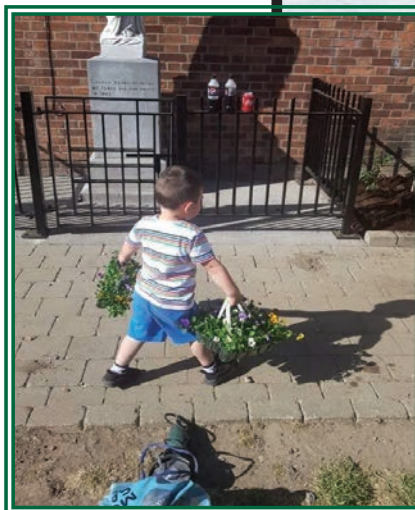


THE NEW LINK MAGAZINE

ISSUE 111

SUMMER 2020

Celebrating the 33rd South Docks Festival



*Wishing the Community
a very Happy, Healthy and
Safe Summer*

TRANSFORMING THE RESOURCE CENTRE TO SERVE THE COMMUNITY

Like every organisation and every family, St. Andrew's Resource Centre had to move fast last March to adapt to the COVID-19 crisis. The building had to close to the public but we were determined that we would continue to serve the community. In this issue of the New Link you will read how our services adapted, many of them moving online and reaching out to families and clients regularly by phone and through social media.

The Centre closed to the public but it never closed down. Our home care services kept going at full strength and expanded, even to take over services in the Liberties at the height of the crisis. Meals were delivered daily, not just to 35 existing clients but, with the support of generous donors and the Gardaí, to over 175 clients.

Without strong links into the community, the Centre would have been unable to reach those in need of support, nor to get rapid feedback on emerging challenges. The network of community link-persons across the area, whose work is described in this issue, connected the Centre with every part of the community. Leaflet drops and social media enabled us to keep in touch with everyone.

Challenging as lockdown was, opening up is even more demanding! St. Andrew's is a significant employer and we are determined to provide a safe working environment, as well as safe access to our services for those who need them. We have had to restructure the building internally, to make larger rooms for staff and spacious and well ventilated interview rooms where callers can be seen. The childcare service is also being reconfigured to ensure safe operations. The Day Centre for the elderly will not resume for some time, and then in a different way. This means that some activities can no longer take place and others will look very different.

Our determination is to ensure that our services continue and develop, that the community has at its heart an effective and innovative Resource Centre, and that, together, we can ensure the safety and well-being of all who call this place home.

A poster for Confidential Counselling. The background is a blue sky with white clouds. In the foreground, there are silhouettes of a man and a woman standing side-by-side. The title 'Confidential Counselling' is written in large, blue, sans-serif font at the top. Below the title, on the right, is a white box containing the text 'Professional Accredited Counsellor' followed by a bulleted list: '* Bereavement', '* Anxiety', '* Relationship issues', '* Loss', and '* Stress'. Below this list, it says 'To book a session see below'. At the bottom of the poster, it says 'To make an appointment contact: Dara Terry - 0879768296' and 'Payment by donation'. There is a small logo in the bottom right corner.

Confidential Counselling

Professional Accredited Counsellor

- * Bereavement
- * Anxiety
- * Relationship issues
- * Loss
- * Stress

To book a session see below

To make an appointment contact: Dara Terry - 0879768296

Payment by donation

BEREAVEMENT GRIEF AND LOSS

The death of someone you love can have a detrimental effect on your mental, physical and emotional wellbeing. Apart from the initial shock it can leave you numb and unable to function with your day to day life. Bereavement and the feelings associated with it can rock you to your core. It is a major life crisis where you can experience different and very difficult emotions from fear, guilt, denial, anger, and even depression to name but a few. Counselling can help with this process of dealing with these very painful emotions.

REFERRALS

Children and adults can be referred for art therapy/art psychotherapy or counseling in St Andrew's for a range of reasons including anxiety, emotional and behavioural difficulties, or experiences of bereavement and loss.

Child Counselling through Art and Play

A poster for Child Counselling through Art and Play. It features a cartoon illustration of two children, a boy and a girl, sitting at a table and playing with colorful toys. The boy is on the left, wearing a grey shirt, and the girl is on the right, wearing a yellow shirt. They are both looking down at the toys. The background is white. At the bottom, there is a contact number and a logo for TUSLA.

Contact: Dara Terry - 0879768296

Payment by donation

TUSLA
An Ghníomhaireacht um
Leasú agus an Teaghlach
Child and Family Agency

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**The New Link is published by
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or on facebook**

A YEAR TO REMEMBER

This special edition of the New Link is published as part of this year's South Docks Festival, a Festival like no other. Both the Link and the Festival are celebrating a community that has come through an extraordinary time, with heads held high and a new sense of our identity and our strengths.

In these pages you will read about the extraordinary efforts made by communities across the area to support each other, to protect the vulnerable, to celebrate friendship, and to remember those no longer with us, whether they died recently as a result of COVID-19 or in the past, having helped to build up the community. The descriptions here of the work done during the crisis make it sound easy and natural. The desire to help came naturally, but it took initiative, determination and real effort to sustain the various activities, week after week. It is right that those efforts are recorded here, just as it is right to try and keep alive the spirit developed over these months.

You will also read about how St. Andrew's Resource Centre rejigged all its activities, virtually overnight, to continue to serve the community through the distribution of meals, food packs, resources for kids and information about services, and through telephone and online contact with hundreds of individuals and families. We were happy to support Community Links around the area with supplies of bingo books and machines, PA equipment, flowers and hanging baskets, and whatever they needed. We were delighted to receive from around the community donations for PPE equipment. Our home helps in particular should be celebrated as Frontline Heroes who kept the most vulnerable safe and well.

While many struggled to get through this crisis, it also brought out the best in people who recognised that we depend on each other – to keep a physical distance to prevent infection, but to stay close enough to give each other support. Who'd have thought the loudest noise on Pearse Street could be birdsong, or that a trip to the shop could be the highlight of the day?

Our parishes in Westland Row and City Quay gave spiritual support and were for many the background to their faith, hope and charity through this crisis. It was hard for many not to be able to attend Mass or receive Holy Communion, and there has been great joy in the opportunity to return.

We've rediscovered the importance of community and the values which sustain it. We want to return to normal, but we don't want to lose what we found together during the crisis, and of course the crisis is not over.

During this South Docks Festival we are celebrating what had been lost but was found: time for family, faith and friends, respect for those who serve the community even at risk to themselves, and appreciation of who we are and where we've come from. Its time to give thanks, and to celebrate.

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PHOTOS: PADDY GIBSON DARRAGH.

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ST. ANDREW'S DAY CENTRE SENIOR CARE NEWS

No one would have thought week 17 would arrive and would still be here. On the 14th March we received a phone call from the HSE advising us to close our Day Centre. The instruction was for people over 70 years of age to cocoon. Cocoon!!! What on earth does that mean our clients asked? Unfortunately we found out very quickly what it meant and the indications are that for some people it has and continues to be a lonely and scary time.



During these times for some people their only contact with the outside world was St. Andrew's Resource Centre.

St. Andrew's Day Centre served lunch to 25 people and delivered 35 meals to those who had become incapacitated and no longer able to attend. A huge void was quickly identified in week 2 of lockdown people could not get out to shop. No Daycentre, restaurants, pubs or deli counters were open and people began to run out of their stock supply. St. Andrew's were approached by Avolon Aircraft Leasing who offered to provide chilled ready meals from Artizan catering to those cocooning and vulnerable. KC Peaches also



showed their support by providing 90 meals each and every Friday.

A big thank you to the guards who immediately



rowed in and offered assistance with deliveries no matter what it was or where it needed to go they were access all areas. They have delivered dinners alongside our team every day of this lockdown.

By week 5 we were delivering 175 meals per day and of course everything does not stop because it's the weekend! Due to our generous supporters we delivered two meals and two soups to get everyone through to Monday when we did it all again.

During lockdown we had 4 bank holidays these were marked with care packs containing fresh produce, cakes biscuits and even an Easter egg. There was great excitement opening the boxes. We also had 3 large deliveries of sliced pans from Brennans bread received with gladness. Our front line workers were energised by deliveries from Lucozade and Cadburys.

During lockdown we aimed to let those at home know we had not forgotten them we quickly put in motion shopping runs, prescription collections, newspaper deliveries, milk, pension collections, and even delivered messages from friend to friend when contact could not be made.



ST. ANDREW'S DAY CENTRE SENIOR CARE NEWS

25 social butterflies received packs each month containing Easter eggs, scones & jam, chocolate and jigsaw puzzles just to remind them of their Bingo friends in St Andrew's. A friendly phone call service to over 100 people has also commenced during "Covid".

You may have noticed the little army of Home support workers in navy uniforms still travelling up and down the area during lockdown. In this locality there were not many cancellations of service, this was in some case due to the fact



that clients could not receive family visits or may not have had family. So our team donned the PPE gear and forged ahead delivering care and support at a time of such unease we conveyed a sense of calm while delivering professional care.

The deliveries and services have been

carried out by a bunch of cheerful, flexible unflappable people. People who had their job descriptions changed in the space of an hour and said no problem what can I do? Where do I need to be? Some very specific shopping requests were carried out with a smile and care and not a word of complaint even when one lad had to go to Blackrock for a particular brand of bread!

Thank you to you the people in the area who contributed to the local fundraising towards the supply of PPE gear, to Hayes Pharmacy, Kendermar - 4 Lease Chemicals, and Ken Duggan & Tom Conway for their assistance in procurement. Also, huge thanks to local businesses and supporters for their



generosity and kind assistance through these uncharted waters.

A huge thanks to the frontline staff working in St. Andrew's Resource Centre, we could not be more proud of you all.

Thank you and please keep doing what you do so well!

Elaine Boland, Paula Kinsella & Caroline Fitzpatrick.



BOYNE STREET NEWS

In May this year a lot of people were experiencing classic cabin fever with the onslaught of the restrictions the COVID-19 virus brought. Two young men however, were determined to make sure their community could make the best of a bad situation in Boyne Street. They set about organising events that adhered to safe social distancing but also brought a much needed boost of fun and sense of community to the complex. Ever conscious of the more mature residents as well as younger residents, Dylan Reardon & Glenn Roche set to work organising a regular weekly Bingo



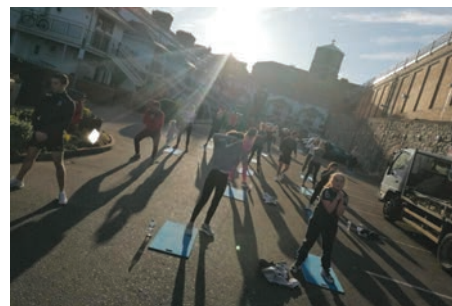
when the residents released 78 helium balloons, one for each household in memory of anyone who has been affected by suicide. They called upon local businesses, week-in and week-out for donations for weekly raffles, generous donations from off-licence. Local business man Anto Roche generously donated free flooring for one room including fitting. Aware of the budding numbers of younger residents and older residents they organised Mr. Cheeko to visit the complex where



night for the complex, karaoke nights with theme nights like 80s night, Country and western nights – where residents had limbered up to line dancing lessons the night previous to get their yehahs on. Barbecue afternoons and keep fit classes where some of the extra events that provided some golden moments for the residents but perhaps one of the most touching moments and indeed heartfelt memories where of a fundraising event for Pieta house, residents gave generously and with the sponsorship of Dunnes Stores in the St. Stephen's Green Shopping Centre, Dylan and Glen instilled an enormous sense of pride,



residents had free reign on any kind of ice cream, be it a 99 or a fruit boat, these young men made sure everyone had a smile and a cone for all the residents. Always obliging and ever helpful both Dylan and Glen where voted recently to put their impressive entrepreneurial skills and more importantly communication skills where they could flourish and are now newly elected members of the Boyne Street



r e s i d e n t s committee. These young men are beyond doubt an asset to our community and we are proud to call them our own.



