the double strings. LAUGHTER And if you buy these, you'll be supporting the Breast

Cancer Research Foundation. You can find them at the Ellen shop. Don't go shopping yet because it's time for my segment Parent of the Year. MUSIC RECORD SCRATCH LAUGHTER Aw... These are all parents that might not

win Parent of the Year. Here's the first one. That's right. LAUGHTER Oh, good... Good save. Good save. Priorities. LAUGHTER All right, here's the next one. MAN SNEEZES

PANICKED CRYING MAN: I'm sorry! I'm sorry! Poor little baby! Gesundheit. Which is German for "Great, you made the baby cry." Here's the next one. CHILD: Here we go! MAN: Woo-hoo! WOMAN: Good job, Gracie. All right, girl, I'm all done.

OK, I'll catch you. WOMAN GASPS Gracie! That kid is all of us, and that dad is 2020. LAUGHTER AND APPLAUSE Yup. Here's the last one. BABY CRYING LAUGHTER FROM AUDIENCE

ELLEN LAUGHS LAUGHTER That mom has to be so tired, or drunk, or both. If you have a Parent of the Year video, please stop taking care of your child and send it to me right away. All right, this has been a crazy year,

but we're not gonna let it get us down. It's time for another edition of Not Today, 2020. JAUNTY MUSIC MUSIC: 'Pomp and Circumstance' by Elgar The dog graduated. APPLAUSE Smart dog.

If you think that's the only dog I'm gonna show you today, you're mistaken. Recently, there was a challenge where people posted unflattering pictures of their pets. I personally don't think that there are pictures of pets that are ever unflattering. But here's a segment

I'm calling Picture Purrrfect, spelt P-U-R-R-R-FECT. All right. Here's a dog catching a Frisbee. LAUGHTER It actually looks like it could be throwing the Frisbee. This is a cat taking a catnap. Aw. LAUGHTER

I've caught Andy napping like that in his office a few times. Just like that. Finally, here's a dog... See, you think you're smiling pretty, and then you see the picture, you're, like, "Oh. That's what..." This dog's name is Ruthie. Here's another picture of Ruthie.

AUDIENCE: Aw! Here's the thing, if you live in Atlanta, Georgia, she is up for adoption. You can go to the Orphan Annie Rescue in Atlanta, Georgia, and rescue that dog. Go get Ruthie, and tell 'em Ellen sent ya. Be sure and vote also. Did I mention that yet?

Yep. Highlights: Breast Cancer, awareness month, Breast Cancer Research Foundation.

RUEPOINTMEDIA

Publication:	Radio Nova 100FM	**Media Cost (€):**	43
Date:	Friday, February 12, 2021	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	93

Radio Nova 100FM @ 12-Feb-21 10:32 - (breast)

Holly said that they are raising awareness for breast cancer if he kept it he said that the Act was to weigh on dragging your help it's for free I Radio with a Honda civic with Apple CarPlay 100 everything and turning a low profile it makes you think about what a car because he can't really think of a word on the Radio no security insurance for business and campervan sure blood didn't you

Yeah you're key I think we can make a real and serious 68 52 103 all keen Highlights: Breast Cancer, Hollywood signs, raising awareness.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	149
Date:	Friday, February 12, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	435

WLR FM @ 12-Feb-21 10:43 - (breast)

The jacket the perfect balance of efficiency and of making every journey effortlessly refined enjoyed a road less travelled with these eggs the 2021 Landrover range of plug-in hybrid Outlander will put that right and wrong for a above and beyond the issue today with David it's free How's that for a film not thought the killer turned in the wonderful Linda Keating and many get your Texan comments coming in please keep them coming in people texting about holidays and many people

texting about the ASTI Damien this morning NASA was asked if teachers would change their Easter holidays he said they were working hard and they needed a break here is a little song this is called let's have a few bars of this this is your song amount Cian choir featuring Ronan Keating have a listen to this box I really do Oh and one are

the rest of that now in a few minutes good morning alleged you I'm good thanks good morning Linda good morning and thank you very much for joining us late is really appreciate you coming on and we're delighted to be able to play the song this morning to be part of that the launch to move on and to publicise it it's all in aid of the Marie Keating Foundation less how lovely it was to do this song with Ronan Keating

one of the greatest honour for all of us first thing there that the herd after all and a little boy called he's not really a son John are people who believe the second year and my heart I feel that's why I'm here and then all the rest but bursting in on her and what a fantastic charity the Marie Keating Foundation and Linda reminded again your poor mum and mammoth 51 when she died from breast cancer and she loves that song just about 5 weeks after

she died and the words that are actually about the type of person that he might start of chilly but never really got right above things and you know be nice to get on and you know it it's a big if we hadn't have a choir singing a song with Kerry is just absolutely amazing into a family where action just so proud of this and then fled the apartment on Syria and the quiet relief this foundation is just it's amazing Yeah it's a lot like corn both dark background but mum ignored us what she had and

that's why we set up a foundation in key Highlights: Breast Cancer,

RUEPOINTMEDIA

Publication:	Hospital Professional News	**Media Cost (€):**	1923.55
Date:	Monday, February 1, 2021	**Reach**	3,500
Page:	36	**Size (Sq. Cm)**	527

Emerging Evidence in Breast Cancer

Written by:
Professor Janice Walshe, Clinical Professor in Medical Oncology, St Vincent's University Hospital

Breast cancer continues to represent a significant economic and clinical burden to healthcare services worldwide. In Ireland, breast cancer is the most commonly diagnosed female cancer with just over 3,000 cases annually. Of these, approximately 600 cases a year are accounted for by a subgroup of hormone sensitive, Her-2 negative breast cancer that has not spread to the axillary lymph nodes. The treatment landscape for this group of patients has underwent radical change in the last 15 years. While the vast majority of patients with this disease derive most benefit from anti-hormonal therapy, a large proportion would have received adjuvant chemotherapy to reduce the risk of disease relapse by capturing the small number of patients that derive a benefit. This has been particularly relevant in pre- and perimenopausal women. The routine introduction of the 21-gene assay also known as Oncotype Dx has challenged this approach.

The 21-gene test (Oncotype DX, Genomic Health, Inc., Redwood City, CA, USA) is a gene-expression profiling assay validated to predict the estimated rate of distant recurrence of breast cancer and the likelihood of adjuvant chemotherapy benefit in patients with this type of breast cancer. The assay uses reverse transcriptase polymerase chain reaction to quantify the presence of specific mRNA for 16 cancer genes and 5 reference gene in a breast cancer tumour block. These results are then combined into a single recurrence score (RS), expressed on a continuous scale of 0 (low risk of recurrence) to 100 (high risk of recurrence). Following the results of the TAILOR-X trial (Trial Assigning Individualized Options for Treatment), the RS which predicts chemotherapy benefit differs according to patient age. In women older than 50 years, an RS of over 25 may suggest chemotherapy benefit, while in women, aged 50 years and under, with certain high-risk tumour features, chemotherapy may need to be considered with an RS from 16.

In 2005, when I worked in the National Cancer Institute, Maryland, access to the 21-gene assay was routine for this patient group. Access had permitted a sophisticated discussion regarding the likelihood of patient outcome and the need for chemotherapy. When I moved back to Ireland to start a consultant post in 2006, this was not the case. Personally, it felt like a step back as I was forced to use an educational guess as to the need for chemotherapy or not. Thankfully, in 2008, our Irish patients gained access to the 21-gene assay through the TAILOR-X trial, which was achieved through the close affiliation of our National cancer research group formerly known as ICORG (All Ireland Co-operative Oncology group) with the American research group, East Co-operative Oncology Group (ECOG). Through this trial, nearly 700 Irish women gained access to this gene assay which gave us important information regarding their tumour but also aided the international fight against futile chemotherapy administration. Through participation in this trial, recognition of the importance of this assay was identified by all Irish Oncologists and under an initiative by the Irish Society of Medical Oncology (ISMO) which was led by my colleague Prof. Cathy Kelly in the Mater, access was granted to Irish patients by the National Cancer Control Program in 2011. This was an achievement on two fronts. First, we had gained access in the middle of an economic crisis and second, we were the first European country to gain reimbursement.

Once access was achieved, our intention was always to assess the real-world impact of this assay. We anticipated that not only would this assay save many hundreds of women from the ill-effects of chemotherapy but it would also prove cost effective for the Irish taxpayer. In 2015, Dr Lillian Smyth and I published our primary analysis of the impact of this assay on chemotherapy administration. At that time, we noted a 59% reduction in chemotherapy administration in this patient group. Following the official publication of the TAILOR-X trial in the New England Journal of Medicine, Dr Lynda McSorley and I performed an updated analysis of these results.

This was presented in Chicago at the annual American Society of Clinical Oncology meeting in June 2020. Patients with hormone receptor positive, Her-2 negative breast whose tumour samples were tested with the 21-gene assay between October 2011 and February 2019 were identified retrospectively through electronic records. Patients were identified between October 2011 and February 2013 from eight cancer centres nationally through pathology departments in each hospital. Between February 2013 and February 2019, patients were identified from St Vincent's Healthcare Group via the pathology department. In total, 963 patients who had undergone 21-gene testing with this specific breast cancer subtype were identified. Following international guidelines, 846 of these patients would have been recommended chemotherapy. Using the 21-gene assay, the number recommended chemotherapy fell to 262. This was a massive 69% reduction in chemotherapy administration within this patient group. This also resulted in a net saving to the taxpayer of 1.2 million euros. We estimate that this patient cohort represents about one quarter of the patients that would have been tested in Ireland within this period and therefore the savings could approach 5 million euros.

However, this estimate is extremely conservative as it does not account for the financial impact of absenteeism from work and child care costs while undergoing treatment. Also, while we recognise the financial gain is extremely important as we continue our drive for novel and often expensive drugs for our patients, we cannot underestimate the benefits of chemotherapy avoidance both from a physical and psychological point of view. Chemotherapy avoidance will result in less menopausal symptoms, less infertility, less hair loss, more job security, less cognitive issues, less susceptibility to infection which is particularly pertinent as we navigate the current Covid pandemic. Furthermore, while the majority of patients afflicted by this disease are female, men with breast cancer also benefit from this assay.

The emergence and incorporation of validated multigene diagnostic tests into international cancer management guidelines have resulted in a tailored treatment plan that avoids systemic chemotherapy in large numbers of women with early stage breast cancer. The 21-gene assay is just one example of the emerging technologies towards the goal of precision medicine, a targeted therapy for all. Clinical trial participation is key if we are going to achieve this.

RUEPOINTMEDIA

Publication:	Hospital Professional News	**Media Cost (€):**	1989.25
Date:	Monday, February 1, 2021	**Reach**	3,500
Page:	34	**Size (Sq. Cm)**	545

Brain Cancers in Ireland

Dr Brona Murphy is a senior lecturer in the Department of Physiology & Medical Physics and principal investigator within the Centre for Systems Medicine in the same department. The focus of Dr Murphy's research is to gain a better understanding of how brain tumours resist cell death upon treatment. Her group examines cell death pathways at the molecular level, in both adult and paediatric brain tumours, with the overall aim of increasing the susceptibility of these tumours to death. Dr Murphy hopes that by overcoming cell death resistance in these tumours, current and future therapies will be more effective, and ultimately patient survival will improve. Her research is funded by grants from the RCSI, HRB, SFI, NCRC and the H2020 Framework Programme.

Introduction

Brain tumours are the biggest cancer killer of children and adults under 40. Brain tumours reduce life expectancy by an average of 20 years, the highest of any cancer. Survival rates have improved little in over 40 years. The most common and aggressive primary brain tumour is glioblastoma (GBM). Despite intense effort to combat GBM with surgery, radiation and temozolomide (TMZ) chemotherapy, 90-95% of patients succumb to the disease within 5 years of diagnosis and nearly all patients experience disease recurrence, usually within 6-8 months of treatment onset. These stark facts require immediate action. New, better, more-targeted treatments are urgently required. To address this deficit, my research team and I, based in the Physiology Department at the Royal College of Surgeons in Ireland (RCSI) are currently examining the clinical applicability of cyclin-dependent kinase (CDK) inhibitors as a novel treatment option for GBM patients.

Cyclin-dependent kinase inhibitors (CKIs)

CDKs are critical regulatory enzymes that drive all cell cycle transitions. CDK-1, -2, -4, and -6, directly promote cell cycle progression, while CDKs, such as CDK-7, -8 and -9 regulate transcription. As one of the most fundamental traits of cancer cells involves their ability to sustain chronic proliferation, it is unsurprising that virtually all cancers, including GBM, harbor genomic alterations that lead to the constitutive activation of CDKs, resulting in unchecked cancer cell growth and division. Such observations have resulted in the expansion of translational research in the CDK inhibitor space, in particular for those tumors that are resistant to established treatments. Targeting the CDK4/6-Rb axis has proven the most successful approach in the clinic to date. The FDA has approved the CDK4/6 inhibitors, palbociclib, abemaciclib and ribociclib, as treatment for hormone receptor-positive metastatic breast cancer in combination with endocrine therapy. Preclinical studies using these CDK4/6 inhibitors in cell lines and animal models of GBM have also yielded positive results, however clinical trials undertaken to test these CKIs in glioma patients have not proven as successful. Several clinical trial are still ongoing however and results from same are eagerly awaited (NCT03158389, NCT02465060).

Research focus on CKIs

My group's interest in CDK inhibitors as a treatment for GBM patients has developed over the past number of years from comprehensive in vitro and in vivo research funded by the Health Research Board and Science Foundation Ireland. We have published that R-roscovitine, a first generation CDK inhibitor, down-regulates the anti-apoptotic protein, Mcl-1 in GBM, via its selective targeting by CDK9. Furthermore, we have shown that combining R-roscovitine with apoptosis-inducing agents, such as tumor necrosis factor-related apoptosis-inducing ligand (TRAIL), re-establishes apoptotic sensitivity in both GBM cells grown as monolayers, in a stem-cell 3D tumour model and in a GBM patient neurosphere derived orthotopic mouse model. However, the dosing regimen required to maintain peak levels of R-roscovitine in the brain resulted in toxic side-effects that would preclude its widespread clinical utilisation, as is common for many such early CDK inhibitors.

Therefore, our further research was conducted with CYC065, a second-generation CDK inhibitor. CYC065 is mechanistically similar to R-roscovitine but with significantly improved potency (40-fold) and metabolic stability, giving it the propensity to be an even better therapeutic candidate. We have published that CYC065-treated neurospheres grown in vitro undergo significant levels of apoptosis. Importantly, we have also shown that GBM tumour-bearing animals treated by oral gavage with CYC065 showed no evidence of CYC065-induced toxicity and yet tumour growth was impeded. Additionally, as evidenced by Western Blot analysis of CYC065 targets in these tumours (RB, cyclin E and Mcl-1), there was strong evidence to suggest that CYC065 delivered by oral gavage successfully crossed the blood brain barrier. These extremely positive findings prompted us to more thoroughly examine CYC065's mechanism of action and also investigate a second CDK inhibitor, THZ1. THZ1 is a selective CDK7 inhibitor that ultimately leads to transcription inhibition and downregulation of short-lived mRNAs, such as Mcl-1 and has shown promise in recent preclinical studies as a potential treatment for GBM.

Current research projects

To further extend current knowledge surrounding the clinical potential of CKIs in the treatment of GBM patients we have recently utilised a panel of patient-derived gliomaspheres, provided by collaborators in Erasmus Medical Center, Rotterdam and the ICM (Brain & Spine Institute), Paris. These 3D models better recapitulate the physiological characteristics of patient tumors compared with the monolayer systems used in previous studies and are finalizing our results on CKIs' mechanism of action in GBM for publication.

This research work has also lead to our inclusion in the GLIOTRAIN initiative, which received €3.8 million in September 2017 from the European Commission's Horizon 2020 Marie Skłodowska-Curie Actions programme. The GLIOTRAIN consortium comprises 22 organisations across eight countries and includes leading academics, clinicians, private sector and not-for-profit partners across the fields of brain tumour biology, multi-omics, drug development, clinical research, bioinformatics, computational modelling and systems biology. GLIOTRAIN's aim is to identify and interrogate novel therapeutic strategies for application in GBM, while simultaneously implementing state of the art next generation sequencing to unravel disease resistance mechanisms.

Looking to the future

My research team and I are hopeful that our comprehensive preclinical assessment of CDK inhibition, will better inform future clinical application of CKIs in the GBM setting.

RUEPOINTMEDIA

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Date:	Monday, February 1, 2021	**Reach**	3,500
Page:	48,49	**Size (Sq. Cm)**	1134

Roche

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Every 3 weeks: Fixed dose
1200 mg IV (1 vial)[2]

OR

Every 4 weeks: Fixed dose
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Once prepared, TECENTRIQ remains stable for up to 30 days at 2-8°C. However, to avoid the risk of contamination, immediate use is always recommended.[2,3] Please see Summary of Product Characteristics for further details.[2,3]

*A study examined the exposure-response relationship between TECENTRIQ's efficacy and safety in patients with non-small cell lung cancer using data from pooled Phase I and III studies in non-small cell lung cancer and urothelial carcinoma. Population pharmacokinetic-simulated exposures for the 1680mg Q4W were compared with the previously approved 1200mg Q3W. The results from the study support the interchangeable use of 1200mg Q3W and 1680mg Q4W dosing regimens for atezolizumab, as they are anticipated to demonstrate comparable efficacy and safety profiles while offering patients greater flexibility and convenience in their treatment.[1]

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TECENTRIQ as monotherapy is indicated for the treatment of adult patients with locally advanced or metastatic non-small cell lung cancer (NSCLC) after prior chemotherapy. Patients with EGFR mutant or ALK-positive NSCLC should have received targeted therapies before receiving TECENTRIQ.[2,3] 2L, 2nd line.

References: 1. Morrissey, K.M et al. Cancer Chemother Pharmacol 2019; 84: 1257-1267. **2.** TECENTRIQ 1,200 mg concentrate for solution for infusion Summary of Product Characteristics 27 October 2020, available on www.medicines.ie. **3.** TECENTRIQ 840 mg concentrate for solution for infusion Summary of Product Characteristics 27 October 2020, available on www.medicines.ie. **Date of item:** November 2020. M-IE-00000404

ABRIDGED PRESCRIBING INFORMATION (API)
For full prescribing information refer to the Summary of Product Characteristics [SmPC].

Tecentriq® (atezolizumab) ▼ 1,200 mg concentrate for solution for infusion (One 20 ml vial of concentrate contains 1,200 mg atezolizumab) and **840mg concentrate for solution for infusion** (One 14 ml vial of concentrate contains 840mg of atezolizumab)

▼ This medicinal product is subject to additional monitoring. This will allow quick identification of new safety information. Healthcare professionals are asked to report any suspected adverse reactions. See box below for details on how to report.

Therapeutic Indications: Tecentriq 1,200mg and 840mg: As monotherapy for the treatment of adult patients with locally advanced or metastatic urothelial carcinoma (UC) after prior platinum-containing chemotherapy, or who are considered cisplatin ineligible and whose tumours have a PD-L1 expression ≥ 5%. As monotherapy for the treatment of adult patients with locally advanced or metastatic NSCLC after prior chemotherapy. Patients with EGFR mutant or ALK-positive NSCLC should also have received targeted therapies before receiving Tecentriq. Tecentriq 1,200mg: In combination with bevacizumab, paclitaxel and carboplatin for the first-line treatment of adult patients with metastatic non-squamous non-small cell lung cancer (NSCLC). In combination with bevacizumab, paclitaxel and carboplatin, for patients with EGFR mutant or ALK-positive NSCLC, is indicated only after failure of appropriate targeted therapies. In combination with nab-paclitaxel and carboplatin, for the first-line treatment of adult patients with metastatic NSCLC who do not have EGFR mutant or ALK-positive NSCLC. In combination with carboplatin and etoposide, for the first-line treatment of adult patients with extensive-stage small cell lung cancer (ES-SCLC). In combination with bevacizumab, is indicated for the treatment of adult patients with advanced or unresectable hepatocellular carcinoma (HCC) who have not received prior systemic therapy. Tecentriq 840mg: In combination with nab-paclitaxel for the treatment of adult patients with unresectable locally advanced or metastatic triple-negative breast cancer (TNBC) whose tumours have PD-L1 expression ≥ 1% and who have not received prior chemotherapy for metastatic disease. **Posology and Method of Administration:** The initial dose must be administered over 60 minutes and if well tolerated, subsequent infusions may be administered over 30 minutes. It must not be administered as an intravenous push or bolus. For instructions on dilution and handling, refer to SmPC. For combination therapies refer to the full prescribing information for the combination products. Recommended to treat patients until loss of clinical benefit or unmanageable toxicity or until disease progression for TNBC only. Administer Tecentriq as soon as possible if a planned dose is missed and adjust administration

schedule to maintain a regular schedule. Dose reduction is not recommended. Dose delay or discontinuation may be required based on individual safety and tolerability, refer to SmPC. The safety and efficacy of Tecentriq in children and adolescents (< 18 years) has not been established, and no posology recommendation can be made. PD-L1 testing: Patients with UC or TNBC should be selected for Tecentriq treatment based on the tumour expression of PD-L1 by a validated test; refer to 1,200mg SmPC (UC); refer to 840mg SmPC (UC or TNBC). UC and 2L NSCLC: *Tecentriq monotherapy:* 1,200mg administered intravenously every three weeks, or 840mg administered intravenously every 2 weeks, or 1,680 mg administered intravenously every 4 weeks. 1L NSCLC: *Tecentriq in combination with bevacizumab, paclitaxel, and carboplatin:* Induction phase recommended dose of Tecentriq is 1,200 mg administered by intravenous infusion, followed by bevacizumab, paclitaxel, and then carboplatin every 3 weeks for 4 or 6 cycles; followed by a maintenance phase without chemotherapy in which 1,200 mg Tecentriq followed by bevacizumab, is administered by intravenous infusion every 3 weeks. *Tecentriq in combination with nab-paclitaxel and carboplatin:* Induction phase recommended dose of Tecentriq is 1,200 mg administered by intravenous infusion, followed by nab-paclitaxel and carboplatin every three weeks for 4 or 6 cycles. For each 21-day cycle, Tecentriq, nab-paclitaxel, and carboplatin are administered on day 1. Nab-paclitaxel is administered on days 8 and 15. The induction phase is followed by a maintenance phase without chemotherapy in which 1,200 mg Tecentriq is administered by intravenous infusion every three weeks. ES-SCLC: *Tecentriq in combination with carboplatin and etoposide:* Induction phase recommended dose of Tecentriq is 1,200 mg administered by intravenous infusion followed by carboplatin, and then etoposide administered by intravenous infusion on day 1. Etoposide is also administered by intravenous infusion on days 2 and 3. This regimen is administered every three weeks for four cycles; followed by a maintenance phase without chemotherapy in which 1,200 mg Tecentriq is administered by intravenous infusion every three weeks. TNBC: *Tecentriq in combination with nab-paclitaxel:* The recommended dose of Tecentriq is 840 mg administered by intravenous infusion, followed by 100mg/m2 nab-paclitaxel. For each 28-day cycle, Tecentriq is administered on days 1 and 15, and nab-paclitaxel is administered on days 1, 8, and 15. HCC: *Tecentriq in combination with bevacizumab:* The recommended dose of Tecentriq is 1,200 mg followed by bevacizumab 15 mg/kg of body weight, administered by intravenous infusion every three weeks. **Contraindications:** Hypersensitivity to Tecentriq or to any of the excipients listed in the SmPCs. **Special Warnings and Precautions for Use:** Refer to Tecentriq 1,200mg and 840 mg SmPCs for full description of Special Warnings and Precautions. Tecentriq is associated with immune-related adverse reactions. For suspected immune-related adverse reactions, thorough evaluation should be performed to confirm aetiology or exclude other causes. Based on the severity of the adverse reaction, Tecentriq should be withheld and corticosteroids administered. Upon improvement to Grade ≤ 1, corticosteroids should be tapered over ≥ 1 month. Permanently discontinue treatment with Tecentriq for any recurrent Grade 3 immune-related adverse reactions, and for any Grade 4, except for endocrinopathies that are controlled with replacement hormones. Immune-related pneumonitis: Monitor patients for signs and symptoms of pneumonitis and causes other than immune-related pneumonitis should be ruled out. Treatment with Tecentriq must be permanently discontinued for Grade 3 or 4 pneumonitis. Immune-related colitis: Monitor patients for signs and symptoms of colitis. Treatment with Tecentriq must be permanently discontinued for Grade 4 (life threatening; urgent intervention indicated) diarrhoea or colitis. Immune-related hepatitis: Monitor patients for signs and symptoms of hepatitis, transaminase and bilirubin elevation. In patients without HCC, treatment with Tecentriq must be permanently discontinued for Grade 3 or Grade 4 events (ALT or AST>5.0 x ULN or blood bilirubin>3xULN). In patients with HCC, treatment with Tecentriq must be permanently discontinued if ALT or AST increases to > 10 x ULN or total bilirubin increases > 3 x ULN. Immune-related endocrinopathies: Monitor patients for clinical signs and symptoms of endocrinopathies. Thyroid function should be monitored prior to and periodically during treatment with Tecentriq. Treatment with Tecentriq should be permanently discontinued for Grade 4 hypophysitis. Immune-related meningoencephalitis: Monitor patients for clinical signs and symptoms of meningitis or encephalitis. Treatment with Tecentriq must be permanently discontinued for any grade of meningitis or encephalitis. Immune-related neuropathies: Monitor patients for symptoms of motor and sensory neuropathy. Treatment with Tecentriq must be permanently discontinued for any grade of myasthenic syndrome/myasthenia gravis or Guillain-Barré syndrome. Immune-related pancreatitis: Monitor patients closely for signs and symptoms suggestive of acute pancreatitis. Treatment with Tecentriq should be permanently discontinued for Grade 4, or any grade of recurrent pancreatitis. Immune-related myocarditis: Monitor patients for signs and symptoms of myocarditis. Treatment with Tecentriq must be permanently discontinued for Grade 3 or 4 myocarditis. Immune-related nephritis: Monitor patients for changes in renal function. Treatment with Tecentriq must be permanently discontinued for Grade 3 or 4 nephritis. Immune-related myositis: Monitor patients for signs and symptoms of myositis. Treatment with atezolizumab should be permanently discontinued for Grade 4 or 3 recurrent myositis. Infusion-related reactions (IRRs): Severe IRRs have been observed. Tecentriq must be permanently discontinued for grade 3 or 4 IRRs. Tecentriq in combination with bevacizumab, paclitaxel and carboplatin in metastatic NSCLC: Carefully consider the combined risks of the four-drug regimen of Tecentriq, bevacizumab, paclitaxel, and carboplatin before initiating treatment, refer to SmPC. Tecentriq in combination with nab-paclitaxel in metastatic TNBC: Neutropenia and peripheral neuropathies occurring during treatment with Tecentriq and nab-paclitaxel may be reversible with interruptions of nab-paclitaxel. Consult the nab-paclitaxel SmPC for specific precautions and contraindications. Tecentriq in combination with bevacizumab in HCC: Severe gastrointestinal haemorrhage, including fatal events, were reported. Screening for and subsequent treatment of oesophageal varices should be performed as per clinical practice prior to starting treatment. Bevacizumab should be permanently discontinued in patients who experience Grade 3 or 4 bleeding with the combination treatment. Diabetes mellitus can occur. Monitor blood glucose levels prior to and periodically during treatment. Please refer to the bevacizumab SmPC. Special Populations: Patients excluded from clinical trials included; baseline performance status ≥ 2, history of autoimmune disease and pneumonitis, active brain metastasis, HIV, hepatitis B or C infections, significant cardiovascular disease and patients with inadequate hematologic and end-organ function, patients who were administered a live attenuated vaccine within 28 days prior to enrolment, systemic immunostimulatory agents within 4 weeks or systemic immunosuppressive medicinal products within 2 weeks prior to study entry; therapeutic oral or IV antibiotics within 2 weeks prior to initiation of study treatment. Use Tecentriq with caution in these populations, refer to SmPC for full list of specific precautions. **Interactions:** No formal pharmacokinetic drug interaction studies have been performed. Since Tecentriq is cleared from the circulation through catabolism, no metabolic drug-drug interactions are expected. The use of systemic corticosteroids or immunosuppressants should be avoided before starting Tecentriq. However systemic corticosteroids or other immunosuppressants can be used to treat immune-related adverse events after starting Tecentriq, refer to SmPC. **Fertility, Pregnancy and Lactation:** The effect of Tecentriq on fertility and pregnancy is unknown. Women of childbearing potential must use effective contraception methods during and for 5 months after treatment with Tecentriq. Tecentriq should not be used during pregnancy, unless the clinical condition of the woman requires treatment. It is not known whether Tecentriq is excreted in human milk. A risk to newborns/infants cannot be excluded. **Effects on ability to drive and use machines:** Tecentriq has minor influence on the ability to drive and use machines. Advise patients experiencing fatigue not to drive and use machines until symptoms abate **Undesirable Effects:** Tecentriq monotherapy: *Very common (≥ 1/10):* cough, decreased appetite, headache, dyspnoea, musculoskeletal pain, nausea, vomiting, diarrhoea, urinary tract infections, rash, pruritus, arthralgia, back pain, pyrexia, fatigue, asthenia. *Common (≥1/100 to <1/10):* thrombocytopenia, hypothyroidism, hypokalaemia, hyponatremia, hyperglycaemia, hypotension, pneumonitis, hypoxia, nasal congestion, nasopharyngitis, abdominal pain, colitis, dysphagia, oropharyngeal pain, infusion-related reaction, AST increased, ALT increased, hepatitis, dry skin, blood creatinine increased, influenza like illness, chills. Tecentriq in combination therapy: *Very common (≥ 1/10):* anaemia, thrombocytopenia, neutropenia, hypothyroidism, lung infection, leukopenia, decreased appetite, peripheral neuropathy, dyspnoea, nausea, diarrhoea, back pain, constipation, rash, pruritus, alopecia, arthralgia, pyrexia, oedema peripheral, headache, hypertension, fatigue, musculoskeletal pain, vomiting, cough, asthenia. *Common (≥1/100 to <1/10):* hypokalaemia, hyponatremia, dysgeusia, dysphonia, stomatitis, sepsis, infusion-related reaction, hypomagnesaemia, dizziness, lymphopenia, hyperthyroidism, syncope, AST increased, ALT increased, proteinuria, blood creatinine increased, blood alkaline phosphatase increased. Refer to SmPC for full listings of adverse events. Refer to SmPC section 4.8 for instructions on reporting of suspected adverse events. **Legal Category:** Product subject to medical prescription which may not be renewed (A). **Presentation(s) and Marketing Authorization Number(s):** 1,200 mg of atezolizumab in 20 mL, pack of one vial (EU/1/17/1220/001); 840 mg atezolizumab in 14 ml, pack of one vial (EU/1/17/1220/002). **Marketing Authorisation Holder:** Roche Registration GmbH, Emil-Barell-Strasse 1, 79639 Grenzach-Wyhlen, Germany. Tecentriq® is a registered trademark. Further information is available from Roche Products (Ireland) Limited, 3004 Lake Drive, Citywest, Naas Road, Dublin 24. Telephone: (01) 4690700. **Date of API Preparation:** November 2020

▼ This medicinal product is subject to additional monitoring. This will allow quick identification of new safety information. Healthcare professionals are asked to report any suspected adverse reactions.

In the event of a suspected adverse reaction,
The Drug Surveillance Centre
Roche Products (Ireland) Limited
Telephone: (01) 4690700
Email: ireland.drug_surveillance_centre@roche.com

Or alternatively, report to:
HPRA Pharmacovigilance
Website: www.hpra.ie

Tecentriq® Summary of Product Characteristics [SmPC] is available on www.medicines.ie.
API M-IE-00000369 based on Tecentriq 840mg and 1,200mg SmPCs dated 27 Oct 2020

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Potential new therapy for chemotherapy-resistant breast cancer

Dr Triona Ni Chonghaile, Study Corresponding Author/RCSI lecturer in Physiology and Medical Physics

Scientists have discovered a molecule that can selectively kill cells of a hard-to-treat subtype of breast cancer, which could lead to a new therapy.

The study, led by researchers at RCSI University of Medicine and Health Sciences, is published in the current edition of Science Advances.

Triple negative breast cancer is a subtype of breast cancer which is mainly treated with chemotherapy. Unfortunately, up to 70% of patients with this form of breast cancer develop resistance to treatment.

The researchers tested different molecules to see if they could selectively kill the cells of this type of breast cancer while sparing normal cells. They found that a specific molecule, BAS-2, was able to do this.

"Our aim now is to develop the small molecule into a more drug-like compound and to assess if we can harness the new function for potentially improved treatment of patients," said Dr Tríona Ní Chonghaile, the study's corresponding author and an RCSI lecturer in Physiology and Medical Physics.

To better understand how the molecule killed the cells, the researchers confirmed that it inhibited an enzyme called HDAC6. Using state-of-the art mass spectrometry, the researchers identified, for the first time, that HDAC6 plays a key role in altering energy in these cancer cells.

The work was funded by the Wellcome Trust Seed Award, L'Oreal-UNESCO For Women in Science Programme and Science Foundation Ireland's Frontiers for the Future Programme. In addition to those from RCSI, the work was carried out by researchers from the UCD Conway Institute of Biomedical and Biomolecular Sciences, NYU Langone Medical Center, Penn State University, the Koch Institute for Integrative Cancer Research at MIT and the Dana-Farber Cancer Institute at Harvard Medical School.

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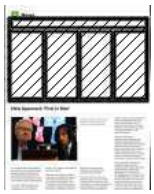

Sixth report of the National Healthcare Quality Reporting System

Minister for Health, Stephen Donnelly TD, had welcomed the publication of the sixth annual report of the National Healthcare Quality Reporting System (NHQRS), which gives an overview of quality in our health service. Findings are reported across 52 indicators from 11 data sources and cover data to the end of 2019.

The Report highlights some of the areas were our healthcare system has been improving:

- Ireland compares well internationally on hospitalisation rates for heart failure and diabetes.
- The 30-day in-hospital mortality for heart attack has decreased by 36% over 10 years.
- Since 2010, almost all breast cancer surgeries have been performed in designated cancer centres.
- The majority of patients rate both their overall experience of in-patient care and maternity care as positive (over 80% rated experience as good or very good in both national surveys). 'Being treated with dignity and respect' is also rated positively.
- Cancer survival rates in Ireland continue to improve.

Speaking as the report was published, Minister Donnelly said: "I am delighted to welcome the publication of the 2020 National Healthcare Quality Reporting System (NHQRS) by my Department compiled from data received from across the health services. This is the sixth annual report and provides information on the quality of our healthcare services, including the patients experience, and showing how Ireland compares internationally. This is an important source of information for service providers, patients and their families and for policy makers. In particular, it offers the opportunity to identify areas where improvements can be made so that high quality, safe, patient centred care can continue to be a priority in our healthcare services.

"Of note, data in the NHQRS Report for the 2019/2020 flu season show improving rates of flu vaccine update by healthcare workers, a trend that is all the more important as we respond to the challenges presented by the COVID-19 pandemic. Uptake rates for other vaccines remain below target. We must all remember that vaccination is a critical part of the response in dealing with both flu each winter, and now with COVID-19."

Dr Tony Holohan, Chief Medical Officer, Department of Health, said: "The NHQRS is now in its sixth cycle and the insights that the NHQRS Reports have provided over the years are already having a constructive impact in identifying areas for focussed improvement. The NHQRS is not an end in itself. This Report is used as a tool by health service providers and policy-makers to evaluate their services systematically and inform quality improvement initiatives. For example, the 2020 Report highlights the potential to improve our approach to cancer surgeries for colon and rectal cancer. However, as can be seen from this year's Report there are also areas where year-on-year improvements and enhancements are evident. For example, the Report highlights the very significant increase in screening for CPE colonisation and infection in recent years. Also importantly, this year's Report has expanded the indicators on patients' experience of health services to include the care experience of women who used our maternity services. I very much look forward to seeing future NHQRS Reports expand to take account of wider patient experience across the health and social care service."

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Colorectal Cancer Overview

Written by Dr Catherine Weadick, Medical Oncology Registrar, Dr Megan Greally, Consultant Medical Oncologis, Mater Hospital, Dublin

Dr. Megan Greally, Mb BCh BAO, MRCPI, PDip (Clin. Ed.) is a consultant medical oncologist at the Mater Private Hospital and Mater Misercordiae University Hospital. She completed specialist training in medical oncology in Ireland followed by an advanced oncology fellowship at Memorial Sloan Kettering Cancer Center in New York, US. Her specialist interests include gastrointestinal malignancies and breast cancer.

Dr Catherine Weadick is currently working as a Medical Oncology Registrar in Mater Misercordiae University Hospital. She graduated from University College Cork in 2017. She is currently completing a MSc in Clinical Trials. She is interested in gastrointestinal malignancies and the role of the immune system in the treatment of cancer.

Dr Catherine Weadick

Dr Megan Greally

Introduction

Colorectal cancer (CRC) is the second most common cancer in Ireland and Europe, accounting for 12% of malignancies in females and 15% in males.[1] In Ireland, 2,000 people are diagnosed with the disease every year. The incidence of cases of CRC in Ireland has been increasing since the 1990s.[1] There is >10-fold difference in regional incidence rates of CRC; previously it was more common in high-income countries but rates are currently increasing in middle- and low-income countries.[2] The incidence rate is increasing in younger people (<50 years) for reasons that remain unclear.[3] The 5-year survival rate is approximately 40%–60%.[4] Adenocarcinomas represent 95% of CRCs; 5%–10% of these arise as a result of recognised hereditary conditions, mainly familial adenomatous polyposis (FAP) and hereditary non-polyposis CRC (HNPCC).[5]

The pathogenesis of CRC is a multistep process, the molecular basis involves genetic instability.[6] The loss of stability drives CRC by facilitating acquisition of multiple tumour associated mutations.[6] Most sporadic cases (85%) have chromosomal instability involving disruption of genes that regulate growth; the tumour-suppressor gene APC is key. This pathway is associated with FAP.[6] The remaining 15% have a high frequency of microsatellite instability (MSI) phenotypes, characterised by disruption to genes that maintain genetic stability; also involved in development of HNPCC. Several tumour-suppressor genes are mutated in this pathway.[6] These patients are more likely to benefit from immunotherapy.

Eighty percent of CRCs are located in the colon and 20% in the rectum.[2] Right sided colon cancers have different clinicopathological characteristics than left sided cancers. Right-sided tumours are associated with older age, female sex, later presentations and tend to arise in flat sessile polyps.[7] In addition, they are more likely to be poorly differentiated with a mucinous or signet ring cell histology and often metastasize to the peritoneum.[7] There have been significant treatment advances in the last 15 years, due to an increasing use of surgery in the metastatic setting but also more effective systemic treatments.[8]

Screening

Early detection can be facilitated by screening programmes. In October 2012, BowelScreen launched in Ireland.[9] Currently, this bowel cancer screening programme is targeted at people aged between 60 and 69 and overtime this will expand to include those between the ages of 55-74.[9] Eligible people undergo a faecal immunochemical test which evaluates for the presence of occult blood in stool.[9] Approximately, 6% of participants will have a positive result and require a screening colonoscopy. In 2015, BowelScreen had an overall cancer detection rate of 2.65 per 1,000 people screened. Importantly, in 2018, fewer than 40% of eligible people availed of BowelScreen.[10]

Treatment of Localised Rectal Cancer

Rectal cancer is defined as a lesion located within 12cm of the anal verge by rigid proctoscopy.[11] The risk of local recurrence in the pelvis is higher in patients with rectal cancer than colon cancer and this has implications for the approach to management. The MRI characteristics, including the primary tumour extent, presence of nodal involvement, sphincter involvement and mesorectal fascia (MRF) involvement are important in determining the appropriate treatment.[11] In patients with cT1-T3 mid or high rectal tumours with limited or no nodal involvement, no EMVI and a clear MRF, it is recommended that upfront surgery be undertaken in the form of total mesorectal excision (TME).[12] Neoadjuvant chemoradiation or short-course radiation prior to surgery is recommended in patients with cT3-4 low rectal tumours with nodal or MRF involvement or EMVI. Chemoradiation is delivered in the form of radiation (50-54 Gy) and fluoropyrimidine (infusional 5-fluorouracil or capecitabine) which acts a radiosensitizer.[12]

Treatment of Localised Colon Cancer

In patients with localised disease the primary tumour should be resected and the TNM staging system used for post-operative decision making. Adjuvant chemotherapy has been shown to improve survival in resected node positive colon cancer which represents Stage III disease. If the patient has node negative disease (Stage II) but has high risk features such as a T4 primary tumour, poorly differentiated histology, <12 nodes in the resection specimen or invasion of vessels or lymphatics they should also be considered for adjuvant treatment.[13] Single agent fluoropyrimidine chemotherapy [intravenous 5-fluorouracil (5-FU) or oral capecitabine] or combination therapy with oxaliplatin (FOLFOX) may be used for stage II/III disease.[13] It has been established that adjuvant systemic therapy decreases the risk of death by an absolute 3-5% in high risk stage II colon cancer with single agent fluoropyrimidine and by 10-15% in stage III disease with 5-FU alone, with a further 4-5% improvement with oxaliplatin-containing combinations.[13] Fluoropyrimidine alone has not been shown to be effective in patients with Stage II colon cancers that have defective mismatch repair and MSI tumours.[13]

TREATMENT OF METASTATIC COLORECTAL CANCER

Chemotherapy

If performance status allows, patients with metastatic colorectal cancer typically expect a median survival of approximately 30 months as a result of the 'continum of care' approach in the

form of first line chemotherapy, followed by maintenance chemotherapy, resection of metastasis, if possible, and second and further lines of chemotherapy and targeted therapies. First line chemotherapy is fluoropyrimidine based and progression free- and overall survival are improved by the addition of one or two further chemotherapeutic agents and a targeted agent.[14] This is normally in the form of FOLFOX with Bevacizumab (anti-vascular endothelial growth factor) for 6 – 8 cycles followed by maintenance treatment of 5-FU and bevacizumab (OPTIMOX approach).[14] Other regimens that may be utilized in the first-line setting include FOLFIRI (5-FU/irinotecan), CAPOX or a triplet regimen in the form of FOLFOXIRI.[14] The decision on which regimen to used should be patient-centred as oxaliplatin can cause significant peripheral neuropathy and irinotecan is associated with more diarrhoea and alopecia.[14] TAS-102 and regorafenib are oral therapies approved for use in refractory disease in the third-line setting.[14]

Targeted Therapy

The major breakthrough in the treatment of CRC over the last decade has been the ability to target signalling pathways.[15] The main biologic targets in CRC are anti-EGFR (anti-epidermal growth factor receptor), anti-VEGF (anti-vascular endothelial growth factor), and multikinase inhibitors.[15]

A key pathway in CRC pathogenesis is the EGFR pathway. One of the most important of these is the Ras/Raf/MEK/ERK pathway.[16] KRAS is a small plasma membrane bound G-protein that acts a molecular switch which can result in the activation of various growth factor receptors that regulate the expression of genes associated with survival, proliferation, angiogenesis and metastasis. Permanent mutations of RAS lead to a permanently active state of the cell that permits it to evade apoptosis and enhance the malignant behaviour of cells. Oncogenic activating mutations in KRAS occur in 40-45% of patients with CRC.[17] Patients who do not have these mutations are eligible for anti-EGFR antibodies (eg. cetuximab and panitumumab) which will block downstream signalling in these pathways. These targeted treatments can be given as monotherapy but are more effective when given in combination with chemotherapy. Notable side effects of this class of drugs is an acneiform rash which occurs in most patients (with the hypothesis that development of a rash predicts response) and hypomagnesaemia.[18]

HER2 is amplified in 2% of metastatic CRC and its overexpression has been associated with resistance to cetuximab based treatment.[19] The simultaneous inhibition of EGFR and HER2 can result in increased anticancer activity and restore sensitivity to EGFR-directed therapies.[20] Research is currently ongoing to try to improve the activity of and overcoming resistance to anti-EGFR monoclonal antibodies (mAbs), and developing more efficient mAbs or combination strategies.

Bevacizumab is an antibody that binds to VEGF-A and has been shown to improve the efficacy of the cytotoxic backbone. Its class related side effects are hypertension, proteinuria, arterial thrombosis, gastrointestinal perforation and interference with wound healing. Bevacizumab should not be administered within 6 weeks of planned surgery. There are no validated predictive molecular markers available for bevacizumab.[14]

Regorafinib is an oral multikinase inhibitor that inhibits several targets, including anti-angiogenesis. It is considered a standard option in the third-line setting.[14] Response rates associated with this agent are low and its impact on progression-free and overall survival is relatively modest. Some relevant side effects are palmar-plantar erythrodysesthesia, fatigue and elevated liver enzymes. TAS-102 has similar efficacy in this setting.

Immunotherapy

Phylogenetically, CRC can be divided into two molecular subtypes; those with chromosomal instability (CIN) and those with microsatellite instability (MSI).[21] MSI is present in 15% of patients. These patients more often have right sided cancers, often appearing poorly differentiated and mucinous with a lymphocytic infiltration. They carry a better prognosis than the 85% of patients with CIN associated cancers.[21] One third of these patients have hereditary non-polyposis colorectal cancer (HNPCC). MSI-high patients are significantly more likely to respond to checkpoint inhibitors including the anti-programmed death (PD)-1 antibodies, nivolumab and pembrolizumab, or the combination of nivolumab with the anti-cytotoxic T-lymphocyte associated protein-4 (CTLA-4) antibody ipilimumab.[22] With the generally tolerable side-effect profile of checkpoint inhibitors, and their success in a multitude of different solid tumour malignancies, immunotherapy has become a highly attractive option in patients with MSI-high CRC.

Metastatectomy

Given that over 20% of metastatic disease in CRC is confined to the liver[23], many local treatments have been developed including surgery, embolization with chemotherapy or radiotherapy and stereotactic radiotherapy. These treatments are associated with improved outcomes if the metastasis developed metachronously during the follow-up period rather than synchronous with the initial presentation.[24] Surgical resection of colorectal liver metastasis is a potentially curative treatment with a reported 5 year survival of 35-55%.[25] In cases of isolated metastasis at other sites local treatment can also be considered in the form of resection of lung metastasis and cytoreductive surgery with HIPEC (hyperthermic intraperitoneal chemotherapy) for peritoneal metastasis.[8]

Survivorship

With improved survival from CRC due to earlier detection and improving treatments, there are an increasing number of patients requiring surveillance and survivorship care. There are approximately 200,000 cancer survivors in Ireland, equivalent to 3% of the population, and at the end of 2014, 17,136 people were living with a history of CRC.[26] The impact of a CRC diagnosis on health and quality-of-life (QoL) is not insignificant, particularly as interventions have become more complex over time. Although many survivors maintain a good QoL without significant cancer related symptoms, many are at risk of multiple survivorship issues and late side effects.[27] In addition, patients often feel lost in transition following the acute phase of their care. The recently published National Cancer Strategy (NCS) has recognized the need to enhance survivorship care in Ireland. Comprehensive knowledge of late toxicities and survivorship issues (e.g. fatigue, altered bowel function, stoma care, neuropathy, genetic risk, psychosocial issues and increased risk of chronic disease) is required. There is also evidence that lifestyle interventions are important. Physical activity and reduced intake of simple sugars and total carbohydrates in the diet have been associated with a reduced risk of disease recurrence. Investment is needed to improve co-ordination of care between hospital specialists, advanced nurse practitioners (ANPs) and General Practitioners (GPs).[28]

Conclusion

In conclusion, CRC is a disease with increasing progression-free and overall survival due to screen detection and improved treatments. In Ireland, efforts are required to encourage people to be more actively involved in the screening programme to increase participation rates. Ongoing research is investigating future treatment and mechanisms of overcoming resistance to current targeted agents. Further investment is needed in the area of survivorship of cancer in Ireland.

References available on request

RUEPOINTMEDIA

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Galway Bay FM @ 12-Feb-21 11:43 - (cancer)

That was bad earlier this week at the happy around I think that is well done guys congratulations again quality a blind Colin and Diane are enough and I'm gonna have to get a boost as your mobile phones and thanks for joining us today and the Jews to me thank you for joining us today and Jamie Casey thank you indeed for joining us today thanks to a brace of Oxford be fully updated

throughout the awesome last dealing with text by a tour of the night and we look forward to finding out more about other local winners in that regard now let's take a short a commercial break Keith any updates on the roads from the Nick Conneely to shifting just after texting in their cars or another okay but if anybody has any further updates his Texas 5.9 9 5 train stopped by a where a husband is open for business when you shop with us Rest assured were

formerly of safety guidelines so when you come him to wear a mask sanitising hands social distance of the signs will be delighted to serve you because we're doing the same hours it was normal and have all the essential things you may need it can also collect a wheel still delivery unit Greens open for tools and hardware building supplies doors and floors plumbing and heating and agricultural supplies only at Greens have scrapped here for you in these challenging times lean with

savings this week Ed Joyce's supermarket illustrate his now halfprice Santa Rita one 20 I heart wine or Prosecco from 7 euro a week like a pack of only 15 EUR all mistake I can for beautiful nice oak case with prices starting at only 10 euro and get Cadbury's milk chocolate 5 30 ground for only I two EUR you spend in store value great choice Reuters Gregg alcohol responsibly DrinkAware.ie. at Harvey Norman you can shop with a spacious store at the Gateway Shopping Park

Knocknacarra appliances and social technology of our full range online deliveries with the best prices and big deals like visitors the 8 kg heat pump dryer he now thought that a man I a.m. saving 45 euro for 300 the take your only LG 47 smart TV now for 3 nights and how we got away with matching competitors prices these metal prices why shop anywhere else now there's a lot on this weekend Druid Theatre company are having

and again go go to the website the detail and tomorrow night were sitting down to watch that production indeed that's the view from production and looking forward to some further details on Discord the the website of the Druid Theatre company is much more over the weekend including a virtual Valentine's Day concert from breast cancer research and again it you have the likes of Daniel and Majella O'Donnell Nathan Carter Sean Kane team Higgins Mary Berna and Marc Roberts Mike Denver

could Laurel Sandy Kelly the 5 and Chris Kelly plus many others as well and it's all in aid of the National breast cancer research Institute give us further details on the Sligo to McRoberts join the other Mark morning Yes good morning Kate are you good thanks for joining us today how did this come about well I got a call from the committee because I did some work for them before when we could do MC

forgot others shows and the put to sea again does it want to list Valentine's day pass without because he always had a Valentine's ball so we chatted about the see what we could do the as we would do and see and there we came up with this show the Valentine's Day concert for breast cancer research they can't write is the people on their books that had done work for them in the past and I contacted some of the top names in the business and absolutely everybody was on board at the oscars

and how was it good talks was going to run on Sunday night Valentines night and how will it run from their well it's good to be in line for as In I will be presenting live from major Clarke work with friends and sound life and I'll be presenting the show introduces each of the artists are also seeing all of the artists have supplied & special video was recorded live of them with a new performance especially for the event

okay so and but you we'll be live in it yet but in a private location with alerts Play click living all played your little from all sides in the absolutely and totally controlled and absolutely distanced and everything we've taken everything into consideration so I'm really looking forward to it because like everybody else will start for performing but I know people are stars from music for something different and this is just such a wonderful event it really is for itself a

fundraiser for the MDC are right the National breast cancer research Institute and you think one of 11 Irish women will be diagnosed with breast cancer before 75 years of age with over 3 and a half 1000 cases diagnosed annually

for the monies Highlights: Breast Cancer, Druid Theatre company, virtual Valentines Day concert, National Breast Cancer Research Institute, Mark Roberts, Professor Michael Curran, donation.

RUEPOINTMEDIA

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Page:	Link	**Size (Sq. Cm)**	171

Galway Bay FM @ 12-Feb-21 11:55 - (breast)

and baby the baby have at this stage March but again thanks Mike careful that's a lovely if conflating well done you have done in studio weekend I can I am the content itself by the way if you want to do a little bit of a giggle a bit of a laugh and all that goes with it the council itself kicks off this coming Sunday Valentine's Day and it kicks off at 8 o' clock if you just go to the following

Valentine's concert .ie just all one word capital the in cattle thief concert .ie and all the crosses cent on the day they put their cross the National breast cancer research Institute of further details on that story can I go to their website as well I mentioned to the Jewish State company again new production is coming their way to sell once upon a bridge and live streaming is taking place in town tonight and tomorrow two 30 am tomorrow night as well

Highlights: National Breast Cancer Research Institute, virtual Valentines Day concert, donate.

RUEPOINTMEDIA

Publication:	Medical Independent	**Media Cost (€):**	2,634
Date:	Monday, February 1, 2021	**Reach**	6,725
Page:	34,35	**Size (Sq. Cm)**	10

170,000

MORE THAN

As of August 2020...

