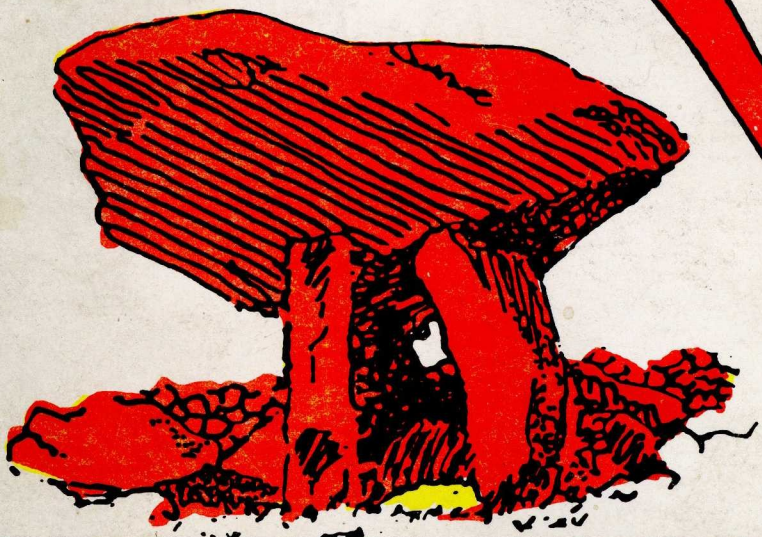
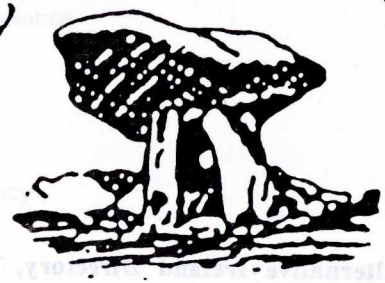
ALTERNATIVE IRELAND DIRECTORY



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Irish Anti-Vivisection Society

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Vegetarian Society of Ireland

Cats Protection League

Arch

Independent Hostels Association

Quay Co-Op

Primary Energy

Youth Employment Agency

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Irish Distributive and Administrative Trade Union

Local Government and Public Services Union

We wish to acknowledge the assistance of Eamonn Young of the National Manpower Service, Cork, and the special help given by Mary Linehan, and express our thanks to many others too numerous to mention.

INTRODUCTION

This is the 3rd edition of the A.I.D. which has been produced due to consistent demand. Many things have changed since the last issue was on the bookshelves including most peoples attitude as to what is Alternative. An example is the field of Alternative Medicine where, only a few years ago Acupuncture was regarded by doctors as odd . Now many G.P's in Ireland know of its uses, and some even practice it themselves. We have therefore expanded the contents of the A.I.D. since most of the addresses included would be of use to people needing information not only in the Alternative field but in the usual everyday areas as well.

This issue is a reflection of the information supplied to us by groups and organizations throughout the country. If you or your group are not listed or inadequately described then please fill in the form at the back of this directory. We would also welcome any further suggestions or criticisms for future publications.

The group of people who have compiled the current A.I.D. all work in the Resource Centre of the Quay Co-op in Cork and were employed on the Social Employment Scheme. These are Ken Bayliss, Michael Cunningham, Olga Murphy and Dolores O'Keeffe.

Thanks go out to the many people who have helped in the compilation of the directory, those who loaned equipment and the many people who sent us donations.

• C O N T E N T S •

ALTERNATIVE ENERGY
Renewable Energy, Research, Solar Energy, Water Power

ANIMAL RIGHTS
Anti-vivisection, Clinics, Conservancy, Shelters

ARTS
Art Centre, Art Officers, Bookshops, Theatres

5 **CAMPAIGN GROUPS**
Anti-Nuclear, Environment, Human Rights, Latin America

9 **CHILDREN**
Adoption, Health, Holidays, Welfare

2 **COMMUNITIES**
Alternative Medicine, Healing, Self-Sufficiency, Tree Nursery

3 **CO-OPERATIVES**
Housing, Information, Painting, Shoes

1 **CRAFTS**
Courses, Handcrafts, Musical Instruments, Weaving

3 **EDUCATION**
Adult Literacy, Exchange Visits, Kindergarten

7 **ENVIRONMENT**
Conservation, Forestry, Historical & Archaeological Societies, Walking

7 **FAMILIES**
Counselling, Information, Refuges, Single Parents

9 **FOOD**
Cooking Classes, Restaurants, Vegetarianism, Wholefood Shops

53 **FUNDING**
Foundations, Trusts

56 **HEALTH**
Alcoholism, Holistic Healing, Shiatsu, Yoga

72 **IRISH LANGUAGE**

74 **LEGAL & CIVIL RIGHTS**
Arrests, Ombudsman, Free Legal Aid

79 **LESBIAN & GAY**
Counselling, Information, Health, Youth

84 **MISCELLANEOUS**
Individuals, Badges

85 **ORGANIC FARMING/GARDENING**
Courses, Cheese-Making, Seeds, Week-Ends

88 **SHORT STAY ACCOMMODATION**
B & B, Hostels, Fishing, Pony Traps, Shelters

92 **THIRD WORLD**
Agencies, Crafts, Campaigns, Charities

97 **TRADE UNIONS**
Functions, Addresses

100 **TRAVEL & WORK ABROAD**
Irish Societies, Work Books

102 **WOMEN**
Counselling, Support Groups, Family Planning, Writers Groups

115 **YOUTH**
Clubs, Summer Camps, Volunteers, Work Camps.

ALTERNATIVE ENERGY

Since the A.I.D. was last published a great deal of research has been done in the Alternative Energy field . Also some major projects in Alternative Energy have been undertaken.
The most notable project is the new 1,000 Kw hydro power set at Cottner's, Co. Kerry. This 1,000 ft. head twin jet Belton wheel is the largest private hydro-scheme in Ireland. A notable feature of this scheme is that it is controlled from Co. Carlow via the telephone lines. There have been several other schemes started up in the last few years, but the pace of development, especially for small schemes, has slowed down considerably.
Wind power has suffered a similar slowing down of development but there is a fairly new company called Appropriate Energy Systems who are making wind pumps for land drainage.
An Foras Taluntais deserve a special mention as they have several wind machines.
The best source of hope in the area of 'Alternatives" is in the universities and other third-level institutions around the country.

Primary Energy,
9, Kilderry Lane,
Muff,
Lifford,
Co. Donegal.
(077) 84107
Also at Enterprise House, Little James Street, Derry BT 48 7BG
Tel:(0504)264015.
Distributors, designers and installers of renewable energy systems. We can supply wind power and hydro power systems for most applications, and would be interested to hear from individuals and groups with energy related ideas for possible co-op development in the North-West.

Irish Hydro Power Association,
Information Officer - Fiacc O'Brolchain,
13, Marlborough Road,
Dublin, 4
(01) 680043
Promoting the use of Hydro Power in Ireland. The I.H.P.A. organizes occasional outings to visit sites. I.H.P.A also campaigns for a better deal for hydro power developers with both Government departments and the E.S.B
Membership fee: £10 per annum.

Water Power Services,
13, Marlborough Road,
Dublin, 4
(01) 680043
W.P.S. are consultants in hydro power. We provide a complete survey and design service. Contact Fiacc O'Brolchain, Dip. Arch., B. Sc.

Solar Energy Society of Ireland,
Hon. Sec. Mr. Denis Fitzgerald,
c/o Met. Service,
Glasnevin,
Dublin, 9
SESI is involved in promoting all aspects of renewable energy. They organize meetings in winter and an annual seminar in U.C.G. 1987's seminar is on successful projects in operation at present. SESI also publishes a regular magazine. Membership £15 per annum.

New Mills Hydro,
Mill Lane,
Island Road,
Ballycarry,
Co. Antrim
(08493-78610)
Design, manufacture and installation of a wide range of water turbines.

Appropriate Energy Systems,
14, Bellvue Park,
Greystones,
Co. Wicklow
(01) 874761
Manufacturers and suppliers of wind-powered water pumps, land drainage pumps and small wind-powered electrical generators. A.E.S. is also involved in manufacturing sluice gates and carrying out site surveys in both wind and water power. A.E.S. has a new section specializing in House Insulation.

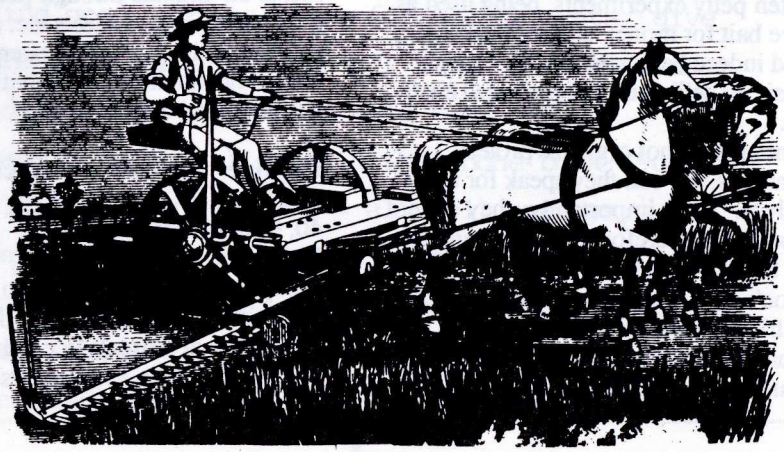


Belton Engineering Works,
Richfort,
Ardagh,
Co. Longford
(043)75017
Manufacturers of a range of water turbines from 5 to 200 KWs

People doing research in Ireland on Alternative Energy:

Institute for Industrial Research & Standards
University College, Cork
Trinity College, Dublin
University College, Dublin
University College, Galway
An Foras Taluntais
Ceimici Teoranta
National Board for Science and Technology
E.S.B. Projects Department, Dublin

Resource and Environmental Policy Centre,
(REPC),
University College Dublin,
"Richview,
Clonskeagh Road,
Dublin 14. (01) 686416



ANIMAL RIGHTS

There was always the picture of a dear old lady, doting over her vicious little mongrel, when anybody thought of people who cared for animals. Earlier this century, many animal welfare societies did indeed paint rather a staid picture. However, this image has changed dramatically over the years. In the societies listed below, all age groups and all walks of life are represented. Each group has its own particular area of campaign from that of general animal welfare and care, to the particular issues of vivisection, vegetarianism and bloodsports. The treatment of many performing circus animals has also given great cause for concern.

I would ask those who have never considered the plight of animals in todays world to please contrast the fascinating picture of free living creatures, happy in their own environment with that of being subject to tormenting and often petty experiments, being used as live bait for money and entertainment, and indeed being subject, on a daily basis, to deliberate and perverted cruelty.

Animals cannot organize protest marches, nor can they speak for themselves. Most importantly, they cannot vote. It is therefore up to us humans to help in whatever way possible. Don't ever doubt your ability to achieve - any contribution helps.

For further information please get in touch with the relevant organization listed here.

Rosemarie McCarthy, Executive Committee Member, Irish Council Against Blood Sports.

Irish Anti-Vivisection Society,
Crosshaven,
Co. Cork.
(021) 831146
Campaigns for abolition of all experiments involving the infliction of pain, suffering or distress of any kind to animals and pending the attainment of this goal, to encourage the use of known alternatives and to sponsor and support such measures of partial reform as shall be approved by the Society in accordance with its principles. Membership Fees: £50 Life, £2 Annual for under 18's and retired. 4 monthly News Bulletin.

Stop Animal Experiments,
P.O. Box 1620,
Dublin, 8
Paraic Kenny (Office hours) (01) 792388/792647
A voluntary group dedicated to the legal abolition of all forms of experiments on animals through petitions, public meetings, protests etc. and to promote in its place an awareness of overall health through preventive medicine and holistic health.

Captive Animals Protection Society,
40, Charlemont Street,
Dublin, 2
Campaigning to put an end to live circus animal acts and to better the conditions of animals in captivity. Publishes a twice-yearly newsletter.

Animal Welfare Veterinary Clinic,
40, Charlemont Street,
Dublin
(01) 714303

Dublin S.P.C.A.,
1, Grand Canal Quay,
Dublin, 2
(01) 772779

Irish S.P.C.A.,
1, Grand Canal Quay,
Dublin, 2
(01) 775922

Cork S.P.C.A.,
Clontarf St.,
Cork.
(021) 270079
(Night) 51, Nun's Walk,
Cork.
(021) 9612440

Limerick S.P.C.A.,
Arthurs Quay,
Limerick.
(061) 4555618

N. Dublin S.P.C.A.,
c/o, Marie O'Byrne,
45, Millmount Avenue,
Dromconda,
Dublin 9.
(01) 6122085 (W)

National Action Committee for Dog Control,
1, Grand Canal Quay,

THE CATS PROTECTION LEAGUE

Registered National Charity No. 203644
Headquarters: 22 SPRINGFIELD AVE., DUBLIN 6, IRELAND
Telephone : (01) 908652

We are a completely voluntary organisation involved in the welfare of cats.

We find good, caring homes for healthy cats, give information and advice on all aspects of cat care; and deal with colonies of wild cats.

We have 3 numbers listed in the phone book: 908652/ 533019/333468 and 784354 - all (01) numbers.

Membership is £5 per annum, this includes 2 copies of our own cat magazine. Junior members and O.A.P.'s £1 per annum.

New members and helpers always welcome.

Dublin, 2
(01) 775922

Catholic Study Circle for Animal Welfare.
c/o The Presbytery,
1, Elton Park,
Dublin, 13
(01) 476152

Irish Wildbird Conservancy,
South View,
Church Road,
Greystones,
Co. Wicklow
(01) 875759

Irish Wildlife Federation,
c/o 112, Grafton Street,
Dublin, 2
(01) 608346

Irish Council Against Blood Sports,
26, Millmount Avenue,
Drumcondra,
Dublin 9. (01) 378364
or
c/o, Rosemary McCarthy,
31, Endsleigh,
Douglas Road,
Cork.

Irish Council Against Blood Sports,
2, Chapel Square,
Fermoy,
Co. Cork

The Wrong Way To Health

Do you know that millions of ANIMALS (50,000 in Ireland) every year throughout the world are cruelly mutilated, starved, burnt, poisoned, frozen, drowned, subjected to shock, injected with disease etc., in the hope of curing HUMAN disease or alleviating Human Suffering

There Are Alternatives

The IRISH ANTIVIVISECTION SOCIETY needs your support in its three-fold demand for

1. **A wider use of known alternatives**
2. **Experiments on animals to be phased out as soon as possible**
3. **An urgent and intensified search for more alternatives.**

Through its Humane Research Fund the IAVS is actively helping aim No. 3.

Please send a contribution NOW to: IAVS, Crosshaven, Co. Cork.
Please state if receipt is required.

Animal Treatment Centre,
Sallynoggin Road,
Glenageary,
Co. Dublin
(01) 854338

Animal Shelter,
The Grange,
Five Mile Point Road,
Newcastle,
Co. Dublin
(01) 819865

Animal Care Trust,
220, Parnell Street,
Dublin, 1
(01) 749050

Animals Trust Fund,
c/o Nora Lever,
22, Springfield Ave.,
Rathfarnham,.
Dublin, 14
(01) 908652

Animal Welfare Circles,
c/o Maura Murray,
40, Charlemont Street,
Dublin, 2
(01) 714303

C.O.D.A.,
c/o Orla Donohue,
62, Brewery Road,
Stillorgan,
Co. Dublin
(H) (01) 880076
(W)(01) 881781

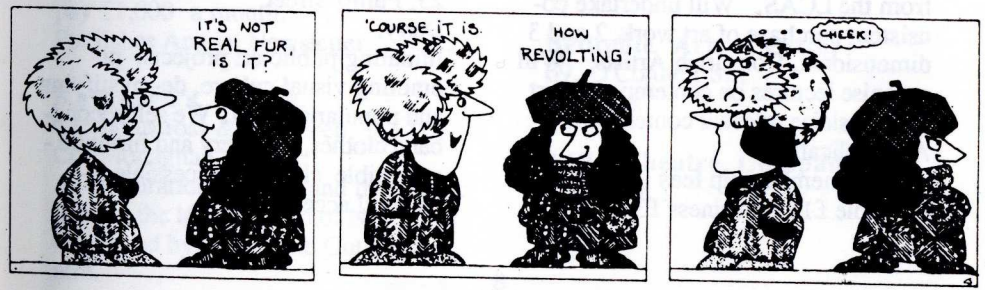
S.A.V.E.,
c/o John Bowler
4, St. James Terrace,
Malahide,
Co. Dublin
(01) 450496

Sea Shepherd,
c/o Helena Jackson,
31, Bluebell Avenue,
Dublin, 12
(01) 505366

Blue Cross Depot,
Animal Protection Society,
Annamoe Road,
Dublin 7.
(01) 38555085

Inter. League for the Protection of Horses,
Burrow Road,
Sandyford,
Dublin.
(01) 954198

Pets Advisory Bureau & Humane Service,
220, Parnell Street,
Dublin 1.
(01) 749050



Cath Jackson

THE ARTS

There exists in this country an extensive network of art centres, artists groups, collectives, centres for poets, actors and writers. Yearly the numbers are growing and their membership increasing. This is proof of the usefullness of these centres to artists of all kinds. They give backing and support through a network of contacts, and many of these groups and centres manage to acquire studios or work spaces for their members. Such achievements reflect the dedication and commitment with which these people pursue their work.

This section includes many individuals, groups and art centres in this country. If anyone feels they need to be included in the next issue please fill in the listing form at the back of this directory.

Limerick Contemporary Art Society (LCAS),
c/o Limerick City Gallery of Art,
Pery Sq.,
Limerick.
(061) 310633 / 351408
From 1987, the LCAS will be establishing a National Collection of Contemporary Drawings, based in the Limerick City Gallery of Art, on loan from the LCAS. Will undertake consistent purchase of art work, 2 and 3 dimensional, from Irish Artists. Will organise lectures on contemporary art and subsidise relevant contemporary Art publications.
Annual membership fees ; Single £10 / Double £15 / Business £30.

Cork Artists Collective,
10, Halldene Avenue,
Bishopstown,
Cork
(021) 44816
Studio Address; Dean Street, Cork.,
The collective provides a number of very important services for its members including a monthly information newsletter, access to exchange exhibitions and studios. The studio centre consists of ten large studios, an office and a central meeting room. Membership based on a yearly subscription of £10 valid from December to December.

CAFE (Creative Activity for Everyone).
1/4, City Quay,
Dublin 2.
(01) 770005
CAFE is commited to achieving social and cultural equality through creative action. It is a 32 county umbrella body of all those involved in creative community initiatives. CAFE runs courses, workshops, seminars and provides extensive information for community groups with a creative dimension and has a large network of contacts around Ireland and abroad.
Membership Fees: Individuals £2/£5
Groups £10/£25.

Redemption,
23, Pump Street,
Derry.
Initiating public art projects, promoting visual culture, de-mystifying and popularising art. We sell second-hand clothes, jewellery and furniture - accessible clothing! accessible jewellery! accessible art!

Now (Neighbourhood Open Workshops),
83, University Street,
Belfast BT7 1HP,
(0232) 242910
NOW is an arts collective established in 1978 in Belfast. Central to its work has been a concern with collaborative art forms. Organises a range of arts workshops, classes and events in neighbourhood centres and sometimes, other venues - Arts Centres, Museums, Colleges and schools. Work includes projects with disabled people.

Brendan Lyons,
Castle Park,
Carrick-on-Suir,
Co. Tipperary.
(051) 40134
Photographer with an emphasis on a.v./slide shows etc., for alternative ventures.

The Tyrone Guthrie Centre,
Annaghmakerrig,
Newbliss,
Co. Monaghan.
(047) 54003
We offer residencies of one week to three months to professional writers, painters, sculptors, composers, and other creative people. Organises 'Kavanagh's Yearly'. Open 10 months of the year. Irish artists contribute what they can afford. Overseas artists pay £1,000 a month.
Publishes Annual Newsletter.

Kavanagh's Yearly,
Carrigmacross & Inniskeen,
Co. Monaghan.
A Celebration of poets and their work held on the last weekend of November
Organised by the Tyrone Guthrie Centre.

Street Puppets,
5, Victoria Buildings,
McCurtain Street,
Cork.
12 foot high puppets accompanied by masked dancers and musicians for use in carnivals, processions and festivals. Puppet making workshops available.
Contact: Allan Swales.

Temple Bar Gallery & Studios,
4/8 Temple Bar,
Dublin, 2
(01) 710073
Provides working space for professional artists, exhibition space for artists and a space from which other art-related activities may spring.

Irish Youth Video and Film Company,
Croppy Boy House,
Fair Hill,
Cork
(021)306019/508725
Video and film productions, video workshops, industrial and educational videos, communication workshops. Information centre for world wide association of amateur filmmakers. Organisers of Cork International Youth Video and Film Festival.

Association of Artists in Ireland,
Liberty Hall,
Dublin 1.

Belltable Arts Centre,
69, O'Connell St.,
Limerick.

Attic Theatre Company,
Castle St.,
Sligo.

Hawks Well Theatre,
Sligo.

Waterford Arts Centre,
O'Connell Street.
Waterford.

Dingle Arts Centre,
Leac-a-re,
Strand Street,
Dingle

Commodum Crafts,
Green Street,
Dingle.

Orchard Gallery,
Orchard Street,
Derry

.

Crescent Arts Centre,
2/4, University Road,
Belfast 7.

The Peoples Theatre,
Whiterock Resources Centre,
Whiterock Road,
Belfast 12.

Conway Mill,
Conway Street,
West Belfast.

The Arts Council,
70, Merrrion Square,
Dublin, 2
(01) 764685

Donegal Regional Arts Officer,
County Buildings,
Lifford,
Co. Donegal

Cork Regional Arts Officer,
30, Princes Street,
Cork
(021) 275337

Clare Brownlan,
Kerry Regional Arts Officer,
Tralee County Library,
Tralee,
Co. Kerry.

South East Regional Arts Officer,
Industrial Estate,
Waterford

Sligo Arts Regional Education Officer,
Wine Street,
Sligo

Galway/Mayo Regional Arts Officer,
Woodquay Court,
Woodquay,
Co. Galway
(091) 68816

Mid-West Regional Arts Officer,
104, Henry Street,
Limerick
(061) 44181

Midlands Arts Education Officer,
Bridge House,
Belvue Road,
Mullingar,
Co. Westmeath
(044) 48389

South East Arts Education Organiser,
Cashel House,
Kells Road,
Kilkenny (062) 5178

Northern Ireland Arts Council,
21, Rushfield Avenue,
Belfast 7.

The Arts Council of Northern Ireland,
181A, Stranmills Road,
Belfast.

Peoples Art,
16/19, Wellington Quay,
Dublin, 2

Centre for the Performing Arts,
39, Lower Ormond Quay,
Dublin, 1
(01) 734597

Gallery of Photography,
37, Wellington Quay,
Dublin, 2
(01) 714654

Team,
Theatre Factory,.
Marlborough Place,
Dublin, 1

Wexford Arts Centre,
Cornmarket,
Wexford

Belltable Arts Centre,
69, O'Connell Street,
Limerick

Galway Arts Group,
Nuns' Island Arts Centre,
Nuns' Island,
Galway

Castleisland Arts Centre,
Tullig,
Castleisland,
Co. Kerry

Waterford Arts for all Project,
c/o 53, Priory Lawn,
Ballybeg Twon,
Waterford

Wet Paint Theatre Company,
17, Herbert Street,
Dublin, 2
(01) 611757

Writer's Week,
St. Patrick's Hall,
Listowel,
Co. Kerry.

Royal Irish Academy of Music,
36, Westland Row,
Dublin, 2
(01) 764412

AIMS,
c/o Harry Cousins,
The Sycamores,
Kilkenny.

Wexford Theatre Co-Op,
Larkins Lane,
South Main Street,
Wexford.

Bray Community Arts Group,
84, Main Street,
Bray,
Co. Wicklow. (01) 861189

Orchard Gallery,
Orchard Street,
Derry.

Nothing But McNott,
Upper Main St.,
Donegal.

Galway Arts Centre,
Nuns Island,
Galway.

Druid Theatre,
Dominick St.,
Galway.

Taibhdhearch na Gaillimhe,
Sraid Lar,
Gallimh.

Siamsa Tire Theatre and Arts Centre,
Tralee,
co. Kerry.

Project Arts Centre,
East Essex Street,
Dublin, 2

Tuam Arts Centre,
5, St. Jarlath's Place,
Bishop Street,
Tuam,
Co. Galway

Siamsa Tire,
Tralee
Co. Kerry

Gorey Arts Centre,
Gorey,
Co. Wexford

Triskel Arts Centre,
Tobin Street,
Cork

Ballyrogan Arts Centre,
5, O'Connell Street,
Waterford.

Arts Education Organiser,
c/o Co. Kilkenny V.E.C.,
8,. Lower Patrick Street,
Kilkenny
(056) 22165

County Arts Officer,
County Library,
Ennis,
Clare
(065) 21616

Cafe Cairo,
Wine Street,
Sligo
(071) 5844

Adult Education Organiser,
Co. Cavan V.E.C.,
19,
Farnham Street,
Cavan
(049) 31044

Cork School of Music,
Union Quay,
Cork
(021) 965583

Dublin Contemporary Dance Studio Theatre,
255, Harold's Cross Road,
Dublin
(01) 974748

Dublin Youth Theatre,
23, Upper Gardiner Street,
Dublin, 1
(01) 743687

Irish Youth Orchestra,
c/o Loretta Keating,
Feis Ceoil Office,
37, Molesworth Street,
Dublin, 2
(01) 767365

Irish School of Landscape Painting,
Ballinboy Studio,
Clifden,
Connemara,
Co. Galway

Moving Theatre Company,
c/o Project Arts Centre,
39, East Essex Street,
Dublin,2

Music Association of Ireland,
23, Upper Mount Street,
Dublin, 2
(01) 613088

National Association for Youth Drama,
23, Upper Gardiner Street,
Dublin, 1
(01) 743687

National Museum of Ireland,
Kildare Street,
Dublin, 2
(01) 765521
Education Centres:
The Mall,
Castlebar,
Co. Mayo
(094) 21769
Castle Street,
Trim,
Co. Meath
(046) 31158

North Western Education & Library Board,
Woodhall Centre,
Vilrea,
Co. Derry.

Irish Victorian Society,
c/o Mrs. N. Bowe,
11, Ashfield Avenue,
Ranelagh,
Dublin, 6
(01) 975822

Department of Ireland Folklore,
Arts Building,
Belfield,
U.C.D.,
Dublin, 4
(01) 693244 Ext. 8216

Burren Landscape Painting School,
Lisdoonvarna,
Co. Clare
Contact: Christine O'Neill
(065) 74208

Landscape Painting Course,
Summerhill College,
Sligo
Contact: Bernard McDonagh
(071) 60410

Kerry Summer Painting School,
Cahirciveen,
Co. Kerry
Contact Sean O'Shea
(01) 965393

Irish Youth Ballet,
c/o Marie Cole,
80, Santry Close,
Dublin, 9
(01) 578219

Exchange House Project,
Lower Exchange Street,
Dublin, 8

Graffiti,
Scoil Naomh Stiuophan,
Tramore Road,
Cork.
(021) 312950

Grapevine Arts Centre,
31, North Frederick Street,
Dublin, 1
(01) 728721

Irish Museum Trust,
Gardiner House,
Ballsbridge,
Dublin, 4

BOOKSHOPS

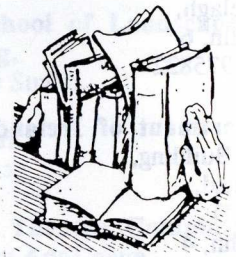
Country Bookstore,
Aughnafinigan,
Knockvicar,
Boyle,
Co. Roscommon
(079) 67138
The Country Bookstore is a mail order book service offering a wide range of books with the general theme of 'alternative lifestyles'. The catalogue includes books on organic gardening, livestock (goats, sheep, bees, cattle) food and health, alternative energy, environment etc. Send S.A.E. for catalogue.

Keywords,
Aughnafinigan,
Knockvicar,,
Boyle,
Co. Roscommon
(079) 67138
Keywords is a family run, rurally based graphic design business with a particular interest in servicing alternative groups and businesses. We offer a wide range of services including design, typesetting and word processing and we produce magazines, books, reports, product labels, logos and letterheads, brochures, catalogues etc. We also offer a computerised service of mailing lists, sub. lists etc. for magazines and organisations.

Gateway Books,
11, Market Street,
Galway.
(091) 64322
New and second-hand books on healthy living, environment, politics, history, psychology, philosophy and astrology as well as fiction, SF/fantasy, childrens' books and fantasy role-playing.

Linen Hall Library,
17, Donegall Square, North,
Belfast
(0232) 321707
An independent library whose collection includes; Northern Ireland Political Literature 1968 - Irish Rock Archive. Membership fees £20 p.a. Hours; Mon. to Wed. 9.30 a.m. - 6 p.m., Thursday 9.30 - 8.30 p.m. Fri. 9.30 a.m. - 6 Saturday 9.30 a.m. - 4.00 p.m. Publication Linen Hall Review.

