



HSE URGES PEOPLE IN THE HIGH RISK GROUPS TO GET THE FLU VACCINE

It's not too late to get the flu vaccine

The HSE is urging everyone in high-risk categories to get vaccinated against influenza because of the high rate of flu being experienced across the country at the moment. The HSE is currently experiencing an increase in admissions of older people to hospitals presenting with respiratory conditions. We are making every effort to address this, but would stress that the best way to prevent flu is to get the vaccine. The HSE advises that people should look after older persons at this time, checking on relatives and neighbours, ensuring that they are adequately heating their houses and staying inside during this cold snap.

INFLUENZA ADVICE

SYMPTOMS OF INFLUENZA

Dr Kevin Kelleher, HSE Population Health - Health Protection today advises the public to be alert to the symptoms of influenza. The symptoms of influenza usually develop over a matter of a few hours and include a high temperature, sore muscles, dry cough, headache and sore throat. This is different from the common cold, which tends to come

on more gradually and usually includes a runny nose and a normal temperature.

"If you do get flu, stay at home, rest, drink plenty of fluids and take painkillers (paracetamol for all ages, aspirin may be taken by adults) to ease symptoms".

"When coughing or sneezing, it is important to use tissues to cover your nose and mouth and then to dispose of them in the bin as soon as possible. Washing your hands with soap and water as soon as you can are important measures in helping prevent the spread of influenza".

Dr Kelleher added "I would urge everyone to be mindful of the needs of older persons and check on neighbours and relatives to ensure that they are staying warm and offering help and assistance if necessary".

HIGH RISK GROUPS

For most people flu is an unpleasant experience but they will recover. Some people for example older persons are more at risk and flu may result in complications such as pneumonia. Anyone in one of the high-risk categories

below should contact their GP if they develop influenza symptoms.

High Risk Groups are:

- People who are over 65
- People including children with chronic illness requiring regular medical follow-up such as chronic lung disease, chronic heart disease, and diabetes
- Those with lower immunity due to disease or treatment, including those who have had their spleens removed
- Children or teenagers on long-term aspirin therapy
- Residents of nursing homes, old people's homes and other long stay facilities
- Health care workers and carers of those in risk groups.

Those who have a medical or GP visit card will not be liable for a consultation fee

For more information contact your family doctor or public health nurse or see www.hpsc.ie or www.immunisation.ie



John Curran TD

WEEKLY ADVICE CLINICS

Monday 11.00am
Monday 12.00pm
Monday 7.00pm
Tuesday 10.00am
Thursday 6pm

Neilstown Community Centre, Neilstown
Bawnogue Community Centre, Bawnogue
Lucan Sports and Leisure Centre
Constituency Office 2a Main Street, Clondalkin
Constituency Office 2a Main Street, Clondalkin

MONTHLY ADVICE CLINICS

First Monday 8pm
Last Monday 8pm
Last Monday 9pm

Silver Granite, Palmerstown.
Rathcoole Community Centre,
The Gondola, Newcastle

All Clinics by Appointment Only
No Clinics on Bank Holiday Weekends.

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John Curran TD

Lucan & Palmerstown MINISTER OF STATE FOR DRUGS AND COMMUNITY AFFAIRS

COMMUNITY VOICE

CURRAN ANNOUNCES COMMITMENT FOR CONTINUED OPERATION OF DUAL-USE COMMUNITY/SCHOOL FACILITIES IN DUBLIN



John Curran T.D., Minister of State at the Department of Community, Rural and Gaeltacht Affairs announced that his Department has reached an agreement with the Department of Education and Science, South Dublin Vocational Education Committee and South Dublin County Council on securing the communities' use of school facilities at Firhouse, Killinarden, Collinstown and Palmerstown. The commitment to fund the use of these school facilities is being made under the Department's Community Services Programme. This will allow for the continued use of the four centres at reasonable cost by community groups and the people of the wider community. It will also ensure that existing services continue without interruption, and that employment opportunities are maintained and new ones created.

South Dublin VEC will continue to operate the communities' use of the four sports and leisure facilities under the arrangement. Both the VEC and South Dublin County Council will provide additional funding as well as other supports.

The facilities are state of the art and provide high quality sports and leisure opportunities for students of the school where they are located, schools in the immediate neighbourhood and to the wider public when not in school use. Each centre is professionally managed and staffed.

Announcing the agreement



Minister Curran said:

"I want to ensure that these excellent facilities are open and at the disposal of the communities at a reasonable cost. It was never the intention of my Department to close these excellent community facilities. By providing support under the Community Services Programme, my aim is to secure the long-term use of these facilities on a sustainable basis. I am pleased that South Dublin VEC and County Council are sharing the burden of providing funding and other supports to these four centres, particularly in this challenging economic climate. This new arrangement will be long-term, it will provide employment, continue to support the revitalisation of the local communities and ensure that facilities that have received substantial State investment are used to the fullest extent possible."