City Quay Parish News



City Quay is now at the centre of a communications Hub. Between Amiens St. and TARA St. stations, with trains and buses, the Dart and the Luas, in sight of Busaras, facing the Financial Services Centre and adjacent to Trinity College.

City Quay is a place of new opportunity, choice and equality. The City centre is the stage where human drama is enacted: for there is both hope and frustration, possibility and danger, beauty and ugliness, truth and falsehood, virtue and vice.

Such is the context of City Quay on the Liffey, a place of mission and ministry in the city centre of Dublin dating back to 1864. The constant presence of the Church at City Quay offers a sacred space for all who work and live here. Struggling souls can say their prayers! The quiet and stillness within its walls keep many busy people in touch with God. It adds value to their lives and fosters a sense of solidarity and coherence in moments of tragedy and loss, as well as times of joy.



The primary school for both boys and girls rests close under the wing of the church. It's a good school with a young and committed teaching staff.

All the classrooms were upgraded this past year. The Catholic school has a crucial role as a nursery of the virtues both civil and religious flowing from the gospel. The challenge of diminishing numbers has been positively redressed by a growing new International congregation.



A gift of grace to an old Dublin church from a multinational population.

The coronavirus lockdown has been another chapter in the story of our parish. The sense of community has given people strength and hope. May we continue to serve each other as we also pray for each other in the days and months ahead

Fr. Pearse Walsh.

CITY QUAY NEWS

During the lockdown we decided to do something to try keep up the spirits of those who might be feeling isolated, lonely or even just downright bored. We have a number of people in this area who like to play Bingo and we introduced it to others! Each complex or area have people with different talents within and they have utilised them as much as possible and we had the great Bingo caller Bernie.

We gathered hail, rain or sunshine once a week and held a jovial hour or two for all who cared to join

having games of Bingo and spot prizes galore. Of course this also meant a check in with our more vulnerable residents to see how they were getting on and encourage them to seek help where needed. Biggest problem now is trying to continue for those who have become used to their weekly fix – roll those bingo balls Bernie.

Margaret Smyth, Dolores McCluskey & Rita Corcoran.



Staying 'Put' in Conway Court

Amidst the sad backdrop of the coronavirus our little community found some silver linings. It was like waking up to a different world, stay home, stay put! We actually looked at one another, this was us now, this little community, this is all we have for the moment so let us make the most of it, make it a better place to stay put in. So we came together, as safely as possible, starting by building



women! From the older to the youngest residents everyone came together with one goal in mind, to make where we live somewhere where we'd like to spend time, where visually it's welcoming, plus we had fun doing it! Seating areas were made, fire pits from old beer barrels and little fairy gardens which the youngest children planted and now tend to,



outdoor furniture and flower boxes from any wood we could source, from discarded pallets to old dog houses. Not only did we now appreciate these little finds as treasures, that were once classed as debris to us, the biggest treasure we found was the talent

within our neighbours, those who willingly come forth to saw, hammer, paint, clean, plant. One of our little treasures was Lee Roche, who did all the sawing and building and was so good at taking those hundred and one instructions from all us

giving them responsibility and the joy of watching their own little projects flourish. Hanging baskets/flower pots were put outside each residents homes and decorative hoops made to hang on walls. Solar lights were put up in each planting



area, so even at night we can now admire the finished results of everyone's hard work. Every Saturday since lockdown we hold the Conway Court / Clarence Place Bingo, which is followed by music and Karaoke, hosted by our ever enthusiastic and

talented resident entertainer Will Power. Many thanks to Will for volunteering his time and in making this day such a great



Staying 'Put' in Conway Court



success which everyone looks forward to, something to break up the monotonous week. Thanks to our bingo callers Bernie and Kathleen for

your ever professional approach and of course to Amanda Power, for all her hard work in organizing the weekly bingo. We've had Sunday Funday with games galore, free bingo, free raffle, free ice-creams and a free chipper order for each residents of our



block. None of these events would be the success they are, if not for all the enthusiasm and support all the residents of Conway Court and the neighbouring houses have shown.

Many thanks to all who have helped

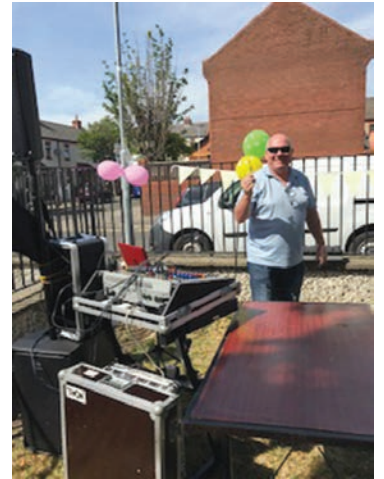
achieve this goodness during this awful and strange time, one of our most constant supporters is St. Andrew's Resource Centre, who have over the past couple of months have sent around goodie bags for our younger residents, from Easter Eggs, colouring packs,



cookie making packs etc. and for the beautiful plants that they donated to us for our project. St. Andrew's outreach to us is most appreciated as we know all are struggling during these difficult times.

So our 'different' life has been very busy, much simpler but in many ways more meaningful, time to take stock, to take a breather, to realise the important things in life, our family, friends, neighbours, our health, the things we really need to have a happy life. Hopefully when we get to our 'new' normal we don't forget these days when we had to stay home, stay put, where we had to embrace these simpler slower paced times and the benefits and rewards we reaped from just staying 'put'.

Amanda Gaynor



Greenore/Rostrevor Senior Citizen's Centre News

We had a wonderful Christmas time December 2019 with a visit from our good friend Santa. A big thank you to our friends in the Rotary Club.



Some Greenore Centre members



Greenore Centre Choir



Santa & his helpers

What better way to kick off 2020 than with some self-care. So in January we celebrated our annual Wellbeing Day. Little did we know when we put some sanitising hand-gel in our pamper packs just how important that they would come to be.

Pandemics were the last of our thoughts as we prepared for our holiday away to Westport in February. The holiday was made possible via the support of the Society of St. Vincent de Paul. We went on the 8th February and what a week we had. The hotel was lovely and the staff was wonderful to every one of us. We had a beautiful holiday.



On our return the news of the lockdown was breaking and it is now over four months. Like everywhere the centre has had to close its doors but we remain connected via social media, good neighbours and word of mouth. Of course we all look forward to the changes and some day in the near future getting back to the "new normal" until then some of our members are busy making masks to share and joining in the great activities across the community at the moment. It reminds me of the old days and makes me so proud of our community.



Face Masks made by members



Conway Court seating for neighbours



Flags Flying, Markievicz House

Greenore/ Rostrevor Centre will remain closed for now. Our thoughts are with all those who have lost a loved one during these times. We wish the community a very healthy and happy summer. Please stay safe everyone and keep the community spirit going.

Hanover Reach Balcony Bingo

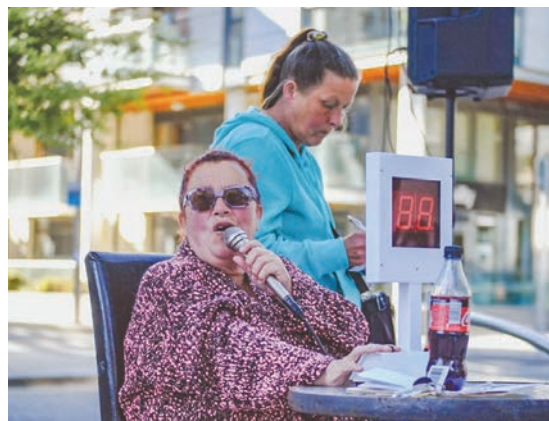


Balcony Bingo, music, laughter and karaoke along with raffles, ice cream and sunshine has been the new normal every Saturday down in Hanover Reach. The residents have been enjoying as much as they can during the COVID-19 pandemic with help from their neighbours. Some aware if people, maybe not coping with their mental health decided to get all the neighbours involved and meet some neighbours that they haven't already met and just have fun, but week by week, it grew and with thanks to Google and St. Andrew's Resource Centre the prizes and participants have grown.

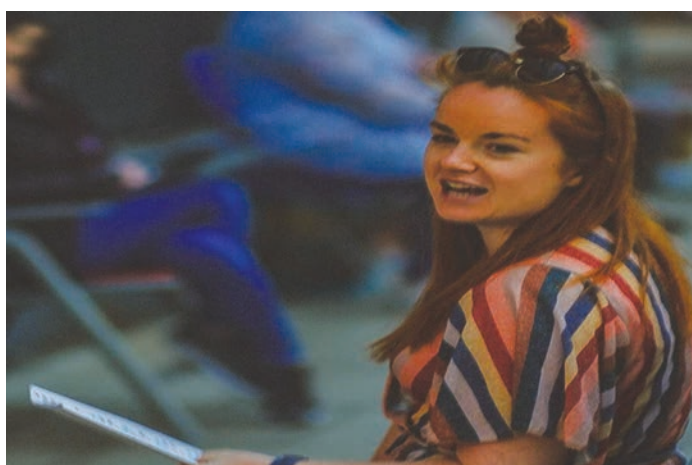
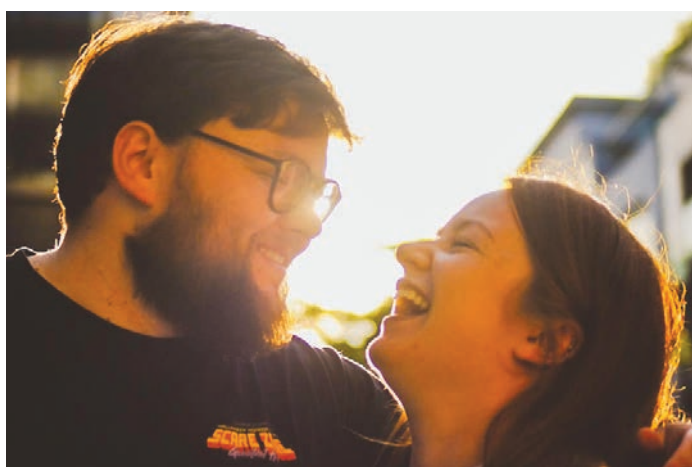
In June we had a Free Bingo for the residents, kids bingo, karaoke and Mr. Cheeko. Prizes that week wasn't the usual cash prizes, they instead were household essentials including toilet rolls, bleach, washing powder etc. Everyone had so much fun. Balcony Bingo will continue every Saturday until we have our Family Fun Day for all residents and families. This will be a big fun party for kids and adults. We are looking forward to having a great time.

We would like to thank Google for the grant, St. Andrew's Resource Centre for the bingo machine and all the bingo books every week, Bernie Harrison for being our Bingo caller and Eddie Brennan for providing the music.

