

Angela O'Shea

From: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Sent: Tuesday 18 January 2022 13:56
To: Angela O'Shea
Subject: FW: Ref: TTAS-MO-00228-2022

Follow Up Flag: Follow up
Flag Status: Flagged

Plenary correspondence

From: Ministers Office <Minister@transport.gov.ie>
Sent: Tuesday 18 January 2022 13:31
To: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Subject: Ref: TTAS-MO-00228-2022

Our Ref: TTAS-MO-00228-2022

Dear Mr. Dunphy

On behalf of the Minister for Transport, Eamon Ryan, T.D., I wish to thank you for your correspondence. As this is a matter under the remit of the Minister of State at the Department of Transport, Hildegard Naughton, T.D., I have forwarded your correspondence to her office for attention. Any future queries regarding Rescue 117 matters should be forwarded directly to ministernaughton@transport.gov.ie

With best wishes,

Naoise Grisewood

Private Secretary to Minister Ryan

The Minister is a Designated Public Official under the Regulation of Lobbying Act, 2015 (details available on www.lobbying.ie)

An Roinn Iompair

Department of Transport

Lána Liosain, Baile Átha Cliath, D02 TR60

Angela O'Shea

From: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Sent: Tuesday 18 January 2022 14:49
To: Angela O'Shea
Subject: FW: HEA-MO-00850-2022

Follow Up Flag: Follow up
Flag Status: Flagged

Plenary correspondence

From: Ministers Office <ministers_office@health.gov.ie>
Sent: Tuesday 18 January 2022 14:48
To: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Subject: HEA-MO-00850-2022

HEA-MO-00850-2022

18th January 2022

Dear Ms. Dunphy,

The Minister for Health, Stephen Donnelly T.D. has asked me to acknowledge receipt of your recent email regarding waiting lists for Scoliosis and Spina Bifida treatment.

Yours sincerely,

Miriam Rooney.

Private Secretary to the Minister for Health

Angela O'Shea

From: Brendan Howlin <Brendan.Howlin@oireachtas.ie>
Sent: Monday 17 January 2022 16:40
To: Angela O'Shea
Subject: RE: Waterford City & County Council - Rescue 117

Dear Angela,

I acknowledge receipt of your email and attachment and will bring to the attention of the Deputy.

Yours sincerely,
Lisa Doyle,
Secretarial Assistant to

Brendan Howlin T.D

ph: 053- 9124036
email: brendan.howlin@oireachtas.ie

Your personal information will be held on file.
Please see my Privacy Notice here: <http://www.brendanhowlin.ie/news/2018/05/25/gdpr-update/>

From: Angela O'Shea <aoshea@waterfordcouncil.ie>
Sent: Monday 17 January 2022 16:14
To: Martin Browne <Martin.Browne@oireachtas.ie>; Jackie Cahill <Jackie.Cahill@oireachtas.ie>; Alan Kelly <Alan.Kelly@oireachtas.ie>; Michael Lowry <Michael.Lowry@oireachtas.ie>; Mattie McGrath <Mattie.McGrath@oireachtas.ie>; James Browne <James.Browne@oireachtas.ie>; Brendan Howlin <Brendan.Howlin@oireachtas.ie>; Paul Kehoe <Paul.Kehoe@oireachtas.ie>; Verona Murphy <Verona.Murphy@oireachtas.ie>; Johnny Mythen <Johnny.Mythen@oireachtas.ie>; Kathleen Funchion <Kathleen.Funchion@oireachtas.ie>; John McGuinness <John.McGuinness@oireachtas.ie>; Jennifer Murnane OConnor <Jennifer.MurnaneOConnor@oireachtas.ie>; Malcolm Noonan <Malcolm.Noonan@oireachtas.ie>; John Paul Phelan <JohnPaul.Phelan@oireachtas.ie>; David Cullinane <David.Cullinane@oireachtas.ie>; External - Grace O'Sullivan (EuroParl) <grace.osullivan@europarl.europa.eu>; John Cummins <John.Cummins@oireachtas.ie>; Marc OCathasaigh <Marc.OCathasaigh@oireachtas.ie>; Mary Butler <Mary.Butler@oireachtas.ie>; Matt Shanahan <Matt.Shanahan@oireachtas.ie>
Subject: Waterford City & County Council - Rescue 117

Dear Oireachtas Member,

The following was resolved and agreed by the members at a meeting of Waterford City and County Council held on 13th January, 2022 and our Mayor Cllr. Joe Kelly asked that it be forwarded to the Taoiseach, Tanáiste, Minister for Transport, and Minister for the Marine (copy letter attached).