Quay Co-op Bookshop,
24, Sullivans Quay,
Cork
(021) 967660
We stock a wide range of new and second hand magazines and pamphlets. Subjects include fiction and non fiction, feminism, health, ecology, philosophy, lesbian and gay issues, politics, cookery, Third World issues, Ireland and lots of non-sexist childrens books. We also sell badges, diaries, cards, posters, incense. Our photocopying is cheap, our bulk rates next to nothing. Opening hours Mon/Tues/Wed/Sat. 10-6 p.m. Thurs/Fri 10 - 8.00 p.m.



Just Books,
7, Winetavern Street,
Smithfield,
Belfast BT1 1JQ
(0232) 225426
Just books is a non-profit making, co-operatively run bookshop. We stock a wide variety of radical books and magazines which otherwise would not be available in Belfast. We also run a Prisioners Book Scheme whereby we sell books to prisoners for 2/3 of the retail price. We produce a catalogue which is available by post for just 50p.

Journal of Rural Alternatives,
Annaghcor,
Castlebaldwin,
Co. Sligo
A 24 page bi-monthly magazine which regularly features articles on the alternative country life from wind power and health to organic farming and gardening. It also carries the Newsletter of the Irish Organic Farmers and Growers Association. Available from selected outlets around the country or better still become a subscriber for just £6 per year.



CAMPAIGN GROUPS

Since life is far from perfect many people feel the need to highlight specific issues and injustices by organising a campaign group. Many such groups try to change an existing law or the attitudes of people in contemporary society, many even have a continuous campaign to educate the general public. Whatever the group, whatever the cause hard and continuous work goes into even the smallest organization. You can contribute to the work of these organizations by donating not only your money but your time.

Victim Support,
2, Belvedere Place,
Dublin, 2.

Co-operation North
(see Youth and Funding)

Earthwatch (See Environment)

Darndale Belcamp Unemployment Action Group
52, and 174 Marigold Court,
Darndale,
Dublin 17.
(01) 483884/483871
An information and advice centre for the unemployed. Campaigns for the establishment of a national organization to represent all unemployed people and which will be run by unemployed people themselves. Is associated with numerous Unemployed Actions Groups nationwide.

Amnesty International Irish Section
8, Shaw Street,
Off Pearse Street,
Dublin, 2
(01) 776361
A worldwide movement which is independent of any government, political grouping, ideology, economic interest or religious creed . It seeks the release of men and women detained anywhere for their beliefs, colour, sex, ethnic origin, language or religion, provided they have not used or advocated violence. These people are termed 'prisoners of conscience'. Amnesty advocates fair and early trials for all political prisoners and works on behalf of such persons detained without charge or trial. It opposes the death penalty and torture, or other cruel, inhuman or degrading treatment or punishment, of all prisoners without reservation.

Macroom District Environmental Group
(See Environment)

INFORM,
(Irish Infant Formula Action Group)
(See Third World/Human Rights)

Irish Medical Campaign for the Prevention of Nuclear War,
Crosshaven,
Co. Cork.
(021) 831716
Our aims are to alert our colleagues to the disastrous consequences of a war fought with nuclear weapons, and through them, to inform the policy makers and general public. Meetings at 3, The Grotto, Carrigaline, Co. Cork last Thursday of every month at 8.00 p.m.

Peadar O'Donnell Unemployment Centre,
19, Upper Dominick Street,
Galway.
(091) 66801
Campaigning for full employment and adequate Social Welfare provision. Runs education courses in health, co-operative development etc. Organizes support groups for unemployed women and wives of men registered as unemployed. Has Cafe and Advice Centre. Publishes 'The Q' monthly newspaper.

SAVE,
(Society Against Violation of the Environment),
(See Environment)

National Council for Free Brittany
Yann Goulet, USBRHA, Koatkeo
Herbert Road, Bray
01-863257

Green Alliance,
15, Upper Stephen Street,
Dublin 8.
(01) 784380

Dublin Clean Seas Campaign,
15, Upper Stephen St.,
Dublin, 8

Irish Anti-Apartheid,
20, Beechpark Road,
Dublin, 18
(01) 895035

Latin America Solidarity Committee,
25, Lower Buckingham Street,
Dublin, 1(01) 725905

AIM Group for Family Law Reform,
(Help Centre),
64, Lower Mount St., Dublin, 2
(01) 605478

Peace Pledge Union,
62, Melrose Street,
Belfast 9.

Association for the Rights of the Mentally Handicapped,
53, Avondale Lawn,
Blackrock,
Co. Dublin
(01) 8865 23

CASE,
(Campaign Against Sexual Exploitation)
P.O. Box 1207,
Dublin, 4

D.A.D.D.Y.,
(Drinking & Driving Don't Yield),
9, Castle Street,
Cork (021) 507328

Dublin Committee for Traveling People,
Youth Centre,
Lr. Exchange Street,
Dublin, 8
(01) 772428/775411

Family Law Reform Group,
(Info. Centre)
11, Granby Row,
Parnell Square,
Dublin, 1
(01) 746633

C.N.D.
(Campaign for Nuclear Disarmament)

Robin Wilson,
c/o Ulster People's College,
30, Adelaide Park,
Belfast BT9 6FY
(0232) 665368

Adi Roche,
35, Leesdale Grove,
Ballincollig,
Cork
(021) 871484
Dublin H.Q.,
37, Lower Ormond Quay,
Dublin, 1
(01) 730877

N.A.T.O.,
National Association of Tenant Organizations,
35, Meath Place,
Dublin, 8
(01) 758952

Prisoners Rights Organization,
35, Lower Buckingham Street,
Dublin, 1
(01) 725905

P.A.C.E.,
(Prisoners Aid Through Community Effort),
7, Upper Leeson Street, (Office)
Priorswood House, Coolock, (Hostel & Workshop)
Dublin.

Disarm



Turning the Tide

SUBSCRIBE NOW

...public of Ireland, with its special geographical and strategical advantages, could become for the United States a highly attractive site for its lethal nuclear arsenal'

Disarm, c/o Sam Baneham,
Otterstown Rd., Athboy, Co. Meath.

RATES: Ireland & Britain £5 Elsewhere (air) £10 Institutions £20

Divorce Action Group,
96, Lower Baggot Street,
Dublin, 2
(01) 764513

Defend the Clinics,
16, North Great Georges Street,
Dublin, 1
(01) 316279.

Cyclist Action Group,
c/o, 4-5, Eustace St.,
Dublin 2. (01) 7274332

H.E.L.P.,
(Help End Lead in Petrol),
79, Waterloo Road,
Dublin 4.

Finglas Environmental Committee,
c/o, 62, Kildonan Road,
Finglas West,
Dublin 11.

Irish El Salvador Support Committee,
Pennock Hill,
Swords,
Co. Dublin
(01) 401358

Survival International (Ireland)
17, Parkview Avenue,
Harolds Cross,
Dublin, 6
(01) 602511

Threshold Information & Advice Centre
(for Flat Dwellers & Landlords)
52, Lower Rathmines Road,
Dublin 6
(01) 964634 also Fr. Mathew Quay,
Cork tel. (021)271250

Living City Group,
4, Upper Fitzwilliam St.,
Dublin 2.

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POPULAR MISCONCEPTION OF TYPICAL ANARCHIST



ACTUAL ANARCHISTS IN REAL LIFE.

CHILDREN

Explorers Clubs (for Gifted Children),
C/o 27, Glenomena Park,
Blackrock,
Co. Dublin.
(01) 693163
Enrichment activities for gifted primary school children in vocational schools under their Adult Education Programme. Meets after school hours, evenings and Saturday mornings. Fees vary between £20 to £30 per 10 week session. Branches in Dublin city and county, Bray, Maynooth, Limerick and Sligo.

Northern Ireland Children's Holiday Scheme
Inniskeel House,
Narin,
Co. Donegal
(075) 45103
Permanent centre for Northern Ireland Childrens Holiday Scheme. Also organises workcamps, reconciliation weekends, volunteer training and accommodates 50. Participation costs: Adapted to size and resources of interested groups.

Between,
Dunlaoi,
8, North Mall,
Cork.
Community development work and holiday projects for women and children of both communities in Northern Ireland.

Cuidiu,
Irish Childbirth Trust,
1, Clover Lawn,
Skehard Road,
Cork.
(021) 3611179
We run ante-natal classes, breast-feeding counselling, post-natal support, mother/baby/toddler mornings, swimming group, social events for parents and children and evening public meetings. Membership: £5. Monthly public meeting: Tuesday mornings, Grand Parade Hotel, Cork.

Taylormade,
Kilmanagh,
Co. Kilkenny
(056) 69109
We manufacture wholesome, tough and practical 100% cotton clothes for children from 6 months to 10 years old.

Cherish,
2, Lower Pembroke Street,
Dublin, 2
(01) 682744
Confidential service giving information and advice for single women, during and after pregnancy, on S.W. Allowances, legal matters, taxation, day care, retraining, employment etc. second hand baby clothes, cots and prams etc.

Adoptive Parents Association of Ireland,
17, Clyde Road,
Ballsbridge,
Dublin, 4
(01) 682685

Action for Children,
c/o I.S.P.C.C.,
Molesworth Street,
Dublin, 2

Action for Children,
c/o I.S.P.C.C.,
23, Sullivan's Quay,
Cork.
Correspondence address only.

Adoption Board,
(An Bord Uchtala),
65, Merrion Square,
Dublin, 2
(01) 763891

All Children Together,
c/o 26, My Lady's Mile,
Holywood,
Co. Down.

A.W.C.C.,
Assoc. of Workers with Children in Care,
Marymount Training Centre,
Convent Avenue,
Sunday's Well,
Cork.

Assoc. for the Welfare of Children in Hospital (Irl),
11, Hyde Park,
Dalkey,
Co. Dublin
(01) 859026

Barnados,
244, Harolds Cross Road,
Dublin, 6
(01) 977276

C.A.R.E.,
(Campaign for the Care of Deprived Children),
c/o 244, Harolds Cross Road,
Dublin, 6

Child Minders Union,
c/o Glebe House,
Midleton,
Co. Cork.

Foundation for Prevention of Childhood Handicaps,
c/o St. James' Hospital,
Dublin, 8
(01) 537951 ext. 2711

Hyperactive Childrens Support Group (Irl),
4, Elton Park,
Sandycove,
Co. Dublin
(01) 808766

Irish Association for Gifted Children - An Oige Threitheach,
c/o Royal Dublin Science Section,
Thomas Prior House,
Ballsbridge,
Dublin, 4
(01) 944976

Irish Pre-school Playgroups Association,
19, Wicklow Street,
Dublin, 2
(01) 719245

Irish Society for Autistic Children,
14, Lr. O'Connell Street,
Dublin, 1
(01) 744684

Federation of Services for Unmarried Parents & Their Children,
11, Clonskeagh Road,
Dublin, 6
(01) 698351

Irish Society for Brain Injured Children,
Kilnacourt House,
Portarlington,
Co. Laois
(0502) 23139

Irish Institute for the Achievement of Human Potential,
Kilnacourt House,
Portarlington,
Co. Laois
(0502) 23139

Irish Society for the Prevention of Cruelty to Children,
20, Molesworth Street,
Dublin, 2
(01) 760423

Irish Society for the Prevention of Cruelty to Children,
23, Sullivan's Quay,
Cork.
(021) 962485

Marrowbone Lane Fund,
19/20, Fleet Street,
Dublin, 2
(01) 771954

National Childrens Day Association,
c/o 23, Molesworth Street,
Dublin, 2
(01) 375171

World Organisation for Early Childhood Education (OMEP),
St. Vincent's Day Nursery,
Ballyfermot,
Dublin, 10

National Society for the Prevention of Cruelty to Children,
Northern Ireland H.Q.,
16, Rosemary Street,
Belfast, 1
(0232) 40311

N.I. Pre-School Play-Group Association,
6, Lower Crescent,
Belfast 7
(0232) 33385

Ally,
Dominican Priory,
Dorset St.,
Dublin 1.
(01) 740300

Gingerbread,
12, Wicklow St.,
Dublin 2.
(01) 710291

Sexual Assault Treatment Centre,
Rotunda Hospital,
Dublin, 1
(01) 748111

Incest Crisis Service,
(01) 743796

Children First,
40, Ailesbury Lawn,
Dublin, 16

Civics Institute of Ireland,
St. Brigids Nursery Centre,
Mountjoy Square Park,
Dublin, 1
(01) 744340

Sanctuary Trust,
P.O. Box 1744,
Dublin, 8

COMMUNITIES

This section lists the addresses and activities of various people who have come together in like-minded pursuance of an ideal. If you wish to visit, or get more involved in these communities please send an S.A.E. to them, since they will find it hard to cope with people just dropping in.

Kings River Community
Ennisnag,
Stoneyford,
Co. Kilkenny.
A projected Organic Farm with craft workshops in conjunction with care for disadvantaged people. A Heritage Centre along with a hydro-electric scheme is also envisaged. Starting in early 1987, any help, advice or query welcome. Charitable status sought.

Atlantis Commune,
Inishfree Island,
Burtonport,
Co. Donegal.
Tel: Dungloe 21311
Activities we are involved in : self-sufficiency, vegetarian farming, psychic and emotional exploration, home birth, child rearing, natural living, rejection of city life and habits, an alternative to 20th Century trends, turf cutting, own entertainment, creative self-expression, doing up an old sailing ship to pioneer a new commune in South America, encouraging self-reliance in all areas of life. Publications: Room to Breath, They call us the Screamers, Atlantis Alive, Atlantis Is, Atlantis Magic, Atlantis, Innisfree, Male Sexuality -The Atlantis Position.

The Meitheal Community,
Inch Fort,
Inch Island,
Co. Donegal.
(077) 74581 (for messages)
Spiritual based (non-denominational) working, self-supportive community of 6 adults and 1 child (currently) holistic lifestyle, meditation daily, working guests welcome. Activities involved in : Organic gardening, holistic healing,peace studies, alternative power, networking, currently transforming old World War 1 fort and barracks into Community Centre and gardens. Strong interest in Celtic Heritage, social and economic development. Various educational workshops held throughout the year. Publishes Quarterly Newsletter.

Northern Ireland Children's Holiday Scheme
(See Children)

Inisglas Trust Limited
The Deeps,
Crossabeg,
Wexford
(053) 28226
Land based Co-Op including cheesery, goat/cow herd, bakery, mill, wholefood shop, tree nursery - using bio-dynamic and organic methods. Interested in alternative medicine, Waldorf education, belly dancing, astronomy, astrology, womens emancipation, mens emancipation, knitting. Twinned with 'Some People in Leicester'

Cartwheel, Elinor & Elin,
West Cottage,
Inishfree,
Burtonport,
Letterkenny,
Co. Donegal.

Glencree Reconciliation Centre,

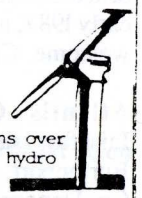
1, Belgrave Square,
Dublin, 6
(01) 967177

Mourne Grange,
Kilkeel,
Co. Down
Kilkeel 62228

Rural Resource Org.,
South Boundary,
Shannon,
Co. Clare

Some People Community,
12, Bartholomew Street,
Highfields,
Leicester LW2, 1FA,
England.
Community, going nine years in Leicester, England intends to establish a second focus in the Irish Republic. Main aims; Co-operation, accountability to each other, non-exploitative lifestyle, social change by example. Otherwise open to possibilities. Probably land based with community business, income sharing etc. We would welcome contact from anyone interested. Capital not essential. Write to: Some People Community at the above address.

PRIMARY ENERGY



WIND ENERGY AND RENEWABLE ENERGY SYSTEMS

IRISH DISTRIBUTORS FOR THE SUCCESSFUL RUTLAND WINDCHARGER

Added to the demand for more economic ways to produce power are concerns over safety and pollution. Natural or renewable energy systems using wind, hydro or solar energy can provide the answer on all counts.

Primary Energy are designers and installers of renewable energy systems. We can supply equipment for most renewable energy projects using wind energy, hydro or solar power. Drawing on wide experience we can make an independent assessment of equipment and carry out an evaluation of the energy resource, and hence the projects overall viability.

The following list illustrates the wide range of applications for renewable energy systems:

* Automatic feeding for fish farms
* Electric fencing
* Electricity supply for remote premises
* Hydroelectricity for domestic and agricultural power
* Land drainage
* Navigation aids
* Telecommunications and Microwave links
* Telemetry power systems
* T.V. repeaters
* Water pumping for agriculture and domestic supply
* Wind energy systems for agricultural and industrial use

For information contact: Primary Energy, 9 Kilderry Lane, Muff, Co. Donegal

Telephone : (077) 84107/364015/080504

CO-OPERATIVES

A co-operative is a formal, legally established association of individuals, usually of limited means, who have voluntarily joined together to achieve common ends through the formation of democratically owned and controlled enterprises.
All co-operatives are legal entities and even the worker co-operatives are the legal employers of their own worker members. Co-operatives are governed by common law, specific legislation and regulations which cover the way they operate as a business and the way they produce, sell and advertise goods or services. All co-operatives must observe wage awards and working conditions. Workers have a legal right to join trade unions and it is illegal to prevent workers from joining unions.
There are three major types of co-operatives:
Workers Co-operatives: the members are the workers who join together to conduct a business and create and maintain their own employment. The workers are collective entrepreneurs who may or may not appoint managers. If there are managers they are accountable to the workers.
Consumer Co-operatives: the members are individuals who join together to provide common goods or services. If the co-operative has employees they usually work in an employee relationship to management. There may be strong emphasis on member decision making and participation. Workers may be encouraged to become members and participate in decision making. The provision of a continued service/benefit to members is central.
Marketing/Producer Co-operatives: the members are self employed individuals/businesses, providing similar products/services, joining together to collectively buy and/or sell goods and services. These co-operatives tend to operate on traditional business and management principles and practices.
Conversion co-operatives are existing business enterprises (sole trader, partnership, company) which convert into co-operatives - usually a worker co-operative.
There are six fundamental principles of co-operation:
1. Open and Voluntary Membership:
Membership of a co-operative should be voluntary, and available without artificial restriction, or any social, political or religious discrimination, to all persons who can make use of its services and are willing to accept the responsibilities.
2. Democratic Control:
Co-operatives are democratic organisations. Their affairs should be administered by persons elected or appointed in a manner agreed by the members and accountable to them.
3. Limited interest on shares.
Share capital being service capital should only receive a strictly limited rate of interest.
4. Return of surplus to members.
Surplus or savings, if any, arising out of the operations of a co-operative belong to the members of that co-operative and should be distributed in such manner as would avoid one member gaining at the expense of others.
5. Co-operative Education:
All co-operatives should make provision for the education of their members, officers and employees and of the general public in the principles and techniques of co-operation, both economic and democratic.
6. Co-operation among co-operatives:
All co-operative organisations, in order

to best serve the interest of their communities, should actively co-operate in every practical way with other co-operatives at local, national and international levels.

Quay Co-Op.,
24, Sullivans Quay,
Cork
(021) 967660
The Quay Co-Op is made up of the Women's Place, Pre-School, Resource Centre, Restaurant, Bookshop and Wholefood Shop. These are run by the workers in a co-operative way. All the profits are used to expand the work of the Women's Place, Resource Centre and the Pre-School.
The Co-Op provides services and facilities at a reasonable cost to low-income groups such as Community Groups, Unemployed Groups etc.
The Quay Co-Op aims for an equal number of women to be involved in all projects and ensures that there is no discrimination on grounds of race, sex or sexual orientation.
The Co-Op welcomes qeuries from others interested in setting up Worker's Co-Operatives and would be pleased to put its knowledge and experience at their disposal.
Further information and a list of charges can be obtained from the office Monday - Friday 10.30 a.m. to 5.30 p.m.

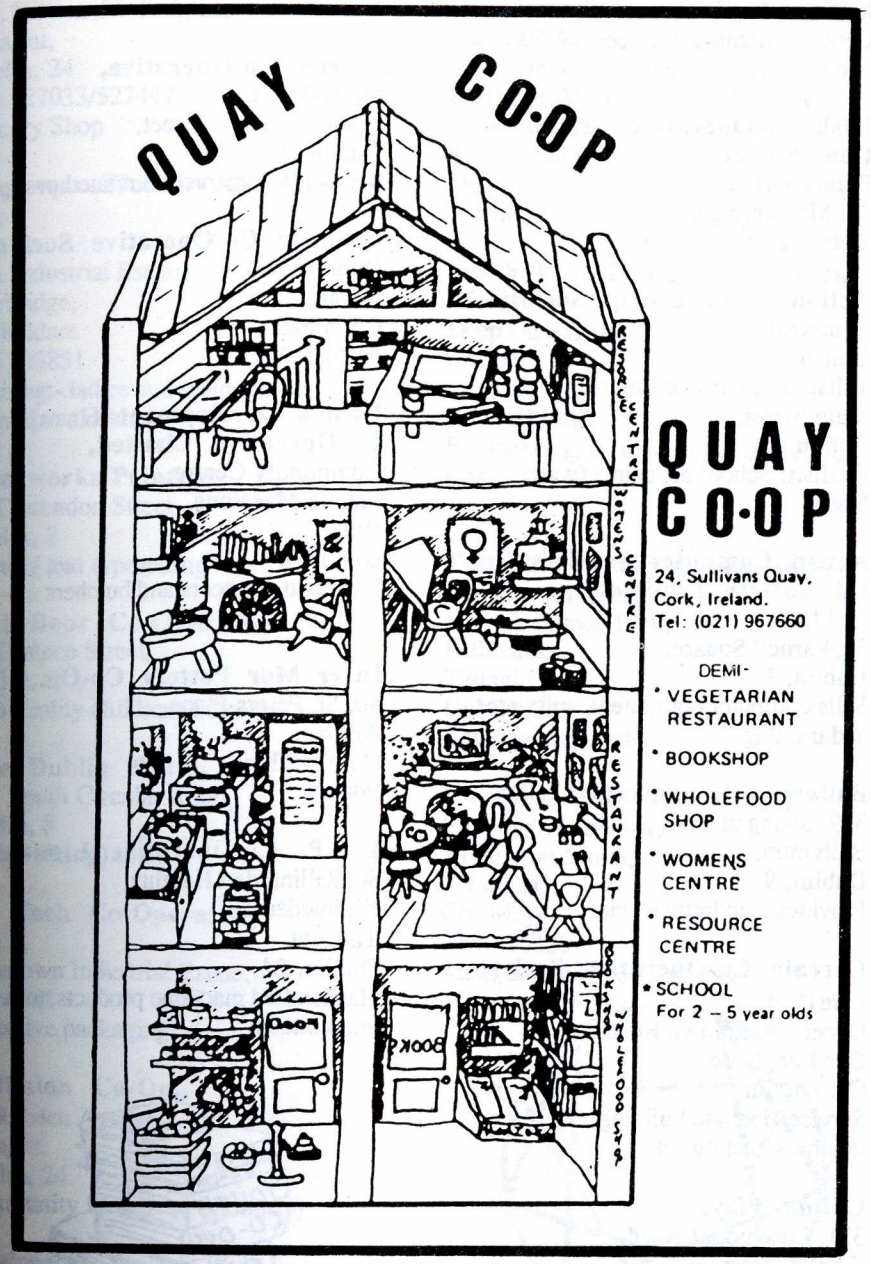
Inisglass Trust,
(See Communities)

Co-Operative Development Centre Waterford,
Unit 26,
Johnstown Ind. Centre,
Waterford.
(051) 77502/55142
We are involved in the setting up of Workers Co-Operatives, helping people to set up their own business, training courses, identify and research ideas for viable businesses. Affiliated Groups: ACTED, Community Workers Co-Op, Society of Co-Op Studies in Ireland, Waterford CTU.

Rainbow Warehouse,
Abbey St.,
Clonmel,
Co. Tipperary.
A spacious warehouse which at present houses the Abbey Restaurant Co-Operative, Clonmel Organic Growers Co-Op and the Honeypot Wholefood Shop. We hope to expand to include other co-operative ventures, sharing resources under one roof.

Dublin Resource Centre/A Workers Co-Op,
6, Crowe Street,
Dublin, 2
(01) 771974
Square Wheel bicycle works/bike lock-up, New Tech Engineering, Well Fed Cafe, Well Red Bookshop, Print-run/Laserworks (printing & typesetting), Screencraft (screenprinting), The Cutting Room (hairdressers), layout & design area for 'Out' magazine. Tai Chi classes on Tuesday/Wednesday nights. Cafe area is also used in the evenings as a meeting place and we also hold benefit gigs at weekends for various campaigns, etc.

Get Tallaght Working Co-Operative Society Ltd.,
1, Main Street,
Tallaght,
Dublin 24.
(01) 515911
Job creation projects; lobbying for



jobs for Tallaght; represented on Tallagh Comtec & Tallaght Enterprise Centre. Membership fees: £1.50 Video ' Get Tallaght Working'.

Irish Co-Operative Organisation Society,
Plunkett House,
84, Merrion Square,
Dublin 2. (01) 764783

Action Paint Co-Op Society Limited,
Unit 6,
Tallaght Enterprise Centre,
Main Street,
Dublin, 24
Product: School art paints (water based)

Aonad Computer Services Co-Op Society Limited,
lst Floor,
32, Parnell Square,
Dublin, 1
Sells computer equipment, software and training

Ballymun Laundrette Co-Op.,
309, Shangan Rod,
Ballymun,
Dublin, 9
Provides laundrette service

Carraig Co-Operative Society Limited,
Upper Monkstown Road,
Dun Laoghaire,
Co. Dublin
Services include building, signs and graphics, metalwork

Childs Play,
321, Casemount Road,
Finglas West,
Dublin, 11
Provides day care centre, creche, playschool

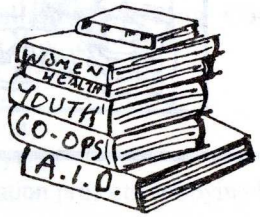
Cotech Co-Operative,
St. Andrews,
114/116, Pearse Street,
Dublin, 2
Service in construction related products

Crannac Co-Operative Society,
Dublin Road,
Navan,
Co. Meath
(046) 21217

Fatima Development Group Co-Operative Limited,
Community Centre,
Fatima Mansions,
Rialto,
Dublin, 8
Laundrette, grocers and butchers service.

Inver Mor Pottery Co-Op.,
40, St. Peters Place,
Arklow,
Co. Wicklow
Pottery

K.C.P. Co-Operative Limited,
80, Killinarden Heights,
Killinarden,
Tallaght,
Dublin, 24,
Handcrafted macrame products, toys and knitting



Killinarden Enterprise Society,
158, Killinarden Heights,
Tallaght,
Dublin, 24
(01) 527033/527447
Grocery Shop

Kingswear Workers Co-Operative,
Unit 4,
IDA Industrial Estate,
Newbridge,
Co. Kildare
(045) 33851
Clothing:- ladies and childrens and protective clothing

Laserworks/Printrun,
38, Clarendon Street,
Dublin, 2
Printing and typesetting

Next Door Co-Operative,
15, Eustace Street,
Dublin, 2
High quality childrens knitwear

Olde Dublin Tours,
498, South Circular Road,
Dublin, 8
City (walking) tours

Pac Tech Co-Operative,
Unit 3,
Johnstown Industrial Estate,
Waterford
Protective packaging

Parthalon Co-Op.,
34, Raheen Avenue,
Tallaght,
Dublin, 24
Community Magazine (monthly)

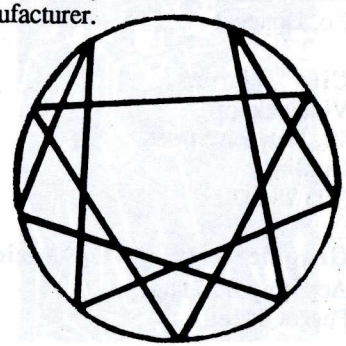
Potaireacht Tir an Fhia,
158, Killinarden Heights,
Tallaght,
Dublin, 24
Pottery, table lamps etc.

Rutland Worker's Co-Operative,
83, Gardiner Street,
Dublin, 1
Furniture

South East Engineering Co-Op Limited,
Deepwater Quay,
Cobh,
Co. Cork
(021) 811963
Engineering, factory maintenance, marine.

Tallaght Women's Community Co-Op Limited,
431, Cushlawn Park,
Killinarden,
Tallaght,
Dublin, 24
Catering and creche

Westport Shoe Co-Operative Society Limited,
Altamount Street,
Westport,
Co. Mayo,
(098) 25320
Mens and boys fashion shoes manufacturer.



Winstanley Footwear Co-Operative,
IDA Centre,
New Street,
Dublin, 8
Welted mens footwear

Womens Community Press,
44, East Essex Street,
Dublin, 2
(01) 712149
Printing and publishing feminist literature.

