QUAY CO-OP
10p

ALTERNATIVE IRELAND

DIRECTORY

FOOD · CO-OPS
CRAFTS · HEALTH
ENERGY · FARMING
COMMUN · ME MEDIA
WOMENS I · GROUPS
WORKSHOPS · EMERGENCIES
CONTACTS · CHILDRENS ISSUES
GARDENING · INFORMATION · HELP

A NON-PROFIT PUBLICATION

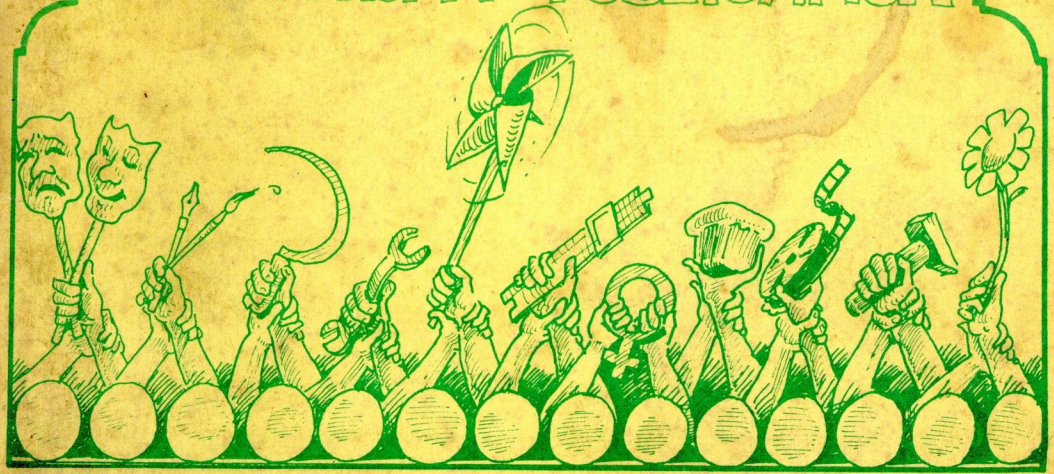




Table of Contents

Introduction 1
Alternative Energy 3
Arts 6
Children 16
Communities 17
Cooperatives 19
Crafts 25
Ecology & Conservation 30
Education 36
Food 41
Gay 45
Health 47
Individuals 54
Legal & Civil Rights 58
Miscellaneous 62
Organic Farming & Gardening 63
Personal Growth & Counselling 66
Survival 72
Travel 74
Women 77

Financial Statement

Introduction

This Directory is an act of faith. It is designed as a tool to assist individuals and groups to create a human-scale non exploitative society.

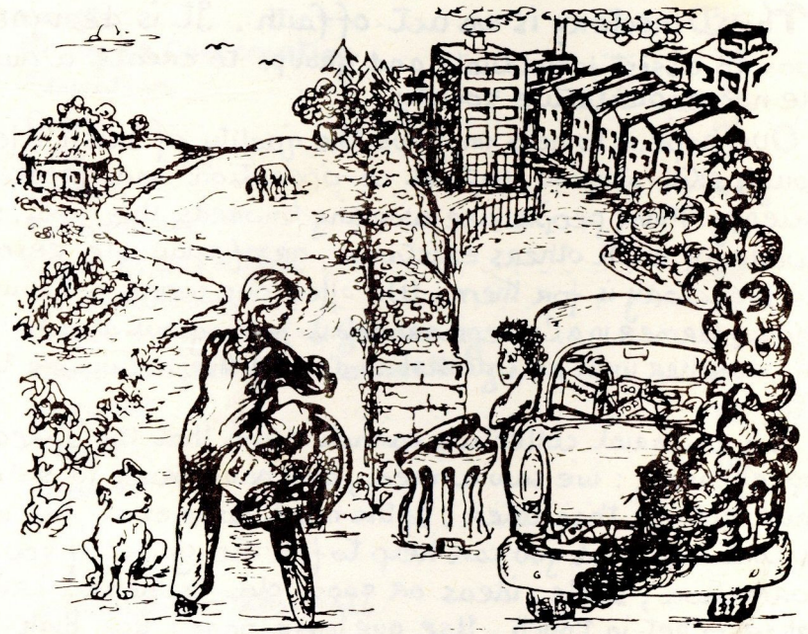
Our hope is to help improve the quality of Irish life through skill-sharing, mutual co-operation, and greater self-sufficiency. Many people are working towards this goal, some unaware of each others existance, or of available resources. This Directory is for them. We offer our work not only to the organic farmer in a Connemara small-holding but also to the city-dweller with an interest in any of the activities listed here.

The editorial collective cannot claim that the Directory is comprehensive: we saw a need, and have tried to satisfy it sooner rather than later. If the need does exist, the work will continue, and you can help to fill the gaps: if you have information, skills, ideas or good old-fashioned criticism to offer — get in touch. Use our loose page; use High-class stationary or use old sweet-wrappers, but get in touch.

Some entries would be amused or shocked to be considered "alternative", but deserve mention as resources.

One point to remember: we list many people living and working in their own style. We do this both to point out possibilities and put people in contact. If you want to see that style for yourself, that's good, but please write or phone first to introduce yourself.

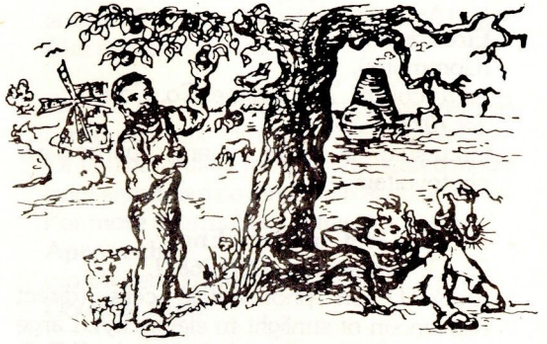
Many people and a variety of talents were involved in the production of this Directory. Were we to mention them all we would be in danger of doubling the size of the Directory! People contributed in whatever ways they could, both great and small, directly by working on production or indirectly by feeding an providing accomodation for those who did. They are all valued greatly and without them it would not have been possible.



ALTERNATIVE ENERGY

WIND POWER

Alternative Energy Ltd.
Woodford, Co. Galway.
Tel. Woodford 52. Telex 28894 WIND EI.
Manufacturers and suppliers of wind-generators (5W to 1.5KW), windpumps, water turbines, hydrams, towers and solar collectors. Supply Mitchell cross flow water turbines from 5Kw to 1Mw and are developing a range of fibre glass water-wheels.
Associated companies:
Alternative Technology Ltd.,
Woodford, Co. Galway. Tel. Woodford 35.
R & D in alternative and renewable technologies.



Alternative Energy Exports Ltd.,
Woodford, Co. Galway.
Tel. Woodford 70. Telex 28894.
Third World technical co-operation service and technology transfer.

Natural Power Systems Ltd.,
Drumcliffe, Co. Sligo. Tel. (071) 61150.
Manufacturers and agents for wind-generators, water turbines and composting toilets.

Southern Steel Works Ltd.,
Ballyhale, Co. Kilkenny.
Tel. (056) 28633/28601.
Manufacturers of "Ballyhale Wind Pump" a proven design traditional water pump used on many farms.

Low Energy Systems,
3 Larkfield Gardens, Dublin 6. Tel. 960653.
Wind power site analysis and wind systems design. Research, development and design group in the field of solar technology and energy conservation. Plans for vertical axis sail windmill and trickle charger wind-generator for sale. Also see hay box cooker.

U.C.D. — Dr. Harry Power,
Wind power research.

WATER POWER

Belton Engineering Works Ltd.,
Richfort, Ardagh, Co. Longford.
Tel. Ardagh 17.
Manufacturers of a range of water turbines to suit differing power outputs and heads of water.

Electroplant (Ireland) Ltd.,
Station Road, Bandon, Co. Cork.
Tel. (023) 41942.
Suppliers of alternators for Belton water turbines. Manufacturers of a range of alternators for many uses.

Alternative Energy Ltd.,
(see Wind Power). Water turbines and hydrams.

E.S.B. Projects Dept.,
Dublin.
Carry out feasibility studies for water power electricity generation.

SOLAR POWER

Low Energy Systems,
(see Wind Power). R & D in solar technology.

Eire Farm,
(Commune),
Lettercollum, Timoleague, Co. Cork.
Tel. (023) 46251.
Interested in solar energy particularly photovoltaic.

U.C.C. Dept. of Elect. Eng.
Dr. G. Wrixon, Tel. (021) 26871.
R & D on photovoltaic cells (direct conversion of sunlight to electricity). Large experimental project funded by the E.E.C. on U.C.C. farm at Fota Island, Cork.



BIOMASS

I.I.R.S.
Institute for Industrial Research and Standards,
Ballymun Road, Dublin 9.
Data bank on biomass.

Methane

H.O.P.E.
Help Organise Peaceful Energy,
c/o Jeremy Waites, Derryduv, Coomhola, Bantry, Co. Cork.
Small working methane digester and plans for larger units. Also interested in other aspects of Alternative technology. H.O.P.E. library at Wood'n Things, Barrack Street, Bantry carries books, plans and pamphlets on alternative energy. Also a cross referenced directory of suppliers of alternative technology, hardware and soft-ware, local installations and enthusiasts.

Individual

Brendan Glenn,
9 Eskaheen View, Waterside, Derry.
Built 120 watt wind generator and plans for 500 watt.

Harry Clarkin, *B.Sc.(Econ)*
53 Priory Park, Finaghy, Belfast BT10 0AE.
Interested in those that have installed their own alternative energy and would like to meet and have contact with them. Studying alternative energy policy and wrote articles for newspapers on same.

Barry & Trish Smith,
Gortlum, Brittas, Co. Dublin. Tel. 582425.
Building 6Kw wind generator. Interested in forming 'nuts and bolts' co-op to exchange alternative energy items.

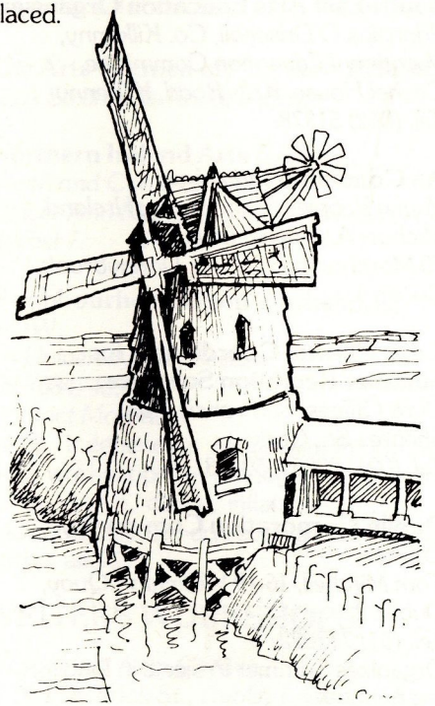
Jim & Katrina Clarke,
Sliabh Thoul, Brittas, Co. Dublin.
Tel. 582385.
Have a working windwater pump and 1.5Kw 3 blade wind generator. Interested in alternative energy, windmills and solar energy.

Alternative Technology

Waterford Ironfounders Ltd.,
Waterford. Tel. (051) 75911.
Manufactures a range of cast iron heaters and cookers for solid fuel. Best know for "Reginald" heaters (similar to Jotul) and Stanley range of cookers.

Lorena Owner Built Stoves,
c/o Vincent Tucker, 26 Elm Drive, Douglas, Cork.
A heating-cook stove built entirely from a mixture of ordinary clary and sand (lorena) without need of special tools. They cost nothing to build and have proved to be highly efficient. Originally developed by Aprovecho in Guatemala and Oregon, and have now spread throughout the world particularly to the poorer countries where firewood shortage makes their use attractive. One has been built in Ireland but they need futher adaptation and testing for peat burning, and designs suitable for Irish conditions.

Composting Toilets
Natural Power Systems Ltd.,
Drumcliffe, Co. Sligo.
A range of award winning modern composting toilets. Made in thermoplastic for differing sized households. Smaller units directly replace toilet stool, only needing vent pipe. A small mains powered electric heater is built in to speed up the composting process. Larger unit does not use electricity but must be installed below the floor in which toilet is placed.



Hay Box Cookers

Earthwise Ltd.,
Tyrellstown House Mews, Mulhuddart, Co. Dublin. Tel. (01) 213206.
"The Mealminder" highly insulated fuelless cooker. Food can be left for up to 10 hours. Alse serves as a 'cool bag'.

Or you can build your own quite easily. A cardboard box with two pillows works fine. Or you can build a more sophisticated model from styrofoam covered with aluminium foil. For more information contact:
Aprovecho,
c/o Vincent Tucker, 26 Elm Drive, Douglas, Cork.

Useful Publications/Courses

Institute of Community Studies,
Michael Dower, Dartington, Totnes, Devon TQ9 6EL, England.

Guide to courses in appropriate technology in Britain.
Intermediate Technology Development Group, 9 King Street, London WC1.
30p and p. & p.

National Centre for Alternative Technology,
Llwyngwern Quarry, Machynlleth, Powys, Wales. Tel. Machynlleth 2400.
Residential courses on, among others: solar energy; how to insulate; small scale hydropower; a guide to anti-nuclear campaigning; alternative energy strategies; finance for small organisations; compost toilets — recycling human waste; small scale fish farming; shoemaking workshop; blacksmithing. One of the best places to see a comprehensive range to A.T. at work.

Low Energy Systems,
3 Larkfield Gardens, Dublin 6. Tel. 960653.
Has a range of leaflets and plans for building hay boxes and windmills.

THE ARTS

The emphasis in putting the following list together has been on self-help groups and those organisations which promote community arts, whether or not they are government-funded. Some arts get a better showing than others in the lists: this is because they are participatory arts, and therefore more likely to have made an impact on the community. Unfortunately, it was not possible to compile a list of artists for the directory. But individual artists in every medium are welcome to join the procession in the next edition!

COMMUNITY ARTS

The Arts Council,
70 Merrion Square, Dublin 2.
The council funds the arts in Ireland. It employs 5 regional arts officers who can be contacted for information on all community arts groups in the country, and 3 arts education organizers:

Donegal Regional Arts Officer,
Michael McMullin, Co. Donegal Arts Committee, County Buildings, Lifford, Co. Donegal. Tel. Lifford 5.

Galway-Mayo Regional Arts Officer,
Helen Bygrove, Galway-Mayo Regional Arts Committee, Woodquay Court, Woodquay Court, Woodquay, Galway. Tel. (091) 68816, 63749.

Mid-West Regional Arts Officer,
Marion FitzGibbon, Mid-West Arts Association, 104 Henry St., Limerick. Tel. (061) 44181, 49101, 43898.

Cork-Kerry Regional Arts Officer,
John O'Mahony, Cork-Kerry Regional Arts Committee, 30 Prince's St., Cork. Tel. (021) 25337.

South-East Regional Arts Officer,
Martin Quigley, South-East Regional Development Organisation, Industrial Estate, Waterford. Tel. (051) 74446.

Sligo Arts Education Organiser,
Martin Drury, Sligo Vocational Education Committee, Riverside, Sligo. Tel. (071) 2754.

Midlands Arts Education Organiser,
Bernadette Cleary, Westmeath Vocational Education Committee, Bridge House, Bellvue Road, Mullingar, Co. Westmeath. Tel. (044) 8389, 80834.

South-East Arts Education Organiser,
Prionsias O Drisceoil, Co. Kilkenny, Vocational Education Committee, Cashel House, Kells Road, Kilkenny. Tel. (062) 51378.

An Comhairle Leasoige,
Young Peoples Association of Ireland, Michael A. Magee, Director, 70 Morehampton Road, Donnybrook, Dublin 4.

Cork Central Coordinator for Summer Recration Schemes,
Ogra Offices, St. Francis Hall, Sheares St., Cork. Tel. (021) 23959, 504831.

Dublin Corporation Community Officer,
Tom Mitchell, 16-19 Wellington Quay, Dublin 2. Tel. (01) 713022.
Organizes Summer Projects in Dublin.

Dublin Corporation Playcentres,
Contact Ray Bateson, 16-19 Wellington Quay, Dublin 2.
Ray is currently expanding the playcentre scheme to include arts workshops.

Exchange House Project,
Contact John O'Brien, Brian Dack, Lower Exchange St., Dublin 8.
Combination school and arts centre for itinerant children.

Killarney St. Health Centre,
Contact Fergus McCabe. Killarney St. Dublin 1. Tel. (01) 749519.
Organises inner city community activities.

Libraries offer free facilities for community activities. The library in Ballyfermot, Dublin, for instance, has video workshops, theatre space and a coffee shop.
Contact Deirdre Ellis King,
or your local librarian.

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

Northern Ireland Arts Council,
Youth and Community Affairs, Officer Ann-Marie Quigg, 21 Rushfield Ave., Belfast 7.

Neighbourhood Open Workshops, NOW,
2-4 University Rd., Belfast 7. Tel. (084) 42910.
Contact Mo Bates.
Small independent organisation running skills workshops — photography, printing, video, drama, dance, inflatables, murals — and contemproary arts events in Belfast and further afield.

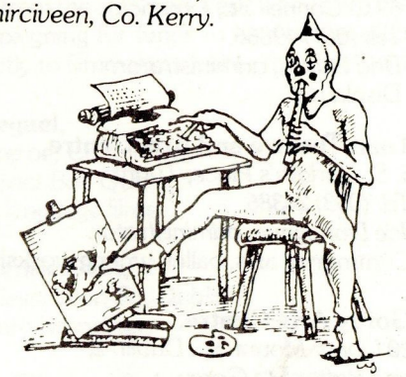
WRITERS WORKSHOPS

Grapevine Arts Centre,
31 N. Frederick St., Dublin 1. Wed. at 8 pm.

Galway Writers Workshop,
University College Galway, (Board of Extra-Mural Studies).

Listowel Writers Week,
83 Charles St., Listowel, Co. Kerry.

Kilmackerin Centre,
Cahirciveen, Co. Kerry.



ARTS CENTRES

Project Arts Centre,
39 East Essex St., Dublin 2.
Dave Collins, artistic director.
Sean Dempsey, administrator.
Tel. 712547, 713327, 713687.
A performance centre for theatre, music, mime and an art gallery.

Grapevine Arts Centre,
31 North Frederick St., Dublin 1.
Sandy Fitzgerald and Leo Duffy, administrators. Tel. 728721.
Drama, dance, video workshop, community arts, workshops, travelling threatre, gallery and restaurant. Open to community groups countrywide.

Wexford Arts Centre,
Cornmarket, Wexford.
Tel. (053) 24423, 23764.
Display art, community arts, barefoot dance company. Community visual artist Anthony Robinson.

Triskel Arts Centre,
8 Bridge St., Cork.
Tel. 22357.
Robert MacDonald, administrator.
Visual arts, the Cork Review, editor Tina Neylon.

Belltable Arts Centre,
69 O'Connell St., Limerick.
Tel. (061) 49866.
Brid Dukes, administrator.
Display art.

Tuam Theatre and Arts Centre,
5. St. Jarlath's Place, Tuam.
Tel. (093) 24386.
Joe Donoghue, administrator.
Community arts, ballet, writing workshops.

Gorey Arts Centre,
20 Upper Mount St., Dublin 2,
and Rafter St., Gorey.
Tel. (055) 21470.
Paul Funge, artistic director.
James Liddy, chairman.
Summer festival and master classes, New Year's Hat (readings etc.), poetry broadsheets, The Gorey Detail.

Galway Arts Group,
Geraldine Quinn, Ollie Jennings,
Directors, Newcastle Park, Galway.
Tel. (091) 63161. Festivals.

Listowel Writers' Week,
Writers' Week Ltd.,
Mary Gore, Secretary, 83 Charles St.,
Listowel, Co. Kerry.
Tel. (068) 21074.
Festival in last week of June, with competitions and workshops, Print Biennale and music.

The Rare Clonmel Arts Festival,
James O'Connor, Director.
Clonmel Arts Society, Clonmel,
Co. Tipperary.

Cork Arts Society,
Lavitt's Quay, Cork.

Doire Eile,
Paddy Logue, Pilot's Row, Derry.
Tel. Derry 69419.
Organises alternative entertainments, e.g. pub theatre, poetry reading, Irish music etc.

Douglas Arts and Drama Centre,
Douglas, Cork.
Tel. (021) 293755.
Combined art and drama courses for 5-12 year olds.

The Irish Institute of Drama and Allied Arts,
irish Theatre Archive, 22 Cremore Park,
Glasnevin, Dublin 11.

Waterford Arts for All, WAFA,
Wellington St., Waterford.
Tel. (051) 55142.
Contact Myles Shelley.

Gurranabraher Film and Drama Workshop,
Parochial Hall,
Gurranabraher, Co. Cork.
Tel. (021) 43222.
Courses in film making for under 18s.

Art and Research Exchange,
22 Lombard St., Belfast.
Promotes community arts.

PUBLISHERS AND PRINTERS

The following is a list of publishers most likely to publish the work of new writers:

Wolfhound Press,
Contact Seamus Cashman,
Ardilaun, Portmarnock, Co. Dublin.
Tel. (01) 462162.

Irish Writers Cooperative,
50 Merrion Sq., Dublin 2.

Raven Arts Press,
21 Finglas Park, Dublin 11.
Contact Dermot Bolger.

New Writers Press,
61 Clarence Mangan Rd., Dublin 8.
Tel. 512783.

Blackstaff Press,
255a Upper Newtownards Rd., Belfast BT4 3JF. Tel. (084) 652829.

Appletree Press,
6 Dublin Road, Belfast.
Tel. (084) 43074.

Caledon Press,
2 Caledon Road, Dublin 3.
Low cost letterpress and offset printing for voluntary groups, labour organisations, charities, etc. Contact John Mulligan (sure didn't he print this directory!). Caledon is also a publishing house.

The Print Centre,
52 Boradway, Belfast.
Cooperative printshop.

Five Lamp Printers,
Cooperative printers.
Tel. Derry 64001.



MEDIA

Independent Filmakers,
Contact Cathal Black,
20 Kevin's Road, South Circular Road,
Dublin 8.
Tel. (01) 782849.
Independent filmmakers have no representative organisation, but information is available from the above address. They have been campaigning for funds to be made available directly to filmmakers rather than to studios.

Cinegael,
Carreroe, Co. Galway.
Contact Bob Quinn.
Irish language films.

Vivienne Dick,
35 Blessington St., Dublin 7.
Superb filmmaker.

Irish Film and Television Guild,
Royal Marine Hotel, Dun Laoghaire,
Co. Dublin. Contact Michale Algar,
Tel. (01) 781034.
Aims to foster the development of the Irish film industry; to develop proper training facilities under a new film board. Membership covers production, technical and craft grades in film and tv.

The Communications Centre,
169 Booterstown Ave., Co. Dublin.
Tel. (01) 887311.
Offers low-cost courses in filmmaking, journalism, publishing, radio production, audio visual teaching aids, photography etc. Has fully-equipped studios.

Media Workshop,
22 Lombard St., Belfast.
Tel. (084) 40123.
Contact Reiner Pagel.
Assists local people in making their own video/tv programs.

Tony O'Leary,
Film Workshop,
Teaches film and video.

N.I.H.E.,
Ballymun Road, Dublin 9.
Contact Tim Wheeler.
Offers a 4 year degree course in communications, tv, radio and photography.

Rathmines College of Commerce,
Rathmines Road, Dublin 6.
Tel. 970666. Contact Lelia Doolin.
Offers a 3 year diploma and a 4 year advanced diploma in communications, video, super8, tv, and radio. A night course is planned.

University of Ulster,
Coleraine, contact Des Cranston.
offers a 4 year degree course in video, Super8, tv and radio.

The Arts Council,
70 Merrion Sq., Dublin 2.
Gives an annual award for the best film-script.

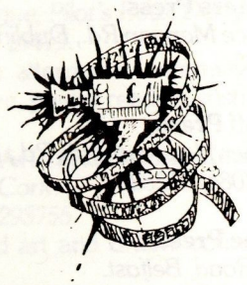
Once you have learned how to use it, here are some places where video equipment is available on a limited basis:

Eastern Health Board,
1 James St. Dublin 8.
Tel. 757951.

Health Education Bureau,
34 Upper Mount St., Dublin 2.
Tel. 762393.

Committee for Pilot Schemes to Combat Poverty,
8 Charlemont St., Dublin.
Depsite being disbanded by the last govt. rumous has it that this body is being reactivated. If so, video equipment should be available again for inner city work. Contact Sr. Stanislaus Kennedy.

Ballyfermot Community TV,
Ballyfermot Community Centre,
Ballyfermot. Contact Joe Daly.
Tel. 265216.



Federation of Irish Film Societies, FIFS,
65 Harcourt St., Dublin 2.
Tel. (01) 712500.
Contact Michael Dwyer or Ted Sheehy.
They will be able to help you if you are interested in forming your own film society. They will also give you details of the nearest film society to yourself. There are film societies in Athlone, Bailieborough, Ballinasloe, Ballinascarthy, Bolton St, College of Technology, Bray, Cahir, Carrickmacross, Carrick-on-Shannon, Clonmel, Clifden, Cork, Prosperous, Donegal, Drogheda, T.C.D., Dundalk, Midleton, Galway, Gorey, Kells, Kilkenny, Killarney, Longford, Mayo, Mullingar, N.I.H.E. Glasnevin, N.I.H.E. Limerick, Nenagh, Ennistymon, Birr, Carrick, Sligo, Tipperary, Tralee, Tullamore, U.C.C., Waterford, Wexford, and the Cork School of Art, as well as many others.

Vincent Tucker,
26 Elm Drive, Douglas, Cork.
have some media skills in video, Super8 film and photography. Am interested in demythologising media 'expertise' and working with groups who wish to learn how to use media. I would like to publish an alternative Ireland journal or newsletter as a follow up to this directory and would like to hear from people who have something to contribute, skills, knowledge, graphics, production, writing, printing, editing, or just learning.

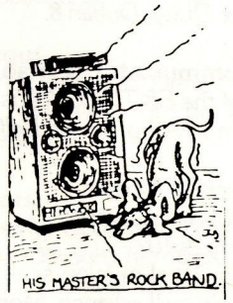
Alternative Radio Movement, ARM,
30 Merchants Quay, Dublin 8.
For the establishment of non-commercial radio stations to promote alternative issues, ecology, feminism, self-sufficiency, etc.