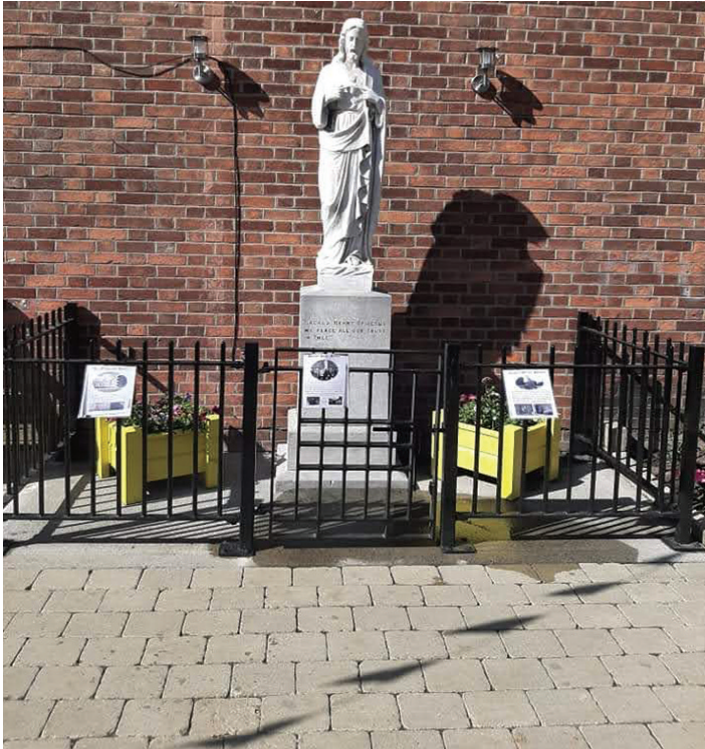
Brigid Walsh



Hanover Reach Balcony Bingo



LEO FITZGERALD HOUSE NEWS



During the COVID pandemic the residents of Leo Fitzgerald House came together as we were made aware of a Google grant that could be applied for. There was then a meeting amongst the residents to discuss what people would be interested in doing and when would suit people, one idea was to get the Sacred Heart Statue professionally cleaned up. Once the statue was cleaned, that encouraged us to extend that area and planned a memorial bench and a hope tree where people could go to reflect, reminisce, or



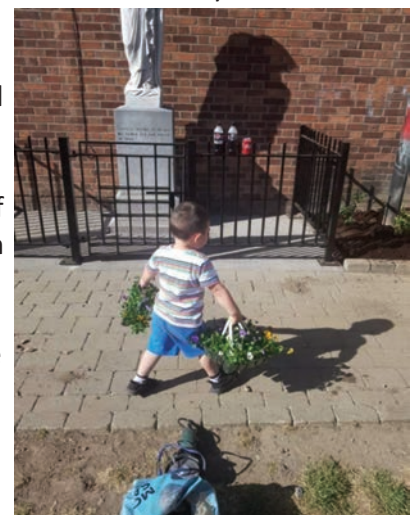
just for a peaceful place to go if things got too much. Things kicked off at a slow and steady pace with the railing around the statue being painted next. During this time a collection was made between residents for

flags and bunting to be hung around the flats. Thank you to Darren and Ian who hung the buntings and flags up. One resident had solar lights on her balcony which led to most residents getting the lights, (they look fantastic at night) which sparked another idea.... solar lights for our communal trees, (if we can't go tropical bring a bit of tropical to us!) A local lad Ryan Ellison came on board and gave us some suggestions on benches and where we could locate the memory bench. A lot of work went into the preparation of the area that the bench would be going, the unkept grass/muck area had to be dug out and we got matching cobble blocks to be laid. The community spirit was fantastic by now,



more people were getting involved and lending a hand, it was giving people a purpose, something to achieve with the benefit of having a nice outdoor area they could spend time through the pandemic. Thank you Ryan, Mikey, Paul.G, Christy, Lee, Seamus, Christopher.G, Jonathan, Joanne, Katelyn, Zack Jamie, C.J, Cian & Joe. With the stone work underway others then took to the extremely overgrown weeds and thorn bushes and pulled them up while others dug out the ground to the right of the statues to do some planting. Thank you Jemma, Christina, Megan,

Myles, Paul. G, Mikey, IP Ann & Geraldine, Harris, Phoenix, Max, Carson & Blossom. Thank you to St. Andrew's Resource Centre for their donation of flowers and Pearse Hardware for their donation also. An extremely nice friend of one of the girls, Damian organised lovely plant boxes for beside the statue and also the tree of hope... more digging!. Thank you Damian. Residents got out and powerhosed



LEO FITZGERALD HOUSE NEWS

the area also, Thank you David, Charles and Ian. One of our big things was the memorial bench, Ryan went off and designed and planned it and got to grafting with the help of our own Mr. Paul Gibney. I think we all agree a superb job was done. Thank you to Quality Builders Providers for their donation to us. Also a thanks to all the lads who helped us moving bags of very heavy rubbish. We have been given sponsorship for a memory plaque to be



erected we just have to find the right one! Thank you to 3Q Recruitment for the sponsorship. We have already got some more plans for the garden that we hope we can achieve but we will keep them to ourselves until completion.

Would like to thank Catherine Harvey who hooked us up with electricity to get all the work carried out also kept our drinks cold and stored our equipment. Alongside the works being carried out we also had some fantastic events for all ages, we have had numerous bingos which were enjoyed by all thank you Paul, G, Jay, Suzanne, Nessa and all who called and helped with bingo. We had an older generation night which despite some rain the people had a great night. A Darts night that was enjoyed by a range of ages followed by Take Your Pick and Mr. & Mrs. Leo Fitzgerald. Thanks Dean for the dart boards



and Suzanne for doing presenter, We had a BBQ which started off as just a few people doing their own thing which grew into a big BBQ, Thanks Darren for the cooking and the girls who prepped the toppings! We have had 2 children's sports days. all children won medals because they are all fantastic! Our unveiling



John Connors & Stephen Clinch from Love Hate, thank you both for joining us. Also Deacon Dermot who gratefully joined us in a blessing of the complex and its residents. It was a very emotional night for all involved. A couple of residents pooled together to get



of the bench, planting of the hope tree event was a night to remember, over 200 balloons were released in memory of our loved ones, we were joined by



some water play equipment for the kids, pools and slide while the weather was amazing. A big thanks to Suzanne Finn for all our Posters and help throughout the events. And thank you to Myles and John who still make sure our flowers and plants are kept watered and in check.

Ryans Custom Made Work can be seen @custom_wooden_furniture_dublin on instagram.

Thank you to all our residents and non residents that have helped us throughout our work and attended the events. We couldn't have carried it all out without you. We hope to continue with work

around the complex and with organising events for the foreseeable future

Louise Dowdall, Orlagh Neville, Sharon Devoy, Susan Carroll ("The COVID team")



There are times when I have to search long and hard for a topic to write about, but on this occasion with the entire globe in lock down, what else is there to write about except the Corona virus. I presume by now everyone knows that corona is the latin word for crown. When you look at a drawing of the corona viruses you will agree it looks a lot like a crown, hence the name.

The very first thing to say about any virus is to explain how small it. Think first about a head lice and its size. You can usually see a very small creature like a bug walking on the hairs of a child with head lice, and you don't need a magnifying glass. A head lice is made up of millions of cells and you need a very strong microscope if you are going to examine one of these cells. A virus is so small that about one million of them would fit into one of these cells. They are so small that we had to wait for a super powerful microscope call an Electron microscope to be invented before we could see viruses.

If we go back to the cells I spoke about – any school child studying biology will know something about the structure of a cell. At the centre is the nucleus which is the control centre, which floats in the cytoplasm and it is all contained within the cell membrane. Think of a plastic bag full of water – the plastic bag is the membrane which holds the water inside and does not allow water to go out or anything else to go in. The plastic or membrane therefore protects anything that is inside.

Human cells are very complex structures that can carry out very many functions. The cells in our mouth produce saliva to moisture our mouth and throat. The cells of our stomach absorb food and so on. However, one of the most important and complex functions it carries out is to produce new cells by dividing itself up all the time. This function is controlled by the central nucleus and by the DNA it contains.

The reason why its important to explain this is because it is central to explaining what a virus does in a human body. A virus is so small that it has no nucleus no cytoplasm and no cell membrane. All it has us a small piece of RNA which has to make its way past the cell membrane, sticks on to the nucleus, and force it to start churning out more viruses.

Let's start with the first bit, getting past the cell membrane. Think for a moment about the space station circling around the world. We launch a space rocket which has to fly towards the space station and lock on to it, or dock onto the station. Once it has locked on, the astronaut can walk into the space station. The virus locks on to the cell membrane at a place called a receptor, and it is able to penetrate in.

Once it is inside the cell, it heads for the nucleus. I mentioned that all cells divide in a way that is controlled by the DNA. The nucleus sends out a signal to order the cell to divide in two, thus producing a new cell. This signal

Doctor O' Cleirigh

M.B., D.C.H., D.O., M.R.C.G.P., M.I.C.G.P

YOUR COMMUNITY DOCTOR



package of RNA, so when it gets inside the cell it starts ordering the cell to produce more virus. Suddenly the cell is full of these viruses and it literally destroys itself by bursting. When these cells are the ones that line our lungs and help us breath there can only be one outcome.

The way to stop this is to block the virus getting into the cells. If we go back to our example of the space ship, it can be blocked from locking on to the space centre if it arrives there to find that another ship is locked on already. In the world of medicine this can be

done in two ways. The first is to develop a drug that can lock on, blocking the virus. The second way is to produce an antibody which will lock on and do the same thing.

This is essentially how our immune system works. When an infection gets into the human body our immune system swings into action by sending the white cells in our blood out to fight it. The white cells are the soldiers who go into battle to try and kill the infection. As these solders die in battle, they form pus around the wound where the infection is. When they see that the fight is not going well, they take some of the virus away to our immune glands where they start producing antibodies against the virus. The antibodies are like a brick that sticks on to the virus in exactly the space that the virus uses to latch on to the cell membrane. Remember the virus has to get into the nucleus in order to survive, so when this brick prevents it getting in its game then over for the virus. Unfortunately for us it can take 5-10 days before antibodies are produced and, in that time, the virus just might kill you.

This in turn explains how a vaccine works. You can kill off a while lot of virus and then inject a tiny amount into a healthy person. The body will think it is being attacked and will start the production of antibodies. It will quickly see that there is no major threat from the dead virus but the great thing is that the immune system will keep the memory of that virus stored away for future reference. If that virus the attacks for real, the body can have antibodies on the scene in a matter of hours and hence the virus never get a chance to enter our cells and is defected very easily.

As I write there is a serious race on to get Covid vaccine and there are two very promising products on the way. The big dilemma is being able to produce enough vaccines, and to get it out to the GP's of the world to start giving it to people. I love the old Chinese proverb "*May you live interesting times*" **We sure do!**

Dr. O' Cleirigh would like to wish the Community a very Happy and Healthy Summer.

Macken Villas / Macken Street



Macken Villas is a small complex and at the start of the pandemic we were looking at the other complexes in the area seeing that people were out supporting each other at this difficult time.

Dionne Corcoran & Emma Farrell decided to try to organise something to bring the Community together and lift people's spirits up in this hard time.



We did not think at the start we would end up with the community spirit that we did we involved the houses on Macken Street and word got out and before we knew it we had women and men from the Villas getting in on the act and together we got a nice little game of bingo going most weekends weather permitting.