MS patients have been treated

with OCREVUS®▼ (ocrelizumab) globally[1]

ABRIDGED PRESCRIBING INFORMATION (API). For full prescribing information refer to the Summary of Product Characteristics [SmPC]. OCREVUS®▼ (ocrelizumab) 300 mg concentrate for solution for infusion . ▼This medicine is subject to additional monitoring. This will allow quick identification of new safety information. Healthcare professionals are asked to report any suspected adverse reactions. See box below for details on how to report. **Indications:** Treatment of adult patients with relapsing forms of multiple sclerosis (RMS) with active disease defined by clinical or imaging features. Treatment of adult patients with early primary progressive multiple sclerosis (PPMS) in terms of disease duration and level of disability, and with imaging features characteristic of inflammatory activity, (refer to SmPC for full details). **Dosage and Administration:** Treatment should be initiated and supervised by specialised physicians experienced in the diagnosis and treatment of neurological conditions with access to appropriate medical support to manage severe reactions such as serious infusion-related reactions (IRRs), hypersensitivity reactions and/or anaphylactic reactions. Premedication for IRRs: Administer the following two premedication prior to each infusion to reduce the frequency and severity of IRRs: (a) 100 mg intravenous (IV) methylprednisolone (or equivalent) approximately 30 min prior to each infusion and (b) antihistamine approximately 30-60 min prior to each infusion. In addition, premedication with an antipyretic (e.g. paracetamol) may also be considered approximately 30-60 min prior to each infusion. *Initial dose:* 600 mg dose administered as two separate IV infusions (first as a 300 mg infusion, followed 2 weeks later by a second 300 mg infusion). *Subsequent doses:* a single 600 mg IV infusion every 6 months. Administer the first subsequent dose of 600 mg 6 months after the first infusion of the initial dose. Refer to SmPC for full details. If patients did not experience a serious infusion-related reaction (IRR) with any previous Ocrevus infusion, a shorter (2-hour) infusion can be administered for subsequent doses. A minimum interval of 5 months should be maintained between each dose. Refer to the SmPC for full details. Infusion Adjustments in case of IRRs: In case of IRRs during any infusion, refer to the SmPC for full details of adjustments for life-threatening IRRs, severe IRRs and mild to moderate IRRs. Dose interruption and slowing (for mild/moderate and severe IRRs) will result in a change in the infusion rate and increase the total duration of the infusion, but not the total dose. No dose reductions of Ocrevus are recommended. Delayed or Missed Doses: If an infusion of Ocrevus is missed, administer it as soon as possible; do not wait until the next planned dose. Maintain a treatment interval of 6 months (with a minimum of 5 months) between doses. Special Populations: Based on the limited data available, no posology adjustment is needed in patients > 55 years of age. Patients enrolled in the ongoing clinical trials continue to be dosed with 600 mg ocrelizumab every 6 months after they become 55 and older. The safety and efficacy of Ocrevus in patients with renal/hepatic impairment has not been formally studied. Patients with mild renal/hepatic impairment were included in clinical trials. No experience in patients with moderate or severe renal/hepatic impairment. No data available in children and adolescents aged 0 - 18 years. Refer to SmPC for further details. Method of Administration: Prepare Ocrevus using aseptic technique. Dilute the product into an infusion bag containing isotonic 0.9% sodium chloride to a final drug concentration of approximately 1.2 mg/mL. For instructions on dilution before administration, refer to SmPC. After dilution, administer Ocrevus as an IV infusion through a dedicated line. Use an infusion set with a 0.2 or 0.22 micron inline filter. Do not administer as an IV push or bolus. Infusion Instructions: *Initial dose (600mg) divided into 2 infusions:* Infusion 1/Infusion 2 (2 weeks later). Initiate infusion (300 mg in 250 mL) at a rate of 30 mL/hour for 30 min. The rate can be increased in 30 mL/hour increments every 30 min. to a max of 180 mL/hour. Each infusion should be given over approx. 2.5 h. *Subsequent doses:* 600mg (single infusion every 6 months) Option 1: (Infusion of approx. 3.5 hours duration) Initiate infusion (600 mg in 500 mL) at a rate of 40 mL/hour for 30 min. The rate can be increased in 40 mL/hour increments every 30 min to a max of 200 mL/hour. Each infusion should be given over approx. 3.5 hours. Option 2: Infusion of approximately 2 hours duration. Initiate the infusion at a rate of 100 mL/hour for the first 15 minutes. Increase the infusion rate to 200 mL/hour for the next 15 minutes. Increase the infusion rate to 250 mL/hour for the next 30 minutes. Increase the infusion rate to 300 mL/hour for the remaining 60 minutes. Each infusion should be given over approximately 2 hours. Monitor all patients during infusion and for at least one hour after the completion of the infusion. Physicians should alert patients that an IRR can occur within 24 hours of infusion. Withholding of antihypertensive treatments should be considered for 12 hours prior to and throughout each infusion as hypotension is a symptom of IRRs. Patients with a history of congestive heart failure (New York Heart Association III & IV) were not studied. **Contraindications:** Hypersensitivity to ocrelizumab or to any of the excipients listed in the SmPC; current active infection; patients in a severely immunocompromised state; known active malignancies. **Special Warnings and Precautions:** Traceability: Record the name and the batch number of the administered product to improve traceability of biological products. IRRs: Ocrevus is associated with IRRs, which may be related to cytokine release and/or other chemical mediators. Symptoms of IRRs may occur during any infusion, but have been more frequently reported during the first infusion. IRRs can occur within 24 hours of the infusion. These reactions may present as pruritus, rash, urticaria, erythema, throat irritation, oropharyngeal pain, dyspnoea, pharyngeal or laryngeal oedema, flushing, hypotension, pyrexia, fatigue, headache, dizziness, nausea and tachycardia. Interrupt the infusion immediately and permanently if the patient experiences severe pulmonary symptoms such as bronchospasm or asthma exacerbation, and administer symptomatic treatment. Monitor the patient until the pulmonary symptoms have resolved because initial improvement of clinical symptoms could be followed by deterioration. Hypersensitivity Reactions: A hypersensitivity reaction could also occur (acute allergic reaction to medicinal product). Type 1 acute hypersensitivity reactions (IgE-mediated) may be clinically indistinguishable from IRR symptoms. A hypersensitivity reaction may present during any infusion, although typically would not present during the first infusion. For subsequent infusions, more severe symptoms than previously experienced, or new severe symptoms, should prompt consideration of a potential hypersensitivity reaction. Patients with known IgE mediated hypersensitivity to ocrelizumab must not be treated (refer to SmPC for further details). If a hypersensitivity reaction is suspected during infusion, the infusion must be stopped immediately and permanently. Infections: delay administration in patients with active infection until it is resolved. Verify the patient's immune status before dosing since severely immunocompromised patients should not be treated. The frequency of grade 4 (life-threatening) and grade 5 (fatal) infections was low in all treatment groups, but in PPMS it was higher with Ocrevus compared with placebo for life-threatening (1.6% vs 0.4%) and fatal (0.6% vs 0%) infections. All life-threatening infections resolved without discontinuing Ocrevus. In PPMS, patients with swallowing difficulties are at a higher risk of aspiration pneumonia. Ocrevus treatment may further increase the risk of severe pneumonia in these patients. Physicians should take prompt action for patients presenting with pneumonia. *Progressive Multifocal Leukoencephalopathy (PML):* a risk of PML cannot be ruled out since John Cunningham (JC) virus infection resulting in PML has been observed in patients treated with anti-CD20 antibodies and other MS therapies, and associated with risk factors. Physicians should be vigilant for the early signs and symptoms of PML, which can include any new onset, or worsening of neurological signs or symptoms, as these can be similar to MS disease. If PML is suspected, withhold Ocrevus dosing. The following evaluations should be considered: Magnetic Resonance Imaging (MRI) scan preferably with contrast (compared with pre-treatment MRI), confirmatory cerebro-spinal fluid (CSF) testing for John Cunningham (JC) Viral Deoxyribonucleic acid (DNA) and repeat neurological assessments. If PML is confirmed, discontinue treatment permanently. *Hepatitis B virus (HBV) reactivation:* has been reported in patients treated with anti-CD20 antibodies and in some cases resulting in fulminant hepatitis, hepatic failure and death. Perform HBV screening in all patients before starting treatment. Do not treat patients with active HBV (confirmed by positive results for HBsAg and anti HB testing) with Ocrevus. Patients with positive serology (i.e. negative for HBsAg and positive for HB core antibody (HBcAb +); carriers of HBV (positive for surface antigen, HBsAg+) should consult liver disease experts before treatment starts and should be monitored and managed following local medical standards to prevent hepatitis B reactivation. Malignancies: an increased number of malignancies (including breast cancer) have been observed in clinical trials in patients treated with Ocrevus, compared to control groups. The incidence was within the background rate expected for an MS population. Consider individual benefit risk in patients with known risk factors for malignancies and in patients who are being actively monitored for recurrence of malignancy. Do

not treat patients with a known active malignancy with Ocrevus. Patients should follow standard breast cancer screening per local guidelines. In the controlled period of the clinical trials, incidence of non-melanoma skin cancers was low and there was no imbalance between treatment groups. An increase in incidence was observed between years 3 and 4 of treatment due to basal cell carcinoma, which was not observed in subsequent years. The incidence remains within the background rate expected for an MS population. Treatment of severely immunocompromised patients: do not treat these patients until the condition resolves. In other auto-immune conditions, use of Ocrevus concomitantly with immunosuppressive medications resulted in an increase of serious infections including and not limited to, atypical pneumonia and pneumocystis jirovecii pneumonia, varicella pneumonia, tuberculosis, histoplasmosis. In rare cases, some of these infections were fatal - refer to SmPC for further details. It is not recommended to use other immunosuppressives concomitantly with Ocrevus except corticosteroids for symptomatic treatment of relapses. Knowledge is limited as to whether concomitant steroid use for symptomatic treatment of relapses is associated with an increased risk of infections in clinical practice. In the Ocrevus MS pivotal studies, administration of corticosteroids for the treatment of relapse was not associated with an increased risk of serious infection. When initiating Ocrevus after an immunosuppressive therapy or initiating an immunosuppressive therapy after Ocrevus, consider the potential for overlapping pharmacodynamic effects. Caution should be exercised when prescribing Ocrevus taking into consideration the pharmacodynamics of other disease modifying MS therapies. Vaccinations: The safety of immunisation with live or live-attenuated vaccines, following Ocrevus therapy has not been studies and vaccination with live-attenuated or live vaccines is not recommended during treatment and not until B-cell repletion (in clinical trials, the median time for B-cell repletion was 72 weeks). In a randomised open-label study, RMS patients were able to mount humoral responses, although decreased, to tetanus toxoid, 23-valent pneumococcal polysaccharide with or without a booster vaccine, keyhole limpet hemocyanin neoantigen, and seasonal influenza vaccines (refer to SmPC). It is recommended to vaccinate patients treated with Ocrevus with seasonal influenza vaccines that are inactivated. Physicians should review the immunisation status of patients being considered for treatment with Ocrevus. Patients who require vaccination should complete their immunisation at least 6 weeks prior to initiation of Ocrevus (refer to SmPC). *Exposure in utero and vaccination of neonates and infants with live or live attenuated vaccines:* Due to the potential depletion of B cells in infants of mothers who have been exposed to Ocrevus during pregnancy, it is recommended that vaccination with live or live-attenuated vaccines should be delayed until B-cell levels have recovered; therefore, it is recommended that vaccination with live or live-attenuated vaccines be delayed until B-cell levels have recovered; therefore, measuring CD19-positive B-cell levels in neonates and infants, prior to vaccination is recommended. It is recommended that all vaccinations other than live or live-attenuated should follow the local immunisation schedule and measurement of vaccine-induced response titers should be considered to check whether individuals have mounted a protective immune response because the efficacy of the vaccination may be decreased. The safety and timing of vaccination should be discussed with the infant's physician (refer to SmPC). Sodium: contains less than 1 mmol sodium (23 mg) per dose, i.e. essentially sodium-free. **Interactions:** No formal drug interaction studies have been performed, as no drug interactions are expected via cytochrome P450 enzymes, other metabolising enzymes or transporters. The safety of immunisation with live or live-attenuated vaccines, following Ocrevus therapy has not been studied. Data are available on the effects of tetanus toxoid, 23-valent pneumococcal polysaccharide, keyhole limpet hemocyanin neoantigen, and seasonal influenza vaccines in patients receiving Ocrevus. Refer to SmPC. It is not recommended to use other immunosuppressives concomitantly with Ocrevus except corticosteroids for symptomatic treatment of relapses. Refer to SmPC. **Fertility, Pregnancy and Lactation:** Women of childbearing potential should use contraception while receiving Ocrevus and for 12 months after the last infusion. Ocrevus is a humanised monoclonal antibody of an immunoglobulin G1 subtype and immunoglobulins are known to cross the placental barrier. There is a limited amount of data from the use of Ocrevus in pregnant women. Postponing vaccination with live or live-attenuated vaccines should be considered for neonates and infants born to mothers who have been exposed to Ocrevus in utero. No B cell count data have been collected in neonates and infants exposed to ocrelizumab and the potential duration of B-cell depletion in neonates and infants is unknown (refer to section 4.4 of SmPC). Transient peripheral B-cell depletion and lymphocytopenia have been reported in infants born to mothers exposed to other anti-CD20 antibodies during pregnancy. Animal studies (embryo-foetal toxicity) do not indicate teratogenic effects. B-cell depletion in utero was detected. Reproductive toxicity was observed in pre and post-natal development studies (refer to section 5.3 of SmPC). Ocrevus should be avoided during pregnancy unless the potential benefit to the mother outweighs the potential risk to the foetus. It is unknown whether ocrelizumab/metabolites are excreted in human milk. Available pharmacodynamic/toxicological data in animals have shown excretion of ocrelizumab in milk (for details see section 5.3 of SmPC). A risk to neonates and infants cannot be excluded. Women should be advised to discontinue breast-feeding during Ocrevus therapy. Preclinical data reveal no special hazards for humans based on studies of male and female fertility in cynomologous monkeys. **Effects on ability to drive and use machines:** Ocrevus has no or negligible influence on the ability to drive and use machines. **Undesirable Effects:** The most important and frequently reported adverse drug reactions (ADRs) were IRRs and infections. The following is a summary of the very common (≥ 1/10) and common (≥ 1/100 to < 1/10) ADRs that have been reported in association with the use of Ocrevus in 1311 patients (3054 patient years) during the controlled treatment periods of MS clinical trials. *Very common (≥ 1/10):* upper respiratory tract infection, nasopharyngitis, influenza, blood immunoglobulin M decreased and IRRs, (refer to SmPC for full details). *Common (≥ 1/100 to < 1/10):* sinusitis, bronchitis, oral herpes, gastroenteritis, respiratory tract infection, viral infection, herpes zoster, conjunctivitis, cellulitis, cough, catarrh, blood immunoglobulin G decreased and neutropenia. Refer to SmPC for full listing of adverse events and further details. Description of selected adverse reactions: *Alternative Shorter Infusion of Subsequent Doses:* In a study (MA30143 Shorter Infusion Substudy) designed to characterise the safety profile of shorter (2-hour) Ocrevus infusions in patients with Relapsing-Remitting Multiple Sclerosis, the incidence, intensity, and types of symptoms of IRRs were consistent with those of infusions administered over 3.5 hours. The overall number of interventions needed was low in both infusion groups, however, more interventions (slowing down or temporary interruptions) were needed to manage IRRs in the shorter (2-hour) infusion group compared to the 3.5- hour infusion group (8.7% vs. 4.8%, respectively). Refer to SmPC for further details. *Laboratory Abnormalities:* Immunoglobulins: Treatment with Ocrevus resulted in a decrease in total immunoglobulins over the controlled period of the studies, mainly driven by reduction in IgM. Clinical trial data have shown an association between decreased levels of IgG (and less so for IgM or IgA) and serious infections. See SmPC section 4.8 for instructions on reporting adverse events. **Special Precautions for Storage:** Store in a refrigerator (2°C - 8°C). Do not freeze. Keep the vials in the outer carton in order to protect from light. **Legal Category:** Product subject to medical prescription which may not be renewed (A). **Presentations and Marketing Authorisation Numbers:** EU/1/17/1231/001 for 300 mg/10 mL (pack size of one). **Marketing Authorisation Holder:** Roche Registration GmbH, Emil-Barell-Strasse 1, 79639 Grenzach-Wyhlen, Germany. Ocrevus ® is a registered trade mark. Further information is available from Roche Products (Ireland) Limited, 3004 Lake Drive, Citywest, Naas Road, Dublin 24. Telephone: (01) 4690700. Fax: (01) 4690791. **Date of API Preparation:** May 2020.

The **First and Only** therapy approved for both **RMS and PPMS**

Relapsing forms of multiple sclerosis (RMS) with active disease defined by clinical or imaging features[2]

Early primary progressive multiple sclerosis (PPMS) in terms of disease duration and level of disability, and with imaging features characteristic of inflammatory activity[2]

Full details available in the OCREVUS SmPC available at www.medicines.ie

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. Healthcare professionals are asked to report any suspected adverse reactions.

In the event of a suspected adverse event, please report it to:
The Drug Surveillance Centre, Roche Products (Ireland) Limited
Telephone: (01) 4690700 Fax: (01) 4690793
Email: ireland.drug_surveillance_centre@roche.com

Alternatively, suspected adverse reactions should be reported to:
HPRA Pharmacovigilance, The Health Products Regulatory Authority (HPRA)
Telephone: (01) 6764971 Fax: (01) 6762517
Website: www.hpra.ie Email: medsafety@hpra.ie

M-IE-00000091 based on Ocrevus SmPC dated 30 April 2020. **References: 1.** Roche data on file (M-GB-00001508). **2.** Ocrevus 300 mg concentrate for solution for infusion Summary of Product Characteristics 30 April 2020, available on www.medicines.ie. **Date of item:** October 2020. M-IE-00000288

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	56
Date:	Friday, February 12, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	238

WLR FM @ 12-Feb-21 13:26 - (breast)

deal of stay connected with the community from bad to worse for themselves of breast cancer awareness free virtual evening Thursday February the 18 found at half 7 presented by Juliet o' Connor of breast cancer survivor and outreach coordinator with breast Cancer Ireland this programme aims to educate women of all ages about the disease so they will know what is normal for them to register for all 7.1 one Oh 2.4 one or you can email library at Waterford Council Dart ie

Kilbarry are none for profit community Jim and sports centre Waterford and are looking for volunteers to join the board if you're looking to expand the network and get involved in something new if you have a spare time you like to help them the development of our valuable community resource we have a great opportunity for people to join the board of are Kilbarrack community sports centre and Kilbarry gym as a member of our board again new experience

but more importantly you will provide us with your personal and professional knowledge devices skills for more information contact Kilbarrack community sports centre and Kilbarry Jim and if the first one to get in our community I call on you to do is email us at a reception at WLR FM .com how we get out there you with the community double header against the bar

in the Are I do Highlights: Breast Cancer Ireland, Outreach Coordinator Juliet O'Connell, educate woman, free virtual evening.

RUEPOINTMEDIA

Publication:	Radio Nova 100FM	**Media Cost (€):**	48
Date:	Friday, February 12, 2021	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	565

Radio Nova 100FM @ 12-Feb-21 13:46 - (breast)

little added support yet free delivery on your weekly Dunnes Stores grocery shop search BY MIE wherever you get your apps and add a weekly shop we do to Europe growing list of accomplishments offer available on February 21st on orders over 40 euro select deliveries one shop online with Harvey Norman for big deals on technology gives us within families Microsoft Surface Go through with that life for these extreme I think on for 45 GPs running what's with all the things you need in a

sleek lightweight design for only 174 euro and a half with matching competitors prices even if their prices so why should Anywhere else so I shop online Harvey Norman ie also cleared of racial stores open until 6 p.m. baby for Beyonce's official technology things are tough enough at the moment don't let anything add to the stress we have the car parks we have the expertise but more importantly we have the time in 75 years in business has taught us what's important

that you our loyal customers so take it easy to stay healthy stay well and when you're ready we'll be waiting 8.2 double 8 double 5 and Lee Williams .ie think customer care think and Liam Williams scout hi its Martin from Martin Gear's jewellers in Mary Street during the past year we've been really busy redecorating your store rebuilding our entire website and working under 2021 collection in the meantime you can contact me and awaits 6.5 3

9005 Martin here and make sure I'm EUR person to stay safe and stay sane meet experts vehicle repairers stash Doctor need precision and attention to detail Frost although Doctor need a fair price to auto Doctor adult a doctor's sword health of your vehicle design especially from tyres 3D most diagnostic them fall for everything to his beating repairs brake pads suspension and is also repairs to mind also Dr regular 3 front of business parks or just Monday to Friday to 6 pm

Saturday from 5 to 4 to 7 36 hours the also docked or daughter or E to recruit the talent but Spurs virtual recruitment Ireland is a national jobs Expo and Careers fair held online to help you find a new job and then great I was thinking about a career change well I next event takes place on March 25th you'll find lots of jobs and can chat with hiring managers from Ireland's leading companies and there are career coaches offering free advice and webinars with useful tips 25th much padding may be

easy to get your free ticket today at a virtual recruitment .ie with how quickly some people have absolutely no as you say what did the Hollywood sign somebody changes to the job you have and was sent to bheith Polly but they say they are raising awareness of breast cancer Fiji captain he said that the Act was way uncool dragging you how we do it for free are real with a Honda civic with Apple CarPlay 117 and head-turning low

profile it makes you think about what a car because he can't really now that means an army unit we work with carrot mash one of Ireland's largest motorcycle insurance specialist Irish water cycle and I think they really know your for people like me and everybody mother Highlights: Breast cancer, LAPD Captain Steve Lurie, Hollywood sign, changed, raising awareness.

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	167
Date:	Friday, February 12, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	184

Galway Bay FM @ 12-Feb-21 13:49 - (breast)

Will not help you take it easy you enjoy it and have a nice weekend Coral and those voters are two very very shortly in your gentle that all the game time and got another game on their account of your picture no to war hero is a song right Super clubs new delicious Super healthy Mexican Bean soup maker freshly Galway low-calorie low-fat high-protein had begun now only two euro with any people with jobs new Mexican Bean Phew Oh are available at the Galway plant that she would

wear Headford Road and Ballinasloe pair didn't mean he is playing really really good to me Oh Yeah that it can

now look even the Yeah I've got a lot Yeah one right there on a break during a demonstration for the yard and there was a bit of crack as their Eamon O'Connor Downing County Mayo now just one

legend Mark as you know Mark was on with Keith this Morning speaking about a wonderful concert on the Valentine's Day concert for breast cancer research live laugh love love the Highlights: National Breast Cancer Research Institute, Valentine's Day concert, online event, donation.

RUEPOINTMEDIA

Publication:	redfm.ie	**Media Cost (€):**	27
Date:	Friday, February 12, 2021	**Reach**	8,840
Page:	Link	**Size (Sq. Cm)**	149

Irish country music stars announce free Valentine's Day gig for charity

Mike Denver, Galway musician announced a free special virtual concert with some special guests.
Mike will be joined by Daniel O'Donnell along with his wife Majella, Nathan Carter, Cliona Hagan, and the X-FACTOR finalist Mary Byrne.

It is a free concert however fans are being asked to donate. All proceeds for the concert will be going to the national breast cancer research institute.

Mike announced the gig on Instagram saying '' Hi everybody, Mike Denver here, just letting you know about a free concert that is happening on Sunday 14th of February, Valentine's night in aid of the national breast cancer research institute. It's all in aid of a good cause so please sit back and enjoy the night we'll see you there."

You can get your tickets at valentinesconcert.ie

RUEPOINTMEDIA

Publication:	thesun.ie	**Media Cost (€):**	508
Date:	Friday, February 12, 2021	**Reach**	60,520
Page:	Link	**Size (Sq. Cm)**	10

A Place in the Sun's Jasmine Harman moved as guest breaks down in tears reliving breast cancer battle

A PLACE in the Sun's Jasmine Harman was moved by a guest who broke down in tears reliving her breast cancer battle.

The latest episode of the Channel 4 show saw Jasmine meet up with newlyweds Marcelle and Graeme from Newcastle in Malaga, Spain.

Marcelle revealed they had married six months before they began searching for their dream Spanish home, and didn't want to waste time after her cancer diagnosis.

Marcelle told Jasmine: "Well it came as a shock, I had breast cancer, we had planned the wedding and it came out the blue."

Graeme added: "Fortunately it was caught early enough."

While the couple weren't taken by the first two properties Jasmine showed them, they loved the third.

Marcelle said: "It seems very airy and spacious. I can just imagine us being here.

"Everything is close at hand and that walk down to the beach, it's just what dreams are made of."

She then became tearful, leading Jasmine to give her a big hug and asked: "When you were ill, did you ever think you would get to this point where you're thinking, 'This might be our future place.'"

Through her tears Marcelle replied: "We did talk about it."

Jasmine said soothingly: "I know, it's so hard to talk about it," as Graeme added: "We were looking forward to this.

"After getting her operating in August, it's been upwards since then. It's what we needed after a bad, last year was a ying-yang year."

At the end of the episode, the couple put in an offer and after some haggling over the price, the owner agreed to a deal of £122,000 including the furniture and fittings, prompting more tears from a thrilled Marcelle.

A Place in the Sun airs weekdays at 3pm on Channel 4.

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	145
Date:	Friday, February 12, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	382

Galway Bay FM @ 12-Feb-21 15:45 - (breast)

They have playing you think you if you look at it if I get the winners on the he was one of the top didn't just we need to

brilliant given an Irish lesson Galway Bay FM with wild EU such a cracker that is champagne butterflies remember he was a song on this job between now and 5 o'clock well then you better be able to get a condom I love hearing from you guys love playing here as well any suggestions get them into me on 5.9 9 5 or WhatsApp and always Than zero 9.8 90 they got to tell you about something amazing happened as well this Sunday good Mark Roberts is a great friend of mine also the

gents of Galway Bay FM it's got to be said and he is in seeing and also performing at a massive Valentine's Day virtual concert in aid of breast cancer research it's called live laugh love the perfect name for it is on at 8 o'clock this Valentine's day Yes indeed Sunday as Valentine's Day with on Sunday 8 pm Daniel image L. Dorrell perform Nathan Carter's good performance belied his incredible other said Mark Roberts gonna be performing and Ince in the Hall paying silly

Mary Berna Tesco Mary Mike Denver the Sean Keane week Fiona Hedigan you name it they are all taking part and it's all for such an incredible cause of breast cancer research the first thing on telly is go along to the virtual concert on Sunday the second thing is the console itself is free but you can donate during years or even writing now as well you've got to do is log onto Valentine's concert dot ie Valentine's country

Dolly all proceeds to National breast can ancer research Institute that at 8 o'clock in our minds again before the end of the show but it takes place this Sunday so listen if you're logged up that you can spend your Valentine's Day night and listen if you're single and watches and cried all the flag country song we are going to play for either way it's win win that's he would have brought to you by Flanagan help he's

not always try to plan it and today Highlights: National Breast Cancer Research Institute, Valentine's Day, virtual concert.

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	90
Date:	Friday, February 12, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	632

iRadio @ 12-Feb-21 18:58 - (breast)

For the traditional leaving Cert alongside other options would then task sometimes she was coming back into a transfer have personal contact with and engaged with teachers is very important aspect of realising the option of of written examinations or assessments it could have been tarred with us 921 new cult of 19 cases and 23 for the deaths have been reported receiving there are 959 people in Hospital with the virus including 173 in intensive

care the 14 day incident rate has dropped to 193 per 100000 people deputy chief medical officer Doctor Ronan claim that the country has made big progress but the rate of transmission is still extremely hi a judge there is a need to get the message out to young men who show off by driving high-powered cars at speed will not be tolerated judge pretty pastel was speaking at the sentencing of a 21_-year-old man who killed 3 people while driving

a 200 and 25 kilometres per hour on a road in allowed Keith Lennon of John and 3 County Armagh recorded videos of his speedometer and share them with friends on Snapchat just moments before the crash happened last February Today he was jailed for 9 years after pleading guilty to the manslaughter of Kevin Faxon Kevin's 82_-year-old mother Mary and Bernie McGill who was 25 at the time more than half of all covered there 18 rated fines have been issued to people aged

between 18 and 25 around 6550 fines have been issued so far are more than 4900 of those that were people being fined 100 euro for non-essential travel 116 fines of 500 euro have been handed out to people organising house party is saying many additional Valentine's date idea of maybe out the window this year your invited to join an online concert to celebrate the occasion on Sunday Nathan Carter Daniel and Majella O'Donnell and John Hayden

are among the music stars teaming up for the event which will kick off at 8 on Sunday evening on Valentine concert .ie it is in aid of the National breast cancer research Institute and Ronnie Downes from the charity's Galway fundraising committee explains why we need support right now to continue its research to ascertain the causes and factors that influence breast cancer the for develop effective screening and treatment it's a free concert but we ask people to donate

what they can do that I don't need them .ie /Valentine's concert I was bored there's things like of BoyleSports Facebook is getting in the 18th handling kids like starting with rugby and Johnny Sexton and Conor Murray have been ruled out of Sunday's 6 Nations game against France the been replaced by the Labour the Greens and James Gibson Park respectively Burns will be starting out half with the guilt Gibson Park winning just his 7th cap

France head coach Fabien Galthie things Damien Payne were be better suited to facing Ireland the Claremont where will replace Terry Thomas drops to the bench despite a pair of tries against Italy last weekend the other change to the France side sees flanker Anthony she lodged replace telling her hand and of latest we have is the Seamus Power's drop back to two over par for 8 holes into the second round of the Pebble beach pro-am Patrick Cantlay headed

Ireland the joint course leaders on 9 under and soccer Tottenham the latest English team to have a European game moved the first leg of their Europa League last 32 tie with Rosberg has been moved from Austria to Budapest man United already have the away leg of their tie with real Sociedad move from Spain to Turin and both legs of the Arsenal Benfica Highlights: National Breast Cancer Research Institute, Valentine's concert, free concert.

RUEPOINTMEDIA

Publication:	irishmirror.ie	**Media Cost (€):**	3367
Date:	Friday, February 12, 2021	**Reach**	133,620
Page:	Link	**Size (Sq. Cm)**	10

Dancing On Ice's Lady Leshurr manhandled by airport guard who used racist slur

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Rapper Lady Leshurr is the definition of tallawah. "It's a word we use back home, from my Caribbean heritage," she says. "It means strong and fearless."

Her dazzling performance on Dancing on Ice shows the fighting spirit that makes her determined to break down any barriers in her way.

And though she refuses to see herself as any kind of victim, she admits that as a black woman she has faced certain barriers. "We do have to work 10 times harder," she says.

But her motto is: "Whenever I have a no, I turn that into a yes."

Growing up as Melesha O'Garro in a predominantly white neighbourhood in Solihull, West Midlands, she says she never saw colour or felt discrimination. "I didn't even know I was black," she says. "That's how it was in my neighbourhood."

But the barriers began to appear as she grew up and experienced life beyond her neighbourhood.

The 32-year-old says: "As I got older and started to travel the world, that's when I realised there were people who will view you differently."

Being a woman was a factor, as well as skin colour.

She says: "There was a point where you had to look a certain way, to have sex appeal, wear your hair long, make up... When I first got my introduction to [record] labels and meetings, that was one of the suggestions that came up every time. I'm a little tomboy. I barely wear dresses."

She stood her ground – but some experiences have left her more shaken. In 2016, the year she won the Best Female Act MOBO award, she was manhandled by a guard at a Spanish airport.

She says: "I was going back home from a show, I went into the duty free shops and I asked where the perfumes were.

"I heard the security guard say 'perra negra' – black b****.

"I asked 'Did you just call me...?' He got defensive. Then he reached for his handcuffs, and that's when I was resisting because I was like, 'What are you doing?' There were people all around, filming, a lot were English, it was very embarrassing and aggressive."

She says that when the handcuffs failed to open the guard began hitting her arms with them, leaving her with cuts. She was marched "like a criminal" to a room where she was interrogated by other guards until she insisted they watched CCTV footage.

She says: "When they saw, they didn't give me an apology, they didn't even look at me, they just pointed to the door."

After she was reunited with the pal she was travelling with they were taken to their flight desk, where she says officials told staff not to allow them to board because they had been "disruptive".

The two had to spend the night in the airport waiting for another flight.

She says: "You can't replicate that feeling. That fury, that pain, that hurt, that anger that builds up inside you because you can't do anything about it."

She had tried to put it behind her but spoke out last year amid the Black Lives Matter protests that followed the killing of George Floyd by white police officers in Minneapolis, US.

"I only told that story because of Black Lives Matter," she says. "It made me realise a lot of people go through this on an everyday basis."

She "commends" footballer Marcus Rashford for calling out racist abuse on social media. Leshurr says sites such as Instagram, owned by Facebook, must act. This week the firm said it would start to ban accounts sending

abusive direct messages.

Leshurr says: “There will be a lot of young people on the internet who don’t even know that something’s offensive, because it’s still posted.

“There are things they will take down that are less offensive.”

That “tallawah” fighting spirit is what made her take to the ice rink with pro skater Brendyn Hatfield.

“It’s a very scary thing to be a part of but I wanted to try new things,” she says. “We don’t show no fear, we just go for it. I always feel like that with Brendyn, like a little pocket rocket.”

Last week she landed top scores for her Candyman routine, and for the Valentine’s Day show the pair will be performing as Anthony and Cleopatra to Nelly Furtado’s Maneater.

But Leshurr’s smiles hide a private heartache after sister Carmen died from breast cancer in 2019, aged 39.

Her husband had previously died, so their eight children were orphaned.

Leshurr’s mother has now given up her job as a carer to look after them in a home Leshurr has helped to buy.

The star says: “I got involved in Dancing on Ice as a distraction from grieving. It’s really helped me and I know my sister is watching me, I know she is happy and proud.”

Do you have a story to sell? Get in touch with us at webcelebs@trinitymirror.com or call us direct 0207 29 33033

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	233
Date:	Friday, February 12, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	30

WLR FM @ 12-Feb-21 22:40 - (breast)

Marie Keating Foundation is lender remind us again EUR per month and mammoth 51 when he died from breast cancer and she well that's just about 5 weeks after she Highlights: Breast cancer, Marie Keating Foundation, chairty.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/sligochampion	**Media Cost (€):**	201
Date:	Saturday, February 13, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	1,720

Fresh hopes for stutterers

Dr Kenneth Monaghan and his PHD researcher Hilary McDonagh talk about giving adult stutterers new hopeand Normal Speech. Jessica Farry reports.
Ms Hilary Mc Donagh with her PhD supervisor Dr. Kenneth Monaghan members of IT Sligo Neuroplasticity Research Group (NRG).

A quiet miracle is happening in homes around Sligo since last year thanks to the Neuroplasticity Research Group at IT Sligo who are helping adults with stammers to speak normally again - by using subtle conscious eye movements to change the positioning of the tongue.

"By changing eye movement when anticipating a difficult word/phrase that usually causes a stammer, amazingly the tongue position gets changed and the patient is enabled to speak clearly" Dr. Kenneth Monaghan of the Neuroplastic Research Group tells The Sligo Champion in his lab.

The Rathcormac native was first contacted by Hilary Mc Donagh, who is currently teaching in the Sligo College of Further Education. Hilary had a huge interest in curing adult and paediatric stammering.

Dr. Monaghan continued: "After discussing the principle behind the new treatment, Hilary introduced me to Siobhan, a past student of Hilary's who spoke perfectly and who explained the difference the treatment had made to her quality of life."

Siobhan was now studying in IT Sligo and Kenneth says that meeting her was like a lightbulb moment when you realise that this new concept of changing tongue position in stammerers really could turn into something special.

Current Director of the Clinical Health and Nutrition Centre (CHANCE) and the Head of the Neuroplasticity Research Group at the IT Sligo, Ken has a team of five PhD researchers dedicated to developing innovative new treatments for different clinical conditions including stroke, lymphoedema post breast cancer, multiple sclerosis and Parkinson's disease and he sees huge potential in this new treatment.

The common perception of developmental stammer is that there is no cure, and treatments focus on management and acceptance of the condition. Dr Monaghan and his team are changing all that, however.

Ordinarily, adults with a developmental stammer have incorporated a range of avoidance behaviours to help them cope better in social situations which can be difficult. People who stammer frequently use interjections like uh, um, like, etc, repeat or prolong words when stuttering is expected on the next or revise sentences to avoid a specific word.

Hilary explains: "The prediction and avoidance of an anticipated stammer becomes as habitual as the stammer itself. People who stammer avoid situations and events where they fear they would not be able to produce fluent speech and as such the negative experience of having a Developmental Stammer affects individuals' social and emotional health.

"If you flatten your tongue on the roof of your mouth and move your eyes from side to side, you will feel your tongue move slightly in the direction of your eye movement. Unusual eye movements occur when people experience a stammer". Hilary's new innovative treatment involves "changing eye movements to control the tongue". she says.

Hilary, another Sligo native (Dowling-Long) is a Psychology graduate who has been working in the Sligo College of Further Education (CFE) for the last 12 years.

She first became interested in the area of unconscious forces influencing tongue position 12 years ago when she became a mother. "Cara, our first daughter got brain damaged at birth. I realised during her short life that there was very little professional knowledge about the unconscious neural mechanisms that moved the tongue. I was therefore acutely aware of tongue position and movement when Zoe and Ceola (our second and third daughters) were growing.

"The first time I saw Siobhan stammer in my Action Research class in Sligo CFE, I saw instantly the effects that her corresponding hand and eye movements had on her tongue movement coinciding with moments when she was unable to produce clear speech.

She added: "As part of Siobhan's training, she had to make presentations in front of the rest of the class, so I got to see her stammer at its worst." When I instructed her how to move her eyes and this instantly enabled speech production, it was a very emotional moment for Siobhan. For me it was startling that no research was being done on it," she says.

Stammering has received a lot of attention in the last 10 years since the movie The Kings Speech made the public

more aware of the silent torment experienced by people who stammer. Channel 4 series 'Educating Yorkshire'also highlighted the difficulties associated with a stammer, as it focused on student Musharaf who has since become a motivational speaker.

In the last few months, stammering has yet again been the focus of mainstream media with Braden Harrington's viral endorsement of Presidential Candidate Joe Biden's stammering advice.

Dr Monaghan and Hilary received €50,000 funding from the Irish Research Council, Employment based Postgraduate Research Fund, to investigate this novel intervention. What this form of therapy is offering is a new approach to rehabilitation.

"The beauty of modifying eye movement is that training can happen online. The results are immediate, so the practice is to help develop a new habit. You don't need a therapist; you can practice yourself at home. You lead the way. That's the beauty of it," adds Hilary.

Chartered Physiotherapists Peter Lynch, Eimear Cronin, Claire Smyth and Shane Gallagher are the other four PhD researchers working in IT Sligo Neuroplasticity Research Group. Peter is developing innovative technology that substitutes normal feedback to the brain and this will lead to the development of new medical technology in the future.

Eimear, is an expert in Pilates training and is currently developing her own specialised Neuro-pilates programme for stroke rehabilitation. Shane is a specialist in lymphoedema care in Sligo University Hospital and is currently trialling new compression systems that make post breast cancer lymphoedma more manageable for his patients.

Claire is progressing the previous development of a mirror strengthening device that is awaiting patenting through IT Sligo Innovation centre and these devices will form part of new systems that are in development to allow neurology and orthopedic patients independently rehabilitate remotely at home.

"My hopes are that we could inject some virtual reality into many of these projects. That would be the next stage," says Ken. "In ten years time these innovative devices and technology will be used in hospitals and homes worldwide - that would be the hope."

Siobhan has suffered from a stammer since she was 6 years old that may have coincided with a prior car crash. She lived in Scotland at the time and unsuccessfully attended four months of speech and language therapy.

When she was 10, a close relative passed away and her family moved back to Ireland. She started secondary school at 11 and although she was the youngest in her class and had a stammer, she never received negative comments about it. In her second year, a new teacher arrived and asked everyone to say their name.

"When I was asked to say my name, I got stuck, it was as if there was a weight on my chest that was preventing me from talking. I could only pronounce the 'S' and nothing else. I can remember my classmates laughing, even the teacher giggled.

"I understand now that a stammer is not fully recognized as much as other speech impediments, so I get why people would laugh and may not know that they are hurting the person they are communicating with if they do not understand the reasons behind a stammer."

That moment stuck with Siobhan, though, and she was now more conscious than ever of her stammer.

"After that day, I felt more paranoid and ashamed of my stammer as I started to pick up on negative reactions to my speech. I feel people did not understand what a stammer was especially as I could have a normal conversation without stammering, but all of a sudden, find it difficult to pronounce a word," she explained.

Siobhan started to feel fear of talking in front of people and was afraid to put her hand up in class if she wanted to ask a question or needed help. This affected her grades in school.

She began to fall behind in second year. "I thought I could fix the stammer myself by not putting myself into awkward situations where I could not pronounce a word. This is when I started to change words around,"she said.

Siobhan left school when she was 15 years old, and started a training course. She noticed the stammer began to get worse when she started the course as any time she stammered, people either laughed or "looked at me funny thinking there was something wrong with me", she describes.

She automatically started developing "blocks" in her speech, whenever she felt that she would stammer. "I would start saying 'Ehh' as if I could not think of the word I was trying to say hoping that the person I was talking with would be able to say the word for me," she said.

Siobhan attended Speech and Language Therapy on two more occasions and hypnotherapy one time, but there were only small improvements with a lot of effort. "Having a stammer prevented me from using the phone, asking for products in the shop, for help in school and many other situations", she explained. It was in 2017 when she decided to return to school to study to become a Social Worker. This was where she first met Hilary.

"I had to make a presentation in front of my classmates in relation to our work placement. I can remember the fear I had all year concerning this presentation, but the night before the fear just seemed to get ridiculous.

"I thought of numerous ways I could phone in sick, say I had an appointment anything I could to try to get out of this presentation" she explains.

However, she did present the next day, getting stuck a few times on words during it such as "geographical". It was after the presentation that Hilary proposed her new technique.

"Now I use it all the time and give presentations with confidence. I feel I am in control now and not being controlled by my stammer," she explains with delight.

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RUEPOINTMEDIA

Publication:	independent.ie/regionals/sligochampion	**Media Cost (€):**	51
Date:	Saturday, February 13, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	461

Funding awarded for remote physio system

Dr Kenneth Monaghan, a lecturer in Science at IT Sligo was recently awarded funding from Enterprise Ireland's Commercialisation Fund Scheme for a novel mechatronic remote physiotherapy system (MRPS).
A remote physiotherapy system project has just begun in IT Sligo. Funded by Enterprise Ireland's Commercialisation fund for 3rd level researchers, the MRPS project will design, build and trial a novel remote rehabilitation system that allows neurology e.g. stroke and orthopaedic e.g. post fracture patients, to complete rehabilitation programmes at home under the supervision of an Allied Health Professional.

Working as a community and rehabilitation physiotherapist for over 30 years, Dr Monaghan knows that keeping patients working remotely can have tremendous benefits. Traditionally, patients lack the opportunity to undertake the required hours of rehabilitation necessary to improve recovery/mobility post stroke.

Without supervision, they lack the confidence and motivation to keep their recovery on track. The MRPS will address this issue with a system that allows remote supervision by a therapist. This alleviates psychological limitations to recovery by providing patients with a suite of established strengthening and mirror therapy interventions while providing objective real-time feedback to patients.

Dr Monaghan, the Director of the Clinical Health & Nutrition Centre (CHANCE) and the Head of the Neuroplasticity Research Group in IT Sligo has been developing remote innovative technologies for the past 6 years. Ken has a team of five PhD researchers dedicated to developing innovative new treatments for different clinical conditions including stroke, stuttering/stammering, lymphoedema post breast cancer, multiple sclerosis and Parkinson's disease and he sees huge potential in this new system.

Ken's research was given a boost last week when his group was awarded an Enterprise Ireland Commercialisation Grant of €320,000 towards development of such systems over the coming 2 years.

"During earlier research it was difficult to get patients to come to visit the exercise laboratory for clinical trials because they required a family member to transport them over the six weeks of the therapy," says Dr Monaghan.

"We needed to work with patients remotely, allow patients undertake therapy for much longer, and install a concept of control and this was the seed of what is being developed over the last 6 years. In fact, our systems will certainly make an ideal solution to allow patients rehabilitate without having to travel to distant outpatient centres. This project is coming at a time when adaptations due to COVID are required and this system will remove the requirement of patients to attend outpatient and rehabilitation hospital appointments. We think there's great potential in all of this but ultimately it's seeing the quality of life improvements in our patients that gives us the greatest motivation," says Ken.

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RUEPOINTMEDIA

Publication:	Financial Times	**Media Cost (€):**	68,079
Date:	Saturday, February 13, 2021	**Reach**	180,000
Page:	Link	**Size (Sq. Cm)**	2,006

We need to talk about dying

Sometimes a death, however tragic, can bear hidden gifts for the living: my older brother Peter's was one such. He taught me lessons, in the manner of his dying, that... Remaining text is copyright restricted, please follow the link to view the full article.

RUEPOINTMEDIA

Publication:	Daily Mirror (ROI)	**Media Cost (€):**	10,689
Date:	Saturday, February 13, 2021	**Reach**	28,633
Page:	Link	**Size (Sq. Cm)**	853

Airport nightmare showed me the hurt and anger racism victims suffer every day

EXCLUSIVE BY EMILY RETTER Senior Feature Writer apper Lady Leshurr is the

R definition of tallawah. "It's a word we use back home, from my Caribbean heritage," she says. "It means strong and fearless."

Her dazzling performance on

Dancing on Ice shows the fighting spirit that makes her determined to break down any barriers in her way.

And though she refuses to see herself as any kind of victim, she admits that as a black woman she has faced certain barriers. "We do have to work 10 times harder," she says.

Her motto is: "Whenever I have a no, I turn that into a yes."

But that drive and positivity took a hammering when George Floyd was killed by white police officers in Minneapolis. It sparked global outrage but for Leshurr it triggered a traumatic personal memory of an ugly racist incident at a Spanish airport she had tried hard to bury.

Growing up as Melesha O'Garro in a predominantly white neighbourhood in Solihull, West Midlands, she says she never saw colour or felt discrimination. "I didn't even know I was black," she says. "That's how it was in my neighbourhood."

But the barriers began to appear as she grew up and went out into the world.

The 32-year-old says: "As I got older and started to travel, that's when I realised there were people who will view you differently."

Being a woman was a factor, as well as skin colour. She says: "There was a point where you had to look a certain way, to have sex appeal, wear your hair long, make up... When I first got my introduction to [record] labels and meetings, that was one of the suggestions that came up every time. I'm a little tomboy. I barely wear dresses."

But in 2016, the year she won the Best Female Act MOBO award, she endured a racist incident that left her scarred when she was manhandled by a guard at an airport in Spain. She says: "I was going back home from a show, I went into the duty free shops and I asked where the perfumes were.

"I heard the security guard say 'perra negra' - black b****.

"I asked 'Did you just call me...?'

He got defensive. He reached for his handcuffs, and that's when I was resisting because I was like, 'What are you doing?' There were people all around, filming, a lot were English, it was very embarrassing and aggressive."

She says that when the handcuffs failed to open the guard began hitting her arms with them, leaving her with cuts. She was marched "like a criminal" to a room where she was interrogated by other guards until she insisted they watch CCTV footage.

She says: "When they saw, they didn't give me an apology, didn't even look at me, they just pointed to the door." She and the pal she was travelling with were then taken to their flight desk, where she says officials told staff not to let them board as they had been "disruptive". The two had to spend the night in the airport waiting for another flight.

She tells of "that fury, that pain, that hurt, that anger that builds up inside you because you can't do anything about it". She had tried to put it behind her but spoke out last year amid the Black Lives Matter protests that followed the killing of George Floyd in the US.

"I only told that story because of Black Lives Matter," she says. "It made me realise a lot of people go through this on an everyday basis."

She praises footballer Marcus Rashford for fighting racist abuse on social media, and says sites such as Instagram, owned by Facebook, must act. This week the firm said it would ban accounts sending abusive messages.

Leshurr says: "There will be a lot of young people on the internet who don't even know that something's offensive, because it's still posted."

That "tallawah" fighting spirit is what made her take to the ice rink with pro skater Brendyn Hatfield.

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But Leshurr's smiles hide a private heartache after sister Carmen died from breast cancer in 2019, aged 39.

Her husband had previously died, so their eight children were orphaned.

Leshurr's mum gave up her job to care for them in a home Leshurr has helped to buy. She says: "I got involved in Dancing on Ice as a distraction from grieving. It's really helped and I know my sister's watching me, I know she's happy and proud."

news@irishmirror.ie @emily_retter ONLINE RACISM: PAGE 28

Caption: TRAGIC Floyd death made her speak out Caption: DAZZLING Lady Leshurr says Brendyn makes her feel like a 'pocket rocket'

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	795
Date:	Saturday, February 13, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	458

Galway Bay FM @ 13-Feb-21 01:57 - (breast)

short commercial break keep any updates on the roads from Ballyconneely Clifton it is that texting in their as far as I know there are okay but if anybody has any further updates his Texas 5.9 9 5 held there's a lot on this again Phillip T8 accompli having a go go go to the website details and tomorrow night were sitting down to watch a production indeed that's beautiful view from production and looking forward to some further

details to go to the website of the Druid Theatre company and was much more over the weekend including a virtual Valentine's Day concert from breast cancer research and again it's you have the likes of Daniel and Majella O'Donnell Nathan Carter Sean Kane Canadian Mary Berna McRoberts Mike Denver for the Lawlors Enda Kenny of anything Chris Kelley plus many others as well and it's all in aid of the National breast cancer research Institute there was further details on the

Sligo to Mark Roberts I join your Mark morning Yes good morning Kate are you good thanks for joining us today how did this come about well I got a call from the committee because I did some work for them before funding could do MC forgot others shows and there they put to sea again does it want a less Valentine's day pass without because he always had a Valentine's ball so we chatted about the see what we could do they ask me what I do and see and we

came up with this Valentine's Day concert for breast cancer research they can't out is the people on their books that had done work for them in the past and I contacted some of the top names in the business and absolutely everybody was on board and the asset and how was it good for the country on Sunday night Valentines night how will run from there well it's good to be alive as I will be presenting live from major Clarke work with friends and sound

life and I'll be presenting the show introduces each of the characters and also saying and all of the artists have supplied a special video was recorded live of them with a new performance especially for the event okay so and you you will be live in it yet in a private location with alerts Play click living all played your little from all sides like that absolutely and totally controlled and socially distanced and everything we've taken everything

into consideration so I'm really looking forward to it because like everybody else we start for performing but I know people are stars from music for something different and this is just such a Highlights: National Breast Cancer Research Institute, Valentine's Day concert, Marc Roberts, Professor Michael Curran, www.ValentinesConcert.ie [discussion].

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	62
Date:	Saturday, February 13, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	450

Galway Bay FM @ 13-Feb-21 02:10 - (breast)

third goal was a beautiful piece of music Kigali listing from a wonderful guy do you share my timber with that I made earlier I think we have to believe that he is glad that's what we've been taught but Mike Denver and his wife and baby the baby have at this stage the baby warm back in March but again thanks my care for that lovely if conflating well done you have the money that in studio for the weekend and see who of us can do is just to play that as a

the concert itself by the way I want to have a little bit of a giggle a bit of a laugh and because of that the Council itself kicks off this coming Sunday Valentine's Day and it kicks off at 8 o' clock if you just go to the following Valentine's concert Donnelly interest all one word Cabinet the in captivity for a concert and .ie and all the forces an underdog label their course the National breast cancer research Institute for further details on that you can either go to their website

as well I mentioned the rule still got the game new production is coming their way to sell once upon a bridge the live streaming is taking place in town tonight and tomorrow two 30 am tomorrow night as well and again it's all live in the Mick Lally Theatre Galway and Gaelic for the details go to the Andrew would dot ie website you can email box office had ruled that out he get further details there as well and they recommend joining 20 minutes 40 ensure that

everything is running smoothly and hopefully the cameras will be running tend to concede to set up and all that goes with it that's gonna be very special and lots of other special things down as one of the weekend the most important and special thing is that your mind is his minders as mindless as until we touch on Monday morning which is not that far away and give you please play David O'Connor song I am a leader for the guys to come behind said today thank you to the great week from

Olivia event keep him for the weekend looking forward to listening to you again next week with the region a great great think of that and he said that unlike a video call your leftist the smoke and I hope that she will get the vaccine soon Yeah in the quality and that those that call was great not our side guide by us not by the way guys Norris said years of some Highlights: National Breast Cancer Research Institute, Valentine's Day concert, ValentinesConcert.ie.

RUEPOINTMEDIA

Publication:	Daily Mail (ROI)	**Media Cost (€):**	10,303
Date:	Saturday, February 13, 2021	**Reach**	30,428
Page:	Link	**Size (Sq. Cm)**	905

I fit hairpieces for cancer patients. That should be classified essential work

A HAIRDRESSER who specialises in fitting hairpieces to cancer patients has said he believes his work should be classified as an essential service.

Tánaiste Leo Varadkar said this week that he did not expect hairdressers to reopen until 'way later' than March 5, but Cyril Morgan has been battling throughout the lockdowns to help his chemo clients.

'The hairdressing side of the business is closed, but I have a lot of cancer patients, and some with alopecia. I have kept my service ongoing for them, to be totally honest, through whatever form of media I can, digitally,' he said.

'Sometimes I have gone in and met people. I feel it is an essential service. Somebody going through cancer, their hair is falling out, they are a train-wreck. I try to help whenever I can.

'When someone is diagnosed with cancer, particularly breast cancer, I can almost guarantee at what stage their hair is going to fall out. It's bad enough dealing with cancer without having to deal with that.'

Mr Morgan, who has been fitting hairpieces at his salon in Limerick city for around a quarter of a century, said he felt it was really important for the women's mental wellbeing. 'It's not like someone needing to have their roots done. We can all live with a few grey hairs. But no hair, that's something far worse,' he explained.

In normal times, he said, he would have an average of two or three women a week looking for hairpieces - more if the Breast- Check scans had recently been done in a local area.

He recalled driving to a woman's home in Ennis, Co. Clare, during the first lockdown to bring her three hairpieces to try. He said he could have posted them, but it felt too impersonal.

'I went through a Garda check twice, and told them what I was doing, and they said, "On you go". The gardaí were very sympathetic,' he said.

'Obviously, the client was afraid to come into contact with me, so I handed them through the window and talked her through putting it on. I then took it back for it to be tailored and personalised.'

He said that ideally, he preferred shaping a hairpiece on the woman herself. 'When a person puts a hairpiece on, that becomes their hair, and I style it and shape it,' he explained. 'I prefer to do it on the client, but I can work off photographs. I'm doing one today for a client in a nursing home.

'Her niece got in touch and asked if I could do anything. I have a piece available, and I'm going to shape it by putting it on my wife.

'It's not perfect, but I find mannequin heads are too small.

'If it needs more personalising after that, I can do it when restrictions lift, but at least it's something for now.'

He said he fitted his first hairpiece 25 years ago, to a regular client in his salon who had received a cancer diagnosis. He likened the work to a vocation.

'It's not for everyone. You can imagine women often come in here in tears, and if I can send them away with even a hint of a smile, if I can make them feel in any way better, that is the most satisfaction I can get,' he said.

'It is devastating for them. If they can smile, or feel a bit more normal, then the mental side of that is huge. It's something I am very passionate about.

'I can have women who say things like, "I only have six months to live, I might as well look good".

'What can you say to that? If people don't think this is an essential service, that is my answer.'

helen.bruce@dailymail.ie 'Hair loss was the hardest part'

Carmel Kearns THE hardest part of Carmel Kearn's cancer journey was losing her hair.

'Getting it shaved off and the wig fitted properly was all very important. I didn't want to have to ask my daughters to shave my hair,' said the mum-ofthree from Annacotty, Co. Limerick.

Ms Kearns said Cyril Morgan's salon had a private space, with frosted glass, which had made her feel safe. 'I couldn't have gone out without my hair. When people saw me with the wig, I felt confident,' said Ms Kearns, who works in a bookshop.

