

# Purple House Cancer Support

Purple House Cancer Support will be running the Stanford Cancer Thriving & Surviving Programme starting [Tuesday 20th September 2022 \(6.30pm-9.30pm\) for 6 Weeks in person at Purple House](#), and from [Tuesday 21st February 2023 \(2-4.30pm\) for 6 Weeks in person at Purple House Bray](#).

This is a self-management programme for Cancer survivors (3 months post treatment) with the aim of improving your quality of life to better manage your daily health.

The Programme is a six week self management programme which consists of 2.5 hours per session. The Programme was developed by Stanford University and will be facilitated in Purple House by one of our professional Counsellors and a volunteer who has personal experience of Cancer.

## The topics on the course include:

- 01** Techniques to deal with problems such as frustration, fatigue, pain & isolation & poor sleep
- 02** Living with uncertainty
- 03** Exercises for maintaining & improving strength, flexibility & endurance
- 04** Making decisions about treatment and complementary therapies
- 05** Communicating effectively with family, friends, & health professionals
- 06** Nutrition & healthy eating

Places are free, to sign up please visit [purplehouse.ie](#) or Call Us on 01-2866966

## Derek Reinhardt Memorial Cup

The Derek Reinhardt memorial cup takes place on the 27th of august. In aid of the Newcastle Community Centre and Newcastle GAA. Four ball event entry €100 per team. If you would like to play contact Ben on 0860731949. If you can't make it on the day you can sponsor a teebox.

## Newcastle GAA

Newcastle GAA club have teams from U5 right up to adult mens team, we have 3 LGFA teams and have recently set up our all star inclusive team. New members are always welcome.

September 24th: Newcastle duathlon community fun day. The duathlon will kick off the day's festivities with a 3.5 km run, 20 km cycle, 3.5km run, you can enter solo or as a pair, all levels of fitness ability are welcome to participate. There will be children's games on the pitch for the kids followed by a DUCK DERBY and BBQ at the Castle Inn with a raffle and DJ as the evening entertainment. It's going to be a fun filled day and we can't wait to see you all there. All proceeds will go to Newcastle GAA and Newcastle pre school with a donation being made to the Community first responders. Check out Newcastle duathlon Facebook page for more information.

**A Fundraiser in aid of the Newcastle Christmas Tree 2022 Festivities**



**When:** Saturday 17<sup>th</sup> September 2022 @ 8pm  
**Where:** Castle Inn Pub, Newcastle Co. Wicklow

**Entry Fee:** 20 Euro for 3 games

*Come early to avoid dissapointment*

**Cash Prizes for Winners + Raffle**  
*Guaranteed to be a fabulous night!*



## Supported By



For more information or to have something added to the next newsletter please Contact Philip McGaley at [info@towermeda.ie](mailto:info@towermeda.ie)



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Edition 1 - August 2022

# Newcastle Village Forum

April saw the formation of the Newcastle Village Forum with an interim committee consisting of Mary Woodnutt, Jane Smith, Diane James , Hugh O'Rourke and Philip McGaley.

The Newcastle Village Forum's primary function is to represent, promote and coordinate all groups in the community in the interests of the community. It will provide a single point of contact to local and central Government, State agencies, Regulatory Bodies and Grant and Funding providers for community initiatives etc.

Monthly meetings are held on the second Monday of each month at 8:00 p.m. in the Community Centre and all residents and businesses are encouraged to attend.

# Newcastle Parish

*Newcastle Parish is holding a Summer Fair with a mediaeval theme on Saturday 27th August from 12 noon to 4pm in the grounds of St Francis' National School. Everyone is welcome to come along and enjoy lots of stalls and activities including food and drink stalls, games for young and old, a bouncy castle, face painting, nail bar, raffle, stalls selling toys, books, bric a brac, clothes, accessories, plants, cakes, etc, and not forgetting the competitive tug of war. Join in the theme and dress up for the fancy dress competition or take part in the treasure hunt. A family day out not to be missed.*

# HUGG - Healing untold Grief Group

Suicide Bereavement Support Group meeting every 2nd Tuesday at the Parkview Hotel, 7.30 - 9.30pm Group facilitators are from the community and have a lived experience with suicide More information at [www.hugg.ie](http://www.hugg.ie)

# Newcastle First Responders

Emergency calls are received by the national ambulance service (NAS) national emergency operations centre (NEOC), which dispatches paramedics and communicates essential details to one or more CFR groups whose designated radius covers the incident. The aim is to reach a potential life threatening emergency in the first vital minutes before the ambulance crew arrives. Because this radius is typically just a few kilometres, CFRs can reach an incident within minutes. Ambulances can take upwards of 20 minutes to arrive. Our role is to help stabilise the patient and provide the appropriate care including defibrillation, until the more highly skilled ambulance crew arrives. CFR groups will be called in cases involving chest pain, choking, stroke, collapse, unconsciousness or cardiac issues; they will not be called to incidents involving trauma, violence, drugs, or road traffic collisions.