With the big help of St. Andrew's Resource Centre supplying us with Bingo books every week and prizes donated from the local chemist and Isabelle Barry and funding from Google, we were able to make this happen.



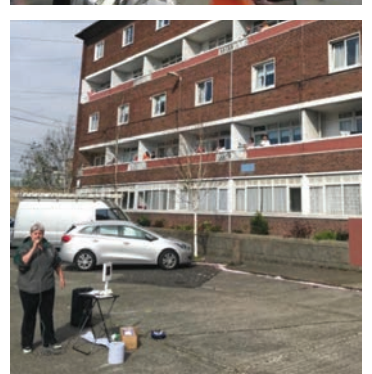
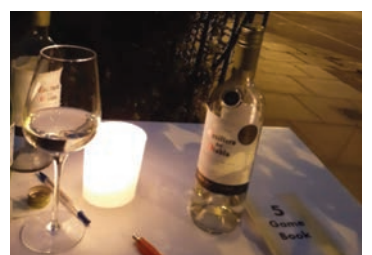
With Bingo, music and raffle prizes every Saturday, social distanced of course! We have had some fantastic nights with young old and in-between ages it's not very often you get all ages together all enjoying each other's company at such hard time. From seniors on their balconies to the younger ones dancing in the middle of the car park, we have created memories we will never forget. A simple hello or a little conversation makes a huge difference, we really hope it will stay like that and people will continue to be there for one another in the future.



We had a lovely blessing for Corpus Christi which was enjoyed by all.

We really hope we can support one another while we continue to see this pandemic out.

Dionne Corcoran & Emma Farrell



MARKIEVICZ HOUSE NEWS



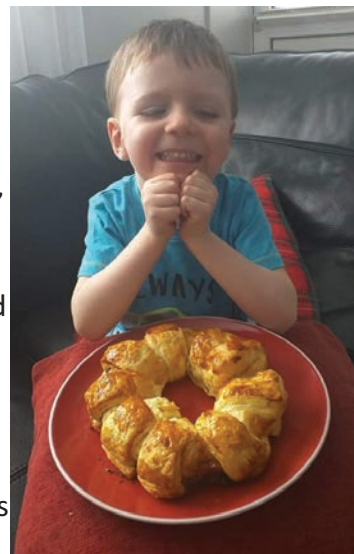
Over the course of the last couple of weeks in Markievicz House lots activities have been taking place due to keeping the community spirits high while in lockdown. These events are balcony bong every Friday night and on Bank Holiday Monday and on Bank Holiday Sunday we have a resident's only bingo. We have run a sports day for all the young children because they missed out on their sports day in School. City Quay School and Baggot Street School loaned their equipment in order for it to happen. We had an old folk's night where DJ Gary Kelly played all the old music and tea sambos and cakes were made. Some even had a sneaky drink.

Ashling Woods Larkin teaches the children dancing every Tuesday between 12-3 at €4.00 a class in order to give the children something to look forward to as our playground has been out of bounds as has our football pitch for the last four months so the children have had nothing to do in the flats. The Children are missing out on so much this year they are missing out



on The South Docks Festival and St. Mark's Week these are two big weeks that children of the area look forward to.

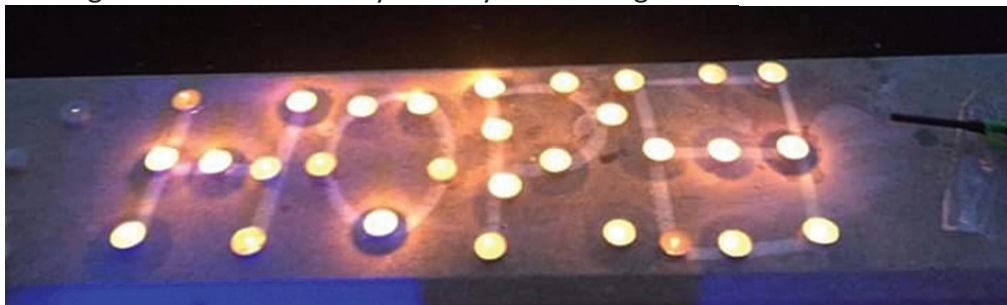
They have also been missing being able to see and play with their friends, their phones and Social Media have taken over their lives as they have had nothing else to do. This is not what we want to see happen to the youth of today. Kelly Madison PT has been doing free classes on a Tuesday, Thursday and Saturday morning for all the residents in Markievicz.



We have been continually surprised with the community spirit from everyone and we would like to thank everyone involved.

We would love to see this continue in the future.

Terry Deegan, Jackie Stone & Sandra Whelan



MARKIEVICZ HOUSE NEWS



PEARSE HOUSE PICTURE SPECIAL by Jeanette Lowe



Tómas Conefrey, family and staff wishes the Community a very Happy and Healthy Summer.



The Sherwin Family from Pearse Square (not all).

COVID-19 and PEARSE HOUSE

During these strange times with a lot of uncertainty we have found a community spirit, a spirit that has been dormant for a long time, has been woken. With the help of the COVID-19 Community Fund, we had to mobilise fast to secure the funding for the residents and our complex. A Committee was formed to help put ideas in place and organise the distribution of the fund. The fund had to be spent in a certain way with an allocation for Food Vouchers, Arts and Crafts and Bingo. The first few weeks we were sourcing materials for the arts and crafts projects and the prizes for the residents' bingo. We also collected nearly €900 from residents which allowed us to source and buy flags and bunting for the complex.



The fund allowed us to reach out to over 200 homes in the complex through Dunne Stores vouchers. We have also been able to provide a free for over three weeks for children and adults. All prizes included vouchers, washing powder, toilet rolls and toys for the kid's bingo. All prizes were sourced locally in line with the guidelines set out. We also ran a logo for the complex

completion which received a great response and the winner to be announced shortly.

We also had a fund raiser for Pieta House. We did the "Darkness into Light" 5km with the complex. It got everyone involved, both young and old. We raised €2,824



for the charity. It gave people a chance to mark the occasion as they would normally have. That night we had a light the sky ceremony to remember loved ones. It was a great occasion



and we had some brilliant singers from the complex. We also had a blessing in the flats which was welcomed by a lot of the residents.



With COVID-19 set to be with us for a while, we are looking at the committee being a permanent part of the complex to help where we can. We will be looking to add other events each week. We are talking to people at the moment to put this in place. We are also looking to have the planters replanted with the kids in the complex getting involved in planting their own flowers. We are also looking at naming the planters after people who have died in the complex.

We have set up a Facebook page to let people know when and where these events will be happening. We also welcome resident's ideas if they could private mail the page or contact Alan Benson, Neil Maloney, Sonya Tucker, Elaine Kelly, Eileen Nalty or Louise Byrne. Dylan Gregg and Collide Dance Classes have offered classes, so we are looking to take the names by either messaging the page or contacting a committee member.

We would like to thank Google and R.C.S.F. for their help in securing the funding.

COVID-19 and PEARSE HOUSE



WORKING IN PEARSE HOUSE

During this pandemic being a resident and a Youth Worker in this area I feel so proud being a part of this Community. St. Andrew's Resource Centre has been more than helpful working with a skeleton crew. They are making sure that the people that are isolated and secluded are being looked after. They are delivering up to 200 meals a day and a little extra at the weekend. They have teamed up with Artizan, who are supplying the delicious meals sponsored by Avolon Aircraft Leasing with KC Peaches, providing additional meals at the weekends. They have



also helped out the complexes by sourcing bingo books and machines. The team are so committed to their work and are doing a brilliant job.

Dublin City Council are also working with St. Andrew's Resource Centre. They have sourced some funding from DCC and are going to look after all the planters in the Pearse House complex. Terry and his team in horticulture have made some beautiful hanging baskets that are being given out as prizes in the resident's bingo.

Youth work is still happening in the area with zoom calls every evening with various different clubs and

groups doing Challenges and Quizzes. The team is also there to listen and give advice where needed. The team is still setting up projects and programmes that we hope to be running soon. We need a give a big hand to our leaders in training that is helping out on a daily basis by helping to get some materials to keep the young people busy, Kacy Gannon, Kym Delaney, Shauna Behan and Paul Hanavey.

On a personal note, during this crazy time the area would have been lost without the help of St. Andrew's Resource Centre. I am so grateful to be part of the team.

Eileen Nalty, Elaine Kelly & Niall Moloney



St. Andrew's Court News

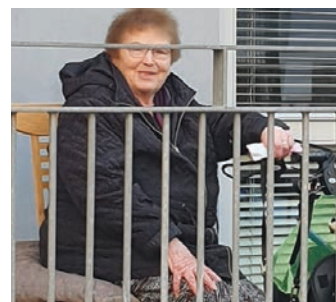
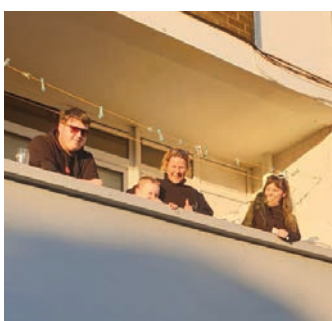
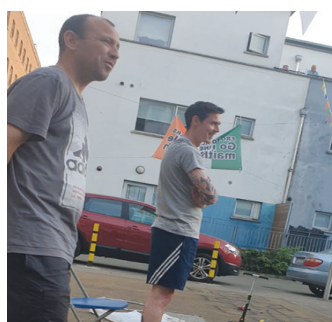
The actions of my neighbours throughout the lockdown period proved to me, that the community spirit in Saint Andrews Court is without doubt one of the best things about city living; seeing how people in the flats came together, through various activities and events, including young and old warmed my soul.

And made the whole lockdown period a lot more bearable: a big thank you especially to Nicola and John O'Connor, Mark Moran and Gillian and Leanne Ward from bingo to singsongs, to music and dance, we as a community will never forget lockdown 2020.

We wouldn't have gotten through lockdown only for Nicola, Gillian, Mark, John and Leanne and everyone else involved, with everything they done for us the adults and the kids. We had bingo twice a week great laugh with John calling out the numbers and cracking jokes and to the banter among everyone, Then there was the fun day for the kids lots of games and arts and crafts and dancing and had there burger and chips at the end of it. We had music playing and most of us had a dance and a sing song from our balcony's, there was also a darts night.

It will be a time we all will never forget in years to come. Thank you to all involved it's much appreciated.

Nicola O'Connor & Mark Moran



St. Andrew's Parish in Lockdown

These have been extraordinary months. Normal life was put on hold, for Westland Row parish as for our parishioners.

We had to stop celebrating public Mass, but we kept the church open right through, to provide a place of prayer and reflection. We didn't have a WebCam, so we had to scramble to stream Mass every day from the organ gallery from a laptop, on YouTube. With links from the parish and the St. Andrew's Resource Centre websites, this enabled many people to continue to connect with their parish, although many found it hard not to be able to receive Holy Communion. Curiously, I never felt alone celebrating Mass in front of a camera because I was conscious of the thousands for whom this church was a spiritual home, and of the parishioners of today who were praying for each other.

We were delighted to celebrate Mass outdoors on Boyne Street, and to have Benediction on the Feast of Corpus Christi in Macken Villas, Hanover Reach, Pearse



House, City Quay, Verschoyle Court and Boyne Street. Prayers and blessings were recited on other occasions as part of the great community events that were organised in Pearse House, Conway Court, Leo Fitzgerald House and Verschoyle Court. It was great to see the statue of the Sacred Heart in Leo Fitzgerald House restored by the residents and a new memorial garden created around it. It made a very fitting place for prayers on the Feast of the Sacred Heart.