Birr Co-Op Society Limited,
Market Square,
Birr,
Co. Offaly

Boyneside Leather and Sewing Co-Op Society,
c/o Order of Malta Workshops,
Donore Road,
Drogheda,
Co. Louth

Ennis Co-Op Enterprise Society Limited,
c/o Colaiste Mhuire,
Ennis,
Co. Clare

Sprackburn Co-Op.,
High Street,
Letterkenny,
Co. Donegal

City Visions,
Video Co-op.,
42, Dawson Street,
Dublin, 2
(01) 784970

Graphic Arts Co-Op Society,
Academy Buildings,
Pearse Street,
Dublin, 2
(01) 772895

N.I. Council of Co-Operative Org.,
New University of Ulster,
Coleraine,
Co. Derry

Sherkin Island Knitters Co-Op.,
c/o Brid Collins,
Sherkin Island,
Baltimore,
Co. Cork

North Inner City Co-Op.,
82, Gardiner Street,
Dublin, 1

Whiterock Pictures,
707, Springfield Road,
Belfast BT12 7QX

National Assoc. of Building Co-Operatives,
Co-Op Housing Movement,
88, Merrion Square South,
Dublin, 2
(01) 612877

Northern Ireland Federation of Housing Associations,
123, York Street,
Belfast BT15 1AB

Irish League of Credit Unions,
Castleside Drive,
Dublin, 14
(01) 908911

Society for Co-Op. Studies in Ireland,
c/o Co. Development Offices,
Lifford,
Co. Donegal

Centre for Co-Operative Studies,
U.C.C.,
College Road,
Cork.
(021) 276871 Ext.2570

Newry & Mourne Co-Op
W.I.N. Industrial Estate,
Newry BT35 6PH,
Co. Down
(0693) 5436

Carrigdhoun Co-Op.,
Carrigaline,
Co. Cork
(021) 372305

HOUSING CO-OPS

With the exception of "self build" there has been little development of the Housing Co-op movement in Ireland.
Self Build Housing Co-ops: Over 23,600 houses built to date. A co-op is formed to facilitate site purchase and development. On completion of project co-op is usually disbanded.
Rental Housing Co-ops: There are a number of groups currently attempting to form rental co-ops, in Cork and Dublin where units are owned by the co-op and rented to members.
Co-ownership Housing Co-ops: One project under consideration in Dublin has individual units owned by members who co-operatively manage overall complex.
Info: Co-owner Housing Co-ops.,
11, Wellington Square,
Magazine Road,
Cork.
Also: Nabco. 84, Merrion Square, Dublin.



Clifford Harper

CRAFTS

Cloghan Wool Workshop,
(Anne N. Decker/Phil Pearce),
Eyeries Cross,
Inches,
Bantry,
Co. Cork.
(027) 74147
Craft workshop for processing locally produced fleeces, hand spinning, plant dyeing and production of original knitwear, courses in spinning and dyeing. Craft Shop & Cafe adjoin the workshop. Scope for development into Beara Craft Centre with craftworkers using additional space and the craft shop on a co-operative basis. We would like to hear from interested people (weavers,woodworkers etc)

Wooden Heart Natural Toys Ltd.,
Kilchreest,
Loughrea,
Co. Galway,
(091) 41906
Distribution of wooden and educational toys. Spiritual books available at our retail outlet: Quay St, Galway.

Judith Hoad,
Casheloogary,
Inver,
Co. Donegal.
Vestment maker, teacher of hand-spinning, weaving and calligraphy. You organise a group, I travel to you anywhere in Ireland. As shoestring publications I market the book 'This is Donegal Tweed'. Video:'Woollen Spinning for beginners'. Please write for details.

Bunratty Castle & Folk Park,
Bunratty,
Co. Clare
(061) 61511

Clare Craftworkers Assoc.,
Bunratty Potter,
Bunratty Folk Park,
Bunratty,
Co. Clare.
(061) 71343

Co. Wicklow Craftworkers Association,
Wicklow County Dev. Team,
County Hall,
Wicklow
(0404) 2324

Monaghan Crafts Association,
29,. Market Street,
Monaghan.

North Tipperary Craftworkers Assoc.,
Ballyconnor,
Tiermoyle,
Letteragh,
Nenagh,
Co. Tipperary
Templederry 57 (Roscrea exchange)

Patchwork Guild,
288, Stranmillis Road,
Belfast 9

Waterford Crafts Ltd.,
28, Michael Street,
Waterford.
(051) 55733

TELL THEM YOU SAW IT IN THE DIRECTORY.

Wexford Craftworkers Assoc.,
Tintine,

The Rower,
Co. Kilkenny
(051) 23648

Marlay Craft Co-op,
Marlay Park,
Grange Road,
Dublin, 14
(01) 942834

Donegal Craftworkers Association,
Donegal County Development Team,
County House,
Lifford,
Co. Donegal

Mayo Crafts Association,
Cum Lahardane,
Ballina,
Co. Mayo
Lahardane 26

Cahill Crafts Ltd.,
The Quay,
Graiguenamanagh,
Co. Kilkenny
(0503) 24352

Ulster Folk & Transport Museum,
Cultra Manor,
Hollywood,
Co. Down

Irish Handweavers,
Tonssus,
Baily,
Howth,
Co. Dublin
(01) 322253

Open College,
36, College Square North,
Belfast
(084) 26953

Glenstal Abbey,
Murroe,
Co. Limerick
(061) 81103

The Crafts Council of Ireland,
Thomas Prior House,
Merrion Road,
Ballsbridge,
Dublin, 4
(01) 680764

Naomh Padraig Handcrafts,
Cloonshee,
Stokestown,
Co. Roscommon
(078) 37077
(Rushwork)

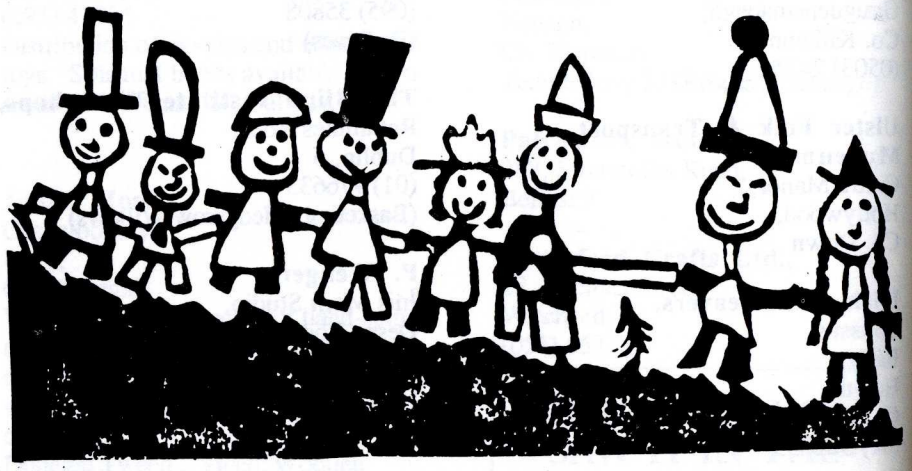
Malachy Kearns,
Roundstone Musical Instruments,
IDA Craft Centre,
Roundstone,
Co. Galway
(095) 35808
(Bodhrans)

The Blind Institute Workshops,
Rathmines Road,
Dublin, 6
(01) 976633
(Basketing - Hedgerow/Willows)

P. Wenger,
Inis Moin Studio,
Desart Lodge,
Cuffsgrange,
Co. Kilkenny
(056) 29934

EDUCATION

Apart from the State sponsored education courses, there are a fair amount of alternative education opportunities available. Below are listed many organisations that can supply information regarding a wide variety of subjects.
It is perhaps little known that if you wish to learn a certain subject and you can find 13 other people who also wish to take that course, then you V.E.C. officer will organise it for you - get rooms and pay the tutor. There will, of course, be a fee as with most adult education courses. Details can be obtained from your V.E.C. officer or from The Association of Adult Education Officers.



Psychic Associates,
c/o Rand B. Lee and Alex Lucker,
Foilnamuck,
Ballydehob,
Co. Cork.
(028) 37364
Workshops in psychic development, self-realisation, practical meditation, prosperity development, mediumship and the Tarot. Individual and group classes available. Free weekly public lectures Cork/West Cork area.
Counselling by appointment.
Publications: Earthsong The Psychic Associates Newsletter. (Also see Health)

Explorers Club (for Gifted Children)
(See Children)

St. Nicholas Montessori

College Ireland,
16, Adelaide Street,
Dun Laoghaire,
Co. Dublin
(01) 806064
Trains personnel in philosphy and methodology of education based on the theory and practice of Dr. Maria Montessori. Also a Montessori school for children from 3/12 years old. Has a thriving society of past and present students which meets monthly.
Annual Membership Fee : £15.
Branches in Cork, Galway, Limerick.
Publishes 6 monthly newsletter.

National Adult Literacy Agency,
14, Fitzwilliam Place,
Dublin, 2 (01) 607738
Actively promotes the development of a properly structured basic education service in Ireland. Holds meetings, seminars, local and regional workshops. Priorities include the development of Literacy work at local level; running a Resource Centre and information and advice service; publication of newsletters, pamphlets and student writings; training and research.

'The Pattern'
(See Health)

Waldorf Kindergarten School,
Camphill Village Community,
Duffcarrig,
Gorey,
Co. Wexford
(055) 25175
A small Waldorf Kindergarten school following Rudolf Steiner Education for children 3/5 years and a small school group for 6 years plus.

Experiment in International Living,
1, Rosslyn,
Killarney Road,
Bray,
Co. Wicklow
(01) 829284
Provides homestays with families in 50 countries and work projects in developing countries. Provides training in preparation for foreign living.
Places foreigners in Irish homes and schools.

Cork School Project,
C/o, Ronan Carroll,
11, Wellington Square,
Magazine Road,
Cork.
(021) 341610
Preparing to open a multi-denominational, co-educational school offering child-centred primary education in September, '87. Temporary site acquired hoping to eventually acquire purpose built school building and expand the numbers of pupils to an 8 teacher school. Meetings: Monday nights 8.00p.m. - 6, Cornmarket Street, Cork.

Education Otherwise,
c/o, Cilla Woodhouse,
107, Lr. Friars Walk,
Cork. (For Cork City & County)
or
c/o, Clare Weber,
Furnace,
Newport,
Co. Mayo. (For the rest of Ireland & N.I.)
Provides support and information, re-

sources and legal advice for home schoolers and anyone concerned with Education. Organises informal meetings, outings etc. Membership fees: £10 per annum. Contact with non-members welcome.

Redwood Ireland
(See Women)

I.D.E.A.,
(Improvement of Daytime Education for Adults),
14, Fitzwilliam Place,
Dublin 2.

Peoples College,
Adult Education Assoc.,
31, Parnell Square,
Dublin 1.
(01) 748221

Comhlamh,
4/5, Eustace St.,
Dublin 2.
(01) 716795

U.C.D. Extra-Mural Studies,
Belfield,
Dublin 4.
(01) 693244 Ext. 735

Connaught Adult Education Services,
Clondoyke
Glenamaddy,
Co. Galway.
Tel: Glenamaddy 65/67

N.W. World Development Education Project,
Icos Project,
Finisklin Road,
Sligo.

The Lagan College,
10, Osborne Gardens,
Belfast BT9 6LE
(0232) 667127

National Social Services Board,
71, Lower Leeson St.,
Dublin 2.
(01) 682422

Springhill Community House,
123, Springhill Avenue,
Belfast 12.

Aontas,
National Assoc. of Adult Education,
14, Fitzwilliam Place,
Dublin 2.
(01) 688692

Voluntary Service Inter.,
4/5, Eustace St.,
Dublin 8.
(01) 719067

Derry Youth & Community Workshop,
Lawrence Hill,
Derry.

Laviston Study Centre,
Laviston,
Kilkenny.
(056) 65245

Curriculum Development Unit,
28, Westland Row,
Dublin 2.
(01) 602433

Adult Literacy & Writing Group,
Education Rights Centre,

5, Churchfield Avenue,
Cork. (021) 307969
or
8, North Mall,
Cork. (021) 308681

HEDCO,
(Higher Education for Development Co-Operation),
Pembroke Row,
Dublin 2.
(01) 604666

Irish Mensa,
High I.Q. Society,
64, Mid Abbey St.,
Dublin 1.
(01) 731642

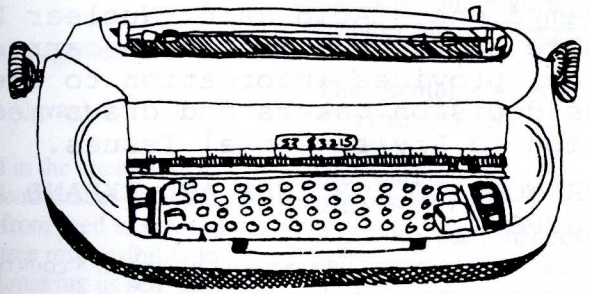
Ireland: Archaeology Literature Politics
U.C.D. International Summer School,
U.C.D.
Dublin, 2
(01) 751752

World University Service,
37, Wexford Street,
Dublin 2.
(01) 714181

Quay Co-op Pre-school,
c/o Quay Co-op,
24, Sullivans Quay,
Cork
(021) 311581
The pre-school is the only co-op project not actually situated in the Co-op building. Established in late 1985 it is situated in Old Blackrock Road and has to cater primarily for parents working in the co-op. It now aims to, and does, provide a service for any parent-particularly single parents - who have need of an inexpensive child-care facility.

Dept. of Adult Education,
U.C.C.,
College Road,
Cork.
(021) 276871 Ext. 2300

Trocaire Education Dept.,
169, Booterstown Avenue,
Blackrock,
Dublin.
Material, resources, speakers etc., on Third World issues.



ENVIRONMENT

Corrib Conservation Centre,
Rosscahill,
Co. Galway
(091) 80164
Aims for the promotion of wildlife and environmental conservation through education, research and publishing. Holds a regular programme of educational courses, outside lectures, wildlife and conservation research projects.

Macroom District Environmental Group,
An Chearnog Theas,
Maghchromtha,
Co. Chorcai
(026) 41150
Present activities include public lectures, The Environmentalist Magazine, tree nursery. Campaigns on local and international/national issues. Membership fees £5, £3/unwaged, OAP, students.

S.A.V.E.,
(Society Against Violation of the Environment),
4, James Terrace,
Malahide,
Co. Dublin
(01) 450456
Campaigns to protect the natural environment. Provides speakers and information. Membership fees:

EARTHWATCH

THE IRISH ENVIRONMENTAL ORGANISATION

Earthwatch is an environmental protection organisation working at Regional, National and International levels to protect the Irish Environment.

Main Campaigns: Acid Rain, Nuclear Pollution, Renewable Energy. Earthwatch carries out research, provides information to the public, lobbies decision makers and draws media attention to Environmental Issues.

FOR OUR WORK TO CONTINUE AND EXPAND WE NEED YOUR SUPPORT.

HARBOUR VIEW BANTRY COUNTY CORK IRELAND
TELEPHONE 027 50968
International + 353 27 50968
TELEX (UK) 265871 Quote ref EIM 394

Earthwatch,
Harbour View,
Bantry,
Co. Cork
(027) 50968
An environmental protection organisation working at regional, national and international level to protect the Irish environment. Carries out research, provides information to the public, lobbies decision-makers and draws media attention to environmental issues. Main Campaigns: Acid Rain, Nuclear Pollution, Renewable Energy. Membership fees: Individual £10, unwaged £6, household £15, unwaged £9. Individual £4.50/unwaged, £6.50/waged Household £7.50/ unwaged, £9.50 /waged. Publishes 'Save' Bulletin. Video 'Anti-fur Trade'

Future Forests Limited,
Maugha,
Kealkil,
Bantry,
Co. Cork (027) 66046
Growing of trees - development of organic nurseries. Use of wood chip - harvesting wood and providing unusual timber for craftsmen. We sell plants, timber, rock phosphate and give advice on suitability of trees. We also supply seeds.

Crann,
The Woodland Management Trust,
Killegar,
Co. Leitrim (via Cavan).
(049) 34411
We are involved in the creation of a centre for woodland studies covering all aspects of trees from seed to sawmill. Re-introducing tree responsibility to this country and making us self-sufficient for all our timber needs. Yearly membership: waged £7, unwaged £4, children £1, corporate bodies £20. Life membership: £100.

Cospoir,
Long Distance Walking Routes Committee,
Floor 11,
Hawkins House,
Dublin 2. (01) 714311 Ext. 102

Fleskwater Rural Regeneration Centre,
68, Fivey Road,
Strandcum,
Co. Antrim.
Research into sustainable fuels, recycling, animal rights, conservation at annual Fleskwater fair 21/31 August. Affiliated groups: Porthold magazine, 26, Enterprise Parade, Portstewart (026583)2348
Publications: Free newsheet to Stranocum area.

Friends of the Earth N. I.,
99, Prospect Road,
Portstewart,
Co. Antrim
(026583-2301 or 2348)
Campaigns the media, civil service, political parties etc. on environmental issues. Main campaigns: Save the Rainforests, 3rd World cash crop boycott, acid rain, recycling, clean seas. Membership; £10 waged, £5 unwaged.

The Ecology Party of N.I.,
99, Prospect Road,
Portstewart,
Co. Antrim
026583-2301
A political party that develops policies and promotes reforms in tax, social welfare, basic income, communities, ground rent, devolution, self-reliance, conservation and peace. Membership

£10 or £5 concession. Affiliated groups; Green Alliance, Dublin.

Dept. of Agriculture,
Agriculture House,
Kildare Street,
Dublin 2. (01) 789011

Dept. of Fisheries & Forestry,
22, Upper Merrion Street,
Dublin 2. (01) 789211

ECO,
The environmental Conservation Organisation for Youth,
The Tailors Hall,
Dublin 8.
(01) 783940

Electricity Supply Board,
27, Lr. Fitzwilliam St.,
Dublin 2. (01) 765831/771821

Environmental Sciences Unit,
Trinity College,
Dublin 2. (01) 772941 Ext. 1610

National Botanic Gardens,
Glasnevin,
Dublin 9. (01) 377596

Natural History Museum,
Merrion Street,
Dublin 2. (01) 765521

Office of Public Works,
51, St. Stephens Green,
Dublin 2. (01) 767541

Water Pollution Advisory Council,
Custom House,
Dublin 1. (01) 742961 Ext. 364

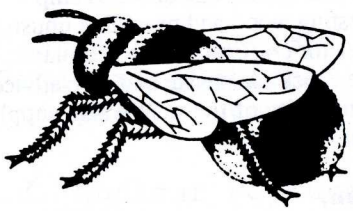
Wildlife Advisory Council,
c/o, Dept. of Fisheries & Forestry,
Leeson Lane,
Dublin 2. (01) 789211 .

Environment Awareness Bureau,
St. Martins House,
Waterloo Road,
Dublin 4. (01) 602511

Irish Conservation Society,
c/o, Zoology Dept.,
Trinity College Dublin,
Dublin 2.

Botanical Society of the British Isles,
Irish Regional Branch,
c/o, An Foras Forbartha,
St. Martins House,
Waterloo Road,
Dublin 4. (01) 764211 Ext. 284

Council for Environmental Education in Ireland,
c/o, Curriculum Development Unit,
18/19, Westland Row,
Dublin 2. (01) 602433



National Monuments Advisory Council,
Assistant Secretary,
Ely Place Upper,
Dublin 2. (01) 764071 Ext. 28

National Parks & Monuments Service,
Office of Public Works,
51, St. Stephen's Green,
Dublin 2. (01) 767541

Dept. of the Environment for Northern Ireland:
1) Conservation Branch, 2) Nature Reserves Committee, 3) Ulster Countryside Committee Hut 6, Castle Grounds, Stormont, Belfast BT4 3SS (0232) 768716
4) Historic Monuments & Buildings, 66, Balmoral Ave., Belfast BT9 6NY (0232) 661621 Ext. 21

Armagh Field Naturalists Soc.,
Armagh County Museum,
The Mall,
Armagh.

Belfast Naturalists Field Club,
c/o, Ulster Museum,
Belfast BT9 5AB.

Conservation Volunteers (N.I.),
The Pavilion,
Cherryvale Park,
Ravenhill Road,
Belfast BT6 0BZ.

Federation for Ulster Local Studies,
64, Knocksallagh Park,
Greenisland,
Carrickfergus,
Co. Antrim.

Fermanagh Naturalists Field Club,
'Crannog',
Rakeelan Clebe,
Enniskillan,
Co. Fermanagh.

Grass Roots Conservation Corps,
c/o, 37 Malone Hill Park,
Belfast 9.

Irish Museums Assoc.,
Ulster Museum,
Botanic Gardens,
Belfast BT9 5AB.

Irish Naturalists Journal Committee,
c/o, Science Library,
Queens University,
Lennoxvale,
Belfast BT9 5EQ.

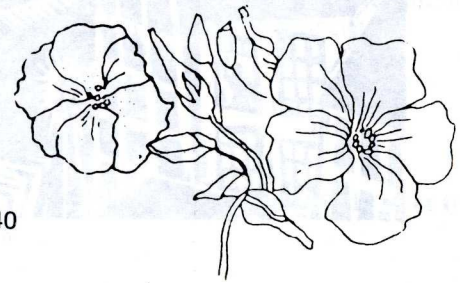
National Trust,
Rowallane,
Saintfield,
Co. Down.

Explore our Irish Heritage in Historic Donegal,
Contact Antoin O'Braoin,
(073) 21784

Royal Society for the Protection of Birds,
RSPB,
Belvoir Park Forest,
Belfast BT8 4ET (0232) 692547

Ulster Architectural Heritage Society,
181a, Stranmillis Road,
Belfast BT9 5DU

Ulster Trust for Nature Conservation,
The Conservation Centre,
11a, Stranmillis Road,
Belfast BT9 5AF (0232) 682552



Federation of Local History Societies,
Laurel Lodge,
Carlow,
Co. Kilkenny.

Federation of Mountaineering Clubs in Ireland,
20, Leopardstown Gardens,
Blackrock,
Co. Dublin.

Geographical Society of Ireland,
c/o, Dept. of Geography,
St. Patricks College,
Maynooth. (01) 285222 Ext. 352

Inland Waterways Assoc. of Ireland,
c/o, Stone Cottage,
Claremont Road,
Killiney,
Co. Dublin. (01) 852258

Irish Biogeographical Society,
3, Dundela Avenue,
Sandycove,
Co. Dublin.

Irish Museums Trust,
Gardiner House,
Ballsbridge,
Dublin 4. (01) 686411 Ext. 583

Irish Orienteering Assoc.,
Garryskillane,
Tipperary Town,
Co. Tipperary.

Irish Railway Record Society,
Heuston Station,
Dublin 8.

Irish Deer Society,
Oldboyles,
Enniskerry,
Co. Wicklow.

Irish Garden Plant Society,
c/o, National Botanic Gardens,
Glasnevin,
Dublin 9. (01) 377596

Irish Georgian Society,
Castletown House,
Celbridge,
Co. Kildare. (01) 2804043



Clifford Harper

Irish Wildbird Conservancy,
Southview,
Church Road,
Greystones,
Co. Wicklow. (01) 8757759

Irish Wildlife Federation,
112, Grafton St.,
Dublin 1. (01)761276

Maritime Institute of Ireland,
Heigh Terrace,
Dun Laoghaire,
Co. Dublin (01) 765841 Ext. 7245/7309

Salmon Research Trust of Ireland Inc.,
Farran Laboratory,
Newport,
Co. Mayo. (098) 41107

Society of Irish Foresters,
c/o, Royal Dublin Society,
Ballsbridge,
Dublin 4.

The Green Alliance/Comhaontas Glas,
15, Upper Stephen Street,
Dublin 8. (01) 7444380

Trees for Ireland,
Hon. Secretary,
22, Cabinteely Green,
Dublin 18. (01) 857543

Old Carlow Society,
"Arus na Greine",
Montgomery St.,
Carlow.

Clare Archaeological & Historical Soc.,
c/o, St. Marys College,
Ennis,
Co. Clare.

The Heritage Trust,
19, Upper Fitzwilliam St,,
Dublin 2. (01) 762502

The Irish Ramblers Club,
13, La Vista Avenue,
Sutton,
Dublin 13.

The Royal Society of Antiquaries of Ireland,
63, Merrion Square,
Dublin 2. (01) 761749

Shannon Archaeological & Historical Soc.,
Drumline,
Newmarket-on-Fergus,
Co. Clare.

Charleville & District Historical & Archaeological Soc.,
Knights Lodge,
Charleville,
Co. Cork.

Cobh Historical Society & Museum,
Scots Church,
High Road,
Cobh,
Co. Cork.

Cork Historical & Archaeological Soc.,
Ballysheehy Lodge,
Clogheen,
Co. Cork.

Cumann Seanchais an Banndan-
Bandon Local History Society,
'Bawnishal',
Hare Hill,
Bandon,
Co. Cork.

Knockadoon Field Study Cer tre,

Knockadoon,
Ballymacoda,
Co. Cork.

Sherkin Island Marine Station/Outdoor Pursuit Centre,
Sherkin Island,
Baltimore,
Co. Cork.

Co. Donegal Historical Society,
61, Cluain Barron,
Ballyshannon,
Co. Donegal.

Balbriggan Historical & Cultural Soc.,
'Sheemore',
Market Green,
Balbriggan,
Co. Dublin.

Dublin Archaeological Soc.,
54, Meadowbrook,
Baldoyle,
Dublin 13. (01) 390460

Dublin Naturalists Field Club,
C/o, Trinity College Botanic Gardens,
Palmerston Park,
Dublin 6. (01) 972070

Dun Laoghaire Borough Historical Soc.,
35, Glenageary Woods,
Dun Laoghaire,
Co. Dublin.

Foxrock Local History Club,
21, Kilteragh Road,
Foxrock,
Co. Dublin. (01) 894896

Friends of Medieval Dublin,
c/o, Dept. of Medieval History,
University College,



Dublin. (01) 693244 Ext. 8312

Na Coisthe: Family Rambler Group,
c/o, 13, Northland Drive,
Glasnevin,
Dublin 11. (01) 343195

Old Dublin Society,
City Assembly House,
58, South William St.,
Dublin 2.

Rathmichael Historical Society,
4, Springfield Park,
Foxrock,
Co. Dublin.

Thomand Archaeological Society,
9, Castletroy,
Limerick.

Longford Historical Society,
Longford.

Co. Louth Archaeological & Historical Soc.,
5, Oliver Plunkett Park,
Dundalk,
Co. Louth.

Duleek Historical Society,
'Endevere'.
Duleek,
Co. Meath.

Meath Archaeological & Historical Soc.,
Skryne Castle,
Tara,
Co. Meath.

Offaly Historical Society,
Branches: Banagher, Birr, Edenderry, Kilcormac, Tullamore.

Nenagh District Heritage Society,
The Governor's House,
Convent of Mercy,
Nenagh,
Co. Tipperary.

Old Cashel Society,
c/o, John P. Knightly,
The Green,
Cashel,
Co. Tipperary.



Ormond Historical Society,

'Rose Maria'
Tyrone,
Nenagh,
Co. Tipperary.

Roscrea Heritage Society,
Damer Annex,
Castle Courtyard,
Roscrea,
Co. Tipperary.

Waterford Literary & Historical Soc.,
37, The Quay,
Waterford. (051) 72141

Moate Historical Society,
'Avila',
Moate,
Co. Westmeath.

New Ross Historical Society,
New Ross,
Co. Wexford.

Ui Cinsealaigh Historical Soc.,
Broadway,
Wexford.

Wexford Historical Scoiety,
61, Talbot Green,
Wexford.

Culann Historical Society,
'Avalon'.
Seapoint Road,
Bray,
Co. Wicklow. (01) 863622

West Wicklow Historical Society,
Main Street,
Balinglass,
Co. Wicklow. (0508) 81221

Royal Canal Amenity Group,
Brook Lodge,
Navook Lodge,
Navan Road,
Castleknock,
Co. Dublin.

The Clondalkin History Society,
85, St. John's Wood,
Clondalkin,
Co. Dublin. (01) 571761

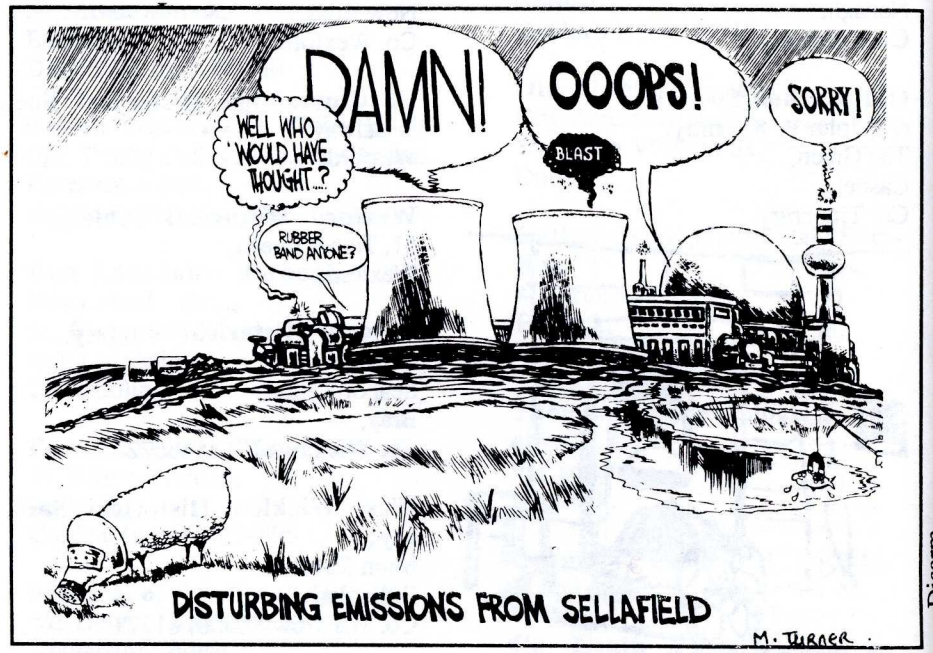
Waste Watchers,
87, Airlie Heights,
Lucan,
Co. Dublin
Promotes recycling of waste materials.