“That the members of Waterford City and County Council:

- *unequivocally supports the retention of a full-time air sea rescue service at Waterford Airport as currently provided by the crew of Rescue 117*
- *rejects any moves to end, restrict or reduce the service in the new 10 year air sea rescue contract*
- *believes that ending, restricting or reducing the service would negatively affect safety at sea, in the mountains and the overall safety of coastal communities on the South Coast coast.*

- *calls on the Minister for Transport Eamon Ryan to ensure the current service is retained in Waterford in the new 10 year contract”*

Kind regards,

*Angela O'Shea,
Office of the Chief Executive,
Waterford City & County Council,
City Hall.
The Mall,
Waterford*

*Tel: 051 849914
aoshea@waterfordcouncil.ie*



Beartas ríomhphoist an Oireachtais agus séanadh. oireachtas.ie/ga/email-policy/
Oireachtas email policy and disclaimer. oireachtas.ie/en/email-policy/



18th January 2022

Ms Honor Dunphy
Meetings Administrator
Waterford City & County Council
City Hall
The Mall
Co Waterford

Reference Number: DOT-TM-01022-2022

Your Reference: HD/AOS/R117

Dear Ms Dunphy

I wish to acknowledge receipt of your letter to the Taoiseach, Micheál Martin T.D., dated 17th January 2022.

A copy of your correspondence has been forwarded to the Minister for Transport, Eamon Ryan T.D., for attention.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Mary Timmins', is written over a thin blue horizontal line.

Mary Timmins
Assistant Private Secretary to the Taoiseach

Telephone: 01 619 4021
Email: taoiseach@taoiseach.gov.ie

Angela O'Shea

From: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Sent: Tuesday 18 January 2022 13:55
To: Angela O'Shea
Subject: FW: Scanned from a Xerox Multifunction Printer
Attachments: Scanned from a Xerox Multifunction Printer.pdf

Follow Up Flag: Follow up
Flag Status: Flagged

Plenary correspondence

-----Original Message-----

From: Kevin Lowney <Kevin.Lowney@enterprise.gov.ie> On Behalf Of Minister
Sent: Tuesday 18 January 2022 12:54
To: minister@transport.gov.ie
Cc: Jennifer Smyth Shanahan <Jennifer.SmythShanahan@enterprise.gov.ie>; Honor Dunphy <hdunphy@waterfordcouncil.ie>
Subject: FW: Scanned from a Xerox Multifunction Printer

Dear Colleagues,

Please see attached correspondence sent to the Tánaiste and Minister for Enterprise, Trade and Employment, Mr. Leo Varadkar, T.D.

Our officials in this Department have advised me that this enquiry is more appropriate to the Department of Transport. I am forwarding this correspondence to you for your attention and direct reply.

Kind regards,

--

Kevin Lowney

Oifig an Tánaiste agus Aire Fiontar, Trádála agus Fostaíochta Office of the Tánaiste and Minister for Enterprise, Trade and Employment --

23 Sráid Chill Dara, Baile Átha Cliath 2, D02 TD30

23 Kildare St, Dublin 2, D02 TD30V

-----Original Message-----

From: network@dbei.gov.ie <network@dbei.gov.ie>
Sent: 18 January 2022 12:01
To: Minister <Minister@enterprise.gov.ie>
Subject: Scanned from a Xerox Multifunction Printer

EXTERNAL MAIL

Do not click links or open attachments unless you recognise the sender and know the content is safe or expected.
Contact ICT Helpdesk if unsure

Please open the attached document. It was scanned and sent to you using a Xerox Multifunction Printer.

Attachment File Type: pdf, Multi-Page

Multifunction Printer Location:

Angela O'Shea

From: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Sent: Thursday 20 January 2022 13:52
To: Angela O'Shea
Subject: FW: HEA-MO-00850-2022

Plenary correspondence

From: Ministers Office <ministers_office@health.gov.ie>
Sent: Thursday 20 January 2022 13:33
To: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Subject: HEA-MO-00850-2022

HEA-MO-00850-2022

20th January 2022

Your Ref: HD/AOS/2022/1

Dear Ms Dunphy,

The Minister for Health, Stephen Donnelly T.D., has noted your correspondence regarding the Waterford City and County Council meeting of January 13th and the adoption of a resolution relating to children with Spina Bifida and Scoliosis and has asked me to respond to you.

Minister Donnelly acknowledges that waiting times for many hospital procedures and appointments are unacceptably long. It is of particular regret that children can experience long waiting times for orthopaedic treatment, especially for time sensitive procedures, and remains acutely aware of the impact that this has on children and their families. Minister Donnelly remains committed to working to reduce waiting times for patients.

Children with a range of needs rely on the orthopaedic service of Children's Health Ireland, for example children with Spina Bifida, hip deformity, and other orthopaedic needs. The complex patient needs of these children remains at the forefront of service provision.

The Department of Health has been working with the HSE and Children's Health Ireland to deliver improved paediatric orthopaedic services. In 2018 Children's Health Ireland was provided with an additional €9 million in funding to address paediatric orthopaedic waiting lists, including the provision of scoliosis services. This funding is recurring and has been provided in the base HSE allocation each year since 2018. The additional funding supported the recruitment of approximately 60 WTEs in 2018 and 2019 to enable the expansion of paediatric orthopaedic services. The posts relate to the multi-disciplinary team at diagnosis, pre-assessment, during surgery in theatre, and post operatively.

Children's Health Ireland continue to examine new and innovative ways to improve access to orthopaedic services. "Cappagh Kids" at the National Orthopaedic Hospital at Cappagh provides additional theatre

capacity for non-complex, age appropriate, orthopaedic procedures, freeing up much needed space at central CHI sites for children with complex, multi-disciplinary needs. Additional orthopaedic outpatient sessions are also now held at Cappagh, providing additional capacity to see and assess children on the outpatient waiting list.