She began chemo in October 2019, so her hairpiece was fitted before the lockdown began. She is now in recovery

and looking forward to the future. EDMEIA ONEDA KEARNEY ENGLISH lecturer Edmeia Oneda Kearney was diagnosed with breast cancer in April 2019, and her hair started to fall out following her second chemo treatment.

She wanted to continue working; however, she said she would not have felt confident doing so, and facing all her students, without a hairpiece.

'I made an appointment with Cyril, he shaved my hair, and the hairpiece came the next day. It was all very fast,' she said.

'I think it's very important for women going through chemo to look good and feel better It is very much an essential service.'

Ms Oneda Kearney added that her scans are now clear of cancer.

'Some might have six months left' Caption: Essential service: Edmeia Oneda Kearney Caption: 'Vocation': Cyril Morgan helps cancer patients

RUEPOINTMEDIA

Publication:	extra.ie	**Media Cost (€):**	207
Date:	Saturday, February 13, 2021	**Reach**	9,860
Page:	Link	**Size (Sq. Cm)**	654

Hairdresser who fits wigs for cancer patients insists it's essential work

A hairdresser who specialises in fitting hairpieces to cancer patients has said he believes his work should be classified as an essential service.
Tánaiste Leo Varadkar said this week that he did not expect hairdressers to reopen until 'way later' than March 5, but Cyril Morgan has been battling throughout the lockdowns to help his chemo clients.

'The hairdressing side of the business is closed, but I have a lot of cancer patients, and some with alopecia. I have kept my service ongoing for them, to be totally honest, through whatever form of media I can, digitally,' he said. 'Sometimes I have gone in and met people. I feel it is an essential service. Somebody going through cancer, their hair is falling out, they are a train-wreck. I try to help whenever I can.

'When someone is diagnosed with cancer, particularly breast cancer, I can almost guarantee at what stage their hair is going to fall out. It's bad enough dealing with cancer without having to deal with that.'

Mr Morgan, who has been fitting hairpieces at his salon in Limerick city for around a quarter of a century, said he felt it was really important for the women's mental wellbeing. 'It's not like someone needing to have their roots done. We can all live with a few grey hairs. But no hair, that's something far worse,' he explained.

In normal times, he said, he would have an average of two or three women a week looking for hairpieces – more if the BreastCheck scans had recently been done in a local area. He recalled driving to a woman's home in Ennis, Co. Clare, during the first lockdown to bring her three hairpieces to try. He said he could have posted them, but it felt too impersonal. 'I went through a Garda check twice, and told them what I was doing, and they said, "On you go". The gardaí were very sympathetic,' he said.

'Obviously, the client was afraid to come into contact with me, so I handed them through the window and talked her through putting it on. I then took it back for it to be tailored and personalised.' He said that ideally, he preferred shaping a hairpiece on the woman herself.

'When a person puts a hairpiece on, that becomes their hair, and I style it and shape it,' he explained. 'I prefer to do it on the client, but I can work off photographs. I'm doing one today for a client in a nursing home. Her niece got in touch and asked if I could do anything. I have a piece available, and I'm going to shape it by putting it on my wife.

'It's not perfect, but I find mannequin heads are too small. If it needs more personalising after that, I can do it when restrictions lift, but at least it's something for now.' He said he fitted his first hairpiece 25 years ago, to a regular client in his salon who had received a cancer diagnosis.

He likened the work to a vocation. 'It's not for everyone. You can imagine women often come in here in tears, and if I can send them away with even a hint of a smile, if I can make them feel in any way better, that is the most satisfaction I can get,' he said. 'It is devastating for them. If they can smile, or feel a bit more normal, then the mental side of that is huge. It's something I am very passionate about.

'I can have women who say things like, "I only have six months to live, I might as well look good". What can you say to that? If people don't think this is an essential service, that is my answer.'

Caption:
Cyril Morgan has been battling throughout the lockdowns to help his chemo clients and believes it is an essential service. Pic supplied.

Caption:
'The hairdressing side of the business is closed, but I have a lot of cancer patients, and some with alopecia. I have kept my service ongoing for them.' Pic supplied.

Caption:
'I can have women who say things like, "I only have six months to live, I might as well look good". What can you say to that? Pic supplied.

RUEPOINTMEDIA

Publication:	Dublin City FM	**Media Cost (€):**	833
Date:	Saturday, February 13, 2021	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	872

Dublin City FM @ 13-Feb-21 09:43 - (breast)

That was Larne and with Angel I it's if you want to stay up to date with what Lawrence and it's going to be putting out for the rest of this year you can check out their Instagram at Larne and underscore the music if you wanna go back in time to check out the covers that gave her a start you can go to YouTube channel Loren and now I'm going to be speaking to a lunar Rafferty who is a community development officer at the Ballyfermot the chapel is a partnership which is an

initiative established to support the community to reach its full potential to encourage participation and target resources at those most in need from one of their most recent programmes there are offering a free a 12 week programme to women who want to quit smoking cessation with the HSE's quick programme which has seen 2064 people quit smoking already this year the BCP programme offers free stop smoking medication a weekly stop smoking

support group and went when support all completely free of charge the programme starts this coming Tuesday with an online evening group at 7 pm there are also hoping that if possible once commander of 5 that they maybe able to haul face-to-face sessions in the Ballyfermot family resource centre and the Saint Matthew's family research found but is now is on the line to tell us all about the programme and say Mrs I can help you to quit smoking now

how I a.m. now welcome to the show is lovely to have you on and you're joining me today to chat about the weekend Quit programme which is being run by the Ballyfermot chapel is a partnership in Association with the HSE to maybe to begin OK tell us a bit about the weekend Quit programme and the supports that are gonna be offered to women who want to quit smoking Yeah a.m. I work with the community development team in Ballyfermot partnership and maybe we can

grow at Asian Programme and the Ballyfermot area and on behalf of the HSE giving a little bit of background about the programme fell to stop knocking problems designed to get in and then it would develop a few years ago the Irish cancer society National women's Council of Ireland and the Institute of public health and the HSE and the fact that he is the leading cause of preventable death in the wild and cons of many chronic diseases and different type the campaign

and just come to light that Ireland ranks second highest for a belated card in the deck in the EU and numb I can't think which is strongly linked to become the most common cause of death for women in Ireland even more common than breast cancer and it was becoming clear that health consequences of smoking had the bigger impact on the people living in a looking particularly grim that it could be for a lot of different reasons like managing partner Keo the ex just can't access to

healthcare cancer screening and a lot of other things And I think that the background to the programme thank your balm every week for 12 weeks and maybe offer good base support to women who are looking to give up smoking and women in the same boat and about mucking about and you have

and and I want to do what gap between everything fashioned it delivered to community facilitated can change to deliver the programme but they usually women who work in the area I can give a Professor and a longer somebody from the community who have managed to give up smoking at some point in their own right and they could be a really great insight into the journey you give up smoking and they can be really great support

the programme is to stop smoking medication like nicotine patches inhalers that the gunman a medication called Chamonix ambitions of free of charge they get that thing you look for 10 am but the problem is that it would be recovered from the difference for example in the first week they have a look at the pictures that are ready to give up smoking and not really important first step we look how much the way it rendered the plug and

a regular carbon monoxide readings to see how much carbon was cited in the blood carbon monoxide CO is a toxic gas and combine the haemoglobin in the metal fell 20 times quicker than a good think about how I play at that level the Chapel of the dangers that are looking when you get your carbon monoxide readings can be really encouraging to see those levels drop you know that

looking any other things like the benefits of quitting and these will be different for everybody and addictions I have Oh look at that that's the type of support they need to make a plan end we look at the financial cost a bit like that could be different for everybody like for some people couldn't help in the year or could be then Highlights: Breast

cancer, HSE, Quit programme, Community Development Officer. Ballyfermot Chapelizod Partnership, Una Rafferty.

RUEPOINTMEDIA

Publication:	msn.com/en-ie/entertainment	**Media Cost (€):**	9
Date:	Saturday, February 13, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	721

Hairdresser who fits wigs for cancer patients insists it's essential work

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'The hairdressing side of the business is closed, but I have a lot of cancer patients, and some with alopecia. I have kept my service ongoing for them, to be totally honest, through whatever form of media I can, digitally,' he said. 'Sometimes I have gone in and met people. I feel it is an essential service. Somebody going through cancer, their hair is falling out, they are a train-wreck. I try to help whenever I can.

a man holding a piece of luggage: Cyril Morgan has been battling throughout the lockdowns to help his chemo clients and believes it is an essential service. Pic supplied

'When someone is diagnosed with cancer, particularly breast cancer, I can almost guarantee at what stage their hair is going to fall out. It's bad enough dealing with cancer without having to deal with that.'

Mr Morgan, who has been fitting hairpieces at his salon in Limerick city for around a quarter of a century, said he felt it was really important for the women's mental wellbeing. 'It's not like someone needing to have their roots done. We can all live with a few grey hairs. But no hair, that's something far worse,' he explained.

In normal times, he said, he would have an average of two or three women a week looking for hairpieces – more if the BreastCheck scans had recently been done in a local area. He recalled driving to a woman's home in Ennis, Co. Clare, during the first lockdown to bring her three hairpieces to try. He said he could have posted them, but it felt too impersonal. 'I went through a Garda check twice, and told them what I was doing, and they said, "On you go". The gardaí were very sympathetic,' he said.

a man standing in a room: 'The hairdressing side of the business is closed, but I have a lot of cancer patients, and some with alopecia. I have kept my service ongoing for them.' Pic supplied

'Obviously, the client was afraid to come into contact with me, so I handed them through the window and talked her through putting it on. I then took it back for it to be tailored and personalised.' He said that ideally, he preferred shaping a hairpiece on the woman herself.

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'It's not perfect, but I find mannequin heads are too small. If it needs more personalising after that, I can do it when restrictions lift, but at least it's something for now.' He said he fitted his first hairpiece 25 years ago, to a regular client in his salon who had received a cancer diagnosis.

He likened the work to a vocation. 'It's not for everyone. You can imagine women often come in here in tears, and if I can send them away with even a hint of a smile, if I can make them feel in any way better, that is the most satisfaction I can get,' he said. 'It is devastating for them. If they can smile, or feel a bit more normal, then the mental side of that is huge. It's something I am very passionate about.

'I can have women who say things like, "I only have six months to live, I might as well look good". What can you say to that? If people don't think this is an essential service, that is my answer.'

Read more

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	318
Date:	Saturday, February 13, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	522

Galway Bay FM @ 13-Feb-21 11:32 - (breast)

Yeah Yeah Yeah Yeah Yeah Yeah you can usually they get round him keep that memory only thing you can do around them they need to think that her memory I think the problem and Yeah Yeah Yeah

Yeah Yeah Yeah Yeah Yeah Yeah grandstand attack bears all the for that we had to Patrick Feeney and red-haired Mary also requested on the show this morning now as you all know at this stage there tomorrow here longer all Yes fiddler Dave for love and it is valentine's day so of course we can't go anywhere we can really do anything bad role country music lovers it's a big day Yes because you might not be able to go out this

Valentine's day which you can still have a great night by joining the National breast cancer research Institute spectacular virtual Valentine's day cards for some of the biggest names in Irish country music the charity's Valentine's ball has been a highlight of the Galway social scene for many years one of their major fundraising event and unfortunately due to cover it is not possible to hold fundraisers Nora but performers including Daniel and Majella O'Donnell Nathan Carter Sean

Kane true Laura Cliodhna Egan Sandy Kelly the fat Hayes and Chris Kelly Maryborough Mike Denver and many more have united to celebrate live laugh and laugh while helping to maintain funding for the breast cancer research team based at the lamb Institute in NUI Galway is posed by our own Mark Roberts and organised by the charity's Galway fundraising committee this night promises in this promised to be a night not to be messed with each of the artists donating their time to help

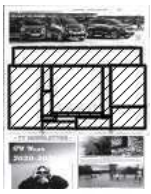
make a difference for the many Irish women suffering from breast cancer one in 11 Irish women will be diagnosed with breast cancer before 75 years of age that is a scary number isn't it with over 3500 cases diagnosed annually and money raised from the concert will go directly to support the breast cancer research team led by Professor Michael Kerin the concert is free but the EU can make a donation if wished to a charity during the show or up to two

weeks afterwards all you gotta do is log on to www dot I donate daft ie /Valentine's contact is also available to view worldwide so make sure to tell your friends and family to log on from 8 o' clock tomorrow night Valentines night by going to www dot Valentine's concert dot ie so once again what an amazing line up Daniel and Majella O'Donnell Nathan Carter Sean Kane Una Hayden Mary Berne Mike Denver through the Lawlors Sandy Kelly the fatties and Chris Kelly Sean and

for Sean Costelloe on Frank Doctor will be there Michelle Lally Corina Carrick Nigel Connor Lucy Evans Brendan Barry Nevin O'Donnell and of course the MC for the night is room one from Mark Roberts market tell you more about that in the next hour but may we wish them the very very best of luck and well and truly Highlights: Breast cancer, Virtual Valentine's Day concert, National Breast Cancer Research Institute, Cliona Hagan, Mike Denver, NUI Galway.

RUEPOINTMEDIA

Publication:	Tirconaill Tribune	Media Cost (€):	914.64
Date:	Thursday, February 11, 2021	Reach	18,000
Page:	3	Size (Sq. Cm)	444



Loreto pupils keeping connected during lockdown with Newsletter

Despite the ongoing lockdown the Transition Year students in Loreto Letterkenny have been busy throughout the academic term producing their regular school newsletter.

by Eamonn McFadden

In their latest edition they have outlined some of the issues facing the students during the lockdown and have highlighted the role of technology in keeping them connected with their teachers and school mates.

They also have conducted interviews of some well-known local figures including chef Gary O'Hanlon from Ramelton.

The newsletter details: "Although TY hasn't gone as expected this year, the restrictions did not stop us from making the most of it and we have been kept busy by various activities. Fortunately, students were given the opportunity to complete their 1st term of work experience. It was held in a consecutive block between the 30th of November and the 18th of December. We attended many talks through Google Meetings and participated in weekly TY challenges so we always have something to do. It was difficult being confined in the house again but many TY's like not having to wake up early every morning to go to school."

They added; "We have the opportunity to learn from our guest speakers like makeup artist Aoife Dowds, who gave us some useful makeup tips. We also have been set TY challenges which help us pass the time. We got the chance to have meetings with sports journalist Cathal Dennehy and a chef Gary O'Hanlon. This was a nice opportunity to get an insight on the variety of careers options. We have the free time to participate in online courses such as the 5 day coding class."

On Tuesday the newsletter team, including Aaliyah Mullen, Sarah Bradley, Lakshmi Shaji, Petra Bodner, Ava Tully, Katie Gallagher and Csenge

Bodnar, as well as teacher Mairead Boyle, took part in an online interview with the Tirconaill Tribune to talk about their journalism experience in producing the school publication, as well as the issues they have faced in a less-than-normal school year. They highlighted that while the situation has been challenging at times, there have also been some benefits for them during lockdown including having the time to develop their study skills, research skills and giving them time to reflect more on their school subjects.

The expanding role of using technology, such as Google Meets, is playing an important part in keeping them connected, they added.

Creating their regular newsletter was important to them, they stressed, as it gave them the opportunity to show just how much work they had undertaken during their Transition Year.

The publication, which is available in print as well as digital editions, outlined that back in January some TY's took part in the All Ireland Linguistics Olympiad, as well as participating in the RCSI Mini Med and Mini Health Sciences program.

On January 18th, the TY students held a breast cancer awareness talk from Rachel Fitzgerald-Feeney from Breast Cancer Ireland which helped make the girls more breast cancer aware regardless of age. On January 26th and 28th, TY's had an entertaining make-up workshop with Aoife

Dowds, who works for Mac Makeup.
The group has a number of other events and talks planned and are also working towards their next publication for later in the school year.

In February their YSI group for Mental Health is participating in Dragons Den to raise money for mental health calendars: Mini Companies are preparing projects for the Student Enterprise competition. They also spoke with Sports Journalist Cathal Dennehy and with chef Gary O'Hanlon.

Chef Gary O'Hanlon who spoke with the students recently.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	313
Date:	Monday, February 15, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	259

WLR FM @ 15-Feb-21 13:25 - (breast)

breast cancer awareness free virtual evening Thursday February the 18 other half 7 presented by Juliette O'Connell of breast cancer survivor and outreach coordinator with breast Cancer Ireland this programme aims to educate women of all ages about the disease so they will know what is normal for them to register for all 7.1 one Oh 2.4 one or you can email library at Waterford Council Dart ie Kilbarry are none for profit community gym & sport Arts Centre and Waterford and are looking for

volunteers to join the board if you're looking to expand the network and get involved in something new if you have a spare time you like to help them the development of our valuable community resource we have a great opportunity for people to join the board of are Kilbarrack community sports centre and Kilbarry gym as a member of our board game new experience but more importantly you will provide us with your personal and professional knowledge your advice and

skills for more information contact Kilbarrack community sports centre and Kilbarry Jim and if the first one to get in our community call I'll have to do is email us at a reception at WLR FM .com now we will get out there you stay connected with the community for themselves and that's a very bad for men just some are a how I is not

about I mean anyone anyone because he all me me me me me me he would just done 0.0 people are always done my Highlights: Breast Cancer Ireland, educate women,

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	60
Date:	Tuesday, February 16, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	311

WLR FM @ 16-Feb-21 13:23 - (breast)

and you know what they think of the got a a a a a a a a a a a a a a a a a a a a a E 0.0 0

a a a a a a a a a On what you're gonna do Yeah you days say locals stay connected with the community on e W Aw thanks to Waterford breast cancer awareness free virtual evening Thursday February the 18 found at half 7 presented

by Juliette O'Connell breast cancer survivor and outreach coordinator with breast Cancer Ireland this programme aims to educate women of all ages about the disease so they will know what is normal for them to register full all 7.1 one Oh 2.4 one or you can email library at Waterford Council . 5 E Kilbarry are none for profit community gym and sports centre Waterford and they're looking for volunteers to join the board if you're looking to expand the network and get involved in something

new if you have a spare a tiny like to help in the development of our valuable community resource we have a great opportunity for people to join the board of are Kilbarrack community sports centre at Kilbarry gym as a member of our board to gain new experience but more importantly you will provide us with your personal and professional knowledge devices skills for more information contact Kilbarrack community sports centre and Kilbarry Jim and if the first one

to get in our community call all lifted was Email us at a reception at WLR FM .com now we again though the there you go community thanks very much to himself he is seems like we are pleased do you like me are you sure I don't think it is a steal and that made me

think he didn't HIghlights: Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	iRadio	**Media Cost (€):**	193
Date:	Wednesday, February 17, 2021	**Reach**	225,000
Page:	Link	**Size (Sq. Cm)**	504

iRadio @ 17-Feb-21 07:45 - (breast)

Of things is when you do a day after touring stopped using a smartphone free year OK that's cool as well I really like this guy if he can speak French to well a bit of French German agree trick can't we are and we all all claimed that no aid we run our holidays now let's get to the financial success the Divide World Tour are much that made 700 and 70 million that how much it is worked how much not all of that because I've got get the cut he's worth 60 more

Mail through probably got that race at the Galway unit here seriously he was IRA campaign financing to were like he really embrace the Irish culture you often see in pictures you know he's eating a chicken fillet roll and a bag of crisps Stuart me Yeah Brown shoes and white jeans that about that Supermacs and ask where this and why what are you not really I just like I did I'd try and good camera I'll he's really sound like a war that brass for me that time remember now please contact us now

was that in an and was very late when I know that now requires a legal while buy into it one time I was reading one for breast Cancer Ireland and I'm getting boys to wear bras and call check those puppies to raise awareness the men to get breast cancer as well I asked Ed to try on a bra and in fairness he did and he was very good about it and it was actually lovely and little light number very nice Yeah I would think that France would be worth a lot of

money I still have it in any big yet quickly ahead through a pension here Oh 8 Oh and I'm in that era in sign but I didn't find it easy but I do have the picture improves that he wore a cycle put that the picture along with the wrap up by any agency would happen if it washes I never watched it Yes Oh I'm quite vain you were sitting on a gold mine they are a row that has touched insurance it's the Oh my God do you want to part with their only did this to the top but didn't

touch it I can't remember I think he might have been wearing and know who is wearing a T-shirt inside the brash Britain Ortiz nipple stickers stick on wished he had an and it is it then what can you tell me how do you think that then let me tell you that you and me me me me me me me me with that I think that

he's not that Oh Yeah Yeah Yeah Yeah you got me down on one knee and then you get nothing here really really love me no no I when he needs me me me me me now

Highlights: Breast Cancer Ireland, raising money, men.

RUEPOINTMEDIA

Publication:	Waterford News & Star	Media Cost (€):	2827.64
Date:	Tuesday, February 16, 2021	Reach	6,128
Page:	47,48	Size (Sq. Cm)	634

LOCAL NOTES

Ferrybank

SYMPATHY

The death took place recently of Jim Sheehan, late of Shortcourse and Tramore, following a short illness. Jim will be fondly remembered by the youth of Ferrybank in the late 1970s, for his table tennis coaching in the Ferrybank Parish Centre, along with his good friend Jim Shanahan and Fr. Pascal Moore. Table tennis was vibrant in Ferrybank and Jim and his team encouraged the boys and girls with skill, coordination and agility. He had a wonderful career in table tennis, winning the European Veteran's title in 2016, in the over 70s category. We extend our sympathies to his wife Lilo, daughters Miriam Walsh and Gillian Keoghan and their families.

CAR PARKING

Spar have decided to outsource its car park to APOCA Parking at Lower Ferrybank, what was formerly the ESSO garage, due to the number of people using the services for all day parking and leaving their vehicles for the duration of the day. This should free up space and the first 20 minutes are free of charge for parking. APCOA Parking AG is Europe's longest-established full service parking management company. It manages over 1,400,000 parking spaces across 13 countries, and employs approximately 4,500 people. Over the last number of weeks people have used these car park spaces for all day parking and hence why people have had to revert to parking on the footpath and obstructing the oncoming traffic and people walking on the footpath. Also with the construction work due to increase on the North Quay it will keep car park spaces for customers who just need to pop in for some quick shopping.

LATE ANN COLLINS

It is with regret we record the passing of 61-year-old, Ann Collins, late of Collins Avenue and formerly of Bishopsgrove, Ferrybank who died on Monday, February 8, following a long illness. Formerly of Bausch & Lomb, she was the daughter of the late Tommy and Noreen Fitzgerald, Bishopsgrove and is survived by her twin sister Lorraine and sisters Beryl and Fiona. She will be sadly missed by her husband Pat, daughter Sarah and Hayley and son Thomas and their families. Her burial took place following Requiem Mass in St Mary's Church Ballygunner.

NEW BISHOP

Bishop Denis Nulty will operate as the Diocese of Ossory as Apostolic Administrator, appointed by the Pope. He is already Bishop of Kildare & Leighlin, based in Carlow. Pope Francis has appointed Bishop Denis Nulty as Apostolic Administrator of the Diocese of Ossory following the appointment of Archbishop Dermot Farrell to Dublin. Along with his duties as Bishop of Kildare and Leighlin, Bishop Nulty will administer matters in Ossory until a new bishop is appointed.

LADY MARGARET

Our deepest sympathy to the family on the late Margaret Haberlin (Nee Wall), Upper Drumdowney, Snowhill, Slieverue, Co. Kilkenny, and late of Kinsale, Co. Cork, who died on Friday, February 5, peacefully, at SignaCare, Ferrybank. Margaret will be sadly missed by her husband Richard, son Christopher (Bartlett), families, neighbours and friends. Known locally as "Lady Margaret", she was a woman with a large personality, who gave of her time , effort and enthusiasm to the community of Ferrybank. She organised Friday night bingo in the Ferrybank Parish Centre a number of years ago and was the chairperson of the Ferrybank Active Retirement Association. In 2010 she coordinated the Ferrybank entry into the St. Patrick's Day parade, which won the Best Community Entry. She was removed to the Church of the Assumption, Slieverue, for Requiem Mass, followed by burial in the adjoining cemetery

LATE PHIL KAVANAGH

The death has occurred of Mrs Philomena Kavanagh (née Fetton), late of Ballyvalla, Ferrybank, who passed away on Wednesday, February 10 February. Phil was predeceased by her husband Nicholas and her son John. She will be sadly missed by her daughters Susan Freeman, Grace and Fiona, sons Paul and Niall, family and friends. Her burial took place on Saturday after Requiem Mass in the Church of the Assumption, Slieverue.

CHURCH NEWS

Ash Wednesday, February 17, will see the start of a Lenten campaign, right through to Easter. We continue to celebrate our faith with the help of various forms of technology. The Newsletter, Radio (103.9fm Ferrybank & 106.8fm Slieverue)), Webcams, Facebook page, and Website will continue to bring all that is happening to your home. If you need assistance please do not hesitate to call us (051 380813) and we will do our best to ensure that you are connected. We would ask our young people to help more mature members of your families to access the various media formats. If you would like a newsletter delivered let us know and our Pastoral Councils will assist.

SYMPATHY

The death has occurred of Joan Doyle, Milestone House, Brothers Of Charity, Kilmeaden, Co. Waterford, Late of Main Street, Enniscorthy and L&N House, Ferrybank who died on Wednesday, February 10, peacefully, at University Hospital Waterford, Predeceased by parents Fonsie and Nancy (Nee O'Dwyer) and her brother Pat. Joan will be sadly missed by her sisters Margaret (Olds), Annette (Galvin), Pauline and Rita (O'Shea), brother Jim, his partner Claire, brother-in-law Joe, sister-in-law Aileen, family, neighbours and many friends. Joan's removal took place on Saturday morning walking from her sister Rita's home, St. Killian's Place to the Sacred Heart Church, Ferrybank, for Requiem Mass followed by burial in St. Killian's cemetery.

St. John's Park/ Kilcohan

BEREAVEMENT

The death has sadly occurred on Wednesday, February 10 of Mrs. Anita Doyle nee Kennedy, St. Joseph's Home, Ferrybank and formerly of Avondale Lawn, Waterford, pre-deceased by her loving husband Bill, daughters Christine and Samantha and son Mark.
She is survived by her loving family, friends and neighbours who will miss her deeply. Requiem Mass took place on Friday, February 12 in the Sacred Heart Church, The Folly followed by burial in St. Otteran's Cemetery. Condolences are extended to Anita s family, relatives and friends. May she rest in peace.

AGE AND OPPORTUNITY ONLINE ACTIVITIES

Age and Opportunity have made it easier for anyone who wants to view some of the amazing activities and resources out there no matter what age they are, and have gathered a list of online opportunities across a range of activities – from watching opera to dance classes – which you can take part in without having to leave the house. These are categorized by theme, there is something for everyone. https://ageandopportunity.ie/online-activities-and-resources-for-arts-

BREAST CANCER AWARENESS FREE VIRTUAL EVENING

There will be a Breast Cancer Awareness Free Virtual Evening on Thursday on February 18 at 7:30pm, presented by Juliette O' Connell, Breast Cancer Survivor & Outreach Co-ordinator with Breast Cancer Ireland. This programme aims to educate women of all ages about the disease so they will know what is normal for them. To register phone 0761 102141 or email library@waterfordcouncil.ie

THE SACRED HEART CHURCH

Due to current Covid-19 restrictions there will be no public Masses celebrated in the Sacred Heart Church. Mass will be available on line from the following link: https://www.churchservices.tv/ Sacred Heart Church Opening Times Due to enhanced Covid-19 restrictions there will be no public Masses celebrated in the Sacred Heart Church pending Government review on 31st January 2021. The church will open at the following times to facilitate Private Prayer ONLY: 10:00am - 3:00pm Monday - Sunday (inclusive)

COMMUNITY CALL HELPLINE

If you need practical support or someone to talk to or help with delivery of food, medication, fuel or other household items contact

the Community Call Helpline. Operating 7 days a week 8am to

8pm. Telephone 1800 250 185 or text 087 3613008 Email covidsupport@waterfordcouncil.ie

BUTLER COMMUNITY CENTRE

Butler Community Centre remains closed due to current restrictions until further notice. We are using this time to upgrade the Centre including new emergency lighting, LED lighting in the sports hall, and a full upgrade of electrics. We have installed new WIFI boosters across the building so users can enjoy a perfect signal. Our fire alarm and CCTV have also been upgraded to state of the art systems. The goal is to systematically upgrade the Centre so that it is a pleasant and user-friendly environment. Plans are afoot to renew the AstroTurf and fencing, building on the Butler Community Centre's reputation for the best pitch in Waterford. In the meantime a role for a full-time Caretaker/Maintenance has arisen at Butler Community Centre please request an application form by emailing a request to info@butlercommunitycentre.ie. All queries should go to Anne Grogan, Manager at 051 876907.

BIRTHDAY WISHES

Congratulations to Emma Flynn, Waterford on the occasion of her 30th birthday on Sunday, February 7, 2021. Emma celebrated her birthday over the weekend with her family. Happy 30th Emma from all your family and friends.

Dunmore Road

BEREAVEMENT

The death has sadly occurred on Monday, February 8 of Mrs. Ann Collins (nee Fitzgerald) Creston Drive, Earlscourt, Waterford. She is survived by her loving husband Pat, daughters Sarah and Hayley, son Thomas and their partners, grandchildren Rían, Sadie and Charlie, sisters Beryl, Lorraine and Fiona, nieces, nephews, extended family, friends and neighbours. Ann will be sadly missed by all her family relatives and many friends. Private funeral mass took place on Wednesday, February 10 in St. Mary's Church Ballygunner followed by burial in the adjoining cemetery. Condolences are extended to Ann's family, relatives and friends. May she rest in peace.

BEREAVEMENT

The Death has sadly occurred on Wednesday, February 3 of Mr. Tom Jameson, Dunmore East, Co. Waterford who is survived by his loving wife Rachel (Ray), daughters Katherine, Julia, Eileen, and son Charles, sons and daughter-in-law Brian, Gert-jan, Roel, and Ulrika, his eleven grandchildren and seven great-grandchildren, brother Dermot, sister Patricia, sister-in-law Sheila nieces and nephews Sue, Paddy, Maggs and Kath, Allen and Mark, Michael, Robbie and Helen his extended family and many friends around the world who greatly loved and respected him. Condolences are extended to Tom's family, relatives and friends. May he rest in peace.

WRITING THE ENCOUNTER MEMOIR

Writing the encounter Memoir is a 12 hour virtual course via zoom starting on Thursday March 5 from 10.30am – 12.30pm. The aim of the course is to give participants some approaches and techniques for writing episodes of their lives in a creative, entertaining way. The course leader is Ray McGrath whose columns Notes from the Cocoon and Heritage Rambles in Gaultier appeared in the Waterford News and Star. Ray has given storytelling sessions in Ireland and Canada and has appeared on radio and TV in both countries. To register your interest, email: waterforddopc2019@gmail.com

ST. JOSEPH & ST. BENILDUS CHURCH AND ST. MARY'S, BALLYGUNNER

St. Joseph & St. Benildus Church will be open each day for Private Prayer St. Mary's Daily from 10:00am - 4:00 pm. St. Joseph & Benildus Daily from 1.00pm - 4.00pm. The Parish Office is closed to the public until further notice but may be contacted by phone 051-878977 or email. Parishofficejbm@gmail.com If you wish to donate to the Parish you may do so on the Parish Website via the donate button. All payments to the Parish can be made in this way i.e. dues, weekly payments, stipends etc. Thank you.

LIFE AFTER LOSS FREE COUNSELLING

Life after Loss Free Counselling. An opportunity to explore, understand and find ways of coping with the loss of a loved one. Talk in confidence to a trained listener/counsellor in a safe and confidential setting. For more details contact 051 858772

ARDKEEN LIBRARY

Biodiversity on Your Doorstep – Learning from Nature 22nd-26th February. All events Free and online Discover biodiversity in your own back yard whether it is in your own garden, the local Nature Park or Greenway. Learn how to protect and improve our local ecosystems. Join Europe Direct, Waterford, Waterford Libraries and Waterford Environmental Department for a week of free events from 22nd – 26th of February. All events are online.

'CONCERT BY THE FIRE'

Waterford Older People's Council and Waterford U3A (University of the Third Age) join forces to bring you a Concert by the Fire every second Thursday at 4pm. The concert is held via Zoom so an internet connection is necessary. Musicians, poets, readers, storytellers contribute to the hour-long concert which is really an informal gathering by the fireside with a little chat here and there between participants and listeners. For an invitation please contact Waterfordopc2019@gmail.com.

COMMUNITY CALL HELPLINE

Waterford Covid – 19 Community Call Helpline here if you need 1) Food, medication, fuel or other household items collected or delivered. 2) Someone to talk to, or keep in touch with 3) Response to Garda related concerns. 4) Signposting and referral to reliable information and services. Call 1800 250185 or Text 087-3613008 email: covidsupport@waterfordcouncil.ie

BON VOYAGE AND SAFE JOURNEY

Bon Voyage and safe journey to Orlaith Jordan from Viewmount Waterford and Jack Bell Glasgow who are gone to start their new lives in Australia - wishing them nothing but love, health and happiness for their fantastic adventure from all their family and many friends good luck Orlaith and Jack.

BIRTHDAY WISHES

Congratulations to Stephen Barry, Viewmount Waterford on the occasion of his 30th birthday on Monday, January 29, Stephen celebrated his birthday over the weekend with his family. Happy 30th Birthday Stephen from all your family and friends.

St Saviour's

CHRISTENED

Welcomed into the Christian community recently in St Pauls church by Fr Pat Fitzgerald PP was baby Emma Rose Power, baby daughter of Brian and Pamela Power Foxwood. Baby Emma's Godparents were Darren and Nicola Power. Emma Rose was born on March 25 2020.

BIRTHDAY CORNER

A very happy birthday is wished to Paddy O'Neill, Priory Lawn who celebrated his birthday during the week. Birthday wishes come to Paddy from all his family and friends especially all the members of St Saviours Church choir.

A very happy birthday is wished to Chloe English who celebrated her birthday on Thursday February 11 with a party for family and friends. Birthday wishes come to Chloe from all her family and friends.

A very happy birthday is wished to Sinead Griffin, Mooncoin who celebrated her birthday Saturday February 13. Sinead is a popular post person and birthday wishes come to her from her husband Tommy, her daughter Georgia, her mam and dad Miriam and Davy Griffin, Ballybeg Court and all her family and her many friends.

Happy Birthday is wished to Niamh Kelly, Priory Lawn who celebrated her birthday on Friday, February 12. Niamh is the youngest daughter of Theresa and Des Kelly and all her family and friends wish her a very happy birthday.

A very happy birthday is wished to Paul Dower, Meadowbank who celebrated his birthday recently. Paul is a popular DJ and the son of Betty and the late Pierce Dower Priory Lawn. All his family and many friends send birthday wishes to him.

A very happy 18th birthday is wished to Katelyn Condron, Ardmore Park who celebrated her special day on Thursday February 11. Birthday wishes come to her from all her family especially her mam Ann.

A very happy 1st birthday is wished by her grandmother Trish Barrett to Grandaughter Brigha who celebrated her birthday on Wednesday February 10t. Birthday wishes also come to her from her mam and dad and all her family.
A very happy 19th birthday is wished to Barry Murphy Jacob, Gracedieu who celebrated his birthday on Tuesday February 9. Birthday wishes come to him from all his family especially his sisters Kim, Ava and Oran and brother Jordan, his mam Laura Murphy and his dad Patsy Jacob Priory Lawn.

SAMARITANS

Samaritans offer emotional support to all their callers who are going through difficult times in their lives. They can be contacted on free to call number 116123, 24 hours a day, or face to face contact at their 16 Beau Street, Waterford office between the hours of 9 am to 9 pm.

WEDDING ANNIVERSARY

A very happy anniversary wished to John-Joe and Theresa Wall, Clonard Park who celebrated their special day on Monday February 8. Best wishes come to them for many more years of wedded bliss from all their family and friends.

SYMPATHY

Deepest Sympathy to Micheal Lee, Ballybeg Court and all the Lee family on the death of a much loved husband, father, brother and grandfather and uncle Dixer Lee, Belvedere Drive age 79 who died in London recently. Cremation will take place in London. He is also survived by his children, grandchildren, brother Tom England nephews and nieces relatives and friends. Dixer was originally from Mount Sion Ave and he would be well known around the area.
He was a lovely gentleman and he will be sadly missed by family and friends.

SYMPATHY

Deepest Sympathy to the Nolan familym Clarke Road Cork Road on the death of a much loved daughter and sister Sarah Nolan who died on Wednesday January 27. Sarah's funeral cortge passed by her residence on Friday February 5 en route to St Paul's Church Lisduggan for Requiem mass, followed by burial in St Otterans, Cemetery, Ballinaneesagh.
A very special daughter and sister, Sarah is survived by her parents Ger and Liz, her sister Kate, her grandmother Helen Tracey, uncles, aunts, cousins, relatives, neighbours and friends.

TEMPLARS HALL RESIDENCE ASSOCIATION

We were delighted to see so many of our residents out for our recent clean up. The place looked great, neat and tidy and we ask all who are living in the estate to help keep the area tidy.

RUEPOINTMEDIA

Publication:	WLR FM	**Media Cost (€):**	76
Date:	Wednesday, February 17, 2021	**Reach**	60,000
Page:	Link	**Size (Sq. Cm)**	298

WLR FM @ 17-Feb-21 13:25 - (breast)

it as much as I do the right thing great They were not all there are one 20 when they look a week already where did we go we've got some news you know the community called a day long stay connected with the community for me thanks to Waterford

a breast cancer awareness free virtual evening Thursday February 18 found at half 7 presented by Juliet o' Connor of breast cancer survivor and outreach coordinator with breast Cancer Ireland this programme aims to educate women of all ages about the disease so they will know what is normal for them to register full all 7.1 one Oh 2.4 one or you can email library at Waterford Council dot ie Kilbarry are none for profit community gym and sports centre in Waterford and are looking for

volunteers to join the board if you're looking to expand the network and get involved in something new if you have a spare time you like to help in the development of our valuable community resource we have a great opportunity for people to join the board of are Kilbarrack community sports centre at Kilbarry gym as a member of our board game new experience but more importantly you will provide us with your personal and professional knowledge your advice and skills

for more information contact Kilbarrack community sports centre and Kilbarry Jim and if the first one to get in our community call all you do is email us at reception at WLR FM .com how we get out there you stay stay stay stay connected with the community Cork to Waterford is Yeah Yeah Yeah Yeah Yeah Yeah Yeah Yeah a very bad summer are all proud I

like the real me me me me me Highlights: Breast Cancer Ireland, Outreach Coordinator Juliet O'Connell, women, awareness, community call.

RUEPOINTMEDIA

Publication:	independent.ie	**Media Cost (€):**	21241
Date:	Saturday, February 20, 2021	**Reach**	809,200
Page:	Link	**Size (Sq. Cm)**	936

‘Permed hair and oversized shoulder pads? Let's leave 1980s fashion behind us forever'

If you weren't rocking Madonna or Cyndi Lauper in the 1980s, chances are, you were misguidedly channelling Dynasty and stepping out in styles and silhouettes far too old for you, writes Bairbre Power

It's funny how much amusement you can knock out of your old fashion disasters. I'm talking 80s fashion faux pas and speaking from experience here. Original of the species, permed poodle hair and oversized blazers with shoulders worthy of baseball players!

What on earth got into us? Had we no mirrors? Did Jane Fonda's Feel the Burn aerobics destroy our brain cells and “taste” genes too?

With a wry eye on current retro homages, I think it's all very well to selectively dip into that decade now and extricate the better elements, but for me, it's a decade best filed away, and I don't care to see another power suit again.

One of the unfortunate aspects of 80s fashion was how the generations got mixed up — and in the wrong order. A casualty of this was Princess Diana. At 20, she was trussed up in power suits more suited to her mother, and that's the thing with the 80s: if you weren't rocking Madonna or Cyndi Lauper, chances are, you were misguidedly channelling Dynasty and stepping out in styles and silhouettes far too old for you.

The new decade of style had barely got off the starting blocks when Covid-19 hit, but the early indications are positive. There's a refinement of styling, an appreciation of function, plus a distilling of ideas over the last 12 months, which means we should hopefully be exiting lockdown to find a new appreciation of the art of relaxed feminity.

One exciting brand rocking this concept is Bernadette — an Antwerp-based luxury fashion label from mother and daughter team, Bernadette and Charlotte de Geyter.

What's interesting here is how they have challenged women to get out of their comfort zone, and while they play with outspoken volume and clashing colours, it is nothing remotely crazy like the 80s.

Bernadette is timeless and chic. Timeless — there's a concept that takes on a whole new retail relevance now that we are considering SS21 buys in a newly extended lockdown, shopping for the lives we want to reclaim and create for ourselves beyond Easter.

ADVERTISEMENT

LEARN MORE

Blue Billywig Video Player

The new Bernadette drop landing into Brown Thomas speaks to women across all ages, so you won't fall victim like Diana did! The Audrey dress (main picture) captures their aesthetic of fab fabrics and pretty floral and botanical prints hand-drawn by Charlotte.

There's a winning touch of relaxed femininity that marks the mother-and-daughter duo out for special attention in these uncertain times. brownthomas.co m

Expand

Teodora Sutra models ‘The Embrace' limited-edition T-shirt, €50. Photo: Anthony Woods

A hug in a tee

Paula McClean is some woman for one woman. I first met the breast cancer survivor when she won the 2016 Battle of the Stars dance event in aid of breast cancer Ireland.

A mum of three, Paula has worked on a number of fashion fundraisers, but International Women's Day on March 8 marks the launch of her inaugural Style Unravels breast cancer (SUBC) project with a €50 limited-edition T- shirt called The Embrace, which was a collaboration with design duo, Jill & Gill.

Paula's aim is for SUBC is to stimulate important conversations on breast health among women of all ages by creating a selection of limited-edition fashion pieces by Ireland's leading creative designers.

In this case, the design process saw five of Paula's fellow breast cancer Ireland Ambassador share their powerful stories around their diagnoses.

Gillian Henderson of Jill & Gill says the concept of The Embrace came from the raw and honest discussions about

how a hug became far greater than a simple embrace.

“Through form and line, we illustrated two figures hugging, embracing, intertwined together. Through pattern and colour, we illustrated the ribbon as a whole, woven into the two figures embodying support, colour and glow.”

The SUBC x Jill & Gill T-shirt is limited to 500. Made from 100pc organic cotton, they are screen printed across five colours with all proceeds going to breast cancer Ireland. You can place pre-orders from today. Go to

styleunravelsbreastcancer.com

Expand

Cable-knit cardi, €420, Beautiful South

Home & Property

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Enter email address This field is required Sign Up

Shopping for biscuits

Famous last words. I only went out to buy a packet of biscuits in Dunnes Stores in Rathmines, but somehow, I responded to a siren call from the Beautiful South contemporary womenswear boutique, just around the corner on Castlewood Avenue. And there it was. A cable-knit cardi of my dreams. The boutique's owner, Grainne Wynne (pictured left wearing the hooded cardi) has a great eye .

The shop doesn't have a website but Grainne has been very inventive selling throughout lockdown and delivers items out on “appro” to your home, so you can try them with favourite pieces in your own wardrobe. Then, she comes and collects them from your doorstep the next day.

The chunky grey wool knit has a deep hood and also comes in cream. It costs €420, and the pre-orders take six to eight weeks. You can catch her videos on @beautiful.south

Online Editors

dunnes dunnes stores

RUEPOINTMEDIA

Publication:	independent.ie	**Media Cost (€):**	7646
Date:	Saturday, February 20, 2021	**Reach**	809,200
Page:	Link	**Size (Sq. Cm)**	336

Cancer survivor embraces style to raise much-needed research funds

TV presenter Muireann O'Connell didn't have to be asked twice to launch Paula McClean's new fashion design initiative to help fund lifesaving breast cancer research.
The co-host of The Six O'Clock Show had her own health scare last autumn when she found a lump in her breast.

Muireann was given the all-clear weeks later but she is vocal about encouraging women not to ignore any changes in their body and to go to their doctor as soon as they can.

“I discovered the lump when I was sitting on the couch watching a TV show where someone had cancer so I started to check myself and I felt something like a lump, that definitely hadn't been there,” she said.

“For the first time in my life I didn't procrastinate. I made an appointment with my doctor the next day. I just assumed that it would be fine but the doctor said she needed me to go to the BreastCheck clinic.”

Muireann said that waiting for an appointment “felt like I was holding my breath for a month”. She got the all-clear in November and she says she feels “incredibly lucky”.

Muireann was photographed with breast cancer survivor Paula McClean, who founded Style Unravels breast cancer (SUBC) to stimulate important conversations on breast health among women of all ages by creating a selection of limited-edition fashion pieces by Ireland's leading creative designers.

The inaugural collaboration is with Jill & Gill, which designed the ‘Embrace' T-shirt the two are wearing (pictured left). The organic cotton T-shirts cost €50 and pre-orders are available from today at styleunravelsbreastcancer.com. All proceeds will go to breast cancer Ireland to help fund research.

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Home & Property

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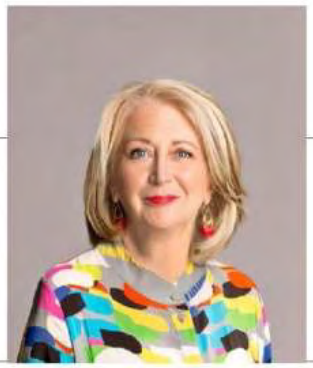
Online Editors

RUEPOINTMEDIA

Publication:	Irish Independent	Media Cost (€):	16934.95
Date:	Saturday, February 20, 2021	Reach	83,900
Page:	24	Size (Sq. Cm)	577



Style *notes*

Bairbre Power on why she doesn't want to see another power suit

Let's leave 1980s fashion in the past

It's funny how much amusement you can knock out of your old fashion disasters. I'm talking 1980s fashion faux pas and, trust me, I'm speaking from experience here as an original of the species — permed poodle hair and oversized blazers with shoulders worthy of American football players.

What on earth got into us? Did we not have mirrors? Did Jane Fonda's *Feel the Burn* aerobics destroy our brain cells and "taste" genes too? With a wry eye on current retro homages, I think it's all very well to selectively dip into that decade now and extricate the better elements. But for me, it's an era best filed away, and I don't care to see another power suit.

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There's a winning touch of relaxed femininity that marks the mother-and-daughter duo out for special attention in these uncertain times. *brownthomas.com*

A HUG IN A TEE

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CARDI STYLE

Famous last words. I only went out to buy a packet of biscuits in Dunnes Stores in Rathmines, but somehow, I responded to a siren call from the Beautiful South contemporary womenswear boutique, just around the corner on Castlewood Avenue. And there it was. A cable-knit cardi of my dreams. The boutique's owner, Grainne Wynne *(pictured left wearing the hooded cardi)* has a great eye .

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The chunky grey wool knit has a deep hood and also comes in cream. It costs €420, and the pre-orders take six to eight weeks.

You can catch Grainne's videos on *@beautiful.south*

@bairbrepower

Above: 'The Embrace' limited-edition T-shirt, €50. Right: Cable-knit cardi, Beautiful South

PICTURE: ANTHONY WOODS

'Audrey' floral cotton-poplin maxi, €675, Bernadette, *brownthomas.com*

'It's the relaxed femininity from the Bernadette mother-and-daughter team that marks the duo out for special attention in these uncertain times'

RUEPOINTMEDIA

Publication:	The Herald	Media Cost (€):	2456.52
Date:	Saturday, February 20, 2021	Reach	28,940
Page:	6	Size (Sq. Cm)	132

Muireann 'lucky' to get cancer all-clear

Bairbre Power

TV PRESENTER Muireann O'Connell didn't have to be asked twice to launch Paula McClean's new fashion design initiative to help fund life-saving breast cancer research.

The co-host of *The Six O'Clock Show* had her own health scare last autumn when she found a lump in her breast.

Muireann was given the all clear weeks later but she is vocal about encouraging women not to ignore any changes in their body and to go to their doctor as soon as they can.

"I discovered the lump when I was sitting on the couch watching a TV show where someone had cancer so I started to check myself and I felt something like a lump, that definitely hadn't been there.

"For the first time in my life I didn't procrastinate. I made an appointment with my doctor the next day. I just assumed that it would be fine but the doctor said she needed me to go to the breast check clinic."

Muireann said that waiting for an appointment "felt like I was holding my breath for a month".

Lucky

She got the all clear in November and she says she feels "incredibly lucky."

Muireann was photographed with breast cancer survivor Paula McClean who founded 'Style Unravels Breast Cancer' (SUBC) to stimulate conversations on breast health amongst women of all ages, by creating a selection of fashion pieces by Ireland's leading creative designers.

The inaugural collaboration is with Jill & Gill who designed the 'Embrace' T-shirt the two are wearing.

The limited edition organic cotton T-shirts costing €50 launch on March 8 but pre-orders are available from today. All proceeds will be donated to Breast Cancer Ireland.

Presenter Muireann O'Connell

RUEPOINTMEDIA

Publication:	Irish Independent	**Media Cost (€):**	14410.85
Date:	Saturday, February 20, 2021	**Reach**	83,900
Page:	13,12	**Size (Sq. Cm)**	491

Embracing style to raise cancer research funds

Bairbre Power

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To a T-shirt: TV presenter Muireann O'Connell and Paula McClean, founder of Style Unravels Breast Cancer, model the collection's Embrace T-shirt.
PHOTO: ANTHONY WOODS

RUEPOINTMEDIA

Publication:	sundayworld.com	**Media Cost (€):**	314
Date:	Saturday, February 20, 2021	**Reach**	37,400
Page:	Link	**Size (Sq. Cm)**	309

'very lucky' Muireann O'Connell helps raise funds for breast cancer after getting all-clear following scare

TV presenter Muireann O'Connell didn't have to be asked twice to launch Paula McClean's new fashion design initiative to help fund lifesaving breast cancer research.
The co-host of The Six O'Clock Show had her own health scare last autumn when she found a lump in her breast.

Muireann was given the all-clear weeks later but she is vocal about encouraging women not to ignore any changes in their body and to go to their doctor as soon as they can.

“I discovered the lump when I was sitting on the couch watching a TV show where someone had cancer so I started to check myself and I felt something like a lump, that definitely hadn't been there,” she said.

“For the first time in my life I didn't procrastinate. I made an appointment with my doctor the next day. I just assumed that it would be fine but the doctor said she needed me to go to the BreastCheck clinic.”

Muireann said that waiting for an appointment “felt like I was holding my breath for a month”. She got the all-clear in November and she says she feels “incredibly lucky”.

Muireann was photographed with breast cancer survivor Paula McClean, who founded Style Unravels breast cancer (SUBC) to stimulate important conversations on breast health among women of all ages by creating a selection of limited-edition fashion pieces by Ireland's leading creative designers.

The inaugural collaboration is with Jill & Gill, which designed the ‘Embrace' T-shirt the two are wearing (pictured left). The organic cotton T-shirts cost €50 and pre-orders are available from today at styleunravelsbreastcancer.com. All proceeds will go to breast cancer Ireland to help fund research.

RUEPOINTMEDIA

Publication:	RTE Guide	**Media Cost (€):**	3,687
Date:	Saturday, February 27, 2021	**Reach**	45,861
Page:	17	**Size (Sq. Cm)**	10

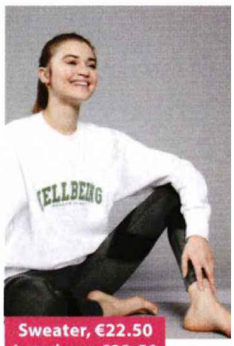
News

Paula McClean, Breast Cancer Ireland Ambassador and Founder of the Style Unravels Breast Cancer initiative, has launched a unique design collaboration with Irish design duo, Jill Deering & Gillian Henderson, of Jill & Gill, to help fund life-saving Breast Cancer Ireland research. The launch, to mark International Women's Day on Monday, March 8, aims to use Irish design, style and creativity to stimulate important conversations on breast health amongst women of all ages. Each limited edition SUBC x Jill & Gill T-shirt is sustainably sourced and ethically made using 100% organic cotton, with all proceeds going directly to Breast Cancer Ireland. Priced at just €50 (+p&p), the limited edition T-shirt is exclusively available on **styleunravelsbreastcancer.com**

Hit the road (or the sofa) in Coast's new activewear collection. Crafted from a special lightweight fabric with added elastane, each piece holds you in while providing two-way stretch, making lunging – and lounging – a breeze. The collection features cute co-ords and laid-back Varsity-inspired sweatshirts that make lockdown life just that little bit more stylish. Whether you're embarking on a new fitness regime or simply making time to relax and unwind, lift your mood in an instant with pops of colour and the prettiest prints. Choose from florals, leopard or colour-blocks in shades of blue, lilac and chocolate brown, alongside classic monochrome. Available from **coastfashion.com**

We LOVE

Sports bra, €19.50



Sweater, €22.50
Leggings, €22.50

Sports bra, €19.50
Leggings, €22.50

RUEPOINTMEDIA

Publication:	Woman's Way	**Media Cost (€):**	9,193
Date:	Monday, March 8, 2021	**Reach**	20,762
Page:	44,45	**Size (Sq. Cm)**	10

Fashion for Breast Cancer

A new collaboration between breast cancer survivors and an Irish design company aims to raise funds to help support those with the disease. The Embrace is a limited edition t-shirt for a great cause... and available now.

new limited edition t-shirt in support of breast cancer is being launched this International Women's

A new limited edition t-shirt in support of breast cancer is being launched this International Women's Day. The idea was inspired by Breast Cancer Ireland Ambassador and cancer survivor Paula McLean. This is the first collaboration with Irish design duo Jill & Gill but is part of a wider Style Unravels Breast Cancer (SUBC) initiative. All funds raised from the sale of the limited run of 500 SUBC x Jill & Gill T-shirts will go to Breast Cancer Ireland to support their work.

Paula explained: "This inaugural campaign is a very special one. In collaboration with Jill & Gill, I wanted to create, not just a fashionable piece, but a style staple that would act as a means of creating conversations among women of all ages about the importance of being breast aware."

The idea for the t-shirt design was created, she says, when "five incredibly strong women, and fellow Breast Cancer Ireland Ambassadors, came together and shared their brave and powerful stories around their diagnoses." Gill & Gill then captured the essence of their stories in creating *The Embrace* design.

