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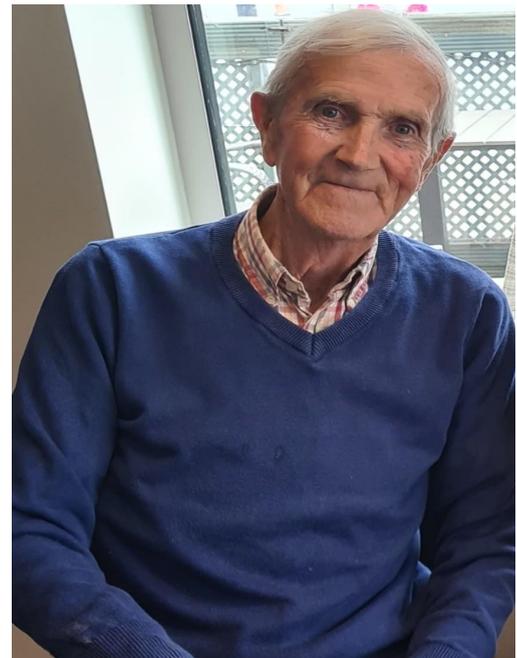
ratoath

news and views

your free community newsletter

ISSUE 42 December 2022

We begin this issue on a sad note to acknowledge the passing of our great friend and colleague Joe Mannering. Joe's life revolved around family and community. He made huge lasting contributions to the community of Ratoath. A director of our community centre, he was always first in to collect this community newsletter and distribute it to his friends and neighbours in the Kilbride Road / Glascarn Lane areas. He will be sadly missed and our sincere condolences to Patsy and all his family. May Joe rest in peace.



And with Joe gone, we need at least 30 volunteers at minimum to take his place. Perhaps we exaggerate but nevertheless from the New Year we do have a major call out for many volunteers & participants to get involved with the many new community activities we have planned for 2023 and beyond. We have some money to put behind these new activities as we have been fortunate in recent weeks to have secured grants from The Community Foundation of Ireland, The Coca Cola Thank You Fund, The Alzheimer Society of Ireland and from Meath Partnership's SICAP programme.

Our new Ratoath Alzheimers Social Club commences on Friday January 27th and if you are interested in helping to get it up and running, we would love to hear from you by early January as some vetting is involved given the vulnerability of many participants.

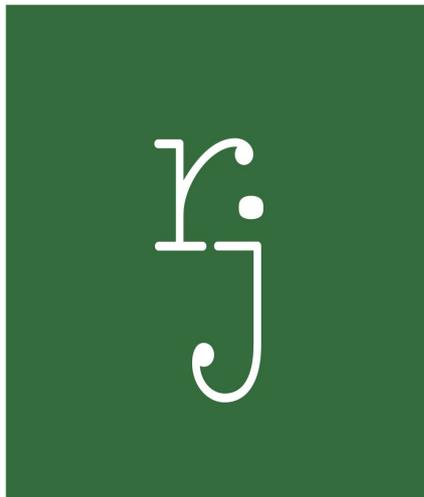
Then two days later on Sunday January 29th we are holding an Open Day in Ratoath Community Centre to showcase all the new activities being undertaken in 2023 and this will be the perfect opportunity for Ratoath residents to see if there are any of these activities and projects that might interest them to become involved with, either as volunteers or actual participants. The showcase will range from short mat bowls and pickleball to cinema to repurposed clothing and household items, to creative arts, to our readers club. New clubs and groups to be formed that will cater for all ages from two new youth clubs to senior citizen activity groups. Further details will be announced closer to January 29th.

RATOATH ENTREPRENEUR, MARY CURRY OF ROOT JUICE

Ratoath resident, Mary Curry, a busy mother of three young children set out on a journey during lockdown 2021 to create a Wellness Product to help people increase their daily intake of fruit and vegetables as well as providing cleanse packs to help customers kick bad eating habits and start on their journey to healthier eating.

In researching her project, Mary looked at the wide range of available juicing machines and settled on the cold press machine process as the preferred method and undertook an accredited Juicing Diploma course. And so she established her business, Root Juice. Its juices are non-HPP which means the valuable nutrients and vitamins are retained in the fruit and vegetables during the cold pressed juicing process. Root Juice sources as much produce as possible from local farmers and it feeds local chickens the pulp. Root Juice products provide consumers with the energy needed to keep up with busy schedules and in doing so their body is fueled with natural healthy raw goodness!