Funding proposals submitted to the HSE by Children's Health Ireland for increased investment in paediatric orthopaedic services in 2022 and increased activity through 'Cappagh Kids' will be decided as part of the finalisation of the Waiting List Action Plan 2022. In addition the HSE has advised my Department that a proposal to fund an additional theatre at Temple Street is currently progressing through the normal HSE capital approval process.

Improving waiting times for hospital appointments and procedures remains a commitment of this Government. For 2022 an additional allocation of €250 million, comprised of €200 million to the HSE and €50 million to the National Treatment Purchase Fund (NTPF) has been provided in respect of work to reduce hospital and community waiting lists. The €250 million will be used to fund additional activity in both the public and private sectors. The €50 million additional funding provided to the NTPF brings its total allocation for 2022 to €150 million, and as a consequence there will be a budget of €350 million available to support vital initiatives to improve access to acute hospitals and community health services.

In addition, the Department, the HSE and the NTPF are also working on a Multi Annual Waiting List Plan to bring waiting lists in line with Sláintecare targets over the coming years. This process will be overseen by a Ministerial Taskforce, chaired by the Secretary General of the Department of Health and includes representatives from the HSE and National Treatment Purchase Fund.

Yours sincerely,

Miriam Rooney

Private Secretary to the Minister for Health

Angela O'Shea

From: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Sent: Monday 24 January 2022 19:38
To: Angela O'Shea
Subject: FW: CEDiy-MOGO-00258-2022

Follow Up Flag: Follow up
Flag Status: Flagged

Plenary correspondence

From: Minister O'Gormans Office <minister@equality.gov.ie>
Sent: Monday 24 January 2022 15:54
To: Honor Dunphy <hdunphy@waterfordcouncil.ie>
Subject: CEDiy-MOGO-00258-2022

24th January 2022

Mr. Honor Dunphy

hdunphy@waterfordcouncil.ie

Dear Mr. Dunphy,

On behalf of Roderic O'Gorman TD, Minister for Children, Equality, Disability, Integration & Youth, I wish to acknowledge receipt and thank you for your letter concerning waiting lists for surgical intervention for children with Spina Bifida and Scoliosis, Ref: HD/AOS/2022/1. The contents have been noted.

Yours sincerely,

Lisa Hughes

Private Secretary to Minister Roderic O'Gorman TD

Rescue 117 Letter to Minister Naughton hildegarde.naughton@oireachtas.ie

Cc: eamon.ryan@oireachtas.ie; minister@transport.gov.ie

Dear Minister Naughton,

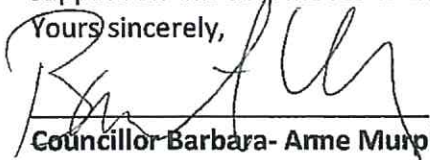
On behalf of the South East First Citizens Forum (Mayors/ Cathaoirligh of the five County Councils of the South East Carlow, Kilkenny, Tipperary, Waterford City and County and Wexford), I am writing to express our strong view around the need to retain a full 24-hour search and rescue service operating from Waterford.

We see the need for a Rescue 117 helicopter based in Waterford as overwhelming. It provides an essential service to over 1 million people, across broad terrain from Wexford to as far west as Kerry. It has had increased activity over the past years, in particular given increases in domestic tourism. The service is having genuine local impact - in 2021, out of 145 missions there were 36 lives saved and 56 situations alleviated.

It covers one of Ireland's busiest international shipping routes, which will likely be further increased in the coming years to due the impact of Brexit. Offshore renewable energy development is also likely to grow rapidly in the area and the department's recent policy paper has specifically highlighted that Ireland's ORE 2030 targets will "primarily be met through the deployment of fixed pile turbines off the East and South East coast east and south east coast". This increased commercial activity will require ongoing safety support.

A cut in the South East service would both have a negative impact on the local response times for safety incidents in the South East and also put additional pressure on other bases. This is a paramount safety issues for our citizens and we would very much welcome your ongoing support on this as it moves to the procurement phase.

Yours sincerely,



Councillor Barbara- Arne Murphy,
Chair of South East First Citizens Forum

Cc: Councillors Fintan Phelan (Carlow County Council); Fidelis Doherty (Kilkenny County Council); Marie Murphy (Tipperary County Council); Joe Kelly (Waterford City and County Council)

N24/ N25 letter to Minister Ryan

To: eamon.ryan@oireachtas.ie; minister@transport.gov.ie; info@tii.ie

Dear Minister Ryan,

On behalf of the South East First Citizens Forum (Mayors/ Cathaoirligh of the five County Councils of the South East Carlow, Kilkenny, Tipperary, Waterford City and County and Wexford). I am writing to express our collective concern, dismay and anger that no funding has been provided to progress either the N25 (Waterford to Glenmore) or the N24 project (Waterford to Cahir). These projects are both in the National Development Plan and the revised NDP as important priorities for Government to deliver. Both the N24 and N25 are integral to enhancing regional connectivity, increasing road safety and improving the quality of life of people in our regional towns. The funding cuts effectively put the two projects on hold.