MUSIC

Píobairé Uileann,
27 East Essex St., Dublin 2.
Contact Brendan Breatnach.
Group which promotes uileann piping.

Music Association of Ireland,
11 Suffolk St., Dublin 2.
Contact Eoin Garrett.
Promotes the interests of musicians and composers, protects their rights etc.

Green Forest Musical Instruments,
Friary Place, Strand St., Tralee, Co. Kerry.
Mary and Richard Ennis.
Mary is an accomplished Irish dancer, giving night classes in Tralee tech. Hopes to expand into teaching international folk dancing throughout Kerry. Richard makes and sells musical instruments, as well as repairing them. Many instruments in stock, e.g. dulcimer, bodhran, guitar, mandolin and cello, others made to order. Interested in rarer instruments also. Interests include woodwork, hiking, cycling, gardening and forestry.



Good Vibrations,
102 Gt. Victoria St., Belfast.
Record shop, promoting local bands in a co-operative set up.

For more information on Music see the excellent Irish Folk Guide 1981, compiled and edited by John Fry and Eamonn O Cathain, published by Yahoo Ltd.,
14 Bachelors Walk, Dublin 1.

BOOKSHOPS

Books Upstairs,
25 Market Arcade (off Georges St)
Dublin 2.
Wide selection of books, includes books on all subjects covered by this Directory. Co-operatively run. Issues quarterly catalogues in areas of Gay Rights, media and Communications and Development Studies. Mail order service.

The Bookshop,
Gardiner Place, Dublin 1.
Sinn Fein the Worker's Party Bookshop carries good selection of socialist, feminist and gay rights books, also posters and magazines.

The Alchemist's Head,
Essex Street, Dublin 2.
Carries selection of occult, sci-fi literature

Bookworm Community Bookshop,
12 Orchard Street, Derry BT48 6EG.
Collectively run on a non-hierarchical basis, the Bookshop was established to meet the resource needs of various community groups in Derry; apart from information on a wide range of minority interest subjects e.g. feminism, gay rights, also stock books of Irish interest, poetry, plays, fiction and politics. Large second hand section.

New Books,
Essex Street, Dublin 2.
Limited selection of socialist literature, lots of pamphlets.

Schull Books,
Main Street, Schull, Co. Cork.
Opening mid 1981.

Just Books,
7 Winetavern St., Belfast 1.
Tel. (084) 25426.
Belfast's alternative bookshop. It is run collectively by Anachists in Belfast, stocking an amazing selection of alternative literature largely ignored by straight bookshops. Topics include anarchism, Ireland, drugs, libertarian education, feminism, sexual politics, children's books, workplace, socialism, third world, nuclear power, ecology, etc. Above the bookshop there is a cafe, open Thurs, Fri, and Sat, the cheapest vegetarian food in Ireland, and always sure to be 'something going on'. Above the cafe the print workshop, for cheap alternative community printing done by the best two printers around.

ALTERNATIVE PUBLICATIONS

Amárach,
Indrebhán, Co. na Gaillimhe, Tuairisceoin.
Fón: (091) 43177. Weekly 15p.

Anarchist Worker,
Monthly, 20p.
Paper of the Anarchist Worker's Alliance.

And now the good news,
c/o Bryson House, 28 Bedford St., Belfast 2.

Ballymac Newspac,
Community paper produced by the community workers of East Belfast. Deals with advice on welfare benefits, local news and reminiscences.

Ballymun News,
62 Silloge Gardens, Ballymun, Dublin 11.
Community news, analysis of social problems, criticism of government and local authority handling of Ballymun.

Belfast Workers Research Bulletin,
Belfast Workers Research Unit,
c/o 52 Broadway, Belfast 12.

Bottom Dog,
109 O'Malley Park, Limerick,
26 Garryowen Green, Ennis,
P. Mooney, Ballyhea, Charleville, Co. Cork.
North Munster working class paper, produced by a group of socialists and republicans active in the trade union movement. Named after a Limerick trade union publication of 1917-8, the paper has tried to live up to the slogan on the masthead of its predecessor "We must look at life in all its aspects from the point of view of the 'bottom dog' — the oppressed — be it nation, class or sex". They have also published a pamphlet on Ferenka.

Case,
Journal of Civil Rights and Welfare Law,
Bi-monthyl, £5 for 6 issues from:
Case Publications, c/o Coolock
Community Law Centre, Northside
Shopping Centre, Coolock, Dublin 5.

Comment,
Paper of the British and Irish Communist Organisation,
Fortnightly, 12p from B&I CO,
26 Essex Quay, Dublin 8.

The Communist/The Irish Communist,
Paper of the B&TCO, Belfast.
30p from 10 Athol Street, Belfast BT12 4GX.

Community Mirror,
4E Shipquay St., Derry,
Tel. Derry 66102.
forum for local opinion seeking to promote community self-reliance. Monthly.

Cope News,
The Media Workshop, 22 Lombard St.,
Belfast. Tel. (084) 40132.
Also 359 Antrim Rd., Belfast BT15 3BG.
Investigative reporting from the worker's angle.

The Cork Review,
Triskel Arts Centre,
8 Bridge St., Cork.
£4 for 6 issues. Articles on all subjects — environment, women's issues, literature, as well as reviews of the Cork Arts scene.

Dawn,
An Irish Journal of non-violence,
168 Rathgar Rd., Dublin 6.
Dawn in Belfast Tel. (084) 647106.
Nonviolent action, civil liberties, movements for change. £3 for 10 issues. Dawn has also produced pamphlets. Started in 1974, it offers help to other groups wanting to publish, since it sees its task as helping to build up a nonviolent social change movement in Ireland.

Flac File,
Newsletter of the Free Legal Advice Centres,
3 North Earl Street, Dublin 1.
Bi-monthly, £2 p.a.

Fortnight,
7 Lr. Crescent, Belfast BT7 1NR.
Tel. (084) 24697.
Liberal critical paper concerned mainly with social and political issues in Northern Ireland.

Foyle Fallout,
DANG, 12 Orchard St., Derry.
Quarterly Newsletter of the Derry Anti-Nuclear Group. £1 for 4.

Grass Roots,
Omagh District Community Magazine.
1 Castle St., Omagh, Tel. 46310.
Bi-monthly, 20p from Omagh Community Development Project at above address.

In Dublin,
Yahoo Ltd., 14 Batchelor's Walk,
Dublin 1.
Fortnightly what's on magazine, published every second Thursday. £10 p.a.

Invoice,
New University of Ulster, Coleraine,
Tel. Coleraine 4141, ext. 629.
Campus paper. Specializes in ecology and anti-racist articles.

The Irish People,
30 Gardiner Place, Dublin 1.
Weekly newspaper of Sinn Fein, The Worker's Party.

The Irish Social Work Journal,
Irish Association of Social Workers,
208 Liberty Hall, Dublin 1.
Bi-monthly.

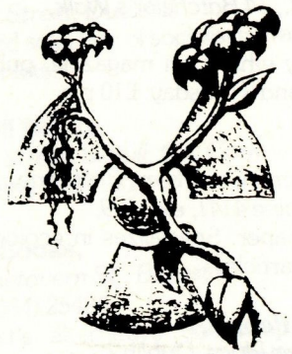
Left Perspectives,
19 Upper Gardiner St., Dublin 1.
A forum for socialist debate. Quarterly. 80p, £3.80 p.a.

Mahogany Gaspipe,
S. O'Maitiu, editor.
463 Orwell Park, Dublin 12.
Bi-monthly in Irish, 25p from above address.

Militant,
75 Middle Abbey St., Dublin 1.
Labour group monthly.

Northwest Newsletter,
Rod Alston, editor.
Eden, Rossinver, Co. Leitrim.
Organic farming, alternative technology, self-sufficiency. £2 for 6 issues from Marjorie Sachs, Aughnafinigan, Knockvicar, Boyle, Co. Roscommon.

Outta Control,
7 Winetavern St., Smithfield, Belfast.
News and Views of the Belfast Anarchist Collective.



An Phoblacht/Republican News,
Weekly paper of Provisional Sinn Fein, 25p.

Radioactive Times,
18 Tonlegee Rd., Coolock, Dublin 5.
DARTAG, Dublin Anti-Radiation and Toxic Action Groups.

Rebel,
P.O. Box 1103, 29 Mountjoy Sq., Dublin 1.
Paper of the Revolutionary Struggle Group. £3 for 25 issues.

Red Woman,
Tel. (01) 971036.
Newsletter of revolutionary socialist feminist group within the Socialist Workers Movement. 20p monthly.

Relate,
71 Lr. Leeson St., Dublin 2.
Tel. (01) 682422.
Monthly bulletin of National Social Services Council, 10p, £3 p.a. Also Directory of Social Service Organisations, £2.50 (incl. postage) from National Social Service Council at above address.

Scapegoat,
c/o 63 Haypark Avenue, Belfast 7.
Produced by members of North and West Belfast Health and Social Services Board.

Scope,
2 Annadale Ave., Belfast BT7 3JH.
Tel. (084) 640011.
Derek Alcorn, editor.
A review of voluntary and community work in Northern Ireland. 30p. 10 issues p.a.

The Shankill Bulletin,
Shankill Education Workshop,
95 Shankill Road. Tel. (084) 25536.
Monthly, 10p. Community paper.

Socialist Republic,
Paper of the People's Democracy Party. Monthly 12p.

Strumpet,
19 Westland Row, Dublin 2.
Dublin city news magazine.

Women's View,
Produced by the women of Sinn Fein the Worker's Party, 30 Gardiner Place, Dublin 1.
40p. Monthly from Repsol, at above address.

The Worker,
Paper of the Socialist Workers Movement. 15p monthly.

Worker's Life,
30 Gardiner St., Dublin 1.
Monthly magazine of SFWP. £6 p.a.

IRISH LANGUAGE

Gael Linn,
26 Cearnóg Mhuirfean, B.A.C. 2.
Contact Dónall Ó Mórain.
Courses in speaking Irish, adventure courses for children, film library.

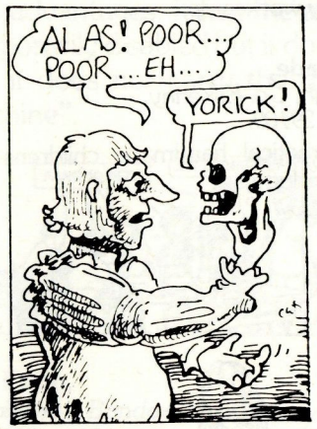
Irish language book publishers:

Clodhanna Teoranta,
Conradh na Gaeilge,
6 Sraid Fhearchair, B.A.C. 2
Fón. 757401.

Sáirséal agus Dill,
Caoímhín Ó Marcaigh,
13 Bothar Críochmhór, B.A.C. 11.

Foilseacháin Náisiúnta Teoranta,
29 Sráid Uí Chonnaill Iocht, B.A.C.
Fón (01) 745314.

Áis Teoranta,
31 Sráid na Bhfiníní,
B.A.C. 2. Fón 607698.
Books in Irish delivered to any bookshop in Ireland within days.



ALTERNATIVE THEATRE

Dandeloin Theatre Company,
Contact Maeve Barry,
c/o the Grapevine Arts Centre,
31 North Frederick St., Dublin 1.

Drama Study Circle,
c/o the Grapevine Arts Centre,
address as above.
Contact Jim Lynch. Tel. (01) 728721.

Druid Theatre Company,
Focastle Theatre, Dominick St., Galway.
Tel. (091) 68617. Contact Garry Hynes.

Dublin Youth Theatre,
Gardiner St., Dublin 1.
Contact Sean Leahy, Tel. (01) 784222.
Drama for young people, including performances, workshops and summer schools.

Moving Theatre Company,
Contact Annie Kilmartin,
c/o the Project Arts Centre,
39 East Essex St., Dublin 2.
A travelling community theatre group, currently experimenting with video as well as performance.

The People's Theatre,
Whiterock Resources Centre,
West Belfast. Contact Des Wilson,
1 Ballymurphy Estate, Belfast.
Formed in 1973 members write their own scripts, discuss and perform them. Plays generally concerned with life as it is experienced by the members.

Siamsa Tire Theatre and Arts Centre,
Godfrey Place, Tralee, Co. Kerry.
Tel. (066) 23094, 23055.
Contact Martin Whelan.
Aims to preserve and develop the folk heritage of Ireland through theatrical presentation. Classes are conducted in Finuge and Carraig twice weekly in music, song, dance and mime. There are also facilities for exhibitions, music, concerts, readings, film and workshops.

Taibhdhearc na Gaillimhe,
Sraid Lar, Gaillimh.
Fon (091) 62024.
Paraic Breathnach.

TEAM Educational Theatre Company,
c/o the Grapevine Arts Centre,
31 North Frederick St., Dublin 1.
Contact Tim O'Neill, Martin Drury.
The only educational theatre group in Ireland, its primary function is to educate through theatre providing educational drama for the community especially teenagers in and out of school.

CHILDREN

Voluntary Service Bureau Playschemes,
56, Lisburn Road, Belfast B.T.9.
Tel. 26862.
Supports voluntary community based 8 week summer playschemes for 5—12 year olds in Belfast areas that need this service. Provides support, advice, training, playscheme workers and a varied program of activities involving day trips.

Irish Pre-school Playgroups Association,
11, St. Peter's Road,
Phibsboro, Dublin 7.
Tel. 307068.
See "Alternative Education".

Fostering Resource Group,
1 James Street, Dublin 8.
Tel. (01) 757951.

Dublin Co-Op Creche,
30A, Talbot Street, Dublin 1.
See "Co-Operatives".

USEFUL PUBLICATIONS

N.I.F.C.A. News,
Contact: John Conlon,
18, Sperrin Drive, Magherafelt, N.I.
Quarterly magazine produced by N.I. Foster Care Association.

"A—Z of Fostering in N. Ireland".
Booklet by N.I.F.C.A. which sets out all that a foster parent needs to know about foster care. Copies (50p & 15p postage) are available from:
Valeria McGuffin,
18, Cairnshill Park, Belfast or
Olwen Carson,
c/o Personal Social Services,
213, Castlereagh Road, Belfast B.T.5.

Children First,
A Source Book, Charles Mollan,
Turoe Press, 1981. Price £3.00.
An essential reference book for all who are interested in the welfare of children. Information data and advice on legal and constitutional rights of children, adoption, fostering, children and education, recreation, etc.

Space for Play,
Sean Andrews & Ciaran O'Connor,
Comhchaideas, 1980. Price £2.50 plus V.A.T.
A good guide to constructing an adventure playground for children with the help of a voluntary workcamp.

Taylormade,
Kilmanagh, Co. Kilkenny.
Tel. (056) 29109.
Tough practical handmade childrens and maternity clothes.



COMMUNITIES

We live in a community all the time even though we may not be aware of the fact. In our daily life we exchange and communicate with many individuals and this network of energy, money and information flow creates a feeling of community. In modern industrial society the sense of community, of belonging, is not really encouraged; rather the nuclear family is promoted as the ideal consuming unit. This results in unnecessary replication of consumer goodies and creates barriers between alienated individuals. By making the decision to avoid the bedsit/nuclear family situation, and live in a more natural way in a community, you gain the opportunity of learning more about yourself and your relationship/inter-dependance with other equals.
To quote Pat Bolger "A cooperative community built on proper organic lines has vital advantages. It has the ability to heal its own wounds; it may be partially or temporarily disabled but it does not grind to a halt when some of the parts fall out, and it does not carry the threat of explosive self-destruction inherent in the machine".



Eire Farm,
Timoleague, Bandon, Co. Cork.
Tel. (023) 46251.
A collective community of 29 people, (six families with fourteen children and five single folks), they are together because they believe in the spiritual essence and oneness of humanity and share a vision of the world in which there is really enough to go around, children are raised by their parents, babies are born at home (the Farm people published a book "Spiritual Midwifery", which is all about that), they try to be as self-sufficient as possible and support themselves by farming and building, 2 acre garden, vegetarians, they run a company called Natural Energy Works, promoting alternative energy technologies, they set up an office of Plenty, a relief and development organisation (founded by the Farm in the USA).

Atlantis Commune,
Burtonport, Co. Donegal.
and Inishfree Island, Co. Donegal.
Vegetarian subsistence farming, creative living therapy; complete allround putting into practice of living together without reliance on modern "civilization", skills to be shared are: 10 years of experience in how to sort out interpersonal hassles on a day to day level, how to keep energy high and "clean" at all times, how to live happily without dope, cigarettes, drugs, silly food, TV, newspaper or "outside entertainment", gardening, animal husbandry, writing, playing, child-rearing.

International Society for Krishna Consciousness,
2 Belvedere Place, Dublin 1. Tel. 743767.
Places in Dublin, Cork and Belfast. They communicate the teachings of the Vedas, teach Yoga, meditation etc., try to bring people closer together for the purpose of teaching a simpler and more natural way of life (alternative energy projects, organic farming, spinning, weaving, cheese-making etc.).

Aprovecho
(The name comes from a Spanish word which means 'to make the best use of'). We are a group of about thirty people of several nationalities mostly situated in Oregon U.S.A. who work to promote simpler non-consumptive lifestyles based on self-sufficiency and mutual aid. We are an organisation without hierarchies or dogmatic philosophy. We work both at a local level in the communities in which we are situated and do a considerable amount of international development work. As a development organisation we are unique in that we particularly emphasise and research what we can learn and apply from other cultures. We are best known for the development of the Lorena owner built stove (mud stoves!). We are at present forming an Aprovecho Collective in the Cork area. If interested contact:
Vincent Tucker,
26 Elm Drive, Douglas, Cork.

The Residents of the Umbra
Benone, Downhill, Castlerock, Co. Derry.
The largest, best known and longest occupied alternative house in the "West of the Bann" community around Castlerock.

Inisglas Trust,
The Deeps, Crossabeg, Co. Wexford.
Seeks to help individuals find common aims in order to be able to work together at the renewal of many sides of life. Contact: Anthony Kaye.

Irish Mennonite Movement,
4 Clonmore Villas, 92 Ballybough Road, Dublin 3.
Pacifist, religious community.

L'Arche Community,
Moorefields, Kilmoganny, Co. Kilkenny.
International federation of communities in which mentally handicapped people, and those who help them, live, work and share their lives together, the aim of L'Arche is to help each person grow and develop to his fullest potential, and to experience a true feeling of usefulness in himself and his community.

CAMPHILL VILLAGES

Ballytobin,
Callan, Co. Kilkenny.
Caring for mentally handicapped children and teenagers.

Duffgarrig,
near Gorey, Co. Wexford.

Glencraig Community,
Craigavad, Holywood, Co. Down.
Tel. Holywood 3390/2497.
Caring for mentally handicapped children and adults.

Mourne Grange Village Community,
Kilkeel, Co. Down.

PUBLICATIONS

Communes Network,
Birchwood Hall Community,
Storridge, near Malvern,
Worcestershire WR13 5EZ.
This newsletter/magazine is pro-duced in turn by various communes/ communities in England; it has articles on life in communes, garden-ing, being alive, contact pages to bring people in touch with communes and vice versa, occasionally entries from Ireland. £4 sterling/12 issues.

Directory of Alternative Communities,
Produced by
The Teachers, 18 Garth Road,
Bangor, North Wales.
Mainly British communes, but also some Irish listed.

CO-OPERATIVES

Co-operatives offer the possibility of organising businesses and services in ways that place greater emphasis on mutaul aid, self-sufficiency, and more control over our lives and work. In Ireland coops have been restricted almost exclusively to the dairying and agricultural sector. However, there are many exciting and largely unexplored possibilities for applying cooperative forms of organisation to other areas of life. The listings here provide information on some of these possibilities.

FOOD

North Leitrim Vegetable Growers,
Community Centre, Manorhamilton,
Co. Leitrim.
Started in 1977 with 19 growers. A handful had come into the area seeking self-sufficiency and an alternative to our consumer society. By 1980 they had a turnover of £10,000. On land written off as good only for forestry, they provide fresh vegetables for the town of Manorhamilton including courgettes, peppers and aubergines. They introduced their customers to many new vegetables and made a point of supplying recipes with anything new. They operate an open air stall in the Main St. Surely something to be emulated as Ireland becomes increasingly dependent on imported vegetables.

Food Coops and Food Buying Clubs,
Sheila Lee, Resource Action Group,
Knocknaheeny, Cork.
Neighbourhood food co-ops provide a means of obtaining cheaper and higher quality food by buying directly from growers and suppliers, and cutting out costly frills such as packaging. While they have much to offer they are a rare phenomenon in Ireland. Some attempts have been made and are beginning to form food coops.

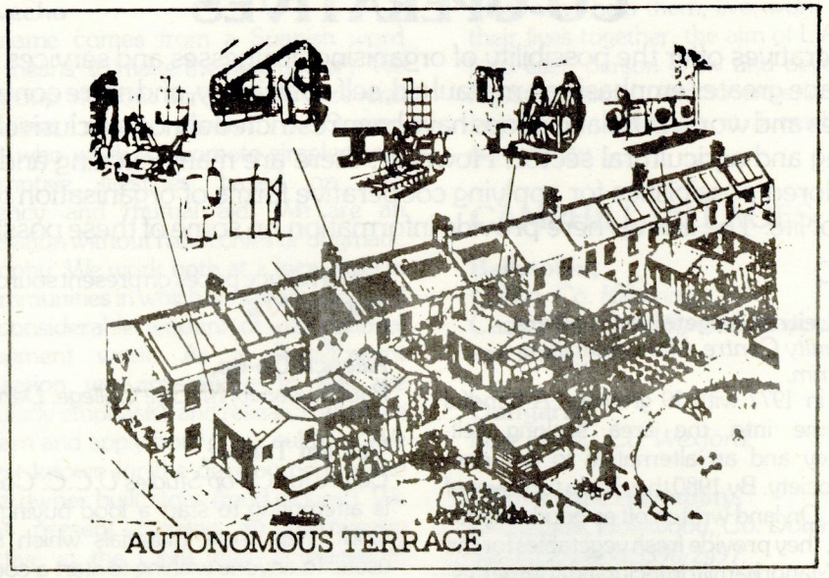
Kealkil Food Coop,
Jeremy Waites, Derryduv, Coomhola,
Bantry, Co. Cork.
This West Cork Coop has about 20 members and they are interested in coordinating food buying for the whole West Cork area. This would reduce prices on present sources by as much as 20%.

Aileach Co-op,
Paul Sweeney, McGee College, Derry.

Vincent Tucker,
Centre for Co-op Studies U.C.C. Cork
Is attempting to start a food buying club in Cork. Has some materials which may be useful to anyone wishing to start a coop.

WORKERS CO-OPERATIVES

These are worker owned and controlled coops. This is an area that offers great possibilities but has not been explored much in Ireland. Possibly one of the best known is *Crannac Furniture* in Navan. This was formed to take over the factory when it ran into difficulties and was threatened with closure. One of the more interesting ideas, although not yet in operation, is the *Waterford Unemployed Workers Co-op.* This group have pooled their various skills which include carpentry, painting and mechanical skills and plan to contract out their labour to do various jobs. However, they are still looking for a way to overcome legal obstacles and prohibitive gorup insurance costs. This experiment is particularly relevant in the present unemployment crisis. Hopefully their experience will be useful to others in similar circumstances.
Contact Sinead Brady, Myles Shelly,
Waterford Resource Centre, Wellington St.,
Waterford. Tel. (051) 55142.



AUTONOMOUS TERRACE

HOUSING CO-OPS

National Association of Building Cooperatives, N.A.B.C.O.
Bernard Thompson, Room 906, Liberty Hall, Dublin 1.
Centre for Cooperative Studies, U.C.C., Cork. Tel. (021) 68971. Ext. 2570.
This national association was founded in 1970 to encourage and promote efforts of housing to provide homes for themselves and others through cooperative methods. It aims to collect and pass on the fund of information and experience gained by individual housing schemes. It provides services made possible by pooling of resources which are not easily organised by small local coops. These include
(1) Education, Advisory Services,
(2) Insurance Services,
(3) Savings,
(4) Design and Construction Sevices.
Further information and a leaflet "Steps towards forming a housing Coop" available from Bernard Thompson at above address.

COMMUNITY DEVELOPMENT CO-OPERATIVES

These cooperatives are attempts to apply the cooperative philosophy to the poorer marginal areas, where Government and private enterprise have not been successful in their development efforts. They emphasise the importance of social and cultural aspects of development. Both Corca Dhuibhne in Dingle and Cois Farraigh in Galway run Gaeltacht summer schools, weekend courses in Irish, and have Irish language publishing companies. Corcha Dhuibhne has also promoted historical and archeolog-ical research. This coop has the only cooperative garage in the Republic. Other areas worth looking into are Aranmore Island Coop, which has a crafts shop and crafts coop, a stone crushing and block making plant, and other enterprises — and the Glencolumbcille Folk Village is worth a visit.

COMPSEY CO-OP WORKERS

The objective of this proposed cooperative is to create employment with a feeling of security and usefulness under pleasant conditions and to give the people who will do it complete control and ownership of the operation. Any group who will guarantee hard work will be given a field of 10 acres and a £10,000 loan. A building would first be erected on the site consisting of a bedroom for each worker, dining room, library etc. Each worker would be given a small salary which will be paid to each for the first two years. After initial building the 80 acres attached site would be developed for the most profitable and intensive type of labour, possibly dairying or assembly of agricultural machinery. Those interested should have mechanical or agricultural aptitudes and graduates would be needed for planning, development and selling. But every worker would have to do manual work in the first years.
Contact Denis Foley, Mullinahone Coop Ltd., Mullinahone, Co. Tipperary.

An Grianan, Pioneer, "Comhlacht Foireannta"
An Grianan, An Chearnog, Baile Atha an Rithe, Contae na Gaillimhe.
This proposed printing and publishing company would be based on a concept of contractual sharing of added value ad advocated by Steiner in 1919. All workers in the company would be involved in an equal partnership, and share responsibility for the welfare of the company. There would be no hierarchy. For further details contact David Green at above address.

Probably the best source of information on workers coops is in
A Study of Industrial Workers Co-ops,
By Philip Kelly and Robert O'Connor. Available from Economic and Social Research Institute, 4 Burlington Rd., Dublin 4. Price £5.00. Students £2.50.