Our parish office has reopened but it kept going remotely, thanks to Gillian's ability to transfer phone calls and emails to home. We were also able to communicate with parishioners through the leaflets dropped around the area, thanks to the Resource Centre team.

We are delighted to be back celebrating public Mass and welcoming people into the church. We remember those who suffered great sorrow at the death of loved ones, whose funerals could not be organised in the way they would have wished. We were privileged to be able to accompany them in those sad moments.

A parish is more than a church, and the Christian life is more than coming to church. God's work was done throughout the lockdown by the many people who looked out for their neighbours and organised events to keep morale high. The community bingo, the music evenings and the children's events showed that community spirit is alive and well in our area.

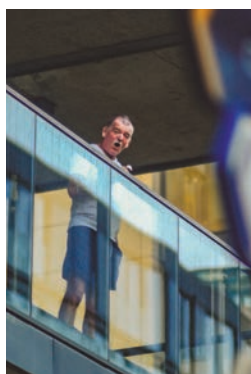
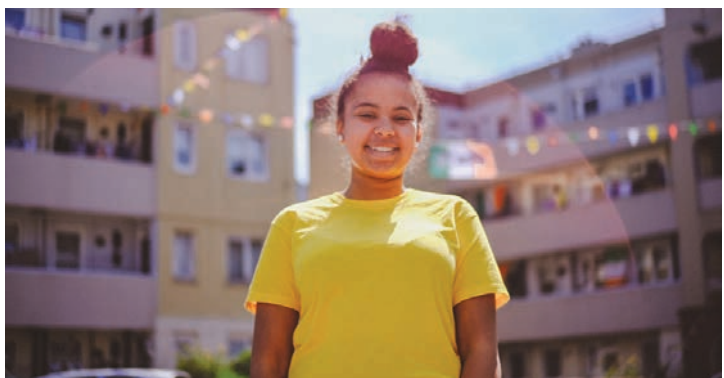
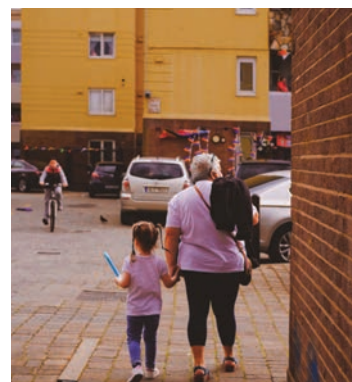
St Andrew's Resource Centre rose to the challenge of providing support to the community in this crisis. Homecare and cooked meals were delivered every day to those who had to stay indoors. Phone calls were made every day and counselling and practical advice and support given to hundreds of people around the area. This is as much a part of our parish as the activities in our church.

So we can look back and say that the parish came through the lockdown with a renewed sense of what it means to be a community, looking out for each other in prayer and in service. We are by no means finished with the crisis. We hope for better days, effective vaccines and treatments and a return to normal life. In the meantime, we continue to work hard and pray hard, supporting one another, confident that the Lord is with us.

Fr. Enda Cunningham, Administrator.

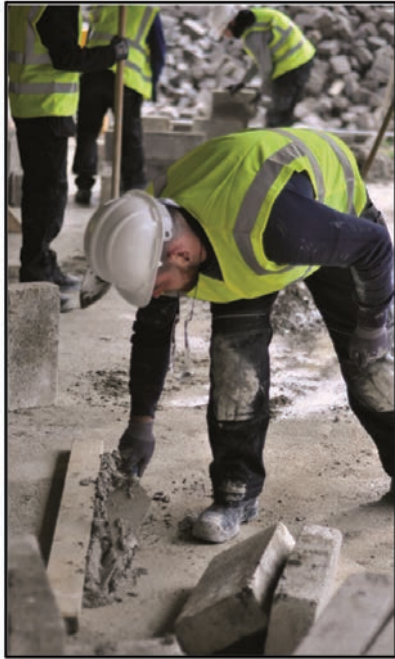


PICTURE SPECIAL by Gerard Walsh



Local Employment Service Update

The past number of weeks and months have been challenging for us all. Finding new ways to work and support, the community have been high on the list of priorities for the Employment service.



We have asked of our clients and our staff to adopt new processes, measures, and engagement processes that just a few months ago would not have been considered, and as we have worked our way through the crisis we have tried to adapt to meet the needs of everyone.

The employment service is and always will be a people business, so one of our first priorities has been to remain in contact with our clients. This has been primarily on the telephone and through our hotline number; our staff have supported many clients each week. Across the service on average each week, we have made between 500 and 600 engagements with clients across a whole range of issues. In a number of weeks we would have taken a between fifty and sixty calls from clients who had issues with employers or state payments.

All LES staff members were issued with softphones to contact out with confidence and our web sites were quickly updated with temporary sites to reflect the service provision at the time. We are now looking at developing a new more appropriate site as things get back to what's being called the "New" normal.

During the lockdown, we were also placing people into work and reaching out to employers. We were

successful in getting some new work as the construction sites part opened and particularly pleased with the placement of four men who had been out of the workforce for a considerable time.



CONSTRUCTION WORK:

We are currently in discussion about starting our construction project again. One course was forced to stop part completed in March and 6 of those men want to complete. So far this project has trained 245 men with over 140 of them finding work.

NEW WORK OPPORTUNITIES:

The LES is consistently on the outlook for new work education and training opportunities. To this end we are working on a new employer strategy and training project for job seekers. Until we are aware of how the State is going to react to any increase in unemployment, it is hard to make plans. However what is certain is that the St. Andrews Job Centre will continue to work for the benefit of all in the local community and are available to give guidance 9-5 Monday to Friday.

Check out the website for more details.

Jim Hargis
Manager St. Andrews Job Centre



GLOUCESTER STREET SPORTS & RECREATION CENTRE



Gloucester St Sports Centre, our little gem in the heart of the community, but what are we about?

Gloucester Street prides itself on our familiarity and friendliness with all who enter our doors, whether it's to do a class or just drop in for a 'chat'.

It's been a hard few months since we all went into lockdown but we the community pulled together and supported each other and got through it together.

We are now on the road to reopening our little centre but this will take a little bit of time so we can put all the Covid-19 guidelines in place.

Over the next few weeks we will be in Deep cleaning and getting everything ready to reopen our doors to the community and the public.

We will keep you updated on our Facebook page.

We would like to thank you all for your support over the last few months since we went into lockdown and we are really looking forward to see you all very soon.

Keep Safe and keep supporting each other – Mark, Amanda, Elaine and all the Staff

Family Support and Counselling by Dara Terry

The pandemic has certainly been a challenge for families with huge changes to their daily lives. St. Andrew's Family Support and Counselling Team have been working hard to provide supports to everyone over the last few months. The next few months will also be difficult as we adapt to the 'new normal' and we will be at hand to provide supports as needed.

RESOURCE PACKS

When the Centre closed we immediately started providing resources for children; colouring sheets, puzzles, books and colours. We linked with the schools and the communities to source supports and resources as required. Over the three months we sourced funding and put together craft packs for every child for Easter over 250 children received arts and crafts and an Easter egg from the Family Support Team we put together packs for the younger children attending our childcare and had them delivered.



This is a very difficult time for everyone and minding our mental health is very important as we adapt to the ever changing reality. Our counselling service will be back face to face in the next few weeks in our new purpose built counselling room. Art Psychotherapy and Play Therapy will resume over the summer also.

For referral to Counselling, Art Psychotherapy or Play Therapy contact Dara Terry on 01-6771930



Cookie making kits delivered to over 100 young people.



Art and Crafts and Easter Eggs delivered to all children for Easter.



Mindful Colouring and Puzzles delivered to our Senior Citizens.



COUNSELLING, PLAY AND ART THERAPY

Our Counselling service moved online straight after the Lockdown and we have continued to provide supports to our existing clients and have increased our service to new clients.

Ringsend & Irishtown Community Centre (RICC) – COVID-19

Covid 19 has brought many challenges for the RICC. Our newly refurbished Centre would normally be a busy hub of activity. But when the Government announced widespread closures of schools on 12th March due to Covid 19 the manager, Lorraine Barry knew we would have to change how the Centre would do their business serving the Community.

A team meeting was immediately held and looking after the elderly, health and wellbeing was the main topics of conversation. The team were very creative with ideas on how to serve the Community and the RICC Stay Safe in your own space campaign began.

We would like to thank Avolon Aircraft Leasing, Artisan Food Co and the Bridge Café for their support by supplying the food for the vulnerable and elderly in the Community. Since 16th March Team RICC have been delivering meals and providing essential services to the elderly. We are also delighted to have supported all the initial events that commenced in March in the Community by staff with music equipment, tables, projectors and prizes.

The Facebook Live Stay Day Parade was a huge success, hosted by Derek Buckley and entertainment was provided by Ringsend Rock School and all local entertainers. Our audience reached all the local Community and we had viewers from as far as Canada and Australia. Thank you to all our groups and users who sent videos which were also shown on the day.

We would like to also take this opportunity to thank the Ringsend, Irishtown and surrounding Community for participating in all our on-line events and activities. Your support is always very much appreciated.



Lisa Connolly

Bloomsday Breakfast 16th June 2020

**We cannot invite you to our Bloomsday Breakfast this year.
We are not serving breakfast, but over the past 13 weeks we have
served the community in this Covid 19 emergency:**

- delivered **16,700** meals and food parcels to vulnerable families and cocooning individuals;
- made **7,150** telephone calls to isolated individuals and vulnerable families, keeping in touch and checking on how they were doing;
- provided personal homecare to **169** vulnerable older people every day;
- dealt with **1,300** phone calls requesting assistance or information;
- conducted **2,500** counselling sessions or meetings on Zoom or WhatsApp;
- collected **325** pensions or prescriptions;
- delivered **750** activity and game packs to families;
- Supplied bingo machines and PA systems to **10** communities throughout the area to support social events.



Huge thanks to our dedicated team working in the Centre and from home.

Deep gratitude to Avolon Aircraft Leasing and KC Peaches for the supply of meals.

Grateful thanks to those who donated PPE material or paid for their supply.

Thanks to our friends in an Garda Siochana who assisted with deliveries, and to all our statutory funders.

We look forward to seeing you on Wednesday, 16 June 2021!