Jill & Gill's Gillian Henderson speaking about the collaboration said: "As designers we tell stories visually. When Paula approached us to create artwork for a design to raise funds for Breast Cancer Ireland we knew that whatever we created needed to speak to everyone, not just to those women that have experienced this disease."

" Most importantly, the concept of *The Embrace* came from the raw and honest discussions about how a hug was far greater than a simple embrace – each hug became tighter and longer, largely because of the fear of leaving loved ones, children, parents and partners – an embrace that came to mean so much more," she says.

Over 3000 women a year are diagnosed with breast cancer and CEO of Breast Cancer Ireland, Aisling Hurley welcomed the fundraising initiative: "This is a wonderful, creative and much welcomed initiative, through which vital funds will be raised, allowing us to continue our work with the very best cancer research experts in the world with a view to developing newer, more effective drug therapies and ultimately realising our goal of transforming this disease into a long-term treatable illness." *WW*

Above: Presenter Muireann O'Connell (centre) with Gillian Henderson and Jill Deerling (Jill & Gill)

From Left: Jill Deerling, Paula McLean and Gillian Henderson

Model Teo Sutra

FASHION

Each limited edition SUBC x Jill & Gill T-shirt is sustainably sourced and ethically made using 100% organic cotton all proceeds going to Breast Cancer Ireland, price €50 exclusively available for pre-order at styleunravelsbreastcancer.com

"I wanted to create, not just a fashionable piece, but a style staple that would act as a means of creating conversations amongst women of all ages about the importance of being breast aware."

RUEPOINTMEDIA

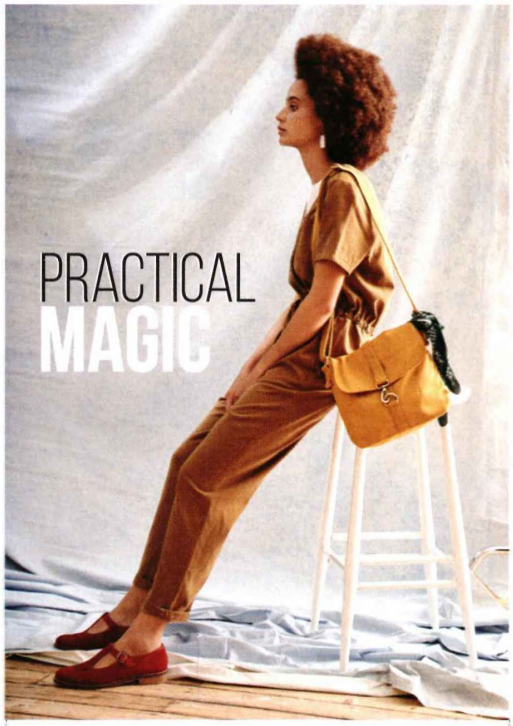
Publication:	Woman's Way	**Media Cost (€):**	157
Date:	Monday, March 8, 2021	**Reach**	20,762
Page:	1	**Size (Sq. Cm)**	10

RUEPOINTMEDIA

Publication:	Irish Country Magazine	**Media Cost (€):**	8,547
Date:	Monday, March 1, 2021	**Reach**	24,309
Page:	32,33	**Size (Sq. Cm)**	10

FASHION FIRST

STYLE MADE SIMPLE



PRACTICAL MAGIC

Right now, it's all about practicality when it comes to updating our spring wardrobes. We're over looking for **loungewear** and are instead ready to shop for items that will last the test of time, year after year, as well as **staples that work hard** – from daytime to weekend, beach walk to bedroom office.

This utility jumpsuit from **Seasalt** (€91.50) can be layered with a polo neck, t-shirt or blazer and the tan colour is a welcome switch-up to black and grey. Seasalt recently opened a shop in **Clonakilty**, Co Cork, and are available online at seasaltcornwall.co.uk.

HATS

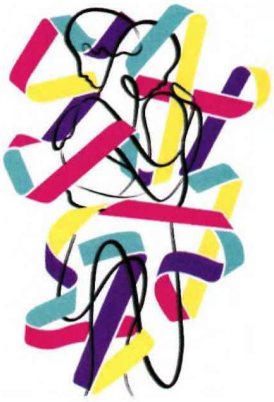
Zoë Jordan's new beanie collection has made it to our lust list. Made with 70% wool and 30% cashmere we can just imagine how cosy one of these would feel on brisk spring walks, not to mention stylish. Plain (€75), tie dye (€85); zoe-jordan.com

ON THE PLUS SIDE

Irish retailer, **Wardrobe Plus**, stocks a range of pieces, from active wear to casual wardrobe staples and more in their size-inclusive rage from UK16-26 and up. With two stores, located in Gorey, Co Wexford and Ashford, Co Wicklow, as well as an online shop, it prides itself on offering modern, affordable fashion and believes women should be able to find the styles they are looking for in a full range of sizes. The friendly, knowledgeable staff are on hand for personal shopping sessions and video consultations, which are available upon request. We love the look of this leopard print sports jacket (€75), see wardrobeplus.ie.

TEE TIME

tyle Unravels Breast Cancer (SUBC) has teamed up with Irish design duo **Jill & Gill**, to help fund life-saving Breast Cancer Ireland research. Paula McClean, Breast Cancer Ireland Ambassador and founder of SUBC, launched the limited edition t-shirt (there are only 500 available), in order to raise money for Breast Cancer Ireland. To mark **International Women's Day on Monday 8 March**, Paula hopes to use Irish design, style and creativity to stimulate important conversations on breast health amongst women of all ages. Each limited edition **SUBC X Jill & Gill t-shirt** is sustainably sourced and ethically made using 100% organic cotton (€50); exclusively available for pre-order on styleunravelsbreastcancer.com.



DESIGNER COLLABORATION

The much talked-about collaboration collection from designer **Simone Rocha** and **H&M** is landing into stores and online on **March 11**. The first time the high street store has teamed up with an Irish designer, the collection caused quite a stir when it was announced in January, with many fashion fans claiming it to be the best collaboration yet from H&M – previous designer collections have included Moshino, Erdem, Versace and Balmain.

Rocha has gone into her archives for the collection, which features lots of details that have come to be known as her signature such as pearls, puffed sleeves, lace and frills. Whimsical dresses for women and children feature heavily, as well as a men's range, outerwear and a beautiful collection of accessories.

After confusion over sizing at the launch caused backlash, with Rocha saying the collection would be available in "all sizes" but the retailer saying sizes would only extend to a UK14 in Europe, H&M has since clarified that the collection will be available "from size range XS-L", with large being "equivalent to a UK16-18".

Earrings start from around €25, while dresses vary from €80 to €179 and coats are €199.

1 Dress €149, headband €49.99, shoes €179
2 Dress €49.99, hairclips €19.99 (two pairs), shoes €69.99, socks €12.99 (two pairs)

and coats are €199.

RAINBOW BRIGHTS

After a year like no other, fashion is taking things into its own hands. One of the biggest trends for the season ahead is embracing all the colours of the rainbow and we are here for it.

1 Next (€31)
2 Dune 'Glazier' (€100)
3 Lilywho rose gold plated huggies (€69)
4 John Hanley lambswool scarf (€40.56)
5 M&S Collection (€20)
6 Swatch Beating Love @ swatch.com (€73.78)
7 Olivia Rubin @ Brown Thomas (€300)

SALT & EARTH

"During the lockdown this year, I spent a lot of time on Whiterock, a beach near my home in Killiney, South County Dublin," says designer **Ros Duke** when talking about this inspiration behind her latest collection, **Metamorphic**. "I became fascinated by the different rock formations, colours and textures. This informed the Metamorphic line up, which is built around a series of soft, comfortable pieces in natural colours, with abstract rippling surfaces, organic patterns, and multiple textures."

With over 20 years working in the fashion industry, Ros is slowly letting go of the traditional seasonal cycle of fashion and will be dropping new collections, colours and styles of her knitwear and cashmere creations throughout 2021.

Ros Duke cashmere sweater (€495)

RUEPOINTMEDIA

Publication:	thegloss.ie	**Media Cost (€):**	5
Date:	Wednesday, February 24, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	436

Support an Incredible Cause While You Shop

In collaboration with Irish-design duo Jill & Gill, Paula McClean, breast cancer Ireland Ambassador and Founder of the Style Unravels Breast
Cancer (SUBC®), has created a style-staple T-shirt to act as a means of creating conversations amongst women of all ages about the importance of being breast aware. The design for the limited edition piece was created when five incredibly strong women, and fellow breast cancer Ireland Ambassadors (Paula McClean, Olivia Carpenter, Denise Ashe, Georgie Crawford and Emma Cassidy), came together and shared their brave and powerful stories around their diagnoses.

Each ambassador wanted to create awareness, provoke conversation and help raise funds for life-saving breast cancer Ireland research. Jill Deering and Gillian Henderson of Jill & Gill captured the essence of the stories in their design and the Embrace T-shirt was created. Each limited edition SUBC® x Jill & Gill T-shirt is sustainably sourced and ethically made using 100% organic cotton, with all proceeds going directly to breast cancer Ireland. Priced at just €50 (+p&p), the fit is modern and unisex.

SUBC x Jill & Gill organic cotton T-shirt, €50, at Style Unravels breast cancer. Pre order at www.styleunravelsbreastcancer.com. For information on breast cancer Ireland go to www.breastcancerireland.com.

22 hours ago BY

Orna Mulcahy

VIEW ALL

Eight Great Reads For February

24 hours ago BY

Penny McCormick

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The Irish Rock Star Remembering Poet John Keats

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Eight Great Reads For February

1 / 5

LOVETHEGLOSS.IE?

Sign up to our MAILING LIST now for a roundup of the latest fashion, beauty, interiors and entertaining news from THE GLOSS MAGAZINE’s daily dispatches.

Choose Your Categories

Weekly Digest Issue Reminder Event Invitations Leave this field empty if you're human:

cos cosstore

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	7280.91
Date:	Thursday, February 25, 2021	**Reach**	13,500
Page:	8	**Size (Sq. Cm)**	1651

AROUND THE VILLAGES

COMMUNITY SPIRIT SHINES THROUGH IN TIME OF CRISIS

Rockcorry

Walking

The new Covid pastime is of course walking and the benefits of pursuing this exercise cannot be underestimated. We are so fortunate in this area to have the beautiful Dartrey Forest with all its lovely walks and scenic beauty. So many people are using the facilities at the moment and it's a facility we should look after. Recently however some litter is being discarded and this is something that we can do without. A number of facemasks, coffee cups and plastic bottles are appearing and we ask people to please take your litter home. Also, dog poo is becoming an issue and we ask owners to please help keep our paths free from dog poo.

Adult Learners' Week

For some people during these terrible times, boredom is a scourge. However CMETB is running an Adult Learners Week commencing on the 1st of March and during that week, those interested can avail of taster sessions for a number of really interesting on-line courses. These courses include: Introduction to Genealogy-Tracing your family Tree; Gardening Tips; Flower arranging; Mindfulness; Skin care; how to access newspapers and magazines on-line for free; attracting wildlife to your garden; family arts and crafts; information sessions on adult education and guidance; organising and creating photobook albums; interview techniques. If interested in any of the above, you can contact CMETB by email on aegis@cmetb.ie or by phone on 087-3331644.

Keep Well

Last week's "NS" highlighted the launch of "Healthy Monaghan Health and Wellbeing Events Calendar". The idea is for people to really look after themselves and log onto a number of sites offering a variety of podcasts from local experts and professionals on health and wellbeing topics. Why not check these out on www.monaghan.ie/keep-well.

Irish Language Course

A beginners Irish Language Course will take place on Saturday March 6th as part of Muineachain Le Gaeilge/Seachtain na Gaeilge le Energia. The course will be on-line betyween 10am and noon. To book a place, e-mail Nollaig@mig.ie

Sport

Again, I am using this column to urge those in government to give outdoor non-contact sports their blessing to resume at the beginning of March. This request is made especially for golf, which is the pastime of so many people in the Rockcorry area. With the golf clubhouses closed and people travelling on their own to the courses and easily able to keep their social distance and the benefits of the fresh air, surely it is one of the safest sports that can be played during these horrible times.

Enrolment

A reminder that Scoil Mhuire in Rockcorry is now taking enrolments for students who intend starting primary school next September. Because of the current Covid situation, parents are asked to make contact with the school by phone on 042-9742366 or 086-6070328 or by e-mail scoilmhuirerock@gmail.com. Principal Donal Quigley and/or his staff would be delighted to hear from you and answer any of your questions.

Covid

It is important for our young people to return to education and thankfully, this will probably happen during the first week of March. Our Leaving Cert students need to return and sit an exam and know that they can plan for their futures. We still need to do the basics of handwashing, social distancing, and cutting down our contacts. When the government lifted the restrictions at Christmas time and numbers getting Covid increased, we can't blame the government for that. We are all individually responsible for our own safety. It is so important that people get out and walk and clear their heads.

Litter

Good news. I have now taken possession of some bags and litter pickers and it's all systems go for anyone who wishes to spend an hour or so in their area, giving it a good spring clean. During these times, people should get out there and take that bit of extra pride in their area by becoming involved in the fight against litter.

Heritage

The "NS" is seeking nuggets of historical memorabilia to actually record them so as they may not be lost to future generations. If you have any knowledge of historical places or things near you, why not contact the "NS" or let me know and I will forward it.

Mass

Mass continues to be streamed every Sunday at 11am on the Ematris Parish website. Mass can also be watched each Wednesday and Friday evening on the site. Parish envelopes for 2021 are available at the back of each of the churches. If you have not already received a box of envelopes and would like to contribute to your parish please contact Fr. White or Mary Reilly. Please note, due to current Covid-19 regulations all Masses are closed to the public.

Monaghan Co Council

Monaghan Co Council is offering practical support or someone to talk to if you need that bit of extra help at this time. They can help with deliveries of food, medication, fuel etc. signposting for practical and reliable information and just being there as someone to keep in touch with. Call 1800 804 158 or text HELP followed by your name to 50555. Email: covidsupport@monaghancoco.ie.

Drumhowan

A matter of weeks.

The installation of the Broadband technology in the Centre is now just weeks away. It is the last hub of the twelve in the county to be connected because of the difficulty of getting line of sight for the laser-type beams and the need to put up a pole to get the proper bounce on to the Centre. You might say it's no problem putting up a pole, that anyone with a digger could put up a pole but it's a bit more complicated than that, everything has to be lined up and needs a bit of expertise. You need a bit extra accuracy if you're sending a signal eight miles to bounce it back three or four miles. Anyway there's not long to wait and as things open up people will be able to go to the Centre and use the wifi there for more difficult internet and email transactions. There are so many lights at the end of the tunnel now that they'd nearly blind you.

A grand jab:

We're all beginning to hear about people that have got the Covid vaccine, and we're eagerly awaiting our turn. Naturally we're a bit envious of the people in the North getting in ahead of us and wondering should we have followed Nigel Farage's advice and joined with Britain instead of Europe at Brexit time. That would have given us an all-island approach to Covid, but most of us probably prefer to be as we are, even if it means a wait, so good luck to the Six, we'll be patient and wait till Our Ursula gets a few more boxes of vaccine and sends them to Our Mícheál, then we'll wait till our turn comes and we'll continue zooming, and hope that the jab comes before the bolt of lightning!.

Walking by water:

The group who are planning the walk at the GAA grounds spend a lot of time trying to make sure that as much as possible of the walk goes along the 'river' (it can barely be called a river when it's so shallow and goes nearly dry in summer!) There's something about water that goes very far back in the human imagination, probably because for humans water is life, and a landscape almost always looks more beautiful if there's water in it. When you go for a walk up from the football fields towards Shean School , the nicest part of the walk is where the road and the river go alongside each other past Deery's and Carrolls, and it's a pleasure to look over the bridge for a minute or two and see the pattern of the flow in the disused dam that is changing all the time but never changing at all. Also, if you go down the Tullycarra road, there's plenty of half-stagnant water in the drains along the road and this time of year there might be frogspawn there. There's one place where odd little bubbles might signal that the frogs may be spawning. Somethng to look out for, as well as the new primroses along the verge and the coming of the spring flowers in Dympna McCabe's garden. And a little hint: don't let fear of the rain stop you going out during showers. If you walk a small bit away from your home in different directions rather than doing a loop, you can stay close to home all the time and get in and out between the showers. Of course if you're over seventy you'll be afraid to leave the house at all in case you get a call from your GP to come in to get your jab. Now you wouldn't like to miss that, would you?

Tydavnet

Walk in my shoes: Congratulations to Donna Sherlock, Rebecca Sherry, Holly Forde, Neidin Wall, Hannah Skeath, Tara Gillespie, Niamh Tiernan, and their MultiMedia Module teacher in St Louis secondary School Ms McGill who have been shortlisted in the Walk in My Shoes Short Film competition. The St Louis video "Hidden Struggles" is a wonderful focus on Mental Health and Wellbeing depicting the hidden struggles people with mental health issues deal with. The Frame of Mind short film competition for secondary schools and amateur film makers aims to improve mental health awareness and remove the stigma associated with mental health difficulties in a short film up to three minutes long. It is a great achievement to get shortlisted in the competition, and the virtual awards ceremony was due to take place yesterday (after our publication deadline); the overall winner will receive €1,000, and each category winner will get a prize of €500.

Easter draw: Knockatallon Tidy Towns group is having a fundraising raffle online on Easter Saturday night, 3rd April. The money raised will go towards the upgrade and preservation of the beautiful grotto at St Joseph's Church Knockatallon, and with the addition of summer floral displays complete a new reflective space. Tickets for the Easter Raffle are €5 each or 3 for €10. They will be on sale from the Sliabh Beagh Hotel during food collection times and from Kathleen Murray and Mary Connolly. 1st prizee - €100; 2nd prize - Self Watering Hanging basket filled with a floral arrangement - kindly arranged by Mary Connolly and Kathleen Murray; 3rd prize - €50 voucher for LCP Tyres Clones - Kindly donated by Conor Cusack 4th Prize - Sliabh Beagh Hotel Voucher - kindly donated by the hotel. Your support is much appreciated for this very worthwhile project.

Fundraising virtual walk: Only a few short weeks left until the Down Syndrome North East (based in Carrickmacross) charity event. They invite you to dress up in neon/colourful clothing and walk/jog/ run 3 miles or 3km at 3pm on 21st March 2021 to celebrate World Down Syndrome Day. This year more than ever, the DSCNE is so short of funds to continue to fulfil its mission to create a world where people with Down syndrome will feel accepted, supported and celebrated for the extraordinary individuals they are. A family participation ticket is €50, with tickets individually priced for adults, children, and students/unwaged; (first 500 entries will receive a brightly coloured DSCNE snood). There will be prizes for the best dressed participants following proof of completion of the event. Full details from the DSNE website or by phoning 042 942 3181. Please respect Covid 19 guidelines, a great event is in store.

Phone a Ceili: Scotstown GAA urges the community to Phone a Ceili twice a week. With Level 5 restrictions ongoing, physically visiting people is not allowed. But we can still make contact with those we care about, or who are living alone or vulnerable. They would really appreciate a phone call, letter or card to check how they are and lift their spirits. So please make a committment to yourself....promise to Phone

a Ceili, write a Letter, send a Card and keep in touch with anyone who needs a kind word at least once a week. If you know someone who would like a committee member or current or former player to phone them, please contact the Chairman Shane on 086 836 7997.

Clothes collection:

GVI charity clothes collection on Saturday 27th February from 12-3pm at McNally car park. GVI runs programs in 21 locations, in 13 countries around the world, each aligned to the 17 United Nations Sustainable Development Goals that aim to "end poverty, protect the planet, and ensure prosperity for all" by 2030. Clothes (womenswear, menswear and kidswear), paired shoes, linen, bedding, towels, curtains, and accessories (bags, belts, hats, scarves etc) all appreciated please.

MS meetings:

The next meeting of the Monaghan Multiple Sclerosis Branch will be held online via Zoom on 2nd March at 7.30pm. This year they would like to see new faces join the committee to help with fundraising events, and to support the people in Monaghan with Multiple Sclerosis. If you would like to get involved, please private message the Multiple Sclerosis Monaghan Branch Facebook page with your email address and you'll be given the link for the zoom meetings!

Scotstown Ladies: Well done to the Scotstown Ladies GAA who finished their 10 day 2000km Run the Nation virtual charity event during the week. The girls got wonderful support from the community, the senior men's team, and various intercounty players and top Irish sportspeople along the way. They raised a lot of money for the Breast Cancer Ireland, and Crocus Monaghan; it was a great event to lift the spirits of our whole community.

Planning applications:

Monaghan County Council is due to give its decision today on a planning application to build 13 detached houses on lands opposite and to the east of Tydavnet Community Centre, at Mullantimore, Tydavnet. The original application was made on 4th November 2020, and a number of submissions on the plans were made by local individuals and groups. The second application for a 15 unit residential development in a field beside Tydavnet Community Centre at Mullantimore is currently on hold status, as further information was requested by the planning office on 19th February 2021.

Comhaltas:

Last Sunday should have been the date of our 31st Tydavnet Feis, but like everything else it was postponed due to Covid 19 restrictions. We missed this great day out of our calendar of events, and we miss the young musicians starting off on their journey to excellence, and further competitions and performances. However, we urge all members to keep at the music during lockdown, it's a great way to get the feel-good back. Meanwhile we are delighted that Michael Rooney and June McCormack are performing together in the virtual IMBOLC international Arts Festival on Sunday 14th March at 8pm. Tickets are FREE, and the link to get the tickets is on the Scotstown Comhaltas Facebook page. It's sure to be a fantastic event from the comfort of your own home.

International Women's Day:

Monaghan Women's Assembly launch event will take place on Monday March 8th at 7.30pm, and they invite all women to join the discussion. Register your interest by contacting Bernie on bbradley@monaghancoco.ie or ringing 087 6443332. What would you like our local politicians to know about your experience of Covid 19 as a woman living in County Monaghan. Monaghan Women's Assembly is a new platform that aims to bring the voice of local women into local politics. It is so hard to fundraise for anything at the moment with no events or functions being allowed to take place. However we know what an amazing community spirit the people of this area and surrounding areas have and we are hoping and looking for your support again!

Farney Siamsa Challenge:

During the lockdown Monaghan GAA's cultural committee have been working hard and are happy to announce 'The Farney Siamsa Challenge' which commences next Monday, March 1st and runs until March 31st. This initiative is open to everyone of all ages. To participate, simply submit a video, which cannot be longer than two minutes of you, or your family, Dancing, Singing, Playing Musical Instruments, Reciting a story or poem, story-telling, or providing information on a local monument in the area, or anything of historical or cultural content that you would like to share with us. With Seachtain na Gaeilge running from the 1st through to the 17th March, they look forward to seeing Irish language entries, in recognition of this event. You can submit as many entries as you like. You can submit your entry to the Scotstown club secretary or to irishculturalofficiermonaghan@gaa.ie. All entries will be shared on Monaghan GAA's media platforms with the aim of providing everyone with superb local entertainment and talent during the month of March.

Ballinode

Specsavers Smilemaker: Well done to Bernie Sherry from Scotstown GAA Wellbeing Team who is the national winner of the Specsavers Smile Maker competition. Spandau Ballet bassist and actor in EastEnders and Waterloo Road, Martin Kemp and his son Roman Kemp who has a breakfast show on Capital FM partnered with Specsavers to find and celebrate the nation's unsung community heroes of 2020 – those people who have made us smile and given us a lift during the pandemic in the UK and Ireland. Bernie was nominated locally as a person whose acts of kindness, charitable endeavours and volunteering efforts could be recognised as Ireland's ultimate smile maker. Bernie's "Make Your Ceili" inititiative won the overall prize of a one to one video call with Martin and Roman Kemp which she received recently (it's online on the Specsavers Ireland Facebook page), plus a €1,000 cash prize which she was very kindly donated to Scotstown GAA Wellbeing events, and a spectacles voucher to spend in store. The nominator mentioned the value of the initiative in the community, the involvement of all age groups in the community in it, and the way that it was adapted to Phone your Ceili during lockdown. We are all delighted to see the "Make Your Ceili" getting this recognition, and perhaps it's also an opportunity for other communities to take it on, and a reminder to us all of the importance of Make Your Ceili to combat isolation! Well done to Bernie and the Scotstown GAA wellbeing team on the nomination and prize – a very deserving winner.

Spring clean: Are you fed up with the amount of rubbish gathering along local hedges and roadsides? Take matters into your own hands and use the 5km Lockdown to do a short litter pick while out and about.

It's not too difficult, grab a pair of gloves, a litter picker if you have one, and pick some litter in your area as you go. It'll do a power of good, maybe convince others to join you, and you might even convert litter bugs to a better way of thinking. Thanks to many people who have been out and about litter picking on the Ballinode to Monaghan road, the Annyaulty road, the Clontoe Road, Drumacaslan and Lisbane, and other sections of our local roads recently – a scandalous amount of litter has been picked, and the Litter Warden has also visited local litter blackspots to remove dumped rubbish. Much of this rubbish is "dashboard dining" type waste including coffee cups, drinks cans, and fast food wrappers, while the phenomenal amount of alcohol bottles and cans suggest that people are drinking from cars and while walking along the roads – one wonders why they can't dispose of this recyclable litter properly in the many bottle and can banks locally, or through their own domestic waste collection service. Now that the hedges and undergrowth is at its shortest is a great time to take the bad look of our local roads and walking routes. Bags available from the shops in Ballinode and Scotstown, or from your local tidy towns group.

Recent engagement: Congratulations to Anthony McElvaney of Lisbane, Ballinode and Áine McVicar who announced their engagement on Valentine's Day. We are all very excited and delighted at their lovely news, and we wish them many happy years for the future.

Swim fundraiser: Sheena and Aoife McKenna, Carrachor, Scotstown are coming to the end of their Februrary challenge raising money for a brain cancer charity and Drumkill Alzheimer's Day Centre Threemilehouse by going for a swim everyday of February in lakes in Monaghan, which their 5k radius. It has been a cold month for the challenge they have taken on and they welcome your donations for their endeavours, there's a GoFundMe page "swimming-for-alzheimers-and-brain-cancer". The girls thank you very much for your generous support for these 2 great charities.

Ireland's fittest family: Lots of locals tuned into the RTE final of Ireland's Fittest Family last Sunday to see the O'Mahony family from Wexford taking the overall title. The family was represented by gymnastics coach Joanne (53) who is a daughter of the late Kathleen Deighan and Frank Corley of Cornafaghy, Smithboro, and her family members Alan (17); Conor (19), and Kevin (23). The Mahony's were mentored by Davy Fitzgerald, and the entire series of challenges were filmed over the course of three weeks in August at the new hub at Hell & Back in Kilruddery, Co Wicklow. It was a gruelling and nailbiting final, and a wonderful win for the family.

New baby: There's a cuteness alert in Lisbane, Ballinode with the birth of gorgeous little baby girl Éabha to Ciara McMahon and Ciaran Brady on 11th February 2021. Big sister Isobel is taking her role very seriously, and she's as proud as punch about the new arrival; it's lovely news for all the family. We are all looking forward to seeing the new baby and the family out and about very soon.

Family carer: Earlier this week journalist Arlene Harris from the Irish Independent newspaper did a focus on young carers, under the banner "Teenage hero: 'There is a stigma around caring but it teaches you to really appreciate your family. It is pure love." The article featured a local and remarkable teenage family carer and Leaving Cert student Sean Collins from the Scotstown area who is involved with many disability groups in the area, including Monaghan Special Olympics and Tydavnet Faith and Light, as his sister Kathryn has a chromosomal disability called SATB2, has no speech and while physically able, requires 24/7 care. Kathryn is in residential care at the minute due to lockdown, but Sean now also helps around the house and offers support to his father who is taking care of his mother while she lives with aggressive cancer. It's a wonderfully brave and selfless story of his everyday life that he carries out with pride and dignity, and I can't do the article or Sean justice here in this short column. The complete article and photos are reproduced on the Tydavnet website and Facebook pages. Sean is a wonderful role model for people of all ages.

Slurry spreading: Slurry is fully of valuable nutrients but can damage our environment if not managed correctly. Slurry should only be applied when soil temperatures are above 6 degrees and ground conditions and weather forecast are suitable. Farmers and agricultural contractors are reminded not to landspread slurry within 20m of a lake shoreline or 5m of any surface waters/rivers/streams. Do not landspread if the land is waterlogged, is snow-covered or frozen or heavy rain is forecast within 48 hours. All landspreading shall be in accordance with the EU (Good Agricultural Practice for Protection of Waters) Regulations 2017. In a rural community like ours the arrival of the slurry tanks and the good country smell that'll be gone in a few hours, reminds us all that spring has finally arrived, can summer be far behind!

Corduff Raferagh

National Broadband Surveying and Design Works -

National Broadband Ireland (NBI), the company undertaking the fibre network roll-out to enable high speed internet connectivity across the country, would like the public to know that contractors will be on the ground in the Corduff Raferagh area (Wards Cross), both inspecting and recording pictures of infrastructure such as poles, cables and underground ducts. Actavo are the contracting company commencing this work and they will have vehicles and signage with both their own, and NBI logos. Employees will also wear hard hats and high visibility vests featuring the NBI logo. The NBI customer call centre number is 0818 624 624 (local call rate) or email contactus@nbi.ie for any queries. For further information on the NBP see www.nbi.ie

Better Late than Never –

Posters from the Heritage Groups 2020 Heritage Week Townland Poster Competition were posted over the last week on the groups Facebook page. Last August the Heritage Group put a call out for entries to their Heritage Week Townland Poster Competition. Heritage Week 2020 was unlike any before, with all activities taking place virtually. The normal local Ramble could not go ahead, so the Poster Competition was an alternative. The entry numbers were small, but the quality high. The first poster was by Lily Corniskey and Lily's depiction of Cloch Mor, a large rock which lends its name to the field in which it is situated in the townland of Ummerafree. The second Poster came from Bernard Murtagh on his townland, Lisnafeddaly. Bernard detailed some interesting past and present facts about his townland, mentioning important features in the townland and a few famous names! Two posters were submitted by the heritage groups Chairperson, Mary F.

Kerley, the first on Peast, the second on Greaghnaroog. The Peast Poster features one of the many Marron families who lived in the townland of Peast. Mary used fantastic photographs taken on the "Paddy Pats" farm from 1924, captured by a relative who returned to Peast on holiday, from New Zealand. Ironically only a few weeks after the poster was completed, an enquiry was received from Donegal relating to this family, amazing coincidence. Mary's second poster featured Greaghnaroog which was synonymous with the name Connor / O'Connor. Thomas O'Connor worked for the Ordnance Survey in 1835, Johnny and his wife Mary Ann were the last to live in the family home in Greaghnaroog. Another Connor family donated the beautiful windows in the Sacred Heart sanctuary in St. Michael's Corduff. Mary also included details of an important trade which took place in the townland – Rooney's Forge.

Thanks to Lily, Bernard and Mary for submitting their beautiful Posters and for sharing this wonderful information, from which we are all learning more about our local townlands.

Local Field Names –

Following on from our call out to submit Field names to the Heritage Group, this essay from the Folklore Commission (1937/1938) from Corcreagh National School, demonstrates the importance of recording even simple information like field names. The essay not only recorded the field name, but also why it was called that name and who owned the field in the late 1930s. If this essay was not written, would we know that these field names exist or existed - "There are many names given to the fields in the district to distinguish one from another. There is a field called the Lurgans. It belongs to Patrick Duffy Carrickaghogue. It was given this name because it is shaped like a shin bone in the middle.

There is a field belonging to James Deegan of Lisdrumfad called the Giants Causeway. It was called this name because it is supposed there was a giant buried there in olden times. There is a height in this field and it is surrounded by large stones. There is a lone bush growing in the middle of this field also.

There is a field belonging to Patrick McCahey of Carrickaghogue called the "Carnan Monadh" field. It is situated beside a bog. It was given this name because there used to be turf cut in the bog and heaped in this field.

There are three fields belonging to Edward McCluskey of Carrickaghogue called the Carraig Árd, Pairc a seán(?), Gleann mór. The "Carraig Árd" field is full of rocks. There is one very high rock in it and it is supposed that of this high rock it was given its name. There is a large hollow in the Gleann mór field. There is a large rock on every side of this hollow and this is why it is called the Gleann mór.

There is a field known as the Gob field belonging to Thomas McEnaney of Corvally. There is one long end on this field and because of this long end it is named the Gob. This man has also two other fields called the "Crocán" and the kiln fields. One of these fields is called the kiln field because long ago people used to get the raw lime and every farmer used to have a certain field for burning his lime in. He has also a field called the Ardragh field. It was named this because it was the only field on the farm which was in the townland of Ardragh.

Patrick McCahey of Carrickaghogue has other fields known as the deck meadow, the old house field, the fort field and the quarry. The deck meadow was given this name because there used to be a deck for dancing on it in the Summertime. In olden times there was a house built on one of these fields but it is not exactly known where. The fort field was given its name because there is a fort at the head of it. The quarry field was called so because there were three quarries in it out of which people used to get the stones for the road.

There is a field belonging to Peter McCahey of Carrickaghogue called the "Casey". It is not known why it got its name but it is a field with a hanging brae. There is another field known as the "Rasathen" it belongs to Tomas Duffy of Carrickaghogue.

There is a field belonging to John Reilly of Carrickaghogue it is called the "Carraigh Dubh", it is called this name because there is a black rock in it. There are other fields on the same farm called "Pairc a Tobair", and "Pole Rock". It is called "Pole Rock" because there is a very high rock in it. It is called "Páirc a Tobair" because there a well in middle of it.

Michael Larken of Corcregh has a field "Poll a' Geanncáin". It is a very big field about three acres of ground. There is a big hole in one side of it. There is a big field going down to the County River called the "Perotha" on James McCahey's land of Corcreagh. It is a field with all humps and hollows. There is another field on James McCahey's land called the "Grúgán".

Tom Duffy of Corcreagh has a field called, "Poll a Mharla". It is a field going into a V. It got its name because there was a sand hole in the centre of it.

There is one field convenient Owen McEnaney's house of Corcreagh called the "Camóg". It is a small crooked field and the road passing it is called the Camóg road.

There is a field on Peter Finegan's farm of Corcreagh called the "Garrdhaidh Dubh" or black garden. There is another field on the same man's farm called the "leith-acra" or half acre.

There is another field on Owen McEnaney's farm called "Mickey's" field it was given this name because a man the name of Mickey McCaul.

There is a field belonging to Patrick McElroy of Ardragh called the Hospital Rocks. The reason why they are called that is because there used to be a hospital there long ago, the ruins of the building are to be seen there yet. There was a Dispensary there also and now it is called the Dispensary loft."

The simplicity and complexity of some of these names is amazing and it will be interesting to see if these names are still in use. If you can help confirm these names and identify where they are located please get in touch, or if you have any other field names please let us know.

This time of year is relatively quiet on the farm and may be a good time for famers and/or family members to jot down the names of their fields. Maps will be provided on request.

Each week we will feature some of the names collected to give a flavour of the most common or more unusual names. Hope you can get involved and help out.

Facts and Folklore -

By Corduff Raferagh Heritage Group is on sale in Birdy's Newsagent and Keegan's Newsagent in Carrickmacross, or by phoning Bernie on 087 9555762. The booklet costs just €10.

Local Masses –

Sun 21st 11am, St. Michael's – Kathleen, Paddy & Mick Culleton, Corcreagh and Ken Woodyet, England.

Monday and Wednesday evening are celebrated at 7.30pm via the webcam facilities.

The Parish office 042 9661231 or email stjosephscarrickmacross@outlook.com during parish office hours Monday – Friday 10am – 12.30pm.

Community Notices –

For all community notices, events, announcements etc email corduffraferaghnews@gmail.com before 9 pm Monday evening.

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AROUND THE VILLAGES

COMMUNITY SPIRIT SHINES THROUGH IN TIME OF CRISIS

Rockcorry

Lent

Yesterday, Wednesday, marked the beginning of Lent, a time when Christians decide to embark on forty days of fasting or at least giving up something for the six weeks which ends on Easter Sunday. This year, because of the Pandemic, people have already been forced to give up so much, but don't let that deter anyone from actually still keeping up the tradition or perhaps actually taking on something new for the forty days. One thing we all might consider is helping, even for one day, to pick up the litter in and around the roads where we live. We might also decide to 'adopt' an elderly person in our area to ensure that he or she has all of their needs looked after. Simple things like phoning, doing their shopping, a socially distanced visit etc would be most welcome. Set yourself a little goal for Lent.

Blood Bikers

Linda Moore has reminded me of the continuing good work being done by the Cuchulainn Blood Bikers in this area in their transportation of Covid swabs, bloods and breast milk (for new born babies). This is a service that does tremendous work right throughout the year and probably doesn't receive the recognition that it deserves. Linda has been involved with the bikers from the beginning and we say well done to her and the entire team.

Snow

Saturday was a disaster weather-wise with a massive fall of snow in the Rockcorry/Ballybay area. The roads were barely passable and thankfully, people avoided serious road accidents, but there were a few minor incidents. Sunday morning dawned and no snow, and temperatures had risen by about ten degrees. The town of Ballybay was a virtual no go area with the snow. Let's hope the winter is now out of the way.

Golf

During the first lockdown, quite a number of Rockcorry folk took up the game of golf and joined either the Hilton Park Clones Golf Club or Rossmore Club. Sadly, like so much during these horrible times, the golf came to an end. However, we are hopeful that by March 5th courses will reopen and I can't see any reason why this won't happen as the rugby is up and running, soccer is being played and there's talk of the GAA making a return. I can't see why 50 or 60 people out in the open on two hundred acres of land, completely socially distanced and having absolutely no contact, can't play golf.

Enrolment

A reminder that Scoil Mhuire in Rockcorry is now taking enrolments for students who intend starting primary school next September. Because of the current Covid situation, parents are asked to make contact with the school by phone on 042-9742366 or 086-6070328 or by e-mail scoilmhuirerock@gmail.com. Principal Donal Quigley and/or his staff would be delighted to hear from you and answer any of your questions.

Covid

It is important for our young people to return to education and thankfully, this will probably happen during the first week of March. Our Leaving Cert students need to return and sit an exam and know that they can plan for their futures. We still need to do the basics of handwashing, social distancing, and cutting down our contacts. When the government lifted the restrictions at Christmas time and numbers getting Covid increased, we can't blame the government for that. We are all individually responsible for our own safety. It is so important that people get out and walk and clear their heads..

Jobs Club

In these challenging times, Monaghan Integrated Development CLG in conjunction with the Department of Social Protection, is running an on-line Jobs Club for unemployed people over four mornings from 10am to 11.30am. The Club will assist people in CV preparation, job seeking advice, cover letter writing skills and interview techniques. For further information, people can contact 042-9748090.

Litter

Linda Moore contacted me during the week requesting litter picking equipment for her young Kilmore/Swann's Cross junior pickers. Last year these young people were a shining example of community spirit when they went out and cleaned up their area. With time on the hands of many of us during lockdown, we should use the opportunity to pick up some of the litter in our areas. It is a 'sport' that we can maintain our social distance with if we are working in pairs, each person take a different side of the road.. We need people to look at their specific area and give it a good spring cleaning. I will ring the Council and get some of the pickers and bags and if you would like to get involved, give me a ring.

Heritage

The "NS" is seeking nuggets of historical memorabilia to actually record them so as they may not be lost to future generations. If you have any knowledge of historical places or things near you, why not contact the "NS" or let me know and I will forward it.

Mass

Mass continues to be streamed every Sunday at 11am on the Ematris Parish website. Mass can also be watched each Wednesday and Friday evening on the site. Parish envelopes for 2021 are available at the back of each of the churches. If you have not already received a box of envelopes and would like to contribute to your parish please contact Fr. White or Mary Reilly. Please note, due to current Covid-19 regulations all Masses are closed to the public. Online talks for lent – Awaken Our Baptismal Calling in Parish Ministry is the theme of 3 on-line talks organised for Lent as part of the Clogher Diocese in Dialogue process. These will be held on www.clogherdiocese.ie and on the Diocese of Clogher Facebook page on Wednesday 24 February (Speaker: Julie Kavanagh on Baptism and Parish Ministry); Wednesday 10 March (Speaker: Fr Gareth Byrne on Re-Imagining the Link between Schools

and Parish today) and on Wednesday 24 March (Various speakers who are involved in parish ministry across the Diocese of Clogher). All at 7.30pm and lasting for about 40 minutes.

Monaghan Co Council

Monaghan Co Council is offering practical support or someone to talk to if you need that bit of extra help at this time. They can help with deliveries of food, medication, fuel etc. signposting for practical and reliable information and just being there as someone to keep in touch with. Call 1800 804 158 or text HELP followed by your name to 50555. Email: covidsupport@monaghancoco.ie.

Knockatallon

Sliabh Beagh Hotel: The hotel is currently closed due to the current restrictions but will be providing Saturday night takeaway - phone lines open at 3pm for orders and last food collection time is 8pm. Sunday Carvery takeaway is available from 12-3pm.

Restrictions: Due to the latest COVID-19 restrictions, there is no attendance allowed at parish Masses - they will be broadcast online instead.

Lotto: The weekly Scotstown GAA club lotto draw took place last Wednesday. The was no winner of the €6,000 jackpot. The numbers drawn were: 7, 16, 19 and 30. Lucky dip winners of €20 each were: Theresa Rice, Ann Murray and Mark McKenna. The lotto continues every Wednesday at 8:30pm and each entry is €2. Tickets may be purchased online via the Scotstown GAA page.

Easter draw: The Knockatallon Tidy Towns group have organised an online fundraising raffle to take place on Easter Saturday night, April 3rd. The money raised will go towards the upgrade and preservation of the grotto at St. Joseph's Church, Knockatallon with the addition of Summer floral displays. Tickets for the Easter Raffle are €5 each or 3 for €10. They will be on sale from the Sliabh Beagh Hotel during food collection times and from Kathleen Murray and Mary Connolly. 1st prize will be €100; 2nd prize is a self-watering hanging basket filled with a floral arrangement, kindly arranged by Mary Connolly and Kathleen Murray; 3rd prize is a €50 voucher for LCP Tyres Clones, kindly donated by Conor Cusack; 4th Prize is a Sliabh Beagh Hotel voucher kindly donated by the hotel. Your support is much appreciated for this very worthwhile project.

Community Call Helpline: If you are cocooning, otherwise isolated or vulnerable and require assistance with essentials. Monaghan County Council have a COVID-19 Community Call Helpline. Calls are free and the Helpline is open from 9am to 5pm, Monday to Friday. The number is 1800 804 158 or email: covidsupport@monaghancoco.ie Text: Text HELP Followed by your name to 50555 and if possible please have your Eircode to hand.

Ballinode

Family search: A person has been in touch with Tydavnet website seeking information on the O/Reilly and Tully family who lived in the Tydavnet parish area. Winnifred Reilly married Bartholomew (Bartley) Tully from Cavan, and they lived in the townland of Raconnell in Tydavnet parish, in the Barony of Monaghan in the 1840s. An extract from the 1851 census has Bartley and Winifred living in a lodge in the grounds of a Colonel B Lucas (Stockholder), Raconnell House round this time. They had six children - Bernard, Thomas, Eliza (1843), Kate, Emily, and John who was listed in the baptisms of Tydavnet parish in 1842. Does anyone have these people in their family tree – information appreciated to clairville@gmail.com

Border Kitchen Blog: Local historian Dr Paddy Mulroe has uploaded a very timely and significant article to his Border Kitchen Blog. The article is entitled "Clones, Weaver Street and the forgotten violence of 1922", and tells of a gun battle that was to have dire consequences that took place at Clones Train Station on Saturday 11th February 1922. It's a great read, and the website has a wealth of great reads; it is a fantastic resource for students or for anyone interested in history. You'll find it by searching online for Border Kitchen Blog.

Run of the country: Scotstown Senior Ladies are hosting a virtual 2,000 km running challenge in aid of two deserving Irish charities – Crocus Monaghan, and Breast Cancer Ireland. They have embarked on a virtual tour of Ireland over the course of 10 days from the 14th - 23rd of February; running the nation in 5k Regulation and clocking up 2,000 kms in the 10 days. Today (Thursday) they intend to be moving between Galway and Kilkee, while tomorrow they move onto Tralee. You can track their progress and donate on their website Scotstown Ladies Virtual Run, or via their Go Fund Me page Scotstown Ladies 2000km for Breast Cancer & Crocus. The girls would like to challenge all of the senior ladies teams in County Monaghan to run 3km and nominate 3 friends to join in this virtual run challenge and go cross country for cacer, and tag them on Insta @scotstownstars

No "waste" of time: Are you fed up with the amount of rubbish gathering along local hedges and roadsides? Take matters into your own hands and use the 5km Lockdown to do a short litter pick while out and about. It's not too difficult, grab a pair of gloves, a litter picker if you have one, and pick some litter in your area as you go. It'll do a power of good, maybe convince others to join you, and you might even convert litter bugs to a better way of thinking. Now that the hedges and undergrowth is at its shortest is a great time to take the bad look of our local roads and walking routes. Bags available from the shops in Ballinode and Scotstown, or from your local tidy towns group.

Swim fundraiser: For the month of February Sheena and Aoife McKenna, Carrachor, Scotstown are raising money for a brain cancer charity and Drumkill Alzheimer's Day Centre Threemilehouse by going for a swim everyday of February in lakes in Monaghan, which their 5k radius. It has been a cold month for the challenge they have taken on and they welcome your donations for their endeavours, there's a Go-FundMe page "swimming-for-alzheimers-and-brain-cancer". Your support is much appreciated.

Scotstown draw: There was huge excitement in the area last Sunday evening when the draw to win a mobile home was carried out by Scotstown GAA. Well done to John Caulfield of Carrowhatta who won the fantastic prize, we are all delighted for him and his family. There were 10 lucky dips of €100 and the prize winners were Sharon Higgins; Imelda Daly; Elaine McKenna; Carmel Ryan; Vicky O'Hagan; Miss T Hegarty; Tara McCarvill; Geraldine Galvin; Brendan O'Brien, and Anthony Gallinagh. Thanks to everyone who supported the draw; congratulations to all the winners, and to the club who took on this fantastic and novel fundraiser.

Happy 90th birthday: Tydavnet Historical Society sends good wishes to Kathleen Mc Kenna, Derryarritt, Scotstown who celebrated her 90th birthday on Saint Valentine's Day. A wonderful lady, Kathleen is a very active member of the society and community, and we wish her "many happy returns".

Ireland's fittest family: The Mahony family who have strong links to the Smithboro area have made it into the grand final of Ireland's Fittest Family on RTE. The family is represented by Joanne who is a daughter of the late Frank Corley of Cornafaghy, Smithboro, and Kathleen Deighan. Joanne (53) has been a gymnastics coach for thirty-two years. She is joined by family members Alan (17); Conor (19), and Kevin (23). The Mahony's are the only team that Davy Fitzgerald has remaining in the competition, and the entire series of challenges were filmed over the course of three weeks in August at the new hub at Hell & Back in Kilruddery, Co Wicklow. The final will be broadcast next Sunday at 6.30pm on RTE 1.

Rory's Stories: Nobody thought Rory O'Connor would make it – written off as 'thick' at school he struggled to find a career he felt he could succeed in. When a hot tip led to a win on the horses it was the beginning of a dangerous spiral into a gambling addiction that gnawed away at his self-esteem even further.

How did the man who thought he had nothing to live for go on to become a stand-up comedian selling out venues around Ireland and reaching 800,000 people through his social media platforms? Monaghan Libraries present "Rory's Story" a free online event this evening (Thursday 18th) at 8pm. Book your Free place now at https://www.crowdcast.io/e/rory18

International Women's Day: Monaghan Women's Assembly launch event will take place on Monday March 8th at 7.30pm, and they invite all women to join the discussion. Register your interest by contacting Bernie on bbradley@monaghancoco.ie or ringing 087 6443332. What would you like our local politicians to know about your experience of Covid 19 as a woman living in County Monaghan. Monaghan Women's Assembly is a new platform that aims to bring the voice of local women into local politics. It is so hard to fundraise for anything at the moment with no events or functions being allowed to take place. However we know what an amazing community spirit the people of this area and surrounding areas have and we are hoping and looking for your support again!

Recent death: The death has taken place of one of the oldest members of our parish, the late John Shannon of Hollywood, and formerly of Clonosey, Belturbet, on Tuesday 16th February. Predeceased by his beloved wife Brigid (nee (Larry) McKenna), son-in-law Stephen and his brothers and sisters. John will be sadly missed by his son Joe, daughter in law Louise, daughter Therese and her fiancé Gordon, and by his grandchildren, Jack, Iain, Leah, Shannon, Ethan, Sarah and Lucas. John's Requiem Mass (in line with Covid 19 regulations) will take place today (Thursday) at St. Mary's Church, Urbleshanny at 11am and streamed online via the Tydavnet Parish RC Churches Facebook page. May he Rest In Peace.

Tydavnet

Barratitoppy jerseys: A very nice photo was posted on the Old Photos of Scotstown Facebook page last week, and it was of the Barratitoppy School team which won the Cumann na mBunscoil football competition in1995/96. The team members were Gary McKenna, Paul Murray, Mark Corrigan, Conor McKenna. Bernard Caulfield, Damien McKenna, Padraig McKenna, Cathal McKenna, Barry Treanor and Fran Treanor. On the day the team members were wearing a custom made Blue jersey with white collar, with Barratitoppy N.S. in large print on the front. Would anyone know where the jerseys are now? Barratitoppy past pupil Michael McKenna from Drumscor has a fantastic archive of GAA memorabilia in his home, and he has collected tickets, match programmes, photos, club strips, and anything connected with GAA down the years – however he doesn't have this jersey, and it would really add to his collection. It's quite possible the whole set are lying abandoned and forgotten about on an attic in the area, can anyone help to locate even one of the winning team strips? Contact Mickey if you can help.

Faith and Light: Last Sunday marked Tydavnet Faith and Light's very first zoom fiesta and it was a great success! Faith and Light celebrates it's 50th anniversary this year, and on Sunday the group reflected on what our little community has given to us and how much it has grown since it was started. Thanks to everyone who joined in; it is hoped to have a similar online event next month. We look forward to seeing our members again soon.

Clothes collection: GVI charity clothes collection on Saturday 27th February from 12-3pm at McNally car park. GVI runs programs in 21 locations, in 13 countries around the world, each aligned to the 17 United Nations Sustainable Development Goals that aim to "end poverty, protect the planet, and ensure prosperity for all" by 2030. Clothes (womenswear, menswear and kidswear), paired shoes, linen, bedding, towels, curtains, and accessories (bags, belts, hats, scarves etc) all appreciated please.

MS meetings: Multiple Sclerosis Monaghan Branch intends to complete their monthly meetings via Zoom on the first Tuesday of each month at 7.30pm, starting on 2nd March. This year they would like to see new faces join the committee to help with fundraising events, and to support the people in Monaghan with Multiple Sclerosis. If you would like to get involved, please private message the Multiple Sclerosis Monaghan Branch Facebook page with your email address and you'll be given the link for the zoom meetings!

Easter draw: Knockatallon Tidy Towns group is having a fundraising raffle online on Easter Saturday night, 3rd April. The money raised will go towards the upgrade and preservation of the beautiful grotto at St Joseph Church Knockatallon, and with the addition of summer floral displays complete a new reflective space. Tickets for the Easter Raffle are €5 each or 3 for €10. They will be on sale from the Sliabh Beagh Hotel during food collection times and from Kathleen Murray and Mary Connolly. 1st prizee - €100; 2nd prize - Self Watering Hanging basket filled with a floral arrangement - kindly arranged by Mary Connolly and Kathleen Murray; 3rd prize - €50 voucher for LCP Tyres Clones - Kindly donated by Conor Cusack 4th Prize - Sliabh Beagh Hotel Voucher - kindly donated by the hotel . Your support is much appreciated for this very worthwhile project.

National Spring Clean: Registrations for An Taisce Spring Clean 21 are now open! Last year, thousands of clean-ups took place as part of the National Spring Clean campaign, we ask everyone to please do their bit to clean their area, but please keep in mind that if you are plan-

ning a clean-up before 5th March, only carry out the clean-up with your own household/support bubble and within your 5km radius. To receive your clean up pack, register via the National Spring Clean website.

Sponsored Silence: This February, lose your voice so others can be heard. Don't let someone with Motor Neurone Disease suffer in silence, imagine an hour…a day….a week without speech. Unfortunately that is the reality for approximately 80% of people living with Motor Neurone Disease. Every February people are asked to take on a sponsored silence to experience what life is like for someone living with MND. Just pick a day, time and location where you will take on your sponsored silence and then contact 1800 403 403 for your Sponsored Silence Pack. Nominate friends and families to join you. Sometimes silence can speak volumes. You can also donate by texting MND to 50300 to donate €2. Text costs €2.

Recent death: The death has occurred of May McKenna (Hughie), Derrykinnighmore, Emyvale, on Tuesday 16th February in the loving care of her family in her 100th year. Pre-deceased by her husband Jimmy, son Johnny and daughter Patricia. We extend our sympathy to her sons and daughters; Eddie, Jimmy, Rosemary, Bridie, Gerard, Maria, Philomena, Macartan, Enda, Monica, Teresa, Oliver, Dympna, Josephine and Valerie, sons in law, daughters in law, grandchildren, great grandchildren, nieces, nephews, brothers in law and sisters in law, extended family and friends. May her gentle soul Rest in Peace. Mary's funeral will take place today (Thursday) in Carrickroe chapel at 2pm; usual Covid 19 restrictions apply; the funeral will be streamed online. May she rest in peace.

Sheep worrying: Dog owners in the area are reminded to keep dogs and hounds under control to prevent sheep worrying. Dog owners must be mindful that with ownership comes responsibility to feed, house and care for your pet, but you must also remember that you have to keep them under control at all times, especially at night. Any dog, large or small, may become involved in attacking sheep. Dog attacks cause real and serious injury to sheep and have a very negative impact, both financially and emotionally, on the farmers involved and their families. Even quiet, docile dogs can turn into killers, especially if they join other dogs. Whether you live in or near the countryside or visit it for recreational purposes, you must be on guard the whole time., and do not give your dog the opportunity to attack sheep. Under the Control of Dogs Acts, it is the responsibility of the owner to ensure that they are in control of their dogs at all times.