Root Juice was shortlisted for The Late Late Show 'Taking Care of Business' Special and was a regional finalist in the Early Stage Food & Drink Startup section of the 2022 National Start-Up Awards. To learn more of the benefits of Root Juice check out www.rootjuice.ie and be sure to follow Root Juice on Facebook and @rootjuiceireland on Instagram



OPENING OF SHEENA'S PHARMACY, RATOATH

Sheena McEntaggart and her team were delighted to welcome Grainne Seoige to the opening of Sheena's Pharmacy, Main St., Ratoath on the 11th November. Sheena is from Dunshaughlin and has been working in the pharmacy for the last 6 years and has now taken over from Kavanaghs. On the night customers were treated to a glass of wine and finger food supplied by As You Like It. Sheena and her team look forward to serving the people of Ratoath and surrounding areas. You can always be sure of a warm welcome and personal service at Sheena's Pharmacy which puts community pharmacy values to the fore



RATOATH'S CRAFT BUTCHER -THE RARE BREED

Having seen the retirement of both Tony Darby and Paul Dolan in recent years, Ratoath was delighted to see the arrival of David Dormer in March 2021 when he opened his new craft butcher's shop 'The Rare Breed' on Ratoath's Main Street. Since then The Rare Breed has gone from strength to strength and is steadily building up a loyal customer base in Ratoath and surrounding areas.

David began his career at the age of 15 when he joined Pat's Butchers in Camden Street in Dublin where he served his apprenticeship before emigrating to Australia where he added more general chef training to his skills. Upon returning to Ireland, David was introduced to the revival in Ireland of craft butchering when he joined Fallon & Byrne before moving on to Avoca. In all he spent almost 10 years in these premium food outlets developing his skills of ageing, curing and cooking fine quality meats and devising special recipes to create added value pre-prepared meat products. Living in Ashbourne and working in Avoca Dunboyne made Ratoath with its just retired butchers the logical location for him to branch out on his own.

The Rare Breed has enabled David to pull together his career experiences into a really quality offering for local residents – from the knowledge gained in Australia of BBQ sauces to his chef experience in making pre-made restaurant quality meals to preparing homemade burgers and bbq meats daily – David has combined these skills with the sourcing of meats locally from experienced farmers working on their fertile Meath land. Examples include David sourcing free range pork from Peter and Susan Whelan's 90 acre farm in Slane and coming up to Christmas, sourcing bronze free range turkeys from Charlie Leonard's farm over in Culmullen near Drumree.

We urge our Ratoath readers that have not yet sampled these quality meats from The Rare Breed to pay the store a visit and give David and his team the opportunity to show you their impressive range. You will find further details on The Rare Breed's Facebook and Instagram pages.



TRAVEL ADVISORS WINS AWARD

Travel Advisors retained the best cruise agent of the year for 2022 at the recent Travel Centres Conference that took place in Killashee House Hotel Naas. Owner Andrew Lynch says "It is great to get recognition in this category and I would like to thank all our loyal customers, especially after the difficult 2 years the travel industry faced through Covid, it's great to be back". Travel Advisors are now 10 years established in Ratoath. They offer free personal consultations, taking the time to get to know what customers are looking for and then finding for them travel arrangements that meets their needs.



Ratoath Readers Book Club

Ratoath Readers Book Club meets in the Community Centre every month to choose and discuss books. The club wishes to thank all who attended gatherings throughout 2022 and contributed so kindly across a diverse collection of reads.

The next assembly of the Ratoath Readers book club is Tuesday 10th January 2023 at 8pm The chosen reads for this next gathering are the novel '**The Seven Husbands of Evelyn Hugo**' by **Taylor Jenkins Reid** and the shorter novella '**Small Things Like These**' by **Claire Keegan**. If you would like to become a member just come along on January 10th or any subsequent gathering date and you will be most welcome. Alternatively email info@ratoathcc.ie to express your interest in joining and we will contact you. Happy Christmas and Happy Reading !!!

CLLR NICK KILLIAN

Cathaoirleach Meath Co. Council

**Wishing you a very
Happy Christmas
and every
good wish
for 2023**

ADVICE CENTRE:

**Riverwalk Court
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NEW RATOATH NEWS AND VIEWS 2023 DIRECTORY

We will not be producing a newsletter in January. Instead we will be producing a new Ratoath 2023 Directory which will be a comprehensive listing of services and products available from Ratoath businesses or those businesses who are endeavouring to sell into Ratoath from surrounding areas.