**Celebrating 125 years of this Community Landmark Building
1895 - 2020**

**St Andrews Resource Centre
114-116 Pearse Street, Dublin 2
Email: info@standrews.ie
01-677-1930**

"TALK ABOUT YOUTH PROJECT" WOULD LIKE TO WISH THE COMMUNITY A VERY HAPPY AND HEALTHY SUMMER

Well hello everyone, wow, how does one even start a report in this surreal and strange world of the COVID-19 Pandemic. Well, here we are, we are going to give you a flavour of



some of our activities Pre and Post Pandemic. Between January and mid March 2020, the project was delivering it's usual range of programmes and groups, including Hangout, Bikers, Cave Ravers, Inbetweenagers, Elite, Respect, Arts, YOLO, International, Girl Talk, Intercultural, Gaisce, Life Choice, Youth 21, One Direction and The Zone to name but a few. There were wonderful plans in the offing and new partnerships and links had been made with a number of organisations including Unit 18, Douglas Hyde Gallery, Bridge 21 and the Lir Theatre. Some of the highlights included a lovely



evening in the splendour of City Hall to see 5 of our young people receive awards at the Annual Garda awards ceremony, our girl talk group had a fantastic team building weekend in the Cavan centre where they planted some trees in memory of family members who have died and our arts group had begun a new arts project with the Douglas Hyde gallery. Back to the present, we have missed our face to work with you all and we cannot wait to be back up and running all our groups again and a scaled down Summer Project. For now, it is the world of online

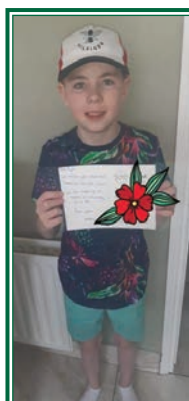


zooms, WhatsApp, messenger and phone calls to you all plus your parents and guardians who have been our gateway to accessing many of you. The creativity of the team and young people alike was a joy to behold. Non-stop challenges, tik toks, quizzes, competitions, blogs, meditations and "memories in time" have been engaging the young people since March.



We sent out nearly 300 postcards to all the young people registered with the project, checking in with them and reminding those who hadn't engaged with us online that we are running online groups every day.

We sent out 137 well-being packs to parents/guardians to thank them for their support.



"TALK ABOUT YOUTH PROJECT" WOULD LIKE TO WISH THE COMMUNITY A VERY HAPPY AND HEALTHY SUMMER

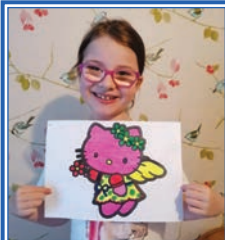


Well-being packs are currently being put together for all the young people.

I have to give a special mention to Eileen, who is our community Link with Pearse House as well as running her online groups. Our own Florence Nightingale, if you will. She has been delivering meals, shopping, collecting pensions and prescriptions and involved in many of the Pearse House events to date.



We have been involved in a range of webinars and advisory groups giving our input into issues like young people and mental health, a vision for youth work in 10 years, pathways to Irish citizenship, LGBTI+ and pride week, International exchanges and COVID-19 plus 5 young people represented the project at "Youth Speak" an event organised by the HSE, Jigsaw and NYCI, where they were among 80 other young people, from all over Ireland, creating solutions for youth mental health and well-being.



We are currently working on our return to work plans which will include a summer project. Unfortunately it will be a very much a smaller version of our normal offering. Due to public health and government guidelines, we are restricted to working with very small groups, while also practicing social distancing, hand hygiene etiquette etc.

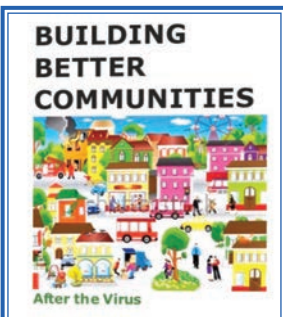
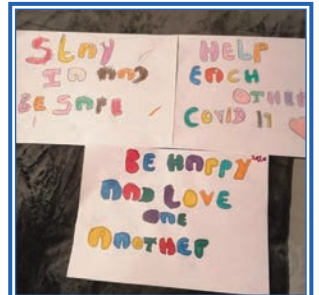
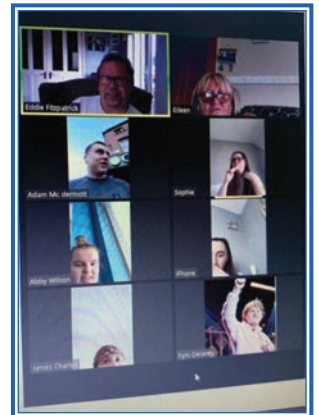
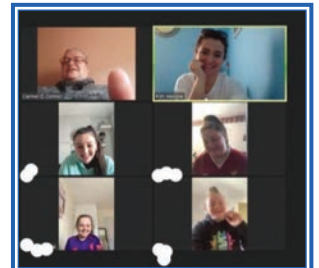
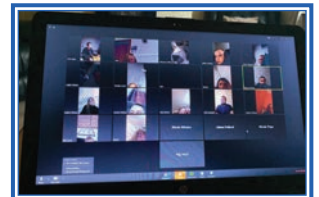
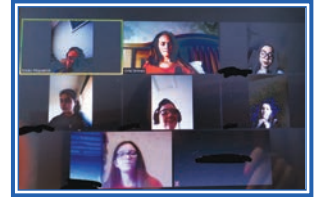
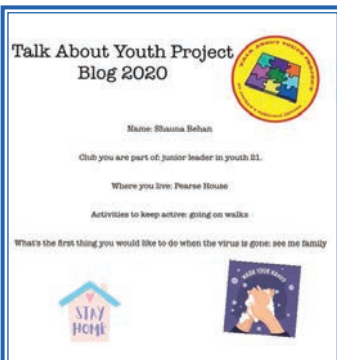
Lots of love and best wishes to you all from the Talk About Youth Project team.

HANGOUT AND ALL SORTS GROUP



Thank you to the Hangout and the All sorts group for putting together "Talk About Youth Project Digital Pride 2020". The young people committed a lot of their time to work online, to produce a virtual pride to celebrate, support and inform their peers and ensure Pride 2020 was not forgotten.

Intercultural Group – A huge big thank you to the Intercultural group, for all the support they gave to each other over the past few months on zoom. Their creative minds and laughter gave everyone a much needed boost from the stress and worry they were encountering over their leaving certificate and future.



ST. ANDREW'S CHILDCARE NEWS

Hi Everyone,

Hope you are all keeping well.

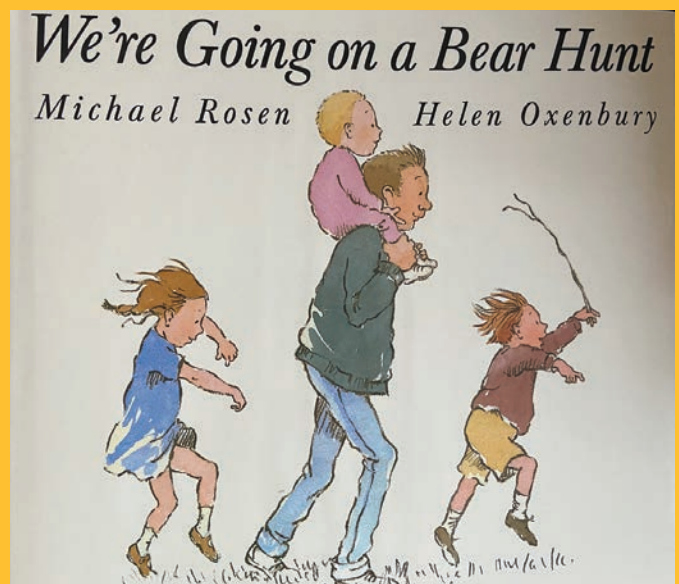
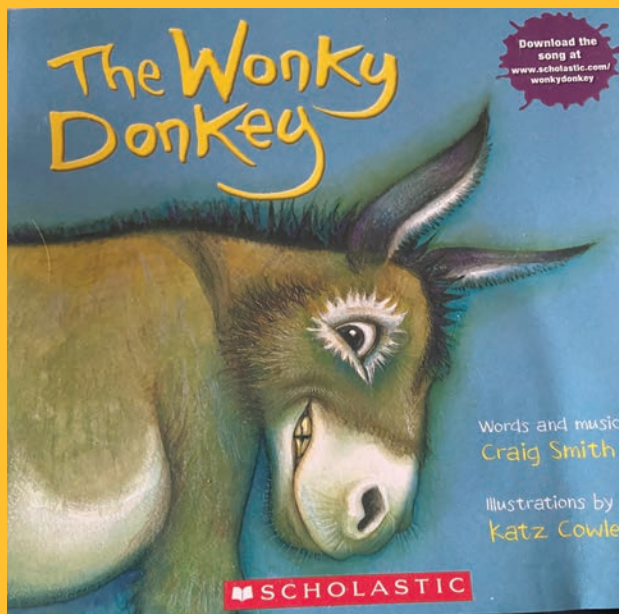
All the staff in Childcare have really missed the children over the last few months. While we were working from home, we routinely contacted staff, parents and children by telephone, letter, and Whats App. We sent links to our parents most days in order to help them over the lockdown period. These links varied widely and included many fun things to do with young children: a COVID-19 daily schedule for 30 days, live story telling (by staff), games, virtual tours, arts and crafts, yoga exercise videos, music, dancing, life skills and numerous play activities. At Easter, the children and parents received Easter eggs and chocolates. On another occasion, they also received colouring books, crayons, reading books and activities to do.

During the lockdown period, all the staff took part in various online courses. We all recently completed the online course: *'Supporting Managers and Early Years Educators Returning to Work'*. This was really interesting and informative for our safe return to Childcare.

We are really looking forward to the phased re-opening of our Childcare Centre on Monday 6th July 2020 and getting back to some kind of normality. We are having refurbishment work done at the moment in Childcare which will be really nice when it is completed.

Kind Regards,

Martina and all the staff in Childcare.



BLOOMSDAY MEMORIES

by Elizabeth Watson



It was in this area that James Joyce met Nora Barnacle. Nora was working in Finn's Hotel, situated at the top of Lincoln Place. You can see the faded signage on the top side of the building still. James and Nora had their first date on 16th June 1904. Later James honoured their meeting by setting his epic work Ulysses on 16th June 1904. On this date each year Joyceans all over the world and particularly in Dublin celebrate – **BLOOMSDAY**.



In Chapter 5 of Ulysses—"The Lotus Eaters" Joyce immortalises St. Andrew's Church on Westland Row - *"the cold smell of sacred stone called him"*. Joyce pays homage to St. Andrew's heritage by referring to the church as All Hollow's Church. At the time of opening in 1834 St. Andrew's was known by locals as All Hollow's Church. Perhaps this was because of its close proximity to Trinity College the former location of the Priory of All Hollow's. However, one wonders if Joyce reached further back into the recess of time? The parish of All Hollow's existed in this area as early as 1170. Circa 1670s All Hollow's Parish was incorporated into the Parish of St Andrew's and remains so. This chapter also gives a vivid and detailed view of the life and times of Pearse Street, City Quay, Westland Row and surrounds in 1904.



Each year our community celebrates **BLOOMSDAY**. St. Andrew's Resource Centre always provide a fabulous Bloomsday breakfast, parishioners dress up and go about the city and there are performances of Joycean music & words in St. Andrew's Church, Westland Row; as photos show. Why not join in **BLOOMSDAY 2021?**



Closure of St. Mary's Nursing Home

We write to inform your readers of the sad decision to close the long established St. Mary's Centre, Merrion Rd, historically known as the Asylum for the Blind, later to be known as the School & Home for The Blind & Visually Impaired.



Presently, St Mary's Centre (Telford) on Merrion Road, Dublin 4 is a healthcare facility for blind and visually impaired women. It is run under the auspices of the Sisters of Charity and is made up of a Registered Nursing Home & Registered Disability Centre operating on the Campus using shared services. The Centre is unique in the services it provides for blind and visually impaired residents. Unfortunately at the end of this year St. Marys Centre Nursing Home will close. This will see long-term residents, some of whom have lived there for 20 yrs with some past pupils of the blind school having lived there for 50/60 yrs lose a much loved home surrounded by friends and staff who are like family. This will also bring to an end a long relationship between St Mary's and its surrounding communities of Ringsend, Pearse Street, Irishtown, Donnybrook, Sandymount, Booterstown, Blackrock and Dún Laoghaire.