Fundraising virtual walk: Down Syndrome North East (based in Carrickmacross) invites you to dress up in neon/colourful clothing as a mark of celebration and walk/jog/ run 3 miles or 3km at 3pm on 21st March 2021 to celebrate World Down Syndrome Day. This year more than ever, your support will guarantee that the DSCNE can continue to fulfil its mission to create a world where people with Down syndrome will feel accepted, supported and celebrated for the extraordinary individuals they are. A family participation ticket is €50, with tickets individually priced for adults, children, and students/unwaged; (first 500 entries will receive a brightly coloured DSCNE snood). There will be prizes for the best dressed participants following proof of completion of the event. Full details from the DSNE website or by phoning 042 942 3181. Please respect Covid 19 guidelines, a great event is in store.

Corduff Raferagh

Local Field Names – Many aspects of our local heritage are disappearing, but recording, photographing, archiving, displaying, publishing are ways to ensure these important elements are not forgotten or lost.

Every farm in the Corduff Raferagh area, like all farms across this island, comprise of fields which the farmer identifies by name. Some of these field names are hundreds of years old, some maybe even going back to the development of field boundaries in the late 17th or 18th century when stone walls and ditches were built, or hedgerows were planted.

Looking through the Folklore Commission essays from 1937/1938 which are available online (duchas.ie), a number of school children from this area recorded the names of fields on their own and neighbouring farms. Some are in Irish, others are in English, some are simple names such as – the meadow, the big field, the wee field, the field at the back of the house etc. Other names allude to the history of the field – such as the kiln field, Carraig An Aifrinn etc. or indeed to previous owners such as Johnny's Meadow or the field beside Moran's.

In one of the local essays, the following field names were mention – the "Crokan, was a small field with a Rock in the middle of it a few fields away from the house, Parna Gare where potatoes were planted this year (1938), Gorney a very small field with a swamp." Asking questions about these names not only provided information on their location but also clarified pronunciation. The Parna Gare pronounced Pairc Na Gowar and was explained as the goat's field. The Gorney pronounced Glorney.

During our recent Townland Snapshots, we also came across a number of field names such as "Carraig Na h-Altóra (the Rock of the Altar): A Mass-rock in Bernard Keelan's land" in Greaghlatacapple. Also "Cnoc Mor or Cóntúirt Námhad, a hill in Carrickartagh", The Hospital Rocks in Ardragh, close to the Dispensary. "The Scréag" in the townland of Corduff. Clogh Mor in Umerafree which featured in Lilly Comiskey's townland poster, for the heritage groups townland poster competition last August.

Major Field Name projects have been carried out in our neighbouring counties of Meath and Louth. From 2010-2013, hundreds of volunteers gathered field names and information from across Co. Meath which was collated and published in a book in 2013. Louth followed with their project in 2013-2014 and again hundreds of volunteers gathering information in their local areas. The IFA, County Council and many organisations encourage these projects.

This time of year is relatively quiet on the farm and may be a good time for famers and/or family members to jot down the names of their fields. Maps will be provided on request, but even to make a list of the field names would be a great head start. It will be interesting to see how many meadows, or big fields, or well fields are in the area, or how many fields retain their Irish names.

Each week we will feature some of the names collected to give a flavour of the most common or more unusual names, we will probably also need assistance with Irish name translations. Let us all get on board and create a lasting legacy of field names from this area.

Heritage Photographs from Bawn and Latton - Hopefully, you got to see the beautiful photographs courtesy of Catriona Lennon which featured in last week's Northern Standard which provided a pic-

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torial whistle stop historical tour of the neighbouring area of Bawn & Latton. The photographs were accompanied by details of the significance in the sites in the history of the area. Killahear Graveyard which features in the photographs (close to Corlatt lake), contains two inscribed headstones from this area – The first "Erected by Anne McCarey of Faraghy in memory of her beloved father Michael McCarey who died in 1876, aged 70 years and her brother Peter McCarey died 27th February 1890 aged 46 years." The second "Erected by Margaret Dwire of Curkishbane in memory of her dearly beloved husband Thomas Dwire who departed this life May 5th1863 aged 77 years." It is highly possible that other locals may have been buried in Killaher, many headstones from this ancient cemetery are unreadable and many graves are unmarked.

Facts and Folklore - the first publication by the Corduff Raferagh Heritage Group which delves into the history of two local Dispensaries, is on sale in Birdy's Newsagent and Keegan's Newsagent in Carrickmacross. You can also make arrangements through the Corduff Raferagh Heritage Messaging facility on their Facebook page or by phoning Bernie on 087 9555762. The booklet costs just €10 with all proceeds going to the Heritage Group. For those inside or outside Ireland wishing to receive a copy via post the charge will be €13 & €15 respectively to cover postage and packaging.

George McKitterick – During George's funeral ceremony last week, celebrated by his brother-in-law Fr. Hubert Martin, one particular line from the beautiful eulogy hit a chord, "the simple goodness of ordinary people never makes headlines", how true!

Local Masses – Sun 21st 11am, St. Michael's – MM Patsy Connolly, Greaghlane.

Monday and Wednesday evening are celebrated at 7.30pm via the webcam facilities. The Parish office 042 9661231 or emailstjosephscarrickmacross@outlook.com during parish office hours Monday – Friday 10am – 12.30pm.

Community Notices – For all community notices, events, announcements etc email corduffraferaghnews@gmail.com before 9 pm Monday evening.

Donagh

Pancake Tuesday

It has been repeatedly said that it's the little things that are keeping us going and surely this was very true of our attitude to Shrove/Pancake Tuesday earlier in the week. People took great delight in planning their day around pancakes, some of us even had them more than once during the day! Toppings ranged from the simple sugar and lemon combo to elaborate crepes, filled with ham and cheese or other savory delights. Photos on social media brought us into many kitchens and created the opportunity for some very artisitic pancake arrangements. Yours truely favours a bit of butter and maple syrup with crispy bacon on the side of her pancakes. Let's not wait a whole year till we do it again.

Lenten Season

Yesterday was Ash Wednesday which marks the beginning of Lent in the Christian calendar. During this long lockdown Lent may seem less relevant and the tradtion of giving up something unnecessary. That's always a personal choice, and something to refect on. What ever one does we know that Lent heralds the approach of Easter, of Spring and in this year the easing of lockdown. We all will literally be counting down the forty days of Lent in 2021!

Emylott

All clubs and organisations are finding new ways to keep going during the pandemic. You can help support Emyvale GAA by playing Emylott online. It's easy to play on the Clubforce App, just search for www.clubforce.com and follow the link to download the app. Supporting Emyvale G.A.A has never been easier to do, from any part of the World.

Emyvale Cycling Club

The Club has kindly waived membership fees this year due to the pandemic. It noted that some people were short for cash, due to the lack of work/business, and so the committee decided to do this for 2021.

The committee hopes this will encourage people to join or renew their membership. In particular they stress that membership includes insurance. "We sincerely hope that our members renew their Cycling Ireland membership, because this includes the all-important insurance.

Third party insurance is included by default, but there is also a personal accident insurance option available for an additional €10.

We would strongly advise our members to take out this option, if they are in a position to do so."

Covid Support

This week we give a special mention to parents who are home schooling during the pandemic. This has been a very challenging experience for many people. Making time, following teachers' instructions, understanding new maths and often dealing with reluctant scholars is not a minor feat! There have been great moments too, of learning together and trying new things, which the children will long remember. Hopefully schools will be able to reopen soon so they can see their friends again. In the meantime we salute you for your patience and adaptability!

RUEPOINTMEDIA

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Page:	36	Size (Sq. Cm)	572

Sport
COUNIHAN'S AGENDA WITH CLASS OF 2020

People raising thousands for charity during lockdown ...

COLM SHALVEY

Having extended their lockdown challenge into February, Lough Egish brothers Ciarán, Tony and Breandán Ward have now gone beyond the €20,000 barrier in their marathon fundraiser for SOSAD Ireland.

Having already more than doubled their initial target of 300km on their daily runs at Aughnamullen GAA complex walking track, the Wards have now set a new goal of 1,000km. Their JustGiving page has received donations of over €20,000 in aid of Irish suicide-prevention and bereavement support charity SOSAD, who have announced that they will be setting up a branch in Monaghan Town by the end of March.

Scotstown senior ladies concluded their virtual 2,000 km running challenge on Tuesday. The challenge has so far raised over €8,000 for Breast Cancer Ireland and Crocus Monaghan.

On a similar theme, Donaghmoyne Óg ran their 'Canter for Cancer' last weekend. The Fontenoys got together virtually to run/walk 5km and raise more than €5,000 to be split between Carrickmacross Cancer Society and Castleblayney Cancer Society.

Oram Sarsfields seniors are heading for the home straight of their February charity run. The Oram players are bidding to run more than 1000 miles between them over the course of the month, raising almost €1,000 for mental health charity Pieta House.

For the last decade, the Knit and Natter group based in neighbouring Blackhill have run an annual Pancake Tuesday charity appeal and while restrictions have moved their fundraising efforts online for 2021, they have received donations of over €5,500 towards Castleblayney Cancer Society and Muckno Parish Restoration Fund.

RUEPOINTMEDIA

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GAA Club Notes

CORDUFF

Corduff Gaels Lotto :

There was no winner of Corduff Gaels Lotto which took place last Sunday 21st February 2021. The jackpot was a bumper €10,000 and a builder jackpot of €3,600. Numbers drawn were 3,5,8 and 14.

Congratulations to the 5 lucky dip winners George McKitterick (Yearly), Nora Hegarty (Yearly), Niall Hand (Online), Sally McArdle c/o Rheanne and Noel Hand (Shanco). This week's jackpot is once again a bumper €10,000 with a builder jackpot of €3,700.

Remember you can play the Lotto online from the comfort of your home, anywhere in the world and we encourage you to support our Lotto especially during this pandemic as it's the only form of income and provides much needed funds for the club.

The online provider is Club Force and the link to play the Lotto is available on Corduff GAA pages on Facebook and Twitter or you can download the Club Force App. Many online options are now available so go online and buy your lotto because if you're not in you can't win! Online Lotto must be played by 6pm on Sunday and envelopes must be returned by 6pm also. Good luck.

Monaghan GAA Online Coaching Programme:

Monaghan GAA Coaching and Games in conjunction with Monaghan Education Centre are providing schools with pre-recorded videos to assist staff in delivering PE lessons. Therse videos are uploaded to Monaghan GAA YouTube channel and shared via Monaghan Education Centre and on social media outlets on Monday. Check it out every Monday!

Monaghan GAA Coaching and Games, in conjunction with senior county footballer Dessie Ward have devised an online Athletic Development Programme for 12 - 17 year olds over the month of February. There will be 2 sessions for 12-14 year olds and 2 sessions for 15 to 17 year olds. The purpose of this initiative is to assist these players to improve their physical firness and health and wellbeing by being active and taking part. All sessions are available on the Monaghan GAA You Tube channel so once again check them out!

Ladies Gaelic Football - LIDL's New Fundraising Initiative

Following the successful launch of Lidl's new campaign "Level The Playing Field" with the ladies Gaelic Football Association (LGFA) last week, Lidl Ireland has also announced a new fundraising initiative through its rewards app, Lidl Plus, to level the playing field for LGFA players across the country.

From last Monday the 15th February, Lidl is calling on customers to register for its Lidl Plus app, and sign up to the retailers fundraising initiative to raise much needed funds for our LGFA club.So, if you shop in Lidl you can help Corduff Ladies club every time you shop. Download the Lidl Plus app and between Monday 15th February and 11th April 2021 every time you spend over €30 in store and scan your app at the till you will receive a stamp on your digital card.Multiple stamps can be earned in each shop if a multiple of €30 is spent and once 6 stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total. Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

As always Corduff Ladies depend on the generosity of the people of the Corduff / Raferagh Community for support so if you shop in Lidl please get involved in this super fundraiser by downloading the app and start stamping.The app can be downloaded on https://www.lidl.ie/lidl-plus/appdownload.

KILLANNY

Lotto

Our Club lotto resumed on Sunday night last after a few weeks break due to the Covid restrictions.

Results for 21st February draw.... 5, 14, 18 & 28 - No jackpot winner!

Weekly prize winners €20 each – F.Brennan, Paraic Ruth, Martina Grose, Geraldine Keenan & Paul O'Neill

Next week's jackpot will be a whopping €10,000 – YES €10 Gee's folks!!!

(Socially distanced) draw will be held in Community Centre - €2 each or 3 for €5

Many thanks to all who continue to support us in these challenging times.

Condolences

The club would like to extend our condolences to the Duffy & McMahon Families on the recent passing of Helen Duffy (nee McMahon), Essexford. Ar dheis Dé go raibh a hanam dílis.

New RTE Quiz Show

A TV production company called 'Loosehorse' have contacted us and are currently in production on a brand-new FAMILY QUIZ SHOW for RTE One. They are looking for families from all over the country to get in touch.

Applications are open now - send applications in as soon as you can as there are limited spaces available. To apply visit Loosehorse.submit.com or email orla@loosehorse.ie for more information. They are looking for teams of 2 adults and 2 children aged between 9 and 16 years old - all team members must also be form one household. One of the adults plays the quiz in RTÉ studios and the rest of the family plays

along at home, so it really is a team game! Applicants don't have to be hardcore quizzers - there really is something there for everyone and teams are in with the chance of winning the top prize of €5,000 !

2021 Membership

Reminder that all 2021 membership renewals are now due. Please contact James Duffy (Secretary), Majella McConnon (Treasurer) or membership can be paid in Declan's shop. New members welcome!

KILLANNY LADIES

The 'Level The Playing Field' fundraising initiative is now live on Lidl Plus!

If you can, please use the Lidl app to support Killanny Ladies.

Raise up to €20,000 for your chosen club.

Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

KILLEEVAN

Cuidiú de dhith! Help Needed!

Beidh peil ag teach tar ais. Football will return to the fabulous facilities of Páirc na Sáirséalaigh and Killeevan Sarsfields GAA club. In preparation for this, we are asking you to consider giving us a helping hand within our underage Coaching Structures. Tá go leor roil ann, ceann d'achan duine! There are many different roles to suit everyone and we would greatly appreciate your help. An bhfuil suim agat? Are you interested in helping out our young boys and girls in their footballing journey? Bí i dteagmháil le/Contact Youth Officer Dermot Lynch. Go raibh maith agaibh. Cill Laobháin Abú

Fógra/Notice. Páirceanna Dúnta/Pitches Closed

De bharr na srianta atá i bhfeidhm anois tá na Páirceanna go léir DÚNTA. Due to current restrictions ALL our pitches are CLOSED. The Main Pitch, Trainning Pitch and Astro Pitch cannot be used until Govt. Restriction and Croke Park instructions change. We ask all in the community to please abide by this rule until circumstances improve. Tá an Raon Siúil fós Oscailte. The Walking track remains the only facility still Open. Go raibh míle maith agaibh

Ballraíocht/Club Membership

Tá sé in am anois clárú leis an chlub fá choinne 2021. It's that time again to once again to register your membership with the club for 2021. An Cláraitheoir Kevin Quail will be doing the rounds in the coming weeks. Tá rataí nua i bhfeidhm. New memberships rates are in operation this year.

Díghalrán Laimhe/Hand Sanitiser

Agus an Coróinvíreas ag dul in olcas, bí cinnte go leanann sibh na céimeanna tabhachtacha seo. With COVID numbers getting worse recently we ask that everyone make sure they follow the recommended steps below, particularly while using our walking track.

1 Wash your hands.
2. Wear a mask.
3. Avoid crowds.
4. Download the App.

Tá na Roan Siúl fós oscailte. The walking track remains open at Páirc na Sáirséalaigh. Éinne atá ag freastal air gabh tríd na príomhgheataí agus úsáid an díghalrán laimhe. Anyone attending our walking track, please enter grounds via Main Gates (at clubrooms) and use the hand sanitiser provided and keep to the social distancing guidelines.

Ár bPota Óir is mó ariamh! Our Biggest Jackpot EVER!

Bí istigh! We're now in Record Breaking Jackpot territory @ Killeevan GAA!

Ádh mór achan duine. Good luck to all who play.

Crannchur/Lotto
21/02/21
Na hUimhreacha
02. 18. 24. 28.
€30 Lucky Dip
Victor & Anaya, Rockcorry.
€20 Lucky Dips
Ciaran Logue, C/o Online.
Jennifer McGurk, C/o Online.
Yvonne Sheanon, C/o Online.
Treavor Bawn, Drumreena.
Cormac Cadden, Newbliss.

An Pota Óir an tseachtain seo chugainn/Next Week's jackpot is €16,100.

The draw will take place Live on Killeevan GAA Facebook page,

Sunday 28th February 2021 at 9pm

Ár mbuíochas d'achan duine a chuidíonn linn sa chrannchur.

Thanks to everyone who are supporting our Lotto.

CURRIN

Lotto

Draw result for Sunday 21st February 2021

Winning numbers, 8, 18, 19, 26.

No Jackpot winner.

4 X €25.00, 'Lucky dip', Prizewinners,

Padraic Smyth, Scotshouse.

(Smart Lotto)
Dermot Brady, Monaghan.
(Smart Lotto)
Mary Tynan, Monaghan.
(Smart Lotto)
Kate McCaul, Scotshouse.
(Smart lotto)

Next Draw will take place on Sunday 28th of February 2021. The Jackpot will now be €11,400.

Please note the lotto can be done ONLINE ONLY using SMART LOTTO. The link to log in is http://bit.ly/CurrinGAA or just search smart lotto and put in Currin.

**Due to the severity of the virus, our lotto will now be taking place ONLINE ONLY. The latest you can play online is at 9.45pm on a SUNDAY NIGHT.

Last One Standing

Currin GAA is running a small fundraising competition whereby you pick a different soccer team each week. Prize of €150 to be won and entry fee is only €10. See social media for more details or text Aoife North on 0877775960. We would really appreciate all the support you can give.

Farney Siamsa Challenge

Monaghan GAA are looking for videos of families singing, playing instruments, dancing, or reciting poetry. These are for their website and to acknowledge St Patrick's day and Seachtain na Gaeilge. Please adhere to HSE guidelines in relation to household restrictions. Videos and recordings can be sent to Marie North on 086 8575849. Let's show the talent that we have in Currin.

SCOTSTOWN

Congratulations to Bernie Sherry, winner of the National Irish Specsavers Smile Makers Competition!

Bernie Sherry, our Healthy Club Officer has been honoured in her "Phone a Ceili" initiative and efforts in helping people during the pandemic by winning the national Irish Specsavers Smile Makers Competition! Congratulations from all of us in Scotstown GAA, the local community and beyond!!!. This competition was organised by Martin Kemp (former Spandau Ballet member and Eastenders star) and his son Roman in partnership with Specsavers to celebrate heroes who have raised smiles and helped people in their local community and made isolated people feel more connected through the challenging year that went by.

Alice Daly, Tydavnet, the person who kindly nominated Bernie, mentioned the value of the initiative in the community, the involvement of all age groups in the community in it, and the way that it was adapted to "Phone a Ceili" during lockdown. It is further national recognition and beyond, of the successful "Make Your Ceili" initiative. It is also a gem of a reminder of how invaluable this initiative is in the ongoing pandemic. Bernie was nominated locally as a person whose acts of kindness, charitable endeavours or volunteering efforts could be recognised as Ireland's ultimate smile maker.

Bernie's "Make Your Ceili" initiative won the overall prize of a one to one video call with Martin and Roman Kemp who graciously thanked her for her kindness, plus a €1,000 cash prize (which she has very kindly donated to our Scotstown GAA Wellbeing events) and a glasses voucher to spend in store. Please see the video on our social media platforms for the interview with Bernie and Martin and Roman. Well done Bernie!!!

Scotstown GAA Online Club Lotto – Jackpot €6,300!!! and

a €500 Spot Prize Winner

Thanks to everyone involved in our online lotto draw for a €6,200 jackpot on Wednesday 24th February!! Please see our Social Media platforms for more details of the results. There was no winner of our draw on February 17th. Our match 3 winner tonight and spot prize winner of €500 was Arthur King. We also had 2 Lucky Dip winners this week of €20 each. They were Patricia Hughes & Brenda McCormick Congratulations! The Scotstown GAA online Lotto Draw takes place every Wednesday at 8:30pm with last entries at 8pm. The draw is conducted on-line and is fully automated using secure facilities. There are 4 numbers to choose from a range of 1 to 31.

Match the 4 numbers to win the Jackpot of €6,300.

If no jackpot winner €100 is rolled over to the following week.

Also if there is no jackpot winner there will be lucky dips.

Next draw Wednesday 3rd March at 8:30pm.

Scotstown GAA Ladies Running the Nation in 5k Regulation for Charity!

Congratulations to the Scotstown GAA ladies for completing their 2,000km challenge for raising funds for charities. The ladies started this initiative on Sunday, the 14th of February and were going cross country for cancer and virtually running 2,000km around Ireland for the past 10 days. Their motivation for this challenge is to raise funds for two very deserving charities in Breast Cancer Ireland and Crocus Monaghan. Thanks to everyone who joined in and donated. You can see their record, follow their daily activities and still donate over on the ladies' website https://scotstownladiesvirtualrun.weebly.com/. We will give an update on the final amount collected in the Ladies final report next week.

The Farney Siamsa Challenge

During the lockdown Monaghan GAA's cultural committee have been working hard and are happy to announce 'The Farney Siamsa Challenge' which commences next Monday, March 1st and runs until March 31st. This initiative is open to everyone. To participate, simply submit a video, which cannot be longer than two minutes of you, or your family, Dancing, Singing, Playing Musical Instruments, Reciting a story or Poem, Story-telling, or providing information on a local monument in the area, or anything of historical or cultural content that you would like to share with us. With Seachtaine na Gaeilge running from the 1st through to the 17th March, we look forward to seeing Irish language entries, in recognition of this event.

You can submit as many entries as you like. You can submit your entry to our club secretary or to irishculturalofficiermonaghan@gaa.ie. All Entries will be shared on Monaghan GAA's media platforms with the aim of providing everyone with superb local entertainment and talent during the month of March.

February Ciste Draw

The February Ciste draw will take place this Saturday Night February 27th at 9:45pm, appropriately for the current restrictions. We are pleased to announce that you will be able to purchase your Ciste tickets in our local shops. There are tickets, envelopes and collection boxes in each of these shops; McAloons Knockatallon; McMahon Centra, Scotstown; McCarvilles Ballinode & Killylough. You can also purchase your Ciste tickets using the Scotstown Clubforce website and clicking on 'buy event tickets' link, or you can ring Cyril McCrudden on 087 962 8521. First prize €1,000 and 5 prizes of €100 must be won. In total €18,000 in prize money is won every year!

Covid-19 Restrictions at Level 5

This week we expect an updated "Living with Covid" plan from the government. This will likely see the extension of the current the Level 5 restrictions beyond March 5th. Please see our social media platform with details on what the restrictions are in general and details of the new guidelines. The GAA Club specific guidelines remain the same (see notification on training at the end of the notes). All club games at all levels and ages are suspended indefinitely. The Kilmore walking track remains open. Please note that our GAA indoor facilities including dressing rooms, club shop, social club, gyms etc. will remained CLOSED until further notice. This is in accordance with the GAA's Covid Advisory Group's guidelines. Whenever we are given the guidelines to enable us to give definitive dates of resumption of any of our activities and facilities, we will update you here and on our Clubforce app. Please adhere to government Level 5 and HSE guidelines, on reducing your travel to within 5km unless for essential purposes, washing your hands, keeping your distance and abide by the current restrictions. Thanks for your patience and understanding. The club is still here to help out in our community.

We are still here to help

We would like to reiterate and to continue our message that we are here to help, particularly as we are still in Level 5. In light of the ongoing concerns and impacts to our daily lives over Covid-19, Scotstown GAA would like to reassure those in our community that we are here to help. The health and wellbeing of our community is very important at this time and we can phone and have a chat with those that are alone or vulnerable check if they need anything, groceries, medicines, a friendly voice and reassuring chat can help. If you are living away from the parish and have relatives that may need a hand getting in medicines or shopping or simply checking in with them, contact any committee member. Please private message on the Scotstown GAA Facebook page with any other suggestions on how we can help over the next while. We will keep you updated on our Facebook page and we are and will look out for each other. There are Tydavnet Parish Community Health and Wellbeing leaflet of crucial local numbers and contact information for people in our community. These leaflets are going out through the local shops, churches etc. Many

thanks to all those involved. As well as our physical health, our emotional wellbeing and mental health is also highly important. In these current circumstances, it is important to remember that the community supports and services are still operating. Your GP is your first point of contact in relation to both physical and mental health needs. If you, or someone you know is in crisis, contact your GP or Doc on Call on 1850 777 911, or if you are really concerned go to the Emergency Department in Cavan General Hospital. Please see our social media platforms for Local Support and Services available with contact details.

Phone a Ceili

With Level 5 restrictions ongoing, physically visiting people is not allowed. But we can still make contact with those we care about and / or are cocooning, living alone or vulnerable. They would really appreciate a phone call, letter or card just to say "I'm thinking about you, keep safe and stay strong." So please, Phone a Ceili, write a Letter, send a Card and keep in touch over the winter months and we are always here to help in anyway. We ask all our committee members and players to phone a ceili twice a week. If you would like a committee member or player to phone you, please contact our Chairman Shane on 086 836 7997.

Scotstown GAA Club Shop

If you would like to purchase Scotstown GAA merchandise, please contact Kevin on 087 742 2519 or Sinead. The Club Shop is closed as per the latest GAA guidelines.

Juvenile Coaching Interests

If anyone is interested in coaching any of our juvenile teams in 2021 Please contact Cian at 0860895676.

Kilmore track remains open

The Kilmore walking track remains open. However with Level 5 restrictions it is only available for use to those within 5km / 3 miles. Please adhere to social distancing, the one way walk system and keep within members of your household bubble while walking. There are no dogs allowed on the track. Thanks.

Thank you to the Healthcare workers.

We would like to express gratitude and thanks to all the healthcare workers who are fighting the 3rd wave of this pandemic. We also thank all the people involved in the essential goods and services that are keeping us safe, connected and fed, and everyone for their patience in abiding to the guidelines on social distancing, handwashing and staying at home. Stay safe.

Monaghan U3A Fitness Classes

Monaghan U3A are running free fitness hour classes aimed at 50+ age group Monday to Thursday at 8.15am; Tuesday 30-minute classes at 9.30 with a HSE physio and Friday Tai Chi at 9.45. For the zoom links text 087 3432275 or see our Social Media Platforms.

Return to training

The GAA's return to play has been suspended indefinitely and to April at the earliest. This news has emerged after an emergency meeting recently, of the GAA's Covid Advisory Group and on foot of a meeting earlier this week between the association, women's Gaelic games organisations and Minister of State for Sport Jack Chambers.

The bodies were informed that under the revised 'Living with Covid' guidelines to be issued this week, elite Gaelic games will no longer be allowed under Level 5 restrictions.

Congratulations to Colin Heaphey, Killymarron, Ballinode and Sarah O Carroll, Nenagh, Co. Tipperary, whose marriage took place in the Church of St. Michael the Archangel, Ballylongford on Friday 19 February 2021.

EIRE OG

Lotto:

There was no winner of this week's lotto. Next week's jackpot is €9800.

Lucky dip winners:

Cormac Caden, Newbliss, online,

Kevin Kerr, Drumully, online,

Katie Monaghan, Shankill, online,

Ciara, Conor and Clodagh Leonard, Carnowen,

Grainne and Mollie McCluskey, Kilgormley.

To enter next week's draw, download the Clubforce app and follow EireOgNaMullai or play using the paper envelopes.

Condolences to the Leonard family on the death of Joe Goodwin, brother of Tess Leonard. May he rest in peace.

BLAYNEY HURLING

New 50/50 Draw our first 50/50 draw will be held next Friday 26th February. The pot will be split evenly between one random winner and the club. Guaranteed winner every month. You can purchase ticket(s) on our Clubforce page at the following link: https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2767&intMF_ID=7833#Anchor Please support and share the link on social media.

Senior Hurlers are keeping fit during the current lockdown on the Strava fitness app. Players can download the app, join the group, log their runs and view their progress on a weekly table. Contact Jimmy for details.

Clubforce The club has moved our membership and registration process online through the Clubforce website and app. You can access registration on the following link https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2271&clb=1 where you can also download the app. If you encounter any issues, feel free to contact us and we will be happy to talk you through the process. For anyone who feels in a position to support our club through our Cairde scheme, you can do so through this registration process. Mile buiochas.

Skills Challenge We're now on Week 2 of the skills challenge and the coaches were very impressed with the high standards displayed in Week 1 videos. The winners were *Hurleys* Senan Hanratty, Max Lambe, Leroy Jay Thornton and

Finlay Moore. *Wristies* Daniel Mason, Rowan Sheehan, Riley Pattison and Tadgh Mulligan.*Sliotars* Ben McEntee, Michael Murphy, Danny Lacey and Ronan Boyd. The video for week 2 is available in the WhatsApp group, so get practising and send your video to David Connolly (U7/U9) or Benny Bolger (U11/U13) by Saturday evening at 6pm and you will enter a prize draw. Come on Camán again!!! Thanks once again to Colin Merrick for the skills demonstration, to Ruairi Farrell for the video, and to Kevin Moloney the co-ordinator – another super job!!

Photographs maybe you have a little more time on your hands at the moment to go through those biscuit tins piled high with old photos....the club are looking for photographs of the following winning teams, 1943, 1962, 1988, 1989 and 1994. Please contact David Connolly 086 2517407.

Siamsa Challenge The Acorn Life sponsored "Farney Siamsa Challenge" is set to be launched next week. With Seachtaine na Gaeilge running from 1st to 17th March this Coiste would like to challenge all clubs and everyone in the community to get involved in some way. Monaghan is an amazing county for its culture and local history. Listed below are a few ways to get involved. Can we please stress that photos, videos be restricted to the household involved and that we all respect the Government guidelines on Covid. Households can take part in one or all of the following

A. Song as Geailge no as Bearla
B. Art, huge scope here, the theme can be GAA /March/ Gaeilge /St Patricks Day ....
C. Tune
D. Comhra (can be a good news story as Gaeilge or Sean Focail)
E. Recitation
F. Dance
G. Local Heritage (Landmarks, Cures, Superstitions, Traditions in the Family, down memory lane etc) this can be text and photos or audio.

Videos and recordings are to be max of 2 mins duration and any contributions can be submitted to David Connolly Cultural Officer 0862517407 with the name of the individuals involved.

ORAM

Sponsored Run: During lockdown it can be hard for many people, and for many reasons. So Orams Sarsfields GAA senior team are undertaking a 56 miles running challenge for Pieta House. Each player will undertake 56 miles of running in aid of creating some well earned funds for a cause close to our hearts. Manager Seanie O Shea would like to open the invitation to everyone in the community and further afield to partake in the same. We will be posting some details and post some links on our social sites in the next few days for anyone interested in the partaking. Some great exercise for a great cause. We will be beginning the challenge on the 1st of February 2021.

Skills Challenges: Our coaching officer Seanie O' Shea has sent skill challenge videos to our various underage teams to work on during the lockdown, we encourage our parents to oversee the skills challenges. A number of online classes are conducted on weekly basis from members of the Monaghan senior panel for juvenile players online, we urge our juveniles & parents to avail of this coaching

NATIONAL DRAW: The GAA have extended the national draw deadlines to allow clubs to increase sales although our draw has been an outstanding success we still envisage hitting our targets of 1000 tickets sold in coming weeks,

ASTRO: Works are at an advanced stage on the astro development, with the project taking shape in recent weeks, anyone wishing to have an advertisement board on the pitch contact any committee member, hopefully the project will be completed by Mid March.

BIG TOM GARDEN: Works are due to commence in early March on the memorial garden on the club grounds.

MEMBERSHIP: Club membership is for the coming year can be paid from the 1st March until the 31st via (1) Foireann/ return to play online service, (2) Or alternatively it can paid in the Shop. The membership is vitally important for the running of the club and in particular for insurance of all our players.

Club Shop: https://playr-fit.com/oram-sarsfields-gfc/ Playerfit club shop until 4th March

DONAGHMOYNE

Lotto: The Donaghmoyne Lotto is back up and running for 2021, tickets can be left in the post box at the club rooms or you can play online using the Smart Lotto link https://bit.ly/Donaghmoyne we would like to encourage all our supporters both at home or abroad to use the online option during the current difficult period of restrictions your support is greatly appreciated.

Lotto results: 2, 16, 20, 27
Jackpot €6000
No winner.

Lucky Dip Winners:
1. Brian Whelan
2. Gerry McDonald
3. David Garland
4. Grace Callan
5. Bonzo Finnegan

Next Week's Jackpot €6100

Donaghmoyne Og Skills Challenge: Week three of the skills challenge finished with a win for Eimear Treanor over Aaron Courtney, Eimear completed 18 high catches to Aarons 12. Keep an eye on social media for this week's challenge as Louise Kerley and Stephen Finnegan take on the punt kick challenge, see if you can do better than our senior players.

Donaghmoyne Og Canter for Cancer: There was a super turnout over the weekend for the charity canter for cancer. Well done to everyone for taking part and for all the generous donations to Carrickmacross and Castleblayney Cancer Societies. The go fund me page remains open until this Friday February 26th so if you are yet to make your donation there is still time. A special mention to John Doolan for all the work organising the run and Peter Boylan for arranging the Marty Party!

Covid Restrictions: In line with the current phase 5 restrictions the pitch and Gym are closed until further notice. the walking track is open subject to social distance rules.

EMYVALE

The EMYLOTT Jackpot is now a Massive €6,400. Download and play on the Clubforce app, the clubforce website www.clubforce.com, alternatively go onto www.emyvale.net and follow the link to Emyvale GFC Lotto, or grab some tickets from local retailers. All tickets must be returned to local retailers by 6pm on Mondays. The latest numbers drawn were 3,7,21,22. There was No Jackpot winner. There were 4 Match 3 winners, Michael Mulligan Drogheda Co. Louth, Geraldine Moran Tully Emyvale, Brenda McQuillan Tonneyfinnegan Emyvale and Mickey Treanor Golan Tydavnet. Promoters prize, Nicolas McMahon & Sean & Kathleen O Brien. Thank you all for continuing to support Emyvale G.A.A.

Emyvale G.A.A Registration is now possible via the Clubforce app. Please register as soon as possible, all new members welcome.

Congratulations: Emyvale G.A.A would like to join Emyvale Ladies in congratulating club stalwart Siobhan McCluskey in her selection for the LGFA Learn to Lead Programme. An outstanding achievement and well worthy of all credit for her magnificent work on all levels.

Farney Siamsa Challenge will be launched next week. With Seachtaine na Gaeilge from 1st to 17th of March this Coiste have decided to knock the whole month of March in with some virtual contributions. All members of the community are invited to take part in some way , such as Song as Geailge no as Bearla, Recitation, Dance to name a few. If you would like to take part in this cultural event please contact the Club Secretary or Pro for more details.

National Club Draw Tickets are still in circulation, please support in any way you can. All support much appreciated. Can anyone with outstanding tickets or monies please return them as soon as possible.

Fitness Programmes are

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currently been run online by Monaghan G.A.A for certain target age groups. We encourage all children and parents to take part and complete the workouts 2-3 times a week or whenever possible.

A reminder that with Level 5 restrictions still in place all club grounds remain closed to activities until further notice.

EMYVALE LADIES CLUB NOTES

LGFA Female Leadership Programme: Huge congratulations are in order for Siobhán McCluskey, our Ladies Club PRO, who has recently been selected as 1 of 24 participants in the LGFA's Learn to Lead programme. Siobhán has worked tirelessly for her club Emyvale Ladies GAA and Emyvale GAA over the last number of years and her hard work is very much appreciated by us all. We are delighted that her talents and dedication have been recognised in her selection for this programme. Well done Siobhan, you have done us all proud and no doubt will continue to do so. We wish you all the best for this exciting year ahead.

Monaghan Ladies Midterm Takeover: Our players had an enjoyable week participating in the Monaghan Ladies Midterm Takeover. Lots of Emyvale players rose to the daily challenges that were set out each day via social media with several winning prizes for their efforts.

A special mention of appreciation to all the players from the Monaghan Ladies Senior team for organising this initiative (especially Emyvale players - Aoife, Ciara, Nicola and Therese) and who were involved in coordinating an action packed week of activities! It was great to see so many people taking part in so many of the challenges. Well done to all!

SEAN'S

Play at Home Bingo

March the 1st is fast approaching folks and the interest and enthusiasm for our new look bingo has been phenomenal. Books are flying on our online sales. People who purchase their books before 9pm on Thursday evening will receive them by email on Friday, giving plenty of time to print them. All instructions and links will be included in this email. However, don't panic, books can still be purchased after this time up until 12 noon on Monday.

This will be the ultimate comfort in playing Bingo at home. The Seans Bingo is bigger and better than ever with a a guaranteed payout of €2500 in prizes on the night and a jackpot of €16000 on 45 calls. Patrons should not dismiss playing because of the technology involved. The games will be played in the normal way and will appear on the screen and you will be able hear and see the numbers as they come up. If you have a check , unmute your device and shout. Don't panic if you miss the winning number, our caller can see all winning panels and will stop to check. All winners will receive an email with a claim form which is completed and returned to us and this will allow your winnings to be transferred to you bank account. It couldn't be simpler. Your winnings are guaranteed even if your connection drops out or you miss a number as the technology lets us view all winners in real time and not miss. If you have any queries, please message us on our social media outlets, Facebook, Instagram etc, and we will assist in in everyway. Good Luck and we look forward to the launch of this momentous innovation in playing bingo safely at home.

Club Members

As you are hopefully aware we are starting bingo again, in a new format of playing at home. This is a new concept for must of our followers and we need our membership to help and promote this ambitious approach to returning to our weekly Monday night slot. Please encourage all relations, friends and diaspora around the world to be a part of this unique opportunity to support your club during these challenging times.

Membership 2021

Membership packages for 2021 are now available on our website and the Club App. To renew your individual, or family membership via the Club App just click 'My Club' and select pay membership. Membership can also be given to any committee member.

Farney Siamsa Challenge

Farney Siamsa Challenge" is launching next week. With Seachtaine na Gaeilge from 1st to 17th of March Monaghan Coiste have decided to knock the whole month of March in with some virtual contributions. We would like to challenge all clubs and everyone in the community to get involved in some way. Monaghan is an amazing county for its culture and local history. Listed below are a few ways to get involved can I please stress that photos Videos be restricted to the household involved and that we all respect the Government guidelines on Covid.

Households can take part in one or all of the following

- Song as Gaeilge nó as Bearla
- Art huge scope here Theme can be Gaa / March/ Gaeilge / St Patricks Day ....
- Tune
- Comhrá (can be a good news story as Gaeilge or Sean Focail)
- Recitation
- Dance
- Local Heritage (Landmarks, Cures, Superstitions, Traditions in the Family, down memory lane etc) this can be text and photos or audio.

The clips are to be a maximum of 2 mins in length.

Please send all clips to Aoife McElvaney via WhatsApp on 0871736445

Seans Totto Results

Why not play our totto at www.seanmcdermotts.net, via our club app and at McEntees or Lynchs shops in the village.

This weeks jackpot was €8500, and we had no correct predictions of the number sequence. The numbers drawn were : 3,1,6,4,2,8,7,5, Our lucky dip winners were:

Gary McEntee, James Treanor, Olive McCarron, Daithi & Cianna McCormick, Noel McElvaney

Next weeks jackpot will be €8600

Sympathy

The club wishes to extend condolences to the Family of Mrs Frances McCarron, , Kilnadrain, Monaghan Town, on her recent passing.

RUEPOINTMEDIA

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GAA Club Notes

ORAM

SYMPATHY: Deepest Sympathy is extended to the Boyd Family on the death of Victor Boyd, father of former players Ciaran & Victor Boyd and grandfather of Aoran Molloy, and to Paul West on the death of his father Francie, Paul coached a large number of our senior panel through the very successful Emerald Sarsfields minor & u21 teams.

Sponsored Run:

During lockdown it can be hard for many people, and for many reasons. So Orams Sarsfields GAA senior team are undertaking a 56 miles running challenge for Pieta House. Each player will undertake 56 miles of running in aid of creating some well earned funds for a cause close to our hearts. Manager Seanie O Shea would like to open the invitation to everyone in the community and further afield to partake in the same. We will be posting some details and post some links on our social sites in the next few days for anyone interested in the partaking. Some great exercise for a great cause. We will be beginning the challenge on the 1st of February 2021.

Skills Challenges: Our coaching officer Seanie O' Shea has sent skill challenge videos to our various underage teams to work on during the lockdown, we encourage our parents to oversee the skills challenges.

NATIONAL DRAW: The GAA have extended the national draw deadlines to allow clubs to increase sales although our draw has been an outstanding success we still envisage hitting our targets of 1000 tickets sold in coming weeks,

Happy Birthday: To senior player Cathal Crowe who celebrated the big 30 at the weekend.

ASTRO: Works are at an advanced stage on the astro development, with the project taking shape in recent weeks, anyone wishing to have an advertisement board on the pitch contact any committee member, hopefully the project will be completed by Mid March. A big thank you to Aoran Molly who made a substantial contribution to the project from Boston USA.

BIG TOM GARDEN: Works are due to commence in early March on the memorial garden on the club grounds.

Sympathy: Deepest sympathy to the Mc Ardle family on the death of John Mc Ardle, New York and formerly of Tullycollive, John was popular member of the Oram senior panel in the late 80s before emigrating to New York.

CORDUFF

Corduff Gaels Lotto :

There was no winner of Corduff Gaels Lotto which took place last Sunday 14th February 2021. The jackpot was a bumper €10,000 and a builder jackpot of €3,500. Numbers drawn were 11,14,20 and 21.

Congratulations to the 5 lucky dip winners Paula Sweeney (Yearly), Chloe Keenan (Online), Pamela Ward (Online), Tracey Brennan c/o Felix and Pat Keenan c/o Ballytrain. This week's jackpot is once again a bumper €10,000 with a builder jackpot of €3,600.

Remember you can play the Lotto online from the comfort of your home, anywhere in the world and we encourage you to support our Lotto especially during this pandemic as it's the only form of income and provides much needed funds for the club.

The online provider is Club Force and the link to play the Lotto is available on Corduff GAA pages on Facebook and Twitter or you can download the Club Force App. Many online options are now available so go online and buy your lotto because if you're not in you can't win! Online Lotto must be played by 6pm on Sunday and envelopes must be returned by 6pm also. Good luck.

The Most Recent Covid Update from GAA Headquarters: The following statement was issued during the week:

The GAA's Covid Advisory Group met to consider the outcome of a meeting between the three Gaelic Games governing bodies (GAA, Ladies Gaelic Football Association and Camogie Association) and representatives of the Irish Government, including the Minister of State for Sport, which took place last week. The meeting was held to brief the governing bodies on the short-term prospects for a return to training and playing of our games. The Government representatives clarified that inter-county Gaelic Games activity is not covered under the current Level 5 exemptions for elite sports. As such a return to intercounty training or games is not permitted under the current restrictions. It was also clear that there will not be any change to this position post-March 5th when the restrictions currently in place are reviewed. It is the view of the GAA's Covid Advisory group that no on field activity will be permitted - training or games - until Easter at the earliest.

In the interim, it is expected that the Government will publish an updated "Living with Covid" plan and we expect that this will provide clarity on when clubs and counties are likely to be allowed return to training and games in 2021. It should also provide clarity on when other off-field club activities may be permitted to resume. It is clear that this extended delay to the planned return of the inter county season will have knock-on effects for both the inter county and club games programmes originally planned for 2021.

As of now the GAA have made no firm decisions on what competitions may or may not be facilitated in any revised fixture programme - such decisions will

be a factor of how much time is made available to us, both for an inter county season and for the broader participation levels that will be necessary for a meaningful club season. While we will begin to look at contingency plans for the Master Fixtures programme, we will not be able to take definitive decisions in this context until we have a clear picture of what restrictions we are likely to be operating under at various points in the year ahead.

Rest assured however, that once clarity is provided by Government and Public Health Authorities on the likely road ahead for society generally and sport in particular, the GAA will follow with its own roadmap and plan for our own activities at both inter-county and club level, that will cover whatever time is available to us for the remainder of the year. We know these latest developments will come as a great disappointment to all those who are anxious to resume their Gaelic Games involvement, be it on or off the field.

While we remain in the midst of a deadly pandemic, there is significant cause for optimism that much better days lie ahead. The manner in which we have endured and overcome thus far, both as individual members and as an Association generally, has been praised by many and is a cause of great pride to us all. With your help we are certain that we will eventually have a fulfilling season at both club and county level in 2021, just as we had in 2020. Finally, we would again like to take this opportunity to thank our members, players, coaches, managers and officers at all levels for their patience and understanding of the current situation and for co-operating with all of the restrictions that have been put in place. We want to remind you all again that we will prepare a revised Master Fixture Calendar and plan for the remainder of 2021 once a new Government road map for society and sport is made available.

Monaghan GAA Online Coaching Programme:

Monaghan GAA Coaching and Games in conjunction with Monaghan Education Centre are providing schools with pre-recorded videos to assist staff in delivering PE lessons. Therse videos are uploaded to Monaghan GAA YouTube channel and shared via Monaghan Education Centre and on social media outlets on Monday. Check it out every Monday!

Monaghan GAA Coaching and Games, in conjunction with senior county footballer Dessie Ward have devised an online Athletic Development Programme for 12 - 17 year olds over the month of February. There will be 2 sessions for 12-14 year olds and 2 sessions for 15 to 17 year olds. The purpose of this initiative is to assist these players to improve their physical firness and health and wellbeing by being active and taking part. All sessions are available on the Monaghan GAA You Tube channel so once again check them out!

Ladies Gaelic Football - LIDL's New Fundraising Initiative

Following the successful launch of Lidl's new campaign "Level The Playing Field" with the ladies Gaelic Football Association (LGFA) last week, Lidl Ireland has also announced a new fundraising initiative through its rewards app, Lidl Plus, to level the playing field for LGFA players across the country.

From last Monday the 15th February, Lidl is calling on customers to register for its Lidl Plus app, and sign up to the retailers fundraising initiative to raise much needed funds for our LGFA club.So, if you shop in Lidl you can help Corduff Ladies club every time you shop. Download the Lidl Plus app and between Monday 15th February and 11th April 2021 every time you spend over €30 in store and scan your app at the till you will receive a stamp on your digital card.Multiple stamps can be earned in each shop if a multiple of €30 is spent and once 6 stamps have been collected, users can submit their completed stamp card via the app and their stamps are then added to their chosen club's total. Each club that achieves a minimum of 50 completed digital stamp cards is guaranteed a reward, starting from a set of Lidl sponsored jerseys up to €5,000 in cash funding for clubs that collect 500 or more completed stamp cards.

As always Corduff Ladies depend on the generosity of the people of the Corduff / Raferagh Community for support so if you shop in Lidl please get involved in this super fundraiser by downloading the app and start stamping.The app can be downloaded on https://www.lidl.ie/lidl-plus/appdownload.

Monaghan Ladies Midterm Takeover:

Monaghan Ladies are in the middle of their mid-term take over.They have organised skills challenges, live Zoom workouts, player Instagram takeover, prizes to be won every day plus exciting interviews. If you haven't already participated in the fun check Monaghan Ladie Gaelic out on social media platforms!

SCOTSTOWN

Scotstown GAA's "Win A Mobile Home" winner announced!

The winner of our Mobile Home is John Caulfield, Carrowhatta, Scotstown. Congratulations!! John is the lucky winner of the luxury ABI Coworth 3 bedroom mobile home with a free year's pitch rent in a Donegal holiday home park!! We also had 10 winners of spot prizes of €100 each. They are Sharon Higgins, Imelda Daly, Elaine Mc Kenna, Carmel Ryan, Vickey O'Hagan, Theresa Hegarty, Tara Mc Carville, Geraldine Galvin, Brendan O'Brien and Anthony Gallinagh. Congratulations to you all. The winner was announced on Facebook live on Sunday last at 7pm. Thanks to everyone involved in organising the successful event and competition.

We would like to take this opportunity to thank each and every one you who purchased a ticket and for your support of our draw. Thank you from Scotstown GAA. All proceeds go to the development of the Scotstown GAA Training Grounds.

Scotstown GAA Online Club Lotto – Jackpot €6,200!!!

Thanks to everyone involved in our online lotto draw for a €6,100 jackpot on Wednesday 20th January!! Please see our Social Media platforms for more details of the results. There was no winner of our draw on February 10th. We had 3 Lucky Dip winners this week of €20 each. They were Theresa Rice, Ann Murray and Mark Mc Kenna. Congratulations!

The Scotstown GAA online Lotto Draw takes place every Wednesday at 8:30pm with last entries at 8pm. The draw is conducted on-line and is fully automated using secure facilities. There are 4 numbers to choose from a range of 1 to 31.

Match the 4 numbers to win the Jackpot of €6,200.

If no jackpot winner €100 is rolled over to the following week.

Also if there is no jackpot winner there will be lucky dips.

Next draw Wednesday 24th February at 8:30pm.

Congratulations on the new arrival

Congratulations to Ciara and Kevin Connolly on the birth of their baby girl.

We are still here to help

We would like to reiterate and to continue our message that we are here to help, particularly as we are now in Level 5. In light of the ongoing concerns and impacts to our daily lives over Covid-19, Scotstown GAA would like to reassure those in our community that we are here to help. The health and wellbeing of our community is very important at this time and we can phone and have a chat with those that are alone or vulnerable check if they need anything, groceries, medicines, a friendly voice and reassuring chat can help. If you are living away from the parish and have relatives that may need a hand getting in medicines or shopping or simply checking in with them, contact any committee member. Please private message on the Scotstown GAA Facebook page with any other suggestions on how we can help over the next while. We will keep you updated on our Facebook page and we are and will look out for each other. There are Tydavnet Parish

Community Health and Wellbeing leaflet of crucial local numbers and contact information for people in our community. These leaflets are going out through the local shops, churches etc. Many thanks to all those involved. As well as our physical health, our emotional wellbeing and mental health is also highly important. In these current circumstances, it is important to remember that the community supports and services are still operating. Your GP is your first point of contact in relation to both physical and mental health needs. If you, or someone you know is in crisis, contact your GP or Doc on Call on 1850 777 911, or if you are really concerned go to the Emergency Department in Cavan General Hospital. Please see our social media platforms for Local Support and Services available with contact details.

Phone a Ceili

With Level 5 restrictions ongoing, physically visiting people is not allowed. But we can still make contact with those we care about and / or are cocooning, living alone or vulnerable. They would really appreciate a phone call, letter or card just to say "I'm thinking about you, keep safe and stay strong." So please, Phone a Ceili, write a Letter, send a Card and keep in touch over the ~~winter months~~ and we are always here to help in anyway. We ask all our committee members and players to phone a ceili twice a week. If you would like a committee member or player to phone you, please contact our Chairman Shane on 086 836 7997.

Scotstown GAA Ladies

Running the Nation in 5k Regulation for Charity!

That's the challenge Scotstown GAA ladies have set themselves!

The ladies started this initiative on Sunday, the 14th of February and are going cross country for cancer and virtually running 2,000km around Ireland in 10 days.

Their motivation for this challenge is to raise funds for two very deserving charities in Breast Cancer Ireland and Crocus Monaghan. On Sunday last, they began their journey and they will be wearing pink as they embark on their first 200km. They would love if you could join them throughout their journey using the hashtag #RunTheNationIn5kRegulation across Facebook and Instagram! You can track their progress, follow their daily activities and donate over on the ladies' website

https://scotstownladiesvirtualrun.weebly.com/

The Ladies hope to see you along the way.

Scotstown Ladies

#RunTheNationIn5kRegulation

Scotstown GAA Club Shop

If you would like to purchase Scotstown GAA merchandise, please contact Kevin on 087 742 2519 or Sinead. The Club Shop is closed as per the latest GAA guidelines.

Juvenile Coaching Interests

If anyone is interested in coaching any of our juvenile teams in 2021 Please contact Cian at 0860895676.

Kilmore track remains open

The Kilmore walking track remains open. However with Level 5 restrictions it is only available for use to those within 5km / 3 miles. Please adhere to social distancing, the one way walk system and keep within members of your household bubble while walking. There are no dogs allowed on the track. Thanks.

February Ciste Draw

The February Ciste draw will take place on Saturday Night February 27th at 9:45pm, appropriately for the current restrictions. We are pleased to announce that you will be able to purchase your Ciste tickets in our local shops. There are tickets, envelopes and collection boxes in each of these shops; McAloons Knockatallon; McMahon Centra, Scotstown; McCarvilles Ballinode & Killylough. You can also purchase your Ciste tickets using the Scotstown Clubforce website and clicking on 'buy event tickets' link, or you can ring Cyril McCrudden on 087 962 8521. First prize €1,000 and 5 prizes of €100 must be won. In total €18,000 in prize money is won every year!

Thank you to the Healthcare workers.

We would like to express gratitude and thanks to all the healthcare workers who are fighting the 3rd wave of this pandemic. We also thank all the people involved in the essential goods and services that are keeping us safe, connected and fed, and everyone for their patience in abiding to the guidelines on social distancing, handwashing and staying at home. Stay safe.

Monaghan U3A Fitness Classes

Monaghan U3A are running free fitness hour classes aimed at 50+ age group Monday to Thursday at 8.15am; Tuesday 30-minute classes at 9.30 with a HSE physio and Friday Tai Chi at 9.45. For the zoom links text 087 3432275 or see our Social Media Platforms.

Return to training

The GAA's return to play has been suspended indefinitely and to April at the earliest. This news has emerged after an emergency meeting on Wednesday last week, of the GAA's Covid Advisory Group and on foot of a meeting earlier this week between the association, women's Gaelic games organisations and Minister of State for Sport Jack Chambers.

The bodies were informed that under the revised 'Living with Covid' guidelines to be issued the week after next, elite Gaelic games will no longer be allowed under Level 5 restrictions.

KILLEEVAN

Fógra/Notice. Páirceanna Dúnta/Pitches Closed

De bharr na srianta atá i bhfeidhm anois tá na Páirceanna go léir DÚNTA. Due to current restrictions ALL our pitches are CLOSED. The Main Pitch, Trainning Pitch and Astro Pitch cannot be used until Govt. Restriction and Croke Park instructions change. We ask all in the community to please abide by this rule until circumstances improve. Tá an Raon Siúil fós Oscailte. The Walking track remains the only facility still Open. Go raibh míle maith agaibh

Ballraíocht/Club Membership

Tá sé in am anois clárú leis an chlub fá choinne 2021. It's that time again to register your membership with the club for 2021. An Cláraitheoir Kevin Quail will be doing the rounds in the coming weeks. Tá rataí nua i bhfeidhm. New memberships rates are in operation this year.