This is concerning for a number of reasons:

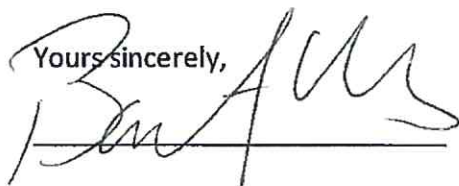
- **Continued safety risks:** There have been 33 fatalities and 72 serious injuries on the N24 Waterford to Cahir section alone over the past decade. The decision to put the project on hold means that the safety risk due to current road infrastructure continues.
- **Uncertainty to people's lives:** In the absence of clear final route selections, local development will be hindered. This will impact severely on local residents wishing to build family homes or develop their farm holdings which will be particularly disconcerting given the engagement efforts undertaken to date. Completing the preferred route selection is critical to avoid adding stress to landowners and providing property owners on the other route options certainty and allow them plan for their futures. Not to do this is grossly unfair.
- **Economic development impacts:** Delaying these road projects on significant lands over long corridors with no reasonable timeframe for conclusion of the process will have clear impacts on investment in the South East region. This creation of uncertainty for potential investors is particularly concerning given the South East's status as having the highest unemployment levels in the country. Both roads are also economically critical as they connect the South East region and our ports to the rest of the country.
- **Environmental quality of life in regional towns:** Heavy Commercial Vehicles (HCVs) represent up to 11% of daily traffic on the N24 and which pass daily through a number of regional towns and villages. This is having significant impacts in terms of air quality for local residents as well as impacting the viability of these towns as good places to live. Continuing to allow HCVs and large volumes of traffic to pass through town and villages which were never designed for will do little to deliver Government policies on Town Centre First and Placemaking.

- **Sunk costs and value for money to exchequer:** Approximately €5 million has already been spent in progressing these projects to this stage. If the projects remain on hold indefinitely, the investment on existing contracts and works to date becomes a waste of public funds as the projects will have to recommence at the first stage. Taking the projects through planning could facilitate the actual construction in Phases if that is what public purse requires.
- **Strategic approach to N24:** The proposal to progress the Cahir to Limerick Junction section of the N24 in isolation of the Cahir to Waterford project is difficult to rationalise. The N24 is the Waterford to Limerick Road, it is the economic corridor between the two cities and both sections need to be upgraded to meet modern needs and standards.

Whilst the funding may not be currently available to commit to actual construction of the projects, we would request that the Consultants be approved to complete the Stages they were procured to undertake and take both projects through planning. It will take a number of years to prepare and obtain planning consent and stalling/delaying at this time will have serious implications for the actual delivery of the project in our lifetime.

Specifically, we request that:

1. €1.5m is allocated in 2022 for the N24 (Waterford to Cahir) to ensure that phase 2 works progress.
2. €2m allocation over 2022 and 2023 for the N25 (Waterford to Glenmore) to ensure that the development completes phase 4.

Yours sincerely,


**Councillor Barbara-Anne Murphy,
Chair of South East First Citizens Forum**

Cc: Councillors Fintan Phelan (Carlow County Council); Fidelis Doherty (Kilkenny County Council); Marie Murphy (Tipperary County Council); Joe Kelly (Waterford City and County Council)

From: Elaine Lynch <e.lynch@ailg.ie>
Sent: Friday 28 January 2022 15:14
Subject: AILG Elected Members February 2022 (In-Person) Module 1 Training - "Elected Member's Personal Safety and Risk Assessment"

Importance: High

Dear Meeting Administrator/Corporate Services Staff member,

Please see below notification which has been circulated to all local authority elected members regarding our February in-person training programme. Registrations must be completed on Eventbrite and Elected Members have been advised to contact their Corporate Services Department before booking.

AILG will launch and circulate our 2022 Training Brochure containing a full calendar of training events for the remainder of the year in February.

AILG Elected Members February 2022 (In-Person) Module 1 Training

"Elected Member's Personal Safety and Risk Assessment"

Dear Elected Member

AILG are pleased to announce our February 2022 Elected Members Training Programme.

Our Module 1 Training events will focus on risk specific awareness training for our Elected Members. The three hour training includes a Risk Mitigation Framework for Stalking, Harassment and Fixed Threats against Public Office Holders.

Please note the below events are subject to government public health measures and may change if any updates to public health measures are announced.

Please note that registrations must be completed on-line via Eventbrite links below on a first come, first serve basis. Please ensure you contact your Corporate Services Department before booking.

Module 1 of the 2022 AILG "Elected Members Training Programme" will take place in February 2022 on the following dates and venues.

Please click the Eventbrite link of your chosen venue below to register.