CREDIT UNIONS

They are a means of keeping money in the local community rather than having it invested elsewhere by the banks. They offer cheap loans without security to members. The size of loans tends to be small, but adequate for downpayment on a house or some such expenditure. There are branches almost everywhere or you may write to:
The Irish League of Credit Unions, 9 Appian Way, Dublin 6.
They also publish the "Credit Union Review" on a monthly basis, price 10p. Contains essays, news, philosophy and opinions.



TRANSPORT

Taxi Co-ops,
All drivers own their own cars and are directors in the coop. In Cork, they pay £10 per week for radio which pays for dispatcher and advertising. They also own a petrol station and the profits from this are reinvested for expansion. Dublin has a similar taxi coop.
Co-op Taxi Cork Tel. 502211.

In West Cork there is a Van Coop. A group of four people have bought and share a van between them.
Contact Ben Russell,
Coomacroobeg, Kealkil, Bantry, Co. Cork.

For further information on transport coops contact: Terry O'Brien,
Dept. of Economics, University of Ulster, Coleraine, Northern Ireland.
Tel. Coleraine 4141, ext. 632 or 365.

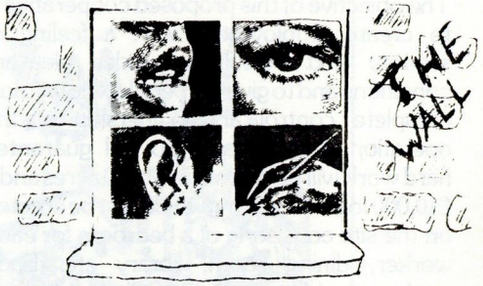
CO-OPERATIVE EDUCATION

Although education is a basic prin ciple of co-operation it has been ignored in practice until recently.

Centre for Co-operative Studies U.C.C.,
University College, Cork.
Tel. (021) 68791, ext. 2570 or 3113.
Funded by the Bank of Ireland this newly formed centre has a team of seven people from a variety of disciplines. The aim is to promote co-operative education both within existing co-operatives as well as at all levels of the education system. It will provide a variety of educational materials, case studies, and audio-visual materials. It also organises courses and workshops on various aspects of co-operation both in Cork and at other locations throughout the country. It is situated in University College Cork.

Society for Co-operative Studies in Ireland,
County Development Office,
Lifford, Co. Donegal. Tel. Lifford 5.
Founded in 1980 to promote educ ation and studies on co-operatives within each level of the education system, within the public service, co-op enterprises, vocational and trade associations, trade unions and politic al parties. They have undertaken a pilot study of the potential for rural transport coops. Other activities include promoting cooperative for-estry, the production of a handbook on cooperative law, and stimulation of radio and T.V. programs on co-operation, among others. Member ship of the organisation is £2 with an initial minimum share subscription of £1. Applications to Patrick Bolger, Hon Sec/Treasurer at the above address.

Macra na Tuaithe,
Youth Organisation, Irish
Farm Centre, Bluebell, Dublin 12.
Tel. 501166.
More recently renamed *Foroige* has an impressive package for promoting co-



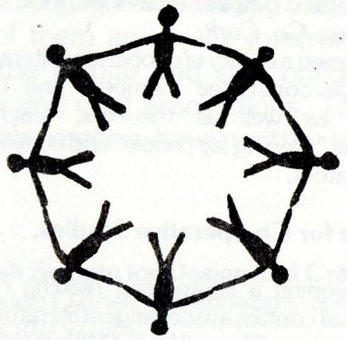
operation among young people. In keeping with their philosophy of learning through doing they encour age youth clubs and groups of young people to organise cooperat-ives, usually for some short term project, whether to produce Xmas cards, for example, or to provide some services. Through this they gain experience in organising, handling accounts and finance and managing the co-op. A handbook, sample rules and all the necessary materials are available from Macra Na Tuaithe at the above address.

Irish Cooperative Organising Society, I.C.O.S.
Is the overall coordinating body for the Irish Co-operative movement. Although they are mainly interested in Agricultural co-operative they have been known to be helpful to other groups also. They have recently established field offices in Sligo and Cork.

The Irish Foundation for Co-operative Development,
Malachy Prunty, Margaret O'Keefe,
Plunkett House, 84 Merrion Sq., Dublin 2.
Is a branch of I.C.O.S. which raises money from Irish coops and from government and international sour ces to help promote the co-operative movement in poorer countries. They have financed workers in Tanzania and are also involved in Zimbabwe, Lesotho and Thailand. They will visit your coop or organsiation and give a film show or talk and pass the hat to promote the cause.

CO-OPERATIVE CRECHE

City Centre Co-operative Creche,
30 Talbot St., Dublin 1.
Was founded in 1979 by a group of parents to provide child care facilities for their children. It is open from 8.15 till 6.00 p.m. to facilitate full-time working parents. It is non-profit organisation and is run on a democratic basis, with parents and staff metting once a fortnight. The minimum age is 12 months (negotiable) and the fee is £22 per week. This goes towards the salaries of two full time staff, rent, food and maintenance. There are at present 12 families involved. Full information from Annette Byrne, Secretary, at above address.



PRINTING AND PUBLISHING

Co-op Books Ltd.,
Publishers and Distributers,
50 Merrion Sq., Dublin 2.

Inner City Industrial Co-op Printers,
North Wall Quay, Dublin 1. Tel. 788955.

PUBLICATIONS

Cope News,
c/o 359 Antrim Rd., Belfast BT15 3BG.
Journal of Co-op enterprises in Northern Ireland. News, views, essays on the coop movement in Ireland and elsewhere.

Co-op Ireland,
Homestead Publications,
84 Merrion Sq., Dublin 2.
The Irish Co-operative Journal. This official journal of the Irish Co-operative Movement is now 3 years old. While the emphasis is mainly on the larger coops it includes information and features on all aspects of cooperation. Available from book shops and magazine stalls or from above addrss. 40p per copy.

In the Making,
44 Albion Road, Sutton, Surrey.
This Directory of Co-operative Projects is a British Publication but also covers Ireland.

Co-operative Bibliography (with special reference to Ireland) Source document two,
Irish Management Institute,
Sandyford Road, Dublin and Co-op Documentation Centre, N.U.U., Coleraine.
A very extensive list of audio visual materials on cooperation.

Irish Co-operative Movement,
by Patrick Bolger. Institute of Public Administration, 59 Lansdowne Rd., Dublin 4. Price £4.50.
Undoubtedly the most comprehensive his-torical overview of the Irish co-op movement in all its aspects.

Ralahine, Land War and the Co-operative,
By David Lee. Published by Co-op Books, and Bottom Dog. Price £1.32.
An account of Ireland's only communal experiment in the last century.

LIBRARIES

Boherbue Comprehensive School,
Boherbue, Co. Cork.
Has opened a library of cooperative literature to serve committee members and technicians as well as theorists, teachers, students "groping lay people" and convinced cooperators.

Centre for Co-operative Studies,
U.C.C.
Is developing a library and reading room which will contain a wide range of literature on co-operatives. This will be available for use as a reference library. It will also have a variety of audio-visual materials including video tapes available for educational purposes.

Co-operative Documentation Centre,
University Library, Central Building,
New University of Ulster, Coleraine,
Northern Ireland.
This has a collection of publications on community self help, cooperation and mutual aid. The centre does not have large resources at its disposal and has therefore decided for the moment to concentrate on the collection of contemporaneous rather than historical material until it is better established. It will have both theory and practical handbooks as well as informative material of value to those actively engaged in cooperative ventures. A complete list of the holdings are available for £2 sterling.



CRAFTS

There are over 2,000 craft workers in Ireland engaged in a variety of skills from Aran knitwear to willow basketry. Many of them are in the forefront of the alternative movement by re-establishing the dignity and self-confidence of cottage industry in their homes, townlands and craft associations. The craft-workers and shops listed in the Individuals section have writtin to A.I.D. specifically requesting to be included.

CRAFT ORGANISATIONS

Bunratty Castle and Folk Park,
Bunratty, Co. Clare. Tel. (061) 61511.
Contact Tom Sheedy.

Clare Craftworkers Association,
Bunratty Pottery, Bunratty Folk Park,
Bunratty, Co. Clare. Tel. (061) 71343.
Contact Maria Hannon.

Comeragh Craft Cooperative,
Mary Cooper, Ballinaneahagh,
Batterstown, Co. Waterford.
Tel. (051) 76529.

Cork Craftsmans Guild,
Savoy Arcade, Cork. Tel. (021) 26053.
Contact Christine MacDonald.

Co. Wicklow Craftworkers Association,
Tom Broderick, Wicklow County Development Team, County Hall, Wicklow.
Tel. (0404) 2324.

Craft Potters Society of Ireland,
Joan Doran, Glendarragh, 70 Merrion Rd.,
Dublin 4. Tel. (01) 685370.

Guild of Irish Lace Makers,
Mary Coleman, Annacrevy, Church Road,
Dalkey, Co. Dublin.

Guild of Musical Instrument Makers,
Chairman: John Fry, 85 Idrone Park,
Templeogue, Dublin 16. Tel. (01) 941868.

Irish Society for Design and Craftwork,
Angela O'Brien, 112 Ranelagh, Dublin 6.
Tel. (01) 971384.

Kildare Craftworkers Guild,
Sean Cleary, The Pewtermill, Timolin-
Moone, Co. Kildare.

Meath Craftworkers Association,
Hartmut Ibs, Trammon, Rathmolyon,
Co. Meath. Tel. Rathmolyon 84.

Monaghan Crafts Association,
Rep: Mrs. J. Carroll, 29 Market Street,
Monaghan.

North Dublin Craftworkers,
Katriona Brennan,
14 Upper Jervis Lane, Dublin 1.
Tel. (01) 723268.

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

Patchwork Guild,
Mrs. D. Baillie, 288 Stranmillis Road,
Belfast 9.

Slieve Bawn Cooperative Handicraft Market Ltd.
Elphin St., Strokestown, Co. Roscommon.
Tel. Strokestown 58.
Contact Patsy Duignan.

Waterford Crafts Ltd.,
36 Tirconnell Avenue, Lismore Lawn, Waterford.

Wexford Craftworkers Association,
Chairman: Peter Clark, Tintine, The Rower, Co. Kilkenny. Tel. (051) 23648.

Galway Association of Craftworkers,
Elizabeth Monahan, Clooniff, Moycullen, Co. Galway.

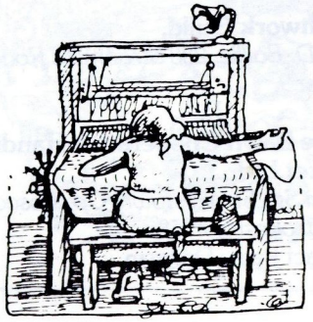
Irish Patchwork Society,
c/o Stitch in Time Ltd., 3A Lr. Georges St., Dun Laoghaire, Co. Dublin.

Irish Guild of Weavers, Spinners and Dyers,
Lillias Mitchell, 25 Hillside Drive, Dublin 14. Tel. (01) 907297.

Marlay Craft Cooperative,
Marlay Park, Grange Road, Dublin 16.
Contact Muriel Beckett.

Newry and Mourne Cooperative Society,
W.I.N. Industrial Estate, Newry, Co. Down. Tel. Newry 5436.
Contact Peter Tumilty.

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



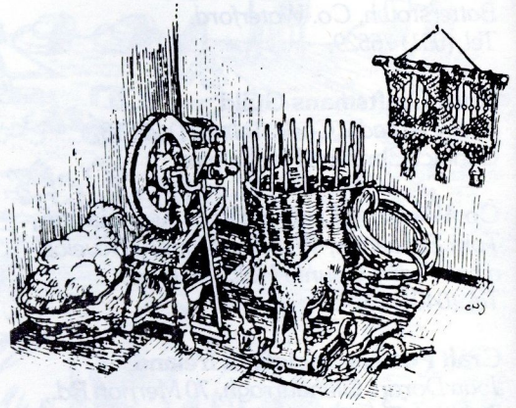
Limerick Craftworkers Association,
83 O'Connell Street, Limerick. Tel. (061) 48477.

Mayo Crafts Association,
Philippa Coughlan, Cum Lahardane, Ballina, Co. Mayo. Tel. Lahardane 26.

R.D.S. National Crafts Competition,
Betty Searson, Art Administrator, R.D.S., Ballsbridge, Dublin 4. Tel. 680645.
Offers £1,000 prize to crafts worker of outstanding merit in 1981.

CRAFT SUPPLIES

Cahill Crafts Ltd.,
The Quay, Graiguenamanagh, Co. Kilkenny. Tel. (0503) 24352.
Supplies looms, warping frames, spinning wheels and all accessories.



M. Kennedy & Sons Ltd.,
12 Harcourt Street, Dublin 2. Tel. 751749.
Artist and pottery supplies.

Stitch in Time Ltd.,
3A Lr. Georges St., Dun Laoghaire, Co. Dublin. Tel. 809228.
Patchwork and needlework kits and supplies.

CRAFTS COURSES

AnCo, The Industrial Training Authority
Goldsmith House, 7-13 Pearse St., Dublin 2. Tel. 718622.
Contact Helena Smith. State sponsored. Organises training courses for adults in industrial skills. At different times courses such as silk screen printing, thatching, weaving and pottery have been organised.

An Grainan,
Termonfeckin, Co. Louth. Tel. (041) 22119.
Contact Mr. James Creed. The college of the Irish Country Women's Association. Runs weekend and mid-week courses for members and the general public (both men and women) in crafts including basketry, lace, jewellery, wood carving, embroidery and crochet.

Peter & Veronica Schulz,
Gleannbride Handweavers, Glenmore, Waterville, Co. Kerry.
Offers courses in handweaving, spinning and natural dyeing.

Mrs. Ann McGuinness,
'Shirna', Carnew Road, Ferns, Co. Wexford Tel. (054) 6186.
Offers residential courses in the winter months in leatherwork and other crafts.

Mie Preckler and Jacques Quisquator,
Rossmore Weaving Workshops, Near Clonakilty, Co. Cork.
offers courses in weaving.

The Open College,
36 College Square North, Belfast. Tel. 26953.
An independent adult education centre set up in 1979 and run as a non profit making company. Membership is £3 sterling per annum (£1 for O.A.P.). Runs evening and all day Saturday courses in weaving, spinning, enamelling, knitting, leather, natural dyeing, pottery, corchet. Also runs residential summer schools at Knockinney House, Fermanagh in conjunction with Discovery 80 Ltd. in painting, furniture repairs and upholstery. Contact Berrell Jensen, Assistant Director.

Niall & Mari Fitzduff & Kevin (3) & David (2)
84 Drumaney Rd., Cookstown, Co. Tyrone. Northern Ireland. Tel. Coagh 7011.
Doing wood craft workshop, furniture, wood turning. Have 1 acre organic smallholding with poultry and trees.

Thomas Nolan,
Fenniscourt Lock, Slyguff, Muinebeag, Co. Carlow.
Doing part time furniture making and repairing, organic gardening, goats, eggs and vegetables.

Niall Mor,
Main Street, Killybegs, Co. Donegal.
Contact Sean Mac Nialluis. Interested in handmade products and has a new shop, interested in and seeking new ideas.

Judith Hoad,
Parkbane, Casheloogary, Inver, Co. Donegal.
Freelance spinner and weaver. Also skilled in calligraphy, quiltmaking, and embroidery. Experienced teacher of spinning and weaving and willing to visit groups for intensive courses.

Jane Almquist, Stitch in Time Ltd.,
3A Lr. Georges St., Dunlaoghaire.
Offers weekend courses in patchwork and quilting.

Judy Toner,
Tyrrelstown House Mews, Mullhuddard, Co. Dublin. Tel. 212054.
Offers intensive 2 week weaving courses on one-to-one basis. Approx. £2 per hour.

Ulster Folk and Transport Museum,
Cultra Manor, Holywood, Co. Down.
Offers courses in the textile section in weaving, spinning, patchwork and natural dyeing. Guilds for patchwork, embroidery, and weaving also meet at the museum.

Leslie Reisz & Dominic Scott,
221 Sutton Park, Dublin 14. Tel. 322547.
Offers courses in chair caning, rush seat weaving and stained glass.

Helen Hardesty,
Letterfrack, Co. Galway.
Offers courses and classes in quilting and patchwork.

INDIVIDUAL CRAFTSWORKERS

Timeless Leather Ltd.,
Ashford, Co. Wicklow. Tel. Wicklow 4309.
Proposes workshops for woodwork, antique restoration, jewellery, pottery. Also organic gardening. Good place to exchange ideas.

Poter and Kearns,
Roundstone, Co. Galway.
Tel. Roundstone 64.
Makers of traditional Irish musical instruments (bodhrans, flutes, harps). Contact Malachy Kearns.

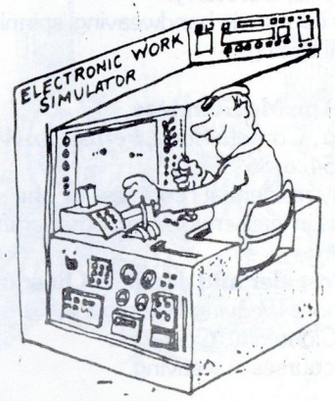
Glenstal Abbey,
Murroe, Co. Limerick. Tel. (061) 81103.
The following Benedictine Monks are engaged in crafts: Bro. Benefict Tutty; metalworker, sculptor in wood and clay, Bro. Ciaran Forbes: woodturner, Fr. Kevin Healy and Fr. Henry O'Shea: silversmiths and enamel workers.

Anthony Hedgecock,
Gortahork, Co. Donegal.
Sculptor/ironworker. Blacksmithing.

Oasis,
Main Street, Ballydehob, Co. Cork.
Group of people living in a large house with craftshop and wholefood café, in the process of building workshop, they make kites, wooden toys and have a pottery, yoga and shiatsu classes.

Deb Smith,
Knockjames, Tulla, Co. Clare.
Handspinner and dyer using local vegetable dyes. Willing to share her knowledge.

Magic Sun Candles,
Woodkerne, Drumleague, Leitrim Village, Co. Leitrim.
Contact Susan and Duncan Forsythe. Doing cnadlemaking, self-sufficiency, open workshop and tea rooms. Caravan to rent. Needs: alternative medicine information, wholefood coop, craft delivery service. Interested in womens issues. Also like to meet people interested in above.



HELPFUL ORGANISATIONS

The Crafts Council of Ireland,
Thomas Prior House, Merrion Road, Ballsbridge, Dublin 4. Tel. 680764.
Contact Frank Sutton. Aims to represent Irish craftworkers at national level, and to provide information and other services to craftworkers. Organises an annual Crafts Trades Fair.

Bórd Fáilte,
Visitor Purchases Section, 12 Herbert St., Dublin 2. Tel. 687540.
Contact Blanaid Reddin. Aims to promote the quality and marketing of Irish craft products. Helps with difficulties in dealing with craftshops (e.g. payment).

GRANT GIVING BODIES

In the Republic it is advisable to first make contact with your local County Development Officer who will assist you in applying for grants.

Industrial Development Authority,
Small Industries Division, 43/47 Lr. Mount St., Dublin 2. Tel. 602244.
Contact Marian Magowan. State funded. Has regional offices throughout the Republic.

Local Enterprise Development Unit, L.E.D.U.
Purdy's Lane, Newtownbreda, Belfast BT8 4TB. Tel. (0232) 691031.
State funded. Has regional offices throughout Northern Ireland.

Shannon Free Airport Development Co. SFADCO,
Shannon Town, Co. Clare. Tel. (061) 61555
Contact Pat Hynes. State funded. Covers the Clare, Limerick and North Tipperary region.

USEFUL PUBLICATIONS

Craftsmen of Ireland,
A retailers guide to crafts. Lists most of the craftworkers in Ireland under separate crafts categories. Available free on request from Bórd Fáilte, Visitor Purchases Section.

Gift and Craft Stores,
Lists most of these stores in the Republic, including telephone numbers and names of buyers. Listed by county. Available free on request from Bórd Fáilte V.P.S.

The Craft Hunter's Pocket Guide,
Lists craftshops and workshops in Republic by towns. Price 30p. Publisher Bórd Fáilte.

A Guide to Northern Ireland Crafts and Craftsmen,
Lists craftworkers and craft shops throughout Northern Ireland by craft and county. Available free on request from L.E.D.U. See address above.

A Good Beginning,
How to set up and run your own craft workshop. Price £1.95. Publisher Crafts Council of Ireland.

The Crafts Council Newsletter,
Bi-monthly. Useful update on craft news such as new workshops, associations, awards and events. Sub. £1.50 for 6 issues. Publisher Crafts Council of Ireland.

Setting up a Workshop,
How to set up a workshop in the U.K. Price £1.95 stg. (incl. p.&p.) Publisher Crafts Council of London.
12 Waterloo Place, London SW1 Y4AU.

Rural Crafts of Ireland,
By Susan Mosse,
Price 85p stg (& V.A.T.) Publisher Greencroft Books. Deals with traditional rural skills such as building, wood, basketry, pottery, weaving, lacemaking.

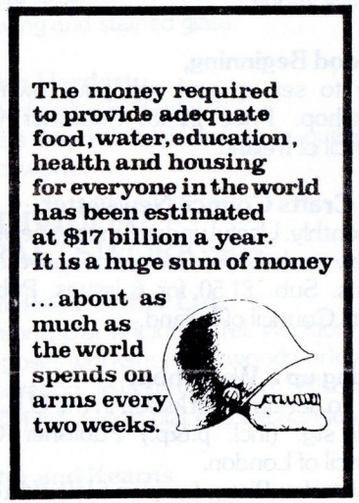
Irish Folk Ways,
by Estyn E. Evans,
Publisher 1957 Routledge and Keegan Paul, London. Still the best book on traditional rural skills.

The Potter,
Journal of the Crafts Potter Society of Ireland, Treasurer Ron Wynne, Springfield, Sandymount, Co. Dublin.

Irish Lace Journal,
Journal of the Guild of Irish Lacemakers, Mary Coleman, Annacrevy, Church Road, Dalkey, Co. Dublin.

ECOLOGY AND CONSERVATION

Friends of the Earth,
c/o 56 Aungier Street, Dublin 2.
c/o Casey, Ballyleigh, Waterfall, Cork.
Tel. 885299.
c/o 1 Somerset Avenue, Bangor, Co. Down.
Dublin Friends of the Earth hold meetings 8 p.m. on 2nd and 4th Tuesdays.



These cards are £1.20/100, £10/1000 post paid from Friends of the Earth (Cork), 22 Thomas Davis Street, Cork, Ireland.

Friends of the Earth is an international group dedicated to preserving and making rational use of this planet's resources. There are individual members as well as the two main branches. Friends of the Earth has specialist working groups on nuclear energy, wildlife, pollution, transport, alternative energy, recycling, share-a-garden, alternative economics.

Irish Conservation Society,
c/o Dr. Robert Blackith, Zoology Dept., T.C.D., Dublin 2.

Lavistown Study Centre,
c/o Goodwillie, Lavistown, Co. Kilkenny.
The Centre was opened in 1978 to encourage interest in the natural environment. Run by two biologists it offers Study Trips, day and weekend courses, with an emphasis on fieldwork. School-orientated programmes are also available.

An Taisce — National Trust,
41 Percy Place, Dublin 4.
Tel. (01) 681944.
9 George's Quay, Cork. Tel. (021) 506579.
A potentially powerful body, wellfunded but rather timid.

Animal Care Trust,
24 Parnell St., Dublin 1.

Bandon Valley Protection Association,
Contact Cameron Ryle, Kinsale, Co. Cork.
Was formed to safeguard the River Bandon and its catchment area from the effects of the chemical and pharmaceutical industries nearby, as well as thoughtless and ultimately self-defeating use of artificial fertilisers.

Corrib Conservation Centre,
Ross, Rosscahill, Co. Galway.
Gives courses to senior secondary school students on freshwater ecology, pollution and conservation, wildlife, etc, with emphasis on fieldwork.

Crosshaven Action Group,
c/o Church Road, Crosshaven, Co. Cork.

North Dublin Wildlife Group,
18 Brookwood Road, Dublin 5.
Organises lectures and fieldtrips.

Dublin Naturalist's Field Group
12 Glasilawn Road, Dublin 11.

Dublin Anti-radiation and Toxic Action Group,
c/o 18 Tonglegee Road, Coolock, Dublin 5.
Produce a newsletter.

Dublin Toxic Industry Action Group,
c/o Students Union, Trinity College, Dublin 2.
Watch out for "Toxic Times" 10p.

Ecology Party of Ireland,
c/o Christopher Fettes, St. Columba's College, Dublin 16, or
c/o Malcolm Samuel, Biology Dept., New University of Ulster, Coleraine.
Aims to coordinate with political intent the activities of those who, forced by ecological and humane considerations to reject both corporate capitalism and state socialism, nevertheless wish to be a force for political good in Ireland and the world. A steady-state economy, meaningful and satisfying employment, radical decentralisation, alternative energy, organic farming, human-scale schools, hospitals and other institutions, alternative medicine, these are among the things seen to be essential for reinvigorating a crumbling civilisation.



Friends of the Sea Shepherd,
c/o Tony McGuinness, 95 Hillcrest Drive, Lucan, Co. Dublin-
Tel. (01) 241754.
This enchantingly named group has a special interest in ending seal slaughter.

Finglas Against Toxic Waste,
Meets at WFTA Hall, Mellows Road, Finglas West, Co. Dublin at 7.30 on Wednesdays.

Help Eliminate Lead in Petrol, H.E.L.P.
c/o 40 Foxfield Road, Raheny, Dublin 5.
Concerned with lead levels in city areas, especially the catastrophic cumulative effects of ingested lead in children.

Irish Deer Society,
Garrishan, Sandyford, Co. Dublin.

Irish Council Against Blood Sports,
c/o 67 Newton Avenue, Blackrock, Co. Dublin. Tel. (01) 881054.

Irish Wildbird Conservancy,
19 Dawson Street, Dublin 2.
Director Richard Nairn.

Irish Wildlife Federation,
8 Westland Row, Dublin 2.
Tel. (01) 761276.
Director Fergus O'Gorman.

Inland Fisheries Trust,
Balnagowan, Mobhi Boreen, Glasnevin, Dublin 9. Tel. (01) 379206.
Should be contacted immediately regarding pollution on waterways.

N.I. National Trust,
Rowallane House, Saintfield, Ballinahinch, Co. Down.