Kerry Archaeological & Historical Society,
c/o, Kerry County Library,
Moyderwell,
Tralee,
Co. Kerry.

Oidhreacht Chorca Dhuibhne,
(Dingle Peninsula Heritage)
Baile-an-Fhirtearaigh,
Tra-Li,
Co. Ciarrai.

Duchas,
Tullaherin Parish Heritage Society,
Thomastown Road,
Bennetsbridge,
Co. Kilkenny.

Kilkenny Archaeological Society,
Rothe House,
Kilkenny.



Disarm

FAMILIES

As the name implies this section is devoted to family groups. The people involved in these groups support or advise individuals and those with family-related problems often using continuous counselling when necessary. If your needs are not accommodated in this section then cross-referencing with the 'Children', 'Women' and even 'Health' sections could help.

AIM Group for Family Law Reform,
(See Legal & Civil Rights)

ADAPT,
Adapt House,
Rosbrien,
Limerick.
(061)42354
Family refuge for mothers and children. Also counselling service and advice. Call or phone. Provides information, leaflets, speakers to schools, associations etc. in connection with family violence. Member of the Federation of Family Refuges.

Cherish
(See Women)

Aid for Parents under Stress,
Open Door Centre,
Cathedral St.,
Dublin 1. (01) 742066

Family Law Reform Group,
Parnell Square,
Dublin 1. (01) 746633

Divorce Action Group,
96, Lower Baggot Street,
Dublin 2. (01) 764513

Association of Interchurch Families,
C/o, Irish School of Ecumenics,
Milltown Park,
Dublin 6.
(01) 698607
Founded in 1973, we work to support and inform married and engaged couples of different Christian denominations. We can provide information and advice on all aspects of interchurch marriage - wedding, baptism, communion etc. We assist in running an ecumenical pre-marriage course for interchurch couples. Membership: £10 per couple per annum.

Adoption Board,
65, Merrion Square,
Dublin 2. (01) 763891

Adoptive Parents Assoc. of Ireland,
17, Clyde Road,
Dublin 4. (01) 682685

Adoption Advice Service,
Barnados,
244, Harolds Cross Road,
Dublin 6. (01) 960042
(Tuesdays only)

Al-Anon Family Groups,
12, Westmoreland St.,
Dublin 2. (01) 774195

A.W.C.C.,
Association of Workers with Children in Care,
Marymount,
Convent Avenue,
Sundays Well,
Cork.

Birth Control:
Belfast: NI FPA 47, Botanic Ave., B7, tel. (0232) 225488
Well Women's Centre c/o Open College, College Square Nth., B2.
Bray (near Rochalls): Strand Road, tel. (01) 860401/828088
Cork FP. Clinic, 4, Tuckey St., Grand Parade - Tel. (021) 502906 (appt. only)
Derry: FPA, 18-20, Bishop St. tel. (0504) 260016
Dublin: FP Centre, 10, Merrion Square, Dublin, 2 Tel. (01) 767852
FPS 67, Cathal Brugha Street, Dublin, 1 tel. (01) 727363
(Adolescent Telephone Service ACTS).
IFPA, P.O. Box 908, 15, Mountjoy Square, Dublin, 1 tel. (01) 744133/729574.
Ovulation Method Advisory Service, 16, Nth. Gt. George's St., Dublin, 1 tel. (01) 786156.
Dungarvan FP Clinic, 11, Wolfe Tone Road, tel. (058) 42617.
Dun Laoghaire, FPS, 78, Lr. George's St. tel (01) 850666
FP. 10, Patrick St., Dun Laoghaire, tel. (01) 803206.
Galway: FP Clinic, 16, Merchant's Road tel. (091) 62992
Limerick: FP Clinic, 4, Mallow Street tel. (061) 312026
Navan: IFPA Trimgate St., tel. (046) 21143
Waterford; 7, Michael Street.
Open Line Counselling, c/o Ruth Riddick. (01) 680042

Marriage and Family Institute,
5, Clare St.,
Dublin 2. (01) 765371

Marriage Counselling Services Ltd.,
24, Grafton St.,
Dublin 2. (01) 720341

Bereaved Parents Assoc.,
St. Francis Day Hospital,
Grange Road,
Raheny,
Dubin 5. (01) 318788

Challenge,
Counselling for single and adoptive parents,
Sion House,
Sion Road,
Kilkenny. (056) 21653

Federation of Service for Unmarried Parents and their Children,
11, Clonskeagh Road,
Dublin 6. (01) 69835

Gingerbread Ireland,
Top Floor,
12, Wicklow St.,
Dublin 2. (01) 710291

Irish Sudden Infant Death Assoc.,
34, Sycamore Road,
Meadowbrook,
Dundrum,
Dubin 16. (01) 983112

Incest Crisis Service
(01) 743796

Separated Persons Assoc.,
67, Blessington St.
Dublin 1. (01) 381101

Friends of the Elderly,
7, Charlemont Street,
Dublin, 2
(01) 757818
We offer a variety of services for the elderly in Dublin city centre (e.g. visiting, advocacy, outings, transport etc.).

A WORKER'S CO-OPERATIVE

Natural Foods
RESTAURANT

QUAY CO-OP

11AM—6PM MON. TUES. SAT.
11AM—9PM WEDS. THURS. FRI.
COFFEE & CAKES
SALADS & SAVOURIES
SOUP OF THE DAY — LUNCHES
FULL EVENING MEALS
WITH TABLE SERVICE
WINE LICENSE OR B.Y.O.

DISCOUNT TO STUDENTS, PENSIONERS, UNEMPLOYED

24 SULLIVANS QUAY, CORK
TEL. (021)967660

FOOD

Quay Co-Op Foodshop,
24, Sullivans Quay,
Cork.
(021) 967660
We stock all you need for a healthy diet: beans, grains, yoghurt, cheeses, fresh fruit and veg (organic when available), oils, free range eggs, dried fruit and nuts. We sell fresh bread daily, and stock Nicaraguan coffee together with a wide range of general groceries. In our shop we also have a wide range of herbs and spices. We try our best with advice and information and offer a discount of 10% on bulk orders.
Opening hours: Mon/Tues/Wed/Sat 10.00 a.m. - 6.00 p.m Thurs/Fri 10.00 a.m. - 8.00 p.m.

Tir na nOg,
Grattan St.,
Sligo.
(071)62752
Wholefood shop located in old butchers premises featuring Irish organic vegetables and herb plants, Irish farmhouse cheeses, home-made bread and cakes.

A Humble Natural Food Shop,
Rowe St.,
Wexford.
(053)24624
Retailing wholefoods, natural medicines & cosmetics, locally organic bread, cheese and cakes.

Eiri na Greine,
Wholefood Restaurant & Shop,
Main St.,
Dingle,
Co. Kerry.
Wholefood Restaurant & Shop.

Vegetarian Society of Ireland,
Blacklion Cottage,
Blacklion,
Greystones,
Co. Wicklow.
(01)875033
Public meetings, cookery demonstrations, quarterly magazine 'The Irish Vegetarian', stalls at exhibitions, information and advice, leaflets etc.

Organic and Natural Foods,,
Inichicurka,
Shanlara,
Dunmanway,
Co. Cork.
(023)45719
Wholesale and retail, mail/telephone order and delivery service. Supplying organic and natural wholefoods and other goods which help us live in harmony with the planet. We campaign to promote the use and availability of organic and natural foods. 10% of our profits are donated to 'Earthwatch'.

The Abbey Co-Op Wholefood Restaurant,
Rainbow Warehouse,
Abbey St.,
Clonmel,
Co. Tipperary.
South Tipperary's only vegetarian wholefood restaurant. Organic produce used when possible. Come and join us!



Quay Co-Op Restaurant,
24, Sullivan's Quay,
Cork.
(021) 967660
A Co-operatively run natural food restaurant situated in the centre of Cork City.
This individual restaurant puts on purely vegetarian lunchtime dishes whilst in the evening they have expanded to incorporate a demi-veg menu. The evening food selection contains may vegetarian dishes along with free-range chicken and fresh fish recipies.
Also available is a large selection of herbal teas as well as fresh home made bread, scones and cakes. This along with the Wine licience promises a good evening out.
Students and unwaged are catered for, outside the hours of 12-3, with a 20% discount.
Hours: Mon/Tues/Sat 10 - 6.00 p.m. Wed/Thurs/Fri 10 - 8.00 p.m.

Lifeforce Foods Ltd.,
4, Halston St.,
Dublin 7.
(01)724204/730139
Manufacturers and distributors of natural foods - muesilis, nuts, dried fruits, grains, beans, honeys, oils, teas, wines, organic fresh fruit and vegetables, free-range eggs. Member of Irish Organic Growers Association.

Martin Benham,
Munster Wholefoods,
The Bridge,
Ardigole,
Co. Cork
(027) 60022
Mon. Wed and Thursday only.
Distribution of wholefoods both to shops and to buying groups and co-operatives in Western Munster.

Natures Way Health Food Shops,
33, Ilac Centre,
Dublin 1.
(01)7283391

51, Blackrock Centre,
Blackrock,
Co. Dublin.

Cork City Shopping Centre,
Cork.
(021)504830

Church Square,
Monaghan,

We specialise in natural healing remedies. Wide range of wholefoods, books and free leaflets on natural healing. Information centre of natural therapies - (056)27372

Here Today,
25, South Anne St.,
Dublin
Also Unit 11B,
Powerscourt Townhouse Centre,
Dublin 2.
(01)711454
Wholesale and retail sales of fruit and vegetables.

Down to Earth,
9, Fleet St.,
Dublin.
(01)710880
Retail shop - natural foods, largest selection in Ireland including additive free dairy products, free-range eggs, tofu and lunch-time take-aways.

Eats of Eden,
Lower Cecil St.,
Limerick.
(061)49400
Natural foods, cosmetics and supplements, grains, beans, nuts, fruits, flours, juices, snacks, fresh goats milk, honey, jams. Cleansers, toners, moisturisers,, vitamins, homeopathic and herbal remedies.

Natures Gold Health and Natural Food Shop,
1, Killincarrig Road,
Greystones,
Co. Wicklow.
(01)876301
Supply of wholefoods, vitamins and supplements, natural cosmetics, organically grown vegetables, homeopathic and alternative medicines. Home brew and wine-making supplies. Mail order and bulk buying welcome.

The Nut Keg,
Castle Shopping Centre,
Swords,
Co. Dublin
(01) 404438
Full range of health foods, vitamin supplements, natural cosmetics, natural remedies. Full range of home brewing kits and materials.

What on Earth,
255, Harold's Cross Road,
Dublin, 6
(01) 965111
Wholefood store extensive range of wholefoods, herbal and homeopathic remedies, natural cosmetics, homebrew, books, organically grown fruit and vegetables.

The Hopsack,
Swan Centre,
Rathmines,
Dublin, 6
(01) 960399
Also 255, Harold's Cross Road,
Dublin, 6
(01) 965111
Also Stillorgan Shopping Centre,
Stillorgan, Co. Dublin.,
(01) 832221
Wholefood store, extensive range of wholefoods, homeopathic and herbal remedies, natural cosmetics, homebrew including equipment for country wines, books.

Williams and Horgan,
26, Paul Street,
Cork
(021) 508244
Wholefoods, bakery, grains, pulses, nuts, seeds, fruit, organic vegetables, fresh bread, bracks, pizza etc.

Claudia & Volkmar Klohn,
Gaby & Hans Wieland,
Chaffpool,
Tubercurry,
Co. Sligo.
We produce a range of continental type cheeses, free of additives. The milk is kept unpasteurised and parts of it are from our own cows which are fed the organic way.

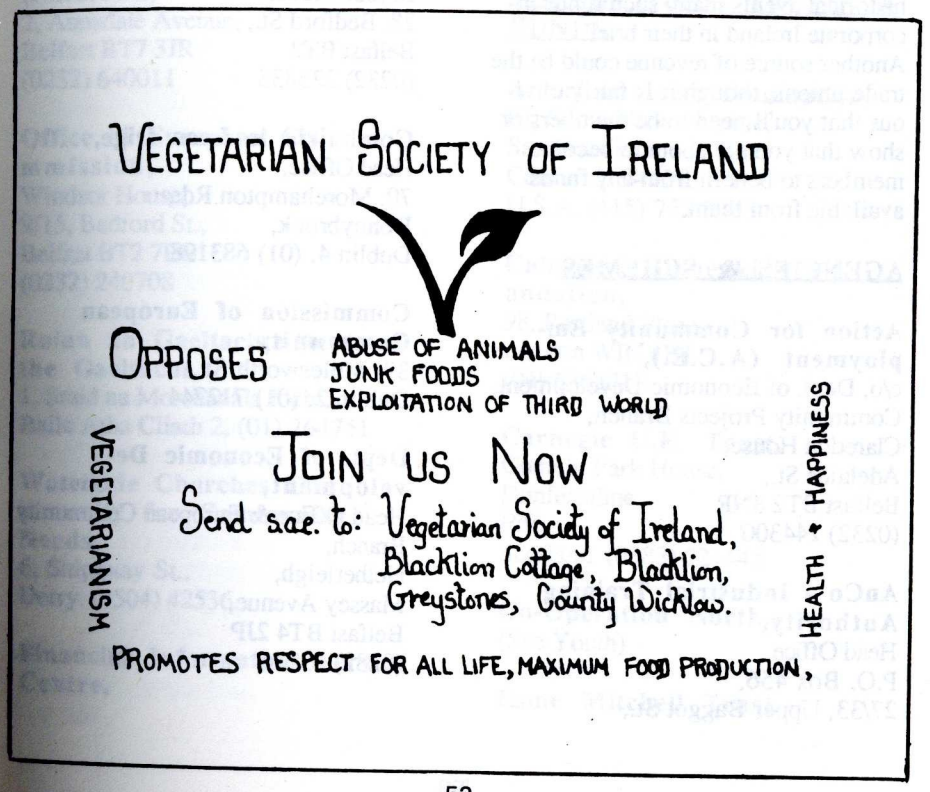
Fitzgeralds,
Camden Street,
Dublin

Runner Bean Shop,
Nassau Street,
Coffee Bean Restaurant,
Nassau Street,
Dublin.

Geraldine McCarthy,
Ballincolly,
Ballyvolane,
St. Lukes,
Cork
(021) 395072
(1) Vegetarian/Holistic Cooking:-
Organises cookery classes, catering for seminars, demonstrations and talks.
(2) Tai Chi Ch'u'an:-
Teaches Tai Chi also workshops and weekend introductions.
(3) Massage/Shiatsu:-
Teaches, workshops, one to one mainly for women.

Country Cellar,
Patrick Street,
Dunlaoghaire,
Co. Dublin.

Irish Organic Growers Association,
Deepdene,
Upper Kilmacud Road,
Dublin, 14.



FUNDING

If you need money for a co-operative employment project or need funds for your community those listed below could be of use.
It must be remembered that most organisations issuing funds have a strict budget and once that budget is completed no more applications will be considered. The obvious advice is apply early.
It is also worth making your application as clearly and concisely as possible setting out why you need funding and precisely what you intend to do with it. Don't be put off by the fact that it may be a British Fund, due to historical events many such funds incorporate Ireland in their brief.
Another source of revenue could be the trade unions, though it is fairly obvious that you'll need to be members or show that you are about to become members to benefit from any funds available from them.

AGENCIES & SCHEMES

Action for Community Employment (A.C.E.),
c/o, Dept. of Economic Development,
Community Projects Branch,
Claredon House,
Adelaide St.,
Belfast BT2 8NR
(0232) 244300

AnCo - Industrial Training Authority,
Head Office,
P.O. Box 456,
27/33, Upper Baggot St.,
Dublin 4. (01) 685777

Art Community Education (ACE),
70, Merrion Square,
Dublin 2. (01) 611840

Arts Council for Northern Ireland,
181a, Stranmillis Road,
Belfast BT9 5DU
(0232) 381591

Arts Council,
70, Merrion Square,
Dublin 2. (01) 611849

Belfast Voluntary Welfare Society,
Bryson House,
28, Bedford St.,
Belfast BT2
(0232) 225835

Comhairle le Leas Oige,
Head Office,
70, Morehampton Rd.,
Donnybrook,
Dublin 4. (01) 683198

Commission of European Community,
39, Molesworth St.,
Dublin 2. (01) 712244

Dept. of Economic Development,
Head Office & European Community Branch,
Netherleigh,
Massey Avenue,
Belfast BT4 2JP
(0232) 63244

Community Projects Branch,
Claredon House,
Adelaide St.,
Belfast BT2 8NR

Grants to Employers Branch,
22, Donegall St.,
Belfast BT1 2GP
(0232) 321200

European Regional Development Fund,
c/o, Dept. of Finance,
Government Buildings,
Merrion St.,
Dublin 2. (01) 767571

Nth. Ireland Council for Voluntary Action,
(N.I.C.V.A.)
2, Annadale Avenue,
Belfast BT7 3JR
(0232) 640011

Office of European Commission,
Windsor House,
9/15, Bedford St.,
Belfast BT2 7EG
(0232) 240708

Roinn an Gaeltachta/Dept. of the Gaeltacht,
1, Sraid na Morchanala Iocht,
Baile Atha Cliath 2. (01) 764751

Waterside Churches Community for Community Needs,
6, Shipquay St.,
Derry. (0504) 42536

Financial Information Service Centre,
(F.I.S.C.),
87/9, Pembroke Rd.,
Ballsbridge,
Dublin 4. (01) 680400

Industrial Development Authority,
(I.D.A.),
Wilton Park House,
Wilton Place,
Dublin 2. (01) 686633
also has offices in most cities and towns - check telephone directory.

Shannon Development,
Brendan St.,
Birr,
Co. Offaly. (0509) 20440

FOUNDATIONS, TRUSTS & FUNDS

American Irish Foundation,
81, Shore View Avenue,
San Francisco,
California 94121.
U.S.A. (415) 752-3053

Calcouste Gulbenkian Foundation,
98, Portland Place,
London WIN 4ET
(01) 6365313

Carnegie U.K. Trust,
Comely Park House,
Dunfermline,
Fife,
Scotland. (0383) 721445

Co-Operation North,
(See Youth)

Esme Mitchell Trust,

Northern Bank Executor & Trustee Co. Ltd.,
P.O. Box 183,
Donegall Square West.
Belfast BT1 6J5
(0232) 245277 Ext 3391

Inner City Fund,
The Secretary,
Dublin Corporation,
Inner City Section,
26, Jervis St.,
Dublin 1. (01) 725888

The Ireland Fund,
Kinnear Court,
Cumberland Street South,
Dublin 2. (01) 714677 Ext. 114/5

N.I. Voluntary Trust,
4th Floor,
Murray House,
Murray St.,
Belfast BT1 6DN
(0232) 245927

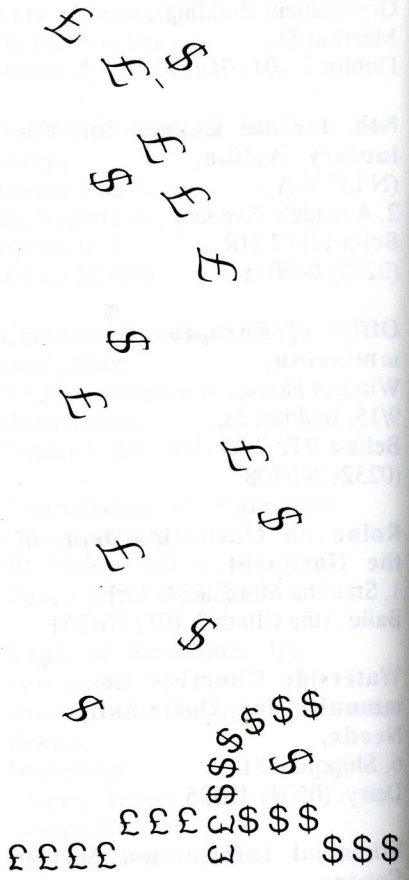
The Nuffield Foundation,
Nuffield Lodge,
Regents Park,
London NW1 4RS
(01) 7228871

Sainsbury Family Charitable Trusts,
13, New Row,
St. Martins Lane,
London WC2N 4LF
(01) 8366-6477/240-1589

Self Aid Trust,
Joe Boland,
Director,
46, Lower Leeson St.,
Dublin 2. (01) 613181

Wates Foundation,
1260, London Road,
Norbury,
London SW16 4EG
(01) 764-500

Workers Unity Trust,
48, Fleet St.,
Dublin 2 (01) 745656
Operated by the F.W.U.I. for its members.



HEALTH

This section is divided into more than one set of listings simply because health covers such a vast area. From the Asthma Society of Ireland to acupuncture, from a herbal plant nursery to a spiritual community on a lake in Fermanagh - that's how varied Health related issues are. Hopefully this section will help you to find the relevant area of health you are interested in.

Eckhart House,
Institute of Psychosynthesis,
19, Clyde Road,
Dublin 4.
Individual and group sessions in counseling and psychotherapy; meditative practice; short term and long term education courses.

International Society of Krishna Consciousness,
1) Isle of Inishrath, Lisnaskea, Co. Fermanagh.(0803657)21512
2) Golden Avatar Vegetarian Rest., 1 Crowe St., Dublin 2. (01)773997
3) Godiva's Vegetarian Rest., 18/19 Shaftsbury Sq., Belfast(0232)621757
Farm: Spiritual community on beautiful lake island, retreats, self-sufficiency, Kerry cow herd, Biomass project, wood energy/gasification, organic gardening. Visit the island, free stay in guest rooms, learn about self-sufficiency and spiritual life. Free lifts from Dublin and Belfast restaurants. Call Uddhava in Dublin or Pragosh in Belfast.
Great vegetarian feast, yoga, music, chants and videos every Sunday at 4 p.m. in restaurants.

Edward Boyne,
108, Larkfield Gardens,
Terenure,
Dublin.
(01)966836
Humanistic psychotherapy, counseling and autogenic training - this is a medically validated non-drug stress management method.

The Pattern (An Irish Light Network),
C/o, Colin & Marj Johnston,
The Roundhouse,
Tubber,
Co. Clare.
(065)89153 (Please write unless urgent).
The Pattern is a network for spreading 'good energy'; information about self-help techniques and concepts that foster personal peace, transformation and global thinking. We are establishing a contact network, an information service using a computer database, and propose to make available a selection of videos to local groups. Video: 'Global Brain' (The Awakening Earth) by Peter Russell.

Metamorphic Association,
8, Michael St.,
Waterford.
(051)76181(Day), 86531(Evening)
Revolutionary, yet very simple, approach in the area of self-healing and creative growth. Regular workshops held. Monthly meetings in different parts of Ireland. Provides list of names and addresses of trained practioners. Membership fees:£15 per annum.

The Yoga Society (Ireland),
'Nirvana',
Slane,
Co. Meath.
(042)24384

Aims to promote all aspects of yoga for individual awareness and personal development. Qualified teachers in various parts of the Country. Regular weekly classes for abled and less abled people. Day & weekend courses. Teacher training courses.

Irish Association of Non-Smokers,
1) P.O. Box 1024, Sheriff St., Dublin 1.
2) 24, Avonlea Court, Church Rd., Blackrock, Cork. (021)26871 Ext.463
We are working for non-smokers rights in all public places throughout the Country and provide an information service to our members and practical advice. Also we intend to lobby the new Minister of Health to pass the Tobacco (Health Protections) Bill, 1986, through the Dail and Senate as soon as possible.

Judith Crowe,
The Hermitage,
Newtownmountkennedy,
Co. Wicklow.
(01)8119515
Hatha yoga teacher and ante-natal yoga and birth preparation classes, incorporating methods of active birth movement. Classes in Stillorgan, Wicklow and Greystones.

Eckanker Satsang Society of Ireland,
Information Centre, 46, Parnell Square,
Dublin 1.
Eckanker - A spiritual teaching based upon Light & Sound. Spiritual freedom is found through direct contact with Spirit, which is both audible and visible to the faculties of Soul. Death loses its meaning when one learns to tap into the heavenly consciousness. Classes and study programme can be taken privately by contacting the above.

Liz Brosnan,
Psychologist,
Cuinbeg,
Pontoon,
Co. Mayo.
I offer hypnosis and astrology. I use hypnosis as a therapeutic aid for anxiety related difficulties, as an aid in changing certain behaviours, and as a relaxation technique. I also offer a basic consultative service in astrology, in particular erecting and interpreting birth charts.

Recovery Inc.,
c/o 28, Ballymany Park,
Newbridge,
Co. Kildare (postal queries only)
(01)333031
Demonstrating a self-help method for people suffering from nervous symptoms and for former psychiatric patients. We are a non-sectarian, non-profit, patient managed organization.

Eden Plants,
Rossinver,
Co. Leitrim
Contact: Rod Alston/Dolores Keegan
(072) 54122
Producers of a large range or organically grown, culinary and medicinal herb plants for sale, mail order or from the nursery. Send S.A.E. for free, informative catalogue (also commercial, organic veg. producers.)
Members N.L.U.G.A. Co-op. S.A. Symbol holders.

Kiva Oils,
Aromatherapy Supplies,
P.O. Box 3,
Bangor,
Co. Down BT 20 4AA
(0247) 455599
Suppliers of pure essential oils and pure cold-pressed vegetable oils for use in aromatherapy. Price lists and information leaflet in return for S.A.E.

Christine Maxwell,
'Dulcamara'
Mullinahone,
Co. Tipperary
(052) 53256
Qualified medical herbalist, also using homeopathic and anthroposophical remedies. Doing bio-dynamic gardening on self-sufficiency tending small holding. Will provide information on anthroposophical (Steiner) study groups and activities.

Dr. Billy Tague, Chiropractor,
Raleigh Lodge,
Macroom
Co. Cork
(026) 42116 (if no reply phone (026) 41791)
Spinal misalignments interfere with proper function of the nervous system,disrupting our ability to adapt and be healthy. Chiropractors correct these misalignments, restoring better nerve supply.

Rand B. Lee and Alex Lucker,
Psychic Associates,
Foilnamuck,
Ballydehob,
Co. Cork
Clairvoyant counsellors developing intuitive strategies for spiritual, psychological and physical self-care. Aromatherapy, crystal and colour therapy, guided meditation; habit transformation, holistic health management, past-life exploration, stress control. Publications: 'Earthsong" The Psychic Associates Newsletter. (See Also Education).

Irish Yoga Association,
108, Lr. Kimmage Road,
Dublin, 6
Hon. Sec. P.M. Daly,
117, Gaybrook Lawns,
Malahide,
Co. Dublin
(01) 452746
Aims to promote yoga in Ireland, provide information, co-operate with like minded organizations and to explore various methods of self healing.

Medicinal Herb Supplies,
Inchicurka,
Shanlara,
Dunmanway,
Co. Cork (023) 45719
Wholesale and retail medicinal herb suppliers. Full selection of culinary herbs and spices available from list - mail order only. Aims to promote the use and availability of medicinal herbs and alternative healing.

Bill Parfrey,
62, Dosel Drive,
Grange Heights,
Douglas,
Cork
(021) 364365
Spiritual healer - contact and absent healing - no charges or donations. All

aspects of psychical research on a serious level. Ireland's representative on international panel of Metascience Foundation Inc. -Instrumental communication between physical and etheric worlds.

Mr. Bobby McLaughlin,
33, Wellington Lane,
Dublin
(01) 680316
Deep tissue bodywork (also known as structural retensioning) and Esalen massage.

Henry Cantwell M.I.N.H.T.,
26, Mahon Drive,
Blackrock,
Cork (021) 357413

Member of Institute of Natural and Holistic Therapeutics. Diploma in psychotherapy. Holistic psychotherapy, Bach Flower remedies, relaxation therapy, nutritional counselling, spiritual healing. Consultations strictly by appointment only.

IRISH YOGA ASSOCIATION

Aims to promote yoga in Ireland, provide information, co-operate with like-minded organisations and to explore various methods of self healing.

Contact:
Mrs. P.M. Daly,
Hon. Secretary,
117, Gaybrook Lawns,
Malahide,
Co. Dublin
01/452746

Margaret Cantwell N.D., M.R.H., M.I.N.H.T.,
26, Mahon Drive,
Blackrock,
Cork
(021) 357413
Registered consultant medical herbalist, naturopath. Also qualified aromatherapist; Back remedies, relaxation therapy and Spiritual healing. Founder member of Institute of Natural and Holistic Therapeutics. One or two year Diploma Training Courses in natural therapeutics/holistic medicine. Prospectus available. Consultations strictly by appointment only.

Irish Holistic Health Association,
c/o Carmel Kelleher,
22, Vernon Drive,
Dublin, 3
(01) 337735
The I..H.H.A. was founded in 1983 as a support network for people interested in making changes to a more natural life style and diet. The subjects covered include nutrition and diet, shiatsu healing, massage, macrobiotic philosophy and oriental diagnosis. Workshops and seminars in various venues are held regularly. Publications: Irish Holistic Health Association Newsletter.

ECKANKAR

A Spiritual Teaching based upon the Light and Sound

Spiritual freedom is found through direct contact with Spirit, which is both audible and visible to the faculties of Soul. Death loses its meaning when one learns to tap into the heavenly consciousness.