Crannchur/Lotto

14/02/21

Na hUimhreacha

09. 11. 19. 22.

€30 Lucky Dip

Hannah & Rebbeca O'Dowd, Clones.

€20 Lucky Dips

Aideen Greenan, C/o Online.

Catriona Clerkin, C/o Online.

Lauren McCaffery, C/o Online.

David Calvert, Rockcorry, c/o Martin's Shop.

Seamus Clerkin, c/o Martin's Shop.

An Pota Óir an tseachtain seo chugainn/Next Week's jackpot is €16,000.

The draw will take place Live on Killeevan GAA Facebook page,

Sunday 21st February 2021 at 9pm

Ár mbuíochas d'achan duine a chuidíonn linn sa chrannchur.

The club would like to extend our sympathy to the McGlone family and Josie McAree on the passing of Peter McAree. May he rest in peace.

TOOME

Club Membership: Although the season is yet to commence and we are in uncertain times, it is essential to ensure that Club membership is paid, more so now than any other year as revenue and fund raising has been very limited. With that in mind we ask all our players, members and families to log in and pay their membership online in a safe and secure environment in the comfort of your home or on the go. This year we have moved to Clubforce to facilitate the payment of membership, this is a simple process and safe in the current climate. We ask that all members download the Clubforce app from the App Store or Google Play store, or you can click on the link here:

https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2409&clb=1 if viewing online.

Club membership is vital to the survival of the Club and please remember all players are required to have their membership completed to be covered for the Player Injury Fund. If you have any queries in relation to the Clubforce App please contact Damien O'Reilly on 0871252126

Level 5: All facilities remain closed as we have once again entered a level 5 lockdown. We ask all our members to remain vigilant and adhere to all government guidelines.

Youth Services: With the pandemic and the strain on our youth this can be a tough time of the year, support services are available for our youth members so please do not feel you are alone. Services available include Youth Work Ireland, CAMRY (Cavan & Monaghan Rainbow Youth), Spunout, ISPCC, Teenline Ireland and Pieta House. All these services are only a click away.

Talent Call: Monaghan GAA are to run a challenge in March looking for members to send in a short video clip of your talent, this is being orchestrated through the cultural officer and the clip can be between 20 seconds and a maximum of 2 minutes. This can be a song, a dance, a poem, a Clean joke, Sean-nós, recitation or even a brief insight into some local and cultural knowledge. More details will be circulated in the weeks ahead and will be circulated on social media also. This will run from 1st March through to 31st March, no limit on the number of entries but the time is limited to a maximum of 2 minutes. So, get ready for a little cultural fun in the month of March, in these dark times.

Community Call: Help is at hand from Monaghan County Council on 1800 804 158, offering practical support at this time and someone to talk to.

Jazzercise: Classes continue online 4 times per week, these are being organised by the Toome Community Group, if you want a fun way to exercise give it a try, contact Catherine on 086 862 3333.

Volunteers: If you would like to help the Club in any way please get in touch with either Club Chairperson - Gene Cumiskey on 087 918 6629 or Club Secretary - Leo McGinn on 085 804 9245, all help is greatly appreciated, please remember many hands make light work.

EmployAbility: Monaghan job coaches are available to offer advice and support to people with an illness, injury, disability or mental health difficulty, who are considering employment.

While many of us are lying low because of Covid 19, now may be a good time to reflect on career options, brush up your CV, identify any training needs and be ready for an earnest job search when the opportunity arises. Why not talk to one of our experienced job coaches now. We are currently holding client meetings over the phone or using social media, in line with government guidelines. Our service is confidential, free, county wide and tailored to the individual. For more information or to book an appointment contact: 087 671 4663 OR 087 330 6462

Volunteers: If you would like to help the Club in any way please get in touch with either Club Chairperson - Gene Cumiskey on 087 918 6629 or Club Secretary - Leo McGinn on 085 804 9245. We have big plans for improving our facilities and will need all the help we can get once restrictions ease and we are allowed back in St Victors Park, all help is greatly appreciated, please remember many hands make light work.

Sympathy: The Club and all our members would like to extend sympathies to the family and many friends of Mark Blessing, Concession Rd, Clonalig, Crossmaglen. Saturday, February 6th. Ar dheis Dé go raibh a anam dílis.

The Club and all our members would like to extend sympathies to the family and many friends of former Club player Peter McCabe, Corrygarry, Castleblayney, Co Monaghan. Monday, February 15th, peacefully in the tender loving care of the staff of St Mary's Hospital Castleblayney, formerly of Lane End, Toome. Ar dheis Dé go raibh a anam dílis.

BALLYBAY

National Lotto Bonus Ball Draw Saturday 13th February

Winners

Barry Duffy, Jess Mc Cabe

Eileen Brennan

Bonus Ball still available. €5 to play – 47 numbers. €80 winner.

Contact Barry 087 2589371 Teresa 086 1691304 Brian 085 7117215

ROCKCORRY

Monaghan GAA – Coaching Videos

A big thank you to the Monaghan coaching committee who have been producing coaching and skills videos for the relevant age groups within the association. We know doing this work at home off a screen is not the same as having the fun in the field with your friends and team mates, but it is important that you put aside some time for physical exercise. The videos in question are shared on the Rockcorry Facebook page and also forwarded to the groups via the club messenger service.

Underage Coaching

While we are still awaiting a date for GAA activities to return, a lot of work is ongoing in the background with the club to ensure coaches are in place for the different age groups. If anyone is interested in helping out they can contact the Club Youth Officer Sharon Fox. There is a number of requirements to be able to help out with coaching but the majority of these can be completed online with guidance from committee members. When the Association does open up again, it is envisaged it will be a busy time, so having any help that maybe available in place now, would be great.

Stay Safe

Just a reminder that the club committee are available to assist/help anyone within the community who require or need it. It is very noticeable with this particular lockdown the number of people that have tested positive or have been close contacts and are adhering to the isolation protocol. We wish a speedy recovery to anyone who has contacted Covid 19 and give a reminder that if you are self isolating and require any assistance, the committee are happy to help.

Irish Language course

An Irish Language course for complete beginners will take place on Saturday March 6th as part of Muineachan Le Gaeilge-Seachtain na Gaeilge le Energia. The course will be online between 10am and 12pm. Booking can be made via email : Nollaig@mlg.ie

Scoil Mhuire – Enrolment

As strange as it is with all the schools closed and home schooling the new norm, enrolment for 2021-22 year at Scoil Mhuire is currently been taken. Anyone wishing to enrol their child can contact 042 9742366, Donal Quigley the principal on 086 607 0328 or the secretary on 086 076 2167. Emails can also be sent to scoilmhuirerock@gmail.com

SEAN'S

Play at Home Bingo

The ultimate comfort in playing Bingo during a pandemic has arrived. The Seans Bingo is back bigger and better than ever on Monday the 1st March with a jackpot of €16000. The only difference this time is that you can play from the comfort of your own home. Using online technology, which in no way should frightened our non tech supporters, you now purchase your book and play using your phone, tablet or computer via a zoom link. How it will work: Click on www.seansbingo.com or any of the bingo links on our social media outlets. Follow the instructions for the purchase of a double or single book and that's the job done. You will receive your book and login details by the Friday evening and you are ready to go. Login on Monday anytime after 7.30pm , bingo will begin on time so don't be late. The game will appear on the screen and you will be able here and see the numbers as they come up. If you have a check , unmute your device and shout. Don't panic if

you miss the winning number, our caller can see all winning panels and will stop to check. All winners will receive an email with a claim form which is completed and returned to us and this will allow your winnings to be transferred to you bank account. It couldn't be simpler. Your winnings are guaranteed even if your connection drops out or you miss a number as the technology lets us view all winners in real time and not miss one. Remember the deadline for purchase of your book is 4pm on the Friday before in order to allow books to be emailed out and patrons to get them printed and at the ready. If you have any queries, please message us on our social media outlets, Facebook, Instagram etc, and we will assist in in everyway. Good Luck and watch out for all updates and adverts

Club Members

As you are hopefully aware we are starting bingo again, in a new format of playing at home. This is a new concept for must of our followers and we need our membership to help and promote this ambitious approach to returning to our weekly Monday night slot. Please encourage all relations, friends and diaspora around the world to be a part of this unique opportunity to support your club during these challenging times.

Juvenile Training Goes Digital

Our Coaching Officer, Patrick Kieran, has organised Monaghan GAA Coaching staff to run an online zoom session for all U7's and U9's. This will

Thanks to everyone who are supporting our Lotto.

BLAYNEY HURLING

New 50/50 Draw our first 50/50 draw will be held next Friday 26th February. The pot will be split evenly between one random winner and the club. Guaranteed winner every month. You can purchase ticket(s) on our Clubforce page at the following link: https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2767&intMF_ID=7833#Anchor Please support and share the link on social media.

Senior Hurlers are keeping fit during the current lockdown on the Strava fitness app. Players can download the app, join the group, log their runs and view their progress on a weekly table. Contact Jimmy for details.

Clubforce The club has moved our membership and registration process online through the Clubforce website and app. You can access registration on the following link https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2271&clb=1 where you can also download the app. If you encounter any issues, feel free to contact us and we will be happy to talk you through the process. For anyone who feels in a position to support our club through our Cairde scheme, you can do so through this registration process. Mile buiochas.

Skills Challenge for 4 weeks commences on 15th February. Check out the WhatsApp group, watch the video , practice the skill and then upload a video of you taking the skills challenge. Send your video to David Connolly (U7/U9) or Benny Bolger (U11/U13) by Saturday evening at 6pm and you will enter a prize draw. Prize winners will be published on your WhatsApp group and Social Media channels. Come on Camán again!!! This week the skills demonstration was done by Colin Merrick with Ruairi Farrell on camera, all co-ordinated by Kevin Moloney - many thanks gentlemen for a really professional job!

Photographs maybe you have a little more time on your hands at the moment to go through those biscuit tins piled high with old photos....the club are looking for photographs of the following winning teams, 1943, 1962, 1988, 1989 and 1994. Please contact David Connolly 086 2517407.

EIRE OG

Lotto:

There was no winner of this week's lotto. Next week's jackpot is €9700.

Lucky dip winners:

Cormac Caden, Newbliss, online, Aidán Boylan, Carnowen, online, Patrick Connolly, Rockcorry, online, Ciara, Raymond and Ellen Hand, Greenans Cross, Darren DeBurca, The Meadows.

To enter next week's draw, download the Clubforce app and follow EireOgNaMullai or play using the paper envelopes.

FAUGHES

Lotto: Lotto numbers for this week were 6, 8 12 & 28. There was no winner. Lucky dip winner was Cathy Evans, The Williows. Next weeks draw is worth an impressive €9100. Keep playing Faughs lotto online at lotto.castleblayneyfaughs.com or alternatively at the lotto boxes at various locations in the town. All money raised going towards our new development so we ask all to make the effort and support the club.

Membership: That time of year again were our club memberships is due. As per everything else at the minute, the setup is different with club memberships and registrations been completed online. The breakdown of membership for the year is as follows, Adults 100 euro, Student 60 euro both of which include gym use. Juveniles 30 euro, Cairde 300 euro which includes player membership fee. Non player rates are as follows Adult 50 euro, Adult social – for walking track only 25 euro, Family 100 euro. Pay online by logging in and registering on returntoplay.gaa.ie or alternatively drop it into a sealed envelope at the various lotto boxes located in the town. Anyone with any issues or questions, contact the treasurer on 0879186640.

Last man standing: The club have launched their first fundraiser of the year in the form of last man standing. Why not get involved and have some fun with family and friends by predicting the winners of various premier league games over the next 10 weeks. It costs just €10 and is available to play online at www.castleblayneyfaughs.com/lastmanstnding. Closing date for entry is tomorrow the 19th February when the first fixture kicks off. We encourage you all to have a punt both young and old to to help raise some much needed funds for the club.

Pitch: Just a reminder that the pitch remains closed until further notice.

Cairde: Could all cairde members please return the tax donations claim forms as soon as possible. They can be left in the lotto boxes located in the town.

If there are any notes/events you wish to have published as part of our notes please don't hesitate in contacting Brendan Carr on 0872926456 or by emailing

pro.castleblayney.monaghan@gaa.ie

CURRIN

Lotto

Draw result for Sunday 14th February 2021

Winning numbers, 4, 13, 14, 21.

No Jackpot winner.

4 X €25.00, 'Lucky dip', Prizewinners,

Majella McCabe, Scotshouse. (Smart Lotto)

Gerry McCaul, Cavan. (Smart Lotto)

Diane Fay, Scotshouse. (Smart Lotto)

Sophie O'Connor, Newtownbutler. (Smart lotto)

Next Draw will take place on Sunday 21st of February 2021. The Jackpot will now be €11,300.

Please note the lotto can be done ONLINE ONLY using SMART LOTTO. The link to log in is http://bit.ly/CurrinGAA or just search smart lotto and put in Currin.

**Due to the severity of the virus, our lotto will now be taking place ONLINE ONLY. The latest you can play online is at 9.45pm on a SUNDAY NIGHT.

Monaghan Ladies

Well done to Monaghan ladies who are keeping everyone entertained over the Mid-Term by hosting lots of skill challenges, PE classes, interviews and so much more. Well done to everyone involved, especially Ellen who hosted a live Zoom class on Tuesday.

We are here to help

We would like to let you know

that we are here to help. Considering the ongoing concerns and impacts to our daily lives over Covid-19, Currin GAA would like to reassure those in our community that we are here to help. If anyone would like any groceries or their prescription collected or even just a chat, we are here. You can contact any of our committee members and they will put you in touch with some of our volunteers.

Please follow the HSE and World Health Organisation guidelines. We would also like to praise and thank all front-line staff in whatever area they are servicing our people, but especially in healthcare and all the goodwill that is happening in our community. Stay safe.

DONAGHMOYNE

Lotto: The Donaghmoyne Lotto is back up and running for 2021, tickets can be left in the post box at the club rooms or you can play online using the Smart Lotto link https://bit.ly/Donaghmoyne we would like to encourage all our supporters both at home or abroad to use the online option during the current difficult period of restrictions your support is greatly appreciated.

Lotto results: 4, 17, 27, 32
Jackpot €5900
No winner.

Lucky Dip Winners:
1. Gavin McSkeane
2. Natasha Finnegan
3. Claire McEneaney
4. Amy McConnell
5. James Kindlon

Next Week's Jackpot €6000

Donaghmoyne Og Skills Challenge: Week two of the skills challenge finished with a tie as Cora Courtney and Mathew Marron both completed a set of seven solo runs. Keep an eye on social media for this week's challenge and see if you can do better than our senior players.

Donaghmoyne Og Canter for Cancer: This coming Saturday and Sunday February 20th and 21st Donaghmoyne Og are inviting everyone to get out and complete a 5 km run or walk and make a donation on the go fund me page with all the proceeds going to two very worthy local charities, Carrickmacross Cancer Society and Castleblayney Cancer Society. Please get out, get active and make a donation.

Covid Restrictions: In line with the current phase 5 restrictions the pitch and Gym are closed until further notice, the walking track is open subject to social distance rules.

Recent Deaths: Donaghmoyne would like to extend its deepest sympathies to the family, friends and neighbours of the late Mary Meegan, Cornacrew, Laragh.

AGHABOG

Lotto Results:

Numbers Drawn: 9 20 25 26

The Jackpot of €6,100 was no won.

5 x €20 Lucky Dip Winners:

Joanne McGorman, Mary McMahon, Ciara McCarville

James McGlone, Kevin Beagan

Next weeks Jackpot €6,100.

Envelopes are available in Gallaghers and Martins and online at Smartlotto.

Latnamard NS:

Latnamard Enrolment For New Junior Infants in 2021/2022 will take place during the month of February. Please contact the school via email to request enrolment information and packs. All enquiries are welcome. Telephone: (042)9744143 (Mondays 10:00am-12:00pm) E-mail: office@latnamardns.com.

Sympathy:

The club was saddened to learn about the death of club member Raymond Logue. A past player and dedicated supporter he will be sadly missed at Pairc Emmet. We send our sympathy to Edel, Aoife, Ciaran, his grandchildren and extended family members. Ar dheis Dé go raibh a anam.

Sympathy:

take place on Saturday the 20th Feb at 10.45am. For details and link contact Patrick on 0871381058. We would encourage all parents to make this the starting point for this years activities.

Seans Totto Results

Why not play our totto at www.seanmcdermotts.net, via our club app and at McEntees or Lynchs shops in the village.

This weeks jackpot was €8400, and we had no correct predictions of the number sequence. The numbers drawn were : 4,5,7,8,1,3,6,2, Our lucky dip winners were:

Gary McEntee, Ciaran Murphy, Eamon & Noeleen Coyle, Greg & Rona McMahon, Padraic, Eanna,& Tadhg

Next weeks jackpot will be €8500

EMYVALE

Club Registration is underway for everyone via the Clubforce app or contact committee members for details. We look forward to welcoming all new members into our Club.

The EMYLOTT Jackpot is now a Massive €6,300. Download and play on the Clubforce app, the clubforce website www.clubforce.com, alternatively go onto www.emyvale.net and follow the link to Emyvale GFC Lotto, or grab some tickets from local retailers. All tickets must be, returned to local retailers by 6pm on Mondays. Numbers drawn were 16,18,21,24. There was no Jackpot winner. There was 1 Match 3 winner, Barry McCarron Cappagh, Tydavnet. Promoter's prize went to Nicolas McMahon & Ciaran Connolly/Shane McCarron.

National Club Draw tickets are on sale @ €10 each with fantastic prizes on offer. We kindly ask everyone to try and sell and return books as quickly as possible please.

Fitness Programs for underage players are currently available for everyone to use. Monaghan player Dessie Ward has created some fantastic workouts for various age groups. The workout content will be distributed from each target age group coach via team social media. We encourage all target age group players and family members to use this time to take advantage of these workouts from a highly qualified PT and help achieve a healthy body and mind.

EMYVALE LADIES

Cúl na Bliana Award: We're delighted to see Emyvale Senior Ladies player Therese McNally in the running for the AIG Cúl na Bliana (Goal of the Year) award for her cracking goal against Galway last year! We'd love to see her win this award so why not give her your vote! You can vote on the TG4 website by using the following link https://www.tg4.ie/aig

All entries submitted will be in with a chance to win a €500 O'Neills voucher! Entries close at 8pm on 28th February so lets get voting!!

Keeping active! There have been lots of activities taking place online over the last number of weeks to keep all our players busy and fit during this current phase of restrictions. Keep an eye on our Social media channels on Facebook and Twitter for all the latest updates. This week sees the Monaghan County Senior players putting us through our paces with their Midterm Takeover. There have been some excellent contributions from the county representatives from our own club who are all getting behind this initiative and encouraging all players to keep active and build on their skills while they are not at usual training sessions. We encourage players to keep up this good work to help improve their overall physical and mental wellbeing.

Lidl Ireland Level the Playing Field: If any followers or members of Emyvale Ladies GFC use Lidl as their chosen supermarket, we would be delighted if you would please consider supporting our club with this fantastic new initiative from Lidl Ireland! All you need to do is download the Lidl Plus App and each time you spend over €30 in store between 15th February and 11th April and scan the app at the till you will receive a digital stamp. All stamps registered go towards Emyvale Ladies club which in turn will then earn the club sets of jerseys along with other cash prizes! So just select Emyvale Ladies as your chosen club in the app and Lidl will look after the rest. All support would be greatly appreciated.

SDG supporting Emyvale

Ladies U16: Emyvale Ladies GFC were delighted this week to be presented with personalised hooded tops for each member of the 2020 U16 panel to mark the occasion of reaching the U16 County Final. The sports tops were kindly sponsored by SDG Contracts who have been a loyal supporter of the Emyvale Ladies club and underage teams for a number of years.

Having made their way successfully through the group stages of the 2020 season, this excellent U16 team reached the Final but unfortunately the match never took place due to Covid19 restrictions. This was a huge disappointment to both team and management who were eagerly awaiting the opportunity to play in the Final.

At the presentation of the sports tops to representatives of the U16 team, team manager Finbar McElroy commended the team on their commitment throughout the season and regretted that they did not get their chance to show the results of their hard work on a Final Day. He also conveyed his sincere and grateful appreciation of the generosity shown by Seamus Duffy and the team at SDG who have been most loyal in their support of the team. He expressed his good wishes to the SDG Group as they celebrate 30 years in business and wished them continued success.

The Emyvale Ladies club sincerely appreciates this kind gesture by the SDG Group and look forward to a successful 2021 for both their business and our U16 team.

HARPS

Monaghan Harps Lotto: The numbers for last Sunday's draw were 17, 22, 26 and 30. Jackpot of €3,200 not won. The four €40 lucky-dip prize winners were: Brian O'Sullivan c/o ClubZap; Mel McMorrow c/o ClubZap; Bernie Ward c/o Jimmy Croarkin; and Adrian Dalton (direct debit) c/o himself. The sellers' prize of €20 was won by Joe Finlay. Jackpot for Sunday, February 21 is €3,300. The club is asking members willing and financially able to contribute through our lotto towards club maintenance and running expenses. This can be done by two options: set up a standing order to our club lotto via quarterly or annual payments or using our new club app by downloading 'ClubZap' on your phone, registering as a Monaghan Harps GAA Club member and buying club lotto in bulk or on a weekly basis. Anyone interested can contact either Rose Donnelly (086 0825782); Maria McKenna (086 1057725) or Adrian Dalton (087 7859582). Thanks to everyone for their continued support for our lotto, which plays an integral part for the club. Please note that the cut-off point for ClubZap each week is 6pm on Sunday, while physical tickets should be with the lotto committee by 9pm.

Every Step Counts: Our Healthy Club Officer Úna Forde has registered the club for the GAA/Irish Life Every Step Counts challenge, where we have already more than tripled the 4,000 km target. Clubs who reach the target of walking a combined total of 4,000 km by March 3 – the equivalent of walking around the coastline of Ireland – will be entered into a draw to win O'Neill's vouchers to the value of €2500, €1500 or €1000. Well done to the many club members taking part so far and we encourage everyone to keep up the good work and stay active within the guidelines. To take part, download the My Life app, register your details, tap on the social tab within the app and select your club. Family and friends can join in too.

Coaching: Due to the ongoing Covid-19 restrictions, Monaghan GAA Coaching & Games, in conjunction with county player Dessie Ward, have devised an online Athletic Development Programme for 12- to 17-year-olds over the month of February. The purpose of this initiative is to assist these players improve their physical fitness and health & wellbeing by being active and taking part. There are four sessions in total, two for 12- to 14-year-olds and two for 15- to 17-year-olds. There are also sessions for U-11s starting this weekend. The Monaghan senior ladies have been running online activities for mid-term all this week, finishing tomorrow (Friday).

Congratulations: To Conor Callan and Sinéad on the birth of their son Charlie last week. Comhghairdeas freisin (belatedly) to Shane Smyth and Róisín on the birth of Donagh in December.

Cumann Cláirsigh Mhuineacháin – Here To Help: We continue to be aware of the disruption caused by Covid-19, particularly to the elderly and vulnerable members of our community. The health and wellbeing of all our community is extremely important to us in Monaghan Harps GAA . See our club's social media accounts for useful contact numbers and some tips to mind your physical and mental health.

National Club Draw: The 2021 National Club Draw has been postponed until June to enable clubs to sell tickets when public health restrictions are lifted. We will arrange distribution of tickets at a later date. Please hold on to the tickets given out to date. For anyone who has already sold a book of tickets, please drop them into the letterbox at our clubhouse and contact Rose Donnelly.

Muineachán le Gaeilge: Tá Ranganna Comhrá ó Muineachán le Gaeilge le fail ar Zoom. Beidh bunrang agus meánrang ar fáil agus beidh na ranganna ar siúl ar feadh uair an chloig uair amháin sa tseachtain. Tabharfaidh na ranganna seo deis do dhaoine Gaeilge a fhoghlaim óna dtithe féin agus bualadh le daoine eile ar fud an chontae trí mheán na Gaeilge. Is é €15 an costas atá ar an chúrsa 12 seachtaine seo.

Muineachán le Gaeilge commenced Conversational Irish classes on Zoom on January 18. There will be a beginners' and intermediate class available and classes will take place for one hour per week on Zoom. These classes give people the opportunity to learn Irish in their own home and meet other people all over the county through the medium of Irish. The cost of this 12-week course is €15.

Seol ríomhphost chuig nollaig@mlg.ie chun spás a chur in áirithe. Send an email to nollaig@mlg.ie to book your place.

Club Leadership Development: There are still some online events remaining in the Club Leadership Development Programme for which club officers can register. See learning.gaa.ie for more details.

GVI fundraiser: As part of the GVI Ambassador programme, Mary White is organising a clothes collection for Saturday, February 27 in McNally's car park in town. Clothing, shoes, bed linen, curtains and handbags can be accepted. Collection can be arranged by contacting Mary on 083 8750843.

Club app: As well as offering an option to support our lotto, our new club app also has a function to pay your annual membership, make financial donations to the club, as well as a communication suite for all that goes on at the club. You can get involved by downloading 'ClubZap' on your phone and registering as a Monaghan Harps GAA Club member.

TYHOLLAND

Slotto: Our Slotto Jackpot of €9,500 was not won last weekend and now stands at one of the highest Jackpots in the county at €9,600!! The numbers drawn last weekend were 4, 13, 16, 28. Congrats to our match 3 winners who share in the €100 Match 3 pot; Barry Farrelly and Cillian & Tadhg Connolly. Our promoters prize this week was given to Sue Connolly. Remember if you wish to be included in the sellers prize, contact Roisin on 086 8278766, you must be selling regularly to be included. Our online playing option is proving to be very popular and it's great to see so many of our supporters overseas playing weekly. Log onto www.smartlotto.ie/tyholland to join in. You can still enter at Mackles Silverstream, Hughes Costcutter and at the centre!

Return to Training: With the restrictions due to last until March 5th we do not expect any announcement for the GAA regarding training until this date. However we encourage you all to get in some activity / exercise every day within your 5km radius. Many thanks to Paul

McCormick who has organised Zoom home workouts for members on Mondays and Fridays. Details for this are on your whatsapp groups. Thanks also to Monaghan GAA who are providing home workouts for primary school children from their coaches via their facebook page.

Coaching: We are very lucky to have such committed coaches and volunteers in our community but are in desperate need of new recruits for our teams. As you know we cater for all ages from 4 years old upwards and you don't need to be a footballing expert as all the help you need will be on hand! If you could spare a couple of hours a week and help out with any of our teams please contact our Coaching Officer Peadar on 086 8371117 or Youth Officer Alan on 086 3850435 who will give you some more info... you won't regret it!!!

Medics: All our teams each have a dedicated first aider to deal with minor incidents on the field. Training is given to any volunteers in this role and we have an opening for some age groups so if you are interested please call Childrens Officer Selina on 086 3444797.

Registration: As the new season of football approachs club membership 2021 is now due for renewal. We understand that it is still uncertain what this season will bring but we can assure you that we are ready to have all paid up members back on the field as soon as possible. The fees are as follows; Family: €75, Adult Player €50, Adult non-player €25, Student Player €30, Juvenille €20 (must register with one adult parent/guardian). You can pay your membership to our registrar Siobhan McKenna on 086 3470108 by Revolut or pop it into one of the brown envelopes at the centre door and post it through the slotto letterbox. Please be sure to put your name and contact details on both. Remember the grounds are for use only by fully paid up club members.

Covid-19 Safety: The government have decided to extend the current restrictions until March 5th and we want to remind you that our club is still here to help out in our community in any way we can. Remember to check in on your vulnerable neighbours who may need support. Please follow HSE guidelines and we will get through this and hopefully we will see St. Patricks park alive with football again in the near future!

Covid Support: While we are all aware of the many services available for support during lockdown, Monaghan County Council are also offering support and the option of a friendly chat for anyone who is struggling or feeling lonely at this time. Do not hesitate to call 1800 80418.

GAA National Club Draw: You can support your club AND be entered into a brilliant draw with 15 fabulous prizes by buying a ticket for the National Club Draw. Tickets at €10 are available from any committee member and all monies raised remain in our club! Can everyone please return tickets and money to Roisin asap.

Comhghairdeas to Conor McKenna who has been re-elected as Chairperson of the Monaghan GAA New York Committee for 2021.

CLONTIBRET

GAA Covid Update

The latest GAA Covid update offers little comfort for the GAA community with little or no on-field activity expected to resume this side of Easter as it is now expected that Level 5 restrictions may last until then. Meanwhile the track remains open and users are asked to observe all guidelines with regard to sanitising hands and maintaining social distance including following the one-way system.

Sympathy

Sympathy is extended to Brendan Magennis on the death of his brother in law Tom Scullion a noted GAA man from Bellaghy . Ar dheis Dé go raibh a anam.

Camogie

On Saturday evening at 7.00pm the Camogie Association 'Volunteer of the Year Award' 2020 will be streamed on the Camogie Association Facebook page, in conjunction with the Association's Media Awards. Well-known news reader, Eileen Dunne, will be MC of the event in honour of her late father, Mick Dunne, after whom 3 of the media awards are named. Hopefully as many as possible will log in to celebrate with Ned McCann, Monaghan's worthy recipient. Enjoy the occasion Ned!

Congratulations to rising camogie star Rebecca Hamill who successfully applied for the Camogie Association's PR-Óg programme and began online training last week. The webinar proved so popular that it was agreed to roll it out to other would-be PRO's and Demi Moen, one of our club executive members, has been chosen to undertake parallel training relating to the PR-Óg programme. This training will commence shortly. Well done to both Rebecca and Demi on their initiative and their willingness to enhance their skills for the benefit of the club.

BLACKHILL

Bereavements:

Blackhill GAA club extends sympathy to the West family following the death of my father Francie West on Thursday last. Francie gave three decades of dedicated service to the Blackhill club executive mostly in the capacity of club secretary and county board delegate. Francie was honoured in 1993 with the Monaghan GAA senior club official of the year award. Francie's grandchildren Seán, Kate and Dónal West and Hayley and Christopher Hamill are all juvenile players with our club.

Ar dheis Dé go raibh a-nAnamachta dhílis.

Blackhill GAA club extends sincere sympathy to Deirdre Kelly (sister of Marie Murphy, Formil) and family following the passing of Mickey kelly, late of Clones. Suaimhneas síoraí dá hanam dílis.

Shrove (Pancake) Tuesday Annual Charity Fundraiser:

The Blackhill knit and natter annual pancake Tuesday fundraiser moved online as a Go Fund Me event this year and by teatime on Tuesday we were through the €4000 barrier. Congratulations to the committee and thank you to everybody who generously donated. The entire proceeds will be divided between Castleblayney Cancer and St. Mary's Church restoration fund. To make a donation go to https://bit.ly/3aYyCNk

John Runner McGough Track:

The next phase of renovation of the track is pencilled in for 10 AM on Saturday.

The John "Runner" McGough track at Blackhill is open to club members. A one-way anti-clockwise system is in operation, hand cleaning stations are on-site and social distancing minimum 2m rules apply. The track is floodlit (recently upgraded) and open until 9pm nightly. Social membership (insurance) is available for €10 for any person in the community wishing to use our track. We have a lot of young children using the track now and for safety purposes please ensure you close the main gate properly when entering and exiting the track area.

TRUAGH

Lotto Jackpot NOW €5,800

Lotto Draw 14/02/21

Lotto Sponsor for February: MGM Electrical & Data Services Ltd, Deravoy

Draw results sponsored by Inov8 Contracts Ltd

Numbers drawn: 2, 13, 16 & 21

NO JACKPOT WINNER

2 x Match 3 Winners share €100.

Olivia Mckenna – New York

Gerry McAnespie – Deravoy

Yearly Seller – Josie Brady

Next Lotto draw will take place on Sunday 21st February where the jackpot will be €5,800.

You can try your luck online via Clubforce or alternatively a completed Lotto envelope can be dropped into the post box at St Mellans before 9pm every Sunday.

Lotto Sponsorship:

If anyone is interested in sponsoring our Club lotto, either the weekly results or monthly draws, please contact Martin on 086 3793256.

GAA Diversity & Inclusion Webinar Postponement

There are still a number of

Diversity & Inclusion webinars to be delivered by the GAA in the coming weeks and they are not to be missed. The new dates will be shared when we receive them.

Operation Transformation 5K

The Operation Transformation 5K in association with Athletics Ireland and Sport Ireland is back! On Thursday, Friday and Saturday, the 18th 19th and 20th of February, the GAA are inviting you to take part this year by participating in a VIRTUAL OT 5K. You MUST register to take part in this event. Register at https://ot.rte.ie/events/the-operation-transformation-5k/ . Once registered you can select the day that you want to do your 5k. The GAA want to see your 5K Journey!! Please send any footage you take before, during or after you 5K experience to otvirtual5k@gmail.com

Please ensure that when you arrange your 5k that, at all times, it is in accordance with all Government Level 5 guidelines.

GAA Museum Virtual Book Club

While it's not possible to visit the GAA Museum or its Library & Archives in person right now, you can still learn more about Gaelic Games and the history of the Association by becoming a member of their new virtual GAA Museum Book Club. Each month the GAA Museum team will choose a well-known GAA book to read and review. At the end of the month, the museum will host a free online interview with the author, in which members can submit questions and comments. The ambition of the book club is to review some of the great GAA books and to give us all a much-needed sporting boost as we stay at home. You can find out more and how to get involved via the following link: https://crokepark.ie/bookclub

February Wellbeing Calendar

Irish Life Health have developed a Calendar of resources for February, with a Focus on Women's Health & Cancer Care, it is available to view and download here: WorkLife-February-Wellbeing-Schedule_Health.pdf (irishlifehealth.ie)

Upcoming Webinar - 'Where We All Belong' – bringing the GAA manifesto to life through the work of the Community & Health Department

This webinar will be held on Thursday the 25 February from 7-8.30pm. Presented by Colin Regan (Head of Community and Health), Geraldine McTavish (National Diversity and Inclusion Officer) and members of the Community and Health team. It will cover:

- An overview of the work of the department, including Community & Health committee structures, the Healthy Club Project, Social Inclusion/GAA for All, Youth leadership, Social Games & Physical Activities, Mental fitness, Substance abuse & Gambling Awareness, Healthy Eating, Community and Personal Development, and the new Green Clubs programme.
- Case studies of the benefits experienced by rural, urban, commuter belt, and international GAA units.
- The role of partnership at all levels of the Association, including how to connect with and attract under-represented populations and maximise access to public funding opportunities.
- Engaging with young digitally savvy volunteers who can also bring new ideas and opportunities.

To enrol in the webinar please click on the following link: 'Where We All Belong' – bringing the GAA manifesto to life through the work of the Community & Health Department, 25 February

EmployAbility:

EmployAbility Monaghan job coaches are available to offer advice and support to people with an illness, injury, disability or mental health difficulty, who are considering employment.

While many of us are lying low because of Covid 19, now may be a good time to reflect on career options, brush up your CV, identify any training needs and be ready for an earnest job search when the opportunity arises.

Why not talk to one of our experienced job coaches now. Employability Monaghan are currently holding client meetings over the phone or using social media, in line with government guidelines. Our service is confidential, free, county wide and tailored to the individual.

Together they can talk about your experience, aspirations and concerns; develop career goals and put a plan in place to achieve these goals. They can discuss any additional supports that may be required to help you access employment. For many people with a hidden disability, long-term physical or mental health condition, the issue of whether or not to disclose this to a potential employer can be a major barrier in considering employment. They can also discuss this issue with you and work out the best way forward.

For more information or to book an appointment contact: 087 671 4663 OR 087 330 6462

Walking Track – Level 5 restrictions

As we continue in level 5 restrictions ALL Club facilities & buildings remain closed except for the walking track which is open to the entire Community. Please observe social distancing, use sanitiser and follow the 1-way system.

GAA National Club Draw

There are still some National Club Draw tickets available online on the Clubforce App. Tickets €10 with some amazing prizes to be won!!! Draw will take place on 4th June 2021.

M'ACLOONE

Club Lotto

Thanks to everyone who took part in our Lotto last week. We had no winner of the draw this week. The numbers drawn were 15, 19, 22 and 26. The lucky dip winners were Kyle Gilsenan, Cherie Shekelton, Marion Meegan and Joy Belson. Each winner receives €30. The next draw will take place on Monday evening and will be for a jackpot of €2700.

Lotto sales

Our Lotto is our main source of income and heavily supports the running of the club. Please support the club by buying an envelope from our new stands in Justin's and McGrane's shops or by using the link below. https://play.clubforce.com/play_newa.asp?ll_id=672&_ga=#Anchor. You can also download the Clubforce App. One envelope is €2 or 3 envelopes for €5. Cut off time for playing the lotto online is 6pm on Monday evening.

Membership 2021

Although football season has not yet commenced, the 2021 memberships are now due. With the current level 5 restrictions in place, we encourage members to renew their membership by using one of the following methods:

- Online via www.Foireann.ie / returntoplay.gaa.ie
- Bank transfer – by contacting Treasurer for IBAN/BIC details & membership form.

Please note that all memberships should be paid by 31st March to ensure voting rights at our AGM and Lotto entry from April 1st. It is also important that all players have their membership completed to be covered by the Player Injury Fund.

All enquiries regarding registration can be made to the following: - Sean Egan - Registrar (text 087 681 6011),

Mary Cosgrove - treasurer.magheracloone.monaghan@gaa.ie or text 087 2295517),

Brian Busby - secretary.magheracloone.monaghan@gaa.ie or text 087 985 6364).

A'MULLEN

Lotto: The Lotto resumed on Sunday night last after a few weeks away due to the Covid 19 Restrictions. Many thanks to all those who supported the lotto either online last weekend or bought envelopes from our sellers. We know times are very challenging at present and the club appreciates all the support it receives from within and outside our community.

Anyway the numbers drawn out on Sunday night were 2,6,10 & 16. There was no winner and next weeks jackpot is €5,100.

Lucky Dip Winners
Online
Sean Moffett, Brian Mc Ardle
Envelopes
Ray Kerley, Niall Hughes
Brendan Markey, Killian Lambe
Alex Ward, Mary Mc Geough,
Eileen Deery

Membership: Membership is now due and anyone wishing to pay their annual subscription please contact Club Treasurer Debbie Mc Ardle on 0862760850. Anyone who is paying their membership can they include their phone numbers if possible as the new registration system requires this thanks.

Development Update:

Just an update on our development following on from our successful fundraiser from 2019.

As soon as the construction restrictions are lifted which will hopefully be in mid March, work will begin on our long awaited Asto Turf which will enable our teams to train on.

Floodlights:

The Club have now received planning permission to put up new floodlights on our main pitch. Currently the development committee are working on quotations etc. By updating our lights, the club will be in a better position for training facilities and be in a position to host more matches in the future.

Thank you for your continued support.

Sympathy: Sympathy is extended to the Callan Family Tullynamalroe on the death of their aunt Mary Meegan Cornacrew Laragh may god have mercy on her soul. To the West & Connolly family Carrickatee on the death of their cousin Francie West Castleblayney may god have mercy on his soul.

Monaghan GAA: At present Monaghan GAA Coaching in conjunction with the Coaching Committee and some Monaghan County Players are organising Coaching Sessions online for our young juveniles both Boys & Girls. This Saturday the 20th February Michael Bannigan is organising an online coaching session for all Under 11 boys and Girls from 12 noon. Please check Monaghan GAA Social Media outlets for more details.

Well Done: Well done is extended to former juvenile player with our club Shane Mc Guirk who achieved the perfect darts game i.e. 9 Dart finish at the recent PDC Q School Qualifiers. This is a great achievement. At present Shane continues to play in these qualifiers and all at Aughnamullen GAA wish Shane the best of luck in achieving a Tour Professional Card for 2021.

Fundraiser: Local Family the Ward Tullynaegish are still continuing to fundraiser in aid of Sosad Ireland. This is a wonderful initiative by the Ward Family and you can still donate by logging into the following. www.justgiving.com/fundraising/3wardbros

LADIES: Aughnamullen Ladies- Lidl Ireland are starting a new initiative for Ladies Football. Their initiative is offering ladies clubs across the country to win much needed jerseys and funds.

How to support Aughnamullen ladies-

Download the Lidl plus app and register an account. Starting from the 15th of February you can select Aughnamullen Ladies as the club to support. When you spend over €30 instore and scan your Lidl plus app to earn a stamp. Collect 6 stamps and submit your completed stamp card. Users can submit multiple stamp cards. This initiative ends April 11th.

CLONES

Lotto Result 15/02/21

Numbers: 14,16,22,23

Jackpot: €2,200 Winner: None

Lucky Dip Winners:

Ria McKenna, C/o Joanne Reihill

Attracta Brady, C/o P Geoghegan

Mickey McGovern, 11 Millbrook Upr

Declan Flanagan, London Town

Dominic Slowey,Caraveetra

Sellers Prize: Joanne Reihill

Next Week's draw is on Monday 22nd February. Jackpot will be €2,400. Tickets are now €2 per line or 3 for €5. Why not combine a yearly club Lotto and Membership and save over 20%.

https://www.klubfunder.com/Clubs/St_Tiernachs_GFC/Membership … Thank you for your continued support.

Membership

Membership can be paid now to any member of the executive or online.

https://www.klubfunder.com/Clubs/St_Tiernachs_GFC/Membership …

National Club Draw

Last few weeks to support the National Club Draw that will take place next month. All money raised will go direct to the club and the prizes are being sponsored by Croke Park. Tickets can be bought on the Klubfunder page https://www.klubfunder.com/Clubs/St_Tiernachs_GFC/MemberEventsSales

Merchandise

The club is currently organising a Merchandise order of Gear for the season ahead. There is also casual gear for sale. We will be placing an Order on Friday 26th so if you need anything, please get your order in by then, Contact Joanne Reihill to place your order. 086-0712690

MyLife Challenge

The club is taking part in the Irish Life Steps challenge that is encouraging communities to get out and walk. The App (MyLife) can be downloaded from the App store. Join the Ulster challenge and look for Clones St Tiarnachs to join the club effort. We have now close to the 6,000km but we might as well look to get to 10,000km. Still enough time to get going and helping the club to gather the steps.

Condolences

2021 is not one we are likely to forget in a hurry and in the last week we have lost even more friends.

First, we lost Eamonn Monahan after a short illness. Eamonn was a member of the 1949/50 Minor Championship winning team and had been inducted into the Hall of Fame some years back. Our condolences to all the Monahan family at this very sad time.

Tuesday was another black day as one of the club's long-term friends and past Club Secretary and Committee member Ben Quinn passed away.

Ben will always be remembered for all the hard work that he put into the club over the years and his constant support of our teams, especially when his sons Brian and Manus were lined out for the club.

One of life's true gentlemen, and a great man to give wise advice when asked. He will be sorely missed around St Tiernach's Park when the season gets up and running again. Ben's funeral will take place Thursday morning.

We would also like to offer our condolences to committee member and past club Chairman Fintan Cunningham and his mother Patricia on the death of his father Pacelli this week also.

The club would also like to extend its deepest condolences to Deirdre and Luke Kelly and indeed the extended Kelly and Armstrong families on the passing of Mickey after a short illness. Mickeys funeral will be taking place Friday morning.

Ar dheis Dé go raibh a n-anamacha

INNISKEEN

Lotto

The Lotto has been suspended for further notice due to further level 5 restrictions. We will notify when this will return. Thanks to everyone to date for their support with the lotto and hope this will continue. It is much appreciated.

Fields

Please note that all the fields within Inniskeen Grattan's is currently closed until further notice.

Vacancy

Inniskeen West Louth Development - Community Employment – 19 ½ hours per week at Inniskeen Grattan's. If interested please contact Catriona O'Rourke 087 2055119 or any committee member ASAP.

RUEPOINTMEDIA

Publication:	womansway.ie	**Media Cost (€):**	3
Date:	Friday, February 26, 2021	**Reach**	272
Page:	Link	**Size (Sq. Cm)**	460

Fashion for breast cancer

A new collaboration between breast cancer survivors and an Irish design company aims to raise funds to help support those with the disease. The Embrace is a limited edition t-shirt for a great cause… and available now.
A new limited edition t-shirt in support of breast cancer is being launched this International Women's Day. The idea was inspired by breast cancer Ireland Ambassador and cancer survivor Paula McLean. This first collaboration is with Irish design duo Jill & Gill but is part of a wider Style Unravels breast cancer (SUBC) initiative. All funds raised from the sale of the limited run of 500 SUBC x Jill & Gill T-shirts will go to breast cancer Ireland to support their work.

Paula explained: "This inaugural campaign is a very special one. In collaboration with Jill & Gill, I wanted to create, not just a fashionable piece, but a style staple that would act as a means of creating conversations amongst women of all ages about the importance of being breast aware."

The idea for the t-shirt design was created, she says, when "five incredibly strong women, and fellow breast cancer Ireland Ambassadors, came together and shared their brave and powerful stories around their diagnoses." Gill & Gill then captured the essence of their stories in creating 'The Embrace' design.

Jill & Gill's Gillian Henderson speaking about the collaboration said: "As designers we tell stories visually. When Paula approached us to create artwork for a design to raise funds for breast cancer Ireland we knew that whatever we created needed to speak to everyone, not just to those women that have experienced this disease."

" Most importantly, the concept of 'The Embrace' came from the raw and honest discussions about how a hug became far greater than a simple embrace – each hug became tighter and longer, largely because of the fear of leaving loved ones, children, parents and partners – an embrace that came to mean so much more," she says.

Over 3000 women a year are diagnosed with breast cancer and CEO of breast cancer Ireland, Aisling Hurley welcome the fundraising initiative: "This is a wonderful, creative and much welcomed initiative, through which vital funds will be raised, allowing us to continue our work with the very best cancer research experts in the world with a view to developing newer, more effective drug therapies ensuring greater survival rates amongst patients, ultimately realising our goal of transforming this disease into a long-term treatable illness."

Each limited edition SUBC x Jill & Gill T-shirt is sustainably sourced and ethically made using 100% organic cotton all proceeds going to breast cancer Ireland, price of €50 exclusively available for pre-order at styleunravelsbreastcancer.com

RUEPOINTMEDIA

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'It just feels like we are being robbed of time' - Muireann O'Connell

Broadcaster Muireann O'Connell tells Liadán Hynes about the sense of despair that has crept in with lockdown, and why she's avoiding social media Muireann O'Connell, co-host of Virgin Media's 'Six O'Clock Show', says it is about the finite nature of time now. Picture by Gerry MooneyFebruary 28 2021 02:30 AM

'Two weeks ago, something did change, where I went from feeling a bit down, to 'Jesus Christ, I've never felt this feeling before'. Because I've been very lucky. I've had bad times, and I've had periods of 'I can't get out of bed'. But I'm a fairly happy person," Muireann O'Connell says, sitting on the couch of the house she shares with her boyfriend, referred to on her social platforms as The Housemate.

A few days before we chatted, Muireann O'Connell, co-host of Virgin Media's Six O'Clock Show, posted a story on Instagram saying, "some days, it feels like a despair is settling inside and I need to knock it out".

"January felt different," she reflects now. "The lockdown hadn't gotten to me; I felt quite lucky. I get to go to work. But then something crept in in January.

"It's about the finite nature of time now. I'm a time waster; all I want to do is watch TV and read books. It's not about me wanting to go out and climb a mountain. I feel like time is being taken away, because the people that you have in your life who are older, and who you can't see, it feels like something's being robbed from you." Her eyes fill with tears. "You feel like you're not doing enough. Because people are going through hard times, and you feel like you're being a bad friend or a bad daughter. And there's nothing you can do about it.

Expand

Muireann O'Connell with Joanne McNally with whom she hosts the 'Let's Solve Nothing' podcast. Photo: Evan Doherty

"It feels like older people in my life, it's affected them in a way that they never expected. And that started to settle on me about two weeks ago, and I just can't get rid of it. It just feels like time is being robbed, and I'm not doing enough for the people that I love."

She's quick to bulletproof these comments. "It feels like everything has to be contextualised these days. You always have to go: 'there are so many people that are so much worse off than me', and I am so aware of that. But at the same time, I think it should be OK for people to go, 'I feel like s**t. I feel bad, this is not good'."

She's working at the moment with breast cancer Ireland research. Last September, she suffered a health scare. Watching TV late one night, a show about breast cancer, she realised she was unconsciously giving herself a breast check and then she found a lump. "I was like, 'what the hell is this? What's going on?' For the first time in my life, I didn't procrastinate. I rang my doctor straight away and got an appointment."

She assumed she would be told all was OK. In fact, she was referred to Breast Check. "My face kind of froze. I just assumed that I was fine."

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Waiting for the appointment felt like holding her breath for an extended period, says Muireann, who has had someone she is close to diagnosed with cancer. In fact, her doctor discovered cysts, not a tumour.

"The sigh of relief; I've never felt anything like it in my life. I just went, 'I am so lucky, but someone here isn't'."

Expand

Muireann O'Connell says she has been avoiding Twitter. Picture: Gerry Mooney

With Muireann, you get the sense that here is a very genuine person, one who is naturally direct and outspoken, but also someone who has learnt the necessity of circumspection with regard to what she says. If only to save herself the hassle. Now 38, she has been working in media since her early 20s.

"Being in a world now where it's 'what-aboutery', no one can just have a bad day. Because someone is going to say to you, 'well, this person is having a worse day'. It does feel like everyone has to apologise for what they have, before they say, 'well, I have this feeling'. Sometimes you don't want to appreciate what you have, you just want to be sad, or you just want to have a feeling without someone saying 'you're not allowed to have that'.

"It's the job that I do has done that," she says of this tension between her natural openness and a certain reticence. "I am loud, and I am outspoken, and I do have opinions, lots of them." This wasn't something she necessarily thought of herself, she adds. It has been pointed out to her on several occasions. A follower on social media once asked if she "ever worried about backlash for all your opinions?"

There is a gendered aspect to all of this, of course. Would a man who works in media be cautioned for having opinions? Surely the point of his job? Of late, Muireann says she has been avoiding Twitter. "I'm not feeling great; I'm not putting myself out there."

She tells a story of how she and a male friend, unbeknownst to each other, tweeted the same opinion. "He had an awful lot of positive responses from men going 'totally get that'. I had, 'that's bullshit'. The 'that didn't happen-ism' women so often encounter online," she says.

"On Twitter, it does feel like a female voice is negated, and sometimes torn down. And just disqualified from the discourse, because you're a woman."

Expand

Muireann with her 'Six O'Clock Show' co-presenter, Martin King

"I have found that I just don't want to do that anymore," she adds. "I noticed that that's better for me. Which seems so weird. It's just not worth it. It's not worth having an opinion in a public space like that, when you're just like, 'this is crap, there's no need for me to bring this on myself'."

It's grim, although quite understandable, when women feel the need to make themselves smaller, quieter, as an act of self-preservation. But she's describing a sort of retreating many of us will recognise right now.

Work has been a "saving grace", she says. "Some days I feel really guilty, because I'm not like 'hi guys, how's it going?'," she carols brightly. "[Then] I'm like 'how're ya?'," she says in a glum voice.

"I feel guilty about that. I don't feel like myself. I'm being shorter with people than I ever would, and that's getting to me. I feel terrible about that."

Growing up in Limerick, the youngest of four, a job in media wasn't something she openly contemplated. "Because I thought that it was a closed, nepotistic circle. I thought you had to be from Dublin. And I didn't know anyone in it."

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offers. "Sometimes when I think about security, pensions, because that's what happens when you're at this age, I feel sick. Because I haven't prepared for this. And I don't think it's a factor of us all just not preparing. We don't live in the world that our parents lived in."

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Sunday Independent

RUEPOINTMEDIA

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'It just feels like we are being robbed of time'

Broadcaster Muireann O'Connell tells **Liadán Hynes** about the sense of despair that has crept in with lockdown, and why she's avoiding social media

'Two weeks ago, something did change, where I went from feeling a bit down, to 'Jesus Christ, I've never felt this feeling before'. Because I've been very lucky. I've had bad times, and I've had periods of 'I can't get out of bed'. But I'm a fairly happy person," Muireann O'Connell says, sitting on the couch of the house she shares with her boyfriend, referred to on her social platforms as The Housemate.

A few days before we chatted, Muireann O'Connell, co-host of Virgin Media's *Six O'Clock Show*, posted a story on Instagram saying, "some days, it feels like a despair is settling inside and I need to knock it out".

"January felt different," she reflects now. "The lockdown hadn't gotten to me; I felt quite lucky. I get to go to work. But then something crept in in January.

"It's about the finite nature of time now. I'm a time waster; all I want to do is watch TV and read books. It's not about me wanting to go out and climb a mountain. I feel like time is being taken away, because the people that you have in your life who are older, and who you can't see, it feels like something's being robbed from you." Her eyes fill with tears. "You feel like you're not doing enough. Because people are going through hard times, and you feel like you're being a bad friend or a bad daughter. And there's nothing you can do about it.

"It feels like older people in my life, it's affected them in a way that they never expected. And that started to settle on me about two weeks ago, and I just can't get rid of it. It just feels like time is being robbed,

Continued on next page

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and I'm not doing enough for the people that I love."

She's quick to bulletproof these comments. "It feels like everything has to be contextualised these days. You always have to go: 'there are so many people that are so much worse off than me', and I am so aware of that. But at the same time, I think it should be OK for people to go, 'I feel like shit. I feel bad, this is not good'."

She's working at the moment with Breast Cancer Ireland research. Last September, she suffered a health scare. Watching TV late one night, a show about breast cancer, she realised she was unconsciously giving herself a breast check and then she found a lump. "I was like, 'what the hell is this? What's going on?' For the first time in my life, I didn't procrastinate. I rang my doctor straight away and got an appointment."

She assumed she would be told all was OK. In fact, she was referred to Breast Check. "My face kind of froze. I just assumed that I was fine."

Waiting for the appointment felt like holding her breath for an extended period, says Muireann, who has had someone she is close to diagnosed with cancer. In fact, her doctor discovered cysts, not a tumour.

"The sigh of relief; I've never felt anything like it in my life. I just went, 'I am so lucky, but someone here isn't'."

With Muireann, you get the sense that here is a very genuine person, one who is naturally direct and outspoken, but also someone who has learnt the necessity of circumspection with regard to what she says. If only to save herself the hassle. Now 38, she has been working in media since her early 20s.