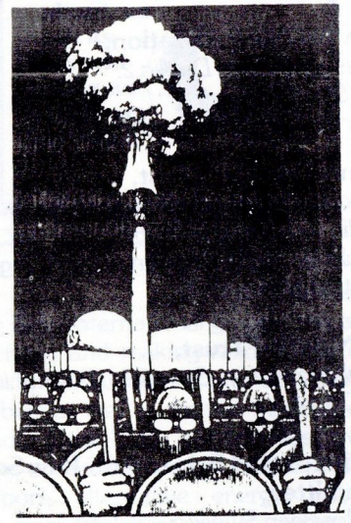
Middleton and Saleen Anti-Raw Sewage Committee,
c/o Roseleen Sweeney, Saleen, Middleton, Co. Cork.

Ovens Action Group,
c/o The Kennels, Ovens, Co. Cork.

Ringaskiddy Residents Association,
c/o Shamrock House, Ringaskiddy, Co. Cork.

Slieve League Protection Group,
c/o McAuley, Carrick, Glencolumbcille, Co. Donegal.
The group is working to have the area recognised as a National Park, and runs talks and slide shows and conducts nature walks. Also opposes uranium mining there.

The Society to Oppose Pollution, STOP
Contact Dan O'Regan.
Tel. (021) 811713.
STOP is an umbrella group for all those interested in preventing Cork Harbour becoming Irelands most deadly estuary. Through determination and shrewd attention to "pressure points" they forced a reverse in Local and Central Authority plans to dump raw sewage from Middleton into the Harbour.



GROUPS OPPOSED TO NUCLEAR POWER

Cork ANG, *c/o 40 Paul Street, Tel. (021) 22208/652644.*

Derry ANG,
12 Orchard St. Tel. (0504) 61616/69183.

Dublin ANGs,
North Dublin Action Group, c/o In Dublin, 14 Batchelors Walk, Dublin 1.
Howth, c/o 93 Grace O'Malley Road.
Tallaght, c/o D. Nolan, 1 Summerfield.

Mayo Nuclear Safety Group,
c/o Sue and Tad Minish, Inis Mhara, Killandangan, Westport, Co. Mayo.

Tralee Nuclear Opposition Workshop,
7, Rockwell Close, Rock Street.

Wexford ANGs,
Nuclear Opposition, c/o Brendan Howlin, 7, Upper William Street.
Nuclear Safety Association,
c/o David P. Nolan, Rosslare.
These two groups are in the front line in view of the projected ESB nuclear power station at Carnsore.

Belfast Anti-Nukes,
c/o Just Books, 7, Winetavern Street, Belfast 1. Tel. 25426.

Kildare ANG,
Oakfield Lodge, Naas. Tel. (0645) 97112.

Trades Union ANG,
c/o Jim Maher, 18 Tonlegee Road, Coolock, Dublin 5, and c/o Room 1502, Liberty Hall, Dublin 2.

Coleraine Anti-Nuclear Group,
c/o Joan Hunter, 5, The Coastguard Station, Portrush.

Leinster Anti-Uranium Group,
c/o In Dublin Magazine, 14, Batchelors Walk, Dublin 1.



Donegal Uranium Campaign,
c/o Carnowen House, Raphoe, Letterkenny, Co. Donegal. Tel. (074) 47129.

Coleraine Anti-Uranium Group,
Meets alternate Tuesdays in Town Hall, Portstewart.
Tel. Portstewart 3193.

Bagnelstown Anti-Uranium Group,
Bagnelstown, Co. Carlow.

Thomastown Mining Investigation Group,
c/o The Library, Thomastown, Co. Kilkenny.

USEFUL READING ON NUCLEAR POWER

"Nuclear Power" by Walter Patterson, Penguin £1.00.

"Nuclear Ireland" by Matthew Hussey and Carole Craig, Co-Op. Books, 50 Merrion Square, Dublin, 1978, 64p. A good introduction to the debate. 99p.

"Nuclear: The Impossible Gamble",
Revolutionary Struggle — 30p from:
29, Mountjoy Square, Dublin 1.

"Nuclear Power for Beginners" by Croall and Sempler. Pluto Press. Excellent cartoons.

CND and PEACE GROUPS

Campaign Against the Arms Trade,
Noel Doyle, 39, Anner Road, Inchicore, Dublin 8.

Co-Operation North,
56, Fitzwilliam Square, Dublin 2.

Corrymeela Reconciliation Centre,
Ballycastle, Co. Antrim. Tel. Ballycastle 62626.

Glencree Reconciliation Centre,
1, Belgrave Square, Rathmines, Dublin 6. Tel. (01) 967177.
Also: Glencree, Co. Wicklow. Tel. (01) 860963.
Offer facilities and help to other peace groups, as well as giving school training courses in peace studies. Assistance is also given to victims of violence.

Fellowship of Reconciliation,
Secretary: Ann Grant, 46, Carrisbrook Gardens, Lambeg, Lisburn, Co. Antrim.

Irish Friends Peace Committee,
J. Glynn Douglas (Clerk), 6, Eustace Street, Dublin 2.
CORK:
Friends Meeting House, Summerhill South.
WATERFORD:
Friends Meeting House, Newtown.
The Religious Society of Friends is a community with no ministers or leaders. The members tend to be strongly committed to social action, and have traditionally been outstanding proponents of peace and non-violence.

Irish International Peace Group,
18, Westland Row, Dublin 2.

Irish Quaker and Peace Service,
Robina M. Chapman (Clerk), 84, Armagh Road, Newry, Co. Down.

Love, Peace and Justice,
Justin Morahan,
7, Eaton Road, Terenure, Dublin 6.

The Irish Mennonite Movement,
4, Clonmore Villas,
92, Ballybough Road, Dublin 3.
A Christian pacifist community in north Dublin which promotes peace as central to the Gospel message and task. It is open to new participants and would like to encourage others interested in starting Christian communities.

Irish United Nations Association,
13, Merrion Square, Dublin 2.

Irish Liaison Committee for Peace and Disarmament,
c/o Irish CND,
218, Carriglea, Firhouse, Co. Dublin.
Representing over 30 groups this committee works for a positive neutrality stance for Ireland and has made deputations to the Department of Foreign Affairs. Presently the committee is working on the role of Ireland might play at the second UN special session on Disarmament 1982.

Irish Commission for Justice and Peace,
Booterstown Avenue, Co. Dublin.
The commission is concerned with policy, research and education in the fields of human rights, developments in justice and peace.

Peace Corps,
c/o 99, Kylemore Drive, Ballyfermot,
Dublin 10.
Promotes youth peace movements and works in communities.

Pax Christi,
Co-ordinator: Sr. Christina O'Neill,
50, Lower Camden Street, Dublin 2.
Believes that non-violent struggle embraces the possibility for solution in conflicts by working for the structural and systemic change in the social, economic and political fields in a way which no other peace-making or "justice-seeking" group can do.

Peace People,
224, Lisburn Road, Belfast.
Tel. 663465.
Now involved in educational, youth and political campaign work, believing that lasting change can only come through ordinary people changing their own lives and communities.

Non-Violent Action Group,
c/o Breifne Walker,
Wildmoor, Newcourt Road,
Bray, Co. Wicklow.
This is a new small group open to becoming a resource centre for people wishing to learn the relevance and technique of non-violence.

Peace Pledge Union,
62, Melrose Street, Belfast 9.
Irish Branch of English organisation.
Publication: The Pacifist.

Pere-Pire Peace Group,
12, Eglington Park, Dublin 4.

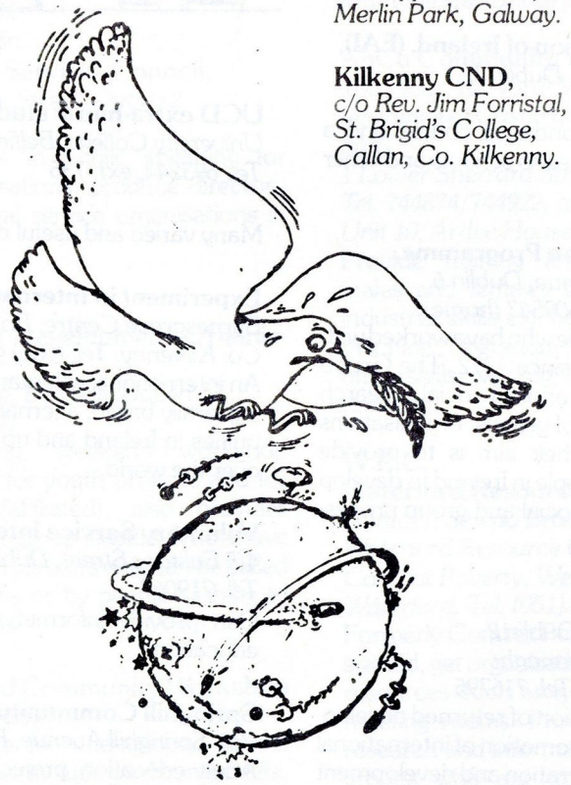
Southern Movement for Peace,
c/o Mrs. Cantrell,
St. Saviours, Ballinacurra, Co. Limerick.



Student Christian Movement,
Secretary: Martin Rowan,
168, Rathgar Road, Dublin 6.
Works to make students aware that there is a Christian way of looking at the world, other than the traditional "received" way, a radical way which attempts to deal with a world "burning with violence and oppression".

Northern Ireland Campaign for Nuclear Disarmament,
Membership Secretary: Monica Deasy,
7, Dramore Avenue, Belfast 7.
Tel. (084) 649722.
Also: Peter Emerson,
Rhubarb Cottage,
36, Ballysillan Road, Belfast 14.
Tel. (084) 742078.

Campaign for Nuclear Disarmament,
Books and Badges,
c/o Robin Henry,
68, Westland Road, Belfast 14.
Tel. (084) 779912.



Irish Campaign for Nuclear Disarmament,
218, Carriglea, Firhouse, Co. Dublin.

Trinity College CND,
c/o Students Union, TCD, Dublin 1.

University College Dublin CND,
c/o Students Union, UCD,
Belfield, Dublin 4.

Cork CND,
19, St. Joseph's Drive,
Montenotte, Cork.
Tel. (021) 503500.

Galway CND,
Secretary: Nevina Daniels,
The Apple Garden, Doughiska,
Merlin Park, Galway.

Kilkenny CND,
c/o Rev. Jim Forristal,
St. Brigid's College,
Callan, Co. Kilkenny.

EDUCATION

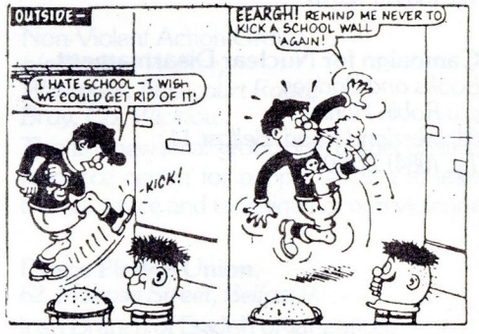
Education *can* be a form of conscious evolution, rather than a stunting of human development, — which is the case in a lot of Irish schools. This section can help provide alternatives to this. Organisations listed, to varying extents, see education as a mutual exchange of information between equals.

Adult Education Organisers' Assoc.
There are now 50 adult education organisers throughout the country. These are potentially useful, as their task is to find teachers for courses in almost any topic where there is a demand. Also, if you wish to teach a course in a particular topic, and there are twelve people who wish to take it, you can get your V.E.C. Officer to advertise it and will be paid a modest fee. Contact your local V.E.C. Officer or Association of Adult Education Officers.

Esperanto Assocation of Ireland, (EAI),
9 Templeogue Wood, Dublin 12.
Tel. 942374.
Runs a free corespondence course and a library service, lectures to schools and other groups.

Irish Group Relation Programme,
10 Leeson Park Avenue, Dublin 6.
Tel. 680552 (office), 609543 (home).
A group of Irish people who have worked with the Grubb Institute since 1972. The Grubb Institute carries out applied social research into the functioning of groups, organisations and communities, their aim is to provide opportunities for people in Ireland to develop their knowledge of social and group processes.

Comhlámh,
4/5 Eustace Street, Dublin 2.
Contact Colum Kavanagh/
Grainne Anderson. Tel. 716795
A voluntary association of returned development workers; for promotion of international development co-operation and development education. They produce the quarterly Comhlámh News.



UCD extra-mural studies,
University College, Belfield, Dublin 4.
Tel. 693244, ext. 735

Many varied and useful courses.

Experiment in International Living,
Byrnesgrove Centre, Ballyragget,
Co. Kilkenny. Tel. (056) 41127
An international voluntary organisation offering family based, alternative learning opportunities in Ireland and up to 100 countries all over the world.

Voluntary Service International,
4/5 Eustace Street, Dublin 8.
Tel. 719067
Can provide information on development education.

Springhill Community House,
123, Springhill Avenue, Belfast 12.
Adult education project where adults can meet and discuss what they choose with whoever they wish.

AONTAS
National Association of Adult Education,
14, Fitzwilliam Place, Dublin 2.
Tel. 688692.
Co-ordinates adult education, produces useful directory of community and adult education.

Rutland Street Alternative School,
Rutland Street, Dublin 1.
Tel. 876388 – Brian Hackett.
Aim: To reintegrate into the system kids of 11— 16 years. Curriculum designed by Youth Encounter Project with Department of Education approval.

National Federation of Youth Clubs,
30 Mountjoy Square, Dublin 1.
Tel. 729829/742604
Contact Jim Mullin.
National Social Services Council,
71, Lower Leeson Street, Dublin 2.
Tel. 682422
Arrange courses in public speaking for voluntary organisations, produce directory of voluntary social service organisations in Ireland.

Foroige,
National Youth Development Organisation,
Irish Farm Centre, Bluebell, Dublin 12.
Tel. 501166/501941
Provides training, weekend workshop materials, prizes for youth projects and for youth groups (affiliated), also provides training for youth group leaders. They have several regional organisers who can be called on by youth clubs or by people wishing to start youth groups.

Derry Youth and Community Workshop
Lawrence Hill, Derry.
Work experience for unemployed school leavers; experience include gardening, crafts, design, producing magazines, newsletters and graphics, filmmaking, building.

Clondoyle International Summer School,
Clondoyle, Glenamaddy, Co. Galway.
Tel. Glenamaddy 65.
Contact: John M. Raftery.
Students aged 17-20. Teaching English and also dealing with ecology, decentralism, pacifism etc.

Education Centre,
Teeling St., Ballina, Co. Mayo.
Works with teachers and others to promote changes in the curriculum and teaching methods. Emphasises creativity in teaching. They also organise workshops on a regular basis, covering such areas as human and personal growth, body-mind, massage etc. as well as promoting cultural events locally. Has a full time staff of four people. Tel. (096) 21895.

AnCo Community Workshop,
Top Floor, 82 North Wall, Dublin 1.
(entrance at Castleforbes Road). Tel. 786357
and,
1 Lower Sherrard Street, Dublin 1.
Tel. 744874/744922, and,
Unit 10, Ardee House, Dublin 8. Tel. 755400.
Provide training for young unemployed males and females between 15 and 19 in industrial skills e.g. basic woodwork, sewing machine operation, painting, craft work, office skills, welding, basic engineering, hairdressing.

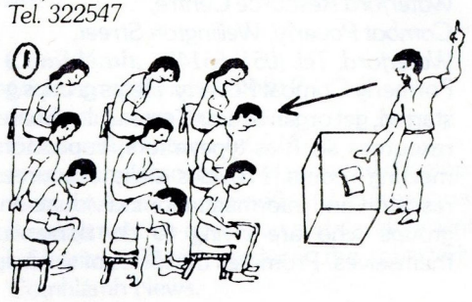
W.R.C.
Waterford Resource Group,
Contact: Sinead Brady/Myles Shelly,
Waterford Resource Centre,
Combat Poverty, Wellington Street,
Waterford. Tel. (051) 55142.
Formerly Combat Poverty. Helps groups get started, get organised, and get results. Shares resources such as typewriters, duplicators, meeting rooms. Provides skills, resources, research and information for individuals and groups who are trying to do things for themselves. Promotes the ideals of self-help,

cooperative working and interdependence. Encourages liasion between action groups and the trade union movement.

Combat Poverty Education Centre,
Cork Combat Poverty, 5 Churchfield Ave., Cork. Tel. (021) 508681, and,
8 North Mall, Cork. Tel. (021) 507969.
Has a "work together" group dealing with adult education and literacy with the aim of breaking down stigma attached to illiteracy; developing confidence and skills and encouraging active participation in peoples own learning. Also has a group of parents active in pursuing democracy in education, to promote involvement at all levels in the education of their children.

Alternative Education Open Network, (A.E.O.N.)

We are interested in developing an Alternative Education Network to continue the tradition of A.E. (George Russell) in developing a new rural civilisation in Ireland through mutual co-operation. A.E.O.N. would provide a learning environment where people could acquire the skills and insights necessary to create their own lifestyles. Organic gardening, crafts, rural skills and self-sufficiency would be high on the list, as would the newer skills such as video, human growth techniques and new approaches to spirituality. We seek to work with other like-minded people in building up a community-based rural centre that would provide the backbone of the network. If interested, please contact:
Leslie Reisz/Dominic Scott
221, Sutton Park, Dublin 13.
Tel. 322547



The Association of Pre-school Staff
Sec. Theresa Redmond.
18, Valeview Drive,
Finglas South, Dublin 11.
A group of trained people who promote the idea that every child should have access to pre-school education. Working for the introduction of statutory minimum standards as well as compulsory registration of all pre-schools. Seeks the provision of pre-school facilities by local authorities, healthboards, Department of Education and employers both private and public.

St. Nicholas Montessori School
Adelaide Street, Dun Laoghaire,
Co. Dublin.
Contact: Shiela Fitzgerald.
Provides an alternative to the religious monopoly of Montessori Education and runs correspondence courses, and eve. courses for mothers.

Halo Montessori and Pre-school Supplies Ltd.
40, Main Street, Rathfarnham, Dublin 14.
Contact: Carol Hayes, tel. 903804.
Agency for Montessori education material supplies; just started.

Kilkenny Waldorf Group
Sec. Phyllida Clarke.
Pottlerath House, Kilmanagh,
Co. Kilkenny.
Tel. (056) 29109
Study group working towards starting a Waldorf School in Ireland.

National Outdoor Pursuit Centre
Cappanalea, Caragh Lake, Co. Kerry.
Canoeing, rock climbing, mountaineering, hang-gliding, etc.

Tiglin Adventure Centre
Ashford, Co. Wicklow.
Tel. Wicklow 4169
Part of Association for Adventure Sports, runs courses in canoeing, mountaineering,

orienteering, rock-climbing etc., to encourage activity and to foster higher standards in the wide range of adventure sports.

Curriculum Development Unit
28, Westland Row, Dublin 2.
Tel. 602433
Contact: Tony Crooks/Gary Grenville.
Devise alternative programme in Science/ Humanities for 12—15 year old, work closely with Department of Education.

St. Pauls Alternative School
Main Street, Finglas, Dublin.
Tel. 346492
Work under Youth Encounter Project, with work experience programmes.
Contact: Tony Gorman.

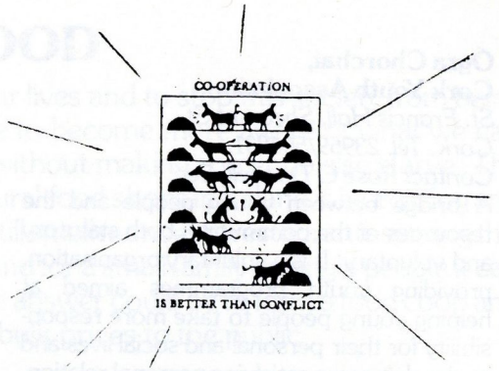
Dublin Institute of Adult Education
1, Mountjoy Square, Dublin 1.
Tel. 747355
Co-ordinate adult literacy scheme.

Freestone Quarry Montessori Primary School
Braidjule,
120, Knockan Road, Broughshane,
Ballymena, Co. Antrim.
Tel. Broughshane 202

National Youth Council
6, Waterloo Road, Dublin 4
Tel. 685386/685379
Contact: Tom Costelloe.
Alternative/informal education, produces Irish Youth Directory.

Central Bureau for Educational Visits and Exchanges
43, Dorset Street, London WIH EFN.

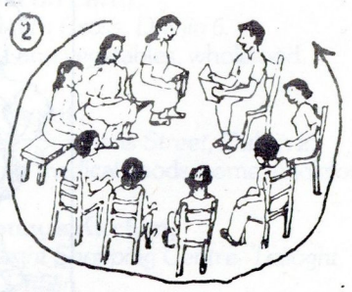
Comhairle le Leas Óige
Dublin Youth Service Council
70, Morehampton Road, Dublin 4.
Tel. 683198
Co-ordinates youth clubs and grants for same, and promotes a spirit of voluntarism in



the youth movement.

The Overseas Institute for Community Development
8, Charlemont Street, Dublin 2.
Tel. 516895
Runs a part-time course and a summer school on some aspects of Community Development

The Open College
36, College Square North, Belfast
Tel. 268953
An independent adult education centre, members (£3 Sterling per annum) receive a regular newsletter giving details of courses and events, have full voting rights in the company, and can use wholefood restaurant in the college.



Ógra Chorchaí,
Cork Youth Association,
St. Francis Hall, Shearses St.,
Cork. Tel. 23959/504831.
Contact Rose O'Donnell, Sec.
A bridge between young people and the resources of the community, both statutory and voluntary. It is a voluntary organisation, providing youth programmes aimed at helping young people to take more responsibility for their personal and social lives and to develop more satisfying personal relationships. There are four major schemes (a) the club development programme; (b) the social and healt education programme; (c) Project '81 is a one year programme jointly sponsored by Ógra and Cork Polio and General After Care Association; (d) Summer play schemes in Cork assisted and coordinated by Ógra.

Dublin Folk School
Daonscoil Atha Cliath
Hon. Sec. M. Fogarty
Tel. 779152 before 11.30 a.m. after 9.00 p.m.
Organises historical walks through Dublin and lectures on local history.

SOME USEFUL BOOKS:

Deschooling Society Ivan Illich. For a radical view of the education system, and why we would be better off without schools!

Pedagogy of the Oppressed: Paulo Freire. Based on the belief that knowledge is power this approach attempts to eliminate the teacher-learner model and proposes an education based on dialogue in which everyone is both learner and teacher.

Teaching as a Subversive Activity.
A superb book. Shows how a teacher can use his/her role to promote a critical approach to the world and education as opposed to an exercise in indoctriniation.

Lateral Thinking. Edward De Bono. An approach to education which emphasises creativity. Has many practical exercises and suggestions.

Using the Newspaper in the Classroom.
Available from:
The Irish Times
13, D'Olier Street, Dublin 2.

Summerhill. A.S. Neill. Inspiring! The story of the first free school.



FOOD

Food is the most important thing in our lives and to stop this society from being overfed but undernourished, we have to become more aware of what we eat, what we need to eat and how to eat without making someone else starve. The number of wholefood/healthfood/natural food shops in Ireland is increasing and hopefully the same will happen to the still small number of restaurants serving this type of food. Wholefood is not cheap and for a small family or single people it can be quite a burden for the finances. The answer could be to form a food coop and there are several wholesalers offering bulk prices to the public.

GREATER DUBLIN

McCambridges Ltd.,
35 Ranelagh Road, Dublin 6.
Fruit and vegetables, wholefood.

M.G. Martin,
34 Greenville Road, Blackrock, Co. Dublin.
Wholefood wholesale, this is not a shop!

Muffin's,
7 Main Street, Bray, Co. Wicklow, and
Church Road, Greystones, Co. Wicklow.
Wholefood and natural remedies.

Lifeforce,
4 Halston Street, Dublin 7. Tel. 746035.
Distributor of wholefoods.

Kelkin Naturproducts,
35 Airton Road, Tallaght, Co. Dublin.
Wholefood distributors.

Joan's Health Food Shop,
Over Glynn's, 24 Drumcondra Road,
Dublin 9.
Wholefood and natural remedies, and can give advice on health.

Krank's,
Chatham Street, Dublin 2.
Wholefood, some natural remedies.

Barry Mara,
Townyard Lane, Malahide, Co. Dublin.
Healthfood, herbal remedies and a delicatessen shop.

Nature's Gold,
1 Killingarric Road, Greystones,
Co. Wicklow.
Wholefood, natural cosmetics, herbal medicine, vitamins and herbal cosmetics. Try to distribute information regarding food values, nutrition, give talks on natural food, demonstrations on cooking and preparing, display of locally made crafts.

Sunflower Health Food,
17 Peter Street, Drogheda, Co. Louth.



Victor Fleming Delicatessen,
Main Street, Arklow, Co. Wicklow.

What on Earth,
Harold's Cross, Dublin 6.
Fruit and vegetables, wholefood.

O'Higgins,
Lower Stephens Street, Dublin 2.
Mainly medical goods, some wholefood.

Granny's Kitchen,
Tallaght Shopping Centre, Tallaght,
Co. Dublin.
Wholefood, natural remedies, advice on health and food.

Easons & Sons Ltd.,
O'Connell Street, Dublin 1.
Has wholefood and beer and winemaking equipment, 1st floor.

Garnish Delicatessen,
7 Upper Rathmines Road, Dublin 6.

Fitzpatrick's,
Camden Street, Dublin 2.
Fruit and vegetables, wholefood.

Grape ' Grain,
The Triangle, Ranelagh, Dublin 6.
Wholefood, herbal remedies, cosmetics.

Granny's Kitchen,
Shopping Mews, 7 Main Street, Dublin 14.
Wholefood, natural remedies. Advice on health and food.

Golden Dawn,
Crow Street, Dublin 2.
Wholefoodshop, some books on food and health. Wholefood/macrobiotic restaurant.

Here Today,
South Anne Street, Dublin 2.
Mostly fruit and vegetables, a small selection of wholefood.

Irish Yeast Company,
6 College Street, Dublin 2.
Suppliers of fresh yeast for all purposes.

The Livingroom,
Lincoln Place, Dublin 1.
Open Monday to Friday 9 am to 5 pm. This restaurant is run as a fund raiser for Indian Lepers; "by eating in the Livingroom you contribute in a small way to meeting the needs of 15 million leper patients in the world today. The Livingroom is being run as a fund raising venture by the *leprosy Mission Youth Team*" — nice fresh food at a reasonable price.

Phil Guiney's Food Co.,
36 East Road, Dublin 3. Tel. 743095/743129
Wholesale/distribution to the health food trade in Ireland, stocks all basic wholefoods, natural cosmetics and books on these matters. Also open to selling to the public in semi-bulk, £50 minimum order.