The Newcastle CFR group started with the first committee meeting in June 2020. Liaison with various stakeholders and lots of paperwork were required. Volunteers were recruited, Garda vetted and trained. The team comprises 10 individuals. We are very fortunate that it is spearheaded by Joshua Dargan Hayes (co-ordinator/chairman), who is an emergency medical technician, and also includes a nurse. The group went live on 18th April 2022. Our catchment area - a radius of approx. 5km - stretches from Coynes Cross to Newtownmountkennedy, taking in the coast, a population of approx. 5000. We typically field 2-3 calls per week.

Team members roster themselves for periods when they are able and happy to be on call. It would be wonderful to be able to provide 24/7 cover but this is not possible with just 10 volunteers. People from all walks of life are welcome. No medical experience is required as full training is provided.

For further information or to register your interest, please visit our website ( <https://newcastlefirstresponders.weebly.com/> ).



# YE OLDE SUMMER FAYRE

**JOIN IN THE MEDIEVAL THEME**

**SATURDAY 27TH AUGUST 12-4PM**

**ST FRANCIS SCHOOL GROUNDS CHURCH LANE, NEWCASTLE**

ALL THE POPULAR STALLS AND GAMES WITH A MEDIEVAL TWIST

COME DRESSED IN COSTUME FOR A GREAT DAY OUT AT YOUR FAVOURITE FAMILY FAIR

# Newcastle Bridge Club.

The bridge world has lost a substantial number of members during the last 2 years. Several clubs have ceased to function altogether, but Newcastle Bridge Club survived and even got new members. The club did miss out on some of its normal tournaments but still managed to have a Christmas function, an Easter Egg Competition and the President's Prize Tournaments. The bridge club held its AGM on 31 st May and is closed for the summer months. It will resume on Tuesday 6 th September at 19.30 in the Castle Inn and new members are always welcome.

# Biodiversity Group

Irish Wild flower meadow Before Christmas we planted hundreds of pollinator friendly bulbs in the grassy area opposite Seacourt Estate. The Crocuses and anemones bloomed providing pollen for the

# Newcastle Community Centre.

Major building project of upgrading of toilet facilities and changing rooms in Community Centre to increase sports usage in the Centre being undertaken. Detail plans were drawn up by Project Design, Architects, in Kilcoole before tender documents were sent to three builders. The architect required additional changes when quotes are received. Anderson Interiors were selected by the architects as the preferred builder for the project. The cost of the project is currently circa €68K. €38K has already been approved by Capital Sports Grant prior to Covid 19. All required documentation has been submitted to the Capital Sports Grant and builders ready to start in July. Major fundraising, together with advice from Wicklow County Council, will be required to bridge the funding gap.

NCC had looked at staging the project, however from a cost perspective, it would be more cost efficient to complete the project in one go. The community centre ran a successful table quiz in the Castle Inn on 17 th June at 20.30 to raise funds for the Centre. €1,253.00 was raised on the night. A huge thank you to all who attended and those who donated prizes. The next fundraising event is a joint Newcastle GAA and Community Centre Golf Classic which is to be held in Glenmill Golf Club on 27 th August. €100.00 per team of four.

A voluntary mother and toddler group started on Fridays in the Centre. Thursday coffee mornings have resumed post Covid. Start time is 11.00 and all are very welcome to come for the chat. Go for Life activities suspended for the summer. Will resume in September.

# Newcastle Tidy Towns

The village's application for Tidy Towns 2022 was submitted at the end of May with the Judging taking place over the month of July and early August and the winners announced in September. Thank you to all volunteers for the projects that they delivered and the continual maintenance and cleaning of our village. The Tidy Towns committee welcome your suggestions which can be made through the Monthly Village Forum meeting which is held on the second Monday of each month at 8.00pm in the Community Centre.

Let us remember that a Tidy and well presented Village is for us all to enjoy every day or the year.

\*All previous issues of this Newsletter can be found in the Files on Newcastle

Community Page on Facebook