

MOYWRITES

Moyross Community News March 2010 • Tel: 061-326057

MOYWRITES is published by a voluntary editorial board with funding from the Community Development Network Moyross.

MOYWRITES is a non-political, non-sectarian, non sexist, non-profit making publication. The views expressed in this newsletter do not necessarily reflect those of the editorial board. All articles are subject to editing.

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Moyross & Munster Ready to 'Try the Twits'

Starting on the 19th April 2010 Moyross will be at the centre of the biggest book club in the world when it is hoped that everybody from Moyross and St. Munchin's will come together to read Roald Dahl's book "The Twits". Last week the Munster Rugby players Alan Quinlan, Denis Fogarty and Neil Ronan took a break from their preparations for the Heineken Cup Quarter Final to give their support to the school children of Moyross and St. Munchin's who will be part of a major reading festival entitled "Try the Twits- A Northside Story". The project will encourage everyone from 4 to 94 years across the Northside to read one book over 4 weeks.

"We are hoping that parents, grandparents and children will all join in and read the book together. We picked the book because it appeals to all ages" said Hilary Pratt, home school liaison teacher, St. Munchin's Girls School and one of the organisers of the event.

All schools in the community; Salesian's Secondary, St Nessan's CC, St Munchin's CBS, St Munchin's GNS,

St Lelia's and Corpus Christi Primary as well as various community groups and after schools clubs will be involved. The Munster players including local hero Keith Earls will also take part in family reading sessions and other events over the 4 weeks of the festival.

'The Twits' will be distributed to each household in the community including Moyross, Ballynanty, Kileely and Thomondgate. It is estimated that there will be approx 1,500 books in circulation. An activity book corresponding with the book will be designed and distributed also.

Over the 4 weeks, each pupil will complete their workbook both at home and at school. In school, they will do art projects, colouring competitions, poster designing competitions, games and other creative activities which relate to the book. In addition, it is envisaged that there will be family table quizzes, family reading sessions and storytelling groups. All those who return their workbooks will be entered into a draw for prizes at the end of the project.

The festival will finish with an art exhibition and drama.



Luke Ward and Robert Cantillon with Munster legend Alan Quinlan and team mates Denis Fogarty and Neil Ronan at the launch of the 'Try The Twits' reading festival

Moyross Rock the Parade

Almost 70,000 people turned out to see local hero Keith Earls and his sister Jenny lead Limerick in the largest regional St. Patrick's Day Parade in the country. This was the best parade in 20 years according to the Mayor of Limerick Cllr. Kevin Kiely. It's not surprising when Moyross had the Grand Marshall, the Best Parade Entry, Best Float and Best Musical Entry.

The first two accolades were given to The Northside Learning Hub who really wowed the crowds with their amazing horses and eco warriors protecting the city from pollution and litter and showed up brilliantly later on the TV too. Best Music was won by the Corpus Christi Pipes and Drums Band. The Hub's success was well deserved after the huge effort that went in. (see page 4)



The Hub on parade

OUR COMMUNITY, OUR ENVIRONMENT

Moyross Community Enterprise Centre Ltd in association with Limerick City Council and the local Residents Forum continue to look after the maintenance and upkeep of the public greens and open spaces on the estate, this work is also supported by FAS.

We wish to thank the community for their support and co-operation during 2009. Over 70 tonnes of illegally dumped rubbish was removed to landfill; also a large quantity of metal and recyclable matter was collected.

We are appealing to the residents to help keep the area free from litter. Some people may not realise that dumping your ash in the grass is an offence as is dumping waste food; this is becoming a large problem for us. Waste food creates a health hazard and encourages rats.

People who have a problem with dumping can contact the Limerick City Council Environmental Department on 061-407190, email Environ@limerickcity.ie or contact them via their freephone number 1800 216 816 or alternatively they can contact the Moyross Community Enterprise Centre Ltd on 061-326057.

Please help us to create a safe and litter free environment for you.

Paddy Flannery

Moyross Community Enterprise Centre Ltd.

Tracy McElligott

Moyross Residents Forum Ltd.