Country Cellar,
Patrick Street, Dun Laoghaire, Co. Dublin.
Wholefood, herbal remedies, natural cosmetics, beer and wine-making equipment recipe books.

Bray Health Foods,
Main Street, Bray, Co. Wicklow.

Down to Earth,
Fleet Street, Dublin 2.
Wholefood, natural cosmetics, herbal remedies, books on health and food.

B & K Limited,
171 Lr. Rathmines Road, Dublin 6.
Wholefood, fish, fruit and vegetables, natural cosmetics, herbal remedies.

College Greens,
Nassau Street, Dublin 2.
Fruit and vegetables, wholefood. Natural food snack bar upstairs.

Costello Chemist,
25 Marino Mart, Fairview, Dublin 3.
Wholefood, medical goods, natural cosmetics.

Bretzel Kosher Bakery,
1a Lennox Street, Dublin 8.
Continental bread, sourdough and wholemeal bread.

Cronin Health Food Shop,
Edenmore Shopping Centre, Raheny, Dublin 5.

Annes Delicatessen,
98 Terenure Road, Dublin 6.

FUTURE LISTINGS

Those wishing to have information included in the next issue should complete and return this form.

Please supply all of the following information

Name: _____

Address: _____

Telephone No.: _____

What activities/services you are/hope to be involved in?

_____

_____

What skills, facilities or help you wish to share:

_____

_____

What skills, facilities or help do you need?

_____

_____

Organisations may send additional statement of aims and objectives, meetings, times, membership fees etc.

For further information, send a stamped addressed envelope.

PLEASE RETURN ANY INFORMATION FOR INCLUSION IN NEXT DIRECTORY BY 31 MARCH 1982 to

Box A.I.D. 1, 40 Lr. Ormond Quay, Dublin 1.

Suggested donations, which are greatly appreciated are: individuals £2; groups £10.

THIS DIRECTORY IS OURS TO USE AND BE USED, SO LETS DO IT!

Hoping to hear from you.

Nature's Grace,
30 Middle Gardiner Street, Dublin 1.
Divine Light Mission Shop.

Only Natural,
Graham O'Sullivan, Duke Street, Dublin 2.
Wholefood, herbal remedies, natural cosmetics. Part of a delicatessen.

Le Gourmet,
Patrick Street, Dun Laoghaire, Co. Dublin.
Part of a delicatessen shop, wholesale prices from 10lb on.

T.R. Nolan & Son,
66 Malahide Road, Dublin 3.



MIDLANDS

Wine Tavern,
59 Dublin Street, Carlow.

Earth Magic,
High Street, Kilkenny,
Wholefood, natural cosmetics, herbal remedies.

Dunne's Delicatessen,
93 Main Street, Portlaoise, Co. Laois.

Grains & Greens,
Main Street, Naas, Co. Kildare.

Food for Thought,
31 Mitchel Street, Clonmel, Co. Tipperary.

Shelly Delicatessen,
Main Street, Templemore, Co. Tipperary.

Moore Brothers,
The Square, Athy, Co. Kildare.

SOUTH

Cork Health Foods,
29 Princes Street, Cork.
Soon moving to:
29 Oliver Plunkett Street, Cork.
Wholefood, natural cosmetics, natural remedies, a restaurant, when the new place is open.

Ryans Health Food Shop,
Castle Street, Cork.
Wholefood, natural cosmetics.

The Acorn,
Bandon, Co. Cork.

Rick Williams Natural Food,
26 Paul Street, Cork.
Wholefood, fresh vegetables, natural cosmetics.

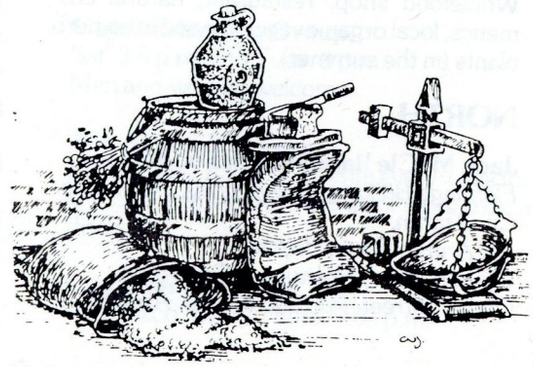
SOUTH-WEST

Tony O'Reilly,
Rock Street, Tralee, Co. Kerry.
Wholefoods.

Sheehy's Supermarket,
Green Street, Dingle, Co. Kerry.

EAST

Full of Beans,
17 Gladstone Street, Waterford.



WEST

The Human Bean,
6a Cross Street, Galway.
Wholefood restaurant. Open Monday to Saturday 10 am to 9.30 pm. Lunch from 12.30 pm. Evening meal from 5.30 pm. Homemade bread, butter, cheese, yoghurt, chutney. Wine license.

Seaweed Ltd.,
Kylbroghlan, Moycullen, Co. Galway.

Harvest,
Cecil Street, Limerick.
Wholefood shop and restaurant.

Pat Freeman Delicatessen,
Market Square, Ennis, Co. Clare.

Healthwise,
Lower Abbey Gate, Galway.

Brian McMahon,
Killaloe, Co. Clare.
Natural foods.

Abbey Kitchen,
48 Upper Abbeygate Street, Galway.
Wholefood, herbs and spices, fresh fruit natural cosmetics, books on health, home made bread, salads and spreads.

Tir na nOg,
1st Floor, 4 Castle Street, Sligo.
Wholefood shop, restaurant, natural cosmetics, local organic vegetable and fresh herb plants (in the summer).

NORTH

Jack McCle land Health Food Shops,
Flamingo Building, Ballymoney, Ballymena, Co. Antrim,
327 Antrim Road, Belfast,
Church Road, Holywood, Co. Down,
Church Street, Portadown, Co. Armagh.

Ormeau Bakery,
307 Ormeau Road, Belfast.

Grainstall NUU,
c/o Students Council, Coleraine, or Invoice Magazine.
Wholefood sale to students and other people.

Harvest Health Foods,
Bridge Street, Cavan.

Scrabo Health Products,
267 Ormeau Road, Belfast.

S.G. Donaldson,
22 North Street Arcade, Belfast.

Stuart K. Henry & Co. Ltd.
38 Bradbury Place, Belfast.

The Hideout Café,
1st Floor, 5 Winetavern Street, Belfast.
Vegetarian/wholefood café.

RECOMMENDED BOOKS

The Farm Cookbook.
The Farm, Timoleague, Bandon, Co. Cork.
Tel. (023) 46251.
Specialises in Soya Bean recipes. Available from many health food shops or from the Farm at above address.

Diet for a Small Planet,
France Moore Lapee.
Excellent book on vegetarianism with recipes.

Tassajara Cooking,
by Edward Espe Brown, Shambala Press,
The very spiritual way to cook, a real nice book.

Friends of the Earth Cook Book,
by Veronica Sekules, Penguin.
A cookery book with ecological background, gives plenty of information about the political ingredient of every meal.

GAY

GAY GROUPS



Cork Gay Collective,
Gay Political Action,
P.O. Box 39, Cork.

Galway Gay Collective,
P.O. Box 45, Eglington Street, Galway.

Irish Gay Rights Movement, I.G.R.M.
P.O. Box 739, Dublin 8, and
P.O. Box 1, Cork.

Northern Ireland Gay Rights Assoc.,
P.O. Box 44, Belfast BT1 1SH.

Campaign for Homosexual Law Reform,
P.O. Box 931, Dublin 4.

Liberation for Irish Lesbians, L.I.L.
c/o 10 Fownes St. Upper, Dublin 2.

National Gay Federation,
10 Fownes St., Upr., Dublin 2.
Tel. (01) 710939.
Organisation working for the rights and welfare of gay men and women in Ireland. Annual Subscription £5. Membership 1,600. Regular Newsletter "In Touch".

Groups/Meetings at I.G.R.M.:
18 North Lotts, Dublin 1.

Lonely Gays Society,
Meets 3-6 pm. Sat and Tues 7.30.

Gay Awareness Meeting,
Meets every Wed. 7.30 p.m.

New Gay Wowen Group,
Meets Wed. and Fri. 8-10.30 p.m.

Women's Disco,
Friday 11.30 p.m.

Irish Lesbian Feminist Group,
3 Belvedere Place, Dublin 1.
Meets Monday 8.00 p.m.

Groups/Meetings at Hirschfield Centre;
10 Fownes St., Upr., Dublin 2.
Flikkers Disco (N.G.F. Members), Wed., Fri., Sat., and Sun. nights.

N.G.F. Youth Group,
Meets every Sunday 3-6.30 p.m. Caters for under 21's. Social activities, discussions, outings, meetings with parents.

Lesbian Book Collective,
Meets 7-9.30 p.m. Thursday.

Gay Befriending Group,
Sat. 3-6 p.m. and Tues. 8 p.m.
Men and women welcome.

The Alternative Group,
Meets Tues. 7.30 p.m. Events every week for gay men and women who want more than a disco.

Gay Women's Night,
With disco. Every Thurs. 9.00 p.m.

GAY COUNSELLING SERVICES

Cara-Friend, Belfast,
P.O. Box 44, Belfast BT1 1SH, N.I.
Tel. 22023.
Women only on Thurs. night.

Cara-Friend Derry,
c/o Bookworm, 12 Orchard St., Derry.
Tel. 63120.
Thurs. 7.30 - 10.00 p.m. Offers information and befriending service for gay women and men in the Derry area.

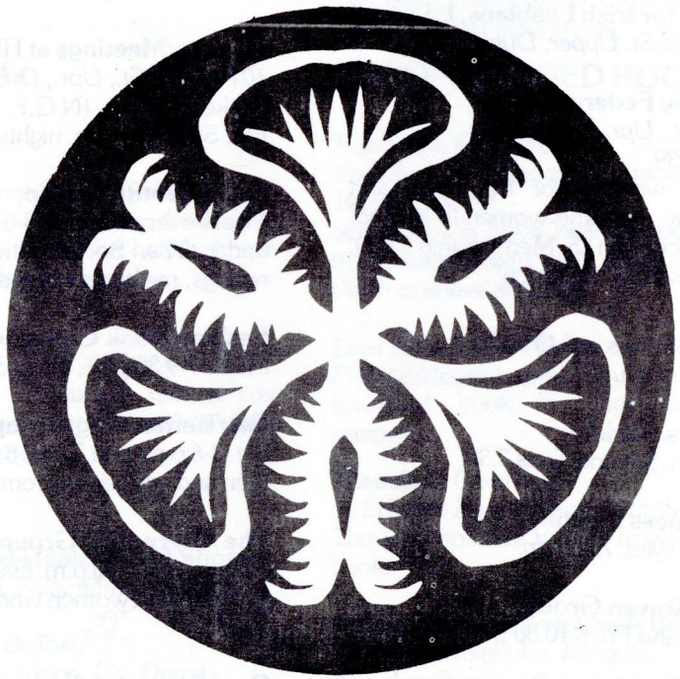
Tel-a-friend, (Dublin),
Tel. (01) 710608.
Sun.-Fri. 8.00 - 10.00 p.m./Sat. 3.00-6.00 p.m.
Women only on Thurs nights.

Gay Switchboard (Dublin),
Tel. (01) 786593.
Mon.-Fri. 7.30 - 9.00 pm/Sat. 3.00 - 6.00 pm

Gay Switchboard (Cork),
Tel. (021) 505394.

Pembroke,
Box J4049 at 'In Dublin',
Befriendig for gay women.

You Don't Have To Be Gay,
Gay Radio Programme on Big D Radio 10.00 - 11.00 p.m. Friday.



HEALTH

Hopefully this section won't be used in the way one takes a medicine — just to cure a symptom. Instead it should enable you to get in touch with groups, organisations, and individuals who could be supportive to your own understanding of your personal health or illness: who could help you to recognise yourself as being *your* body and to see illness as an imbalance caused by the wrong diet, by a lack of exercise, by nervousness, troubles etc. etc. Please note that a number of individuals wish not to be known to a wide public and therefore refused to be included. Their way of dealing with illness would suffer from too much publicity. Most of them prefer to be known by word of mouth. Since our bodies are made up of what we put into them, one thing we can do about illness is to become aware of the food we eat. So have a look at the food section, too, while you are thinking of your health.

GROUPS & ORGANISATIONS

Asthma Society,
24 Anglesea Street, Dublin 2.
Tel. (01) 712332/716551.

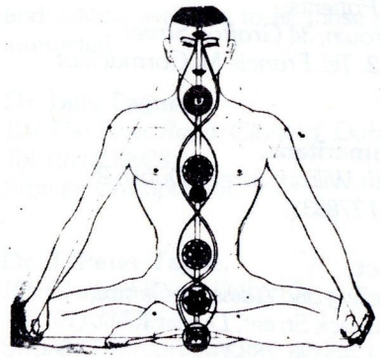
Irish Coelic Society,
Contact Colette Lynes,
Tel. 506228 or 631073, office hours (Cork)
Dietary advice for those alergic to wheat, gluten, oats and barley.

Cystic Fibrosis Association of Ireland,
24 Lr. Rathmines Rd., Dublin 6.
Tel. (01) 962433.

Union of Voluntary Organisations for the Handicapped,
50 Wellington Road, Ballsbridge, Dublin4.
Tel. (01) 688081.
Lists all helpful organisations for/of people with disabilities.

Over Eaters Anonymous,
c/o Vivienne. Tel. 893436.

Association for the Welfare of Children in Hospitals,
11 Hyde Park, Dalkey, Co. Dublin.
Tel. (01) 801628.



Irish Allergy Treatment, and Research Association,
P.O. Box 1067, Dublin 14.

Mastectomy Association of Ireland,
14 Effra Road, Rathmines, Dublin 6.

Anorexic Aid,
Hinchogue Cottage, Carrickmines, Co. Dublin. Tel. (01) 893436.

People's College,
1 Grand Parade, Dublin 6.
Tel. (01) 974244.
Evening courses in health education.

Poisons Information Centre,
Jervis Street Hospital,
Tel. (01) 723355/745588.

Irish Infant Sudden Death Association,
34 Sycamore Road, Meadowbrook,
Dundrum, Dublin 14.
Tel. (01) 983112.
Provides help and support to parents whose children have been victims of cot deaths, want to make the public more aware of cot deaths and raise funds for research, quarterly newsletter.

Recovery Inc.,
The Association of Nervous and Former Mental Patients,
Ruth Brown, 34 Grafton Street,
Dublin 2. Tel. Francis McCormack at 965122.

The Samaritans,
66 South William Street, Dublin 2.
Tel. (01) 778833.

Contact,
Counselling and Advisory Centre,
45 Hardwick Street, Dublin 1.
Tel. (01) 745398/788202.
Provides information and counselling on any personal, educational, social, marital, emotional or practical problem.

Group Recovery Organisation of the World, G.R.O.W.
9 Castle Street, Cork.
Tel. (021) 56520.
Community mental health movement, mutual support group for people recovering from mental illness.

G.R.O.W. Self Help Group,
2 Hardwick Street, Dublin 7.
Tel. (01) 881343.
Group meets every Monday at 8 p.m. in the Donneycarney Social Services Centre, beside the church.

INDIVIDUALS

Dr. A. Gravina,
La Valette, Ballinaroon, Glounthaune,
Co. Cork. Tel. (021) 821869.
M.B., B.Ch, M.B.M.A.S.
Specialist in Acupuncture.

Dr. Nat. Med. A.L. Austin,
1 Grange Cottage, Stillorgan, Dublin 14.
Tel. (01) 884546.
N.D. D.Sc. D.Psy. (Lic)
Naturopath, Chiropraticioner, Osteopath, Homeopath, Practicioner in Radionics, Reflexology, Psychologist.

Martin O'Riordan,
11 Landscape Park, Pouladuff Road, Cork.
Practicioner of Radionics, that is healing at a distance through the medium of electromagnetic instruments in conjunction with the dowsing faculty.

Fiona Shepherd,
Avondale, Lower Albert Road, Sandycove,
Co. Dublin. Tel. (01) 802954.
Massage, general tonic massage.

Anne Hyland,
45 Elmwood Avenue, Ranelagh, Dublin 6.
Shiatsu massage.

Priscilla M. Jackson,
8 Rugby Villas, Ranelagh, Dublin 6.
Tel. (01) 373648.
Naturopath, Osteopath, Homeopath, Medical Herbalist. *N.D.D.O., D.Hom., M.R.H.*

Moira Griffith,
Tinabruach, Sandyford, Co. Dublin.
Tel. (01) 981187.
Can give advice about food and diet and physical minerals, currently writing a book "From Herbs to Healing".

Dr. Robert Foster, *M.B.*
16 The Laurels, Dundrum Heights,
Dublin 14. Tel. (01) 984161.
Involved in a community health research project in Glencolumkille, to identify areas where health intervention may be useful in improving health status in a rural area, looking at diseases in an area, population characteristics, survey on aspects of lifestyle including diet, exercise, social life etc. is interested in cooperatives community health research.

Kathleen Ryan Tucker,
26 Elm Drive, Douglas, Cork.
I am particularly interested in wholesome foods (vegetarian for past eight years) and in womens health. I am presently working with groups of women in the Cork area on both of these issues. Would be interested in starting a food coop in this area, in vegetarian cooking classes, and in starting a vegetarian restaurant. I am also interested in doing further health work with womens groups.

Macrobiotic/Traditional Acupuncture Clinic,
13 Gracefield Avenue, Artane, Dublin 5.
Tel. (01) 315146.
Wholistic approach to disease, the mental/physical aspects of the person are evaluated relative to the disease pattern manifesting and advice on balancing these, by way of diet, exercise and meditation, is given. Acupuncture is used to assist the healing process and the type of acupuncture is Traditional Five Element Acupuncture.

The Natural Healing Institute,
same address as Acupuncture Clinic,
Teaching centre for parents and non-parents, teachings in macrobiotics, oriental diagnosis, shiatsu, wholefood cooking, workshops in healing.

Shimna Valley Clinic,
Bryansford Road, Newcastle, Co. Down.
Tel. 23252.
Under the Principal Consultant, Robert Boyd, *D.O., M.N.I.M.H., M.G.O.N., L.C.S.P. (Phys),* treatment is given for all illnesses including chronic degenerative diseases. In patient facilities only are provided, the therapies are mainly naturopathy, osteopathy and herbal. Brochure available on request.

Bill Parfrey,
62 Dosel Drive, Grange Heights,
Douglas, Cork. Tel. (021) 291926.
Interested in spiritual healing as well as all aspects of psychical research; information and advice available to all those genuinely interested.

Dr. Billy Tague,
124 The Stiles Road, Clontarf, Dublin 3.
Tel. (01) 333923.
Straight Chiropractor.

Dr. T. Peter Tague,
126 Clontarf Road, Dublin 3.
Tel. (01) 334026.
Straight Chiropractor.

Maureen Kim Sing,
"Hermitage", Castle Park, Kinsale,
Co. Cork.
Nutrition writer and lecturer, teaches nutrition and health to groups in the Cork area.

Dr. M.A. Dekkers,
Shandrumbeg, Bantry, Co. Cork.
Tel. 714.
Medical doctor who, with his wife, a clinical psychologist, tries to integrate the practise of these professions into a more self-sufficient lifestyle, emphasis on homeopathy and personal growth.

HEALTH CENTRES

Swedish School of Physical Culture,
Swedish House, 19-23 Botanic Avenue, Glasnevin, Dublin 9.
Courses in teaching fitness.

Tony Quinn Health Centre,
67 Eccles Street, Dublin 7.
Tel. (01) 309984.
Diet, yoga, sauna, massage, healing.

Cloonagh Health Centre,
Cloonagh, Westport, Co. Mayo.
Tel. Westport 387.
Yoga, breathing exercises, relaxation, solarium, runs courses and weekends on health, yoga, cookery etc.,

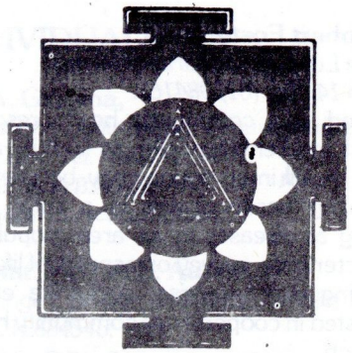
Health Education Bureau,
7 Ely Place, Dublin 2.
Tel. (01) 762393.
They do a wide range of activities in relation to preventative medicine, also they make available the non smokers badge, evening courses in health education.

Irish Health Culture Association,
67 Eccles Street, Dublin 7.
Tel. (01) 303717.
Massage as a career.

Better Living Centre,
47a Ranelagh Road, Ranelagh, Dublin 6. Tel. (01) 974325.

Massage, hydrotherapy, diet, cooking classes, stop smoking, keep fit exercises.

Mayfield Health Farm,
Ballina, Co. Mayo.
Tel. Knockmore 118.
Sauna, massage.



HOMEOPATHIC CHEMISTS

Rafferty's,
Stillorgan Shopping Centre, Stillorgan, Dublin 14.

Evans,
15 Parliament Street, Dublin.

Donaldson & Lee Ltd.,
25 Strand Road, Derry.
Tel. 63376.

HERBAL/NATURAL REMEDIES

Irish Health & Beauty Products,
Churchfield, Skerries, Co. Dublin.
Distributor of medical goods and natural cosmetics.

Honeysuckle Products,
Kevin Bolt, The Thatch, Clonegath, Monasterevin, Co. Kildare.
Dealing in the sale of medical, culinary, cosmetic. herbs, aromatic oils, herbal products. Mail order service. Also attempting to conservate endangered plants.

Trinity Herb Centre,
Trinity Street, Dublin 2.
Natural cosmetics, herbal remedies.

DRUGS

Alcoholics Anonymous,
26 Essex Quay, Dublin 8.
Tel. (01) 774809/787527, and
Basement Flat, 13 St. Pat's Hill, Cork.
Tel. 31226.

Coolmine Lodge Therapeutic Community,
Coolmine Lodge, Clonsilla, Co. Dublin.
Tel. (01) 384545.

Rutland Centre,
Mount St. Joseph, Monastry Road, Clondalkin, Co. Dublin.
Tel. (01) 516189.

Drugs Advisory and Treatment Centre,
Jervis Street Hospital, Dublin 1.
Tel. (01) 748412/723355 ext. 66. and
Regional Hospital, Cork.
Tel. 46400.

V.D. CLINICS

Sir Patrick Dun's Hospital,
Grand Canal Street, Dublin 2.
Tel. (01) 766942.

Steevens Hospital,
Steevens Lane, Dublin 8.
Tel. (01) 772606.

Mater Mis. Hospital,
Eccles Street, Dublin 7.
Tel. (01) 301122.

Sligo Hospital,
Tel. (071) 2161.

St. Finbar's Hospital,
Cork. Tel. 21536/26721.
Monday 6-7 pm, males.
Monday 5-6 pm, Wednesday 2-5 pm females

County Hospital,
Ennis, Co. Clare.
Tel. (065) 21208.

County Clinic,
Mullingar, Co. Westmeath.
Tel. (044) 80221.

Ardkeen Hospital,
Waterford. Tel. (051) 73321.

RECOMMENDED BOOKS

Feel Yourself,
by Ekbal Apol, Duckworth.
Exercises for beauty and health, to get back to the feeling of being a body as well as mind and soul.

Guide to Natural Health,
by Constance Mellor, Mayflower Books,
About food, living, growing, disease and getting better.

Great variety of publications about Homeopathy from
British Homeopathic Association,
27a Devonshire Street, London W1N 1RJ.
Prices between 45p and £20. Also list of homeopath and homeopathic hospitals and chemists.

The 'About' Series,
Thorsons Publishers Ltd.,
Wellingborough, Northamptonshire.
Small books on health and nutrition, catalogue free from above address.

The Radionic Association,
16a North Bar, Banbury, Oxfordshire, OX16 OTF. Tel. Banbury 3183.
Publish a journal "Radionic Quarterly". Answers requests for information on radionics, provides a list of practising members, offers for sale books and publications on radionics and allied subjects. Membership for Associated £7, for qualified members £20 for one year.

INDIVIDUALS

Peter & Marjorie McCartney,
Altaura, Tawnylea, Drumkeerin, Co. Leitrim
26 acres and mountain grazing, tree nursery (130,000 trees of various sorts) electricity from windmill, sheep, cattle; would like to share the knowledge and experience we have gained with others in return for help.

Richard & Christine Hanny,
Woodfield, Aghabullogue, Co. Cork.
Family with 1 child, renovated cottage, outbuildings, 4 acres; basic facilities, organic veg & fruit plots, compost and manure, goats, bees, hens; cut turf and timber for fuel; time spent spinning, weaving, preserving, wine-making, gardening, building, income from selling crafts, surplus vegetables and preserves; aim a simple healthy country life; produce handspun, organically dyed and hand woven/knitted items as a cottage industry, give demonstrations of spinning and weaving.

Graham Brand & Anne Lieblein,
Tullynarogue, Corry P.O.,
Carrick-on-Shannon, Co. Leitrim.
Hope to be engaged in beef, sheep, market gardening, pigs, poultry on organic farming, self-sufficiency platform. Would provide accommodation for anyone interested in these, have 14 years previous experience in farming.

Jack O'Sullivan,
Garden Flat, Osbourne, House,
Seapoint Avenue, Monkstown, Co. Dublin.
Tel. 807867.
Involved in environmental consultancy, coastal resource management, conservation policy, An Taisce. Interests: alternative energy sources, practical self sufficiency, revival of old Irish sailing craft (Galway Hookers, Gleoiteogs and Pucans), human evolution and growth.



Willie Sweeney,
Newpark Comprehensive School,
Newtownpark Ave, Blackrock, Co. Dublin.
Tel. 895631.
Creative workshops in the summer for the 7 to 10 year olds in crafts, drama, media. £25/2 weeks.

Pearse Murphy,
14a Chatham Street, Dublin. Tel. 718910.
Creative sculpture classes in some premises in Dublin.

John Weir,
c/o School of Biological and
Environmental Studies, NUU Coleraine,
Co. Derry.
Interested in ecology, alternative publications and music.

Andy Black,
Clara Castle, Upper Clara, Co. Kilkenny.
Attempting to market 5 acres of vegetables organically.

Jeremy Waites,
Derryduv, Coomhola, Bantry, Co. Cork.
Small holder interested in co-op cultivation of organic produce, part share in greenhouse under construction.