The Directory will also provide residents with detailed contact information on Ratoath's many clubs and organisations and essentially any contact information that is likely to be helpful to a Ratoath resident as they go about their daily lives. All submissions by January 17th 2023.

Editor : Leo Cummins
Production : Heather Melia
Advertising : Michelle Gill

For advertising call 01 6895600 or
email newsandviews@ratoathcc.ie



The Venue Ratoath 2023 Show Schedule

Date	Time	Event
6th January	8pm	Enya Martin " Ask Your Ma "
14th January	8pm	Route 66 Big Band
21st January	8pm	The Bee Gees Concert Experience
27th January	8pm	Beth Nielsen Chapman - The Crazy Town Tour
28 th January	tbc	Ratoath Golden Gloves Boxing Club - Annual Club Home Show
4th February	8pm	Deirdre O'Kane - Demented
11th February	8pm	Glory Days – Bruce Springsteen Tribute Band
12th February	2pm	Joe The Magician
23 rd – 25 th February	8pm	The Venue Players - A View from the Bridge
2nd March	8pm	Neil Delamere - Delamerium
3rd March	8pm	Seamus O'Rourke - Indigestion
10th March	8pm	Megan O'Neill
19th March	8pm	Barbara Dickson & Anthony Toner
24th March	8pm	Gearoid Farrelly-Glamour Hammer
31st March	8pm	Eleanor McEvoy
1st April	8pm	Damien Dempsey 2023
13th April	8pm	Hothouse Flowers 2023
14th April	8pm	Sharon Shannon
15th April	8pm	Legend of Luke Kelly by Chris Kavanagh & The Patriots
21st April	8pm	Paul Brady
22nd April	8pm	McCartney All the Best - Celebrating Sir Paul McCartney, The Beatles & Wings
23rd April	8pm	Peat and Diesel – Irish Tour
27 th – 30 th April	8pm	The Dunshaughlin Players - To be announced January
5th May	8pm	Victoria Keating & Declan Sinnott
19 th May	8pm	Pilgrim Street
25th May	8pm	Kieran Goss & Annie Kinsella
2 nd September	8pm	Eddi Reader & The Alan Kelly Gang - 2023
18th November	8pm	Beyond the Horizon – Irish Pink Floyd Tribute

To book tickets please follow the link: <https://www.thevenueratoath.ie/theatre>
or contact the Box Office: 01-6895600

THE VENUE 2023 - LEGENDARY IRISH ARTISTS

The Venue's opening 2023 programme schedule includes an impressive array of Irish legendary musicians and songwriters and again the early purchase of tickets is to be recommended as these are unique opportunities to see such high quality artists up close and personal in the intimate setting of The Venue Theatre.

March 31st sees the return to The Venue of **Eleanor McEvoy**. Best known for her song Only A Woman's Heart, Eleanor is a highly accomplished singer-songwriter and has built up a very strong catalogue of music over the years which she incorporates into a very entertaining night of music.

The next night on April 1st, **Damien Dempsey** begins his new 2023 tour at The Venue. Damien has evolved into a great performer and songwriter. His music often reflects his fans' pain, alleviates their anguish and ultimately provides peace as they 'sing all their cares away'. Another night not to be missed

Then on March 13th we welcome the legendary Irish band, the **Hothouse Flowers** who will perform their acclaimed acoustic show. It is now 30 years since their debut album 'People' was released and these 30 years of singing and playing all over the world all feed into their live show and yet it is said no two of their shows are ever the same. There is a sense of musical adventure in their performances where the unspoken aim is that the band and the audience become one and the world becomes a different place for a while.

Sharon Shannon follows in The Venue on the next night, April 14th. Back in 1989 Sharon was rehearsing for her first album when she was whisked away to the Glastonbury festival with The Waterboys. In the 33 years that have since elapsed, Sharon has recorded 10 studio albums, 5 live albums, 4 Best Of compilations and 3 live concert DVD's. The youngest ever recipient of the Meteor Lifetime Achievement Award, the Galway Girl from Clare will have the Venue hopping when she hits Ratoath on April 14th.