For information about ECKANKAR books, classes and the study programme, which can be taken privately, contact:

The Secretary,
ECKANKAR Information Centre,
46, Parnell Square,
Dublin, 1

Patrick McKenna, B.Sc., M.S.R.I.,
5, Abbey Lane,
Armagh.
(0861) 522132
or
C/o, Brogans,
Sligo Road,
Ballina,
Co. Mayo.
(096) 21592
Offers reflexology treatment, nutritional advice in wholefoods/macrobiotics. Workshops being organised in Connaught/Mayo in Shiatsu, Do-w exercises, meditation, wholefood cooking.

Natures Way Health Food Shops
(See Food)

The Centre for Education, Counselling and Psychotherapy,
6, Cornmarket Street,
Cork
(021) 274951
Confidential counselling service which includes individual psychotherapy, group and family therapy, Incest survivors therapy group and marriage counselling. Provides adult education courses, training of other professionals / psychotherapists.

National
Federation of
ARCH CLUBS

ARCH PROVIDES RECREATION FOR PEOPLE WITH A MENTAL HANDICAP

WE WOULD BE HAPPY TO HEAR FROM ANYONE WHO WOULD BE INTERESTED IN HAVING A CLUB IN THEIR AREA.

CONTACT HON. SECRETARY, Mrs Geraldine Birthistle
ARCH, 74 MEADOW GROVE, DUBLIN 16. PH. 951081

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OPEN YOUR MIND TO THE FACTS

SEDATIVES

Drugs	Alcohol	Barbiturates	Antihistamines	Malhaqualone	Benzoodiazepines	Other Sedatives
Trade or Other Names		Seconal Phenobarbitone Tuial, Sodium Amytal	Piriton Phenergan Cough Mixtures	Mandrax	Ativan Dalmane Diazepam Librium Tranxene /Valium	Equanil Miltown Noluder
Physical Dependence	Moderate	High	Moderate	High	Low	Moderate
Psychological Dependence	High	High	Moderate	High	Low	Moderate
Duration of Effects (In Hours)	2 - 4	1 - 16	4 - 8	4 - 8	4 - 8	4 - 8
Usual Methods of Administration	Oral	Oral/ Injected	Oral/ Injected	Oral/ Injected	Oral/ Injected	Oral/ Injected
Possible Effects	Slurred speech, disorientation, drunken behaviour with or without odour of alcohol.					
Effects of Overdose	Shallow respiration, cold and clammy skin, dilated pupils, weak and rapid pulse, coma, possible death.					
Withdrawal Syndrome	Anxiety, insomnia, tremors, delirium, convulsions, possible death.					

STIMULANTS

Drugs	Cocaine+	Amphetamines	Methylphenidate	Other Stimulants	Caffeine	Nicotine
Trade or Other Names	Coke/Flake Snow	Benzedrine Dexedrine Purple Hearts Speed	Ritalin	Ponderax Ionamin Tenuate (Weight Reducing Drugs)	Coffee Tea	Cigarettes Cigars Pipes Snuff
Physical Dependence	Low	Low	Low	Low	None	Low
Psychological Dependence	High	High	High	High	High	High
Duration of Effects (In Hours)	1 - 2	2 - 4	2 - 4	2 - 4	2 - 4	1/4 - 2
Usual Methods of Administration	Sniffed/ Injected	Oral/ Injected	Oral/ Injected	Oral	Oral	Smoked/ Inhaled
Possible Effects	Increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, loss of appetite					
Effects of Overdose	Agitation, increase in body temperature, hallucinations, convulsions, possible death					
Withdrawal Syndrome	Apathy, long periods of sleep, irritability, depression, disorientation					

HALLUCINOGENS / CANNABIS

Drugs	LSD	Mescaline and Peyote	Other Hallucinogens	Inhalants	Marihuana	Hashish	Hashish Oil
Trade or Other Names	Acid Microdot	Mec. Cactus	Psilocybin (Magic Mushrooms)	Glues/petrols cleaning fluids Aerosols and other volatile substances containing the chemicals Benzene,Toluene, Acetone	Pot,Grass Reefer,Joint Draw,Smoke Weed	Hash Cannabis Resin Moroccan Gold, Pakistani Black	Hash Oil-Tar like subst.
Physical Dependence	None	None	None	None	None	None	None
Psychological Dependence	Low	Low	Low	High	Moderate	Moderate	Moderate
Duration of Effect (In Hours)	8 - 12	8 - 12	6 - 8	1 - 3	2 - 4	2 - 4	2 - 4
Usual Methods of Administration	Oral	Oral/ Injected	Oral	Sniffed	Smoked / Oral	Smoked / Oral	Smoked / Oral
Possible Effects			Illusions and hallucinations, poor perception of time and distance.		Euphoria, relaxed inhibitions, increased appetite, disoriented behaviour		
Effects of Overdose			Longer, more intense "Trip" episodes, psychosis, possible death		Fatigue, paranoia, possible psychosis		
Withdrawal Syndrome			Withdrawal syndrome Not Reported.		Insomnia, hyperactivity and decreased Appetite occasionally reported		

OPIATES

Drugs	Opium	Morphine	Codeine	Heroin	Palfium	Diconal	Methadone	Pethidine
Trade or Other Names	Paregoric Parepect-olin	Morphine	Codeine Compounds	'Horse' 'Smack'			Physeptone Methadone	
Physical Dependence	High	High	Moderate	High	High	High	High	High
Psychological Dependence	High	High	Moderate	High	High	High	High	High
Duration of Effect (In Hours)	3 -6	3 - 6	3 - 6	3 - 6	3 - 6	3 - 6	12 - 24	3 - 6
Usual Methods of Administration	Oral / Smoked	Oral / Injected	Oral / Injected	Injected Sniffed	Oral / Injected	Oral / Injected	Oral Injected	Oral / Injected
Possible Effects	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea							
Effects of Overdose	Slow and shallow breathing, clammy skin, convulsions, coma, possible death							
Withdrawal Syndrome	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills and sweating, cramps, nausea							

Helena Bowen,
Banduff,
Ballyvolane,
Cork
(021) 509206
Reflexology treatments by appointment.

Cork Alternative Medical Clinic,
J. Keaney D. Psych., D.H.,
19, South Mall,
Cork.
(021) 273575
Hypno-Analyst, Hypnotherapist, Psychotherapist. Member of the Association to Advance Ethical Hypnosis. Bookings by appointment only. Provides assistance with smoking, drinking, slimming, nailbiting, allergies, nervous tension and anxiety, phobias etc.

The Natural Guide to Health & Healing,
A Holistic Northern Ireland Directory for Well-Being of the Body, Mind, Emotion and Spirit,
c/o, Lifesong,
433, Springfield Road,
Belfast BT12 7DL
We are preparing a directory of the people in Northern Ireland who offer services for our health and well-being that are holistic and naturally orientated. Can you help us by supplying details of individuals or organisation that may be included? There are a lot of such services appearing now, but many are not well-known. Furthermore, the people concerned often do not know about each other. This publication - the first of its kind here - can help everyone concerned.

The Natural Living Centre
(See Short Stay Accommodation)

Elma Van Royen Thyssen,
Carrig Mor,
Waterfall,
Bantry,
Co. Cork (027) 70029
Acupuncture, yoga and physiotherapy. Can also be contacted on Tuesday and Thursday at Castletownbere Hospital.

Teach Ban Macrobiotics Centre,
6, Parnell Road,
Harolds Cross,
Dublin, 6
(01) 543943
We organise regular classes/seminars/demonstrations etc., to focus on alternative medicine, shiatsu therapy and wholefood cookery. Also personal health counselling giving dietary recommendations and shiatsu therapy.

Olive Bowen,
Ballinveltig,
Curraheen Road,
Carrigrohane,
Co. Cork
(021) 871518
Reflexology treatments by appointment.

Geraldine McCarthy
(See Food)

P.A.C.E. (Prisoners Aid through Community Effort)
(See Campaign Groups)

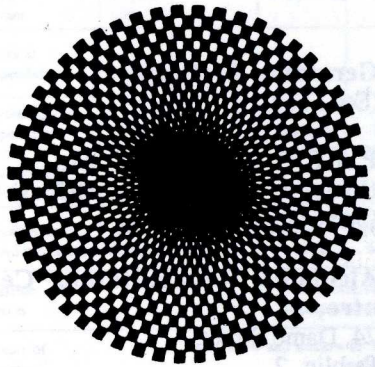
Alcoholic Rehabilitation Centre,
24, Dame Street,
Dublin, 2
Also 65, Lucan Road,
Chapelizod
(01) 716263/267572

Coolmine Therapeutic Community,
Coolmine Lodge,
Clonsilla,
Co. Dublin
(01) 214545/216564

Shelter Referral,
288, Merrion Road,
Dublin, 4
(01) 691686

Drug Advisory & Treatment Centre,
Detoxification Unit,
Jervis Street Hospital,
Dublin, 1
(01) 748412
Also: Regional Hospital, Cork
(021) 46400

Poisons Information Centre,
Jervis Street Hospital,
Dublin, 1
(01) 723355/745588



National Drugs Advisory Board,
63/64, Adelaide Road,
Dublin, 2
(01) 764971

Northern Ireland Council on Alcohol,
36/40, Victoria Square,
Belfast
(0232) 38173

Gamblers Anonymous,
66, South William Street,
Dublin, 2
(01) 775566

The Samaritans
Dublin (01) 778833
Cork (021) 21323
Ennis (065) 22777
Galway (091) 61222
Limerick (061) 42111
Waterford (051) 72114
Ballymena (0266) 43555/6
Bangor (0247) 63036/7
Belfast (0232) 664422
Coleraine (0265) 4545
Derry (0504) 64061
Newry (0693) 66366
Omagh (0662) 44944
Portadown (0762) 3355

Cuan Mhuire,
Rehabilitation Centre,
Cardington,
Athy,
Co. Kildare
(0507) 31564

Comfort for Cancer,
Glendale,
5, Summerhill Road,
Sandycove,
Co. Dublin
(01) 806505/213430

Reach to Recovery,
5, Northumberland Road,
Dublin, 4
(01) 681855

Dublin Central Mission,
7, Marlborough Place,
Dublin, 1

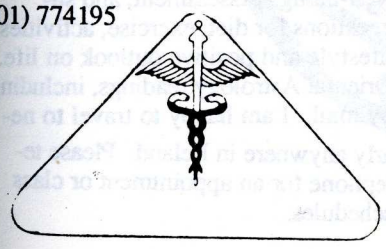
G.R.O.W.,
Mental Health Association,
62, Amiens Street,
Dublin, 1
(01) 740139
Also 11, Liberty Street,
Cork (021) 506520

Mental Health Association of Ireland,
2, Herbert Avenue,
Dublin, 4
(01) 695375

Recovery Inc.,
90, Brian Road,
Dublin, 3
(01) 333031

Interaid,
27, Wyattville Clo.,
Ballybrack,
Co. Dublin
(01) 825885

Al Anon Family Groups,
Information Centre,
12, Westmoreland Street,
Dublin, 21
(01) 774195



Alteen,
12, Westmoreland Street,
Dublin, 2
(01) 774195

The Hanly Centre,
The Mews,
Eblana Avenue,
Dun Laoghaire,
Co. Dublin
(01) 809795/807269

Irish National Council on Alcoholism,
19, Fleet Street,
Dublin, 2
(01) 774832/774091

Peoples College,
31, Parnell Square,
Dublin, 1
(01) 748221

Health Educational Bureau,
34, Upper Mount Street,
Dublin, 2
(01) 766640 / 761116

Alcoholics Anon.,
26, Essex Quay,
Dublin, 8
(01) 774809/714050

Limerick (061) 44111
Waterford (051) 73173
Belfast (0232) 23305/747235
Derry (0504) 65374
Bangor (0247) 61002
Ballymena (0266) 44000
Cork (021) 31226
Clondalkin (01) 516189

Blood Transfusion Service Board,

40, Mespil Road,
Dublin, 4
(01) 603333

Council of the Irish Nutrition & Dietetic Association
c/o Dietetic Department,
St. James Hospital,
Dublin, 8
(01) 757941

Irish Red Cross Society H.Q.,
16, Merrion Square,
Dublin, 2
(01) 765135/6/7
also
Assumption Villa,
Assumption Road,
Cork
(021) 501715

St. John's Ambulance Brigade,
29, Upper Leeson Street,
Dublin, 4
(01) 688077

Industrial First Aid Training Organisation,
95, Merrion Square,
Dublin, 2
(01) 682636

Sexually Transmitted Diseases Clinics:
Royal Victoria Hospital,
Belfast
(0232) 220159
Victoria Hospital
Cork
(021) 966844
Altnagelvin Hospital,
Derry
(0504) 45171
Mater Hospital,
Dublin
(01) 301937/301122
Sir Patrick Dun's
(01) 766942
Dr. Steven's Hospital
(01) 772606/770785
Galway STD Clinic
(091) 64000
Mullingar Co. Clinic,
(044) 40221
Sligo Hospital,
(071) 2161
Ardkeen Hospital,
Waterford
(051) 73321

Sally Studd,
Health Practitioner,
48, Fitzroy Avenue,
Belfast BT7 1HX
(0232) 238318
Self-improvement consultations - working on thoughts and beliefs that affect self-esteem, relationships etc. Group workshops on self-improvement.
Astrological Birthchart readings. I am willing to travel to your area to give a workshop for a minimum of 8 people.

Gerry Thompson,
Health Practitioner,
Natural Living Centre,
48, Fitzroy Avenue,
Belfast, BT7 1HX9
(0232) 238318
Shiatsu massage treatment. Registered practitioner with the British Shiatsu Society. Consultations for health and well-being. Assessment, and suggestions for diet, exercise, activities, lifestyle and positive outlook on life.
Oriental Astrology readings, including by mail. I am happy to travel to nearly anywhere in Ireland. Please telephone for an appointment or class schedules.

FOR INFORMATION ON AIDS

Cairde
P.O. Box 1884,
Dublin
(01) 710895
Cairde is a totally confidential free service run by volunteers to support any people who are affected by AIDS, whether that means being tested positive to the HIV antibody test, having the full AIDS syndrome, or being related to or loving someone affected by AIDS.

Belfast AIDS Helpline,
PO Box 206,
Belfast
(0232) 226117 Mon. and Fri 7 pm to 10.309 pm

Student AIDS Action,
House Number 6,
Trinity College,
Dublin
A non-profit group established by students to provide students and young people with AIDS information. Send SAE for leaflets.

Dublin AIDS Helpline
Tel. (01) 307888 Sat. 3pm to 6pm. Monday 7.30 to 10 pm.

Trade Unions:
Various Unions have also published information on AIDS, or held meetings to educate their members. See under Trade Unions section for addresses. Also see Lesbian & Gay section for further information.



SUPPORT GROUPS

National Federation of ARCH Clubs,
74, Meadow Grove,
Dublin, 16
(01) 951081
Provision of recreational facilities for persons with a mental handicap, particularly by the formation of weekly social clubs. These activities are done in a manner which aims to provide real integration into the community.
Meetings : Normally at least once a week at each club.

Alzeimer Society of Ireland,
St. John of God,
Stillorgan,
Co. Dublin (01)881781

Asthma Society of Ireland,
24, Anglesea St.,,
Dublin 2. (01)716551

Arthritis Foundation of Ireland,
1, Sydney Parade Ave.,
Dublin 4. (01)691373

The Arthrogryposis Assoc. of Ireland,
19, Lower Beechwood Ave.,
Dublin 2. (01)962914/945597

Board for the Employment of the Blind,
Ardee Road,
Rathmines
Dublin 8. (01) 976633

Barnardos,
244/6, Harolds Cross Road,
Dublin 6. (01) 9772276.

Camphill Village Community,
Duffcarrig.
Gorey,
Co. Wexford. (055)25116

Central Remedial Clinic,
Vernon Ave.,
Clontarf,
Dublin 3.(01)332206

Cheshire Foundation in Ireland,
111, Monkstown Road,
Monkstown,
Co. Dublin. (01)803404

Cleft Lip & Palate Assoc.,
31, New Park Road,
Blackrock,
Co. Dublin.(01)8955480

The Coeliac Society of Ireland,
32, Clyde Street,
Ballsbridge,
Dublin 4.

Cork Polio & General Aftercare Assoc.,
Bonnington,
Montenotte,
Cork. (021)507131

Cystic Fibrosis Assoc. of Ireland,
24, Lower Rathmines Road,
Dublin 6. (01) 962433/962186

Disabled Drivers Assoc.,
Bellindine,
Co. Mayo. (094) 71629

Dyslexia Assoc. of Ireland,
37, Rathmines Park,
Dublin 4. (01) 902214

Down's Syndrome Assoc. of Ireland,
27, Sth. William St.,
Dublin 2. (01)793322

Down's Syndrome Assoc. of Munster,
(Cork Branch),
Pinewood,
Point Road,
Crosshaven,
Co. Cork. (021) 831571

Friedrich Ataxia Society,
'San Martino'
Foxrock,
Co. Dublin (01)894788

Glencraig Community,
Craigavad,
Hollywood,
Co. Down.
Hollywood 3396
Bio-dynamic farm and garden, dairy beef, geese, chickens, 4 acres, vegetables and fruit. A Camphill Community for 200 people - handicapped children & adults.

Ileostomy Assoc.,
(Sth. Ireland Division)
1, Woodfarm Ave.,
Palmerstown,
Dublin 20. (01) 265355

Irish Cancer Society,
5, Northcumberland Road,
Dublin 4. (01) 681855.

Irish Guide Dogs Association,
Hill Farm,
Model Farm Road,
Cork. (021) 870929

Irish Haemophilia Society,
c/o Union of Voluntary Organisations for the Handicapped,
29, Eaton Square,
Monkstown,
Co. Dublin.

Irish Association for Spina Bifida and Hydrocephalus,
Ground Floor,
Joseph Plunkett Tower,
Ballymun,
Dublin, 11 (01) 421222

Irish Epilepsy Association,
249, Crumlin Road,

Dublin, 2 (01) 516500

Irish Kidney Association,
29, Eaton Square,
Monkstown,
Co. Dublin. (01) 802551

M.S. Ireland,
2, Sandymount Green,
Dublin 4. (01) 694599

Muscular Dystrophy Society of Ireland,
23, Rockwood,
Stillorgan,
Co. Dublin (01) 888967

National Assoc. for the Deaf,
25, Lower Leeson St.,
Dublin 2. (01) 763118

National Assoc. for Cerebral Palsy,
Sandymount School & Clinic,
Sandymount Ave.,
Dublin 4. (01) 695355

National Council for the Blind,
10, Lower Hatch St.,
Dublin 2. (01) 612032

National League of the Blind in Ireland,
35, Gardiner Place,
Dublin 1. (01) 742792/745827

Nimble Fingers,
Shopping Centre,
Stillorgan,
Co. Dublin (01)880788

Peacehaven Trust,
Peacehaven,
1, Hillside Est.,
Greystones,
Co. Wicklow. (01) 875977

Polio Fellowship of Ireland,
7, Lower Hatch St.,
Dublin 2. (01) 763245

R.P. Ireland - Fighting Blindness,
8, North Gr. Georges St.,
Dublin 1. (01) 746756

Rehabilitation Institute,
Roslyn Park,
Sandymount,
Dublin 4. (01) 698422

Schizophrenia Assoc. of Ireland,
4, Fitzwilliam Place,
Dublin 2. (01) 761988

S.P.O.D.,
Sexual & Personal Realationships of People with Disabilities),
Basement,
15, Mountjoy Square,
Dublin, 1
(01)363644
Counselling people with disabilities, training workshops for professionals who work with the disabled, seminars for disabled people, talks. Provide information on sexual problems related to particular disabilities. Phone service provided. Publishes Newsletter and booklet 'So What - Why Not'.

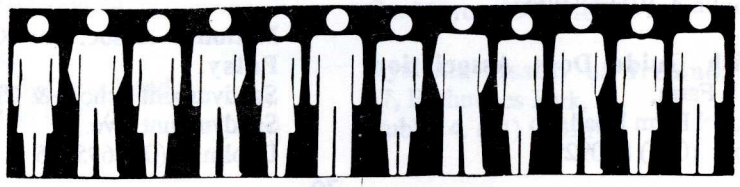




St. Antony's Medical Rehabilition Centre,
Herbert Avenue,
Merrion Road,
Dublin 4. (01)693077

St. Michael's House,
(Assoc. of Parents & Friends of Mentally Handicapped Persons),
Willowfield Park,
Goatstown,
Dublin 14. (01) 987033

Sunbeam House,
Vevay Road,
Bray,
Co. Wicklow. (01) 868451



IRISH LANGUAGE

Irish is spoken today as a native language by about 30,000 people mainly in Donegal, Galway and Kerry. Roughly 1 million can speak it with varying degrees of competence but many rarely do. The State declares the language to be "first official" in our Constitution but is basically ambivalent as regards its revival. Speakers of Irish represent in fact yet another threatened minority in Ireland. Ce go raibh an teanga ag lagu tei go dti doich mbliana o shin tharla an-athru nuair a thosnaigh tuismitheoiri sna cathracha ag cur a gcuid leanai go dti naionrai gaelacha. Bunaiodh Eagraiocht na nGailscol and all-Irish primary schools sprang up all over the country and at this point appear to be thriving. Night classes in Irish for adults are also on the increase. Radio na Gaeltachta founded in 1972 is the first nationally received all-Irish VHF radio service and has been one of the more interesting success stories in the area of mass media communications in recent times. Glacann 65% den bpobal anois le tabhacht na Gaeilge mar chomhartha bunusach aitheantais don tis* agus teastaionn mathu i a bhuanu agus a neartu. Nil se cinnte in aon chor afach go gcomhlionfar a mian ar chuiseanna casta polaitiula, socheolaiocha agus eacnamula.

*See page 294, Report by Committee on Irish Language Attitudes Research 1975.

Sinead de Faoite,
An Ghrainseach Bheag,
Fiodh Ard,
Co. Thiobraid Arann.
(052) 23402
Labhraim Gaelige le mo mhac a rugadh i Lunasa 1985. Ba mhaith linn casadh le paisti eile a labhraionn Gaelige.

Comhdhail Naisiunta na Gaeilge,
86, Sr. Gardner,
Baile Atha Cliath 1
(01) 752231

Gaedhealachas Teoranta,
Scoil Ghaelach,
25, Sr. Phadraig,
Corcaigh
(021) 270412

Conradh na Gaeilge/An Celtic Bookshop,
6, Sr. Fhearchair,
Baile Atha Cliath, 1
(01) 757401

Gael Linn,
26, Cearnog Mhuirfean,
Baile Atha Cliath 2
(01) 767382

Gaeleagras na Sheirbhise Poibli,
15, Cearnog Mhuirfean,
Baile Atha Cliath 2
(01) 762670

An Comhlachas Naisiúnta Dramaiochta,
Camus,
Canamara,
Co. na Gaillimhe
(091) 74146

Comhaltas Ceoltōiri Eireann,
32, Cearnog Belgrave,
Baile na Manach,
Co. Bhaile Atha Cliathh
(01) 800295

An Spailpin Fanach,
An Spidéal,
Co. na Gaillimhe
(091) 832124

Bord na Gaeilge,
7, Cearnóg,
Mhuirfean,
Baile Atha Cliath 2
(01) 763222

ALL THE FOLLOWING AT:
86, Lower Gardiner Street,
Dublin, 1
(01) 752231

An Club Leabhar
Club Leabhar na Soisear
Comhchoiste Naisiunta na gColaisti Samhraidh
An Fainne Nua
Fonduireacht an Phiarsaigh

Feachtas Og-Ghluaiseacht na Gaeilge,
37, Sraid na Bhfinini,
Baile Atha Cliath 2

Ógras,
6, Sraid Fhearchair,
Dublin, 2

Irish Language and Culture Courses,
Contact; An Stiurthoir Oideas Gael
(01) 880606

Campai Oibre,
f.ch. Maire de Cleatuin,
72., Southbury Road,
Summerstown,
Wilton,
Corcaigh
(021) 941368

Gaelscoileanna,
f.ch. Colm O'Dulachain,
7, Cearnog Mhuirfean,
Baile Atha Cliath 2
(01) 763222



LEGAL & CIVIL RIGHTS

Your rights and the Gardai.

Questioning

If the gardai approach you and want to ask you questions - be civil and ask what are they enquiring about. Try to find out if they suspect of you of any offence. If it is clear that they are investigating something in which you are not a suspect - then subject to your own discretion it is reasonable to be helpful to them. The gardai are quite entitled to ask whatever questions they wish - until such time as they arrest you. If they arrest you, then you must be cautioned as to your right to remain silent before any further questions are asked.

You are not obliged to answer any question asked by the gardai regardless of whether you are under arrest - except the following:

* To give your name and address

* To account for your movements at a particular time. This only applies if you are told you are being arrested under Section 30 of the Offences Against the State Act and that you are suspected of having committed a particular type of offence during the time they want you to account for.

* Under the Criminal Justice Act provisions - you are obliged to explain yourself in the following circumstances:

+ If you are found in possession of a firearm or ammunition

+ If you are found in possession of property believed to be stolen

* Under the Criminal Justice Act provisions - you are also obliged to account for yourself in the following circumstances:

+ where a garda arrests you and finds a mark or object on you or in the place you have been arrested which he/she believes is the result of a crime - and asks you to account for this - you must do so.

+ where a garda arrests you near a place where the crime you are arrested for was committed - he/she can ask you to account for your presence there - you must reply.

If you refuse to do so - your refusal can be treated as evidence against if you are subsequently charged with an offence.

The general rule is to remain silent - except in the above cases. In particular you should say nothing if you are arrested and taken into detention for questioning until you have seen a solicitor.



Detention/Arrest

A garda can only arrest you if he/she has reasonable grounds to believe that you have committed or are committing a fairly serious offence. If a garda asks you to come to a station with him/her, or to get into a police car, then you should ask if he/she is arresting you and what will you be charged with. It may take a short while for the gardai to actually give you a summons or charge sheet setting out the written charge but he/she should be able to tell you why you are under arrest immediately.

You can then be detained in a garda station for a short period only - usually until the next available Court hearing - in the morning. If the gardai are going to detain you, you should ask for bail as they have discretion to give it to you - and generally will unless they belive you are going to abscond or interfere with witnesses. If you are under the age of 17, then the gardai cannot detain you for long unless they are prepared to certify that there are exceptional circumstances why this is necessary.

If you are detained - then unless you are going to be given bail quickly - you should ask the gardai to contact your solicitor. You are entitled to see your solicitor or a doctor on request. The only restriction is the availability of your solicitor/doctor. If you do not know the name of a solicitor, ask the gardai to ring or let you ring a friend/member of your family.

The only exception at present to the above rules about arrest and detention is arrest under Section 30 of the Offences Against the State Act. Under the Section 30 procedure you may be arrested on suspicion of committing an offence and held for questioning for up to 48 hours without any charge. The gardai may then release you without having to charge you. Section 30 was originally intended for "subversive" offences only but in fact can and is used for all sorts of offences except murder. The practice of the gardai varies but in recent years Section 30 has come to be used more and more for fairly serious but non-subversive offences. If you are arrested under Section 30 you should say nothing to the gardai until you have seen your solicitor. If you don't have a solicitor ask the gardai to contact a member of your family or a friend to get onto a solicitor for you. If the gardai refuse to let you see a solicitor - then your detention may be illegal from that point on.

The new Criminal Justice Act procedure (known as "The Criminal Justice Bill") is not yet in use. When this comes in, you can be arrested and held for a total of 12 hours for questioning without charge. If your detention period extends into the hours between midnight and 8.00 a.m., then the Gardai may suspend the questioning for a period up to not later than 8.00 a.m. and this "rest period" is not included in the 12 hour maximum detention period. This means you can be held for a total of 20 hours in all. Again if arrested in this way, say nothing until you have seen a solicitor.

Legal Aid

There are two systems of legal aid in Ireland - one is criminal, the other is civil.

Criminal legal aid is given in the District Court to people who are charged with an offence that might involve imprisonment and who cannot afford a solicitor. The means test is conducted orally by the District Justice on the first day you appear in the Court and is quite informal. There is a panel of legal aid solicitors kept in the Court - you can choose one and if you do not have any one in mind, the Court will appoint someone to your case from the rota. These solicitors are private solicitors who do legal aid work and are paid on a fee per case basis by the State.

Civil legal aid is run through special Law Centres in towns around the country. There is a means test - which you go through when you first visit your local centre. At time of writing, the means is a maximum of £5,500 disposable income per year (this is your income after tax, PRSI, mortgage/rent, certain loan repayments and you are also allowed certain deductions in respect of dependents.) A woman is assessed on the basis of her own means - and not those of her husband. If you feel you might be eligible, don't hesitate to enquire, you have nothing to lose.

The Law Centres deal mostly with family matters - and are very experienced in this area. They are not permitted however to represent people at tribunals - e.g. social welfare appeals, employment appeals tribunals but they may advise you on how to handle these hearings. They can deal with landlord and tenant problems but cannot deal with property, except in the case of a dispute between husband and wife. They can bring a claim for you if you cannot find a private solicitor to bring the claim - and the Legal Aid Board nevertheless feels you have a case. This applies particularly to medical negligence cases. If you think you need legal aid - check with your nearest centre to see if they can deal with the matter. Also bear in mind that most Law Centres operate part-time "clinics" in local town near to the Centre - so you may not have to travel the whole way to see a solicitor.