Date	Venue	Time	Applicable Region	Eventbrite Link (for Registration)

<p>Thursday 17th Feb 2022</p>	<p>The Mullingar Park Hotel, Co. Westmeath</p>	<p>9.30am – 1.00pm</p>	<p>For Councillors whose parent Councils are within the <i>Northern and Western</i> Regional Assembly area and <i>Eastern & Midlands</i> Regional Assembly area.</p> <p><i>Northern & Western Region</i> Donegal, Monaghan, Cavan, Leitrim, Roscommon, Sligo, Mayo, Galway City, Galway County</p> <p><i>Eastern & Midland Region</i> Louth, Meath, Kildare, Wicklow, Laois, Offaly, Westmeath, Longford, Dublin City Council, Fingal, DLRCC, South Dublin</p>	<p>https://www.eventbrite.ie/e/ailg-elected-members-february-2022-in-person-module-1-training-tickets-256141745857</p>
<p>Saturday 19th Feb 2022</p>	<p>The Clayton Silver Springs Hotel, Co. Cork</p>	<p>9.30am – 1.00pm</p>	<ol style="list-style-type: none"> 1. For Councillors whose parent Councils are within the area of the <i>Southern Regional Assembly</i> 2. For Councillors whose parent Councils are within the area of the <i>Northern & Western</i> and the <i>Eastern & Midlands</i> Regional Assemblies. <p><i>All Elected Members can attend this venue</i></p>	<p>https://www.eventbrite.ie/e/ailg-elected-members-february-2022-in-person-module-1-training-tickets-256110662887</p>

The above training events will be subject to current government public health measures and may change if any changes to public health measures are announced.

The primary rules relating to attendance at the seminars are the same as has applied to AILG training over the past five years:

- Where a Councillor attends a training event other than that designated for her or his parent Council, travelling expenses will be paid at the shorter of the two distances;
- Councillors may attend a training seminar on a Saturday which is not in their designated area but only to a maximum of two such attendances in the calendar year, i.e. a maximum of two out of area Saturdays in the calendar year.
- Given the tight timeframes involved in sanctioning attendance retrospective sanction can be assumed on an exceptional basis.

Kind regards,
Elaine

Elaine Lynch
Communications and Meetings Administrator

An Cumann Rialtas Áitiúil na hÉireann
Association of Irish Local Government (AILG)

Aonad Oifige 10, Muilte Mainéir, Contae Chill Dara, W23YT63
Office Unit 10, Manor Mills, Maynooth, Co. Kildare W23YT63

T (+353) 1 6106100
M (+353) 87 347 02 74
www.aileg.ie



LOCAL AUTHORITY ELECTED MEMBERS TRAINING WEBINAR



 **Local Authority Planning Functions and
Water Services Investment:
Ensuring a Co-ordinated Approach**



**Water Services
Infrastructure: The
Legislative, Policy
and Funding Context**



**The Role of Irish
Water in Planning
and Delivery of Key
Water Services**



Friday, 25 February



10.00-11.30 am



info@ailg.ie



Ofis an
Rialaitheora Pleanála
Office of the
Planning Regulator

AILG

Association of Irish Local Government

Learning Objective

The conference on Tourism and Digital Marketing will demonstrate how digital marketing can increase tourism to your area and boost your business online. By using tried and tested digital marketing methods we can help you improve your online presence, develop your digital skills and start implementing them immediately. Learn how to plan and execute a smart social media campaign and the simple tools you'll need. Find out why not every platform will be suitable to you and how you can choose which platform you need and how to use them to your advantage. We'll also touch upon using social media and website analytics to find out more about your customers and their behaviours and needs.

Let us show you how your knowledge of your local area is essential information to the tourists who visit us and how that can drive your online marketing campaigns. We'll also share why it's important to build an online network of businesses to help boost and support each other during quieter months.

Conference Fee
€100

VENUE

THE FOUR SEASONS HOTEL
CARLINGFORD,
CO. LOUTH



The conference organisers reserve the right to change any of the details of this programme to facilitate the safe and efficient running of this event in line with Government Covid-19 guidelines.

FACE COVERINGS MUST BE WORN



**CELTIC
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Professional Event Organisers
Present a Conference on

**Tourism &
Digital
Marketing**

**4th, 5th & 6th
March 2022**

MICK HANLY
086-8747558

PETER HAYES
087-9381901

INFO@CELTICCONFERENCES.COM

CONFERENCE PROGRAMME

Friday 4th March 2022

6pm to 7pm - Registration followed by Welcome Address and Official Opening

Saturday 5th March 2022

9am to 10am - Registration followed at 10.15am with

Digital Marketing

11am - Tea / Coffee followed at 11.30am with

Tourism Strategies

Lunchbreak at 1pm followed at 2.30pm

Tourist Marketing Demographics

Sunday 6th March 2022

Conference overview and exploration of topics covered in conference followed by a learning experience analysis.

Facilitated by Conference enabler.

Close Conference

Celtic Conferences

Celtic Conferences is an event management and conference company incorporated in 2008. Since its formation the company has been providing a variety of different events and conferences, ranging from 1 day to 3 days in duration.

We help organisations achieve quality learning outcomes by motivating, energising and inspiring learners to help discover their passion and potential and develop skills, knowledge and behaviours that are readily and immediately transferable to the workplace.

SPEAKER

Kayleigh Clarke is the marketing manager for the Frazer Ferry Group. Ireland's largest RoRo car ferry company. As well as being dedicated to customer service Kayleigh has a keen sense of adventure and enjoys finding out what's on offer for local and international visitors along the North Coast of Ireland. Working for the ferry over the last 6 years, Kayleigh has built strong relationships with many local businesses, creating a network of support both online and in person on both sides of Lough Foyle



Waterford City & County Council

SUMMARY OF PROCEEDINGS AT CONFERENCES/SEMINAR As per Section 142 (5)(F) of Local Government Act, 2001

NAME OF COUNCILLOR	Cllr. Tom Cronin
CONFERENCE ATTENDED	Mental Health + Wellbeing
CONFERENCE LOCATION	Carlingford
DATE OF CONFERENCE	3 rd , 4 th + 5 th December 2021.