Dermot Carroll,
The Gardeners House, Russborough,
Blessington, Co. Wicklow.
Organic gardening/landscaping.

Neill and Mari, Kevin, David Fitzduff,
Drumaney, Cookstown, Co. Tyrone.
Organic smallholding, 1 acre, woodcraft workshop, interested in sharing skills in self-sufficiency, cabinet making, wood-turning.

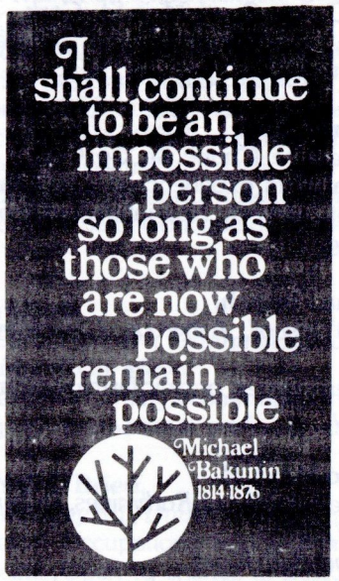
Martin McLuhan,
Film Education Officer,
Federation of Irish Film Societies,
65 Harcourt Street, Dublin 2. Tel. 784312.
Runs film week in the summer, plans video workshop to enable people to make their own films.

Jenny and Norman Stillian,
48 Princeton Road, Bangor, Co. Down.
Ecology, women's aid, education, interests.

James A. Traill,
Ballylough House (W), Bushmills,
Co. Antrim. Tel. Bushmills 31219.
Intends to start a worm farm to cater for all sorts of organic farmers, ecologists etc.

Mr. J.W. Lutton,
The Hill Farm, Rubane, Kircubbin,
Newtownards, Co. Down.
Organic grower.

Ciaran, Fergus, Judy & Dick,
Knockauns, Cloonminda, via Castlerea,
Co. Galway.
Prepared to share skills in organic gardening and running wholefood co-operative.



Owen Lemass,
Deepdene, Upper Kilmacud Road, Dublin 14
Tel. 982044.
Information on Henry Doubleday Research Association (HDRA) and Soil Association members in Ireland.

John Rafferty,
Clondoyle, Glenamaddy, Co. Galway.
Tel. Glenamaddy 65.
Peace worker, gives lectures.

Jim Duffy,
Walshe's Island, Co. Offaly.
Beekeeper.

Dolores McLoughlin,
13 Gracefield Avenue, Artane, Dublin 5.
Tel. 312146.
Wholefood cooking classes.

Thomas O'Byrne,
2 Monard Glen, Rathpeacon, Co. Cork.
Generally interested in ecology, but particularly in water-generated electricity.

Bríd O'Brien,
Yoga Centre, South Main St., Cork.
Yoga, vegetarianism, and house-plant cultivation.

William Casey,
The Terrace, Charleville, Co. Cork.
Several years' experience in animal care and agricultural work. Now interested in organic farming.

Marina Förtsch,
c/o O'Driscoll, Ashgrove, Clonakilty, Co. Cork.
Women's issues, organic farming, alternative energy.

Studio M.B.L.R.,
50B Leinster Road, Rathmines, Dublin 6.
Tel. 971229.
Contact Beth Rigell.
Creative professional photography.

Deaglan O'Conghaile,
10 Bothar Bhilliar, Rath Gearr,
Baile Atha Cliath, 6.
Interested in deschooling, macrobiotics, organic farming, alternative technology.

Edwin James,
33 Downpatrick Street, Rathfriland,
Co. Down BT34 5DG.
Interested in personal growth, life styles, and organic gardening.

Rosie and Paybo,
15 Bealach Ronain, Cluain Dolcain,
Co. Bhaile Atha Cliath.
Cartoonist team-posters, strip cartoons, bi-lingual (Irish and English).

John Byrne,
Three Acres Dairy Goat Farm,
Float Road, Mayne, Near Coole,
Mullingar, Co. Westmeath.
Started a Goats Farm. Selling goat's milk at present but hope to make butter and cream within the next 18 months.



Benny McCabe,
9 Priory Rd., Dublin 6.
Psychologist.

Christina Ni Choisdealbha,
106 Morehampton Road, Dublin 4.
Interested in getting involved in organic farming and gardening.

Mrs. J. Truesdale,
54 Clanmaghery Rd., Ballyward,
Castlewellan, Co. Down, N. Ireland.
Interested in self-sufficiency. Breeds pedigree goats and sells the milk. Also grows a few vegetables for the kitchen.

Ms. Una O'Donovan,
47 Bassein, Park Road, London W129RW.
Aim in life is to earn enough money to buy a few acres in Ireland. Wants information on buying land in Ireland. Wants to gain knowledge on organic farming and self-sufficiency. Intends giving harp lessons soon.

Katie Lingenfelter,
7 St. Peter's Square, Wexford,
Montessori Directress.
Interested in alternative education for younger children, whole food cookery. Wants to start Edgar Cayce study group in Wexford. Other interests are self-sufficiency, nutrition, and alternative energy.

Ms. Karen Miller,
Gannoughs, Cleggan, Co. Galway.
Presently engaged in fiction writing, organic gardening, and editor of Community Schools newspaper. Wishes to share with others all the above in addition to women's issues, wholefood co-ops, self-sufficiency, and alternative energy. Requiring skills in whole food co-ops, alternative energy planning, self-sufficiency and organic farming specifically fo the Connemara area.

Mr. Brian Watts,
Gannoughs, Cleggan, Co. Galway.
Presently engaged in interior painting and decorating, sailing in St. Ructor, fisherman, organic gardening, and alternative living. Wishes to share all of the above except interior painting and decorating. Requires skills in organic farming, house-building on an economical basis, alternative energy planning self-sufficiency and male/female social and economic liberation.

Hugh & Alma Sacker & Family,
Knockandarragh, Donard, Co. Wicklow.
Working towards an alternative society. Opposed to money and power. Welcome slow gentle helpful visitors.

Mike & Daphne Gaskell & Family,
Caherhurly, Bodyke, Co. Clare.
1 acre smallholding. Moving to 12 acres 5 miles away. Involved in food growing, animal rearing and building renovation. Interested in alternative technology, education and exchanging information. Wants to learn more about practical alt. tech., fruit trees, whole-food cookery, animal psychology and veterinary practice.

Ms. C. Ward,
c/o Grapevine Arts Centre,
31 North Frederick St., Dublin 1.
Feminist involved in wholefood/vegetarian food bar. Wants to know more about natural healing and preventive medicine thru foods.

Mrs. Zara Brady,
John Wall's Farm, Rinnaknock, Ower P.O., Co. Galway.
10 acre smallholding on shores of Lough Corrib. Involved in food growing, fishing, shooting and animal rearing. Fairly self-sufficient. Happy to help anyone interested in this type of lifestyle, and particularly anyone wanting to keep goats for milk/meat, and also proficient in patchwork and quiltmaking.

Tom Gizah,
c/o Carol Fairbairn, Drumminaguncan,
Glenisland, Co. Mayo.
Interested in forming a community. Insists on being right on the coast, preferably an island.

Dr. Neil O'Brien,
131 Anglesey Rd., Dublin 4. Tel. 683109.
Interests: Occupational and environmental medicine. Open to change of lifestyle for a more satisfying one. Interested in meeting others to discuss ways of achieveing alternative lifestyles.

Mr. & Mrs. Hubert Butler,
Maidenhall, Bennettsbridge, Co. Kilkenny.
Tel. (056) 27127.
This elderly couple have a large garden and would like to meet people interested in rural co-op. ways of living. Were personal friends of Sir Horace Plunkett & A.E., 2 pioneers of co-operation in Ireland.

Carolyn Adams,
Reanahumana, Flagmount, Caher, Co. Cork.
3 acre smallholding, organically farmed, working horse, goats, hens, bees, large vegetable garden. Could help to share the skills involved in living here including haymaking and turfcutting. Particularly in need of contact with other feminists and welcome visits from them, or anyone committed to social change from a non-violent perspective.

Mike & Bev Doherty,
Galwilly, Glentogher, Carndonagh, Co. Donegal.
Alternative lifestyle, organic garden, poultry, goat, kids. Natural childbirth. They're doing all these things.

Jacinta Usher,
52 Shanganagh Cliffs, Shankill, Co. Dublin.
Interested in organic gardening, education, crafts and food, alternative lifestyles.

Ray Goulding,
Carnagruckane, Lisacul, Castlerea, Co. Roscommon.
Presently renovating cottage, interested in alternatives especially alternative lifestyle.

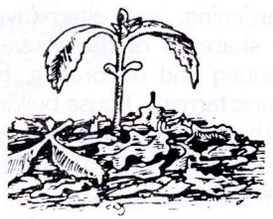
Patricia McCarron,
14 Kilmaconnell Road, Coleraine, Co. Derry BT51 3QZ.
Interested in self sufficiency, prepared to share husbandry skills, wants knowledge of organic farming.

Norah McCarron,
Shanagarry Cottage, 14 Kilmaconnell Rd., Coleraine BT51 3QZ.
Hopes to be in Art & Craft centre. Prepared to share artistic skills, wishes to acquire weaving and pottery skills.



Colin & Marj Johnston,
Cooloorty, Tubber, Co. Clare.
Involved in handspinning, natural dyeing, knitting, weaving, wood carving, handmade clogs. Can offer information on natural dyes, possibly spinning tuition by special arrangement also professional quality illustration. Would like to hear from anyone running a small wood burning engine (steam or charcoal).

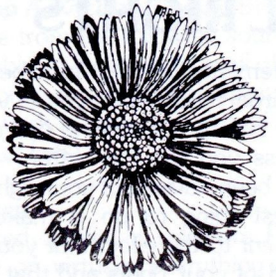
The front cover and many of the drawings in the Directory are Colin's work.



George & Bernadette Murphy,
Island, Burnfort, Macroom, Co. Cork.
Involved in organic gardening, growing own wheat, milking goats, kids, making cheese, wholefood, spinning, knitting. Interested in alternative eduation for their children.

Maggie, Kevin & Joseph Moran,
Derry, Moneygold, Grange, Co. Sligo.
Organic farm, 15 acres, vegetables, hay, fruit, hens, breeding mares. Aiming for total self sufficiency.

Christie Burns & Roger O'Doherty,
Killin, Inver P.O., Donegal.
Five and a half acre smallholding, hens, goats, duck, pigs, working with wood and knitting. Doing all this and rearing two children.

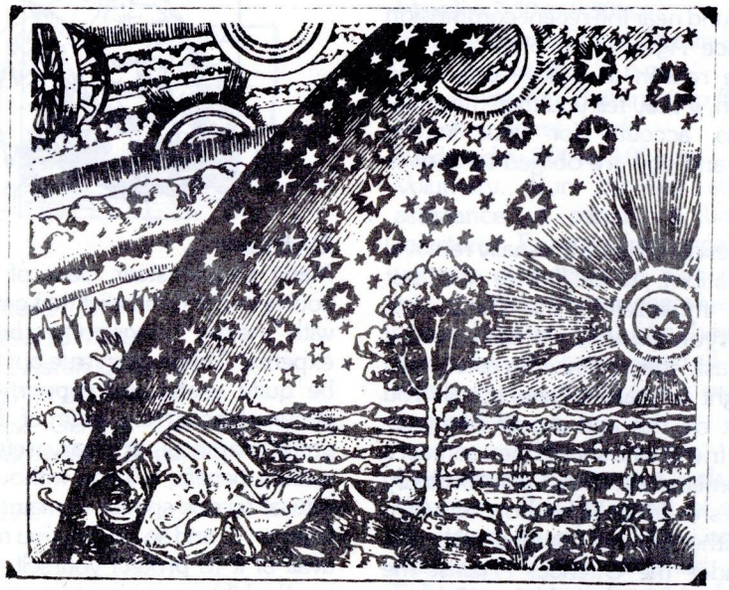


Patricia Howard & Tony Crowley,
Rathmaher Cottage, Ballintober, Kanturk, Co. Cork. Tel. Kanturk 391.
Involved in pottery, would be interested in a co-operative crafts centre in N.W. Cork. Also interested in herbalism and motorcycle sidecars.

Brenda O'Mahoney,
15 Marina Pk., Tralee, Co. Kerry.
Involved in theatre Workshop and Women's Movement, Anti-Nuke and alternative lifestyles.

Brian & Margaret Gunn-King,
120 Knockan Road, Broughshane, Ballymena, Co. Antrim. Tel. Br. 202.
Interested in veganism, veganic gardening, hatha yoga, ecology, herbalism, aesthetics, Montessori education. Members of Ulster Vegetarian Society. Runs a Veganic (vegetable organic) experimental garden. Members of Yoga Fellowship of N.I. Run Braidjule Hata Yoga Institute.

Wendy Nairn,
'The Arches', Glanmore, Ashford, Co. Wicklow.
Involved in organic vegetable and fruit growing and free-range poultry rearing. Can sell surplus eggs. Interested in meetin gpeople who want to share garden space in return for work and to share goats/cows with someone. Also interested in alternative medicine, education and wholefood cookery.



LEGAL AND CIVIL RIGHTS

GARDA POWERS AND CITIZEN RIGHTS.

When approached by the Gardai, keep calm, be polite and behave reasonably. If they are looking for information, find out whether you are suspected of any involvement in criminal activity. If you are not under suspicion and they are clearly investigating something in which you are not implicated — then it is reasonable to be helpful.

However, if it does seem that they suspect you of something, then be careful and keep the following points in mind:

1. Say as little as possible. The Gardai may ask you whatever they like until such time as they arrest you. However, the only information you are obliged to give them is:

- your name and address.
- if you are found near the recent commission of an Offence Against the State and the Gardai have reason to believe you knew about it, then, *if they tell you this*, they may ask you to account for your recent movements and you are obliged to answer them.

2. Arrest: (i.e. detention and usually removal to Garda Station). Although they need not charge you immediately, the Gardai are obliged to tell you why they are holding you. If they don't, ask them. Once arrested, you have the right to make a 'phone call. You should insist on this and should ring your solicitor or a friend who should then contact a solicitor immediately. For an "ordinary offence" you should not be held for more than 24 hours without being charged with that offence. Under the Offences Against the State Act, you may be held for 48 hours without charge.

3. Statements: once you have been arrested, the Gardai must advise you of your right to silence before questioning you any further. The less you say the better — and once you've been advised of your right to silence, the best thing to do is make a *written statement* to the effect that you have been advised of your rights and that you do not wish to make any statement. Make sure that the time of the statement is written on it. After this, you should just hold tight until they release you or charge you with an offence.

Criminal Legal Aid,
If you are charged with a serious offence, (e.g. assault, theft or anything with a possible prison sentence) and cannot afford a solicitor — you are entitled to apply for state legal aid. By law you must be advised of this when you are first brought before the Court — but if you are not, then *ask* the Justice.



Civil Law
Many people steer clear of lawyers and courts in the firm belief that getting involved with "the law" brings nothing but trouble and expense. This is often true but "the law" can be quite useful and supportive in certain circumstances, e.g. sale of faulty goods, unfair dismissal, arbitrary refusal of social welfare benefit, eviction without due notice, refusal by one spouse to maintain other and children ... and so on. So, you may be able to avail of it to protect yourself — it's usually worthwhile enquiring anyway to see if something can be done.

Free/Cheap Advice and Legal Services are available from the following sources: (If you are unable or ineligible to avail of these, then you could go see a local solicitor but, before any work is done, you should ask for an estimate of fees).

Law Centres
State financed. Staffed by solicitors. Provide legal advise on virtually everything except rights over land. Also provide legal aid (conduct of court action) in most areas, the main exceptions being rights over land, debt collection and claims worth less than £150. While they may advise on employment law and social welfare, they cannot represent you before a Commissioner or Tribunal. The services are cheap but not free. A means test is operated and fees are related to income.



Centres:
Dublin,
45 Lr. Gardiner St., 1.
Tel. (01) 787295/787753.
Aston House, Aston Quay, 2.
Tel. (01) 712177/712725.
Coolock Law Centre, The Community Centre, Northside Shopping Centre, Coolock.
Tel. (01) 313174.

Cork,
24 North Mall, Cork.
Tel. (021) 500558/500367.

Sligo,
1 Teeling Street, Sligo.
Tel. (071) 61670/61658.

Galway,
108 Prospect Hill, Galway,
Tel. (091) 61650/65401.

Waterford,
5 Catherine St., Waterford.
Tel. (051) 55814/55815.

Limerick,
84 O'Connell St., Limerick.
Tel. (061) 44599.

Belfast Law Centre,
14 University Street, Belfast. Tel. 46984.
Please note that this Centre is not within the general scheme of Law Centres described above so services may not be exactly the same.

Free Legal Advice Centres, FLAC,
3 Belvedere Place, Dublin 1.
Monday 7.30 to 9.30 p.m.
20 Molesworth Street, Dublin 2.
Tuesday 7.30 to 9.30 p.m.
Vincent de Paul Building (top floor),
2 Tuckey Street, Cork.
Wednesday 7.00 to 9.00 p.m.
Voluntary. Run by law students with assistance of panels of barristers and solicitors. Provide free legal advice on virtually everything — also campaign for introduction of comprehensive state system of free legal aid. In Dublin they now tend to deal only with cases rejected for whatever reason by Law Centres e.g. work overload, in-eligibility.

Community Lawyers, Cork,
Voluntary. Run by panel of solicitors and barristers. Based in Cork Combat Poverty Resource Centre. Provide free advice. Follow up cases referred to Law Centre if appropriate or else to member of panel. The

group is also interested and involved in promotion of legal education — so as to make "the law" more accessible to people in general.
5 Churchfield Ave., Cork.

Combat Poverty Resource/ Education Centres,
(See also sections on Education and Co-operatives),
5 Churchfield Ave., Cork.
Tel. (021) 507969.
8 North Mall, Cork. Tel. (021) 508681.
Waterford Resource Centre, Wellington St., Waterford. Tel. (051) 55142.
Groups are still operating in Cork and Waterford despite the fact that their EEC funding ceased at the end of 1980. Involved in community work including advice and education on social services, housing, social welfare benefits.

Citizens Advice Bureaux
Umbrella Group, Community Information Council.
These are to be found all over the country. Provide free advice on various social issues — such as housing, social welfare, consumer complaints and so on. Also publishes a newsletter.

National Association of Tenants Organisations, NATO,
National Executive, c/o 35 Meath Place, Dublin 8. Tel. (01) 758952.
Umbrella organisation catering for groups of local authority tenants, tenant-purchasers, private flat dwellers, private house purchasers and those in private rented houses. Has a full time staff and will assist local groups in getting organised to campaign and deal with common problems such as rent, amenities and repairs on a group basis. Many NATO branches also run various community events/services such as sports for children, youth clubs, pooling of garden equipment. To find out if there is a NATO branch in your area or how to set up one contact the address above.

Employment Equality Agency,
E.E.A., Davitt House, Mespil Road, Dublin 4. Tel. (01) 765861.
Independent Agency funded by State. Function is to monitor and promote employment equality and law relating to it. Gives advice on rights to equality of pay, conditions and opportunities at work. In certain circumstances will help individual bring a case against his/her employer. Investigates unfair practices and takes legal action to prevent them.

Consumers' Association of Ireland,
33/35 Wicklow St., Dublin 2.
Tel. (01) 770179.
Non-government, independent body dealing exclusively with the promotion of consumer affairs. Gives advice on consumer complaints to the public. Also, is on the National Consumer Advisory Council to the Minister for Industry and Commerce and as such has some voice in consumer affairs. Publishes newsletter called "Inform" and distributes "Which" magazine.

Director of Consumer Affairs,
Jim Murray, Director of Consumer Affairs, 13 Hume Street, Dublin 2.
Tel. (01) 603399.
Government official — whose task is to monitor and promote protection of consumer in respect of both faulty goods/ unsatisfactory services and misleading advertising. Will investigate written complaints in these areas and may take necessary legal action, e.g. to prevent continuance of false advertising. Has also produced some very useful booklets on consumer rights which are available free on request from his office at above address.

Pricelines,
Run by Dept. of Industry and Commerce. These are telephone lines which may be rung for information on current prices. Maximum prices are set for certain products by the government, so this way you can find out if

you are being ripped off and maybe do something about it. The phone nos may be found under "Priceline" in the telephone directory.

Prisoners Rights Organisation,
Joe Costello, 35 Buckingham St., Dublin 1.
Meets every Tuesday night.

Irish Council for Civil Liberties,
Liberty Hall, Dublin 1.
Pressure group which monitors and promotes civil liberties in Ireland. Independent. Publishes newsletter.

National Flatdwellers Association,
9 Anglesea Street, Dublin 2.

Law Society of Ireland,
Blackhall Place, Dublin 7.
Body which has statutory authority to regulate the activities of solicitors. They will look into written complaints about solicitors and may take appropriate disciplinary action.

USEFUL PUBLICATIONS

Guide to Social Welfare Booklet,
Available free on request from Dept. of Social Welfare. Comprehensive guide to benefits.

Irish Labour Law,
by Naomi Wayne.
Sets out the basics of employment law in Ireland in clear lay man's language.

Family Law,
by Alan Shatter.
Comprehensive book on Irish family law.

Labour Law,
Dept. of Labour provides free pamph-lets on request on main provisions of relevant legislation — useful as introduction to rights protected by the legislation.

INTERNATIONAL RIGHTS GROUPS

Amnesty International,
Liberty Hall, Dublin 1. Tel. 728800.
For the rights of political prisoners and prisoners conscience worldwide.

Anti-Apartheid Movement,
20 Beechpark Rd., Foxrock. Co. Dublin.
Tel. 895035.
For the ending of racial oppression in Southern Africa.
Derry Branch: 12 Orchard St., Derry.

Derry Anti-Apartheid Group,
c/o Bert Botha, 4 Shipquay St., Derry.
Tel. (0504) 69183.

Chile Solidarity Group,
c/o Fr. Kevin Casey, St. Francis Xavier Church, Gardiner St., Dublin 1.

El Salvador Support Committee,
c/o Brendan Butler, Pennock Hill, Swords, Co. Dublin.

North West World Development Education Project,
I.C.O.S. House, Finisklin Road, Sligo.
Contact Gareth Byrne. Promotes public awareness, discussion and action in the North West, in the field of World Development.

World Development Group,
4 Shipquay Street, Derry BT48 6DN.
Counties Derry, Fermanagh, Tyrone.
Tel. (0504) 69183.
Aims: education and campaigning on issues of world development. Annual membership £2.50p for non salaried, quarterly newsletter.

MISCELLANEOUS

Catholic Study Circle for Animal Welfare,
Fr. P. Seery, The Presbytery, 1 Elton Park, Dublin 13. Tel. 476152.
The Circle, whose members include non-Catholics, works to promote the view that kindness to animals (and, therefore, opposition to many legalised forms of cruelty) is an essential aspect of Christian living. Its aims are primarily educational, and it welcomes the help of all those willing to get its message across.

Esperanto Association of Ireland,
Joy Davies, 9 Templeogue Wood, Dublin 12. Tel. 942374.
Esperantists aim to bypass international bureaucracy by making person communication possible for *non-linguists* to learn enough of the language to do this within a year; some people have done so in a couple of months. There is already a good network of alternative thinkers — ecologists, pacifists, vegetarians, etc. — making use of it. The EAI runs a free correspondence course and library service, and acts as agent for the Pasporta Servo — which provides free accommodation to Esperantists travelling in nearly 50 countries. Fortnightly meetings are held in Dublin, and invitations to talk to AID-minded people are particularly welcome.

Friends of the Sane Alternatives,
Harepark, Boyle, Co. Roscommon.
Founded in 1980 by Michael Tobin and Caroline Kuijper, and taking their name from "The Sane Alternative" by James Robertson. Their simple and direct message is: Change yourself and the world will change with you. Concerned with promoting sane alternatives to the mounting social problems both in and outside Ireland, and strongly convinced that all alternative groups became interlinked worldwide. Send s.a.e. for information.

Irish Anti-Vivisection Society,
Shamrock, Weaver's Point, Crosshaven, Co. Cork. Tel. (021) 831146.
Aim: to work by every means legally possible for the reduction and eventual abolition of painful experiments on animals. While not specifically attached to any one system of medicine, the Society naturally tends to favour those which do not indulge in cruel practices. Lecturers, debaters, two 16 mm films and various publications are available. A fund to subsidise the work of scientists replacing cruel practices with humane methods will soon be launched.

Irish Society of Diviners,
Kilronan, Cloghran, Co. Dublin. Tel. (01) 401224.
The society is interested in all forms of divining, including dowsing from maps and plans. "Divining in Ireland" by Jack McIvor is the standard Irish book on the subject.

Irish Sovereignty Movement,
Anthony Coughlan, 111 Meadow Grove, Dundrum, Dublin 16.
Opposes Ireland's membership of the EEC and works for the maintenance of Irish neutrality. Has published some useful pamphlets.

Ulster Vegetarian Society,
Mr. W.M. Capper, West Winds, Craigavad, Holywood, Co. Down. Tel. 2300.

Vegetarian Society of Ireland,
Ms. F. Murray, 457 Collins Avenue, Whitehall, Dublin 9. Tel. 373323.
The aim of this society is to encourage living out of the shadow of the slaughterhouse by: publishing leaflets and a regular newsletter, making pamphlets and books available to inquirers, arranging cooking demonstrations providing speakers, meeting on the first Tuesday of each month at the Dublin Central Mission, Lr. Abbey Street.

ORGANIC GARDENING AND FARMING

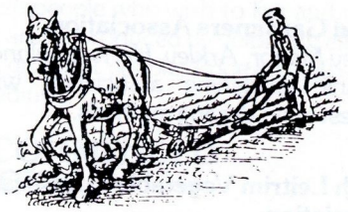
Those involved in Organic Gardening and Farming regard their role as stewards of the Earth and its produce. They fulfill this role by the use of natural fertilizers and by striving to keep plants and animals pest and disease free, using discerning cultural methods rather than the indiscriminate use of a large number of harmful chemicals. An awareness of Nature's delicate balance is displayed and a harmonious relationship with the land is developed. In doing so, they produce food which is exceptional both in purity and quality and possesses a flavour which is second to none.

WWOOF
Working Weekends on Organic Farms
c/o Charlotte Colchester, Drumeen Islands, Urlingford, Co. Kilkenny. Tel. (056) 29109.
Good entry to organic movement.