Then a gap of just one week to the legendary **Paul Brady** – singer, songwriter and multi-instrumentalist – one of Ireland's most highly regarded and successful artists. Paul crosses musical boundaries again and again, incorporating folk, rock, blues, traditional Irish and classic pop styles into his songwriting. His live performance can draw on his vast catalogue of songs – The Island, Crazy Dreams, The Lakes of Pontchartrain, Arthur McBride, The Long Goodbye, Steel Claw and many many more. A really great opportunity to see a true legend up close and personal at The Venue.

On May 5th we welcome the hugely respected **Declan Sinnott and Victoria Keating**. Two very accomplished and experienced musicians, together sparks fly! Declan of course has had a huge career in Irish music with Horslips, Moving Hearts, Christy Moore and Mary Black. Declan and Victoria have recorded a really impressive version of Joe Jackson's 'Is She Really Going Out With Him' and we look forward to hearing them perform it on May 5th.

Then on May 25th we end the first five months of our 2023 programme with another duo, **Kieran Goss and Annie Kinsella**. They will be performing songs from their highly regarded debut duo album 'Oh The Starlings' along no doubt with some of Kieran's immense back catalogue of songs such as Out Of My Head, Wall Of Tears and Take A Look At My Heart. Beautiful songs, heart-breaking harmonies and all delivered with warmth and charm.



THE VENUE 2023 - INTERNATIONAL ACTS

The Venue Ratoath are pleased to announce their opening programme of 2023 acts, mainly covering the first half of the year. It is an exciting mix of national and international acts and of music, comedy and drama.

As overseas travel returns to normal again, so booking international acts becomes more feasible and The Venue is delighted in particular to welcome 3 truly international artists of the highest standard back to Ratoath as well as a fourth act who are one of Scotland's best up and coming bands.

On Friday January 27th we welcome the highly regarded American singer-songwriter **Beth Nielsen Chapman**. Beth has written some great hits over the years including This Kiss which was a mega-hit for Faith Hill and Five Minutes for Lorrie Morgan. Her songs have been recorded by superstars such as Trisha Yearwood, Willie Nelson, Waylon Jennings, Bette Midler, Mary Chapin Carpenter and Alabama. She has performed with the likes of Olivia Newton-John, Paul Carrack, Emmylou Harris, Bonnie Raitt and Michael McDonald. She has co-written songs with Neil Diamond, Harlan Howard and Judie Tzuke to name but a few. Beth was inducted into the Nashville Songwriters Hall of Fame in 2016 and she has twice been nominated for a Grammy Award. On this short UK and Irish tour, Beth's only performance in the Republic of Ireland is in Ratoath. So here is an opportunity to see one of the great Nashville songwriters up close and personal in The Venue.

On Sunday March 19th we welcome the acclaimed Scottish singer and actress **Barbara Dickson** and she will be accompanied by the Belfast-based songwriter Anthony Toner. Barbara is generally described as Scotland's best selling female artist with 6 platinum, 11 gold and 7 silver albums to her credit. Her stage career has included the roles of the original Mrs Johnstone in Willy Russell's musical Blood Brothers and Viv Nicholson in 'Spend, Spend, Spend', both of which won her Laurence Olivier awards for Best Actress. Her most memorable hits have included January, February, I Know Him So Well (duet with Elaine Page), Answer Me and Another Suitcase in Another Hall from Evita. Anthony Toner is a highly regarded songwriter with songs such as Sailortown and The Road to Fivemiletown. He has been described as 'James Taylor meets John Prine in a second hand book shop' and that it is said captures his style – literate, warm, insightful and connected.

Looking further forward, but again sure to be a sell-out, we welcome **Eddi Reader and the Alan Kelly Gang** to the Venue on Saturday, September 2nd. The powerful, emotive and critically acclaimed traditional Irish band, Alan Kelly Gang reunite with Scotland's legendary songstress, Eddi Reader and from past performances, this show will leave you spellbound and screaming for more. A really entertaining night, Eddi of course is the former lead singer in Fairground Attraction whose big hit was Perfect. She has received 3 Brit Awards and was twice nominated for Ivor Novello Awards.

And then in between on Sunday April 23rd we are pleased to welcome **Peat & Diesel**, a three-piece band from Stornoway on the Isle of Lewis whose songs mostly concern a humorous take on island life. A mix of Scottish folk and Celtic punk, their live shows are incredible and in 2019 they won 'Live Act of the Year' at the Scots Trad Music Awards. A social media phenomenon, Peat & Diesel have had huge success with their fun music YouTube videos including Calum Dan's Transit Van. Join us on April 23rd for their bonkersly brilliant blend of stomping instrumentals and lyrical craic.