General description of subject matter of the conference (e.g. water pollution, waste management, planning) Attachment Understanding Anxiety + Depression
Issues raised or discussed which I found particularly interesting/informative The effects of parenting and The importance of the first three years of life.
Handouts - I received / did not receive 'Handouts' or other conference material which might be of interest to other members and which I can make available I received a Handout "Mental Health + Wellbeing" enclosed.

On the whole, I consider that this conference was:

Excellent	Very Good	Good	Fair	Poor
	✓			

Signed: Cllr. Thomas Cronin Date: 20th Dec, 2021.

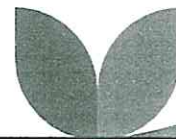
Completed form to be returned with your expenses claim form to Corporate Office, City Hall, The Mall, Waterford. It will be included in Correspondence for the Next scheduled Plenary Meeting and will be published on the Council Website

Understanding Anxiety & Depression

As politicians you have the power to influence the future support of our mental health system.

In this conference I aim to briefly explore the main reasons for poor mental health in our population and how it can be prevented and treated. It is estimated that 80% - 90% of people in prison have a Disorganised Insecure Attachment stemming from the needs of the child not being met.

Mental Health & Wellbeing
www.marihanly.com



3

3

Good mental health has a direct effect on our general functioning

- **Concentration**
- **Motivation**
- **Self worth**
- **Our ability to connect with ourselves and those around us.**

Mental Health & Wellbeing
www.marihanly.com

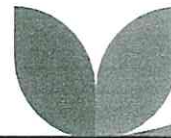


4

4

Poor mental health develops from an experience of Trauma

- Since 1920's theorists and therapists have been studying the effects of parenting on poor mental health later in life.
- **Simple:** Once off trauma
- **Complex:** developed from a traumatic infancy and childhood
- Trauma is stored in the body muscles especially the internal organs.



5

Developmental Trauma leads to Anxiety and Depression

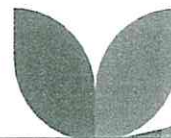
Biology... Fight, Flight, Freeze, Submission

Anxiety... Fight or Flight

- I'm frantic, I have a feeling of dread
- I'm feeling overwhelmed

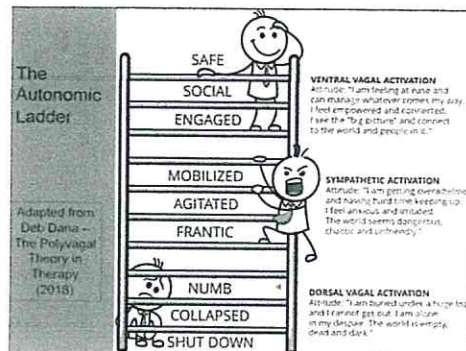
Depression.... Freeze and Submission

- I feel hopeless, Numb, Dead, Powerless



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POLY VAGAL LADDER



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7

Healing the Wounds of Trauma

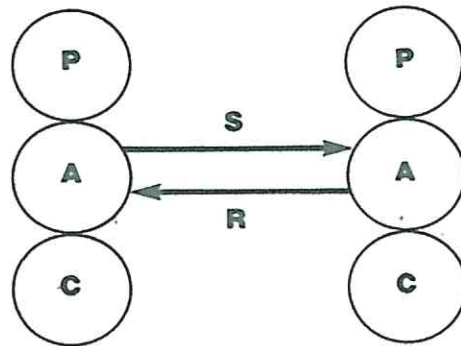
- Chemical support for the patient to help him tolerate the intolerable feelings inside.
- Counselling and Psychotherapy to release that long hold trauma and attachment repair. (I will discuss this in the third lecture)
- Practicing feel good hobbies and mindfulness

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Adult to Adult Communication

When we speak to someone from the Adult ego state.....the other person will ALWAYS reply in Adult.
We will sound interesting and respectful.

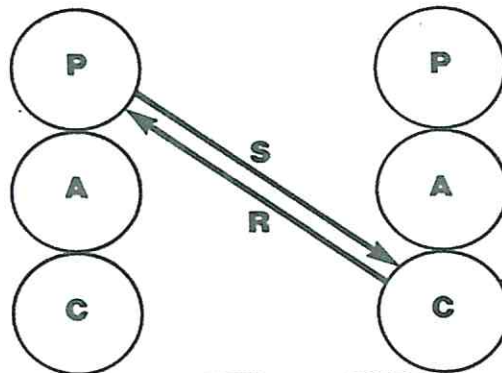


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11

11

If we speak to someone in Parent the other person will ALWAYS reply from his Child ego state. The Person speaking from Parent will sound more critical, authoritative and powerful but the other person will feel like a Child, criticised, powerless, hopeless, voiceless. Long term this leads to depression in the individual functioning from Child. Those individuals functioning from Parent are not good company.