Moyross Residents play their part in City



Members of the Moyross Residents Forum who attended the launch of the city wide brochure.

The Launch of the brochure which promotes the collective work of Estate Management City Wide took place in the Absolute Hotel on Tuesday 2nd February 2010.

Estate Management creates an integrated link for residents, agencies and services providers. It provides residents with a platform to have a voice on issues involving your community.

Moyross Residents Forum as part of the City Wide Forum plays a vital and valuable role in influencing Estate Management and is committed to ensuring the future of Estate Management in Limerick.

At the launch Deputy Mayor John Gilligan congratulated the Limerick City Wide Forum on the production of the brochure. He stated their work is an important link for residents and their organisations in their efforts to make our communities better and more managed places to live in. The Mayor, Councillors and Staff of Limerick City Council will continue to work in partnership with the City Wide Forum in meeting the challenges that lie ahead for all the stakeholders in this process. Copies of the brochure are available at the reception of the Moyross Community Enterprise Centre or the Credit Union Office at the Centre.

The People's Pharmacy



| | |
|-----------|-----------------|
| Monday | 9.30am – 6.00pm |
| Tuesday | 9.30am – 6.00pm |
| Wednesday | 9.30am – 6.00pm |
| Thursday | 9.30am – 7.00pm |
| Friday | 9.30am – 7.00pm |
| Saturday | 9.30am – 6.00pm |

OPEN DAILY
ALL PRESCRIPTIONS
DISPENSED
TEL: 061-322604

Regeneration

Residents Want Regeneration

The Moyross Resident Forum are fully committed to supporting the work of the Limerick Regeneration Agency. We are committed to implementing the Master Plan to transform Moyross into one of the best and most vibrant suburbs in the country. We communicate the residents, views and concerns. We support residents to engage with the Regeneration Agency and have their voices heard. The Regeneration Agency has been very supportive of the Moyross Residents Forum. It was agreed that there has been significant monies spent on the estate and the community should have a say on the best use of this money. We need to ensure that the principles of the master plan are incorporated in the Limerick City Development plan as this supersedes all plans. We need to be realistic in what we want for the community. The Forum has agreed a number of projects to put forward for implementation, the Road, the Garda Station, the Community Centre and a mixed housing development. It is vital the road is built and this demands support from all agencies.

It was proposed that areas should be identified and a strategy put forward on demolition and accommodating residents to avoid pockets of single houses being boarded or demolished. It should be organised structured demolition and direct works that improve the quality of life of the residents in Moyross.

The following are projects which some residents may qualify for.

Attic and Cavity Wall Insulation Energy Efficiency Projects: If you are a home owner on benefit and qualify for fuel allowance or on old age pension please contact the Mid West Home Energy Efficiency Project Southill House 415340. The cost of the attic insulation is €100 and the cavity wall insulation is €115. Total together is €215.

Security Lights and panic buttons: If

you are over 65 you will qualify for security sensor lights and a panic button. Please contact Mary on 326700 with your name address and date of birth.

Moyross Flower Project

Shortly we will be promoting and taking orders for the window boxes and hanging baskets for 2010. Watch out for the box in which you can place your orders. Boxes will be located in the

reception of the Moyross Community Enterprise Centre and the Credit Union Office from the beginning of April. Don't miss out. This is the 4th year of this very successful project. Great credit is due to the hard work and commitment of the Flower Project Committee. For more information on any of the above please contact Tracy McElligott development worker Moyross Residents Forum Ltd office 325720 or mobile 087 9184823



Planting the seeds of hope at last years Flower Project

USEFUL PHONE NUMBERS

| | |
|--|--------------------------|
| Northside Regeneration Agency | 458884 |
| Limerick City Council | 407100 / 415799 |
| Maintenance depot | |
| Moyross open 11 to 12 | 325719 / 325177 |
| Administrative officer Jason Murphy | 407139 |
| Demolition related inquiries | 407257 |
| Home purchase inquiries | 407248 |
| General inquiries email: housing@limerickcity.ie | 407428 |
| Housing department | |
| Tenancy Enforcement Officer | 407138 / 407184 /4071200 |
| Staff Officer housing allocations | 407365 |
| Rent queries | 407120 |
| Tenant purchase queries | 407314 |
| Housing aid for the older people | 407339 |
| Housing adaptation and mobility aid grant | 407402 |
| Transport & Infrastructure complaints (Roads, footpaths, public lights etc.) | 407100 |
| Limerick City Council | |
| After hours – Emergency only | 417833 |