Over the last two years I have seen the enormous use and benefit that these four communities



have received from the dual-use facilities. The viability of the facilities will be maintained through the financial support from my Department, South Dublin VEC, South Dublin County Council. This partnership of all the key stakeholders will ensure the long-term sustainability of these facilities for the future.

Dear Resident,
I would like to take this opportunity to wish you and your family a very Happy New Year.

There is no doubt that we are in unprecedented and extreme economic circumstances. There is financial turmoil across the world.

In October it was confirmed that the US economy shrank at an annual rate of 0.3% in the three months to September as anxious consumers cut their spending at the sharpest rate in almost 30 years. We now have a similar situation developing within the Eurozone economy.

So the reality now is clear that we are battling the most severe global economic and financial conditions for a generation.

The decisions we take now will determine whether we throw away the economic progress we have achieved or whether we give ourselves and our children the opportunity to build a prosperous future.

Our economic recovery will depend on increased exports and the Government

is re-focusing efforts on identifying and exploiting areas which generate export-led growth in the future.

Notwithstanding cutbacks in some areas we are placing a huge emphasis on investment. I hope that in 2009 and into the future we remain committed to the National Development Plan which has the potential to

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transform our quality of life.

Remember, Ireland is ranked highly as a place to do business and we are committed to improving further on this. I will continue to promote Lucan and as very attractive areas for new business which will stimulate the local economy and create local jobs.

The level of foreign direct investment into Ireland is higher now than it was this time last year, my hope for 2009 is that we can increase this even more.

That's why the 12.5% rate of Corporation Tax will not be increased.

I believe that Ireland has a strong economic future beyond the present difficulties.

This government is absolutely committed to re-energising Ireland in this regard in 2009 and to helping business create well-paid quality jobs for Irish citizens.

As Minister of State with special responsibility for the National Drugs Strategy I am working towards publishing a New National Strategy in 2009. My hope is to have this strategy in place and up and running successfully as soon as possible.

I will continue to take every opportunity to promote Dublin Mid West and although my work schedule is busy, my hope is to make sure I remain involved in the local community as much as possible.

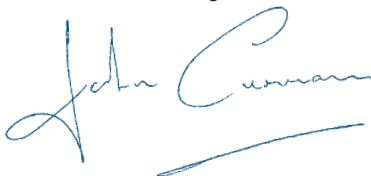
Dublin Mid West is a very different place now. There have been huge improvements in the area including the development and expansion of sports facilities, a vibrant business community and an ever-expanding transport system.

I was delighted recently to have been in the position to announce extra funding and a new programme for management for the two dual purpose sports halls in Dublin Mid West in Palmerstown and Neilstown. This funding will enable the halls to remain open for business, provide excellent sports facilities for the community and maintain local jobs.

I am also continuing to work hard for our local schools in Dublin Mid West. My main objectives for 2009 are to work towards improved facilities for our schools in Palmerstown and Lucan that are in need of refurbishment.

I hold weekly advice clinics throughout the whole constituency. I am available to all local residents to discuss personal, local and national issues in the strictest confidence. I am also available through my full-time constituency office at 2a Main Street, Clondalkin, Dublin 22.

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MINISTER OF STATE JOHN CURRAN T.D. LAUNCHES CLONDALKIN, PALMERSTOWN, LUCAN AND NEWCASTLE AREA PARTNERSHIP WWW.CPLN.IE



John Curran T.D. Minister of State (with special responsibility for Community Affairs and the National Drugs Strategy) at the Department of Community, Rural and Gaeltacht Affairs, launched the CPLN Area partnership in November 2008.

Welcoming the expansion of the partnership the Minister said:

"The inclusion of Lucan, Palmerstown and Newcastle in the catchment area of what was previously referred to as the Clondalkin Partnership reflects my Department's programme of expansion to ensure that partnerships, funded under the Local Development Social Inclusion Programme LDSIP, would cover the whole country as opposed to providing services only in the most disadvantaged areas.

I'm delighted, particularly given my links to the area, that the Clondalkin Area Partnership has wholeheartedly embraced the idea of expansion.

This programme of expansion ensures that all citizens in all parts of the State will have access to the Local Development Social Inclusion Programme going forward, with Partnerships continuing to focus on the areas of greatest need.

Despite the current economic climate we find ourselves in, I remain committed to the Local Development Social Inclusion Programme and to the communities they serve.

I believe the LDSIP has made a considerable contribution to the tasks of countering



disadvantage and in promoting equality and social and economic inclusion.

I would like to pay a special tribute to the volunteer members of this Partnership. Often working with limited resources, they put in many hours of voluntary effort for the good of the people in their neighbourhoods", Concluded Minister Curran.