St. Mary's, Merrion has historically been a significant employer for these surrounding communities, while also providing essential disability and elderly care services to these communities and others further afield.

In accordance with the core values of The Sisters Of Charity, which are Dignity, Compassion, Justice, Quality and Advocacy, Staff and Volunteers have to this day continued uphold those core values.



Our Mission is to provide a homely caring environment, encouraging independence as far as possible for those in our care. In the Spirit of Mary Aikenhead, Foundress of the Religious Sisters of Charity and in keeping with the mission and philosophy statement we aim to serve our residents with Human Dignity, Compassion, Justice, Quality and Advocacy, ever mindful of their cultural needs and religious practices. It is our objective to provide the highest standard of care in co-operation with our staff and others, who assist us in carrying out our duties.

THE HISTORY OF HOW ST MARY'S CAME INTO BEING

Monsignor Yore, Vicar General, Archdiocese of Dublin, received a generous donation given by Richard Martin of Phibsborough, specifically donated for the blind. Mgr. Yore used the donation to purchase a small house in Lower Dominick Street, where on the 18 April 1858 this house was opened under the name of St. Mary's Asylum for the Blind. In 1862 the Sisters of Charity assumed full responsibility for the Female Blind; considered as the Foundation Day. Increasing numbers meant a number of moves were required over time and Merrion Castle was bought in 1866 for the princely sum of 2,000 pounds. Some of this revenue was derived from fundraising. One notable donation was made by Peter P. McSwiney, who at the end of his term as Lord Mayor of Dublin, donated his carriage and horses as a prize in a monster bazaar organised by the fundraising committee. Cardinal Cullen laid the foundation stone for St. Mary's on the 18th September 1867 and the blind children & adults took up residence on the 14th August 1868.

Up to the 1950s education for the disabled was not obligatory. Blind people were considered as needing care, shelter and the development of basic skills to occupy their days. In 1874, two Sisters went to Paris to study Blind Welfare including Braille. Braille was taught for the first time in Ireland in Merrion, this was not the only 'first' for Merrion, some more 'firsts' were:

- Pre-school for Blind children
- Introduced the First White Cane Mobility Course in Ireland
- First Low Vision Aids Clinic
- Ran a Teacher Training Course for 'Optacon' (a technical device for reading print without braille) use.

Closure of St. Mary's Nursing Home



Pictured some of the festivities to commemorate the centenary of 1916 at St. Mary's.

Having two Sisters who studied Braille demonstrated that education was always important and students were taught up until 18 years of age, but they did not do State exams; that came later. They went out to work as telephonists and similar work in the Civil Service. St. Mary's took up the challenge of improving the then limited expectations of the visually impaired and students later graduated in law, clinical professions and in business.

The school at Merrion closed its doors in 2003 due to the drop in school enrolment numbers and integration into local schools was the way forward.



Trish Healy visiting her mam, Kay Martin after a long separation due to COVID-19



ST. MARY'S, FROM THE SCHOOL CLOSURE TO THE PRESENT

After the closure of the school and with the transition of time St. Mary's Centre Nursing Home became a provider of quality care for the elderly, uniquely catering for blind and visually impaired women. St. Mary's is a Voluntary, Not for Profit organisation providing these services on behalf of the state which the HSE cannot provide. On the 1 October, 2007 St. Mary's Centre for the Blind & Visually Impaired transferred to the incorporated company, St. Mary's Centre (Telford) Limited, now St. Mary's Centre (Telford).

Staff and volunteers continue to provide the unique services required to meet the care needs of the residents and are always adapting to meet changing needs. At no time was this more evident than during the current global Corona Virus pandemic. It is with much pride and due to the hard work & dedication of the Staff of St. Mary's Centre Nursing Home, that there were no cases of residents' contracting the virus. In light of the current national statistics coming out of the sector regarding Corona virus, this is a great achievement, and warrants a question as to why it is being closed down at the end of this year, while we are still battling this pandemic.

Photos courtesy of staff and residents at St. Mary's, Telford Centre.



Since the notice of closure was publicised, there has been a public outcry and show of support to staff, residents and their relatives, all of whom are still shocked and reeling from this news.

For more information contact on Facebook @ <https://m.facebook.com/Save-St-Marys-Nursing-Home-Merrion-Rd-102109541541418/> & sign the petition of the same name @ <https://www.facebook.com/102109541541418/posts/116648726754166/?d=w>

We All Can Be Heroes by Tom Crilly

Over the last few months our lives have changed, indeed our social behaviour has changed totally, and community groups that wish to remain relevant must adjust to new national health and safety guidelines.



The Spellman Center provides essential services from addiction to mental health, and we promote the benefits of alternative treatment, like acupuncture and

clear that this was not feasible. So, we closed for three days each week and during those days contacted each client by phone on Wednesdays and Fridays. The Centre was open for any client who felt the need to visit. We are now open on Monday, Wednesday, and Friday mornings and the phone contacts are continuing. For many of the clients this is working well. However, structure and human contact is vital for anyone struggling with addiction. We are preparing for a phased return to work.



mindfulness. We support community development by networking with other groups like the South Inner-City Drugs and Alcohol Task Force, the Ringsend Community Services Forum and the IGB Housing Action Group.

Teresa Weafer managed this project over the last twenty years but in a surprise move she has been appointed New Google Community Engagement Manager, whilst still remaining on the board of management of the Spellman Centre (RDRD), and wishing best wishes to our newly appointed manager Mary Doolan and her team.

Life has been tough during 'lockdown' for many of the clients of the Spellman Centre. During the first week, back in March, we remained open. But it soon became

Google is working closely with a working group in the community made up of groups, clergy and resident associations representing Pearse Street, Ringsend, Irishtown, South Lotts and Bath Avenue to respond to the Covid 19 crisis.

Picture shows New Google Community Engagement Manager Teresa Weafer and fellow Googlers Julie Dilger, Phil Yeo, Ian Doyle, Gillian Collins and Siobhan Gadd receiving a warm welcome from some of their neighbours in the local community as they engaged in social distancing events.



We All Can Be Heroes by Tom Crilly



Sueann Moore is manager of the Services Forum based in the Spellman Center that provides a range of information to groups, advising them on many issues from Covid-19 Health Communications, to Suicide Prevention, to how to apply for resources and grants.

Contact Sueann at ... rscf2006@gmail.com

Contact the Spellman Centre at Tel. 01-6677666

Another activist Fr. Ivan Tonge wants all Link readers to know that all Masses are on Videolink – Ringsend Church is open every day 10.30 until 6.30 pm. Website- Google - **St Patrick's Church Ringsend.**

<https://www.mcnmedia.tv/camera/st-patricks-church-ringsend>

There are plenty of negative and upsetting aspects to the Coronavirus, but let's focus on the positives, it has brought people together in defending their

communities and our great heroes, those frontline workers in our hospitals, nursing homes, and our local shops. Best Wishes, keep your social distance and keep washing your hands and stay safe...

Tom Crilly is chairperson of RDRD/ The Spellman Centre.

Tom Crilly would like to wish the Community a very Happy and Healthy Summer.



Thanks to all Frontline Workers.

Former Deputy Lord Mayor of Dublin Andy Smith RIP



Andy Smith (1940-2020) late of Pearse House, a long-time community and political activist died peacefully in January at St Vincent's Hospital. Andy spent time in several industrial schools, worked on the docks, went on to join the republican movement in the 1960s, and remained loyal to the then leadership of

Tomas Mac Giolla and Cathal Goulding. With support from the Dublin Housing Action Committee he exposed the failure of property speculators, landlords and Dublin Corporation to provide proper housing, with a campaign based mainly in Fenian Street.

After many years campaigning on a range of issues, 'Save City Quay', 'Save Sir Patrick Duns Hospital', along with his advice centre work at No 6 Sir John Rogerson's Quay he got elected as a Workers Party councillor for the Dublin South Inner-City ward, and in 1985 was appointed Deputy Lord Mayor. In later years he retired to his new home in Verschoyle Court in Mount Street, liked to talk about the old characters, made a few new friends, but always loved to debate the ongoing struggle to improve conditions for working class people.

PICTURE BOARD by Fr. Ivan Tonge



Pram Shed Duets — Google sponsors with Michael and Paddy.



Paddy McGuinness compering the Pram Shed Duets.



Confirmation Girls with Bishop Field.



Mary Doolin with Sinéad and Claire — Annual Spellman Awards.



Karaoke Canon Mooney with Sean, fanatical Liverpool fan.



Lily, George Reynolds — Baptism four generations.



Brixham — The Torbays — visiting Ringsend College.



Diehard Rovers fans at the Final — Paul Clayton and Tomo McAuley.

PICTURE BOARD by Fr. Ivan Tonge



Deke leading the charge — Hope Row in aid of R.N.L.I.



My Exhibition Bridge Café — Rovers and white horse crossing Ringsend Bridge.



Disney Bingo Whelan House — Ariann and Ben.



Phyllis Donaldson RIP at Poolbeg Marina with Anne and Eileen.



Debbie's 50th Anniversary with Family in The Irishtown Inn.



Rian's Baptism — Bridge Café Workers.



Kieran, Peter, Teresa and Danny — Annual Spellman Awards.



The Ringsend Tonges.



Ardent Rovers supporters — The Dunnes.



Ella pulls the Winning Ticket — Ringsend Church Draw.

Fr. Ivan Tonge would like to wish the Community a very Happy and Healthy Summer.

DUBLIN PORT NEWS

DUBLIN PORT COMPANY TO DELIVER 500 CARE PACKS TO SEAFARERS



Dublin Port Company has delivered the first of 500 care packs to international seafarers as a thank you for their frontline service during the coronavirus crisis. Due to the pandemic, many members of ships' crews have had lengthy enforced extensions to their time onboard cargo vessels. Crews can typically spend up to 6 months at sea at a time, away from family and home.

Some 300 of the care packs will be distributed amongst the crews of 27 individual vessels which are scheduled to arrive into Dublin Port in the next two weeks. The packs contain essential toiletries, including disposable razors, soap, deodorant, toothbrushes, toothpaste, hand cream, hand soap, lip balm and a nail brush.

The first care packs were given to the crew members of the Victorine, which docked in Dublin Port in early June, having completed a voyage between Rotterdam and Dublin as part of a service operated by CLdN.

The remaining 200 care packs will be held by the Dublin Port Seafarers' Centre and given to the sailors who avail of its services in the weeks and months ahead. The Seafarers' Centre was opened in 2016 following a €500,000 investment from Dublin Port Company as a vital resource for ships' crews. It provides amenities such as access to free Wi-Fi, a vital commodity so that seafarers can easily contact family and loved ones while ashore. The Centre supports over 7,500 visiting seafarers a year arriving from all over the world, typically from countries such as India, China, Ukraine, Russia, and the Philippines.



THANK YOU FOR KEEPING DUBLIN PORT FLOWING

At Dublin Port we are focused determinedly on keeping day to day port operations going in order to maintain critical trade flows particularly of foodstuffs, essential consumer goods and medicines.

It is at times like this that we see the importance of the supply chains we can normally take for granted in our daily lives.