"Being in a world now where it's 'whatabouterry', no one can just have a bad day. Because someone is going to say to you,

'well, this person is having a worse day'. It does feel like everyone has to apologise for what they have, before they say, 'well, I have this feeling'. Sometimes you don't want to appreciate what you have, you just want to be sad, or you just want to have a feeling without someone saying 'you're not allowed to have that'.

"It's the job that I do has done that," she says of this tension between her natural openness and a certain reticence. "I am loud, and I am outspoken, and I do have opinions, lots of them." This wasn't something she necessarily thought of herself, she adds. It has been pointed out to her on several occasions. A follower on social media once asked if she "ever worried about backlash for all your opinions?"

There is a gendered aspect to all of this, of course. Would a man who works in media be cautioned for having opinions? Surely the point of his job? Of late, Muireann says she has been avoiding Twitter. "I'm not feeling great; I'm not putting myself out there."

She tells a story of how she and a male friend, unbeknownst to each other, tweeted the same opinion. "He had an awful lot of positive responses from men going 'totally get that'. I had, 'that's bullshit'. The 'that didn't happen-ism' women so often encounter online," she says.

"On Twitter, it does feel like a female voice is negated, and sometimes torn down. And just disqualified from the discourse, because you're a woman."

"I have found that I just don't want to do that anymore," she adds. "I noticed that that's better for me. Which seems so weird. It's just not worth it. It's not worth having an opinion in a public space like that, when you're just like, 'this is crap, there's no need for me to bring this on myself'."

It's grim, although quite understandable, when women feel the need to make themselves smaller, quieter, as an act of self-preservation. But she's describing a sort of retreating many of us will recognise right now.

Work has been a "saving grace", she says.

"Some days I feel really guilty, because I'm not like 'hi guys, how's it going?'," she carols brightly. "[Then] I'm like 'how're ya?'," she says in a glum voice.

"I feel guilty about that. I don't feel like myself. I'm being shorter with people than I ever would, and that's getting to me. I feel terrible about that."

Growing up in Limerick, the youngest of four, a job in media wasn't something she openly contemplated. "Because I thought that it was a closed, nepotistic circle. I thought you had to be from Dublin. And I didn't know anyone in it."

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Muireann with her 'Six O'Clock Show' co-presenter Martin King and, above, with Joanne McNally, with whom she hosts the 'Let's Solve Nothing' podcast.
Picture by Evan Doherty

Muireann O'Connell, co-host of Virgin Media's 'Six O'Clock Show', says it is about the finite nature of time now.
Picture by Gerry Mooney

Muireann O'Connell says she has been avoiding Twitter: 'It's not worth having an opinion in a public space like that, when you're just like, 'this is crap, there's no need for me to bring this on myself.'
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Notions & Necessities

NOTION

Work it

Electric Mayhem Records is a new independent label that aims to showcase new Irish talents. It has just launched with the release of *Work*, an electric funk track by Steven Sharpe, Mark Graham and Leo Pearson. The double A-side single (*Hard Work* is on the other side) is available digitally and on 12-inch vinyl. **LH**

See electricmayhemrecords.bandcamp.com

NECESSITY

Hats off

Living during a pandemic means we need to support our mental health more than ever before. Da Silly Heads is a social enterprise company which aims to destigmatise mental illness. It provides workshops (currently online) informed by founders Dan and Mike's own experiences with mental illness, and an apparel range of Da Silly Head bobble hats. **LH**

Hats with removable bobbles, €21.50, see dasillyheads.com

NOTION

Nice knits

Zoe Jordan's latest collection, Tramuntana, is a love letter to the designer's passion for mountain living, and the area where she held her wedding. Expect her signature cosy fabrics, relaxed silhouettes, and striking colour combinations. The line includes beanies, a tracksuit, sweaters and a cardigan. **LH**

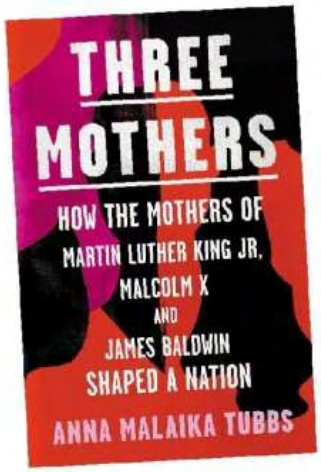
See zoe-jordan.com

NOTION

Diffusion line

We are all at home a lot and the place can get a little stale, no matter how many windows you leave open. As part of its sustainable Anam collection, The Handmade Soap Company has an elegant ceramic electric diffuser, with timer and light settings. It also has three essential oil combinations (€15 each), including a punchy, blues-banishing tarragon, black pepper and oak moss. **SC**

Anam Electric Aroma Diffuser, €70, selected gift stores and pharmacies nationwide, or see thehandmadesoapcompany.ie



NOTION

The mother ship

Anna Malaika Tubbs's *Three Mothers*, published this month, tells the story of the mothers of Martin Luther King Jr, Malcolm X, and James Baldwin. In raising their sons as they did, these three women were, in a way, the mothers of the civil rights movement. **LH**

'Three Mothers', Anna Malaika Tubbs, HarperCollins, €16.99

NECESSITY

Good gut

We're all reaching for resilience wherever we can find it, and part of that is being good to your gut. Fermented kefir is full of gut-friendly bacteria, but the flavour can be a bit lively for some. Made in west Cork, the Glenilen kefir is less tangy and more like a luxury yogurt than most. It has 14 strains of live cultures, 0pc fat, and comes in vanilla and passion fruit flavours. **SC**

Glenilen Kefir, €2, SuperValu and selected stockists nationwide

NECESSITY

Great lengths

It's the number-one hair treatment in the US and now it's here. The timing could not be better, really. L'Oreal Elvive Dream Lengths 8 Second Wonder Water is, as it says, a liquid treatment that you douse on in the shower, leave for eight seconds – yes, seconds – and rinse to a shiny, smooth result. No extra conditioner required, as non-silicone ingredients coat and heal the hair fibres. And if you're still bothering to blow-dry, apparently the effect will be even more brilliant. **SC**

L'Oreal Paris Elvive Dream Lengths 8 Second Wonder Water, €11.99, available nationwide

NECESSITY

Embrace a cause

In years past, through fashion shows with Brown Thomas, Paula McClean's Style Unravels Breast Cancer (SUBC) has raised over €40k for Breast Cancer Ireland. This year, in the absence of a show, she went back to the drawing board – almost literally – with a group of other dynamic breast-cancer survivors and Irish designers Jill & Gill to create something special. This limited-edition Embrace T-shirt has a design that they hope will provoke "a conversation beyond the pink ribbon", with all proceeds going to BCI. **SC**

Embrace T-shirt, €50 + p&p, see styleunravelsbreastcancer.com

Compiled by ***Sarah Caden*** *and* ***Liadán Hynes****. lifemagazine@independent.ie*

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Notions and necessity: items to cover you from head to gut

Notion: Nice knits Items from Zoe Jordan's latest collection.February 28 2021 02:30 AM
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S ee zoe-jordan.com

Notion: Work it

Expand

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Necessity: Hats off

Expand

Hats with removable bobbles

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Da Silly Head hat

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Sunday Indo Life Magazine

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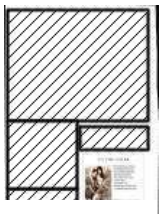

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Famed for her finely pleated linen, báinín and lace, Irish fashion designer Sybil Connolly — born 100 years ago this year — dressed some of the world's most glamorous women.

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As Florence's Uffizi Gallery makes dozens of rarely-displayed drawings of Dante's *Divine Comedy* available for viewing online to mark the 700th anniversary in 2021 of the Italian poet's death, we probe the modern perception of Purgatory.

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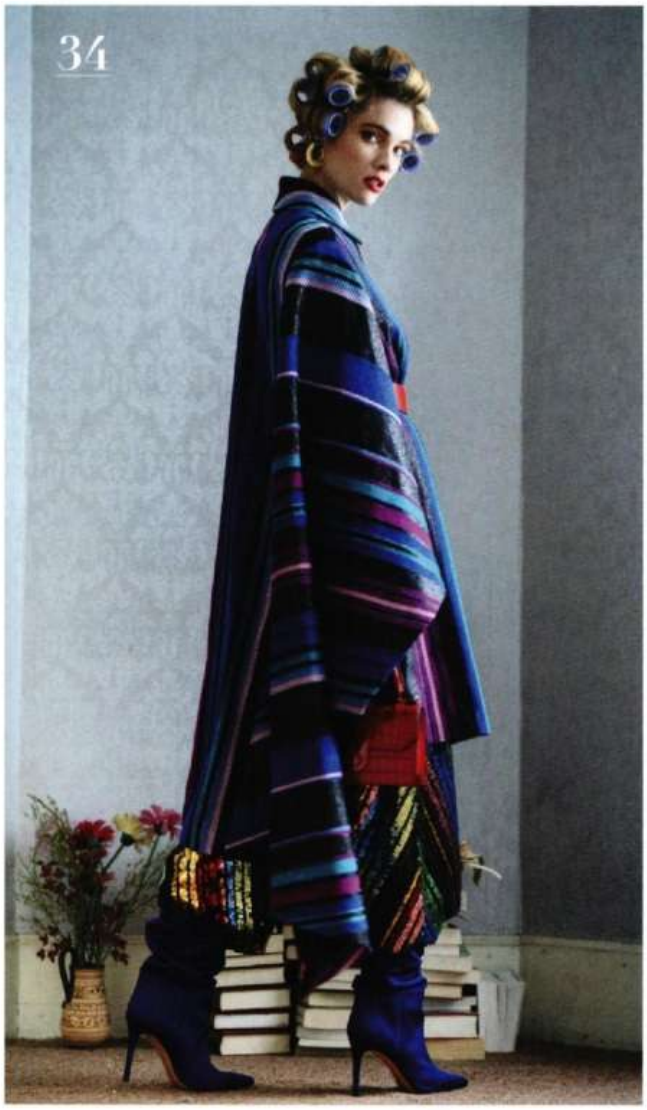
With work on a billion-dollar renovation of Manhattan's iconic Waldorf-Astoria hotel currently underway, its new owner is banking on the hotel's glamorous past to sell its new condos.



style & beauty

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One of the most rewarding ways to play with a look, layers offer up endless opportunities thanks to the multitude of ways in which they can be worn. A luxurious knit is for all seasons.

20 HOW TO NAIL THE HOUNDSTOOTH TREND

For spring '21, traditional tailoring is reimagined in fluid fabrics, relaxed silhouettes in elevated textures, and styles that work as well with a trainer as they do a smart shoe.

26 SPRING'S SHARP NEW SHAPES

Fashion's rebirth is raw and beautiful, defined by strong silhouettes, negative space and embroidery. Indulge yourself in some of the sharpest shapes for spring and summer 2021.

34 EIGHTIES FASHION RETURNS

It's time to reach for the rollers, pour yourself a glass of whatever you're having yourself, and settle in for an evening in the company of Angela Channing and Sue Ellen Ewing.

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For ten years, Breast Cancer Ireland ambassador Paula McClean has been fusing fashion and breast cancer awareness for a greater purpose. This season is no different.

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Using a serum or cream that includes Vitamin C means skin will be super-hydrated, lines and wrinkles will be significantly lessened, and dark spots and discolouration will be targeted.

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lifestyle

68 CULTURE

Vanessa Springora was fourteen when the distinguished French writer Gabriel Matzneff took her as his mistress. Decades later, she has published *Consent*, a memoir about his "triple predation — sexual, literary, and psychic."

80 HOMES & INTERIORS

When the pandemic arrived last year, London-based Vogue Williams and Spencer Matthews had to reconsider how they would go about working on the interior design of their new Dublin home. In stepped Arlene McIntyre of Ventura Design.

94 THIS SOCIALITE'S LIFE

Avila Lipsett doesn't really enjoy podcasts as much as people tell her she should. But she does have one worthy exception.

95 ASTROLOGY

Sarah Delamere Hurding reads your stars for the month ahead.

96 SOCIAL ICON

Former Miss World Priyanka Chopra Jonas has conquered Bollywood, broken Hollywood, married a pop superstar — and now she is publishing a memoir of life in the spotlight.

RUEPOINTMEDIA

Publication:	Social & Personal	**Media Cost (€):**	4066.4
Date:	Monday, March 1, 2021	**Reach**	22,737
Page:	44	**Size (Sq. Cm)**	520

This Fashionable Life

PAULA McCLEAN

For ten years, Breast Cancer Ireland ambassador Paula McClean has been fusing fashion and breast cancer awareness for a greater purpose. She founded Style Unravels Breast Cancer (SUBC) to help make a difference to women of all ages. This month sees the launch of a collaboration with Irish designers Jill & Gill in aid of Breast Cancer Ireland research.

In conversation with **Nicky Crichton**

What's your signature style? I love simple, tailored, classic pieces. I always wear a fitted jacket or fitted coat with everything. **What is your most loved article of clothing?** I think it has to be the Dolce & Gabbana red coat that I purchased with vouchers from all my family! **What was your last serious purchase?** Gucci sandals. **What are you lusting after next?** The Boyy buckled leather tote. I love it. **Are you a strategic buyer or more of an impulse one?** I am a strategic buyer when sourcing classic investment pieces and do a lot of research and planning before investing. **What is your favourite shop?** I have loved Brown Thomas since I was very young. I remember when it was on the other side of Grafton Street and browsing everything I could not afford. The obsession started when I was 14. Since Covid, I have really missed going into town, getting a coffee and browsing in this beautiful shop. **Who is your absolute 'go to' designer?** Dolce & Gabbana. But I also love Irish designers like Louise Kennedy, Jill & Gill and Simone Rocha. **Who is your style icon?** I love understated elegance. I love the style of both Jackie Onassis and Audrey Hepburn. **What are your favourite online shopping sites?** I love browsing sites like Net-a-porter, Farfetch and Mytheresa. For high street, I love Reiss. **Which city is your favoured hunting ground for fabulous clothes?** I love London. I used to work there a lot and I know my way around and have so many happy memories with pals there. I love everything about the city. **What is your most looked-at App?** Instagram, for sure. **What would you never leave home without?** My iPhone.

"I always wear a fitted jacket or fitted coat with everything."

Dolce & Gabbana bracelet, **€495**

Victoria Beckham blazer, **€520**

Zimmermann minidress, **€799**

SUBC x Jill & Gill T-shirt, **€50** Styleunravelsbreastcancer.com

Dolce & Gabbana sandals, **€895**

Boyy tote, **€976**, Mytheresa.com

RUEPOINTMEDIA

Publication:	VIP Magazine	**Media Cost (€):**	10,013
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Page:	10,11	**Size (Sq. Cm)**	10

Paula McClean with breast cancer survivor Georgie Crawford

"THE STORY BEHIND THE T-SHIRT CREATION IS JUST SO BEAUTIFUL."
TEODORA SUTRA, MODEL

Style with a Positive Spin

A cool fashionable initiative – the brainchild of breast cancer survivor and Breast Cancer Ireland Ambassador, Paula McClean – lands on International Women's Day, Monday, March 8th. Using fashion as a force for good in the ongoing fight against breast cancer, Paula has collaborated with well-known Irish design team, Jill & Gill, to create a selection of limited-edition fashion pieces by Ireland's leading creatives.

The inaugural piece in the collection is this t-shirt, which is sustainably sourced and ethically made, and modelled here by *The Six O'Clock Show* presenter Muireann O'Connell, model Teodora Sutra, and The Good Glow podcaster Georgie Crawford. All proceeds from the sales will be donated to Breast Cancer Ireland to help fund world class research into this unrelenting disease. Research will transform breast cancer from often being a fatal disease (690 deaths annually) into a treatable illness that can be managed long term. Research so far has increased survival rates by 85 per cent. To support and nab your limited edition t-shirt: styleunravelsbreastcancer.com

Instagram: @breastcancerireland @jillandgill @paulastyleunravels

Irish design duo Jill & Gill with breast cancer survivor and Breast Cancer Ireland Ambassador, Paula McClean

For information about breast cancer risk factors, how to check your breasts for changes, and screening for breast cancer, see cancer.ie.

"I was so honoured to be asked by Breast Cancer Ireland to get involved with this initiative. I had a very small scare myself last year when I was referred to breast check and it felt like I was holding my breath for weeks until I went to the appointment. I am one of the incredibly lucky people who got the all clear but there were women in the clinic that day who were given the devastating news that they had cancer. If you feel that there is something wrong, if you think you've felt a difference in your breasts, please don't put it off. Make that appointment with your GP as soon as you can. Don't be afraid. Early detection is so important."

MUIREANN O'CONNELL,
THE SIX O'CLOCK SHOW PRESENTER

PAULA'S STORY FOUNDER OF THE SUBC (STYLE UNRAVELS BREAST CANCER INITIATIVE)

Over the last ten years Paula has been involved in fusing fashion and breast cancer awareness together for a greater purpose. Her vision has been to use fashion as a force for good, to generate a conversation, but also to create something tangible that could fit into everyday life and make women smile. To date, through tireless fundraising and an SUBC catwalk fashion show, Paula has raised over €40,000 for breast cancer research and awareness.

"EVERYONE WHO WEARS THIS PIECE IS ESSENTIALLY HELPING TO GENERATE CONVERSATION, RAISE FUNDS FOR FURTHER RESEARCH, AND IN THIS WAY IS ULTIMATELY HELPING SAVE LIVES"
PAULA MCCLEAN, FOUNDER

RUEPOINTMEDIA

Publication:	clare.fm	**Media Cost (€):**	10
Date:	Friday, March 5, 2021	**Reach**	2,618
Page:	Link	**Size (Sq. Cm)**	162

Fiona Finn – Quin

Sadly missed by her loving husband Tom Spellissy, her adored children Deirbhile, Sadhbh, Tadhgh, Iarfhlaith, Ríoghnaigh and Alannah, her parents Jane and Bart, sister Siobhán and Martin, aunts, uncles, relatives and friends.
Unexpectedly but peacefully at The Galway Clinic. Due to current guidelines and restrictions a private Funeral Service will take place in Shannon Crematorium on Saturday at 3pm. T his can be viewed online through the Funeralslive website.

Family flowers only please, donations if desired to Breast Cancer Ireland.

House Private Please. Messages of condolence can be e mailed to info@murphysfuneralhome.ie

Murphy Funerals – Kilmaley (065) 6839002

Add Your Condolence Below
Please use the condolence box below. Your message will be held for review before being published. Enter your name as you wish it displayed, you are not required to fill in email subject, then press send.

If you are viewing this on the Clare FM app, please visit our website to leave a condolence

RUEPOINTMEDIA

Publication:	Irish Examiner	**Media Cost (€):**	19587.48
Date:	Saturday, March 6, 2021	**Reach**	25,419
Page:	22,23	**Size (Sq. Cm)**	1349

trend of

DESIGNING WOMEN — Homegrown talent at your fingertips. says **Annmarie O'Connor**

■ NATALIEBCOLEMAN ivory ruched 'Aphrodite' dress with hand embroidered lover detailing from SISTER / MOTHER / GODDESS collection, €3,000; Kurt Geiger leopard print kitten heels, €170 from Brown Thomas

■ 'Maisie' monochrome tiger collared shirt, €234; 'Georgia' blue tiger midi skirt, €258, Rixo

INSPIRATION

Today's Irish female designers share a unique understanding of the female narrative. Nuanced, layered and diverse; their collective interpretation of what women want to wear has created delicious plots twists and infinite talking points. Although aesthetically different, the tone is beautifully congruent: romantic yet irreverent; classic yet subversive; contemporary yet rooted in the stories of the past. Find your favourite page-turners here.

STYLE NOTES

NATALIE B COLEMAN
Drives a female-centric narrative with powerful digital prints, intricate craftsmanship and ineffable cool.

SISTER / MOTHER / GODDESS
'Aphrodite' silk crepe dress
Made of sixty-four pattern pieces, adapted from two archival patterns with each ruched section backed to a layer and gathered with classic ruffles; its hand-embroidered detailing taken from 15th century drawings of a trinity of lovers entwined.

ZOË JORDAN
Balances the androgynous with the feminine; the structured with the effortless; and the classical with wit and natural confidence.

SIMONE ROCHA
Subverts the idea of the feminine spirit with voluminous silhouettes and directional tailoring. Look out for the hotly tipped H&M collaboration on March 11th.

MELISSA CURRY
Celebrates colour and form through sculptural, multi- functional jewellery that are offer a variety of styles within a piece.

RIXO
Derry native Orlagh McCloskey is one half of this cult design duo
known for her hand-drawn prints on wear-anywhere dresses and separates.

HELEN STEELE
Creates kaleidoscopic digital prints from her unique windblown paintings. Body-positive, size-inclusive, and joyful approach to dressing.

the week

THE EDIT

Swap PJs and loungewear for a chic all-in-one.

'Virgin Earwear' earrings, Melissa Curry, €65

'El Capitan' cardigan, Zoë Jordan, £275; €318.17

Joanne Hynes 'Everything Can Become A Fairy Tale' appliqué shawl collar, €59.03, Dunnes Stores

Simone Rocha H&M bag, H&M, €59.99 (available March 11

Silk taffeta fashion face coverings, Natalie B Coleman, €25

Silk crepe 'Twisted Sword' scarf, Natalie B Coleman, €250

Simone Rocha H&M trench coat, H&M, €179 (available March 11

'Brandy' houndstooth pleated skirt, Rixo, €318

STOCKISTS

Arket – www.arket.com	Melissa Curry – www.melissacurry.com
Charles & Keith – wwwcharleskeith.eu	Natalie B Coleman – nataliebcoleman.bigcartel.com/
Dunnes Stores – www.dunnesstores.com	Rixo – www.rixo.co.uk
H&M – www.hm.com	JILL & GILL —styleunravelsbreastcancer.com/
Macbees – www.macbees.ie	Uterqüe – www.uterque.com
Mango – www.mango.com	Zalando – www.zalando.ie
Matches Fashion – www.matchesfashion.com	Zoë Jordan – www.zoe-jordan.com

NEWS THREADS LABEL LOOKOUT

CHARI-TEE

Style Unravels Breast Cancer (SUBC®) is the brainchild of Breast Cancer Ireland ambassador, fundraiser, and breast cancer survivor Paula McClean. Using the best in Irish design to stimulate important conversations on breast health amongst women of all ages, the charity has launched the first of its limited-edition fashion pieces by Irish design duo Jill & Gill. The screen-printed t-shirt, sustainably made of 100 per cent organic cotton, is unisex in fit and available in sizes S-XXL. All sale proceeds will be donated to Breast Cancer Ireland. Photo: Anthony Woods. Price: €50 (+p&p). Info: www.styleunravelsbreastcancer.com.

THANKS, MOM

To honour International Women's Day celebrations, jewellery label Merci Maman has created the 'Raising the Future' bracelet, with an exclusive orange or beige ribbon and illustration, to be worn between a mother and daughter. A talisman, designed as a constant reminder to daughters, granddaughters, nieces, or a loved one that they are strong, and will always achieve great things when they put their minds to it. Thirty per cent of proceeds will be going to The Little Roo Fund, which supports St. Peter's hospital neonatal unit in Surrey. Price: €39. Info: www.mercimamanboutique.com.

DIARY DATE

March 5th – 10th: To support International Women's Day, CLIFF hotels will donate 5% from sales of their eponymous CLIFF Home collection to Women's Aid, the leading national organisation working to stop domestic violence against women and children in Ireland. Expect female-owned and run brands like Moon & Mellow luxury sleepwear, organic bed linen company White & Green, Ireland's first art and movement mat Flowstate, and CLIFF's own spa and wellness products The Well at Cliff. Info: www.cliffhome.ie.

Check out Annmarie O'Connor's style at: ***www.annmarieoconnor.me***

Irish Examiner Graphics

Natalie B Coleman credits

Jewellery
Victorian sapphire and diamond snake crossover, €2,950.
1960s diamond bombe ring €7,950.
Victorian rugby and diamond stripe ring in 18kt yellow gold €6,950.
18kt yellow gold diamond star signet ring €1,000.
1960s coral and diamond swirl cluster ring, €2,500.
1890s five stone opal ring in 18kt yellow gold €2,950.
Art Deco aquamarine and Burmese ruby cocktail ring, €14,950. Sardonyx cameo ring in 18kt yellow gold, €1,950, all Courtville by Matthew Weldon. courtville.ie.

Design Team
Designer Natalie B Coleman; interns Una Curran, Shane Nolan, Lia Cowan.

Creative Team
Photographer Brid O'Donovan; stylist Aisling Farinella; make-up Sarah Lanagan; nails Kate O'Brien @ Tropical Popical; hair Ronan Patterson @theface Galway; photography assistant Melanie Mullan; stylist assistant Hannah Monaghan.

Model
Andrea Horan as Aphrodite: Goddess of Love and Beauty /Alchemical Goddess Lover/Creative Person
Shot on location with special thanks to the staff at MOLI/ Museum of Literature Ireland, moli.ie; UCD Naughton Joyce Centre, 86 St Stephen's Green, Dublin 2

RUEPOINTMEDIA

Publication:	Irish Examiner	**Media Cost (€):**	7521.36
Date:	Saturday, March 6, 2021	**Reach**	25,419
Page:	4	**Size (Sq. Cm)**	518

Weekend Loves

Ruth O'Connor's guide to inspiring ideas and beautiful things

weekend@examiner.ie

Saoirse — Ethnic Hands on Deck — a hand up not a hand out

The Saoirse - Ethnic Hands on Deck women's project in the Cork Migrant Centre at Nano Nagle Place was established to help counteract the isolation that many migrant women can feel in Ireland particularly when living with challenging scenarios such as a language barrier or being housed in Direct Provision. Saoirse — Ethnic Hands on Deck is committed to supporting the mental health of migrant women but also to the idea of transformative justice. The group is dedicated to ending the system of Direct Provision in Ireland and to the achievement of the sustainable goals as outlined in the United Nations 2030 Agenda for Sustainable Development. Women in the group make a range of products which are sold through their Facebook page including cushion covers, hoodies, tote bags and hair accessories, many of them with printed designs with a social and racial justice message - encouraging people to literally 'wear the T-shirt' when it comes to the courage of their convictions. Find out more at: Twitter: @EthnicHands. Instagram: @saoirseehd. Facebook: https://m.facebook.com/SaoirseEHD

Collaborating in the fight against breast cancer

Paula McClean, Breast Cancer Ireland Ambassador and Founder of Style Unravels Breast Cancer (SUBC®) has launched a collaboration with design duo Jill & Gill, to help fund life-saving breast cancer research. Launching on International Women's Day on Monday, Irish design, style and creativity come together to stimulate a conversation on breast health amongst women of all ages. Each limited edition SUBC® x Jill & Gill T-shirt is sustainably sourced and ethically made using 100% organic cotton. The t-shirts cost €50 and all sales proceeds will go directly to Breast Cancer Ireland. styleunravelsbreastcancer.com

Chilli sauces to activate your taste buds by Ellie Kisyombe

End Direct Provision activist and founder of the award-winning non-profit social enterprise Our Table, Ellie Kisyombe, has just launched her own range of signature sauces — Ellie's Kitchen Home Edition. The new range of condiments and sauces includes her Extra Extra Hot Chilli Sauce and Smokey Lemon Hot Sauce along with two pasta sauces that are already proving a big hit. Heavily influenced by Ellie's native Malawi, where she was taught to blend chillies and spices by her mother and aunt, these sauces are delicious with meats, cheeses, casseroles and curries. ellieskitchenhomeedition.com

Songs for a 21st Century Ireland by Edel Meade

Tipperary singer Edel Meade will launch her second album *Brigids and Patricias* on International Women's Day. Her latest album is a collection of original songs reflecting on what it means to be a woman living in 21st century Ireland, shaped by history, folklore and contemporary society. Standout tracks include 'Long Way To Go' — a spoken word piece challenging misogyny and the cervical smear scandal in Ireland. Her 'Ode To Old Noll' is a blistering ode to Oliver Cromwell and remembers the Irish who went to the Caribbean as indentured servants — including some of Edel's own ancestors, descendants of whom live on the island of Montserrat today. edelmeade.com

Share a virtual meal with your Mammy on Mother's Day

The new gourmet food delivery service Weekl.ie has gone nationwide and has teamed up with chef Erica Drum to create a special Mother's Day gift box.
A clever and quirky way to virtually connect Mammies and their grown-up kids this year, the gift includes a box each full of delicious Irish ingredients from some of Ireland's best producers: dried flowers from The Garden in Dublin's Powerscourt Centre, a Cocoa Atelier chocolate pack and a bottle of prosecco or top-notch olive oil.
At 11am on Mother's Day, Erica will kick off a live 45-minute cook-along resulting in a fabulous Sunday meal using the ingredients in the gift box including Blackstairs lamb shanks and Ballymakenny potatoes. The Mother's Day Gift Box for two (you and your mum) costs €155 plus delivery to you both. If it's for mum only, then it's €89. For more information see weekl.ie or call 01 588 0558.

The Colour Inbetween

Actor Jade Jordan turns writer and producer with new film The Colour Between We are anticipating the new film The Colour Between by one of the rising stars of Irish theatre and TV - actor Jade Jordan. Made with the assistance of The Actor as Creator initiative from Screen Ireland,
The Colour Between sees Jade become one of the first black Irish women to write, produce and star in her own short film. Based somewhat on past events, the film is the story of an interracial couple, Annalise and Chris, and their son Leo. A death within the "family" puts everything under threat. Leaving questions unanswered, decisions being made and a covered wound being exposed, this is a film about family and a mixed-race relationship with rejection at its core. The Colour Between directed by Dave Tynan (Dublin Oldschool) will make its premiere this year as it embarks on its festival journey.

RUEPOINTMEDIA

Publication:	Irish Independent	**Media Cost (€):**	19869.95
Date:	Saturday, March 6, 2021	**Reach**	83,900
Page:	29	**Size (Sq. Cm)**	677

Fashion to empower

Mark International Women's Day with clothing for a good cause

By Sophie Donaldson

LOUIS VUITTON SPRING '21

1. Tote bag, €30, made in Ireland by women from a refugee background; *wemakegood.ie*
2. T-shirt, €67, 50pc of profits go to Refuge; *rixo.co.uk*
3. Silk scarf, €219; *tidings.ie*
4. SUBC x Jill & Gill T-shirt, €50, in support of Breast Cancer Ireland; *styleunravelsbreastcancer.com*
5. iPhone case, €40; *casetify.com*
6. Poetic Betty T-shirt, €25.75, 50pc of profits go to Womankind Worldwide, ROSA and Human Rights Campaign; *everpress.com*
7. Jersey face mask, €8.50, in support of *shona.ie*
8. T-shirt, €290, in support of Unicef 'Girls Forward' campaign; *chloe.com*
9. Sweatshirt, €45, 10pc of profits go to Rape Crisis Network and the Dublin Rape Crisis Centre; *beanantees.com*
10. Pink Bits tote, €24.95, 10pc of profits go to Share The Dignity; *thefeministshop.com*
11. Hen's Teeth x BEAMS sweatshirt, €40; *hensteethstore.com*

RUEPOINTMEDIA

Publication:	irishexaminer.com	**Media Cost (€):**	3992
Date:	Saturday, March 6, 2021	**Reach**	158,440
Page:	Link	**Size (Sq. Cm)**	807

Weekend Loves: chilli sauces, handmade tile art and Mother's Day cookery demo with gourmet food delivery service

Ruth O'Connor's weekly guide to inspiring ideas and beautiful things
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The new range of condiments and sauces includes her Extra Extra Hot Chilli Sauce and Smokey Lemon Hot Sauce along with two pasta sauces that are already proving a big hit.

Heavily influenced by Ellie's native Malawi, where she was taught to blend chillies and spices by her mother and aunt, these sauces are delicious with meats, cheeses, casseroles and curries.

Celebrating mothers through words in porcelain

Cork-based designer Orla Ó Regan swapped a career in construction for life as a self-employed designer and maker after the birth of her first baby.

Now with a second son balanced on her hip she's created some lovely pieces that seem especially poignant for Mother's Day. One of her ‘words in porcelain' pieces reads "to the world you are a mother, but to your family you are our world" and can be sent to mothers everywhere.

The handmade art tile costs €70 framed (frame: 10cm x 15cm approx) from orlaovisual.ie

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Read More

Weekend Loves: Cute as a button designs and Michelin cookery classes for kids

Trend of the Week: Nine ways to wear homegrown Irish designs
Lifestyle Newsletter

The best food, health, entertainment and lifestyle content from the irishexaminer.com, direct to your inbox every Friday.

Caption:
Mother's Day gift box Erica Drum and Weekl.ie Grab a Mother's Day gift box from Erica Drum and Weekl.ie

Caption:
Gillian Henderson, Paula McClean & Jill Deering, kitted out in SUBC X Jill & Gill gear. Photo: Anthony Woods

Caption:
Ellie's Kitchen Home Edition: a range of spicy and smokey sauces to tickle your tastebuds

Caption:
Tipperary singer Edel Meade will launch her second album Brigids and Patricias on International Women's Day.

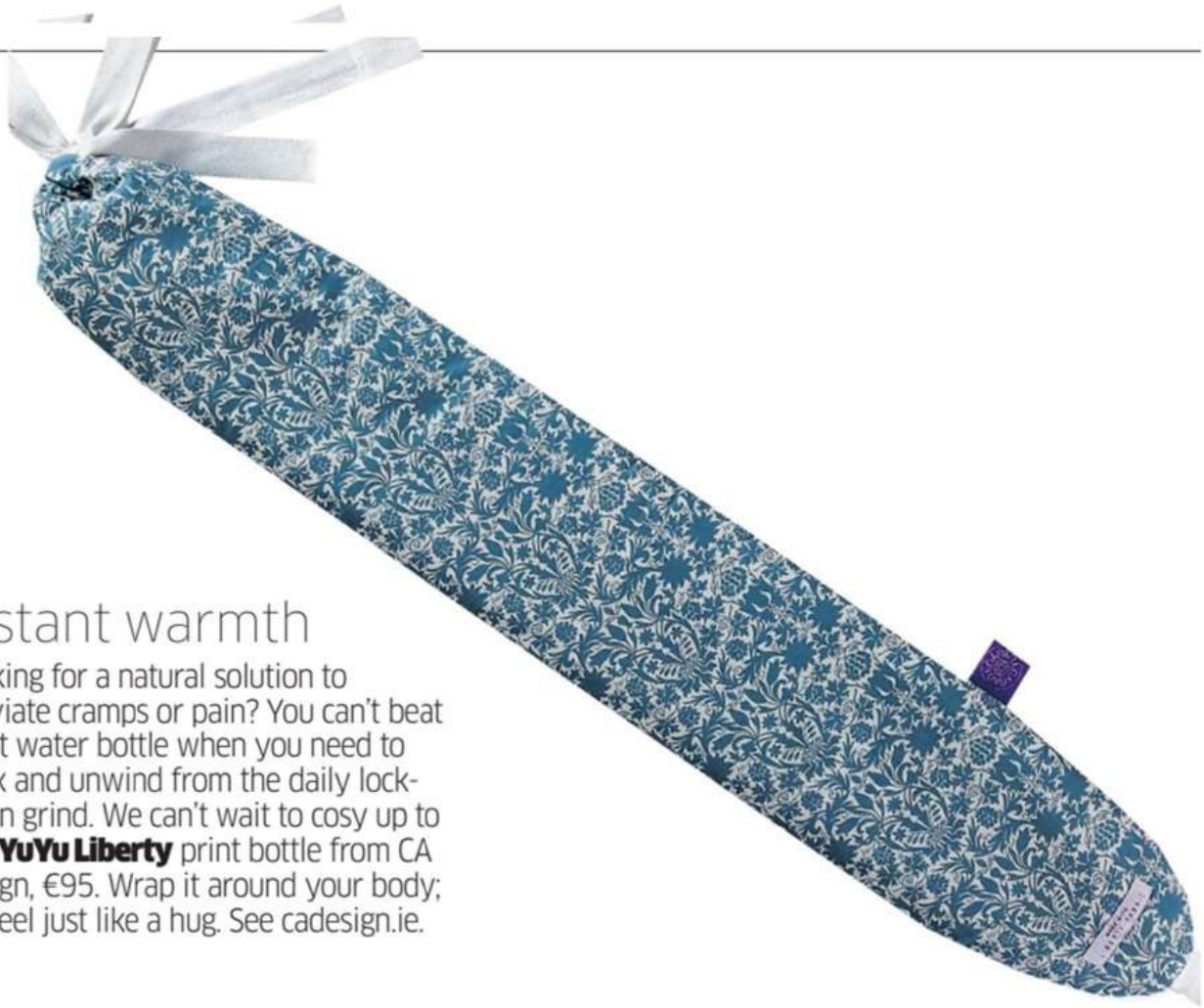
Caption:
Jade Jordan in The Colour Inbetween: exploring interracial relationships.

RUEPOINTMEDIA

Publication:	Business Post	**Media Cost (€):**	24416.26
Date:	Sunday, March 7, 2021	**Reach**	26,652
Page:	6,7	**Size (Sq. Cm)**	1958

This week, you will love...

Compiled by Mary Cate Smith



Instant warmth

Looking for a natural solution to alleviate cramps or pain? You can't beat a hot water bottle when you need to relax and unwind from the daily lock-down grind. We can't wait to cosy up to this **YuYu Liberty** print bottle from CA Design, €95. Wrap it around your body; it'll feel just like a hug. See cadesign.ie.

Think pink

Ahead of International Women's Day, designers **Jill & Gill** have teamed up with Style Unravels Breast Cancer to raise funds and bolster awareness. The dream team created a limited-edition T-shirt – its vibrant design represents the power of hugs for cancer survivors. Made from organic cotton, these tees are €50 with all proceeds going towards Breast Cancer Ireland. Order now from styleunravelsbreastcancer.com.

Reduce, refill, reuse

If you like your scents with a side serving of sustainability, try **Max Benjamin's** new candle refills. The first Irish company to create reusable candle inserts, the wax refill can be used in the same glass jar to prevent waste. Gift sets are €40 and there's 20 per cent off on the website now, in advance of Mother's Day. Visit maxbenjamin.ie.

A smart mug to snap up

We're dying to get our hands on the world's first temperature-controlled mug, **Ember**. Set the cup to your desired temperature, control it from your smartphone, and sit back. Prices start at €119.95 from ember.com.

The designer/ high-street collab

We love **Simone Rocha**'s unique vision of femininity. Her collaboration with H&M includes menswear and children's wear alongside the designer's signature neoclassical-inspired womenswear. Think romantic details like billowing sleeves and beaded embroidery offset by rough-around-the-edges details. Our favourite piece is this deconstructed trench coat, priced €179. Shop the full collection from March 11 at hm.com.

Star jewels

The North Star is the one constant light in our galaxy: it stands still while the whole sky revolves around it. Just like the star that shines so bright, so too does our love for our mothers, aunts and guardians. Surprise your female role model on Mother's Day with **Chupi**'s gold North Star necklace, €599, or honour her memory and treat yourself at chupi.com.

Bold lobe energy

Known for her "jugs" vases and booty plant pots, jewellery/ceramics designer **Anissa Kermiche** draws inspiration from the feminine form. For International Women's Day, the bra is her muse. Call us gold-diggers, but we need this statement earring, €215 at matchesfashion.com.

Silken slumber

For more than 40 years, **Roisin Cross Silks** has been a haven for those seeking luxe silk fabrics that will stand the test of time. The hiatus of weddings during lockdown inspired company director Judith O'Sullivan to create pillowcases and facemasks from leftover fabrics. Known for its rejuvenating properties for the skin and hair, the silk pillowcase, €130 for a pair, is the hero product du jour for skinfluencers and beauty acolytes alike. There's 25 per cent off right now at silks.ie.

Skin-tone inclusive shades

The hottest eyewear brand of the moment, **Shades of Shades** encourages us to embrace our unique complexions with aplomb. Each pair of sunglasses is designed to complement 14 different skin tones, from milky to mocha. These sunnies are the real deal with polarised or gradient lenses and 100 per cent UVA/UVB protection. Find your new nude at shades-of-shades.com. Prices start at approximately €189.

Comfort foods

As Irish people, we're genetically predisposed towards high levels of tea and soda bread consumption, and it seems that lockdown has only strengthened our love for Irish produce. **Michael McCambridge** of the brown bread dynasty has come together with **Flahavan's, Barry's Tea, Keogh's Crisps** and **Butlers Chocolates** to create a mouthwatering hamper of all our favourite Irish-made goodies for 1,000 lucky recipients. Nominate your bestie (or indeed yourself) at thanksathousand.ie; go on, go on, go on.

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	8000
Date:	Sunday, March 7, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

Newstalk @ 07-Mar-2021 09:05 - (breast)

Yes you can email the show alive and kicking at Newstalk .com you'll find me on Twitter Instagram and matter Clare's layer is coming up this morning it is international women's day tomorrow and to mark the occasion A cancer survivor Paul McClean has designed a range of T-shirts to help raise money for breast Cancer Ireland and when it comes to breast cancer we don't often get to hear from their loved ones supporting someone through with the disease so today I also speak to broadcaster Derek will T on why he decided to donate all the proceeds of its first album 1963 to charity in honour of his mum and when a freak accident calls for the air ambulance I'll be asking Niall O'Sullivan what it's like to be part of such a traumatic event so what kind of health and wellness week did I have I am okay and good so I'm keen to now settling into a new house house and new life and get back to some sort of normal routine especially as with all going well in a week or so I have both kids back at school and I didn't know whether I'd made a meal out of moving house but it seemed to take up a colossal amount of my time and energy so buyer box lifting furniture lifting and the odd walk Kieran there have been getting my regular workouts in or making ties for things that I love like yoga or meditation as much as I normally would why is it that when we need these tools the most we tend to just let them slip but I have missed them I have noticed their absence and will be getting back on track this week I recorded an online panel discussion for International Women's Day with the collaborations agency earlier in the week and it was such an amazing experience I love it it's a really interesting conversation with 3 brilliant women Dr Lisa Cunningham cheese and emergency medics in and flight Dr singer and producer Erica Cody and activist and podcaster Amanda and day we talked about everything from being judged on her appearance acquire Élysée gender pay gaps to speaking out speaking up women's health and why the still certain subjects such as female sexuality Sexuality and even menstruation remain largely to build we also talk about how we need more women at decision-making tables and that women need to ignore the imposter syndrome feeling and just rise up a little bit more shared recording my social media tomorrow but I was absolutely buzzing after it and not a single bar was burned I promised just good conversation and lots of food for thought and someone else who wants to mark International Women's Day is Paul McLean Paul and Lynette Prix pandemic when we were due to take part in strictly come Dancing star fundraiser for breast cancer Ireland which of course due to restrictions never took place and Paul has been a tireless campaigner for the charity since around breast cancer diagnosis 10 years ago a collaboration with Jill Jill Paul has designed a range of T-shirts through her style unravels concept which aims to raise awareness of breast cancer through fashion and Paul is on the line now Hello Paul how worrying great care thank you for having me how are you I'm good nice have one you're gorgeous Taoiseach Hurts in my hand Tammy debate EUR collaboration with ginger hair shirt thank you so much as a bus to take you back a tiny bit too aware why did this briefly my help I'm breast cancer survivor myself and Terry was diagnosed 10 years ago actually in 2011 my two little girls they were 8.4 two of the time and is it a devastating diagnosis to get and 80 and struck her whole world down to stop me in my tracks and he was coming during chemotherapy and many to eat I just didn't feel like myself you don't you he's a hair 3 cancer breast cancer really strict feminist seem like a really girls and I would get a who can get out and put on something nice and the the actual power of of fashion and clothing to make you feel better is is very very powerful and I wanted to thought I how or may not be too create him the messages other awareness through the fashion industry that would provoke conversations women of all ages and something that was beyond the pink ribbon and that's quite M your view full of wearable n but but but thought-provoking and to do that I&I knew that it could really just my story and I wanted to do to make something more powerful so I have met some incredible women over the last 10 years and ie and they become very good I have and I breast cancer survivors so I contacted them and I told my vision and for SBCI and my charity that I said that a good start the mother's breast cancer and they loved it and RIP it and I is that I knew

RUEPOINTMEDIA

Publication:	Marketing.ie	**Media Cost (€):**	2311.4
Date:	Monday, March 1, 2021	**Reach**	3,000
Page:	4	**Size (Sq. Cm)**	508

SPONSORSHIP MARKET LOOKS TO BOUNCE BACK THIS YEAR

Ireland's sponsorship market is set to bounce back from a year where global investment dropped by 40 per cent, PR agency Teneo predicts. The industry's outlook is bullish despite being in recovery mode with one in four of Ireland's top sponsors claiming that they will increase spend compared to last year, with a further 57 per cent intending to make a similar outlay as they did in the previous year.

Almost half of brands plan to invest in new sponsorships this year. Recent sports deals announced include Sports Direct and Cork GAA, Bank of Ireland and the FAI and Portwest and Mayo GAA. Sponsorship is also well placed for investment from fintech, tech, retail, medical and pharmaceutical as they look for new ways to engage with consumers, staff and stakeholders through storytelling.

However, Teneo added, there can be no hiding away from the challenges that 2020 posed. Nine in 10 had to go back to the drawing board with the realisation that their existing plans were obsolete which forced brands, rights holders and agencies to innovate and create new ways to tell stories, moments and conversations that engaged fans and potential customers in the new normal.

Issues surrounding racism and equality in Ireland and overseas made headlines in 2020 and sponsorship and sport is seen as having a role in addressing such issues. Almost all sponsors believe the promotion of women's sport was important, while a similar number, 85 per cent, agreed that elite sport should be more environmentally sustainable, a view shared by 57 per cent of the general public.

Nine out of ten sponsors believe that sustainability and climate action will become a major consideration for sponsors in the future, as will diversity and inclusion. World lightweight champion boxer Katie Taylor and Open champion golfer Shane Lowry came out joint top as the most marketable Irish sports person, with brands keen to be linked to two of Ireland's most recognised stars.

While sporting events slowed last year, the potential for growth held up. Deloitte says that the increased monetisation of women's sports will continue to win out with substantial TV audiences, value for sponsors and drawing fans to watch games and events live and televised. The Irish women's hockey team attracted 40 per cent of Irish TV viewers to watch them win silver in the 2018 World Cup.

CLARE VIEW OF RED BULL'S WAVE RIDER

Irish surfer and Red Bull energy drink athlete Conor Maguire surfing a 10ft barrel wave beside the Cliffs of Moher, Co Clare. Maguire is training pre-season in the hope of taking part in international big wave competitions. Maguire is no novice when it comes to taming Ireland's biggest waves. Last October he surfed waves climbing 60ft off the coast of Mullaghmore, Co Sligo. To watch Maguire's video content, go to redbull.ie.

DENIS O'BRIEN'S Communicorp Media Group is to be sold to German company Bauer Media Audio for around €100 million, subject to approval. If sanctioned, the purchase will allow Bauer Media Audio enter the Republic of Ireland and extend its audio business to eight countries and develop its position in Europe's commercial radio sector with more than 55 million weekly listeners.

Communicorp is estimated to have a weekly audience of 1.75m, providing news, music, entertainment and sport. The group comprises national stations Today FM and Newstalk, music stations Spin 1038 and 98FM in Dublin, and Spin Southwest in Limerick, digital radio sport station Off The Ball, digital audio exchange AudioXI and aggregated listening platform GoLoud.

RYAN TUBRIDY remained RTÉ's highest-paid presenter in 2019 earning €495,000 ahead of the planned renegotiation of his contract last year. Ray Darcy was again the second highest-paid presenter on €450,000, the same as what he got in the previous three years. Next up were Joe Duffy on €392,494, while the late Marian Finucane was the highest-paid female presenter on €358,013.

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STYLE COUNSEL FOR BREAST CANCER AID

International Women's Day marked the launch of the Style Unravels Breast Cancer (SUBC) initiative in tandem with Irish fashion designers Jill & Gill in the ongoing fight against breast cancer. It is estimated that 3,100 Irish women a year are diagnosed with breast cancer. All proceeds from the sale of the limited edition €50 SUBC and Jill & Gill T-shirts go to Breast Cancer Ireland. Pictured at the launch is SUBC founder Paula McClean.

RUEPOINTMEDIA

Publication:	Marketing.ie	**Media Cost (€):**	4322.5
Date:	Monday, March 1, 2021	**Reach**	3,000
Page:	8,10	**Size (Sq. Cm)**	950

IPSOS MRBI BRANDSHOUT

TOP BRAND TREND FEBRUARY 2021

Q. Ipsos MRBI Omnipoll asked 1,000 adults aged 15+ to recall an advertisement they have seen or heard recently anywhere. Below is a chart of the most recalled brands.

POSITION	SHIFT	LAST MONTH	BRAND
1	↑	(4)	ALDI
2	↑	(6)	LIDL
3	↓	(2)	SUPERVALU
4	↓	(1)	HSE COVID-19
5	↑	(11)	VODAFONE
6	↑	(15)	VIRGIN MEDIA
7	↑	(10)	SKY (ANY)
8	↓	(7)	TESCO
9	↓	(8)	GUINNESS
10	↑	(12)	AVONMORE
11	↑	(12)	BOI
12	↓	(8)	MCDONALDS
13	-	NEW	AIB
13	-	NEW	JUSTEAT
13	↓	(5)	COKE/DIET COKE
13	-	NEW	NATIONAL LOTTERY
13	-	NEW	SURF
18	↓	(12)	DUNNES STORES
18	↓	(3)	RYANAIR

Ipsos MRBI Omnipoll is an telephone omnibus survey which interviews a fresh, nationally representative sample of 1,000 adults aged 15+ every two weeks.

+353 (0)1 4389000 www.ipsos.com/en-ie hollie.power@ipsos.com

IAB'S GOLD STANDARD AIMS TO REDUCE AD FRAUD AND SAFEGUARD BRANDS

IAB Ireland, the trade organisation for digital advertising, has launched a gold standard for its members with the aim of reducing ad fraud, increasing brand safety with tag standards and certification, improving the digital advertising experience for users and creating greater cross-industry transparency around the use of consumer data. The gold standard was developed by IAB in the UK.

The standard requires companies to review their processes and, where required, to take action with IAB to improve the entire ecosystem for all stakeholders. It is available to IAB members across publishers, platforms, agencies, ad tech, DSPs, SSPs and sales houses. Compliance criteria are tailored to best practice and companies who are certified commit to upholding these industry guidelines.

Suzanne McElligott, CEO, IAB Ireland, said 14 members have registered so far. They are DMG Media, Google, Facebook, INM, News Ireland, Reach, Verizon, The Irish Times group and media agencies Core, Dentsu, Group M, Havas, IPG Mediabrands and OMG. They must complete training and be certified for compliance with the new gold standard within six months of registering.

The Advertisers Association of Ireland (AAI) and the Institute of Advertising Practitioners in Ireland (IAPI) have both welcomed IAB Ireland's introduction of the gold standard and are encouraging companies involved in digital advertising to support the initiative.

BANK OF IRELAND was named as the top company in Bearing Point's Digital Leader's in Ireland 2021 report examining the digital maturity of 390 companies across seven European countries. The report, which includes 53 Irish companies, assessed business digital maturity across digital marketing, digital marketing experience, e-commerce and e-CRM. The bank pipped AIB and Tesco.

Seven different business sectors were analysed in the report – banking, energy, food products, food retail, insurance, media and telecommunications, with companies receiving a score between zero and five in each of the four criteria. Bank of Ireland scored 3.55 with a strong performance in all four categories due to continued investment in digital, with AIB on 3.45 and Tesco on 3.44.

Banking again emerged as Ireland's most digitally mature industry, with the five top Irish banks all making the top 10. Bank of Ireland earned special praise for progress in the area of digital marketing (3.92), with strong display ads and search engine campaigns. Three quarters of the bank's current account holders are digitally active and over 75 per cent of interactions are made on a mobile device.

TOURISM IRELAND has teamed up with the Irish Film and Television Academy (IFTA) to create a series of shorts to showcase Ireland. The first video features Hollywood star Pierce Brosnan where he speaks about his great love for Kerry and his hometown of Navan in Co Meath. Scenery featured includes the Ring of Kerry, Dingle, Ross Castle, Cahergall Stone Fort and the Reeks District.

KEOGH'S BAGS CRISPS DEAL WITH WAITROSE

Keogh's Crisps has signed a deal to supply British supermarket chain Waitrose Partners. Based in Oldtown in north Dublin, the Keogh's farm dates back over two centuries. They created a gluten-free crisp in 2011 made from potatoes grown on the farm. Tom Keogh, pictured, who was voted Marketer of the Year in 2015, said Waitrose's focus on quality and sustainability reflected what the Keogh's brand aims to be all about.

NIALL O'GRADY to chief executive of Linked Finance small business, working capital and stocking loans. He joins from RSA-owned 123.ie where he was managing director and director of distribution for four years. He worked at Permanent TSB for 17 years, during which time he was voted Marketer of the Year in 2007, and before that was at P&G and C&C.

ALISON LEVINS to WaterWipes, the Drogheda baby and facial wipes company established by Ed McCloskey and now run by ex-Wrigley marketing boss Orla Mitchell. Levins joins from Fáilte Ireland where she was in charge of marketing communications. She formerly worked in Australia with Mars and Wrigley and with Unilever and Batchelors in Dublin.

CHRIS DOYLE promoted to group operations director at Communicorp Media. He held a similar role at the group's Newstalk 106-108 station for the past four years and is a former chief executive of music stations 98FM and Spin 1038. He first joined Communicorp in 1999 from East Coast FM. He is the current chairperson of the IMRO Radio Awards.

GILLIAN OWENS to marketing manager at KPMG Ireland where she is now working alongside head of marketing and pursuits Tricia Gallagher. Owens joins from CPL, the recruitment group founded by Anne Heraty and which was recently sold to Japanese firm Outsourcing for a reported €318 million. Owens is a graduate of UCD and TU Dublin.

AVRIL MCARDLE has returned to Sage software for companies' accounting, payroll and payments services as marketing director for Ireland. She had been Sage's senior marketing manager for the UK and Ireland for four years. Prior to that, she worked at OwensDDB and Pigsback. More recently, she was head of marketing for the doorstep channel at Glanbia.

GARETH IRVINE to chief marketing officer at Oxygean data management. He joins from Bank of Ireland where he held various marketing and digital roles over the past seven years, most recently as senior marketing manager for brand and communications. He was a board director of Cybercom, which Jonathan Forrest rebranded as In the Company of Huskies.