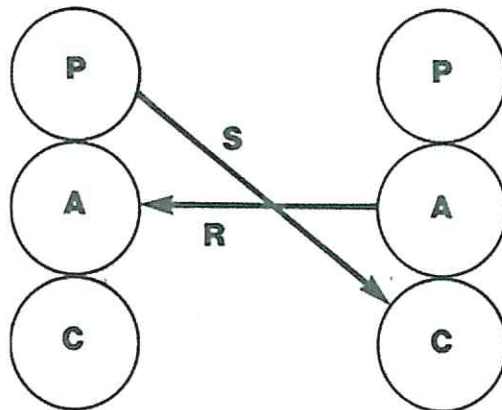


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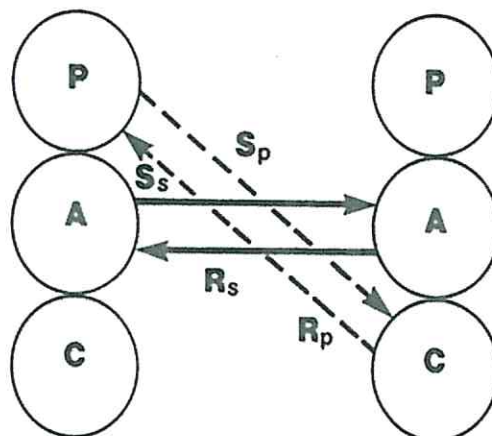
12

Cross Transactions do not work. If we want to change the conversation form Parent-Child, Conversation has to stop.



13

Ulterior transaction= sarcastic, patronising, or ridiculing. This is pretending to speak from Adult but the real meaning comes from Parent or Child

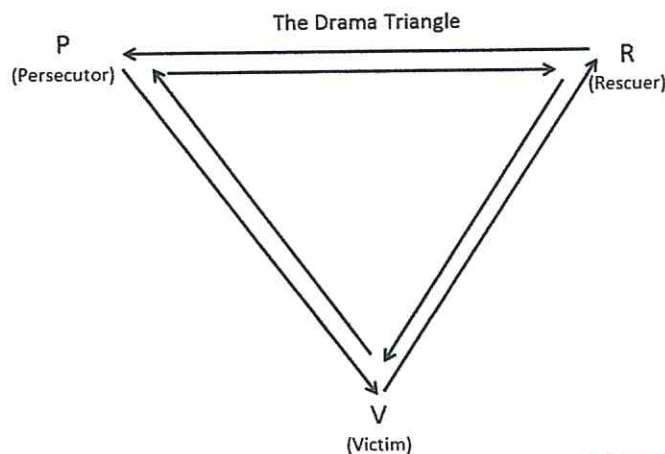


14

The Drama Triangle

It takes 2 people to play the drama game. We can move from one position to another. We will always experience uncomfortable feelings in the triangle. somebody enters the triangle as persecutor or victim and the second person is encouraged to join. We can leave the triangle by returning to Adult.

The Drama Triangle



Attachment

Every child forms an attachment pattern with its primary caregiver within the first three years of life. The style of attachment will affect all his future relationships from thereon.

John Bowlby, the father of attachment, stated that:

“In the working model of the world that anyone builds, a key feature is his notion of who his attachment figures are, where they may be found, and how they may be expected to respond.”
(Bowlby, 1973)

Attachment Patterns

- **Secure attachment: Secure Adults**
- **Ambivalent Attachment: Preoccupied Adults**
- **Avoidant Attachment: Dismissive Adults**
- **Disorganised Attachment:**

Secure Attachment

The child's needs were met at the appropriate times in his life. He usually grows up to be calm, confident and compassionate, and usually reaches his full intellectual potential. He experiences the world as a safe place and he is comfortable and friendly in society.