Deirdre O’Kane Returns to The Venue- 4th February 2023

Following her recent successful appearance at The Venue Deirdre O’Kane is returning with her new tour “Demented” on the 4th of February .Last week Deirdre sat down with The Venue’s Heather Melia to discuss her new tour and what to expect.

Heather; Hi Deidre, thank you so much for meeting with me and including The Venue in your recent tour. **Deirdre;** It’s an absolute pleasure I’ve always enjoyed coming to The Venue and looking forward to being back.

Heather; your tour started in April, how is it all going? **Deirdre;** It’s going really well and I’m really enjoying it more now than ever. The kids are teenagers now so I’m not as anxious about them which is great & also with everything from Covid to the Energy crisis and war people just want to get out now and start living their lives again and having fun and you can really feel it in the atmosphere which is amazing.

Heather; In all the things you have done in your career what’s the most dear to you & the one you care about the most? **Deirdre;** At the moment The Stand Up is the one I care about the most, I love the Rock n’ Roll of it. It’s an unusual career and I love the madness of it. I love it more now than I ever have. Also Comic Relief is very close to my heart and I talk about that in the show. It’s an ongoing event and we hope to do a green nose day sooner rather than later.

Heather; so you are coming back to The Venue, what might we expect you to cover on the show? **Deirdre;** The show is called “Demented” which reflects back on the last few years. Well I become a woman of a certain age so I cover everything that goes with that territory. I cover everything from menopause, raising teenagers, having older parents it’s quite a frenetic time in your life so there’s a lot of that!

Heather; Brilliant Deirdre sounds fantastic and we’re really looking forward to having you here and seeing the show. Thank you so much for taking the time to meet with me today it’s been an absolute pleasure **Deirdre;** Likewise it’s lovely to meet you and I’ll see you all on the 4th of February. Happy Christmas to everyone there & I’ll see you in the New Year



DRAMA AT THE VENUE 2023

Our **Venue Players** will be performing their production of Arthur Miller’s ‘ A View From A Bridge’ on 3 nights February 23rd, 24th and 25th. Told in two acts, the play tells the story of Eddie Carbone, an Italian American longshore man whose household is upended by the arrival of his wife’s cousins from Italy. A classic play, we look forward to seeing how Eileen Kavanagh and her team have treated this play and made it their own.

Then on March 1st, the inimitable **Seamus O’Rourke** returns to The Venue to perform his ‘Indigestion’ show. This play has been described as sensitive, hilarious, intelligent, absolutely compelling and refreshingly forthright. It is Seamus doing what he does best, storytelling about a life of 50 years.

We complete our drama season in late April when the **Dunshaughlin Players** return to The Venue. We are aiming to have tickets on sale in early January and full details will be available then for the shows to take place from April 27th through to April 30th

LILY'S PHARMACY - IS IT GLUTEN FREE?

IS THAT GLUTEN FREE?... The infamous question that most waiters and waitresses expect from the majority of their customers nowadays. Gluten has been marked as evil by most diets and people have put it down to the reason why they are bloated after they eat or why they cannot lose weight.

What is Gluten? Gluten is a protein found in the grains of wheat, barley and rye.