DAVID MCLOUGHLIN to senior producer at Metropolitan Films screen production company. He had CEO responsibilities for the Wexford Festival Opera and the National Opera House. He extended the WFO's fundraising activities into new overseas markets and rolled out broadcast and digital streaming events with RTÉ, the EBU and ARTE.

JAN RICHARDS to head of customer experience at Irish Life. She joins from the Dublin Airport Authority (DAA) where she was head of insights and planning for over seven years. She also worked in planning roles with agencies such as MCCP and was a board director at OwensDDB. She has been chairperson of the Well Woman Centre for the past 14 years.

LAUREN MCKEOWN promoted to media director at Core. She was the company's senior media manager responsible for developing a team of around 20 young planners in Hubble, Core's planning and research unit. She also worked at Spark Foundry, Wavemaker and Maxus. She has an advanced diploma in nutrition, health and wellness from IINH.

CAITRÍONA NÍ LAOIRE to Core Creative in charge of brand development. Ní Laoire joins from BBDO Dublin were she was head of account management and was previously with Rothco and Saatchi & Saatchi in London. She will work alongside Dave Griffin, who heads up the agency's activations, and executive creative director Liam Wielopolski.

ALICE MACANDREW to the new role of corporate affairs director at Primark, owner of the Pennys fashion brand. She will be responsible for internal and external communications and for developing a global corporate affairs team. She held similar roles at Thomas Cook for four years, Sky, News Corp and worked at PR agency Finsbury and for Elisabeth Murdoch.

NICKY CRICHTON to director of PR and external affairs at Breast Cancer Ireland. She had been brand communications lead at Drury for almost seven years and a director at Murray for eight years. She worked at FleishmanHillard for six years and was at Grayling for two years. She is a graduate in European studies, history, politics, French and German from TCD.

RUEPOINTMEDIA

Publication:	Stellar	**Media Cost (€):**	5,176
Date:	Thursday, April 1, 2021	**Reach**	15,101
Page:	8	**Size (Sq. Cm)**	10

Perfect Print
How cute and apt is this print? €15 from Irish store Mimi and Martha.

Spring Spirits
Flavoured gins are all the rage these days, and this limited edition Drumshanbo Gunpowder gin with Sicilian lemon is DIVINE. More of a purist? Stillgarden vodka is Irish and new!

Best APRIL *ever*

WHAT'S TRENDING THIS MONTH

Spring has sprung! Enjoy it with these cute bits...

Look Good, Do Good
Artists Jill & Gill have teamed up with Breast Cancer Ireland to bring us this fab t-shirt, proceeds of which will benefit the charity.

SUBC X JILL & GILL, €50

Beaded Beauts
Another fab Irish company Blackbird Jewellers has created these super cute bracelets with gifting in mind. For €25, a great way to show someone you care.

Irish Humour
We love these gas door mats from Considered by Helen James at Dunnes Stores. The top one speaks to us on a deep level...

Elegant Easter
Chocolate and wine go together like two birds of a feather, so treat yo'self to this fab Lily O'Briens egg and one (or more) of these gorgeous, bargain wines from ALDI. We're on the Ventoux.

Irish and Fab
New Dimensions Active is an Irish sports brand that knows what women want from leggings - high waists, no bobbling, a wide size range and a pocket! Excellent quality.

NEW DIMENSIONS ACTIVE, €53

RUEPOINTMEDIA

Publication:	thegloss.ie	**Media Cost (€):**	9
Date:	Friday, March 12, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	759

#WhatMyMotherTaughtMe: Part Four

Irish women share their mother's wisdom with Rosaleen McMeel…
As the saying goes, life doesn't come with a manual, it comes with a mother. The relationship you have with your mother will define all the days of your life. Irish women share their mother's wisdom with Rosaleen McMeel in this new series. We're also asking you, our reader, what life lessons has your mother taught you?

To share #WhatMyMotherTaughtMe, email us on digital@thegloss.ie or share a picture or video on Instagram, make sure to tag and follow us @theglossmag and @butlerschocolate so we can see your entries. We will share some of our favourite stories on thegloss.ie over the coming weeks…

STEFANIE PREISSNER, Writer

There are a few things that my mother taught me that I will never be able to do differently. The most useful is how she would hang the boil-in-the-bag rice off the kitchen tap to let it drain into the sink. It was the original life hack. She also taught me to leave the roll of bin bags in the bottom of the bin so they're always ready to replace the full bag. Thanks to her I can make the best spaghetti bolognese this side of Rome. And those are just the domestic lessons! @stefaniepreissner

PAULA MC CLEAN Founder of SUBC, breast cancer Advocate

Mum always fixed things without actually trying to fix them. I do the same with my girls now. My mum has never allowed anything to hold her back. She taught me even in the face of adversity to get up, show up and get on with it. We call her Pocket Rocket. She's tiny but forceful and has incredible amounts of energy. Even though I can't sing, she encouraged me to sing and to dance anyway! Always dance. My mum lights up when she's dancing. It makes me smile. She's taught me you are never too old to act young. @paulastyleunravels

MARY KENNEDY, Broadcaster

My mother was heroic. In the Irish Mammy way. She put herself last always. She devoted herself to her home and family and reared us diligently. She had her mantras: 'Keep your dignity', 'Imagine yourself in the other person's shoes'. Both served me well and taught me valuable lessons about the importance of respecting others. If I could turn back the clock, however, I'd love her to have had a more carefree and fun-loving attitude to life. She was a desperate worrier and maybe that aspect of her personality taught me a valuable lesson also, to enjoy life and people, and have lots of laughs. @marykennedyrte

MARGARET O'ROURKE, Owner MoMuse

My mum was a special woman and even though she is no longer with me I treasure her lessons. She was a real people person and loved chatting to young and old, hearing about their lives. She was a giver and believed in sharing. People were always more important than a bank balance. I try to embody this in MoMuse as much as I can with our Random Acts of Kindness and our support for charities like Pieta House. @momusejewellery

18 hours ago BY

Penny McCormick

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20 hours ago BY

Holly Hughes

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RUEPOINTMEDIA

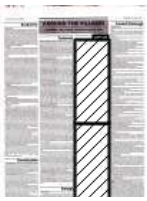
Publication:	C103	**Media Cost (€):**	95
Date:	Friday, March 12, 2021	**Reach**	75,000
Page:	Link	**Size (Sq. Cm)**	10

C103 @ 12-Mar-2021 12:26 - (breast)

and is a big problem the EU have a big big issue when it comes to the vaccines we all just have to keep going and the very best that we can stay safe of the shop from North Cork man living in Germany think that's the grass isn't always greener on the other side and then somebody is picking up on Aster Zenica the problem of last resort they can with clashing hi Patricia why do you not get a doctor on please to explain about the cutting problems with the Oxford asked Zenica vaccine there are 22 people suffering in Austria after a vaccine Sadly one person passed away because of this cutting issue this side of the vaccine needs to be explained to you say that the the best vaccine is the one that's in people's arms that's okay but there are two sides to everything the medical profession need to explain this in more detail I'm all for vaccines but why is it not highlighted that 23 people died in a nursing home in Norway after getting the vaccine I heard Joe Biden clean with the Americans last night to get a vaccine for Pfizer adjourned and Johnson&Johnson why is this people there are being hesitant about it he said People need to be told all the possible side effects tossing and blood problems were not listed as the side-effects and wonder why I think they were listed because I didn't realise that it was going to cause a problem okay the very latest I can find on pastors any kept in zoos maybe a divided Europe on this a one 9 countries have now suspended use of Aster Zenica over safety concerns but Germany and France along with the European Medicines Board they are all saying that the worries are unfounded and you are right past year was the first to raise concerns last weekend they stopped using AstraZeneca as a precaution and that course far as reports of the death of somebody and in his brother's and it was to do with classic and then other country's rapidly followed suit Denmark Italy Norway they've all stopped the use are vast Zenica as a precaution all of them pointed to the absence of blood clotting that the health authorities want to investigate and Kainos has also followed suit and as far as I know it came from one particular batch of its but I know the UK have come out and obviously people will say will they would because it is the it is the precious vaccine they've come out and they said with all of the shots they've given they haven't had any problem and if there there is indications at this stage with an estimate of into that was just one particular batch of it but obviously yet with all vaccines there is obviously going to be a concern that seems to be the latest of this is to be a little bit of divide in Europe over AstraZeneca and Yes we know in this country it's now been decided to give the Aster Zenica to the over 70s on assuming some people just gonna be worried about that particularly if they've been the history of clots and people will be concerned of something says Patricia why are people surprised at the EU's handling of the vaccines remember the bank bailout forced on to us by the EU costing us 40 billion euro the latest offers fishing deal with Brexit which will end up with worse worthless fishing trawlers are more foreign fishing trawlers in our Irish waters the corporate tax where decency that will be the next they want the government to raise this to a European level which to me says John will certainly be a bridge too far work would people agree that we should consider leaving the EU EU had from John and find one says Patricia the Government for reuse in saying 80 % of people will be vaccinated by June that saying June of which year USI age York somebody not convinced that 80 % will be vaccinated by June 18 53.3 or one Oh 3 John Paul taking your calls and texts WhatsApp always 6.1 3.0 3.1 0 3 Cork diary here vulnerable people with their 19th and Knocknagree community development are inviting people to join their virtual charity war bucket in aid of breast Cancer Research and their community hub it runs a farm to date back to the through to find the 19th of March she donate to their Instagram or Facebook page or contact the raid on Oh 8.7 2.1 5.1 9 and the team at Castlemartyr resort to taking part in a virtual run in aid of the Ronald McDonald House they're doing is between two large Saturday 13th and Sunday the 8th of March like virtually running 490 kilometres but it did from Castlemartyr resort to the Ronald McDonald House and back events they would be appealing for donations in a log-on to hibernate dust mite key forwards flashed past

RUEPOINTMEDIA

Publication:	Northern Standard	Media Cost (€):	1631.7
Date:	Thursday, March 4, 2021	Reach	13,500
Page:	8	Size (Sq. Cm)	370



Ballinode

Ballinode Lunch Club: Ballinode Lunch and Tydavnet Millennium Club will continue to deliver dinners to people in our community on a Wednesday. There is a small charge of €5. If you or someone would like a hot dinner delivered please contact Lorraine 0877984230, Pauline 0851197063, or Martina 0863824107. If you need anything else please do not hesitate to call us or any of our volunteers. Keep Safe everyone.

Swim for Alzheimers: Huge well done to Sheenagh and Aoife McKenna who completed their February charity swim a day challenge with a huge jump into Lough More on 28th February. They were raising funds for a brain cancer charity and Drumkill Alzheimer's Day Centre Threemilehouse, and they are very appreciative of the fantastic support they got in the community. Their GoFundMe page "swimming-for-alzheimers-and-brain-cancer" is still open, thanks for your generosity.

Staycation: It's fantastic to see our community owned Sliabh Beagh Hotel and Tourism Centre, Knockatallon being featured as number 4 of 25 creative staycations to beat the crowds and high prices in the Irish Independent 27th February 2021. The article explained the "why" was that it is community run, a walkers paradise, and a proper escape from the rat race, and well priced as children under 3 go free. The Sliabh Beagh Hotel and Tourism Centre boasts fourteen ensuite bedrooms including twins, doubles, family rooms and some rooms specifically fitted to meet the needs of their disabled guests. These rooms are all furnished with multi channel television, tea and coffee making facilities, hairdryer, WiFi and room service. There is also a resident's bar for guests use. This is a great place to hold the wedding of your dreams in a relaxed friendly atmosphere where you will be treated like royalty for the day. If you want to experience a high quality of service combined with an authentic community welcome in a spectacular natural setting, you are guaranteed to find it in the Sliabh Beagh Hotel and Tourism Centre! A range of activities are available nearby including hill walking, where organised walks take place weekly, led by an experienced walks coordinator. Trout fishing on mountain lakes as well as an equestrian centre are also available locally. What's not to like!

Best wishes: It's the end of an era for the V-Mac Silos Technical Sales Manager Eamon McMeel as he retires from the McAree engineering firm in Ballinode to concentrate on his own family farm enterprise. Eamonn has been with McAree's since he left school 41 years ago, and he has worked in every area of the silo business, and has represented the business at Trade shows in Ireland and abroad. We all send Eamon very good wishes for success in his future endeavours. Filling his shoes will be Fergal Sherry who brings 20 years experience as animal feeds technical sales rep with Corby Rock Mill, and Fergal has a strong background in the dairy and poultry industry, and hands on experience of installing animal feed systems on farms round the country. We welcome Fergal to our community, and he'll be available on 047 89333 to discuss your animal and poultry feed storage requirements.

Virtual Run: Well done to Scotstown Ladies who raised over €11,000 in their brilliant 2,000km virtual run the nation challenge. They started off with a target of €1000, so the amount raised is phenomenal for Breast Cancer Ireland and Crocus Monaghan. The girls are overwhelmed by the support, encouragement and generosity from our own community and from all over the country of Ireland who got out and completed their 3k, send messages of support, the future blues who made a huge effort getting involved in the skipathon, and everyone who donated. Fantastic achievement that lifted all our spirits, well done girls.

The Go Fund Me page is still open, so if you would like to donate see Scotstown Ladies 2000km for Breast Cancer & Crocus. Thanks for your support.

International Women's Day: Monaghan Women's Assembly launch event will take place on Monday March 8th at 7.30pm, and they invite all women to join the discussion. Register your interest by contacting Bernie on bbradley@monaghancoco.ie or ringing 087 6443332. What would you like our local politicians to know about your experience of Covid 19 as a woman living in County Monaghan. Monaghan Women's Assembly is a new platform that aims to bring the voice of local women into local politics. It is so hard to fundraise for anything at the moment with no events or functions being allowed to take place. However we know what an amazing community spirit the people of this area and surrounding areas have and we are hoping and looking for your support again!

Farney Siamsa Challenge: During the lockdown Monaghan GAA's cultural committee have been working hard and are happy to announce 'The Farney Siamsa Challenge' which commences next Monday, March 1st and runs until March 31st. This initiative is open to everyone of all ages. To participate, simply submit a video, which cannot be longer than two minutes of you, or your family, Dancing, Singing, Playing Musical Instruments, Reciting a story or poem, story-telling, or providing information on a local monument in the area, or anything of historical or cultural content that you would like to share with us. With Seachtain na Gaeilge running from the 1st through to the 17th March, they look forward to seeing Irish language entries, in recognition of this event. You can submit as many entries as you like. You can submit your entry to the Scotstown club secretary or to irishculturalofficier-monaghan@gaa.ie. All entries will be shared on Monaghan GAA's media platforms with the aim of providing everyone with superb local entertainment and talent during the month of March.

Fundraising virtual walk: Darren Hughes invites everyone to join the Down Syndrome North East (based in Carrickmacross) charity fundraising virtual walk. You are asked to dress up in neon/colourful clothing and walk/jog/ run 3 miles or 3km at 3pm on 21st March 2021 to celebrate World Down Syndrome Day. This year more than ever, the DSCNE is so short of funds to continue to fulfil its mission to create a world where people with Down syndrome will feel accepted, supported and celebrated for the extraordinary individuals they are. A family participation ticket is €50, with tickets individually priced for adults, children, and students/unwaged; (first 500 entries will receive a brightly coloured DSCNE snood). There will be prizes for the best dressed participants following proof of completion of the event. Full details from the DSNE website or by phoning 042 942 3181. Please respect Covid 19 guidelines, a great event is in store.

Phone a Ceili: Scotstown GAA urges the community to Phone a Ceili

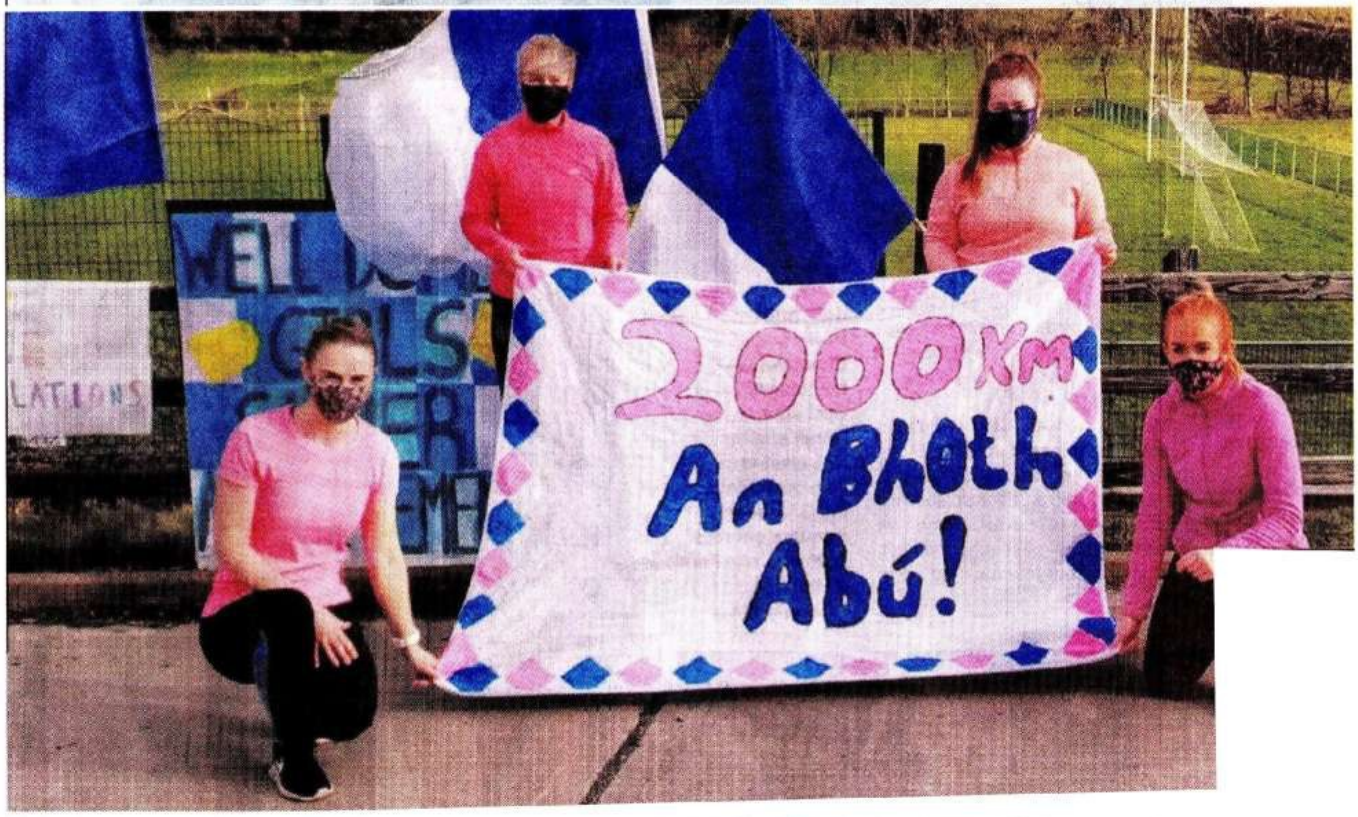
twice a week. With Level 5 restrictions ongoing, physically visiting people is not allowed. But we can still make contact with those we care about, or who are living alone or vulnerable. They would really appreciate a phone call, letter or card to check how they are and lift their spirits. So please make a committment to yourself....promise to Phone a Ceili, write a Letter, send a Card and keep in touch with anyone who needs a kind word at least once a week. If you know someone who would like a committee member or current or former player to phone them, please contact the Chairman Shane on 086 836 7997.

Daffodil Day: While this year will be very different from other Daffodil Days, Friday, 26 March 2021 is Daffodil Day 2021, and you are asked to show the creativity and commitment needed to raise vital funds for the Irish Cancer Society. The county Monaghan co-ordinator is Lorraine Treanor from Ballinode, and she invites you to donate funds for this very important charity. Fundraising daffodil pins are for sale in all the local shops, and you can also donate online on the cancer.ie website. Thanks for your support.

RUEPOINTMEDIA

Publication:	Northern Standard	Media Cost (€):	542.43
Date:	Thursday, March 4, 2021	Reach	13,500
Page:	39	Size (Sq. Cm)	123

Local Fundraisers in lockdown



Reaching the end of their lockdown challenge that has gone through the first two months of 2021, Lough Egish brothers Ciarán, Tony and Breandán Ward have now raised over €22,000 in their marathon fundraiser for SOSAD Ireland.

The most recent update from the trio stated: "We passed 1,000km ... thanks to the generous support of 368 donors from home and abroad ... We're particularly asking businesses to give generously in aid of the vital mental health support provided by SOSAD Ireland and getting their new

COLM SHALVEY

service in Monaghan Town up and running. Together, we can ease the burden of lockdown for so many who need support. Thank you - Tony, Ciarán & Breandan" Their JustGiving page has received donations of more than four times their original target of €5,000 in aid of Irish suicide-prevention and bereavement support charity SOSAD, who have announced that they will be setting up a branch in Monaghan Town by the end of March.

Scotstown senior ladies (PICTURED ABOVE) concluded their virtual 2,000 km running challenge last Tuesday, following well wishes from the likes of Michael Murphy and Odhrán Mac Niallais (Donegal); Paul Geaney (Kerry); and Orlagh Farmer (Cork). The challenge has raised over €11,000 for Breast Cancer Ireland and Crocus Monaghan.

Oram Sarsfields senior men have hit the home straight of their charity run. The Oram players have raised almost €1,000 for mental health charity Pieta House.

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	220.5
Date:	Thursday, March 4, 2021	**Reach**	13,500
Page:	35	**Size (Sq. Cm)**	50

SCOTSTOWN

Scotstown Ladies Virtual Run Challenge raises €12,000 for Charity!

Congratulations to the Scotstown GAA Ladies for their amazing recent fundraising initiative.

Scotstown Senior Ladies recently undertook a virtual 2,000km running challenge across the nation. As they passed through many towns and village across Ireland they were welcomed by many famous faces through well wish videos. Family members and friends throughout the country joined the girls as they went cross country for cancer. The challenge was a huge success and the senior ladies and management would like to extend their gratitude to everyone who got and supported their fundraising initiative. As it stands the ladies have raised just under €12,000 which will be warmly accepted by Breast Cancer Ireland and Crocus Monaghan, two charities that offer huge support to members of our community.

Well done girls! Thanks to Alanna McCarey for the above report.

Scotstown GAA Online Club

RUEPOINTMEDIA

Publication:	Irish Daily Star	**Media Cost (€):**	2193.36
Date:	Saturday, March 13, 2021	**Reach**	44,234
Page:	11	**Size (Sq. Cm)**	78

Tee whizz

To help fund life-saving research, Paula McClean, Breast Cancer Ireland ambassador and founder of the Style Unravels Breast Cancer initiative, has launched a limited edition t-shirt that's available to buy online now.

Designed by Irish duo Jill Deering and Gillian Henderson (seen here with Muireann O'Connell), each SUBC x Jill & Gill tee is sustainably sourced and ethically-made using 100 per organic cotton, and all proceeds from the project will go directly to Breast Cancer Ireland.

Priced at €50 (plus postage), each tee comes in a modern, unisex fit and will add a stylish pop of colour to your spring wardrobe.

Go to www.styleunravelsbreastcancer.com to get yours before they sell out.

RUEPOINTMEDIA

Publication:	Dublin City FM	**Media Cost (€):**	660
Date:	Monday, March 15, 2021	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	10

Dublin City FM @ 15-Mar-2021 20:22 - (breast)

virus had so there is real progress but I think the thing to say is in unlike other cancers where these things are being around 6 years in a situation for example breast cancer where there are a number of drugs that are available to people booking when when he is released into one drug people of the offer the offer another one that will debate for a debate at bay for longer and perhaps another one after that so although advanced cancers rarely curable we're starting to see signs that we might be able to hold it at Bay for a long time and that's really that's a real success story is happening in fields like breast cancer are increasing lung cancer which has been a real need for progress in prostate cancer and melanoma people are living much longer with that and there is no other drugs cancer is back and Richie and the number of cancer types of further back in the queue as a real need for progress pancreatic cancer for example has a really tough hours she was unlucky enough to get to develop cancer at a time when these things are still working their way through the system and having got into the bladder cancer and into blood cancer mention the country and yet that changing I think that the picture what a pain is that this happening across the board for many tumor types some are slower than others and that's not all right progress is happening research is finding new ways to treat cancer and and not just about drugs news a new way of delivering radiotherapy every new facts surgery use sophisticated devices and other areas of innovation that need to talk about and and Zara the storage shed some light on that is is in spotting

RUEPOINTMEDIA

Publication:	Limerick's 95 FM	**Media Cost (€):**	77
Date:	Tuesday, March 23, 2021	**Reach**	96,000
Page:	Link	**Size (Sq. Cm)**	10

Live 95FM @ 23-Mar-2021 19:00 - (breast)

that he'll Jackie dearly wife Sheelin drive Caherdavin packed Limerick survived by husband and sons Geoffrey and Alan private Cremation service on Saturday at 10 a.m. meant to Shannon Crematorium for service will be live streamed in lieu of flowers Donations can be made to support the family in participating in the marker can 30 100 or to breast cancer Ireland and sympathy through Thornton Jo Joseph Hennessy up the Spire Ballingarry and formerly of London UK husband of the nature and survived by daughters and son Requiem Mass on Thursday at 11 a.m. 18 the Church of the Immaculate Conception Ballingarry Burial afterwards in St Mary's new Cemetery Mass can be viewed live the Funeral cortege will leave his residence in Ballingarry at 10 30 approximately on reached the Church family flowers only Donations if desired to Milford care centre if the piece through o' Grady and Gary inner ring fence their broadcast before 7 a.m. to 10 a.m. and one p.m. and before 7 pm detailed cult not that he's my dad I even bigger online world he's not right now it's 7 o' clock good evening either Owen Murphy the first bookings made for the mandatory Hotel quarantine Ireland the new system comes into place on Friday with a portal for bookings sees opening from country deemed high-risk this morning the health Minister has admitted people will try to get around the measures by connecting flights through the EU or the UK but Stephen Donnelly says he believes the measures in place are robust enough to catch most of people doing that are the people who were going to try and avoid us Yes there are we know there are whomever Border Management Unit and An Garda Síochána their use of people had presented false documents used to keep

RUEPOINTMEDIA

Publication:	limerickleader.ie	**Media Cost (€):**	494
Date:	Tuesday, March 23, 2021	**Reach**	21,420
Page:	Link	**Size (Sq. Cm)**	898

Deaths in Limerick - March 23, 2021

The death has occurred of Jackie Deere (née White)Of Sheelin Drive, Caherdavin Park
On March 21, 2021 peacefully at Milford Care Centre. Beloved wife of Al Finucane. Dearly loved mother of Geoffrey and Alan. Sadly missed by her daughters-in-law Tarn and Michelle, her beloved grandchildren, brothers Michael and Mark, sisters-in-law, extended family and friends.

May she rest in peace.

A private cremation service will take place in Shannon Crematorium this Saturday, March 27 at 10.00am.

The cremation service will be live streamed at https://shannoncrematorium.com/content/26-live-streaming

Password: TLJD27

In lieu of sending flowers please make a donation to support Jackie's sons, Alan and Geoff in participating in the Maca cancer 200 - Ride For Research. They will cycle alongside other team members to celebrate Jackie. Funds raised will support Perth's Harry Perkins Institute of Medical Research in Australia.

https://www.cancer200.org.au/fundraisers/alandeere/cancer-200

Alternatively, please find below a link to a justgiving page in which donations can also be made in Jackie's memory. All donations will be forwarded to Breast Cancer Ireland https://www.justgiving.com/fundraising/jackiedeere

In the interests of public health, attendance at Requiem Mass will be restricted to accord with government guidelines and in line with social distancing protocols. Mass cards and messages of sympathy can be sent to Thomson's, Thomas Street, Limerick.

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The death has occurred of James (Jimmy) Donnelly

Of Amigan

Peacefully, at home, in his 98th year. Deeply regretted by his nieces, nephews, grandnieces, grandnephews, sister-in-law, relatives, neighbours and friends.

Rest in peace

In line with government guidelines, a small private family requiem Mass will take place on Wednesday, March 24, in St. John the Baptist Church, Croagh, at 11.30am. Burial afterwards in Cappagh Cemetery. Messages of condolence can be sent to Magners Undertakers, Rathkeale.

****

The death has occurred of Joe (Joseph) Hennessy

Of The Sparr, Ballingarry

Formerly London (UK).

Died peacefully at his residence on March 21, 2021.

Predeceased by his loving wife Sharon, mother Kathleen, mother-in-law Rita Diggins and brother in-law Ray Fox.

Sadly missed by his loving daughters Tricia and Sasha, son Joey, grandchildren Tilly, Tracey and Caragh, son-in-law Rob, brother Paddy, sister Patricia, sister-in-law Tina, nephew Evan, niece Tara, uncle John Lynch and brother-in-law John Diggins, relatives, neighbours and many friends.

May he rest in peace

Arriving at The Church of the Immaculate Conception, Ballingarry this Thursday March 25 for 11am Requiem Mass. Burial afterwards in St.Mary's new cemetery.

Mass can be viewed at http://www.churchservices.tv/ballingarry.

For those wishing to pay their respects to the family, the funeral cortège will leave his residence in Ballingarry at 10.30am approximately en route to church.

Family flowers only please

Donations, if desired, to Milford Care Centre.

In compliance with HSE guidelines, Joe's Funeral Mass will be restricted to family only. Sympathies may be

expressed by using the condolence link below or by post to O'Grady Funeral Directors, Ballingarry, Co. Limerick.

Thank you for your understanding during this difficult time.

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The death has occurred of Finola Murphy

Of Davis Street

Finola died peacefully in St Camillus' Hospital, comforted by her niece Elaine O'Shea-Crowe.

Sadly missed and lovingly remembered by her surviving sisters Elaine Woulfe (Dublin and Tenerife) and Denise O'Shea (Dooradoyle), her brother Tim Murphy (Abbeyfeale and London), her sisters-in-law Evelyn, Una, Sarah and Helen and brother-in-law Michael, her four godchildren Antoinette English, Carol Ann Woulfe, Ian O'Shea and Stephen Murphy and her many nieces, nephews, grandnieces, grandnephews, kind neighbours, carers and friends. Predeceased by her siblings Brendan Murphy (North Circular Road), Joseph Murphy (Canada), Eugene Murphy (England) Paul Murphy (Cashel and Cork) Frances Molloy (Australia). A sincere thank you to all the medical teams who cared for Finola, in particular the management, nurses, chaplain and staff of St. Camillus' Hospital for their care and respect shown at all times.

Rest in peace

Requiem Mass, for family only, will take place in St. Saviour's Dominican Church, on Saturday, March 27 at 10am and will be streamed live at https://www.youtube.com/watch?v=wO3dclZ5o0c

Funeral afterwards to Mount St. Lawrence cemetery.

Finola's funeral cortege will pass the family home on Davis Street after Mass at 11:15am approx. for neighbours and friends.

Please observe social distance

Messages of sympathy may be expressed through the death notices section www.griffinfunerals.com or by post to Griffin's Funeral Home.

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The death has occurred of Teresa (Tess) Ryan (née Cleary)

Of Lacka, Castleconnell

Ryan (nee Cleary), Teresa (Tess), Lacka, Castleconnell. On March 22, 2021 suddenly at University Hospital Limerick. Beloved wife of the late Mick and loving mother of baby Valerie. Sadly missed by her loving sons Sean and Gus, daughters Marian McNamara and Treasa, son in law Anthony, sisters Maureen and Nancy, niece Caroline, neighbours, relatives and friends.

Rest in peace

Departing her home on Friday, March 26, travelling via The Spa to St. Joseph's Church, Castleconnell, for Requiem Mass at 11.30am, which will be broadcast on www.castleconnellparish.ie and 106.3 FM burial afterwards in Stradbally Cemetery, Castleconnell. Please adhere to government guidelines regarding social distance and number of people. House private please.

RUEPOINTMEDIA

Publication:	The Sun (ROI)	**Media Cost (€):**	2,365
Date:	Thursday, March 25, 2021	**Reach**	52,126
Page:	Link	**Size (Sq. Cm)**	209

NEW HOPES FOR CANCER DEFENCE

BOWEL and breast cancer may be "more preventable" than previously thought, a study suggests.

Thousands of cancer cases could be prevented each year with simple lifestyle changes, the World Cancer Research Fund has said.

Cases of bowel and breast cancer could be significantly reduced Prevention with some diet changes, exercise and weight loss, the charity said.

Researchers from the US estimated that lifestyle factors are responsible for 27 per cent of breast cancer cases in women.

The study, funded by the WCRF, said insufficient intake of dietary fibre is the highest lifestyle risk factor for colorectal cancer cases.

The data said alcohol consumption is the high- illness est risk factor for breast cancer among women. Other significant risk factors for breast cancer include a high body mass index and low levels of physical activity.

Breast Cancer Ireland said one in nine women will develop breast cancer in their lifetime and incidence of male breast cancer is one in 1,000. Some 3,700 new cases of breast cancer are diagnosed in Ireland each year.

Rachael Gormley, of WCRF UK, said: "This is a clear indication of simple lifestyle changes we can all make to decrease our likelihood of a cancer diagnosis."

Caption: Prevention ... illness

RUEPOINTMEDIA

Publication:	The Irish Times	**Media Cost (€):**	16214.94
Date:	Saturday, March 27, 2021	**Reach**	58,131
Page:	6	**Size (Sq. Cm)**	714

WE LOVE...

Oh honey

If the intricacies of bee keeping are beyond you, but you love the idea of supporting those little yellow honeys, Hiveshare is a sweet way to treat yourself. At Brookfield Farm, on the shores of Lough Derg, the land is managed to grow loads of bee treats including flower meadows and trees with yummy pollens. Buy a share, or gift to spread the love – it could be a very lovely treat for Easter – and depending on the level of hive action you go in on, you'll get a gift box with beeswax candles, a tasting set of raw Irish honey and updates on how your bees are doing. They also do a brilliant annual honey get together at the farm for hive-sharers, so that's something to look forward to too. Custom labels can be requested for real breakfast bragging rights. From €85. brookfield.farm

Gemma Tipton

Snug as a bug

Nug waterproof coats were designed in the west of Ireland and born from a love of the sea. We are all outside now more than ever and if you are one of the many thousands who have taken up sea swimming, or someone who is thinking about it, a snug nug might make it more appealing. The Nug range also includes hooded poncho towels (also in children's sizes, pictured above) and fleece lined hats. Towels range from €28-€55, coats are €120 and hats are €20. nugoutdoors.com / 086-8278073 / info@nugchangingrobe.com

Anna Kenny

Style settings

We know it may be a while before we're in restaurants again, but no harm to give your own creations the platform they deserve, or simply raise your favourite takeaways to restaurant standards. Last summer, Maria Reidy switched her attention from event management to the world of table settings, so now you can easily make the kitchen table in your own gaff look like something far swankier. They do say a change is as good as a rest. Shop entire looks including candles, with prices from €7.50 for an Easter bunny. signaturerentals.ie

Gemma Tipton

Shining

Scented candle from Louise Kennedy, based on Fabergé egg, €85

Cool look, hot cause

Catch a limited edition sweatshirt from Jill & Gill to help fund cancer research. Sustainably sourced and ethically made, all proceeds go directly to Breast Cancer Ireland. €95 plus P&P. styleunravelsbreastcancer.com

Gemma Tipton

RUEPOINTMEDIA

Publication:	The Herald	Media Cost (€):	25812.07
Date:	Wednesday, February 3, 2021	Reach	28,940
Page:	21,22	Size (Sq. Cm)	1387

Emma Cassidy is a new mum to baby Sam. PHOTO: LEON FARRELL PHOTOCALL IRELAND

'After a double mastectomy, chemo and radiotherapy, my Sam is a true miracle baby'

New mum and survivor of triple-negative breast cancer Emma Cassidy has been through two years of gruelling treatment and has thankfully come out the other side with a wonderful story of hope, and a six-week-old baby boy, writes Emily Hourican

Emma Cassidy's son, Sam, is just over six weeks old when we speak. Like any other first-time mother, she is tired, perhaps a little apprehensive, and exhilarated. Although for Emma, a science and PE teacher, the exhilaration may be even more pronounced. "I wasn't sure whether I'd be able to have a baby," she says. She is referring to the treatment — a double mastectomy, chemotherapy and radiotherapy — she went through after being diagnosed with triple-negative breast cancer in June 2017.

"I hadn't had any fertility tests done, but they do warn you about the possible effects of chemotherapy on your reproductive system. It can age you, biologically, making it harder to conceive. I'll be 34 in March, and they say your fertility drops in your 30s anyway..."

"When I was first diagnosed," she continues, "they did talk to me about freezing eggs, but at the time I wasn't with my partner so I decided against it. I didn't have the headspace really to think about it, and I was so anxious to get started. I was wary of anything that would have delayed treatment, because the type of breast cancer I had — triple-negative — is quite aggressive. I was 30 at the time, and they did say there's a good chance things will go back to normal, so I was reassured by that in my mind.

"When I finished treatment, my cycle came back a few months later, but I noticed it had changed in duration — it was a lot shorter — and that was worrying to me. I wondered did it mean something was wrong."

In fact, Emma and her partner — who she got together with after treatment — were booked in for a fertility check early last year. "That appointment was cancelled because of the first lockdown," she says, "and as it happens, although we didn't know at the time, I was already pregnant."

And so, here she is, with baby Sam, who was

born just before Christmas. "Coming up to labour I was nervous. I didn't know what to expect in terms of my partner being allowed in, but in fact, it was an absolutely lovely experience. The staff, midwives, everyone in Holles Street was just so nice."

It is a view of the health system that, happily, has been consistent ever since her cancer diagnosis, when she was just 30. "That diagnosis only came about because my GP is so amazing," she says. "He's been my GP since I was a baby. When I went to him quite soon after I turned 30, to say I was very tired, overly fatigued — I'd sleep eight or nine hours a night and feel I hadn't slept at all — and my skin and hair felt very dull and dry, he decided to investigate thoroughly, because he knows I wouldn't be like that normally.

"The symptoms I had aren't known symptoms of breast cancer, so he started with blood tests, and they were fine. I was put on vitamin B12 injections every week for energy, and he said, 'Come back in three weeks and see if you feel better.' I didn't.

"At that stage, he tested my thyroid, and that was fine, and then he said, 'Do you check your breasts regularly?' As it happened, I wasn't as vigilant as I should have been — when you're 30, you don't really think about that. So he made an appointment at the breast clinic in Beaumont 'just to rule that out...'"

At the clinic, Emma was given a "thorough examination from a doctor there, who said, 'There is a lump, it's in quite deep. We'll send you for an ultrasound now. It's probably nothing, but we'll have a look.' So I did the ultrasound, then they said, 'We'll do a mammogram as well.' I was so naïve," she says. "I was thinking, 'Wow, this is so fantastic, such a thorough service.'"

I did the mammogram, and a second mammogram, then they sent me and my mam, who was with me, for lunch and told us to come back afterwards as they were going to biopsy three areas. At that stage, I did ask, 'Is this normal?' And they were very reassuring and told me, 'It is a triple assessment clinic.'" In all, Emma and her mother spent from 8am to 6pm in the clinic that day, and were told to come back a week later for the results. "We were called in to the consultant, and there was a nurse there in the room with us, and then I did think, 'OK, there's something here, but they'll just remove it and monitor me...' I didn't let myself think anything worse than that. The consultant pointed out three areas of 'abnormality', and my mam said, 'Does abnormality mean cancer...?'"

It did. "The lump was cancerous, the lymph node was cancerous, and the other breast looked troubling, with areas that were pre-cancerous," Emma recalls. "At that stage I was told, 'Your surgeon will talk to you about your mastectomies,' and that's when I burst out crying, realising it wouldn't just be a lumpectomy or something small."

In fact, there was a question over whether to have a double mastectomy — with the decision left to Emma. "The other breast could have been just a lumpectomy, but I decided, no, I'll go with both of them. My surgeon thought I was making a sensible decision." Later events would prove the wisdom of that decision.

Emma sounds as though she was remarkable cool-headed throughout this, but "there were moments where I burst out crying," she says. "I'm only human, like anyone else. But I wanted to know everything that was happening, I wanted to make sure that I took everything in. I was worried about how I'd feel about my body afterwards — I would have had a large chest before, so the surgery would be a big change, and that did bother me. But in fact, the overwhelming feeling after my surgery was, 'This is gone. They've taken it out!' And when I looked at my body, I didn't look the way I thought I would — they do such a good job. I was surprised at how OK I felt about it. I wasn't sick looking at myself, I felt strong, I felt, 'The cancer is gone, this is brilliant.'"

After surgery, Emma started chemotherapy — "two different types. I started at the end of August, and I finished up four days before Christmas. The hair loss was a big thing for me. From childhood, I would have been known for my hair — big, wild, curly hair. I decided to shave it before it fell out, to take back a bit of control. If I had to lose it, I wanted it to be on my terms. My friend shaved my head for me the day before I started treatment."

How did she cope with chemo? "I coped quite well. I managed to get out most days for a walk. I had a lot of tiredness, but I didn't have a lot of nausea. I just focussed week by week, and told myself, 'All going well, this will be the best Christmas present ever, to be finished with this.' I had an allergic reaction to the second type of chemo, and was hospitalised, but they dealt with it so well and switched me to a different type."

And when she finished, in December 2017? "It was just such a wonderful feeling. I remember the last batch, watching the time clicking down to zero, my parents and my cousin with me, and thinking, 'That's it, that's done, another step done.' It was incredible to reach that point. Radiotherapy was next, and by then I could think, 'Bring it on!' Radiotherapy to the breast isn't that bad, so I got through that OK."

Throughout, Breast Cancer Ireland were a wonderful

support. But, she says: "I found the aftermath tougher — in treatment, you're in this bubble. When you finish, people think, 'You're better now...' But I felt adrift; 'What do I do now?' During treatment, there are so many appointments, you don't need to think about what to do next, you're in a safety net. Afterwards you have to think, 'How do I lead my life now?'

"At the time I was single, and I did think to myself — it wasn't the main issue on my mind but — how do you go about having a relationship, meeting someone, after cancer? Your new body, how do you broach that? How do I navigate this new body, new life? Will anyone understand how I feel? My fears, my anxiety around scans?"

In a wonderful turn of fate, Emma reconnected with Keith, who she had known when she was at school. "We met on a school trip when we were 17 and were friends after that, but had lost touch. But he was still friendly with friends of mine, and he had heard about my illness, so I didn't have to go through the whole rigmarole of explaining. He was comfortable asking me questions, and I like that. I don't have an issue speaking about it, but I don't necessarily want to bring it up... But he didn't tippy-toe around it. We never had to have 'The Conversation'."

Early in their relationship, quite soon after she had finished treatment, Emma was given a piece of very difficult news. She had tested positive for the BRCA1 gene, meaning she has a far higher risk of breast cancer, but also ovarian cancer. She also has a 50pc chance of passing that gene on to her children.

"That was nearly worse than finding out the original cancer diagnosis," she says. "At least with that, I knew, 'OK, this is the plan, and hopefully afterward I'll be OK.' When you're told something genetic is wrong, that's a different thing. My risk of ovarian cancer now is quite high. At around the age of 35 or 36, I'm going to have to consider having my ovaries and tubes removed — quite drastic surgeries.

"I was so thankful I'd chosen to have the double mastectomy, because otherwise I would have had to go back and get it done again."

This news came to Emma around the same time she and Keith had begun seeing one another. "I said, 'Listen, I'm going to tell you this: I have this gene, this is what the implications could be, because I don't want it to cause an issue later. You can leave if you want to leave.' And his response was, 'That's not any sort of issue for me. I'm with you and I'm happy with you, and if it means children aren't in our future, I'm still happy with you.' "Knowing I had such a supportive partner took away a lot of the anxiety for me," Emma says. "He was so understanding. He said the main thing is that I stay healthy, and we're happy, and we're not going to worry about that. Because of that, I knew there was a chance pregnancy might not happen, but I was quite relaxed about it. I felt there's no point worrying about it."

And when it did happen, they were overjoyed — and apprehensive. "Lockdown worked out quite well for us, because we didn't have to tell people. The first few weeks, we didn't even really speak about it ourselves. I didn't want to get too excited and jinx myself, until we got to the 12 weeks. Genes were in my mind a lot as well, because I have a 50pc chance of passing the BRCA1 gene on — and particularly with a girl, the effects are so considerable. You feel guilt — 'Am I going to give that to my baby? Am I going to have to have that conversation... How do you have a talk like that with your daughter?'"

Her mother "was praying for a boy. Because for men, you have a higher risk of prostate cancer than the general population, but it's slightly higher; it's a more devastating thing for a woman."

The prayers were answered: after an easy pregnancy, Sam was born. "I think we will have a conversation with him when he is older and definitely let him know about the BRAC1 gene, and let him decide when he wants to get tested. We don't want it to be a big frightening conversation, so we will be open with him about my story in a gentle way as he grows up."

Meantime, "I'm just so happy," she says. "Happy to be healthy again, to have a baby, to have the opportunity to have a lovely life. Yes, knowing I have the BRCA1 gene is hard, but at least I have the information and I know what I have to do. I'm not living my life based around worry or fear, I'm just getting on with things, and I have time now to come to terms with the surgery I'll have to have.

Has she thought again about freezing her eggs, before that surgery? "I haven't even really considered it. I just feel so lucky to have Sam that I think I'm more than happy with him!

"Having cancer makes you appreciate things so much; there are people who are less lucky. Keith and I feel like the luckiest people in the world — it sounds like such a cliché — but Sam feels like a miracle baby."

See *breastcancerireland.com*

"I have a 50pc chance of passing the BRCA1 gene on – and particularly with a girl, the effects are so considerable. You feel guilt – 'Am I going to give that to my baby? Am I going to have to have that conversation... How do you have a talk like that with your daughter?'"

'At that stage I was told, 'Your surgeon will talk to you about your mastectomies,' and that's when I burst out crying, realising it wouldn't just be a lumpectomy or something small'

Then he said, 'Do you check your breasts regularly?' As it happened, I wasn't as vigilant as I should have been

What you need to know

● Know the eight signs of breast cancer (check out Breast Cancer Ireland's free-to-download app, BreastAware). Know what is normal so that if an abnormality arises, you can get it checked out

● Over the last decade, three advances have made a notable impact on the lives of patients:

(i) Therapies targeted at HER2 — human epidermal growth factor receptor 2, a protein that promotes the growth of cancer cells — have had an important impact on breast cancer survival. Though not all breast cancers over-express HER2, those that do (about one in five) can be effectively treated with drugs that target this protein.

(ii) Tests to determine the types of genes a cancer expresses have allowed doctors to tailor therapies to a patient's individual needs. In breast cancer, this test helps determine which patients are more likely to benefit from treatment adjuvant (additional) chemotherapy in addition to hormonal therapy.

● Hormonal therapy, which is used to prevent oestrogen from binding to the oestrogenic receptor–positive disease (cancer that is stimulated to grow by oestrogen) is not new to breast cancer, but the continuing refinement of this type of treatment has given patients more options. With these improvements, we are able to effectively treat many cancers using [hormonal] therapies without having to use chemotherapy.

Emma Cassidy is a new mum to baby Sam. PHOTO: LEON FARRELL PHOTOCALL IRELAND

RUEPOINTMEDIA

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Newstalk @ 04-Feb-21 11:27 - (breast)

Common mum and I just thought there's like we're all gonna die we're gonna be on by China and then as I have to comment on that because they can take care I was scared that Ashley Vanderbilt these South Carolina mum who says she lost her job earlier in the pandemic so deep down the queue and conspiracy theory rabbit hole before November's election how did you get into this world and gone down this rabbit hole Wife starred sting Take tax and I didn't know it was a conspiracy things I just

about words they were telling me something that nobody else knew of some that I would reach out to different friends of mine were bigger Trump supporters outside you know I found this frantic time when you think and they need to assess the need for a Facebook Live video then they want to know I just went down this rabbit hole wording of the staff but what have we heard the last 4 or 5 years that means taking it taking it and watch the news I don't read

newspapers and I cannot do anything I've always been someone that you just tell me what to do I do that lighting and other Trump policies and things that were the entire Bible and read them must have just brought that kind of stuff to me right before the inauguration Ukip believe by was really gonna get sworn at now I expect the blackout expect the TV to go black and nothing working so we will see any day of the

Assumption of what would happen would be that most of the democratic leaders there are quite a few other Republican leaders Hollywood the go-ahead to tender they are the rest of the nutters and half mast they said that Trump opened back up one time of day and then the military would run the country put Justin Marshall while because what comes to unhinge in may be a danger us and then come back come back when the governor was rebuilt and I thought I

was the biggest Trump-supporting their wireless if he would have said something and she would just say he too is illegitimate nothing has real merit I think some people would I think there's a lot of time this year I thought that for mad about you know just when I lost my job last April 2020 and I was super depressed in and I think in a way out how the last touch with a bit of reality enact common-sense and and not much in

there it's for what I believe that but I mean I feel for motion and as one who has seen the light Ashley Vanderbilt explaining how she got sucked into all of those conspiracy theories and CNN through view with Donie O'Sullivan had come here from leave Newstalk listeners I lived in Spencer Dock and I 100 % field for the delivery people some of the children in that area are

criminals in training a lot of them a feed of the big man bravado I've seen them intimidate people living in the area the delivery people and they intimidate even the GardaÃ and had fireworks on me and my drama meanwhile 8 months pregnant when just walking home from work and not all of the young people are patted but there's definitely an element of their my next guest is a PE and science teacher from Rossini in a breast cancer survivor with which

she was diagnosed in 2017 she documented her treatment and recovery journey on social media are reaching thousands of followers and inspire people with her positive outlook throughout her journey she has since become a spokesperson for breast Cancer Ireland and she joins us on world cancer day Emma Cassidy good morning and welcome 21st thanks so much money on it's great to have him back because the last time

we spoke you just finished chemotherapy and radiotherapy so have you been since I think great thanks so much yet things along though insiders are Yeah and we end up talking about Britney Spears I think then shaken though it's a kind of happened since then now we have the band make in the meantime and locked down on the course Europe teacher and trying to do things from home but something else very important has happened the

has I've recently gone while there's two baby Sam he Is a lethal annual athlete change our lives and we couldn't be happier with him problem being that not everyone that you like to leave Sam has got to me it's because of the pandemic mellow that's the toughest tired like a lot of my friends and even some of her family members have

got to meet demand obviously babies don't like change every day is getting so big now so that's a really tough for us that he hasn't had the kind of interaction with people anywhere the lights but obviously it has to happen in order to keep everybody safe but it is very tough Yeah all the stamina get a result horse is very very new very fresh and very steep learning curve I suspect

Oh absolutely I would have really had much experience of babies in Cork passed we tell us that this fellow everything is new every day there's something different that happens we have to adapt and learn about but it's absolutely amazing and he's really been like the light relied so and couldn't be happier and Highlights: Breast Cancer Ireland, Emma Cassidy

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14th annual Echo Women in Sport awards celebrate Leeside's finest

Sanita Puspure and Carmel Calnan have been picked as annual winners

THE 14th annual Echo Women in Sport awards are a chance for us to highlight the sustained brilliance and unwavering passion of athletes in Rebel county.

Rower Sanita Puspure was selected by our judges as The Echo Women in Sport Awards 2020 Sportswoman of the Year.

The Echo Women in Sport Awards 2020 Hall of Fame selection is Carmel Calnan.

The most recent ceremony was held at the Cork Airport Hotel and was a memorable and colourful celebration of female sport in Cork, as was the case at each event since the first in early 2008.

Unfortunately, the ongoing Covid restrictions mean a formal function isn't possible, but today we've profiled a selection of Corkonians who made their mark on 2020: sprinter Phil Healy, dual county winner Fiona Keating, soccer maestro Denise O'Sullivan, and Saoirse Noonan, who played All-Ireland finals in ladies football and soccer.

Others who grabbed headlines last year include Maxine O'Sullivan, who rode It Came to Pass to a shock victory at the Cheltenham Festival, camogie aces Orla Cronin and Amy O'Connor, rugby internationals Leah Lyons and Anna Caplice, Cork City rising star Éabha O'Mahony and athlete Louise Shanahan.

The very popular scheme has been in operation since 2007, and former Echo journalists Alison Donnelly and Mary White were at the forefront of its early success.

John McHale, sports editor of The Echo, explained it was hugely important to acknowledge the 2020 sporting season even if it's not possible to hold the traditional function.

"The best sports people in Cork are often the best in Ireland and sometimes the world and that's very much the case with Sanita.

"This is her second time as our Sportswoman of the Year in three years and she's not finished yet.

"Not only has she collected numerous individual accolades, but she also helped increase the profile and popularity of her sport.

"Even in a year when competitions and even training were shut down for long spells, the judges had a number of candidates and that tells a lot about the strength of women's sport in Cork.

"Our Hall of Fame recipient deserves the highest praise as well. Carmel Calnan has committed a lifetime of service to Clonakilty ladies football club, as one of its founding members.

"She's an unsung hero getting the spotlight. Which has always been at the heart of these awards."

Maurice Gubbins, editor of The Echo, hailed sports women at every level for their incredible efforts across the past 12 months in the face of severe restrictions.

"They are a credit to their families, schools, clubs and communities and it was very important to us to celebrate that commitment and passion with The Echo Women in Sport awards.

"Sanita Puspure is a role model in Cork and beyond for her consistency as a rower. She has delivered year after year and hopefully, the Olympics will offer her another chance to show her undoubted class on the water."

Sanita is the second person to land the main prize twice, emulating boxer Christina Desmond.

The other previous winners were basketballer Jessica Scannell, GAA icons Briege Corkery, Rena Buckley, and Juliet Murphy, Olympians Derval O'Rourke, Olive Loughnane and Lizzie Lee, Paralympian Orla Barry, soccer star Denise O'Sullivan, and soccer international and ladies footballer Saoirse Noonan.

Sportswoman of the Year winners...

2007: Jessica Scannell

2008: Briege Corkery

2009: Olive Loughnane

2010: Derval O'Rourke

2011: Juliet Murphy

2012: Orla Barry

2013: Christina Desmond

2014: Denise O’Sullivan

2015: Lizzie Lee

2016: Rena Buckley

2017: Saoirse Noonan

2018: Sanita Puspure

2019: Christina Desmond

2020: Sanita Puspure

Caption:
Future Proof and Maxine O'Sullivan win the Breast Cancer Ireland (Ladies) Handicap. Picture: Healy Racing.

Caption:
Sanita Puspure celebrates with her gold medal at the European Rowing Championships in Lucerne..