LAW CENTRES

24 North Mall,
CORK.
(021) 300558

Mary Street,
GALWAY.
(091) 61650

84 O'Connell Hill,
LIMERICK.
(061) 314599

Teeling Street,
SLIGO.
(071) 61647

6 High Street,
TRALEE,
Co. Kerry.
(066) 26900

5, Catherine Street,
WATERFORD.
(051) 55814

North Gate Street,
ATHLONE,
Co. Westmeath.
(0902) 74694

517 Main Street,
Tallaght,
CO. DUBLIN.
(01) 511519

45 Lr. Gardiner St.,
DUBLIN 1
(01) 787295

Aston House,
Aston Place,
DUBLIN 2.
(01) 712177

9 Lr. Ormond Quay,
DUBLIN 1.
(01) 748241

The Centre in Coolock in North Dublin is not a Law Centre but is supported by the Government:

Coolock Community Law Centre,
Northside Shopping Centre,
Coolock,
DUBLIN 5.
(01) 477804

OTHER SOURCES OF LEGAL/CITIZEN'S ADVICE

COMMUNITY INFORMATION CENTRES - these are to be found all over the country - and are coordinated through the National Social Services Board. The first CIC was the Citizens Advice Bureau founded in Cork many years ago - and although it now operates as part of the NSSB scheme, it is still known by its original name. The CICs provide free information on social welfare and health board entitlements and rights generally - they are run on a voluntary confidential basis.

DIRECTOR OF CONSUMER AFFAIRS, 13 Hume Street, Dublin 2. (01) 613399. This office deals with consumer complaints about defective goods and services - and will also advise how to deal with your complaints.

THE OMBUDSMAN. 52 St. Stephens Green, Dublin 2. (01) 785222. This office deals with complaints against Government Depts, e.g. Social Welfare, Health Board, and also with complaints against Telecom and the ESB. The office is friendly and efficient - and will make every effort to deal with your complaint on a commonsense basis. The great value of the Ombudsman's Office is that they have ways of cutting through all the red tape when you really get bogged down. You deal with them by post - on the phone or by calling in. If you want to call in however you should try and make an appointment first.



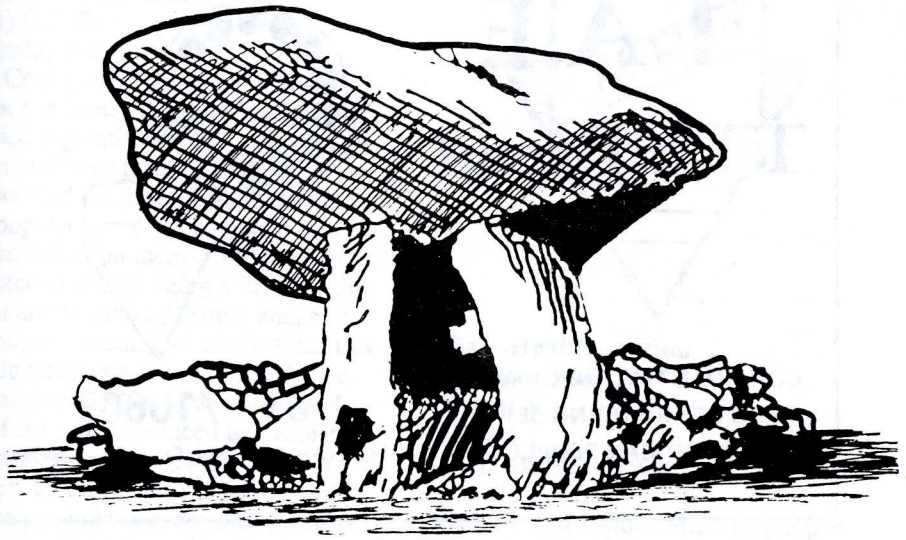
FREE LEGAL ADVICE CENTRES - FLAC. These are free advisory centres which operate in Dublin and Cork and are run by law students. The locations vary from time to time as they operate out of community centres and other part-time locations. Since the Law Centres started up - FLAC tends to deal more with social welfare problems than with family matters but will do their best to help you with whatever problem you have.

FINANCIAL INFORMATION SERVICE CENTRE - FISC These are free advisory centres run by accountants on a voluntary basis - to help people out of scrapes with their loans or tax affairs. FISC operate on a part-time basis at various community centres around the country. FISC cannot give you money - but will do their best to help you sort out your financial affairs if you are in difficulty and cannot afford to pay an accountant.

IRISH COUNCIL FOR CIVIL LIBERTIES - ICCL
4 Nassau Street,
Dublin 2.
(01) 603762
Campaign organisation for civil rights. Worth approaching for information on your rights - and particularly if you wish to get involved in research or campaigning on this issue. Has branches around the country.

AIM Group for Family Law Reform,
P..Ol Box 738,
Dublin 4.
(01) 605478
This group provides very clear simple advisory leaflets on family law and is actively involved in the area.

Amnesty International Irish Branch,
(See Campaigns)



LESBIAN AND GAY

There are 250,000 lesbians and gay men in Ireland and that, as unbiased commentators agree, is a very conservative estimate. Where are they, you ask? After all, you can't hide that many queers!

Until the arrival of AIDS there was a growing sense of a gay identity. On the international level this was most noticable in certain cities, such as San Francisco or Amsterdam. Numbers on Lesbian and Gay Pride marches in the USA are now counted in the hundreds of thousands.

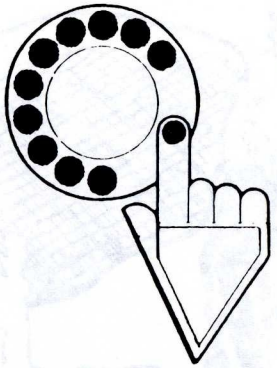
In Ireland, groups and organisations were growing, and people coming out in increasing numbers. The ill-informed panic over AIDS, eagerly fuelled by the bigots of the extreme right, has put the brakes on these developments, with emigration of many young lesbians and gays playing another major role.

But there have been gains in the past decade and these are being built on by our response to the AIDS crisis. There is a growing sense of strength on the ground.

Lesbians and gays are'nt going to allow themselves to be beaten down or forced back into invisibility. Come out and join us in the fight for your rights!

T.A.F.

Tel-a-Friend



CONFIDENTIAL INFORMATION AND BEFRIENDING SERVICE FOR GAY PEOPLE

01 - 710608

Sun - Fri. 8 - 10 pm. Sat. 3.30 - 6.00 pm.

Lesbian Groups:

Cork Lesbian Group,
Womens Place,
Quay Co-op.,
24, Sullivans Quay,
Cork
(021) 9678026
Thursday 8-10 p.m.

Dublin Lesbian Group,
76, Pembroke Road,
Dublin, 2

Lesbian Discussion Group,
Contact: Lesbian Line,
(01) 710608

Lesbian Lines:

Cara Friend,
P.O. Box 44B1,
Belfast.
(0232) 222023
Mon-Wed. 7.30-10 p.m.

Cork Lesbian Line
(021) 967026
Thursday 8-10 p.m.
The Cork Lesbian Line came into existence in January, 1985. We feel this service is greatly needed. Some of the main problems facing Lesbians are isolation and the damaging effects that the popular stereotype image of Lesbians has upon them. We hope to counteract this by being a first meeting point and to give a positive image of Lesbians. Because of the fact that this public telephone service is run by Lesbians means that we can understand a lot of the problems faced by Lesbians when they are first coming out. We all feel that Lesbians are kept invisible by the paranoid heterosexual dogma of society. Heterosexuality is seen as the "norm" and the only way to be. This has the effect of silencing women who are questioning their sexuality and makes them feel that they are in the wrong. Because Lesbianism is generally considered a taboo subject, Lesbians are kept separate and isolated from each other. The few images of Lesbians that are given to us in this culture are totally negative and damaging. As part of our fight against this we believe the Cork Lesbian Line to be essential.

Derry Lesbian Line,
c/o 7, London Street,
(0504) 263120
Thursday 7.30-10 p.m.

Dublin Lesbian Line,
(01) 710608
Thursday 8-10 p.m.



Gay Health Action
P.O. Box 1890,
Sheriff St.,
Dublin 1.
(01)7108895 - 11 a.m. to 4 p.m.(Mon/Fri.)
(021) 317026 Mon. Fri. Sat. 2/5 p.m.
Provides information to the Gay co-

mmunity on AIDS and Gay health issues. We provide accurate information to the media, medical profession, health workers, trade unions and the public at large on AIDS and related issues. We seek a major improvement in the medical support services treating those with Sexually Transmissable Diseases and campaign for comprehensive medical and support services. GHA has groups in Cork and Dublin and we liaise with groups in Belfast and Derry.

Cara-Friend,
P.O. Box 44,
Belfast BT1 1SH,
(084)222023 Mon/Wed. 7.30/10 p.m.
A befriending and information service for Gay men and women. We can provide social and personal support in helping people to come to terms with their sexuality, and in making social contact with the Gay community.

Northern Ireland Gay Rights Association,
P.O. Box 44,
Belfast BT1 1SH,
Promoting the rights of Gay men and women in Northern Ireland by legislative change and public education. Meeting Times:Thurs. 8-10p.m. Publishes 'Gay Star'.

Limerick Gay Community,
P.O. Box 151,
Henry Street,
Limerick
(061) 310101 Mon. 7/9 pm
Information service run by and for lesbians and gay men. Info. on health, legal matters and social events; advice and counselling.

Galway Gay Collective,
P.O. Box 45,
Eglington Street,
Galway
Write for details of services provided.

Cairde,
c/o 10, Fownes Street,
Dublin, 2
(01) 710895
(Also See Health)
Support group for all people affected by AIDS/HIV. See Health section for details.

Derry Cara-Friend
Tel. (0405) 263120
Thursdays 7.30 - 10 p.m. Lesbian line first Thursday of month. See Belfast entry for other details.

Gay Information, Cork
(021) 317026
Wed. 7/9 p.m.
Confidential information service. Details of social events, meetings, publications etc. available.

Cork Gay Collective,
Meets weekly - ring number above for details.

Cork Quay Co-op.,
24, Sullivans Quay,
Cork
Tel. 317660
Bookshop contains wide selection of lesbian and gay books. Open 10/6 Mon/Sat. Send SAE for lists and details, mail-order service.

Tel-a-friend (Dublin)
Tel. (01) 710608
Sun/Fri. 8/10 pm
Sat. 3,30- 6 pm
Lesbian line Thursdays 8/10 pm
Confidential information and befriending service for gay people.

Gay Youth Line
c/o 10, Fownes Street,
Dublin, 2
(01) 710608 Sun. 2/4 pm
Operated by National Gay Federation Youth Group. Provides support, factual information and a befriending service for young lesbians, gays and bisexuals.

National Gay Federation,
10, Fownes Street,
Dublin, 2
(01) 710939
Works for the rights and welfare of homosexual men and women in Ireland. Runs a variety of social events, discussion groups etc. and publishes a regular newsletter. Send S.A.E. for membership details.

Belfast AIDS Helpline,
P.O. Box 206,
Belfast
(0232) 226117 Mon and Fri. 7/10.30 pm

Dublin AIDS Helpline,
(01) 307888 No further information available at time of going to press. Sat. 3/6 pm Mon. 7.30/10 p./m.

Student AIDS Action
(See Health).

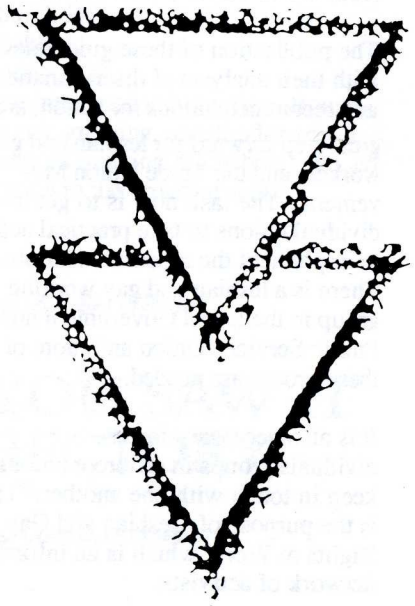
Haemophilia Society
(See Health)

S.I.G.M.A.,
A friendship network for people with a gay or bisexual partner. At present they have a drop-in evening in London and hope to have a simular service in Ireland. Information for the Irish set up can be obtained from S.I.G.M.A, Tel-A-Friend, 10 Fownes Street, Dublin 2.

Out Magazine,
P.O. Box 1449,
Dublin, 1
Ireland's only lesbian and gay magazine. Published bi-monthly.

Reach,
P.O. Box 1790,
Dublin, 6
Gay Christian group: monthly meetings.

The Julian Fellowship,
Box number 1871,
Churchtown,
Dublin, 14
Support group for catholic lesbians. Holds regular meetings, publishes newsletter.



TRADE UNIONS:
Various unions have published information an AIDS, or held meetings to educate their members. See under 'Trade Union' section for addresses.

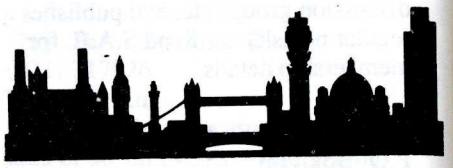
Lesbian and Gay Rights in the Workplace.
" Unions must negotiate policies and procedures which counteract discrimination and prejudice, in all its forms, against lesbians and gay workers. The objective of such policies and procedures is to create a workplace environment where lesbian and gay workers can have equality of opportunity and be free of harassment or possible reprisals from other workers or management."

This is an extract from the recently published Irish Congress of Trade Unions policy document, 'Lesbian and Gay Rights in the Work Place; Guidelines for Negotiators' available free from the ICTU or your own Union.

The publication of these guidelines, with their analysis of discriminations and recommendations for action, are a great step forward for lesbian and gay workers and the Trade Union Movement. The task now is to get individual unions to take practical action to implement the recommendations. There is a lesbian and gay working group in the Local Government and Public Services Union and more of these groups are needed.

It is also necessary for individuals/groups in different unions to keep in touch with one another. This is the purpose of 'Lesbian and Gay Rights at Work' which is an informal network of activists.

ICTU,
19, Raglan Road,
Dublin, 4
(01) 680641
Northern Ireland Committee/ICTU,
3 Wellington Park,
Belfast
(0232) 681726
Lesbian and Gay Rights at Work
c/o P.O. Box 1890, Sheriff Street,
Dublin, 1
Lesbian and Gay Working Group
c/o L.G.P.S.U.,
9, Gardiner Place,
Dublin, 1.



Visiting, living in or thinking of moving to London?

Lesbian & Gay Switchboard,
Tel: (031) 837 7324 (01 from North)
24 hours a day, 7 days a week. Advice, counselling and information service, dealing with enquiries ranging from Accommodation to Zinnias.

London Lesbian and Gay Centre,
69, Cowcross Street,
London EC12 (Farrington Tube)
Tel: (031) 6008 11471
Cafe, bookshop, 2 bars, creche, lesbian-only lounge, discos, meeting rooms, disabled access all areas. Highly recommended.

MISCELLANEOUS

Northern Ireland Voluntary Trust,
Murray House,
Murray Street,
Belfast BT1 6DN,
245927
Provides advice and support and makes grants to new community and voluntary projects, tenant organisations, women's groups, inter-community projects, community projects, community administratives and community enterprises in urban and rural areas of need in Northern Ireland. Publications: Annual report, Guidelines for grant seekers, Priority Estates, Ideas for Action, Rural Community Project - Ideas for Action.

The Gaskells,
Laccaroe,
Feakle,
Co. Clare
We are husband, wife, 10 children, small farm (12 acres) worked by horses; work in various crafts, involved in alternative schools for our children based on Steiner's principles. Interested in rare breeds, rare seeds, horse-drawn machinery.

Resource Centre,
Quay Co-Op,
24, Sullivans Quay,
Cork.
(021) 967660
We offer services and facilities, at a reasonable cost, to low-income groups i.e., unemployed groups, campaign and community groups, who have little or no finances or other resources of their own. We offer rooms for meetings, exhibitions and fund-raising events e.g. Jumble Sales. We also have a badge making service for festivals, campaigns and various groups. For example, in the past year, we have made badges for the Divorce Action Group, The Irish Council Against Bloodsports, Earthwatch and even some of Cork's young Rock Bands!
We have also produced this 1987 edition of The Alternative Ireland Directory.

Patricia Howard,
'Melmore'
Church Hill,
Wicklow,
(0404) 2229
I am interested in herbalism, Bonsai, organic growing, unorthodox travel, ceramics (making & teaching) and education in the broadest sense.

TELL THEM YOU SAW IT IN THE DIRECTORY!

ORGANIC GARDENING & FARMING

Since the last edition of the Alternative Ireland Directory, there has been an increased public awareness of the dangers of using chemicals in gardening and farming. As a result interest in organically grown produce has developed considerably.
Some of those listed below are willing to train people on a daily/week-end basis and sometimes for longer periods in organic farming/gardening.
Please write in advance, as surprise visits can be disconcerting.

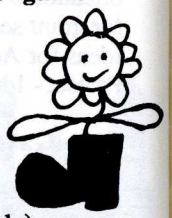
Rainbow Information,
Clogher
Dunmanway,
Co. Cork.
Information centre on organic gardening, farming, forestry, ecology and wildlife.

Judy & Richard,
Knockauns,
Cloonminda P.O.,
Co. Galway.
Large garden - hoping for 'Village Community' here. Help sometimes required. Welcome intellectuals, aristocrats, students, 'Bis', pacifists, socialists - must write ahead.

Roger & Olivia Goodwillie,
Lavistown Study Centre,
Kilkenny.
(056) 65145
Environmental & craft courses; small scale farming - cheese making, antibiotic-free pork.

Ben & Mike Doherty,
Gahilly,
Glentogher,
Carndonagh,
Co. Donegal.
(077) 74581
Small organic holding; vegetable and fruit gardens; goats & hens. Our interests include: home birth, home education, natural therapies, classical & irish traditional music(lead a Recorder ensemble), networking, meditation, personal & global transformation. Interested in contacting like-minded souls.

Willing Workers on Organic Farms
(W.W.O.O.F.),
C/o, Gilly Wenlock,
Carrigleigh,
Shanballymore,
Mallow,
Co. Cork.
(Correspondence address only)
Opportunity to help and obtain first hand experience of organic gardening/farming on holdings throughout the country. Enquiries welcome from both people wishing to learn and also any organic farmers/small-holders willing to share their experience.



Clonmel Organic Meetings,
Mulcahy's,
Gladstone St.,
Clonmel,
Co. Tipperary.
Meet on last Wednesday of every month at the above address at 8.30 p.m. Organic production methods, self-suffiency, alternative lifestyles etc. as topics. All welcome.

Clonmel Organic Growers Co-Op,
Rainbow Warehouse,
Abbey Street,
Clonmel,
Co. Tipperary.
Selling local organic produce through our stand each Friday in the Rainbow Warehouse. Seeking new members - contact through stand or Clonmel Organic Meetings.

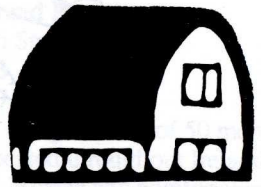
Irish Goat Club,
C/o, Mrs. Rebecca Jackson,
Hon. Membership Secretary,
Westwinds,
Garadice,
Kilcock,
Co. Meath.
The aims of the club are to improve the welfare of goats; raise the standard of breeding & goats milk produce; bring people together who have similar interests and who are prepared to exchange ideas and information about goats.

Irish Society of Poultry Fanciers,
C/o, Mrs. D. Rowsome,
Hon. Treasurer,
Ballintober,
Hollywood,
Co. Wicklow.
Produces a poultry directory of breeds and breeders of large fowl which costs £3. Members of the Society are entitled to a free copy of the directory, a free copy of Autumn News Sheet, free admission to Annual Members Day and the right to exhibit at the Society's Show at the RDS Spring Show.
Subs: £5 single, £3 OAP/Junior

Mike & Daphne Gaskell,
Laccaroe,
Feakle,
Co. Clare.
We are invloved in organic farming, hydra experiments, horse-drawn machinery, alternative technology, alternative schooling and rare breeds. Founder members of Cooleenbridge parent-run school, W.W.O.O.F. hosts, proud parents of 10 children, have built a log house. Affiliated to the East Clare New School Project, Cooleenbridge School, Scariff, Co. Clare.

Deelish Garden Centre,
Skibbereen,
Co. Cork.
(029)21374
Sole agents for Chase Organic Seeds and Products in Ireland - mail order and personal callers. Fruit tree specialists and general garden centre. Catalogue available - send a 34p stamp.

Zara Brady,
Rinnaknock,
Ower P.O.,
Co. Galway.
(5 miles west of Headford).
(093)335661
Commercial dairy goat farm with Alfa-Lava milking parlour. All pedigree stock. Stud male available. Bookings taken for kids. Milking goats occasionally for sale.

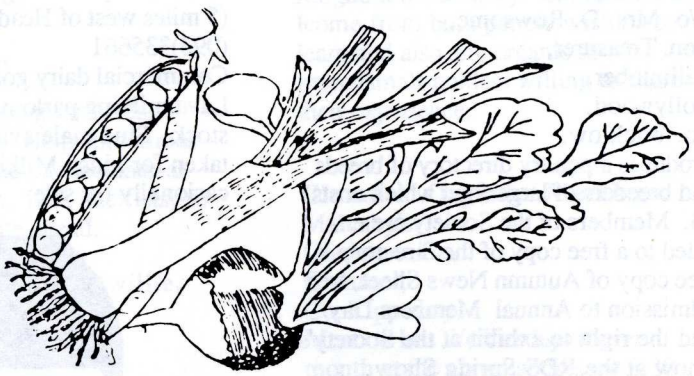


Irish Organic Growers Assoc.,
Blackcastle Farm,
Navan,
Co. Meath.
(046)21703
We aim to promote the production of food without the use of artificial chemicals, by the dissemination and sharing of information and experience of natural methods. For information/enquiries please send a stamped addressed envelope to the above address.

Gillies Macbain,
Cranagh Castle,
Templemore,
Co. Tipperary
0504-53104
This is the contact address for: (1) the IOFGA pages of the N.W. Newsletter (2) Irish Organic Farm Guesthouses (3) Five day organic garden course (monthly).

Terry Cunningham,
Grangebeg,
Fethard,
Co. Tipperary
(042)23402
Aims to form a Society to help in the preservation and promotion of Native Irish Breeds of farm animals and poultry. Also to ascertain what remnants of the old breeds still exist and to set about the possible 'reconstruction' of those breeds.

Ballybrado Organic Products Ltd.,
Ballybrado House,
Cahir,
Co. Tipperary.
(052)66206
Organic farming, cereal production, drug-free mutton, natural coloured knitting wool, saddleback pigs, potatoes, vegetables, honey, guest-house for self-catering.



SHORT STAY ACCOMMODATION

HOSTELS/GUEST HOUSES

Apart from the usual run of the mill hotels and guest houses there are other ways to get round the country, and at low cost!
Firstly there are the independent hostels where no membership is required and where you get good cheap accommodation. Alternatively there are organic farms where you can always be sure of a warm welcome, provided you contact them in advance. There are also various houses and farms around the country which cater for visitors. Check below and in the Organic and Communities sections for more addresses.

Margaret, Kevin & Joseph Moran,
Moneygold Riding & Horse-Driving Centre Ltd.,
Grange,
Co. Sligo.
(071)63337
Friendly farm holidays with horses, arts and crafts, organic vegetables, herbs, fishing, 20 km of beaches and mountains.
Self-sufficient, 'small' enterprise on renovated 15 acre farm. Maggie is an experienced National School teacher of disabled children, Kevin is a farrier/instructor/builder. Members of Irish Organic Guest Houses, Irish Pony Society, Show-Jumping Assoc., I.O.F.G.A.

Mrs. Nuala Duignan,
Boher na Sup,
Ballina,
Co. Mayo.
(096) 21552
Pretty country cottage near 20 km. beaches; golf; mountains; fishing and Moneygold Riding Centre, Co. Sligo.

Vary Knivett,
Shiplake Hostel,
Dunmanway,
Co. Cork.
(023) 45750
Farmhouse hostel 3 miles from Dunmanway. Sleeps 16 in old-fashioned comfort. Fully equipped kitchen, organic home produce from the shop, mountains and lakes and solitude. Hostel is open all year; available for group bookings and as a workshop venue. Member of I.H.O. £3.50 per night (£2.50 for groups of 10 or more)

Lettercollum House Hostel,
Timoleague,
Co. Cork.
(023)46251
Guest house/hostel with organic gardens and farms, vegetarian food, restaurant. £3.50 per night, meals £2.50. Self-catering kitchens available. Can cater for groups/seminars/workshops up to 25 people.

Independent Hostel Owners,
Information Office,
North Strand Hostel,
49, North Strand Road,
Dublin, 3
(01) 364716
We are a co-op society of 50 member hostels located throughout Ireland. We provide clean and comfortable accommodation at affordable prices - around £3 per night. See advertisement for further details.

DID YOU KNOW THERE ARE 50 INDEPENDENT HOSTELS IN IRELAND?

INDEPENDENT HOSTEL OWNERS IRELAND

Clean, comfortable accomodation from £3·00 per night.

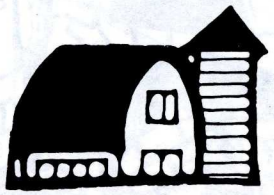
Open all day
No membership card necessary

For I.H.O. list send s.a.e to:

The North Strand
49, North Strand Rd.,
Dublin 3.
Phone: 01-364716

The Natural Living Centre,
C/o, Anne Hyland & Michael Travers,
Annascual,
Co. Kerry.
Natural foods, Cafe, bed & breakfast, residential study courses, shiatsu, acupressure, macrobiotics, wholefood cooking, meditation and yoga; drawing & painting - classes and individual counselling. Affiliated to Irish Holistic Health Association, c/o, 22 Vernon Drive, Dublin 3.

Kilcranny House,
(Peace People Farms Ltd.),
21, Cranagh Road,
Coleraine,
Co. Derry
(0504) 58353
We are a small residential centre for groups/individuals with an emphasis on peace/lifestyle. There are three resident members. We have a large organic garden, pony-trap for rides. It is planned to have a Craft Workshop, run discussions, weekend workshops on skills/issues, have boating/cycling in the future.
Publication:` Peace by Peace,`



An Oige (Irish Youth Hostel Association),
39, Mountjoy Square South,
Dublin, 1
(01) 745734
Provides hostel accommodation throughout the country for young people in particular. For further information on specific hostels contact the above.

Short Stay Accommodation for the Homeless:-

This part of the section is mainly for those who need to know the various addresses of shelters for the homeless. These shelters are, on the whole, short stay accommodation and designed primarily for the indigent population being run by charitable organisations.

Alone,
3, Canal Terrace,
Bluebell,
Dublin, 12
(01) 509614

Salvation Army,
13, Lower Abbey Street,
Dublin, 1
(01) 336881, 740987

Belfast (0232) 20320

Simon Shelter,
9/11, Lower Buckingham Street,
Dublin, 1
(01) 787138
Belfast (0232) 776031

Society of St. Vincent de Paul,
8, Cabra Road,
Dublin, 7
(01) 384164, 384167.
Belfast (0232) 20476

Interaid,
27, Wyattville Close,
Ballybrack,
Dublin
(01) 8258885

Iveagh Hostel,
Bride Road,
Dublin, 8
(01) 753247

Back Lane,
Night Shelter,
Off High Street,
Dublin, 2
(01) 751619

Dublin Night Shelter for Men,
31, Tara Street,
Dublin, 2
Contact: Mr. Pat Mcloughlin (01) 987033

Model Lodging House,
Benburb House,
Dublin, 7
(01) 770689

Morning Star,
North Brunswick Street,
Dublin, 7
(01) 723401

York House,
York Street,
Dublin, 2
(01) 754039

Bru Chaoimhin,
Refuge/Hostel,
Cork Street,
Dublin, 8
(01) 751005
Ext. 69.

Family Aid,
Box 791,
Dublin, 6
(01) 965611

Missionary Sisters,
223, South Circular Road,
Dublin, 8
(01) 753205

St. Annes Social Service Centre,
Meals on Wheels,
Milltown,
Dublin, 6

St. Josephs Night Refuge,
Cork Street,
Dublin, 8
(01) 751657

Regina Coeli Hostel,
Morning Star Avenue,
Dublin, 7
(01) 723142
Closes at 8 p.m.

Lazy O Day Centre,
25/27 Ormeau Road,
Belfast

Focus Point,
Resource Centre,
15, Eustace Street,
Dublin, 2
(01) 712555



THIRD WORLD

Many of the groups and organisations involved in the area of 3rd World and human rights campaigns are listed below. Some, for example Amnesty International, actually campaign for justice for all, particularly for those termed "prisoners of conscience". Others listed are concerned mainly with lobbying the Irish Government or seeking support from the public. Whatever their function or criteria, the work they do needs your support and in many cases active participation.

Clodagh Duggan & Andrew Cape,
Mullantiboyle,
Glenties,
Co. Donegal.
(075) 51347
Distribution of third world crafts, wholefoods and recycled paper products for 'Traideireann'. Organises wholefood cookery courses especially for growing families.