There are five known types of Gluten sensitivity

1) Coeliac Disease is the best-known form of gluten allergy even though its most definitely not an allergy. Coeliac disease is a serious autoimmune disorder for which the only current treatment is lifelong avoidance of gluten-containing foods. When you have coeliac disease and eat products containing gluten, it triggers your immune system to attack the lining of your small intestine, eventually eating away that lining. The condition often causes symptoms in your digestive system but can also affect other parts of your body. **2) Non-Coeliac Gluten Sensitivity** is the newest form of gluten sensitivity and most likely the most common of them too. When someone who doesn't have coeliac disease says they have a gluten allergy, its most likely this type of intolerance they mean. Coeliac disease and gluten sensitivity are not the same thing but medical science is only now beginning to recognize this. Once scientists work out the best way to diagnose the condition, some clinicians believe the number of people with this form of gluten allergy will dwarf the number with the coeliac disease form of gluten allergy. Food intolerance tests that measure how the body is reacting to gluten using a blood sample can be used to diagnose non-coeliac gluten sensitivity but it does not differentiate between it and Coeliac disease. The only current treatment for non-coeliac gluten sensitivity is to avoid gluten entirely. **3) Gluten Intolerance** is the term that's been used interchangeably with some of the others. People say they have a gluten intolerance when they test negative for coeliac disease but still cannot eat gluten-containing foods. Ultimately, the term gluten intolerance will likely be dropped. **4) Gluten Ataxia** is an autoimmune condition which involves an attack by your immune system on your brain and neurological system in response to consumption of gluten-containing foods. It is quite rare but it falls under the overall gluten allergy umbrella. People with gluten ataxia need to follow a gluten-free diet to avoid further neurological damage. **5) Wheat Allergy** actually is a true allergy, but while some people refer to it as a gluten allergy the allergic reaction actually involves more components of wheat than just the gluten protein. The allergy is more common in children than adults. People who are allergic to wheat need to avoid that grain, but can usually eat barley and rye, the two other gluten grains.

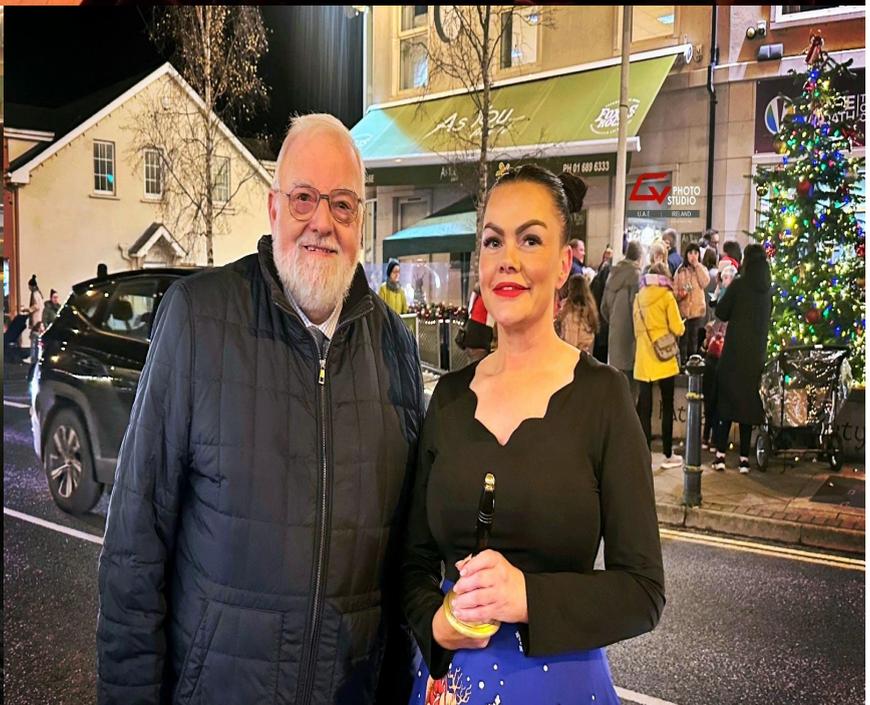
Which One Is It? As you can see, someone reporting that she has a gluten allergy actually may have any one of a bunch of different conditions. Still, there's one unifying factor in all five of these gluten allergy manifestations: the treatment generally involves avoiding foods with wheat in them.

What should you do if you think you may be non coeliac gluten sensitive?

If you are experiencing symptoms when eating foods that contain wheat, barley, rye or oats and think you have a sensitivity to gluten, it's important to first rule out coeliac disease. Its not recommended to try a gluten-free diet as a first option if you are experiencing symptoms related to eating gluten. You should continue to eat gluten and see your GP as soon as possible to undertake a test for coeliac disease. It's essential to keep eating gluten in order for the tests to be accurate. If you have confirmed test results that indicate that you do not have coeliac disease and other causes of your symptoms have been ruled out, you might wish to discuss the possibility of non coeliac gluten sensitivity with your doctor. Cutting out food groups needs to be done under the supervision of a dietician to ensure you're getting all the required nutrients in your diet.

If you need guidance about your dietary needs in relation to gluten intolerance of any kind please contact Ola El-Garawany or Sally El-Banna (registered pharmacists and Diet Counsellors) on 01-6896819 or at info@lillyspharmacy.ie.