Ambivalent Attachment

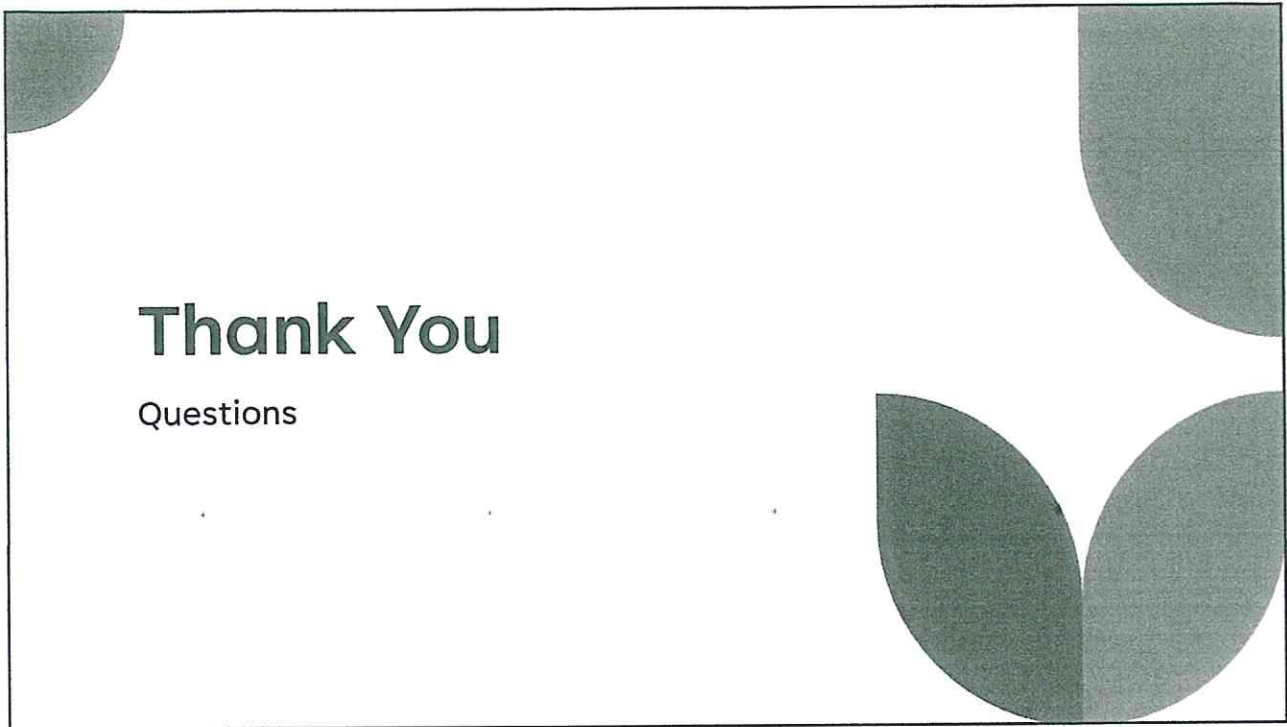
The primary caregiver was anxious, ill or intermittently absent, something major happened in the household, or had an ambivalent attachment style themselves. The child experiences the caregiver as loving but **unpredictable**. Hence the person develops an antenna from very early on, to assess the caregiver. These children become very good at reading people. As adults they have a good sense of other's moods etc, but they become **preoccupied** with people and loved ones and often suffer from anxiety or low-grade depression. They generally connect well with people and often work within the caring professions.

Avoidant Attachment

The caregivers in this style were themselves avoidant and dismissive. The child was ignored and learned to be self sufficient from an early age. Might have been left cry himself to sleep. As adults this style of attachment can appear very controlled or secure but deep down they feel anxious and lonely. They find relationships a challenge and often find it hard to read people. In that way they are the opposite to the ambivalent. They become dismissive adults, often not recognising when they are tired or ill.

Disorganised Attachment- Unresolved Adult

People with this style of attachment had a neglected or abusive childhood and rarely felt safe. They were afraid of their caregiver so in times of stress they felt alone and uncared for. They often end up in state care. As teens and adults, they generally have serious addiction problems, become promiscuous and have antisocial behaviour. Because they never felt safe, they have a very poor sense of danger. It's as if they cannot judge safety from danger and so often end up in the criminal justice system.





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25th January 2022

To/ Each Local Authority

At the Ordinary meeting Sligo County Council held on 17th January 2022, the Members agreed the following resolution:

"To call on the HSE and the Department of Health to end the practice of pursuing patients, including cancer patients with private commercial debt collection agencies and to review exemptions to the inpatient charge by the Department of Health, and for this be shared with all other local authorities around the country."

The Meeting also asked that the Department of Health review the practice of withdrawing medical cards from terminally ill patients.

It was agreed to circulate this motion to all other local authorities for their support.

Yours sincerely,

Kevin Colreavy
Meetings Administrator

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Sligo F91 Y763
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e-mail: meetings@sligococo.ie

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 GalwayCounty

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Tithíocht
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Timpeallacht & Tréidliacht
Environment & Veterinary
(091) 509 510
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Báilhe, Iompar, Cúrsaí Mara
& Seirbhísí Ginearálta
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& General Services
(091) 509 309
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Human Resources
(091) 509 303
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(091) 509 099
motortax@galwaycoco.ie

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Register of Electors
(091) 509 310
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Seirbhísí Uisce
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(091) 509 505
water@galwaycoco.ie

Pobal & Fiontar
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(091) 509 521
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(091) 562 471
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CC1-1a-0025 – Nov. 2021 **Comhairle Chontae na Gaillimhe**
Galway County Council

JB/cw

To all Local Authorities

25th January 2022

RE: Resolution of Galway County Council – Epilepsy Ireland

A chara,

At a recent meeting of Galway County Council, the following resolution was passed:

“That Galway County Council supports the campaign of Epilepsy Ireland to address long-standing issues that continue to impact on people with epilepsy and their families in Ireland today, namely:

1. Access to Free Travel.

2. Provision of Reasonable Accommodations for State Examinations for students with epilepsy.” *The Motion, if agreed, to be then sent to the Minister for Health, Stephen Donnelly TD, Minister for State for Disabilities, Anne Rabbitte, T.D. Minister for Social Protection, Heather Humphreys TD, Minister for Education, Norma Foley TD, Michael Moynihan TD (Chair, Oireachtas Committee on Disability Matters) and to other local authorities for correspondence purposes.”*

I would be obliged if you could consider and revert to me with your views on the above Motion so that I can advise the Elected Members. Please arrange to reply directly to Ms. Jean Brann, County Secretary at secretar@GalwayCoCo.ie

Mise, le meas,

Ms. J. Brann
County Secretary