Hub Horses are Highlight of St. Patrick's Day

The massive preparations at the Northside Learning Hub paid off as they won the best entry in the St. Patrick's Day Limerick Parade. The excitement and enthusiasm of the school children was evident as they worked together to make the festivities even more dramatic and colourful than last year. The overall theme for this year's parade was "I Love Limerick". The Northside Learning Hub float showed Limerick's young eco-warriors taking on those who would litter and dirty our city! (Limerick was recently named Ireland's most littered city). The parade group wanted to show how we can all make a difference by recycling and keeping our city clean.

The 46 fifth and sixth class girls and boys involved came from various schools on the Northside of the city. The children eagerly gathered after school at the Hub to design their costumes with the help of third level students from Limerick School of Art and Design, UL and Mary I. All the third level students are acting as "Learning Buddies" to the younger parade participants and will also played their part on the big day!

Boys from St.Munchins and Corpus Christi primary schools and girls from St.Munchins and Salesians Primary gathered to create and design fantastic props schools and costumes that impressed all with the majority of materials being recycled. These materials included bottle caps, chicken wire, old clothing, CD's, hub caps and bicycle parts.

When asked what they thought of it all these are two of the responses. "It was cool because you could make the costumes with your own ideas and was fun because your friends were there too" said Amber, age 9. "I love doing art and I liked that I was in the parade this year" remarked Amy also age 9.

The focal point of the parade was two life-sized moving,

dancing horse puppets. The children worked with puppeteer Darragh Bradshaw who has worked on various shows and street theatre including the infamous Lion King on London's West End.

"All these projects call for great creativity and imagination from the children. We want to thank all the people who turned up to show their support and enjoy what was a fun-filled event for the whole family" said Jennifer Moroney Ward, Manager of the Hub.

In other news the NLH Camera Club is now active and local people of all ages are welcome to contact Gina@learninghub.ie about coming along. The Camera Club meets on Wednesdays from 4-6pm. It would be great to see an adult and young people's club established in 2010.



Seamus and Martin from Corpus Christi 6th Class working on props



At the Learning Hub Kickboxing are: Back row: Jason, Martin, Aisling, Erica. Middle row: Amber, Amy, Leona, Georgia. Front row: Amy, Riain, Jake, Calvin and Jack

Companions Out and About

Corpus Christi Community Companions is well-established now in Moyross.

As you know, the Community Companions listen to how you feel about things without judging you. They do not give answers, but give you time to come up with your own answers – if that's what you want. They do not talk to others about you and nobody talks about you unless you want them to. Community Companions are there for all adults in Moyross. Community Companions believe that by being with you as and where you are makes life a bit better for you and makes Moyross a better place to live, work, play and learn in.

"As Companions we are not counsellors or health professionals. We are regular normal people who are there to listen to and be with other regular normal people in day-to-day life and living" explains Mo Foley.

Corpus Christi Community Companions aims to continue being companions in your community in 2010 – on the street, on the doorstep, at the

kitchen table or at our drop-in facility. They hope to invite people to train as volunteers matching the qualities, abilities, strengths and interests of volunteers to the needs of people. Full initial training will be given.

Corpus Christi Community Companions is currently funded by Limerick Regeneration Agencies and Limerick Enterprise Development Park and its staff are employed by the Moyross Community Enterprise Centre. The project office is based in the church in Moyross. While the staff have an excellent working relationship with the organisations, information of a personal and confidential nature is not shared with any other agency unless specifically requested by people availing of our service.

If you a) are interested in knowing more, b) want to tell us you are interested in volunteering or c) want to share your ideas on what we are or should be doing, please feel free to contact Mo, Anne Marie or Breda on 061 329606.