Kinsealy Research Institute.
Malahide Road, Kinsealy, Co. Dublin.
Publish research findings and general publications like "Recommendations for Vegetable Production", have open days and will usually give specific assistance to commercial growers.

ACOT,
Council for Development in Agriculture,
39 Northumberland Road, Dublin 4. Tel. 682455.
Provides horticultural advisory service which includes taking samples for soil analysis, handling of grant applications under Farm Modernisation Scheme, and giving technical advice and information as well as training facilities.

Soil Association,
Walnut Tree Manor, Haughley, Stowmarket, Suffolk, England.
Organic agriculture and horticulture society, offering quarterly review and information, have formulated the Organic Standards that are generally used in marketing organic produce in England. For membership in Ireland contact Owen Lemass (see Individuals) for details.



Allotments in Dublin,
Principal Office, Community and Environment Dept, Capel Buildings, Capel Street, Dublin.
Notices of availability of allotments will appear in the press in October, but it is best to apply in September. Charge is £8/term, reductions for old people and people with disabilities. One term: January to November. Locations in Lucan, Finglas, Tallaght.

Braidjule,
120 Knockan Road, Broughshane, Ballymena, Co. Antrim, BT43 7LE. Tel. Broughshane 202.
Veganic (vegetable organic) experimental garden, no chemical pesticides used, no chemical fertilizers or animal waste/products but selected kitchen waste only.

Ministry of Agriculture and Fishery,
Dundonald House, Belfast BT4 3SB.
Produce technical guides for the amateur gardener.

Henry Doubleday Research Association (HDRA),
20 Convent Lane, Bocking, Braintree, Essex, England CM7 6RW.
Organic gardeners club, offering newsletter, doing some centralised research and, through members promote Russian Comfrey, trying to set up an Irish Group — contact Owen Lemass (see Individuals) for details. Membership HDRA England £8 (sterling) for one year.

Good Gardeners Association,
Arkley Manor, Arkley, Herts, England.
Organic gardening association with an interest in no-digging methods.

North Leitrim Vegetable Growers Association,
Community Centre, Manorhamilton, Co. Leitrim.
A small horticulture cooperative (see Co-operatives).

Irish Farmers Association,
Potato and Vegetable Committee, Irish Farm Centre, Bluebell, Dublin 12.
With local representatives and branches all over the country.

Irish Goat Club,
Hon. Sec. Deirdre Rowsome, Furryhill, Rathmore, Naas, Co. Kildare.
Formed by the country's more experienced goatkeepers/breeders to help fellow goat-keepers.

Share a Garden Scheme,
Friends of the Earth, The Carmel Hall, 56-60 Aungier Street, Dublin 2. Contact: Eoin Dinan. Tel. 336789.
FOE organises this scheme to promote full usage of land especially in surburban areas. Also F.O.E. Cork.

Organic Growers Association,
Sec. Charles Wacher, Aeron Park, Llangeitho, Tregaron, Dyfed, Wales.
Publish a newsletter for commercial horticultural organic growers, offering advice, contacts, etc.

Federation of Irish Beekeeping Associations,
Secretary, Ard Aoibhinn, Curracloe, Co. Wexford.
Will give addresses of beekeeping associations in all parts of the country and is usually particularly enthusiastic to assist the novice, also publish monthly "An Beachaire".

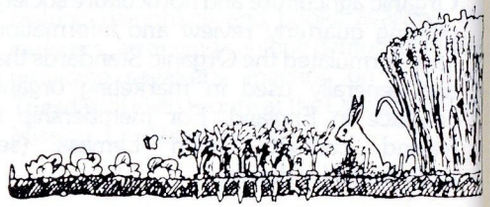
Friesian/Jersey Breed Society
Monery Crossdoney, Co. Cavan.
Sec. Mr. Robert Franks.
More information on Breed Societies in Ireland from:
Royal Dublin Society, Ballsbridge, Dublin 4.

Glencraig Village Community,
Graigavad, Holywood, Co. Down.
Tel. Holywood 2907.
Contact: Ben van Lieshout.
Biodynamic farm and garden, visitors welcome, especially during school holidays for farm/garden work (see also Communities).

Information on Traditional Agriculture/ Horticulture methods in Ireland.

Ulster Folk and Transport Museum
Holywood, Co. Down.

National Trust,
Rowellan House, Saintfield, Bally-na-hinch, Co. Down.



PUBLICATIONS:

HDRA Newsletter,
For members only, research reports, letters etc., mainly for the amateur gardener.

Soil Association Quarterly Review.
Articles, reports, letters, ads.

Department of Agriculture,
Kildare Street, Dublin 2.
Various advisory leaflets (mostly free) aimed at commercial grower.

Northern Ireland Ministry of Agriculture and Fishery
offers the like.

North West Newsletter.
Bi-monthly, including a regular "in the vegetable garden" page on organic gardening and occasionally articles of more commercial organic nature.

European Communities Commission,
39 Molesworth Street, Dublin 2. Tel. 712244.
Publish "Farm Feature", a periodic newsletter with farming information.

Organic Growers Association Newsletter.
See above.

Practical Self Sufficiency.
Monthly English publication including regular features on gardening and sometimes small scale horticulture, mostly with an organic flavour.
Broad Leys Publishing Co., Widdington, Saffron Waldon, Essex, England.

Exchange and Mart,
Bi weekly, with a section on Homes, Houses where a lot of smallholdings on sale, in Ireland are advertised. Available from Easons Bookshops.

WWOOF Newsletter,
Don Pynches, 19 Bradford Road, Lewes, Sussex BN7 1RB.
Bimonthly for members listing farms needing help, mainly in England, useful contact and news section, subscription is £3 Sterling for one year.

Rural Resettlement Group,
Manor House, Theltenham, Diss, Norfolk, England.
Publish the "Rural Resettlement Handbook" to help people who wish to live and work in rural areas, produced by voluntary effort of a large group of people. Price is £1.80 sterling, 2nd edition.

RECOMMENDED BOOKS:

Grow your own Fruit and Vegetables
by Lawrence D. Hills, Faber.

Organic Gardening
by Lawrence D. Hills, Penguin

The Complete Vegetable Grower
Dr. W. Shewell-Cooper

All these are noteworthy as sound organic guides.

Fertility Gardening
by L.D. Hills, Cameron & Taylor
Comprehensive guide to natural fertilisers.

Composting
by Dick Kitto, Thorsons
Valuable advice on making compost.

SUPPLIERS:

Self-Sufficiency and Smallholding Suppliers,
Priory Road, Wells, Somerset, BA5 1SF.
Tel. (0749) 721127 in England.
Send 80p sterling for Catalogue.

Suffolk Seeds,
Sawyers Farm, Lt. Cornord, Sudbury, Suffolk, England.

PERSONAL GROWTH AND COUNSELLING

Susan Lindsay,
112 Stillorgan Wood, Co. Dublin.
Tel. (01) 884155.
Runs personal growth groups using gestalt therapy and bio-energetics. Also communications work. Offers individual therapy sessions and is a family and marriage psychoterapist/counsellor.

William Stone,
14 Rathlin Road, Glasnevin, Dublin 9.
Tel. (01) 371502.
Runs personal growth workshops and individual counselling sessions.

Marriage Counselling Service,
24, Grafton Street, Dublin 2.
Tel. (01) 720341 (mornings only).
Independent voluntary counselling service. Also runs a sexual dysfunction clinic.

Noel A. Jones,
107 Broadford Crescent, Ballinteer, Dublin 16. Tel. (01) 941623.
Runs weekend and midweek workshops in personal growth, innovation and creativity, body language (non verbal communication). Also offers graphology (handwriting analysis) service.

Marika O'Connor,
32 Avondale Lawn Extension, Blackrock, Co. Dublin. Tel. (01) 884556.
Offers 8 week body/mind course, designed to increase body awareness and a sense of individual personal power.

Suzanna Clark,
45 Kincora Rd., Clontarf, Dublin 3.
Tel. (01) 334048.
Working in the area of family communication and personal growth. Group work over six sessions.

Jenny James,
Atlantis, Burtonport, Co. Donegal.
Offers counselling using primal therapy developed by Janov.

The Way Mark Centre,
c/o Rosemary Roberts, The Old Rectory, Dunganstown, Co. Wicklow.
Tel. (0404) 7220.

Centre for Transpersonal Psychology,
c/o Ruth Pasquariello, 1 Herbert Tce., Bray, Co. Wicklow. Tel. (01) 863493.
Transpersonal psychology aims to develop a 'centre within', and to aid spiritual and personal growth. It's techniques facilitate the release of spiritual energy, harmonisation of the many parts of the personality, balancing the physical, emotional and mental aspects, discovery of masculine/feminine energies, and the creative use of life patterns and crises. Workshops designed to achieve these objectives are offered regularly.

Sacha Abercorn,
Baron Court, Newtownstewart, Omagh, Co. Tyrone.
Tel. Newtownstewart 61470.
Offers workshops and private counselling sessions utilising Transpersonal Psychology as described above.

Fiona Devlin Collins,
Tel. (021) 509315.
I am interested in effective teaching/learning approaches. Trainers, facilitators, therapists, together reviewing their own and each others appraoches, using group work, feedback, and self and peer assessment. I have enjoyed exploring the elements which maximise (and minimise) learning.

Nicola Quinn,
19 Sandymount Road, Dublin 4.
Tel. (01) 602270.
Facilitates workshops in sexuality, assertiveness, 6 categories of intervention techniques (communication skills), power, politics and bodywork. Also offers one-way counselling service using peer, Gestalt and bodywork techniques for people seeking personal development.

The Green Earth Food Company,
c/o Seagull, 19 Pembroke Road, Dublin 4.
Tel. (01) 687661.
Vegetarian, semi-vegetarian and sproutarian foods supplied for group events at a low cost for human growth groups. Please make arrangements in advance.

Creative/Experiental Learning Workshops,
Contact Eileen Lynch or Fiona Devlin Collins, Tel. Cork (021) 509315.
Creative expression; with the focus on sensory awareness and sexuality, through movement, paint, music and dialogue with others. Effectiveness in communication and leadership. Identifying strengths and limitations as a leader, leadership "style". Identifying leadership functions in a group, listening and discovering the experience of sharing leadership.

Neo-Reichean Therapist,
Patrick Nolan, 26 Elm Drive, Douglas, Cork. Tel. (021) 509315.
Patrick Nolan is trained as a biodynamic therapist. He uses biodynamic, bioenergetic approach to work with the emotional life of the body. Exploring the body mind relationship, examining how we block feelings somatically and looking at ways of becoming more aware of and reintegrating our repressed feelings so that we can enjoy life more fully. Individual therapy, massage and group facilitation.

Seagull,
19 Pembroke Road, Dublin 4.
687661.
Offers 3 separate workshops to raise awareness and consciousness. Natural dance once weekly. Sound and movement and inner games occasionally at weekends. All operated on a non-profit basis. See "In Dublin" for details or tel. above no.

The Centre,
Roseneath, Coliemore Road, Dalkey, Co. Dublin. Tel. (01) 858714/763441.
Contact P. Wally.
Offers courses, seminars, workshops and conferences on all aspects of human development. Also Sunday gatherings and discussion groups on alternative topics.

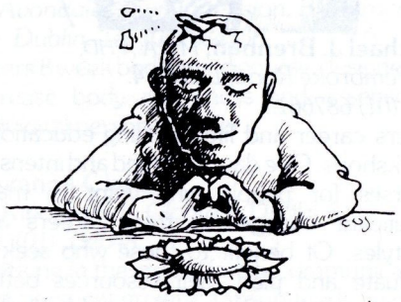
Marriage Counselling Service,
15 Bowling Green Street, Cork.
Tel. (021) 21370.
See note on Dublin address.



Michael J. Brennan, *M.B.A., PHD,*
19 Pembroke Road, Dublin 4.
Tel. (01) 687661.
Offers career and life planning educational workshops. One day, weekend and intensive courses for people who want to make significant changes in their careers and lifestyles. Of benefit to those who seek to evaluate and plan their resources better. Fees negotiable. Open to barter. Unemployed £15.

Re-Evaluation Co-counselling,
Contact Mary Walshe, Tel. (01) 906615.
Gabrielle Allman, Tel. (01) 323636.
Co-counselling is a process whereby people learn how to exchange effective help with each other in order to free themselves from the effects of past distress experiences. Such freeing would happen spontaneously by the natural discharge of painful emotion – laughing, crying, trembling, etc. if these manifestations of "healing" were not confused with "hurting" by society.

Reciprocal Co-Counselling,
Contact Nicola Quinn, Tel. (01) 602270,
Marika O'Connor, Tel. (01) 884556,
Catherine Brophy, Tel. (01) 858036,
Nuala Rothery, Tel. (01) 981219.
Galway, James Raftery, Tooreen East, Kilcolgon, Galway,
Cork, Donal Healy, Brook Lodge, Glanmire, Co. Cork. Tel. (021) 822350.
Reciprocal co-counselling is a method which enables you to understand old patterns and free you from your past experiences so that you can make full and free choices in the present. In co-counselling everyone is equal. Each person is a counsellor for part of the time, and client for the rest. It can enable us to confront larger, rigid patterns in society at large, e.g. sexism, work situations, education etc.



SPIRITUAL

Eckankar,
Contact The Secretary, 91 Killinarden, Tallaght, Co. Dublin.
Eckankar is a way of life which provides the individaul with the spiritual tools that will enable them to understand and experience their Divine Self and the heavenly worlds of Eck (Spirit) in this lifetime. Offers satsang classes, spiritual counselling, healing and spiritual freedom.

Krishnamurti Discussion Group,
60 William St. South, Dublin 2.
Meetings each Wednesday at 7.30 p.m.

Institute of Psychosynthesis Ireland,
Contact Miceal O'Regan O.P.
Eckhart House, 5 Pembroke Park, Dublin 4.
Tel. (01) 684687.

Tabor House,
Milltown Park, Dublin 6.
Tel. (01) 960621.
Contact Donald Neary S.J.
Weekend and midweek courses using Encounter, prayer and meditation techniques for school groups and 18 to 30 age groups.

Threefold Foundation,
Beehive Cottage, Killakee, Dublin 16.
Tel. (01) 900601.
Contact Tim and Sylvia Cahill O'Brien.
A 41 acre centre in the Dublin mountains founded to develop the spiritual philosophy and concepts of Austrian philosopher Rudolph Steiner for the benefit of interested Irish people. Building will commence 1982/3 and will include renewable energy centre and low cost technology appropriate to poor countries.

Gurdjieff Society,
c/o Raymond Keane,
51 Merrion Square, Dublin 2.

Inisglas Trust,
c/o Anthony & Eve Kaye,
Inisglas, The Deeps, Crossabeg,
Co. Wexford.
Aims at restoring balance to life along the lines indicated by Rudolph Steiner in the arts and science. This involves a community of people doing practical work such as bio-dynamic gardening, cereal production, animal care and crafts work. Needs finance and individuals with the above aims and skills.

Findhorn,
Resource Person Elizabeth Healy,
3 Idrone Tce., Blackrock, Co. Dublin.
Tel. (01) 880538.
Elizabeth is the Irish contact for Findhorn, an international new age spiritual community of some 200 people in Northern Scotland. She can supply information about Findhorn and its extensive guest programme and would also like to be in touch with people who have been there.

Huntington Castle,
Clonegal, Enniscorthy, Co. Wexford.
Contact Olivia Robertson.
H.Q. of the Fellowship of Isis, a Goddess religion with nearly 1,000 members world wide.

Association for Research and Enlightment, A.R.E.
1 Charleston Heights, 20A Charleston Ave, Ranelagh, Dublin 6.
Tel. (01) 975862 evenings.
Study Groups involve once weekly meetings in members' homes. A text "A Search for God", based on the psychic readings of Edgar Cayce, is used as a workbook and as a basis for discussion. A weekly discipline is chosen and there is dream analysis, meditation and healing prayer. No money or payment is involved.

Astrology Bureau,
20 East Essex St., Dublin 2.
Tel. (01) 988480.
Offers astrology service by personal consultation, and/or postal service. C60 tape recordings available. Classes also offered for studends of astrology throughout the year.

MEDITATION

Zen Meditation Group,
c/o Philip McShane O.P.
St. Mary's, Tallaght, Co. Dublin.
Tel. (01) 515244.

Rajneesh Meditation Centre,
Mangerton Cross, Muckross,
Killarney, Co. Kerry.
Contact Swami Deva Karuno.
Organises workshops and groups in Sufi, meditation, dance and celebration in association with internationally famous Sannyasin therapists.

Astha Rajneesh Meditation Centre,
146 Rock Road, Booterstown, Co. Dublin.
Tel. (01) 887486.
Regular meditation sessions utilizing techniques developed by Bhagwan Shree Rajneesh. Dynamic Meditation 9 a.m. Sat. and Sun. Kundalini Meditation 6 pm Mon. Surprise Meditation 8.30 pm Thurs.

New Age Centres,
Contact Elizabeth Healy,
3 Idrone Tce., Blackrock, Co. Dublin.
Tel. (01) 880538.
New Age Centres all over the world, and individuals committed to alternative lifestyles link up in joint meditations at the time of the Full Moon each month, as part of a world networking project. You might like to join in. A small group meet weekly in Dublin for a short meditation together. All are welcome.

British Meditation Society,
51 Aldridge Rd. Villas, London W1.
Tel. 229-8912.

Tibetan Buddhist Group,
11 North Tce, Inchicore, Dublin 9.
Tel. (01) 718492/894014 evenings.
Contact Matthew Tuite.
Karma Dagpo Chukhor Ling belongs to the Kagyu school of Buddhism, organizes visits of Lamas, holds regular sessions of instruction and meditation. All welcome.

YOGA

Irish Yoga Association,
c/o 'Sandhurst', 108 Lr. Kimmage Rd., Harolds Cross, Dublin 6.
Aims to promote yoga in Ireland, provide information, co-operate with like-minded organisations and to explore various methods of self healing. Membership 80 (£5 per year). Meetings once monthly. Guest speakers. Social evenings. Newsletter. Runs 2 year teacher training course. Sec. Barbara Blake.

Imelda Wentworth,
'Sandhurst', 108 Lr. Kimmage Rd., Dublin 6.
Classes for beginners, intermediate and advanced. Held mornings and evenings.

Seacreast Yoga Club,
c/o Garry Westby, 'Dooney', 20 Townparks, Skerries, Co. Dublin.
Tel. (01) 491741.
Meets every Tuesday 8.30 pm at Holmpatrick Hotel, Skerries. Membership £5.

Raja Yoga Centre,
Flat 2, 11 Clyde Road, Ballsbridge, Dublin 4.
Tel. (01) 603967.
Contact B.K. Nickgent.
Branch of Brahma Kumaris World Spiritual University, Mount Abu, India. Raja yoga does not involve mantras, breathing or posturing exercises, but in understanding the mind and then to harness its hidden powers. Courses available on an individual or group basis free of charge. Visitors welcome every evening (phone first).



Garry Westby,
Address above.
Available for classes, lectures and seminars.

Bihar School of Yoga (Ireland),
31 Drumfad Rd., Millisle, Co. Down BT22 2JQ.
Tel. (918) 61631.
Contact Swami Satyamurti.
Teaches Raja, Hatha, Gyan, Karma, Mantra, Kriya and Bhakti Yoga. Residential and non-residential courses. Private classes, yoga therapy, meditation seminars. Available for lectures and teacher training in Ireland and overseas.

Ananda Marga Yoga,
17 Oakwood Road, Finglas, Dublin 11.

Marcelle Moody,
Marino House, Old Quay Road, Holywood, Co. Down.
Teaches yoga, spiritual awareness and development. Meditation group on Thursday evening, Monday evening discussion session based on teachings of the Summit University led by Robert Wallace. Also seminars, lectures and discussions of "New Age" topics.

Yoga Centre,
Off South Main St., Cork.
Contact Bríd O'Brien.
Teaches yoga as a means of relaxation, physical health and personal growth. Also wholefood cooking.

Charles Stephens,
Foilnamuck, Ballydehob, Co. Cork.
Teaches integral yoga in West Cork area. Classes in Skibbereen, Bantry and Ballydehob.

Irish Health Culture Association,
Eccles House, 67 Eccles St., Dublin 1.
Contact Ann Mulvaney.
Teaches yoga (the Tony Quinn group), running a gym, health food store, conducting a Massage Diploma course and also Healing Therapy clinics.

Pierre Paugois,
Address due to change.
Tel. (01) 780867.
Iyengar yoga teacher. Eight years practicing, one year teaching the Iyengar method in France. Due to return to India to receive further instruction from Iyengar in person for two months from September.

DANCE, MOVEMENT, MARTIAL ARTS

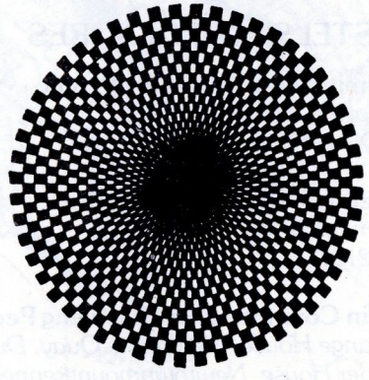
Irish Aikido Federation,
c/o John Rogers, 10 Lake View Grove, Wicklow. Tel. (0404) 2899.
A non profit organisation to promote the physical, intellectual and spiritual understanding of Aikido in Ireland. Organises regular classes, lectures and demonstrations of this ancient Japanese Martial art for groups throughout Ireland. Can put people in touch with a local Aikido teacher.

School of Tai Chi Chuan,
Contact Patricia McNally,
2 Appian Close, Leeson Park, Dublin 6.
Tel. (01) 604665.
Tai Chi Chuan is an old Chinese art and system of physical movement. It promotes physical health, alertness and balance, and teaches a deep vital meditation. Beginners course starts Sept.

Peter O'Donoghue,
Carrig na bhFear, Cork.
Tai Chi teacher. Also shiatsu massage . Classes held at O.N.E. Hall, Brown St., Cork each Wed. at 7.30 pm. and Sundays at 10 am. at the Yoga Centre (off Main St.) Cork.

Kalichi,
c/o Grapvine Arts Centre,
31 Nth. Frederick St., Dublin 1.
Tel. (01) 728721.
Contact Kalichi.
Teaches weekend workshops on various aspects of Tai Chi, especially movement and healing. Also runs Liberation Dance Workshops on an 8 week basis. Available for lectures and performances.

Gaye Tanham,
3, Sandymount Ave., Dublin.4.
Tel. 681555 (evenings).
Offers creative dance workshops using Labin and improvisational techniques. Available for designing and leading courses for new and established groups. Morning classes beginning in September.



SURVIVAL

A.L.O.N.E.
3 Canal Terrace, Bluebell, Dublin 12.
Caring service for old people.

HOPE,
P.O. Box 899, Dublin 2.
Tel. (01) 754883,

National Council for Travelling People,
12 Westmoreland Street, Dublin 2.
Tel. (01) 776761.

Salvation Army,
21 Haddon Road, Dublin 3.
Tel. (01) 336881.

Samaritans,
66 Sth. William St., Dublin 2.
Tel. (01) 778833.
Phone/drop in centre for depressed/suicidal.

Simon Community,
National Office, 19 Fleet Street, Dublin 2.
Tel. (01) 711606.

Society of St. Vincent de Paul,
Headquarters, Nicholas Street, Dublin 8.
Tel. (01) 757043.

HOSTELS AND CENTRES

Committee for Travelling People,
St. Martins Centre, Limerick.
Tel. (061) 45975

Clarendon Street Night Shelter,
Clarendon Street, Derry.
Tel. 62129.

Dublin Committee for Travelling People
Exchange House, Merchants Quay, Dublin
Trudder House, Newtownmountkennedy, Co. Wicklow.



Dublin Corporation Lodging House,
Benburb Street, Dublin 7.
Tel. (01) 770689.

Good Shepherd Hostel,
Belfast. Tel. 641346.

Hope,
45 Harcourt Street, Dublin 2.
Tel. (01) 754883.
Short stay hostel for unattatched youth.

InterAid,
77 The Rise, Mount Merrion, Dublin.
Tel. (01) 886113.

Iveagh Hostel,
Bride Street, Dublin 8.
Tel. (01) 753247.

St. Annes Social Service Centre,
Milltown, Dublin 6.
Tel. (01) 962169.

St. Josephs,
Cork Street, Dublin 8.
Tel. (01) 751657.
Emergency night refuge for women and children.

St. Kierans Training Centre,
Old Connaught, Bray. Co. Wicklow.
Tel. (01) 822819.
Training centre for young travelling people.

St. Columba's Day Care Centre,
Great Strand Street, Dublin 1.
Tel. (01) 726709.
Travellers centre catering for children.

St. Joseph's,
Avondale House, North Cumberland St., Dublin 1. Tel. (01) 743297.
Penny dinners.

St. Agatha's,
North Clarence Street, Dublin 1.
Tel. (01) 746977.
Food centre for poor and destitute.

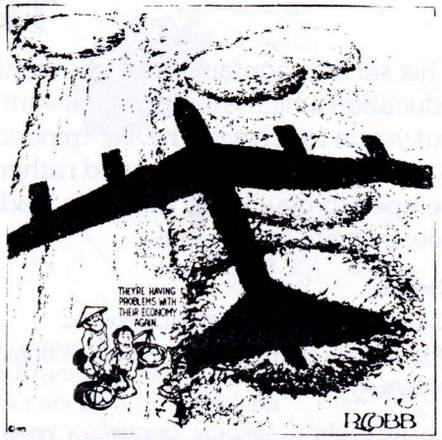
St. Martins Food Centre,
Belvedere Court, Dublin 1.
Tel. (01) 743890.

Salvation Army,
Mens Hostel, York Road, Dublin 2.
Tel. (01) 754039.

Salvation Army,
Womens Hostel, 21 Haddon Road, Dublin 3.
Tel. (01) 336881.