Keeping Dublin Port open depends on a small number of critical marine operations, maintenance, security and fire warden staff working 24 / 7. We have adapted normal working arrangements to protect staff and their families to ensure that key functions remain manned at all times and ships can enter and leave Dublin Port safely. We are also delighted to welcome back two recently retired pilots to service to provide additional manpower resilience for this essential function.



Outside of our own operations, all of the cargo terminals in Dublin Port continue to operate normally and hauliers are maintaining the flow of goods in and out of these terminals.

The contribution of port workers, of hauliers and of the anonymous ships crews who maintain our supply chains is immense and we thank you all for your hard work to keep Dublin Port flowing in these extremely challenging times.

Dublin Port would like to wish the Community a very Happy and Healthy Summer.

SHELBOURNE PARK RESIDENTS ASSOCIATION

Shelbourne Park Residents Association (SPRA) are based in the South Lott's area of Ringsend. Due to the COVID 19 pandemic the association were unable to run their normal local events. Thanks to support from Google and RCSE, SPRA were able to buy equipment and run free 'social distance' bingo and quiz events for their residents. This turned out to be a valuable outlet for the community and the feedback was very positive. SPRA also ran a fundraiser for the charity Pieta house and raised an astonishing €1,400. The association are looking forward to continuing their work in the community for the benefit of all residents.



SPRA would like to take this opportunity to wish all their residents and their neighbouring communities good health and well-being in these very strange times.

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WHEN NOBODY
ELSE WAS UP**

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The Yoseikan Club wishes the Community a Very Happy and Healthy Summer. A big thank you to Shane in the Windjammer Bar for all his support over the years.

RINGSEND COLLEGE NEWS



Paul Ryder

THE END OF AN ACADEMIC YEAR LIKE NO OTHER AT RINGSEND COLLEGE

On starting out my journey as Principal in Ringsend College in August 2019 I knew I would face many challenges as one would expect when embarking on a new career. I was looking forward to the end of the year and to see my first year through as Principal. Seeing the 6th years off at their graduation and congratulating them on their achievements over the last six years was one honour I was looking forward to most. In

addition to that congratulating our other year groups on their developments and successes during the year is something I had also eagerly awaited. Little did I think I would have to do all of those things on a remote basis as a result of this awful Covid-19 pandemic our country is currently experiencing.

I would first like to begin by offering my condolences to those members of our school community who in recent weeks and months have lost loved ones as a result of Covid-19. I also wish to offer my sympathy to those families who have been affected in other ways.

Since the school closure were announced on March 12th 2020 we as a school had to embrace a challenge never experienced before within our education system or indeed within our lifetimes. Teachers and students had to quickly adapt, turning their kitchen tables and living rooms into remote classrooms to facilitate on-line teaching, learning and assessment in addition to juggling everything else brought on by the unforeseen circumstances created by Covid-19.

I am very proud to say both the students and staff at Ringsend College really stepped up to the mark and excelled in their approach. My expectations were far exceeded with the levels of engagement, enthusiasm, dedication and hard work displayed by our wonderful teachers and students during this challenging time. I am really lucky to be leading such a committed and progressive group of school staff and I am also very fortunate with the wonderful students who attend our school.

I also wish to express my thanks to the parents & guardians of our students who at times had to become teacher in addition to fulfilling their role as primary educator of their children. Over the course of the school closures I communicated with almost all parents by telephone and I was met with such appreciation and words of support in addition to messages of thanks for our teachers and the great work that they were doing.

I wish also to acknowledge in a special way our 3rd year students who had their Junior Certificate exams cancelled. There was mixed feelings about this decision so we made sure at Ringsend College to go above and beyond to continue to provide them with some form of an assessment and to allow them closure with regard to their three Junior Cycle.

On Monday 18th of May every 3rd year student in Ringsend College received a hand delivered envelope to their homes containing a written paper for each exam that they were due to have sat in June. This was followed the following Monday 25th with an online assessment task in each subject with the final part of their end of year assessment being made up by continuous assessment.

In addition to receiving a school based report in late June they

will also receive a certificate of Junior Cycle achievement from the Department of Education in the autumn. Having met with my senior management team and consulted students and their parents we collectively agreed that to protect the integrity of the assessment process for future years and to give the current Junior Cycle students a sense of closure this was the best option.

There has been a lot of doom and gloom for many since March and I think it is important that we try look to the future with a sense of hope, resilience and positivity. I am very proud to say that the future is looking very bright for us here in Ringsend College. Next September we will welcome the biggest cohort of 1st year students that the college has seen in over twenty years. This is a clear indication to me that Ringsend College is now the Post Primary school of choice for the people of Ringsend, Irishtown and the neighbouring communities. In keeping with my educational philosophy and the importance of creating opportunity for our students by developing the curriculum, we are introducing five new subjects on to our Junior/Senior cycle programmes as well as launching our new student wellbeing programme. September 2020 will also see the introduction of our newly revamped timetable and for the first time in the schools history we will offer a second modern foreign language on our curriculum. All of the above are being implemented with the student as core focus. These new initiatives will enhance the learning experience for the students of Ringsend College by providing greater opportunities in the areas of both curricular and non-curricular education.

All going to plan our school open day is scheduled to take place in October and I invite prospective students and their parents to the college to see for themselves what we have on offer.

Finally I could not finish without acknowledging our current 6th year students "*The Class Of 2020*". As the senior year group in the school you have been an absolute pleasure to look after over the last year. There was plenty of Ups but very few downs and you are a real credit to the areas that you come from and indeed to your families. The great character and sense of fun and comradery within the group was very admirable and although you all loved the craic it rarely got in the way of the important task you all faced as Leaving Certificate students. I hope to be able to plan some type of a responsible gathering for you and you parents before the end of the summer when hopefully things have eased slightly. This is very much a priority of mine. For now enjoy our end of year online showcase and enjoy your summer break which has been very well earned by you all.

This is not a final good bye but just a farewell for now.

To the rest of the students and staff I thank you whole heartedly for making my job so enjoyable and rewarding and I look forward to continuing to serve the community of Ringsend and the south inner city to the best of my ability over the coming academic year.

Is Mise Le Meas:

Mr Paul Ryder, Príomhoide.

Paul Ryder would like to wish the Community a very Happy and Healthy Summer

BARBECUE RECIPES

GRILLED RIB EYE STEAK - a timeless classic. Guaranteed to be enjoyed by all, this recipe is packed full of flavour.



PREPARATION TIME: 12 minutes
• COOKING TIME: 25 minutes

INGREDIENTS

Serves: 4 people
6 tbsp Balsamic Vinegar
5 x Black Peppercorns crushed
4 small Ciabatta
2 tbsp Dried Mixed Herbs
4 cloves Garlic crushed
2 x Green Pepper quartered
1 zest Lemon

6 tbsp Olive Oil
1 pinch Pepper
3 x Red Pepper quartered
4 x Rib Eye Steaks
1 pinch Salt
2 dst spn SuperValu Fresh Basil
1 handful SuperValu Rocket Leaves to serve
2 x Yellow Pepper quartered

METHOD

Lay the steaks out flat on a large dish and scatter with the crushed peppercorns, garlic and dried mixed herbs. Drizzle with 3 generous tablespoons of balsamic vinegar and 3 tablespoons of olive oil. Cover the dish with cling film and set aside for an hour or two at room temperature. Meanwhile, preheat the barbecue to a high heat and oil the ridges of the grill rack. Make four large squares of aluminium foil. Place all the peppers in a large bowl with the lemon zest. Drizzle with 2 tablespoons of the oil and season with salt and pepper, stirring to coat all the peppers in the oil. Divide the

peppers between the four foil parcels. Loosely wrap up the foil around the peppers, making sure they're tightly sealed, and place on the barbecue. Cook for 15 to 20 minutes over an indirect heat so that the foil doesn't burn and the peppers soften and catch the smoky barbecue flavours. Remove from the barbecue and leave to cool until ready to serve. Grill the marinated steaks over a direct heat for 6 minutes on each side, until lightly charred and cooked to your liking. Season well while grilling, but don't move the meat while it's cooking. Transfer the steaks to a nice large cutting board. Add the roasted pepper parcels and open them up to sprinkle with the fresh basil and rocket. Drizzle the steaks with the remaining vinegar and a tablespoon of olive oil. Serve immediately with the ciabatta bread.



CHICKEN DRUMSTICKS



This is ideal for prep-ahead lunch boxes.

PREPARATION TIME: 10 minutes
• COOKING TIME: 30 minutes

INGREDIENTS

Serves: 4 people
2 tsp Chinese 5 Spice
2 cloves Garlic crushed
2 tbsp Honey
2 tbsp Soy Sauce
1 knob SuperValu Fresh Ginger
½ thumb-sized piece

800 g SuperValu Quality Irish Chicken Drumsticks
1 tbsp SuperValu Sunflower Oil

FOR THE DIP

1 clove Garlic crushed
200 g Greek Yoghurt natural
1 x Lime zest only
0.5 small SuperValu Mango

METHOD

Mix together the soy sauce, honey, oil, five-spice powder, garlic and ginger in a large ziplock bag until well blended. Add the chicken drumsticks, seal the bag and squidge everything about until the chicken is evenly coated. Leave to marinate in the fridge for 6 hours or overnight if you have the time.



When ready to cook, preheat the oven to 200°C/gas mark 6. Tip the chicken and marinade out onto a baking tray in a single layer. Roast in the oven for 20 to 30 minutes. Once cooked, the chicken skin should be richly golden and sticky and the meat should be cooked through, with the juices running clear. Remove from the oven and leave to cool. Meanwhile, to prepare the dip, peel the mango and grate the flesh into a medium bowl. It doesn't matter if it's squishy and juicy. Add the yogurt or sour cream, lime zest and garlic. Season to taste. Pack into individual serving tubs and refrigerate until needed. Pack the cooled chicken drumsticks into lunch boxes along with the dip.

GRILLED PORK CHOPS



This is ideal Guaranteed to be enjoyed, these pork chops are the perfect addition to

any BBQ. Top tip: Add some finely chopped fresh chilli to the marinade for extra heat.

PREPARATION TIME: 35 minutes
• COOKING TIME: 15 minutes

INGREDIENTS

Serves: 4 people
200 g Cherry Tomatoes halved
3 cloves Garlic chopped
4 x Pork Loin Chops
100 ml Honey

1 x Lime zest and juice
1 tsp Olive Oil for brushing
1 pinch Pepper
1 pinch Salt
2 tbsp Sesame Oil
125 ml Soy Sauce
3 cm SuperValu Fresh Ginger peeled and grated

TO SERVE:

2 head SuperValu Baby Gem Lettuce torn into bite-sized pieces

METHOD

1. Combine the soy sauce, honey, lime zest and juice, sesame oil, garlic and ginger in a large bowl or a baking dish. Add the pork chops and cover with cling film. Leave to marinate for 30 minutes at room temperature or overnight in the fridge.

Preheat the barbecue to a medium heat. Transfer the pork chops to a baking tray and brush them with some olive oil. Pour the marinade into a small saucepan and bring to the boil for 1 minute. Remove from the heat, check the seasoning and keep beside the barbecue. Use a pastry brush to baste the glaze on the pork. Grill the chops on the barbecue over an indirect heat for about 15 minutes, turning once. Baste with the boiled marinade while cooking. Meanwhile, put the baby gem lettuce and cherry tomatoes in a bowl and drizzle with 1 tablespoon of the boiled marinade, mixing well.

Serve the grilled pork chops with the salad on the side.