Irish Infant Formula Action Group (INFORM),
c/o 38, Newcourt Road,
Bray,
Co. Wicklow
(01) 868452
Monitors infant feeding practices in

TRAIDEIREANN LTD



This large hammock is extremely strong and comfortable. It can be used in or outdoors. Tested for weights up to 250kg! Made from braided and woven jute by co-operatives in the villages of Bangladesh.

Send for our free catalogue of Third World products and recycled paper.

Head Office:
TOMFARNEY, CLONROCHE, ENNISCORTHY, CO. WEXFORD.
Tel: 054 44244

Warehouse: Ganley Hall, Athlone, Co. Westmeath. Tel: 0902 2064

Ireland and worldwide to ensure the adoption of the WHO/UNICEF International code of marketing of breastmilk substitutes. Promotion and protection of breastfeeding. Membership £8 groups., £5 individuals. Affiliated groups AIMS, ICT.

Traideireann Ltd.,
Tomfarney,
Clonroche,
Enniscorthy,
Co. Wexford
(054) 44244
Relief of poverty through: education on development issues, marketing of goods, in particular those produced by Third World community groups and co-operatives. We have a growing team of voluntary representatives around the country, who welcome invitations to speak, show slides and participate in 3rd World awareness events etc. Product range includes tea, coffee, sugar, wholefoods, cuban sweets, crafts, recycled paper, books, jewellery, furnishings and hand painted greeting cards.

Christian Aid,
Christchurch,
Rathgar Road,
Dublin 6.
(01)966184
(Sec. John Parkin)
Fundraising to support development projects and relief work in the Third World. Provides a range of Develpoment Education resources including films, videos, posters etc., for use in schools plus youth & adult groups. Works through local committees and churches.

An Foras Forbartha,
St. Martins House,
Waterloo Road,
Dublin 4. (01) 764211

Trocaire,
the Catholic Agency for World Development,
169, Booterstown Avenue,
Blackrock,
Co. Dublin (01) 885385 Ext. 04

Leprosy Mission,
20, Lincoln Place,
Dublin, 2
(01) 761066

Amnesty International
(See Campaigns)

Chile Solidarity Group,
c/o Fr. Kevin Casey,
St. Francis Xavier Church,
Gardiner Street,
Dublin, 1

Ireland-Filipino Support Group,
84, Seapark,
Malahide,
Co. Dublin.

El Salvador Support Group,
Brendan Butler,
Pennock Hill,
Swords,
Co. Dublin
(01) 405469

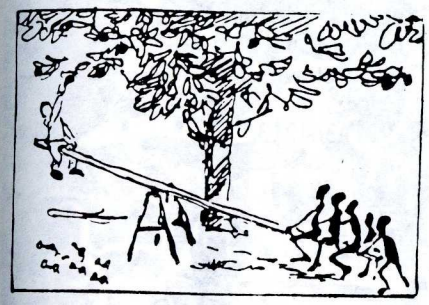
Irish Commission for Justice and Peace,
169, Booterstown Avenue,
Blackrock,
Co. Dublin
(01) 885021

Survival International,
c/o Richard Webb,
17, Parkview Avenue,
Harolds Cross,
Dublin, 6
(01) 974427

Action from Ireland (AFRI),
86, Summerhill,
Dublin, 1
Contact: Don Mullan (01) 724632

Caritas Ireland Relief Organisation,
Charitable Organisation,
1b, Lower Georges Street,
Dun Laoghaire,
Co. Dublin.

Irish National Committee for UNICEF,
4, St. Andrew Street,
Dublin, 2
(01) 770843



Oxfam Head Office,
38, Upper Mount Street,
Dublin, 2
(01) 606600

War on Want,
14, South Richmond Street,
Dublin, 2
(01) 886148
Also:
Rugby Avenue,
Belfast 9.

Ulster Cares,
c/o Olwyn Douglas,
Flat D,
100, Eglantine Avenue,
Belfast 9
(0232) 660554

N.W. World Development Education Project,
c/o Gareth Byrne,
ICOS House,
Enniskellan Road,
Sligo.

Voluntary Service International (VSI),
4/5. Eustace Street,
Dublin, 2(01) 719067

VSI,
171, University Street,
Belfast, 9.

Agency for Personnel Service Overseas (APSO),
29, Lower Baggot Street,
Dublin, 2
(01) 761571

Concern,
1, Upper Camden Street,
Dublin, 2
(01) 681237/754162

Gorta,
16, Upper Mount Street,
Dublin, 2
(01) 607222

The Dr. Tom Dooley Fund,
Ann Killian Hon. Secretary,
Cuala,
Greenfield Road,
Sutton,
Dublin, 13
(01) 601643

Congood,
14, Ely Place,
Dublin, 2
(01) 606465

Irish Red Cross Society HQ.,
16, Merrion Square,
Dublin, 2
(01) 765135

Irish Red Cross Society,
Area Committee,
Assumption Villa,
Assumption Road,
Cork
(021) 501715

Advisory Council on Dev. Co-Operation,
13, Upper Lad Lane,
Dublin, 2
(01) 607149

DEVCO,
Kildress House,
Pembroke Row,
Dublin, 2
(01) 760245

HEDCO (Higher Education for Development Co-Operation),
Kildress House,
Pembroke Row,
Baggott Street,
Dublin, 2.
(01) 612748

Co-Workers of Mother Theresa,
Hon. Sec. Miss Rosemary Logue,
52, Upper Baggot Street,
Dublin, 4

Oxfam,
Belfast Regional Office,
12, Lower Crescent,
Belfast BT7 1NR

Christian Aid,
Christ Church,
Highfield Road,
Dublin, 6
(01) 966184
Also: 48, Elmwood Avenue,
Belfast, 9
(0232) 668204

Comhlamh,
4/5 Eustace Street,
Dublin, 2
(01) 716795

Irish Anti-Apartheid Movement,
20, Beech Park Road,
Dublin, 18
(01) 895035
Also Ship Street Quay,
Derry
Also Robert Wright,
14, Ardgreenan Gardens,
Belfast.
also c/o Martin Sheil,
61, Wainsfort,
Rochestown,
Cork.
(021) 364213



Third World Literature Co-Op,
c/o Books Upstairs,
25, Market Arcade,
Dublin, 2



Irish U.N. Associations,
13, Merrion Square,
Dublin, 2
(01) 766136

Latin American Solidarity Committee,
35, Lower Buckingham Street,
Dublin, 1
(01) 725905

Singapore & Malaysia Standing Committee on Human Rights
c/o 112-3, Marlboro Street,
Dublin, 1

Nicaraguan Support Group,
35, Lower Buckingham Street,
Dublin, 1
(01) 725905

Survival International (Irl),
17, Parkview Avenue,
Harolds Cross,
Dublin, 6
(01) 602511

Goal,
P.O. Box 19,
Dun Laoghaire,
Co. Dublin.

Creative use of white space ↖

TRADE UNIONS

Trade Union Membership: Individual workers are vulnerable, and trade union membership provides the best protection for employed people. In matters of pay and conditions, a collective voice is the most effective when negotiating with employers.

In return for a weekly subscription to a union, you get a range of services which, as well as representation on all matters affecting pay and conditions, can include sickness and unemployment benefit, injury benefit, strike pay, and legal advice and representation on accidents at work etc.

Whatever your job, there is a union for you to join. In most firms of any size, the majority of workers belong to a trade union - indeed, there are more than 600,000 trade union members in the country. However, if there is no such union in your workplace and you are not sure which one to join, contact the Irish Congress of Trade Unions, 19, Raglan Road, Dublin, 4 (01) 680641.

How Trade Unions are organised:

* The shop steward: Union members at the workplace elect their own representative, usually called a "shop steward". Shop Stewards are'nt paid for their trade union work, and represent the members in the workplace on a voluntary basis.

* The Union Branch: Union members belong to branches which meet regularly near members' homes or workplaces. At branch meetings members can have a say in what the union does and how it is run.

* The National Organisation: Each union has a National Executive Committee which acts on behalf of all the union's members. The Executive Committee is elected by the members, usually at the union's national conference. Most unions employ full-time paid officials, who give advice and help to shop stewards, their branches and represent the union in negotiations.

* Trade Councils: In most major towns and cities representatives of local trade union branches have joined together to form trades councils. There are over 50 trades councils in Ireland at present.

* Irish Congress of Trade Unions; There are well over 80 trade unions in Ireland, covering different industries or jobs. These unions have come together in a body called the Irish Congress of Trade Unions, which represents trade unions at national level, co-ordinates union activity, provides training services and specialist services, and makes representations to the governments (North and South).

I.D.A.T.U.,
Irish Distributive & Administrative Trade Union,
O'Lehane House,
9, Cavendish Row,
Dublin 1.
01/746321

Organises in all industries especially in shops, offices, finance, co-ops, garages and meat factories. Subs: £1.45 & £1.30 per week. Publishes: 'The Distributive Worker'. Offices: 23. South Mall, Cork. 021/270101. Unit 5, 36 Michael Street, Waterford. 051/ 74631. 89, O'Connell St., Limerick. 061/314648. Hynes Building, St. Augustines, Galway. 091/ 62750. 13, Cathedral Buildings, Donegal St., Belfast BT1 2FF. 0232/247809. Membership: 20,000 General Secretary: John Mitchell

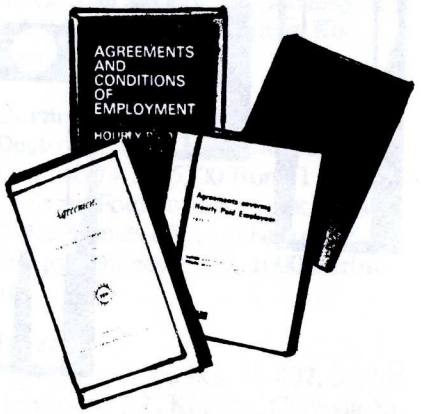
L.G.P.S.U.,
Local Government & Public Service Union,
9, Gardiner Place,
Dublin 1.
01/728899
Local authority/health services/public bodies/voluntary agencies. Membership:18,000 Fees: Related to salary. Publishes: 'Reporter'.

E.S.B.O.A.,
E.S.B. Officers Association,
43, East James Place,
Dublin 2.
01/767444
Clerical/technical. Membership: 2,800
General Secretary: John Hall.
President: Eamon Kelly.

I.M.E.T.U.,
Irish Municipal Employees Trade Union,
8, Gardiner Place,
Dublin 2.
General operatives/ local authorities/health boards/V.E.C. etc
Membership: 3,000 Subs: £1.50 per week.
General Secretary: Sean Redmond

C.E.I.S.A.,
Customs & Excise Indoor Staff Association,
Room 15,
Custom House,
Dublin 1.
01/734919
Custom & Excise. Membership: 620. Subs: 25p or 50p per week. Publishes: 'C.E.I.S.A Newsletter'.
General Sectretary/President: Dermot Jennings.

A.S.T.M.S.,
Association of Scientific, Technical and Managerial Staffs,
38, Lower Leeson St.,
Dublin 2.
(01)762306
99, O'Connell Street,
Limerick.
Finance, insurance, engineering, science and the public sector. Membership: 14,000 in Ireland, 390,000 in Ireland & the U.K. 31 branches in Ireland. National Secretary: Rory Murphy. Publishes: Neart



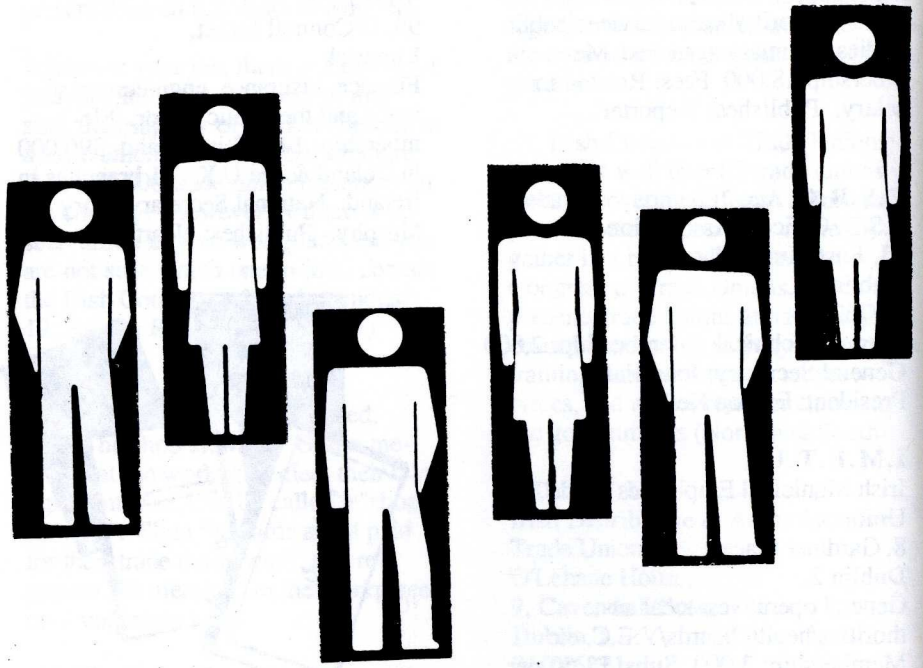
A.E.U.,
Amalgamated Engineering Union,
20, Gr. Charles St.,
Dublin 1. (01) 741683

A.T.G.W.U.,
Amalgamated Transport & General Workers Union,
55/6 Middle Abbey St.,
Dublin 1. (01) 734577

F.W.U.I.,
Federated Workers Union of Ireland,
29, Parnell Square,
Dublin 1. (01) 748711

I.T.G.W.U.,
Irish Transport & General Workers Union,
Liberty Hall,
Dublin 1. (01) 749731

U.C.A.T.T.,
Union of Construction, Allied Trades and Technicians,
56, Parnell Square West,
Dublin 1. (01) 746687



Travel & Work Abroad

With the current trends in travel and, in fact emigration, this section will prove useful to those who feel footloose. It should be remembered that many 3rd world agencies require staff to work on a voluntary basis abroad. You can consult the 3rd World section and also the books listed below for vacancies.

Experiment in International Living
(See Education)

Comhchairdeas The Irish Workcamp Movement
(See Youth)

The list below of Irish Societies Abroad is limited and not complete. A full list is available from the Department of Foreign Affairs in Dublin. A list of embassies in Ireland can be found in the Telephone Directory (01) area, under 'Diplomatic and Consular Missions, Embassies'.

Australia
Irish National Association of Australasia, 64, Devonshire St., Surry Hills, N.S.W. 2010 Phone: (02) 211-3410
Northern Territory Irish Association Inc., Gaden Circuit, Jingilli, Darwin, N.T. 5970 Phone: (089) 85 -1419

Austria
General Secretary, Mr. Robert Umlauf, Austro-Irish Society, Lascenburgerstralia 1-5/2/27, A-1100 Wien.

Belgium
The Irish Club of Belgium, c/o Paul Ronayne, President, 31, Ave. Coloniale, B-1170, Brussels, Belgium.

Canada
Irish Society of British Columbia, 771, Prior St., Vancouver, B.C. V6A 2G8.
Irish Newfoundland Association, Box 5321, 86, Water St. East, St. John's, Newfoundland A1C 5W1.

Denmark
Danish-Irish Society, P.O. Box 353, DK-1504, Copenhagen V.

Norway
Norwegian-Irish Society, Mrs. Maria Scharffenberg, President, Etlenstadsletta 46A, N. Oslo 6.

France
Society Francaise d'Etudes Irlandaises, Universite de Haute-Bretagne, UER d'Anglais, 6, Rue Gaston Berger, 35043, Rennes Cedex Phone: (99) 59 20 33

Greece
Greek-Irish Society, c/o Embassy of Ireland, 7, Leaforos Vasileas, Konstartinou, Athens.

Germany
Deutsch-Irische Gesellschaft E.V., Postfach 14 12, 5300 Bonn 1
Kreis zur Forderung der Sprache und Kultur Irlands e.V., c/o Heike Weibappel, Dillgesstr. 43, 1000 Berlin 46.

Japan
Dept. of Irish Studies, 11-402, Sophia University, 7-1, Kioicho, Chiyoda-Ku, Tokyo Phone: (03) 238-3205

Italy
The Irish Society, Studio Mahon, s.a.s., Viale B. d'Este, 41, 20122, Milano
Phone: 02-585938

Luxembourg
The Local Branch of Comhaltas Ceoltoiri Eireann
Martin Joyce, Uas., Cathaoirleach, C.C.E. Luxembourg, 50, Rue de la Toison d'Or, 2265, Luxembourg.

Singapore, Malaysia and Thailand
Mr. Pat Mulvaney, President, St. Patrick's Society, 48, Nassim Road, Singapore 1025.
Mr. D.E. Lyndsay, President, St. Patrick's Society, P.O. Box 369, Kaula Lumpur, Malaysia.
Mr. T. Mora, President, St. Patrick's Society, The Borneo Co. (Thailand) Ltd.,
1041, Silom Road, Bangkok, Thailand.

Spain
The Irish Hispanic Society, Viajes Sprint, O'Donnell 30-1 izda, Madrid 28009

Sweden
Swedish-Irish Society, Siargatan 17, 116 27 Stockholm Sec. Ms. Lilian Olsson

Switzerland
The Geneva Irish Society, Mrs. Mary Kehrli Smyth-President, 17, Chemin Chantelise, 1291, Cummugny.

Netherlands
Vereniging Nederland Ierland, J.J. Viottastraat 27, 1071, JP Amsterdam.

New Zealand
Auckland Irish Society, P.O. Box 829, Auckland, New Zealand.

U.S.A.
New York (Irish Societies)
Ancient Order of Hibernians in America Inc. President, Mr. Joseph Roche, 13002, Fork Road, Baldwin, Md. 21013.
Los Angeles
A.O. of Hibernians - Mr. R. Kneeley, President, 10648, E. Arrowood Street, Temple City, Ca., 91780.

U.K.
Hon. Sec. of the Brent Irish Society, Ms. S. Casey, 20, Quainton Road, Neasdon, London, N.W. 12.

Useful Publications:

Work your way around the World
Directory of Jobs and Careers Abroad
Summer Jobs in Britain '87
Working in Ski Resorts (Europe)
Vacation Traineeships in Britain and Abroad (Mainly for students)
Summer Jobs Abroad '87
The International Directory of Voluntary Work
All the above books can be found in your liberary or from: Vacation Work, 9, Park End Street, Oxford, England.

Emigration and Working Abroad Available in libraries and bookshops or from Morrigan Book Company, Killala, Co. Mayo.

Many overseas agencies require volunteer and paid workers both in Ireland and Abroad, check 3rd World, Campaign and Youth sections for addresses.

WOMEN

As the following lists demonstrate there are Women's Groups active everywhere.
The concerns of these groups cover a wide range of issues affecting womens lives. Some women are involved in single issue campaigns/support groups i.e., C.A.S.E. (Campaign Against Sexual Exploitation), whilst others meet to discuss their ideas and experiences through writing groups, etc. Also in Ireland in recent years, women have begun to take control of their own lives and we see this expressed by the increased interest in Home Births among other things.
Even though each group is as different as the individuals within them, all share a common bond as women gathering together to overcome their oppression wherever they find it in their lives.

WOMENS GROUPS

Ballymena Womens Group,
c/o, Mary Bayer,
129, Drumlorragh,
Bellee,
Ballymena,
Co. Antrim.

Clonakilty Womens Group,
c/o, Chris McKeoun,
Ballinaglanna North,
Clonakilty,
Co. Cork.

Churchfield Womens Group,
5, Churchfield Avenue,
Churchfield,
Cork.

Clonmel Womens Group,
c/o, Karen E. O'Connor,
Scrouthea East,
Clonmel,
co. Tipperary. (052) 24562
Discussion group, women's studies course, helping to set up a battered wives group. Sub-groups have set up a Rape Crisis Centre, self-defence classes, petitions on womens issues.

Cobh Womens Group,
c/o, Toni Walsh,
5, Inismore Park,
Cobh,
Co. Cork. (021)812392

Comhlamh Womens Group,
4/5, Eustace St.,
Dublin 2. (01) 716795

Coolock Womens Group,
c/o, Mary Boyle,
Coolock Law Centre,
Northside Shopping Centre,
Coolock,
Dublin 5.

Cork Womens Group,
Quay Co-Op,
24, Sullivans Quay,
Cork. (021) 967660

Craigavan Womens Group,
c/o, 502, Legahory Green,
Craigavan.
Co. Armagh. (0762) 24945.

Derry Womens Group,
7, London St.,
Derry.
or
12, Orchard St.,
Derry. (0504) 263174

Darndale Womens Group,
C/o, Coolock Law Centre,
Northside Shopping Centre,
Coolock,
Dublin 5.

Dundalk Womens Group,
c/o, Sally Bird,
Old Golflinks Road,
Blackrock,
Co. Louth.

East Clare Womens Group,
c/o, Helen Browne,
Doolin,
Co. Clare.

Ennis Womens Group,
78, Cahercalla Estate,
Ennis,
Co. Clare (065) 24035

Fermanagh Womens Action Group,
c/o, Mary Campbell,
4, Erne Drive,
Enniskillen,
Co. Fermanagh.

Galway Womens Group,
6, Sylan Avenue,
Fairlando,
Galway Quay. (091) 24513

Horne Drive Womens Group,.
Community Centre,
Horne Drive,
Belfast 11.

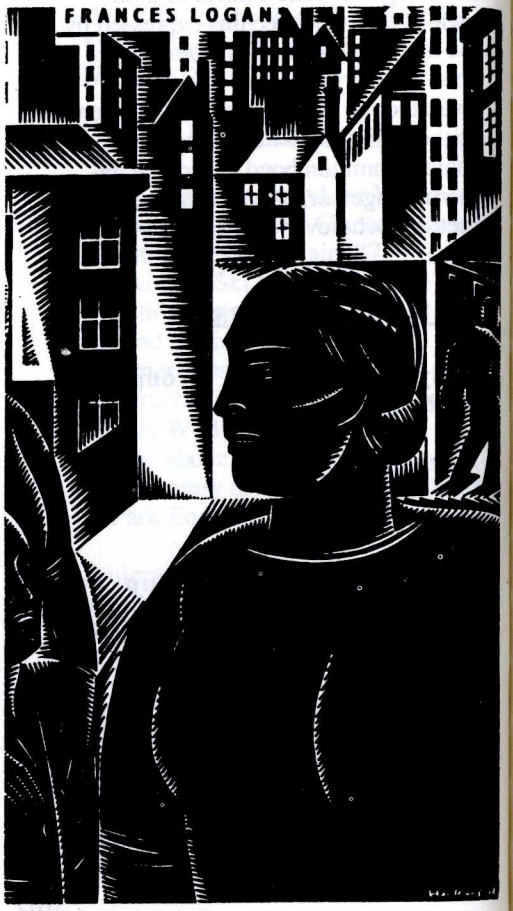
I.C.C.L. Womens Group,
4, Nassau St.,
Dublin 1. (01) 603762

Kilkenny Womens Group,
c/o, S.S.C.,
Waterford Road,
Kilkenny. (056) 21685

Leixlip Womens Group,
5, The Mall,
Leixlip,
Co. Kildare. (01) 242862

Ligoniel Womens Group,
Ligoniel Community House,
24, Legburn St.,
Belfast 14.

Longford Womens Group,
c/o, Maria McCann,
Abbeyville,
Battery Road,
Longford.



Loughlinstown Womens Group,
3, Glanavan Park,
Ballybrack,
Co. Dublin.

Lower Oldpark Womens Group,
59, Oldpark Road,
Belfast 14.

Magee College Womens Group,
University of Ulster,
Magee,
Derry. (0504)265621

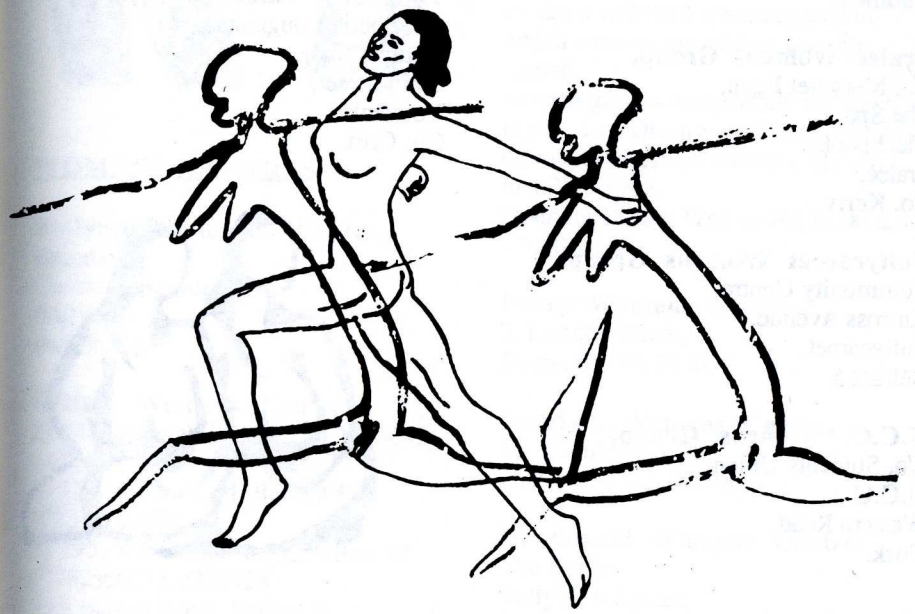
Mayo Womens Group,
c/o. Ruth McNeely,
130, Chesternut Grove,
Castlebar,
or
c/o, Aine Kelly,
Curragorm,
Knockmore,
Ballina,
Co. Mayo.

Newry Womens Group,
Newry Resource Centre,
2, Bridge St.,
Newry,
Co. Down.

Northside Womens Action Group,
c/o, June Bryan,
32, Clonsaugh Walk,
Coolock,
Dublin 5.

Passage West Womens Group,
c/o, Helen McHenry,
29, Maulbawn,
Passage West,
Co. Cork.

Queens University Womens Group,
Students Union,
University Road,
Belfast 7.



THE FIRST LANGUAGE (PANEL 8) COURTESY OF IGA

Sligo Womens Group,
c/o, Anne Gilmartin,
Tessan,
Sligo (071) 2140
or
c/o, Catherine McConnille,
Bree,
13, Ash Grove,
Sligo.

Springfield Womens Group,
6, Springfield Road,
Belfast 13.

Tallaght Womens Group,
c/o, Mary Hogan,
Tallaght Information Office,
Dublin Co. Council,
Main Road,
Dublin.

T.C.D. Womens Group,
c/o, Students Union Office,
T.C.D.,
Dublin 2.

Tralee Womens Group,
c/o, Margaret Egan,
The Spa,
Blackpool,
Tralee,
Co. Kerry.

Tullycarnet Womens Group,
Community Centre,
Kinross Avenue,
Tullycarnet,
Belfast 5.

U.C.C. Womens Group,
c/o, Students Union,
U.C.C.,
Western Road,
Cork.

U.C.G. Womens Group,
c/o, Student Union,
U.C.G.,
Galway.

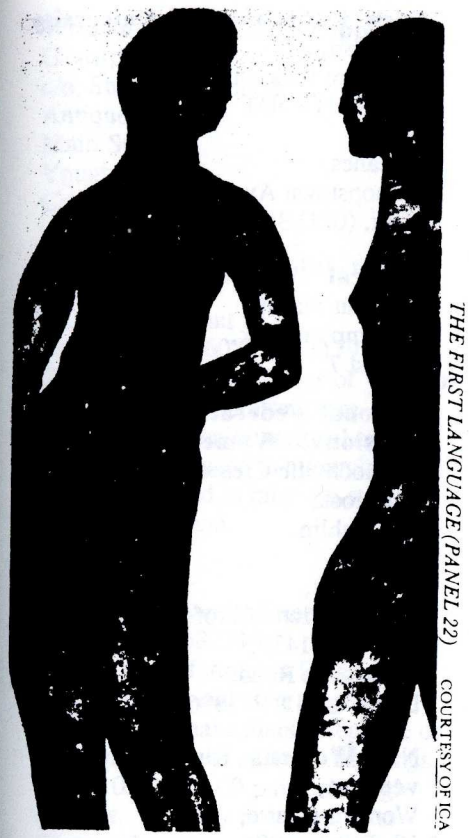
Ulster Polytechnic Womens Group,
c/o, Students Union,
Ulster Polytechnic,
Jordanstown,
Co. Antrim.

West Clare Womens Group,
c/o, Anne Byrne,
Spanish Point,
Miltown-Malbay,
Co. Clare.

Wexford Womens Group,
c/o, Monica Heymen,
Bowling Green,
New Ross,
Co. Wexford.

Youghal Womens Group,
c/o, Shelia Loughnane,
Antique Shop,
Main Street,
Youghal,
Co. Cork.





THE FIRST LANGUAGE (PANEL 22) COURTESY OF ICA

WOMENS CENTRES

Ballymun Womens Centre,
Basement,
Connolly Tower,
Ballymun,
Dublin 11.