Dylan, Leah and Trevor in Sarsfields Gardens

ADAPT Services

ADAPT is based in Rosbrien and offers a range of services to women experiencing Domestic Abuse and their children.

- 24 Hour Free phone helpline - **1800 200 504**
- Emergency Refuge accommodation
- Outreach services in Limerick City and County
- Social work support
- Accompaniment to services
- Court Accompaniment
- Crisis Counselling
- Childcare facilities
- Play Therapy
- Support Groups

If you, or someone you know, are experiencing Domestic Abuse contact ADAPT.

Remember Violence Against Women is a crime. There is NO excuse for Domestic Abuse.

For more information contact: Deirdre Barrett, Development Worker ADAPT, 061 412354

25 Years of Education in the Community

Corpus Christi Pre School
Corpus Christi Primary School



Enrolling now for September 2010

Please contact or call to the office to book your place in the school for September

Phone: June @ 061 455166

Free Pre-School Places Available

The Moyross Integrated Childcare Service operates from the Creche in the Community Centre and caters for children aged 3 months to 12 years. With a Baby Room, Wobbler Room, Toddler Room, Pre-School and Out of School Service it can offer Free Pre-School for children who are eligible born between the 2nd February 2005 and 30th June 2006.

The service caters for 100 children on a daily basis. It opens from 8.45am to 5.15pm daily Monday to Friday. Nutritious and well balanced meals are provided for all of the children and all dietary requirements are met. It is HACCP compliant.

"We have 2 outdoor play areas for physical activities e.g. bikes, buggies, cars etc. We also bring the children to the playground and try to have a "Teddy Bears Picnic" in the playground when weather permits" said Agnes O'Dowd, the crèche assistant manager.

"The creche operates an open door policy where parents can call in to see how their child is doing or they can phone us too. Throughout the year we have taken children on outings to Fota Wildlife Park, Tons of Fun and Butter Cup Farm. In order to help us with these trips we do ask the parents to come along and have a fun day out with us" continued Agnes.

Anyone who would like further information about the service can contact either Alice McElligott - Child Development Manager or Agnes O'Dowd - Assistant Manager on 061-321152 or just call into the creche.

Moyross Community Adult Education Project Learn Local Taster Classes Available March 2010 to June 2010

Interior Design
Internet & Email
DIY
Home study skills
Flower arranging
Story sacks
Creative dance
Furniture Restoration
Aerobics Keep Fit

Health & Medical Matters
Skype-it
SIMPLE IT
Digital photography
Family Learning
Importance of Being Me
Because Your Worth It
Women's voices

Days, Times & Venues to be decided
For further information contact Helen or Josephine
Phone: 061 329111

STACEY OK WORKING WITH YOUNG PEOPLE

Stacey Quarmby is the new worker with the Northside We're Ok Youth Initiative. Stacey is the new Community based Drugs Education & Prevention Worker, working with Sean Ward based in Watch House Cross Shopping Centre. Stacey was previously the Coordinator of the North Side Youth Cafe, so has been working with young people in Moyross and St. Munchin's for the last 3 years. "I'm delighted to be starting in the role and look forward to working with young people and their parents across the Northside who might have concerns regarding drug related issues" said Stacey.

We're Ok is a community based project that works primarily with young people aged between 10 – 21 years through the delivery of educational programmes, raising awareness and identifying drug issues. Recently it was vocal on the problems caused by "Head Shops" and featured on the Limerick Leader. The project also provides support and funding to groups to run alternative activities and programmes. A new Mens Health and Fitness Programme is being planned which will run for 10 weeks and include soccer skills with FAI coaches and weight training with Tracy Mahedy from the Sports Partnership.

Stacey has started working with a young womens group and is open to exploring other opportunities with groups and projects.

You can contact her on 061 459414 or 087 0518550. The Northside We're Ok Youth Initiative project is funded by the Young People's Facilities and Services Fund.



Stacey Quarmby, new worker with We're OK

Know Your Rights With Moyross Action Centre

Found out:

How to access Social Welfare and HSE Services.
How to fill in forms and how to appeal decisions.
The best up to date information.