NEW CYCLE TO WORK SCHEME

On 1 January 2009 a new government scheme to encourage people to cycle to work came into force. Cycling keeps you fit, it's fast, cheap and reliable – and it's good for the environment. The new bike scheme covers bicycles and accessories up to a maximum cost of €1,000. The bicycle must be purchased by your employer but

the scheme can then operate either with your employer bearing the full cost of the bicycle, or by way of a salary sacrifice agreement (like the existing travel card scheme). Cycling to work is a win-win-win situation – get involved! Go to www.bikesscheme.ie to find out more and order your information pack.

WWW.CITIZENSINFORMATION.IE

For free and confidential information on your rights and entitlements please contact:

- The web-based information source www.citizensinformation.ie
- The Citizens Information Phone Service, Lo-Call 1890777121, Monday-Friday 9am – 9pm
- The nationwide network of Drop In Citizens Information Centres offering information and advocacy services to the public. Contact information for the network of offices is available at www.citizensinformation.ie



ROADS ACT, 1993, SECTION 75 TEMPORARY CLOSURE OF THE N4 LUCAN BYPASS BETWEEN R120 (ADAMSTOWN RD) AND R136 (BALLYOWEN RD)

In order to facilitate the installation of the new Griffeen Park Footbridge, South Dublin County Council proposes to temporarily close the N4 Lucan Bypass between the R120 (Adamstown Rd) and R136 (Ballyowen Rd) on Saturday 31st January 2009 from 11pm to 10am and on Saturday 7th February 2009 from 11pm to 10am (nightly).

Alternative route via Lucan Road N4-Ballyowen Road R136 Off Ramp, Ballyowen Road Northbound, Old Lucan Road R835 Westbound, Adamstown Road R120 Southbound, Lucan Bypass N4 Westbound and vice versa

Diversion signs will be erected.

Local access will be maintained at all times.

NEW GREEN BIN COLLECTION

From 1 January, 2009 Greyhound Recycling & Recovery are operating the green bin collection contract for South Dublin County Council and the other Dublin local authorities.

Existing calendar and collection times will remain unchanged but Greyhound will now collect the green bins and a new customer service number is operational for customer queries about missed collections, lost/stolen bins etc.

More information on the service can be found by ringing **Greyhound's Customer Service Centre** at **1890 342 342** emailing customercare@greenbin.ie or logging on to www.greenbin.ie

SOUTH DUBLIN COUNTY COUNCIL TO CONFER THE HONORARY FREEDOM OF THE COUNTY ON KEN EGAN, BOXING SUPERSTAR

Mayor Marie Corr on behalf of the Members of South Dublin County Council hosted a Civic Reception in the Council Chamber, County Hall, Tallaght on Monday 12th January 2009 to confer the Honorary Freedom of the County on South Dublin born boxer KEN EGAN.

This event honours Kennys high profile achievements as an amateur boxer, including 8 National Senior Championships and winning a silver medal at the Olympic Games in Beijing in 2008. It also acknowledges his status as an exemplary role model for the young people of

the County in pursuit of their own dreams.

The Honorary Freedom of the County of South Dublin County is the highest honour the County can award to a person. It is awarded to those who achieve great levels in a particular discipline.

This award follows the passing of a resolution to confer this prestigious honour on Ken Egan by the Members of the Council at a meeting of South Dublin County Council held on 13th October 2008.

LUCAN EDUCATE TOGETHER RECEIVES MASSIVE FUNDING FOR HIGH TECH EQUIPMENT – CURRAN

Seventy-two primary schools across the country are to get €2.2 million in grants for high-tech equipment over the month of January as part of the Government's continuing efforts to make technology an integral part of the learning process and Lucan Educate Together are set to receive €22,000 in funding to buy computer hardware, software and digital equipment.

This funding will enable Lucan Educate Together to radically improve their information communications technology (ICT) capacity in the classroom.

This is the first time there has been an ICT allowance per classroom at primary school level and it is an important shift in education policy. €5,000 is the funding allocated to each classroom for ICT equipment.

These ICT equipment grants of €2.2 million will issue to 72 primary schools in which a newly constructed school or large-scale extension was completed in 2008.

The grant will enable Lucan Educate Together to equip their new classrooms with appropriate technology to integrate ICT into teaching and learning.

The National Centre for Technology in Education (NCTE) has advised schools of the appropriate equipment specification which should include a fixed digital projector, an internet-enabled laptop computer and a visualiser complemented by classroom computers.

The Government is conscious of the need to boost schools' ICT

capacity and they want to ensure that technology becomes an integral part of the learning process at an early age. These grants demonstrate the Government's commitment to providing the kind of high-tech hardware required to fulfill that objective.

The Government's goal is to increase the take-up of science, engineering and technology courses in third-level institutions in the building of Ireland's knowledge economy and innovation society.