Belfast Womens Centres,
1) 18, Donegall St., Belfast 1. (0232) 243363
2) 17A, Falls Road, Belfast 12. (0232)227672
3) 195, Whiterock Road, Belfast 12 (0232)662385/228928
4) Killagan Road, Belfast 9. (0232)90919

Coleraine Womens Centre,
2, Bridge St.,
Coleraine,
Co. Derry. (0265) 56573

Cork Womens Centre,
2nd Floor,
Quay Co-Op,
24, Sullivans Quay,
Cork.
(021) 967660
Library - Information Service - Drop-In Centre
We are the only Women's Library in the Republic and have a large collection of books by and about women, covering such topics as fiction, health and social issues, history and politics etc., and we always welcome new members!
We also have information on a large number of issues including health, social welfare and legal rights as well as contact addresses.
As a Drop-In Centre, the Library provides a welcoming atmosphere in which women can read or meet together.
Several groups meet during the week at night - i.e., Discussion Group, Writers Group and Lesbian Group - All Women Welcome.
Opening Hours: Wed to Fri 10.00 a.m. - 5.00 p.m.

Derry Womens Centre,
7, London Street,
Derry. (0504) 267672

Dundalk Womens Centre,
16, Clonbrassil St.,
Dundalk. (042) 32848

Dundonald Womens Centre,
The Bellow,
Ballybeen Square,
Dundonald.
Co. Antrim. (02318) 7002

Womens Community Centre,
47, Sth. Richmond Street,
Dublin 2. (01) 783848



CAMPAIGN/SUPPORT GROUP

CASE,
Campaign Against Sexual Exploitation,
P.O. Box 1207,
Dublin 4.

Challenge,
Equality for Women in Health, Social Welfare & Income Tax Code,
15, Clonard Drive,
Dublin 14. (01) 986914

Cork Federation of Womens Organisations,
Winnipeg,
Ballea Road,
Carrigaline,
Co. Cork. (021) 372134/275918

European Network of Women,
c/o, I.C.C.L. Womens Group,
4, Nassau St.,
Dublin 2.

Gingerbread Womens Group,
12, Wicklow Street,
Dublin 2 (01) 710291

Limerick Federation of Womens Organisations,
10, Rich Hill Woods,
Lisnagary,
Co. Limerick. (061) 42444

Irish Federation of University Women,
8, Mount Pleasant,
Belfast BT9 5DT
or
Kilcanes,
Bishopstown Avenue,
Cork. (021) 308080

Medical Womens Federation,
c/o, Nan Martin,
5, Hampton Park,
Belfast 7.

National Federation of Professional Womens Clubs,
17, Rochville Crescent,
Blackrock,
Co. Dublin.

Network,
(Organisation of Professional Women),
P.O. Box 1439,
Shelbourne Road,
Dubln 4. (01) 973386

N.I. Womens Rights Movement,
Womens Centre,
18, Donegall St.,
Belfast 1. (0232) 243363

Single Parents Group,
8, Park Street,
Midleton,
Co. Cork.

Trade Unions Womens Forum,
6, New Ireland Road,
Rialto,
Dublin 8.

Women Against Strip-Searching in Armagh Prision,
c/o, Womens Room,
T.C.D.,
Dublin 2. (01) 309020
Contact: Mary O'Connell.

Womens Greenham Support Group,
c/o, Shelia Loughnane,
Antique Shop,
Main Street.,
Youghal,
Co. Cork.

Council for the Status of Women,
64, Lower Mount St.,
Dublin 2. (01) 607731/611791
The Council for the Status of Women is an umbrella organisation representing 45 major national organisations engaged in research and activities designed to raise the status of women in Ireland.

Cherish,
2, Lower Pembroke Street,
Dublin. (01) 682744
Advice and information for single women during and after pregnancy, through personal callers, telephone or correspondence to agency. Meetings: Mon 10.30 to 1.00 p.m. for single parents. Monthly meetings: first Thurs. of every month at 8.30 p.m. for single parents. Membership: £1 for single parents, £5 for all others per annum. Branch in Limerick/Clare (061) 61989

Womens Rights Action Committee,
U.S.I.,
16, North Gr. Georges St.,
Dublin 1. (01)786366/786020
The full-time womens officer and the Union Committee co-ordinate and assist on a local and national basis. Works defending the rights and interests of women, especially in Education.



WOMENS WRITING GROUPS

Ballymun Writing Group,
c/o, Kay Dennis,
42, Grange Park,
Dublin 6.

Belfast Writing Group,
c/o, Geraldine Hawke,
30, Adelaide Park,
Belfast.

Blanchardstown Writing Group,
c/o, Brace Centre,
Main St.,
Blanchardstown,
Co. Dublin.

Bonnybrook Writing Group,
John Vianney Boys School,
Bunratty Road,
Coolock,
Dublin 5.

Cork Writing Group,
Quay Co-Op,
24, Sullivans Quay,
Cork.

Cork Womens Poetry Group,
c/o, Chris Michael.
(021) 888275

Finglas Writing Group,
c/o, Mary McCamley,
10, Glasanaon Park,
Finglas East,
Dublin 11.

Galway Writing Education Group,
c/o, Bernie Davilly,
18, Foster St.,
Galway.

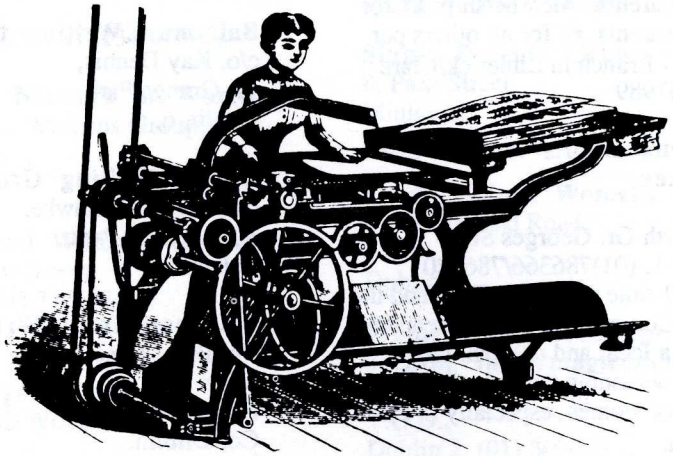
Killybegs Writers Group,
c/o, Linda McDermot-Deaney,
Main Cottage,
The Hill,
Killybegs,
Co. Donegal.

Leixlip Writing Group,
c/o Helen Fitzpatrick,
339, Rye Vale Lawns,
Leixlip,
Co. Kildare.

Northside Reading & Writing Group,
Contact: Bernie McCann
(01)479564

Tallaght Writers Workshop,
c/o, 246, Belcard Heights,
Tallaght,
Dublin 24.

Travellers Writing Groups,
c/o, 99 Claremont Court,
Glasnevin,
Dublin 11.



Westside Womens Writing Workshop,
c/o, Helen Fitzpatrick,
399, Rey Vale Lawns,
Leixlip,
Co. Kildare. (01) 242453

Kildore Womens Writing Group,
Contact: Maeve Leonard,
(045) 76644

WOMEN IN PUBLISHING

Arlen House,
Kinnear House,
16/20, Cumberland St.,
Dublin 2. (01) 717383

Attic Press,
44, East Essex St.,
Dublin 2. (01) 716367

Irish Feminist Publications,
44, East Essex St.,
Dublin 2. (01) 716367

Womens Community Press,
44, East Essex St.,
Dublin 2. (01) 712149



FAMILY PLANNING/BIRTH CONTROL

N.I. Family Planning Assoc.,
113, University St.,
BT7 1HP (0232) 225488

Well Womens Centre,
c/o, Open College,
College Square North,
Belfast 2.

Open Line Counselling,
c/o, Ruth Riddick,
(01) 680042

Irish Family Planning Assoc.,
P.O. Box 908,
15, Mountjoy Square,
Dublin 1. (01) 744133/729574

Family Planning Assoc.,
10, Patrick St.,
Dun Laoghaire,
Co. Dublin (01) 850666

Irish Family Planning Assoc.,
Trimgate St.,
Navan,
Co. Meath. (046) 21143

FAMILY PLANNING CLINICS

Strand St..,
Bray,
Co. Wicklow.
(01)860401/828088

23, Tuckey St.,
Cork.
(021) 502906

Magazine St.,
Derry.
(0504)260016

10, Merrion Square,
Dublin 2.
(01) 767852

5/7, Cathal Brugha St.,
Dublin 1.
(01) 727363

11, Wolfe Tone Road,
Dungarvan,
Co. Waterford.
(058)42617

78, Lower Georges St.,
Dun Laoghaire,
Co. Dublin.
(01) 803206

4, Mallow St.,
Limerick.
(061) 42026

7, Michael St.,
Waterford.

RAPE CRISIS CENTRES

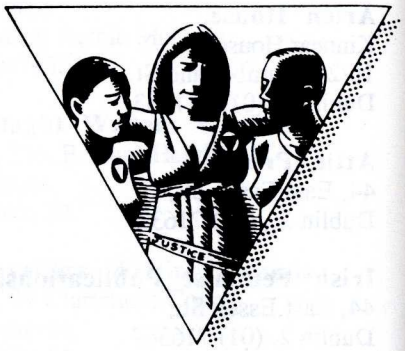
Belfast
P.O. Box 46,
Belfast BT2 7AR
(0232) 249696
and
Rape & Incest Line,
P.O. Box 220,
Belfast BT7 IRL
(0232) 226803

Clonmel.
14, Wellington St.,
Clonmel,
Co. Tipperary.
(052) 47218

Dublin
70, Lower Leeson St.,
Dublin 2.
(01) 614911/614561-2

Cork.
P.O. Box 42,
Brian Boru St.,
Cork.
or
27a, McCurtain St.,
Cork.
(01) 968086

Galway
15a, Mary St.,
Galway.
(091) 64983



Letterkenny,
(074) 23067
Mon 10 - 12 a.m.
Sat 12 - 4 p.m.

Limerick
27, Mallow St.,
Limerick.
(061) 311511

Waterford
P.O. Box 57,
Waterford.
(051) 73362

Sexual Assault Treatment Centre,
Rotunda Hospital,
Dublin 1.
(01) 748111.

SHELTERS/REFUGES

Auburn,
Maote Road,
Athlone.

39, Main St.,
Bangor,
Co. Down.
(0247) 463608

143, University St.,
Belfast,
(0232) 662385/662348

N.I. Womens Aid,
143a, University St.
Belfast BT7 IHP
(0232) 249041

Coleraine Womens Aid,
16, Landsdowne Crescent,
Portrush,
Co. Antrim.
(0265) 823195
A refuge for women and their children suffering from mental or physical abuse as a result of domestic violence. Also operates a womens craft centre in Coleraine Advice Centre. Support group meets fortnightly. Affiliated to N.I. Womens Aid Federation, 143a, University St., Belfast. Video 'Against Discrimination Against Women'.

Cuanlee,
Kyrl Street,
Cork. (021) 5009800

Edel House,
14, Dyke Parade,
Cork. (021) 22075

S.S.C.,
St. Francis Street,
Galway. (091) 63581

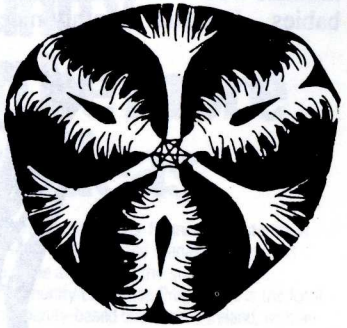
Adapt House,
(See Families)

Newry Womens Aid,
14c, Trevor Hill,
Newry, BT34 1DN
Co. Down. (0693) 67174

16, Landsdowne Crescent,
Coleraine,
Co. Derry. (0265)823195/823182

Omagh Womens Aid,
34, High Street,
Omagh BT78 1BQ,
Co. Down.
(0662) 47746

Family Aid,
P.O. Box 791,
Dublin 6. (01) 961002



HOMEBIRTH

The Home Birth Centre of Ireland,
20, Vernon Grove,
Rathgar,
Dublin 6.
(01) 960750
Support and information for people who wish to arrange home birth. Annual public meetings held, also local group meetings.

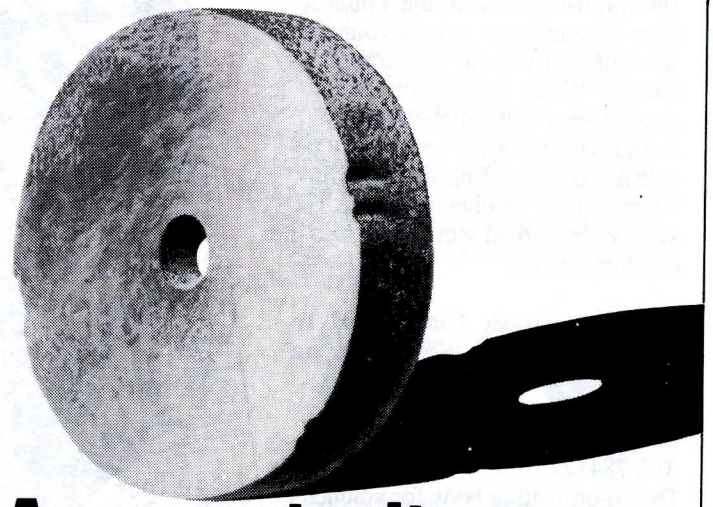
Association for Improvements in the Maternity Services,
(AIMS),
c/o. 48 Wyvern,
Killiney,
Co. Dublin.
(01) 856947
Provides information and advice about all aspects of the maternity services. Liaises with medical profession to ensure consumer voice is heard. Branches: Waterford (051) 82331; Belfast (0232)647106

La Leche League of Ireland,
P.O. Box 1280,
Raheny,
Dublin 5.
La Leche League was founded to give encouragement and information, mainly through personal help, to all mothers who want to breast-feed their babies. Informal monthly meetings are held in over 40 centres throughout Ireland, where all aspects of breast-feeding and childcare are discussed. Each group has a lending library and a leader is also available 24 hours a day by telephone to answer queries or offer support.

Redwood Ireland,
121, Rail Park,
Maynooth,
Co. Kildare
(01) 286482
Co-ordinator: Emer McDermott
Members organise and run assertiveness training and sexuality courses throughout the country. Fees: £45 negotiable in relevant circumstances. NB: The Council for the Status of Women has some funds for groups who want to do assertiveness training. Contact them at 64 Lower Mount St., Dublin, 2.



The Community Enterprise Programme



An opportunity for good ideas to be more than just good ideas.

Community Groups are often well placed to identify an area's employment needs and to develop job-creation ideas.

Ideas as good as the wheel may be rare. But, where a community group's plans for the creation of commercially viable employment are backed by local commitment, the Community Enterprise Programme is there to help.

This help includes advice and incentives for the research, development and implementation of the community group's job-creation plans.

For example, grants can be made available to assist community groups seeking to assess the opportunities and improve the general climate for job-creation in their areas; to cover the cost of employing a full-time Enterprise Worker in project development; and to help with the cost of converting a premises for enterprise development.

In certain circumstances, financial assistance in the form of wage subsidies and management grants can also be made available at the start-up stage.

The Community Enterprise Programme is the focal point for community-based business in Ireland, with an emphasis on the creation of employment opportunities for young people. It complements and provides a gateway to the assistance available from the other statutory, commercial and voluntary bodies.

It's one good idea that's giving others a chance to work.

If you would like to know more about the Community Enterprise Programme, please contact:

Youth Employment Agency,
Carrisbrook House, Pembroke Road,
Ballsbridge, Dublin 4.
Tel: (01) 603722. Telex: 91331 YEA EI.

Youth Employment Agency — Community Enterprise Programme

Turning ideas into jobs.

YOUTH

The following lists for the Youth section are aimed not only at young people but also at youth and community leaders. Whilst it does not claim to be comprehensive it is hoped that this section will be of use to as many people as possible. Further useful information can be obtained in the Travel/Work Abroad section and also the Funding section.

National Youth Council of Ireland/Comhairle Naisiunta na nOg,
3, Montague Street,
Dublin, 2
(01) 784122
The co-ordinating body for voluntary youth organisations in Ireland. Involved in lobbying, youth representation, youth exchange and the development of the youth service. Open only to organisations, not individuals. 30 full members, 14 associate members. Publishes: 'Output' bi-monthly magazine, Irish Youth Directory.

Youth Encounter Project,
c/o The Presbytery,
24/25, Killarney Street,
Dublin, 1
(01) 725354
We are a community based educational project for children at risk. Community development/employment/training/youth issues/drugs/justice/local involvement in projects, employment schemes. Relevant videos: School on Stilts (RTE)



Biff Products

Youth Encounter Project,
The Rectory,
Infirmary Road,
Cork.

International Voluntary Service,
99, University Street,
Belfast
(023)23847
Workcamps involving adults and young people aged 16/18 both in N.I and abroad - open to all, mostly in summer and holiday periods. Local groups and regional work and training weekends in N.I. itself, concentrating on many aspects of local voluntary work throughout the year.

Comhchairdeas - The Irish Workcamp Movement,
2, Belvedere Place,
Dublin, 1
(01) 729681
Organises workcamps in Ireland where International volunteers come together to work on projects beneficial to the community and also presents the opportunity for Irish volunteers to work abroad on similar projects. Workcamp duration 2/3 weeks - volunteers must pay for travel but board and accommodation free.

Association for Adventure Sports,
Tiglin Adventure Centre,
Ashford,
Co. Wicklow
(0404) 40169
Training in adventure sports - mountaineering, canoeing, orienteering and snorkelling. Holiday courses, leadership training in all of these, 1 year post grad. course leading to Outdoor Education Diploma (D.I.T.) Fees £40 for residential weekend.

Co-operation North,
Fitzwilliam Court,
Leeson Close,
Dublin, 2
(01) 762324/5
We are involved in 3 cross-border programmes. Youth links in which schools, youth groups and teachers take part in cross-border projects; business links aimed at encouraging contact and co-operation between business interests north and south; community links through which a wide range of voluntary organisations and community associations are helped to establish north/south links. Also 7, Botanic Ave., Belfast BT7 1JG

St. Brendan's Youth Club,
19, Arderin Way,
The Glen,
Cork
(021) 397730
St. Brendan's Youth Club is an independent voluntary group which meets twice weekly and engages in outdoor/indoor sporting activities, discussions, projects etc. Involved in Summer Camps, cross-border exchange schemes and interested to hear from other youth groups with similar ideas and aspirations.

City of Dublin Youth Services Board,
70, Morehampton Road,
Donneybrook,
Dublin 4. (01) 683198

Confederation of the Peace Corps,
3, Herberton Park,
Rialto,
Dublin 8. (01) 531628
Video: 'Caring in the Community'

Macra na Feirme,
Irish Farm Centre,
Bluebell,
Dublin 12. (01) 501164

National Federation of Youth Clubs,
2, Belvedere Place,
Dublin 1. (01) 729933

Ogra Chorcaí,
Cork Youth Assoc.,
St. Francis Hall,
Sheares St.
Cork. (021) 273959

Ogras - Og Eagraiocht Chonradh na Gaeilge,
6, Sraid Fhearchair,
Baile Atha Cliath 2. (021) 751487

An Oige,
39, Mountjoy South,
Dubin 1. (01) 745734

ECO - UNESCO Clubs,
((The Irish Environmental Conservation Organisation of Youth)
The Tailors Hall,
Dublin 8. (01) 783940

Interculture Ireland,
29, Lower Baggot St.
Dublin 2. (01) 608617

National Assoc. for Youth Drama,
23, Upper Gardiner St.,
Dublin 1. (01) 743687

World University Service,
37, Wexford St.,
Dublin 2. (01) 714181

Young Federalists,
32, Nassau St.,
Dublin 2.

Youth Clubs Forum,
90, Meath St.
Dublin 8.

Donegal Assoc. of Youth Organisations,
c/o, 18 High Road,
Baile Atha Cliath 3. (01) 743111

Gael-Linn,
26, Cearnóg Mhuirfean,
Baile Atha Cliath 2. (01) 767283

Academy Street Day Centre,
Academy St.,
Cork.
Centre for ex-prisioners & unemployed youth.

John Boyle,
c/o Bank of Ireland,
Society Street,
Ballinsloe,
Co. Galway
Involved in banking, community work, fundraising, writing youth-orientated articles.

CONCOS,
Comhchoiste Naisiunta na gColaistí Samhraidh,
86, Sr. Gardnar Iocht,
Baile Atha Cliath 1.

Drogheda Regional Youth Council,
Allwell House,
Duke St.,
Drogheda.

Dun Laoghaire Youth Service,
17, Cumberland St.,
Dun Laoghaire,
Co. Dublin. (01) 801666

Galway Youth Service,
4, Augustine St.,
Galway. (001) 68483

Sligo Assoc. of Youth Organisations,
c/o, Youth Office,
Teeling St.,
Sligo.

Irish Youth Foundation,
2, Belvedere Place,
Dublin 1. (01) 733479

National Youth Bureau,
71, Lower Leeson St.,
Dublin 2 (01) 682422

Young Environmentalist Fed.,
Ballinkella Lodge,
Whitegate,
Co. Clare.

Renewal Action & Youth,
27, Upper Sherrard St.,
Dublin 1 (01) 749464

Dublin Youth Information Centre,
Sackville House,
Sackville Place,
Dulin 1. (01) 786844

Dun Laoghaire Youth Information Centre,
Bell Tower,
St. Michaels Church,
Marine Road,
Dun Laoghaire,
Co. Dublin. (01) 800385

Ennis Youth Information Centre,
Carmody St.,
Ennis,
Co. Clare. (065) 24137

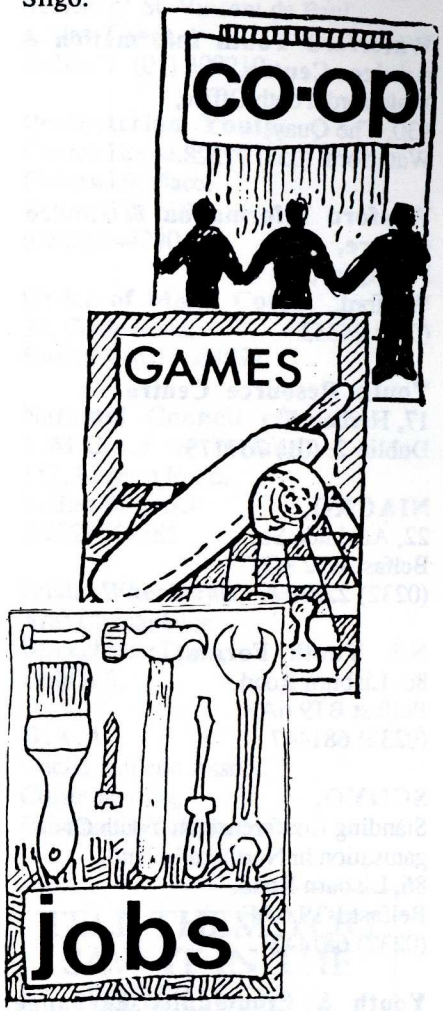
Galway City Youth Information Centre,
Ozanam House,
Augustine St.,
Galway. (091) 662434

Kerry Youth Information Centre,
St. Brendans College,
Killarney,
Co. Kerry. (064)31648

Limerick Youth Information Centre,
5, Lower Glentworth St.,
Limerick (061) 42543

Rialto Youth Information Centre,
Freini Youth Club,
386, South Circular Road,
Dublin 8. (01)531638

Sligo Youth Contact Centre,
O'Connell St.,
Sligo.



Tralee Youth Information Centre,
(066) 21674

Tullamore Youth Information Centre,
St. Marys Youth Centre,
Harbour St.,
Tullamore.
Co. Offaly. (056) 21869

Waterford Youth Information & Advice Centre,
Waterford Youth Office,
130, The Quay,
Waterford. (051) 77328

Wexford Information & Advice Centre,
Paul Quay,
Wexford.
(053) 24353

Youth Resource Centre
17, Herbert St.,
Dublin 2. (01) 767175

NIACRO,
22, Adelaide St.,
Belfast BT2 8GT
(0232) 220157

N.I. Youth Forum,
86, Lisburn Road,
Belfast BT9 6AF.
(0232) 681447

SCOYO,
Standing Conference on Youth Organisation in Northern Ireland,
86, Lisburn Road,
Belfast BT9 6AF.
(0232) 681447

Youth & Community Exchange Trust,
The Basement,
30, Mountjoy Square,
Dublin 1. (01) 735222

Al-Teen,
12, Westmoreland St.,
Dublin 2. (01) 774195.

Comhairle le Leas Oige,
70, Morehampton Road,
Dublin 4. (01) 683198

Clare Young Environmentalists,
See above address.

Northern Ireland Assoc. of Youth Clubs,
Hampton,
Glenmachan Park,
Glenmachan Road,
Belfast BT4 2PJ
(0232) 768552/768603

Young Ornithologists Club,
RSPB Office,
Belvoir Park Forest,
Belfast BT8 4ET (0232) 692547

Youth Hostel Assoc. of Nth. Ireland,
56, Bradbury Place,
Belfast. (0232) 224733

Irish Youth Video & Film Company.
(See Arts)

Foroige,
National Youth Development Organisation,
Irish Farm Centre,
Bluebell,
Dublin 12. (01) 501166

Catholic Boy Scouts of Ireland,
19, Herbert Place,
Dublin 2. (01) 761598

Scout Association of Ireland,
66, Lr. Leeson St.,
Dublin 2. (01) 611989

Catholic Guides of Ireland,
36/7, Harrington St.,
Dublin 1.

The Irish Girl Guides,
27, Pembroke Park,
Dublin 4. (01) 683898

Tallaght Youth Service
Co. Dublin V.E.C. Offices,
Main St.,
Tallaght,
Dublin 24. (01) 515666

Blanchardstown Youth Service,
B.R.A.C.E. Centre,
Main St.,
Blanchardstown,
Co. Dublin. (01) 212077

Howth Deanery Youth Service,
Unit 13D,
Bayside Shopping Centre,
Bayside,
Co. Dublin.

Dublin Jewish Youth Leaders Council,
c/o, 2 Greenlea Road,
Terenure,
Dublin 6.

Y.M.C.A.,
Youth Information & Drop-In Centre,
Marlboro St.,
Cork.

Irish Methodist Youth Dept.,
Aldergate House,
University Road,
Belfast BT7 1NA
(0232) 227191

Junior Chamber Ireland,
6, Main St.,
Donnybrook,
Dublin 4. (01) 696588

Council for Youth Clubs,
Society of St. Vincent de Paul,
8, New Cabra,
Dublin 7. (01) 308219

Presbyterian Youth,
Church House,
Fisherwick Place,
Belfast BT1 6DW
(0232) 244290

Order of Malta Corps,
32, Clyde Road,
Dublin 4. (01) 684891

National Council of Y.M.C.A.s of Ireland
152, Lisburn Road,
Belfast BT9 6AJ
(0232) 669385

Irish Wheelchair Assoc.,
Aras Chuchulainn,
Blackchester Drive,
Dublin 3.

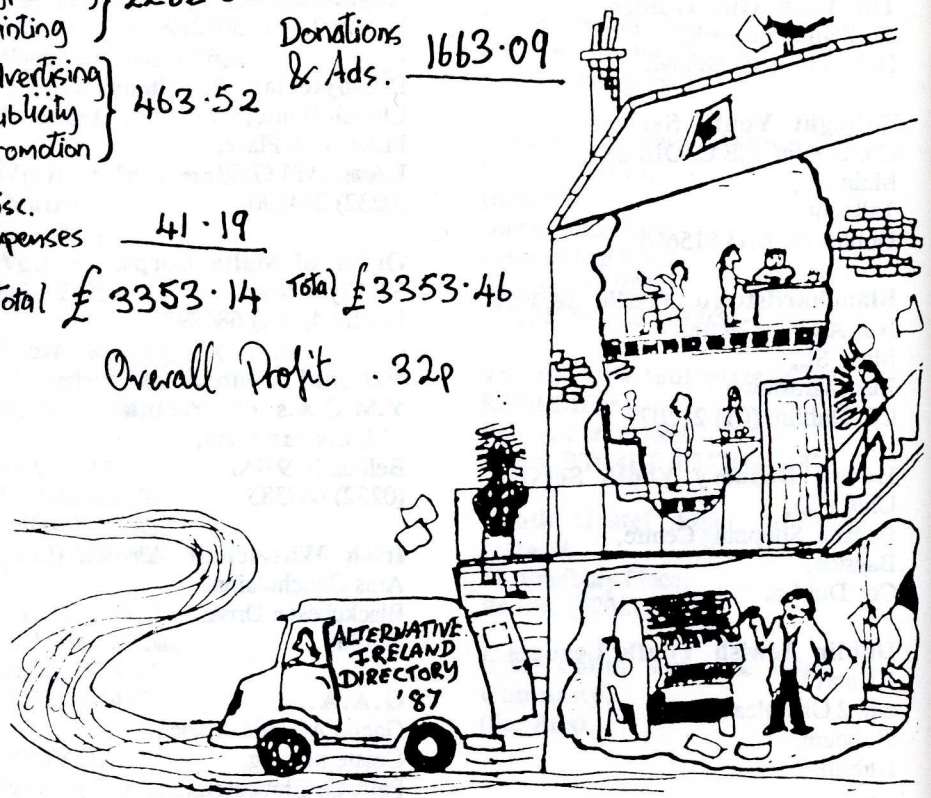
G.A.A.,
Gaelic Athletic Assoc.,
Coiste na nOg,
Pairc an Chrocaigh,

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Advertising, Publicity, Promotion	463·52		
Misc. Expenses	41·19		
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Overall Profit .32p



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Please supply all of the following information

Name: _____
Address: _____
Telephone No: _____

What activities/services are you/hope to be involved in?

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_____
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Meeting times, objectives, membership fees etc:

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_____
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