HAPPY DAYS CHRISTMAS TREE LIGHTING EVENT 2023



ADVICE TO ALL DOG OWNERS BY NAOMI O'SHEA, IMDT

'Every Dog Has His Day' AND 'Release The Hounds Dog Training'

I spent my childhood fascinated by animals, whether it was a dog, an elephant, a bird, or a fish. I wanted to pet all the animals at the zoo, I wanted to visit all the relatives houses who had pets! The day finally came when I was eleven years young, and my dad walked through the front door with our rescue Labrador. My life was made up! He made my love for dogs grow stronger and stronger. As he was a rescue dog, I wanted to help other dogs who didn't have a couch to call their own. While volunteering in a shelter one day, a trainer approached me to ask if I'd be interested in helping her with training a group of puppies for an hour; I wasn't going to say no!! The hour finished and I felt fulfilled, elevated, and pure joy. That was it, I was going to be a dog trainer!

My studies were shared between two colleges who gave me a thorough understanding of how dogs learn, and how we can train them. For the first time in my now twenty years, I couldn't put a book down, and excelled in my studies and loved every bit of it! I set up a dog walking business once I had my first few modules complete, so that I could gain a better understanding of different dog breeds and their behaviours. I learnt so much in those five years.

In my studies, I quickly learnt that there are three types of trainers. The aversive trainer believes in dominance (an old theory that has been debunked), the balanced trainer believes in positive reinforcement while still using dominance to make a dog perform. Meanwhile, the ethical trainer is force free, fear free and completely reward based training. What's the difference? Training is made easy by using gentle techniques that your dog can easily follow. So long as your dog understands what your training, then it's just a matter of reinforcement. "Practice Makes Permanent"— Steve Mann. Every relationship is built on trust and a dog will only trust someone who is kind to them. The science speaks for itself, and ethical training is science-based training.

How do you know if your trainer is an ethical trainer? It's simple, just ask. There should be no hands on a dog - no alpha rolling, no chest poking, no nose slapping, no leash corrections. Your trainer should use positive reinforcement and reward-based methods only. A problem is never solved with punishment or force, but by understanding why your dog is behaving in a particular way and then finding a solution to change that way.

If you're hiring a dog service of any kind, ensure that the person you're giving your dog to is a professional, that they have recognisable qualifications, and they have insurance.



RATOATH SCHOOL OF MUSIC

Ratoath School Of Music has now been established for over 18 years and in that time it has developed a truly great reputation for excellence in Music Tuition.

There are a wide variety of Music Classes to suit all ages in Piano, Keyboards, Guitar, Ukelele. Drums, Vocal, Violin, Sax/Clarinet to name but a few. The classes run 6 days a week from 1pm-10pm. All classes are taught in a very relaxed, friendly and fun atmosphere but in a way that does not take away from quality and excellence. All of the music teachers are of the highest calibre which is reflected in the excellent exam results of their students who choose to sit exams.

Learning a musical instrument is a wonderful experience and it is never too late to start. The Ratoath School Of Music have many adult students who thought it was too late for them to learn but once they joined the school they realised the joy of music.

The lessons take place over 6 days a week so there is a large choice of times available. The Group lessons have proven to be very popular over the years. Each lesson lasts 45 minutes and courses generally take place over a 10 week period. There are also Private lessons which are for 30 minutes.

Walking in the door of the Ratoath School Of Music and hearing the music coming from the various rooms is truly a relaxing and happy experience. The enthusiasm and friendliness of all of the staff is infectious. Music is a wonderful gift to give your children or the special people in your life and if you are thinking of a special Christmas Present for them, why not opt for a Ratoath School of Music Gift Voucher.

Check out their website at ratoathschoolofmusic.ie or for more information phone Ratoath School Of Music on 01 8257322 or drop in to the Court Yard, Main St, Ratoath or email; info@ratoathschoolofmusic.ie



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Ratoath Alzheimer Social Club



once a month on the last
Friday at 11 am - 1 pm

JOIN US!

Ratoath Community Centre

Ratoath Co.Meath

Contact - Liam Burke

phone number- 087 9740871

email address - liam.burke@alzheimer.ie

Our Club is a fun social gathering where anyone affected by Alzheimer's can access information and support each other and exchange ideas/ experiences.

For more info: www.alzheimer.ie

The Alzheimer Society of Ireland, National Office,
Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868