Changes in Child Benefit:

Child Benefit stops when your child turns 18 years, even if they are still at school. However you may be entitled to claim €15 per week if you are on a social welfare payment.

Pick up Forms for:

Medical Card Application Forms, All Driver related forms, Social Welfare including FIS, Household packages and supports for people on disability or invalidity.

Other Services:

We offer a typing, photocopying, binding and postal service, birthday, christening & fund raising tickets, advertising flyers for small businesses and charity fundraisers.

Contact the office on: 061 421915/6 for further information

Advice and Help Services

The Action Centre provides space for groups to deliver services locally:

Do you have financial worries? Contact MABS

Money Advice & Budgeting Service are available with a clinic on the 2nd Tuesday of every month upstairs in the Community Centre –

Contact Martine at MABS for appointment on: 061 403109

Do you need someone to talk to?

Counsellor available in Moyross Contact: 087 7987073 for appointment

Do you need to talk to someone about drugs?

Aljeff clinic in Moyross contact Daniel at 061 319053

Do You Have a Housing Query?

Jason Murphy, Administrative Officer, Housing & Social Policy Department Limerick City Council, will be available to meet with residents

Monday & Wednesdays at Moyross Action Centre from 10– 11am.

Contact Jason on 061 407139

Are You between 17 and 25 years old and Interested in Training?

Then contact Obair, Moyross on 061 421915

NEWS SNIPPETS

**FREE LOCAL
EMPLOYMENT SERVICE
AVAILABLE**

At Moyross Action Centre

The Local Employment Service Moyross is here to help you on the road to employment or back to education and training. Based in the Action Centre (upstairs in the Community Centre) this service is free, confidential and voluntary.

We provide assistance in job seeking, CV preparation, letter preparation, interview skills, career guidance, training and educational issues.

Further enquiries can be made to the following:

Pam Irwin or Julie Barkman at (061) 326057 or call into the Local Employment Office at the Moyross Action Centre.

Fancy Dress Fundraiser

There will be a Fancy Dress Night in aid of Special Olympics at Pery's Hotel on Saturday 17th April 2010 @9.00p.m. Music from the 60's, 70's and 80's "Boogie Night" with DJ "Gary G". Further information from Tina O'Gorman @ (086) 8968843

Northside Youthreach Up and Running

Northside Youthreach is a 25 place second chance education programme based at Watch House Cross. The centre caters for 15 to 20 year olds that have left mainstream school. The new centre has an art room, a classroom, a computer room, a pool room and a canteen area. Learners take classes in maths, english, art, craft and design and computers. They also take classes in cookery, metalwork, woodwork, boatbuilding, soccer, aerobics and other outdoor activities.

The centre co-ordinator, Damien O'Connell, can be contacted at (061) 322469 and (087) 9394830.

Moyross Sports Gallery

While Keith Earls continues to shine on the international stage here is a gallery of local sports heroes preparing to be stars.



Heading for Glory



The answer to Limerick's hurling problems?



CC swimmers making waves in UL



Moyross Utd A selection that took part in a recent tribute match for former player Darren Bennett



L.I.T Sarsfields Unveil New Jersey Sponsors and Design



Moyross Utd B Selection, 4-3 winners in the Darren Bennett Tribute game

L.I.T Sarsfields GAA Club held their AGM on 11th March where Dr. Marie Heinfelaar, President of Limerick Institute of Technology, was announced as the president of the club. There followed the launch of the Development Plan for the club and their new playing kit.

The jerseys were sponsored by local businesses and groups who gave €100 to enter a draw to have their name put on the jerseys. St. Munchins Parish won the draw and have their name on one set of jerseys. Paddy Flannery of Moyross Community Bingo fully sponsored a second set. Deirdre O'Driscoll, outgoing chairperson, thanked everyone for their support.

The Club are appealing for parents from both St. Munchins and Corpus Christi Parish to get involved with the children and the club. Contact Deirdre O'Driscoll for more details or information. 087 6339588