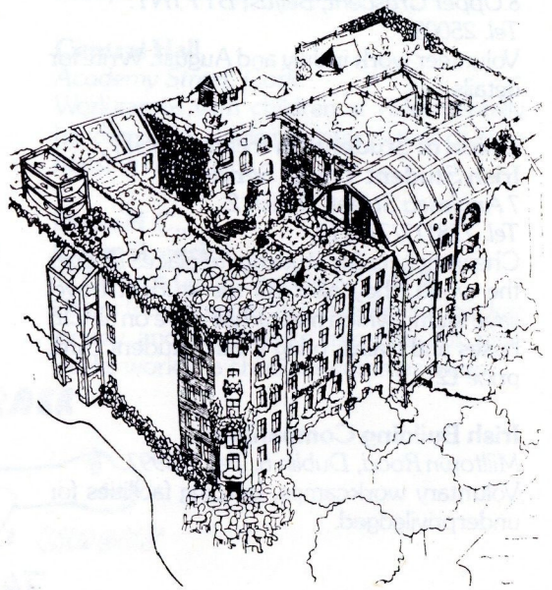
Dublin Simon Community,
Night Shelter, 9-10 Sarsfield Quay, Dublin 7. Tel. (01) 772271.

Cork Simon Community,
Night Shelter, John Street, Cork.
Tel. (021) 503597.



Dundalk Simon Community,
Night Shelter, Dundalk.
Tel. (047) 35211.
In addition to the shelters, Simon operate soup runs and residential homes.

Regina Coeli Hostel,
Morning Star Avenue, Dublin 7.
Tel. (01) 723142.
Closes at 8 o'clock.



TRAVEL

This section contains a list of organisations which as well as providing a form of education which is far more relevant than a lot of compulsory education, can also put you in touch with the like-minded people. It is for travellers who do not want to consume a holiday but would rather share living situations with local people and be open to new ideas, cultures, traditions and food and hopefully returning with new insights and visions.

Oxfam,
274 Banbury Road, Oxford, England.
Opportunity to travel as a paid or volunteer worker overseas.

Esperanto Association of Ireland, (EAI)
9 Templeogue Wood, Dublin 12. Tel. 942374.
Agents for Pasporta Servo, providing free accommodation to Esperantists travelling in nearly 50 countries.

Volunteer Service,
56 Lisburn Road, Belfast. Tel. 26862.
Summer volunteer work in conjunction with tenants associations.

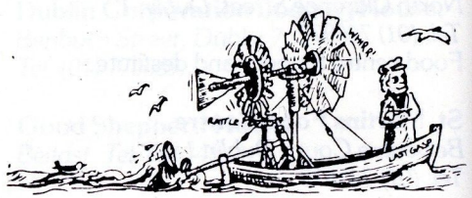
The Corrymeela Community,
8 Upper Crescent, Belfast BT7 1NT.
Tel. 25008.
Volunteer work in July and August. Write for details.

Union of Students in Ireland, USIT,
Irish Student Travel Service,
7 Anglesea Street, Dublin 2.
Tel. 778117/778112.
Cheap tickets for students to places all over the world, they also sell the student travel save stamp which means half prive on all CIE buses and trains; bring a valid student card, price £2.

Irish Building Companions,
Milltown Road, Dublin 6. Tel. 973997.
Voluntary workcamps, building facilities for underpriviledged.

Iniskeel House,
Management Committee,
14 Queen Street, Derry. Tel. 63262.
Contact: Jerry Tyrrell. Northern Ireland Childrens Holiday Scheme.

Transalpino,
Talbot Street, Dublin 1.
Cheap train tickets and some other travel facilities all over the world for people under 26 years, bring your passport when you wnat to buy a ticket.



Magic Bus,
7 Andrew Street (off Wicklow Street),
Dublin 2.
Cheap bus tickets to many places all over Europe, there is also an age limit.

Patrick O'Donnell,
Dooey, Glencolumbcille, Co. Donegal.
Youth hostel with a difference. Visitors take responsibility for themselves, flexible approach by management, people willing to discuss and try out new social ideas particularly welcome, £1.50 per night.

Servas,
c/o Hugh Fay, 21 Cyprus Park,
Belfast BT5 6EA.
International peace organisation. Started 1938 in Denmark, it aims to facilitate world peace by promoting international friendship through a network of hosts and travellers.

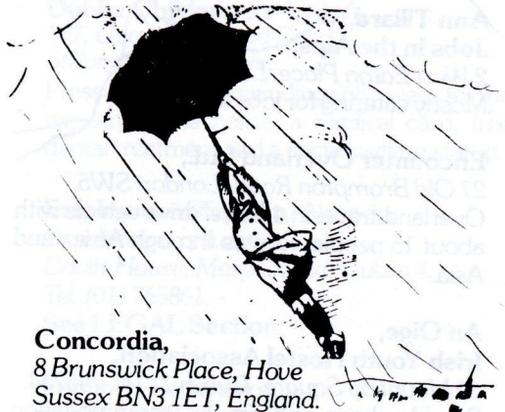
Community Travel,
22 Merrion Square, Dublin 2. Tel. 763263.
A cooperative enterprise, christian voluntary organisation arranging travel between Poland and Ireland.

ISAAC, International Student
Accommodation Activity Centre
2 Frenchmans Lane, Dublin 1.
Tel. 788159/787227/786849.
Provides cheap accommodation not only for students, but for young people in the city centre.

U.K. Sponsoring Authority for
International Exchange of Young
Agriculturists,
Agriculture House,
Knightsbridge, London SW1X 7NJ.

Irish Sponsoring Authority for the
Exchange of Young Agriculturists,
Macra na Feirme, Irish Farm Centre,
Bluebell, Dublin 12. Tel. 501166.
Contact Karen O'Rafferty.

Experiment in International Living,
Byrnesgrove Centre, Ballyragget,
Co. Kilkenny. Tel. (056) 41127.
A 50 year old worldwide voluntary agency enabling people of all ages and backgounds to live together; organise individual homestay and/or group programmes worldwide.



Concordia,
8 Brunswick Place, Hove
Sussex BN3 1ET, England.
Agency shipping student workers to continent to work on fruit harvest.

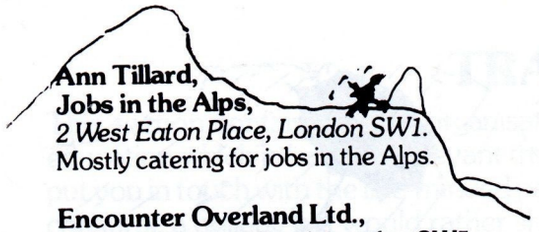
Project 67,
36 Great Russell St., London WC1B 3PP
Clearing office for applications to work in Israeli Kibbutzes.

Voluntary Service International,
4/5 Eustace Street Dublin, and
171 University Street, Belfast 9.
Organises international workcamps all over Europe and some overseas.

Central Hall,
Academy Street, Cork.
Workcamps with children at risk, mentally handicapped, single parents, victims of poor housing conditions.

Dept. H.C.,
Camp America,
37 Queens Gate, London SW7 5HR.
Offers free return ticket, free board, pocket money and two weeks free time for nine weeks work in a childrens summer camp.





Ann Tillard,
Jobs in the Alps,
2 West Eaton Place, London SW1.
Mostly catering for jobs in the Alps.

Encounter Overland Ltd.,
27 Old Brompton Road, London SW5.
Overland travel in 4-wheel drive vehicle with about 15 people. Routes through Africa and Asia.

An Oige,
Irish Youth Hostel Association,
39 Mountjoy Square, Dublin 1. Tel. 745734.
Provide cheap and simple accommodation for young people and others seeking an opportunity to enjoy the Irish countryside.

Comhchairdeas,
International Workcamps,
23 Essex Quay, Dublin 2. Tel. 773752.
Wednesday nights. Coordinates voluntary workcamps in Ireland and aborad.

Agency for Personal Service Overseas,
29 Lower Baggot Street, Dublin 2.
Co-ordinating body for 3rd World voluntary and semi-voluntary employment.

Youth Hostel Association of Northern Ireland,
56 Bradbury Place, Belfast BT7 1RU.
Tel. 24733.
Northern branch of International Youth Hostelling Association.

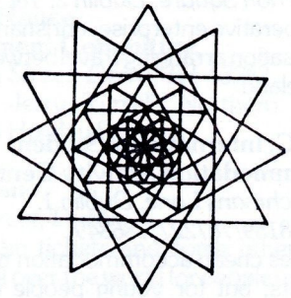
PUBLICATIONS

Summer Jobs Abroad, £2 &
Summer Opportunities,
Produced by National Youth Council,
6 Waterloo Road, Dublin 4. Tel. 68586/685379

Working Holidays and Voluntary Work Abroad,
Produced by Central Bureau for Educational Visits and Exchanges,
43 Dorset Street, London WIH 3FN.
85p sterling each.

Workcamp Programme,
Produced by Cotravaux, 11 Rue de Clinchy, 75009 Paris. New issues every three years, send one international reply coupon.

Summer Jobs in Britain,
Produced by Vacation Work International Club, 9 Park End Street, Oxford OXI IHJ.
£2.95 sterling.



Helpful addresses and publications while you're abroad.

DK Denmark,
Danish International Development Agency,
7 Ameliegade, 1256 Copenhagen K.

D Germany,
Adressbuch Alternativer Projekte,
Mandala Verlag, Postfach 60,
5429 Klingelbach, West Germany.
A very thick book with lots of addresses not only in Germany for about £4 in bookshops in Germany.

Stadbuch Berlin,
Alternative guide through Berlin, available all over Berlin.

Stadtbuch Muenchen,
Alternative guide through Munich, available all over Munich.

NL Holland,
The Living Gude through Amsterdam,
A very helpful book for all sorts of activities, troubles etc. in every bookshop in the centre.

WOMEN

WOMEN:
=50% of the world's population.
=33.3% of the official labour force.
=perform for nearly 66.6% of ALL working hours.
=receive 10% of the world's income.
=own less than 1% of the world's property.

WOMEN'S RIGHTS GROUPS

AIM Group
(Action Information Motivation),
14, Upper Leeson Street, Dublin 2.
Tel. (01) 763587.
M-F 10 a.m. - 12 noon.
Founded 1971, lobbies for family law reform, highlights legal injustices and discrimination against women, particularly in relation to marriage and family law. Publishes a Quarterly Newsletter "Women's Aim". Operates a women's advice centre in Dublin with local branches in Clonmel, Dundalk, Galway, Limerick, Kilkenny and Waterford.

Council for the Status of Women,
54, Merrion Square, Dublin 2.
Tel. 607731/607510.
Represents over 30 women's organisations to ensure implementation of reforms outlined in "The Report of the Commission on the Status of Women". (Govt. Pub. 1974).



Dublin Childminers' Union,
197, Upper Kilmacud Road,
Stillorgan, Co. Dublin.
Pressure group demanding £68 a week for the woman in the home, a medical card, free dental treatment and a social welfare stamp.

Employment Equality Agency,
Department of Labour,
Davitt House, Mespil Road, Dublin 4.
Tel. (01) 765861.
See LEGAL Section.

Feminist Federation,
c/o Women's Centre Campaign,
8, Marlborough Street, Dublin 2.

Single Women's Association,
38, Rosevale Court, Brookwood Avenue,
Dublin 5.
Tel. 311920.

Irish Council for Civil Liberties,
Women's Rights Group,
Liberty Hall, Dublin 1.

Irish Housewives Association,
8, Dawson Street, Dublin 2.
Tel. 504338.
Founded 1942. Lobbies on consumer issues and seeks to represent, advance and educate housewives to win recognition of their rights.

National Association of Widows in Ireland,
8, Parnell Square, Dublin 1.
Tel. 741576.
Founded 1967. A help organisation, social and practical for rehabilitation of widows. Lobbies for law reform and has local branches.

National Women's Talent Bank,
Eversley, Military Road,
Killiney, Co. Dublin.
Tel. 853452.

Women Elect,
5, Arnold Park, Glenageary, Co. Dublin.
Tel. 853751.
To encourage and support women who are actively involved in politics with a view to (1) increasing female representation in both houses of the Oireachtas; (2) securing representation at all levels of public life.

Women's Liberation Movement,
c/o Women's Centre,
8, Marlborough Street, Dublin 1.

Women's Political Association,
Audrey Conlon,
Grianan, Military Road,
Killiney, Co. Dublin.
Tel. 851289.
Founded 1970 to interest women in the responsibilities of public and political life and to encourage their participation therein.

Radical Feminist Group,
3, Belvedere Place, Dublin 1.
Meets Tuesdays 8 p.m.

National Housewives Register,
35, Ailesbury Grove, Dundrum, Dublin 14.
Tel. 988863.

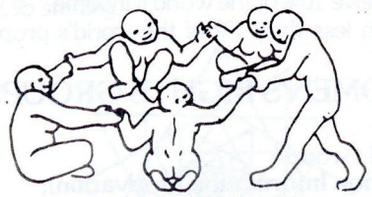
WOMEN'S LOCAL SUPPORT GROUPS

Bray Women's Group,
8, Avoca Avenue, Bray, Co. Wicklow.
Tel. 860025.

Campaign for a Women's Centre,
8, Marlborough Street, Dublin 2.
Tel. 746263.

Coolock Women's Group,
168, Greencastle Road,
Coolock, Dublin 5.

Cork Women's Collective,
Contact by phone: (021) 507969 or by writing to: *5, Churchfield Avenue.*
Meets every second Monday in the Bailey Bar near Courthouse, Washington Street. A feminist umbrella group interested in all aspects of women's physical and mental well-being.



Craigavon Women's Group,
502, Legahony Green, Craigavon, N.I.

Darndale Women's Group,
58, Marigold Court, Darndale, Dublin 5.

Galway Women's Group,
c/o Sheila McCran,
c/o P.O. Letterpeak, Spiddal, Co. Galway.

Limerick Women's Collective,
c/o Playshop,
37, Catherine Street, Limerick.

Newry Women's Group,
c/o Newry Resource Centre, Dublin Road,
Newry, Co. Down.

Omagh Women's Group,
c/o 34, High Street, Omagh, Co. Tyrone.

Red Woman Socialist-Feminist Group,
Contact Barbara at (01) 971036.

The Women's Centre,
18, Donegall Street, Belfast 1.
Tel. (084) 43363.

Tullycarnet Women's Group,
c/o Community Centre,
Kinross Avenue, Tullycarnet, N.I.

Women's Centre,
c/o Community Centre, Dundalk,
Co. Louth.

Women's Encounter Groups,
Contact: Anita Whooly,
Cork Community Services Council.
Tel. (021) 26050.
Aims to allow women to take time for themselves. With this object the groups meet. Usually in the local pre-school once weekly for 6—15 weeks. Session topics deal with attitudes, values, basic communication skills, sexuality, women's health etc.

WOMEN & EDUCATION

Women Against Sexist Education,
c/o Women's Centre,
8, Marlborough Street, Dublin 1.
Campaigning to end sexism at all levels of the educational system. Publication to date: "Hotch Potch", a satire on sexist reading schemes.

Women's Studies Group,
Mary Cullen,
Main Street, Maynooth, Co. Kildare.

WOMEN & WORK

Irish Women Workers' Union,
48, Fleet Street, Dublin 2.
Tel. 778069.

Trade Union Women's Forum,
7, Ruben Street, Dublin 8.
Tel. 781260 (PM).

Women's Advisory Committee of the ICTU,
Congress House, 19, Raglan Road, Dublin 4.
Tel. 680641.
The committee advises the executive council of congress on matters of special concern to women workers.

CONTRACEPTION RIGHTS

CAP (Contraceptive Action Program),
3, Belvedere Place, Dublin 1.
Tel. 787801.
Campaigns for free legal and safe contraception and education in human sexuality in all schools. Meets Thursday 8.00 p.m.

ICASC (Ireland)
International Contraception,
Abortion and Sterilisation Campaign,
3, Belvedere, Place, Dublin 1.
Access to safe contraception, abortion and freedom from sterilisation abuse are issues which concern women. ICASC was formed to represent women's needs and demands on these issues on our terms. ICASC produces a newsletter and provides valuable information and solidarity to campaigns throughout the world.

N.I. Abortion Campaign,
c/o Women's Centre,
16–18 Donegall Street, Belfast 1.

Women's Right to Choose Group,
3, Belvedere Place, Dublin 1.
Tel. 787160.
The group campaigns for the removal of economic and social discrimination against pregnant women and mothers, the abolition of the status of illegitimacy, proper financial support for all mothers, adequate housing and child-care facilities and for free, legal and safe abortion on demand.

PREGNANCY/CHILDBIRTH

AIMS (Association for Improvements in the Maternity Services),
Secretary: Ms. Dee Nelson,
48, Wyvern Road, Killiney, Co. Dublin.
The goal of AIMS is to make childbirth a more natural and satisfying experience for the parents, the baby and the other children. Issues a newsletter to members.

Irish Pregnancy Counselling Centre,
3, Belvedere Place, Dublin 1.
Tel. 787160/787664.
M–F: 11.00 a.m.–2.00 p.m./3.00 p.m.–6.00 p.m. (appointment only).
Provides non-directive counselling for women faced with unwanted pregnancy, gives information on all options, e.g. single parenthood, abortion, adoption and all support services.

La Leche League,
Ring Patricia Ryan, tel. (01) 893581, or Mary Bird, tel. (01) 941279.
A world-wide organisation founded in America 25 years ago to help and encourage mothers to breastfeed. Their motto is "Good mothering through breastfeeding". Hold monthly meetings in various homes in the country to discuss all aspects of pregnancy, birth, and breastfeeding.
For local groups also see telephone directory.

Dublin Childbirth Trust,
Mrs. Aileen Hendrick,
9, Cabinteely Crescent, Dublin 18.
Tel. 856807,
and Mary Hennebry, Cork,
Tel. (021) 294213.
Founded in Britain 25 years ago.
Aims: To improve ante-natal care with emphasis on the psychology of pregnancy and birth and on sharing. Also gives post-natal support and help with breastfeeding. D.C.T. train counsellors in all these areas and from a number of backgrounds. Training is flexible, lasting from 2—3 years, depending on the time available and the skills and aptitudes of each individual. The training is now available in Ireland.

Ulster Pregnancy Advisory Service Association Ltd.,
338A, Lisburn Road, Belfast B.T.9.

Universal Childbirth Association,
UCHA House, Haddington Road, Dublin 4.

WOMEN & MEDIA/ COMMU NICATION

Arlen House, The Women's Press,
2, Grange Park, Baldoyle, Dublin 13.
Tel. 392520.

Feminist Literary Group,
8, Marlborough Street, Dublin 1.
Meets last Monday of each month 8.00 p.m.

Irish Feminist Information (Publications),
45, Elmwood Avenue, Ranelagh, Dublin 6.
A voluntary non-profit making distribution outlet which disseminates works relating to women, i.e., posters, pamphlets, non-sexist children's literature, women's research, etc. Seeks to keep the retail price of the publication at the lowest possible level.

The Women's Press Bookclub,
124, Shoreditch High Street,
London EI 6JE, England.
Sells womens books at lower prices to its members.

Women in Media,
Box WIM, 7, Winetavern Street, Belfast 1.
Produce literature and video relevant to women's liberation.

Women's Radio Collective,
c/o 3, Belvedere Place, Dublin 1.
Always looking for new ideas and members, the collective transmits music and arts programmes of special interest to women as well as programmes on all women's issues.

Women Today,
RTE Radio 1, Donnybrook, Dublin 4.
Tel. 695777.
2.00–2.30 p.m. M–F.

WOMEN'S PUBLICATIONS

Irish Women's Diary 1981,
Available direct from:
Irish Feminist Information,
45, Elmwood Avenue, Ranelagh, Dublin 6.
Price: £1.99.
Comprehensive lists of women's interest groups and useful organisations. Information on breast examination and contraception, social welfare eligibility sections.

Wicca-Wise Women Irish Feminist Magazine,
c/o 3, Belvedere Place, Dublin 1.

Status Magazine,
14, Merrion Row, Dublin 2.
Tel. 606055.

Our Times — Women's Page of the Friday "Irish Times"
Irish Times,
D'Olier Street, Dublin 2.
Tel. 722022.

Independent Woman — Woman's Page of the Friday "Irish Independent",
Irish Independent,
Middle Abbey Street, Dublin 1.
Tel. (01) 746841 (room 46).

"Gaining Ground",
c/o 7, Winetavern Street, Belfast 1.
Produced by Belfast anarchist-feminists concerning local and international views.

BOOKS:

Who's Minding the Children
Ronit Lentin and Geraldine Nitland,
Arlen House, 1981. Price £2.25.
Provides practical information for women on existing childcare services in Ireland. Authors hope that the book will act as a stimulus to women to get up and do something about organising their own childcare facilities.

The Essential Guide for Women,
Janet Martin,
Arlen House, 1977.
A guidebook for women containing information on health benefits, social welfare entitlements, income tax and equal pay.

Getting Clear,
Anne Kent Rush,
Wildwood House, 1974.
Body work for women.

Our Bodies, Ourselves,
Penguin, 1978.
A health book by and for women.

Dublin Rape Crisis Centre, First Report,
Irish Feminist Information, 1979.

Sexism in Irish Education.
Teacher's Action Alliance,
c/o 122, O'Rourke Park,
Sallynoggin, Co. Dublin.

Handbook for Single Woman in Ireland,
By Lorna Hogg, Mercier Press, 1981.



HELP FOR VICTIMS OF VIOLENCE

Dublin Rape Crisis Centre,
P.O. Box 1027, Dublin 6.
Tel. 601470.
Provides counselling service for any woman who has been sexually assaulted.

Women Against Violence,
c/o 62, Old Cabra Road, Dublin 7.
Group of women campaigning to change the legislation on rape and the attitudes and institutions which condone rape.

Women's Self-Defence Courses:
DUBLIN:
Carol Stephenson
9, North Great Georges Street, Dublin 1.
Tel. 740268.
CORK:
Irene Macavine
Lifeline Centre, McCurtain Street, Cork.

N.I. Women's Aid Federation,
12, Orchard Street, Derry.
Tel. Derry 67672
Offers help and advise to all women, no matter what their problem is. Campaigns for changes in the Divorce Laws and the introduction of the new Domestic Proceedings Order. Women's Aid groups have been established throughout the North and three of these groups operate refuges which provide accommodation for women and their children who are victims of domestic violence whether that violence be mental or physical.
Tel. Contact Nos.
Belfast: (0232) 662385/662348
Derry: (0504) 67672/65967
Portrush: (0265) 833915.

Cuan Laoi,
Cornmarket Street, Cork.
Refuge for battered wives.

Women's Aid,
P.O. Box 791, Dublin 1.
Provides refuges for battered women and their children who have to leave home because of violence by their partners.
DUBLIN:
6–8 Harcourt Terrace, Dublin 2.
Tel. 681583.
BRAY:
c/o Social Worker,
Eastern Health Board, Killarney Road,
Bray, Co. Wicklow.
LISBURN:
c/o Community Centre,
Railway Street, Lisburn, Co. Antrim.
STRABANE:
Contact: June Logue,
Tel. Strabane 883020
PORTSTEWART:
Tel. Portstewart 2932/2685/3964.

ONE PARENT FAMILIES

ADAPT (Association for Deserted And Alone Parents),
Box 673, Dublin 4.
Founded in 1973, offers information, advice and practical help to single parents, women and men. Meetings are held in Dublin and at local branches in Cork, Limerick, Dundalk, Galway and Kilkenny.

APA (Alone Parents Association),
c/o 5, Park View, Victoria Road, Cork.

AMIE
c/o 13, Saleen Estate, Castlebar, Co. Mayo.
Provides services within Mayo for single pregnant women and one parent families.

Ally,
Dominican Priory, Upper Dorset Street,
Dublin 1.
Advice for unmarried mothers and relatives.

Cherish,
2, Lower Pembroke Street, Dublin 2.
Tel. 682744.
Mon. 10.00 a.m.–9.00 p.m.,
Tues.–Fri. 10.00 a.m.–6.00 p.m.
Founded 1972. An association of single parents set up by single mothers for mutual help and support and a pressure group for alteration in family law. Advice and practical help available. Local branch in Limerick/Clare.
Tel. (061) 61989.

Federation of Services for Unmarried Parents,
11, Clonskeagh Road, Dublin 6.
Tel. (01) 961944.
Agency referring to all matters concerning unmarried parents.

Gingerbread,
Top Floor, 12 Wicklow Street,
Dublin 2.
Provides encouragement and advice to one parent families.

FAMILY ISSUES

Divorce Action Group,
19, Upper Beechwood Avenue,
Ranelagh, Dublin 6.
Tel. 313174.
Campaign for the introduction of civil divorce legislation.

Marriage Counselling Service,
See "Personal Growth & Counselling"

A.I.M. Group
See "Women's Rights Groups".

FAMILY PLANNING CLINICS

Limerick Family Planning Association,
4, Mallow Street, Limerick.
Tel. (061) 42026.

Northern Ireland Family Planning, Association,
47, Botanic Avenue, Belfast 7.

National Association of the Ovulation Method of Ireland,
P.O. Box 33,
Brian Boru Street, Cork.
Teaches natural family planning to all who seek information.

Galway Family Planning Association,
Merchants Road, Galway.
Tel. (091) 62992.

Navan Family Planning Clinic,
Trimgate Street.
Tel. (046) 21143.

DUBLIN:
Irish Family Planning Association,
P.O. Box 908,
15, Mountjoy Square, Dublin 1.
Tel. (01) 740723.
Clinics:
5-7 Cathal Brugha Street, Dublin 1.
Tel. (01) 727276/727363
M–F: 9.30–7.30; Sat: 10.00–12.00 a.m.
59, Synge Street, Dublin 8.
Tel. 682420.
M–F: 9.30–7.30, Sat: 10.00–12.00 a.m.

Family Planning Centre,
10, Merrion Square, Dublin 2.
Tel. 767852.
M–F: 10.00 a.m.–6.00 p.m.

Family Planning Services,
67, Pembroke Road, Dublin 4.
Tel. 681108.
M–Thurs: 9.00 a.m.–8.00 p.m.
Fri: 9.00 a.m.–5.00 p.m.
Sat: 10.00 a.m.–12.45 p.m.

Well Woman Centre,
63, Lr. Leeson Street, Dublin 2.
Tel. 789366/789504.
M–F: 10.00 a.m.–6.00 p.m.

Tallaght Welfare Society,
1, Main Street, Tallaght, Co. Dublin.
Tel. 515911.
2nd and 4th Thursdays every month,
8.00 — 9.00 p.m.

Bray Family Planning Clinic,
6, Eglington Road, Bray, Co. Wicklow,
Tel. 860410.
M–F: 10.00–5.00, Mon,
and Tues. 7.00–9.00 p.m.. All day Sat.

Cork Family Planning Clinic,
4, Tuckey Street, Cork.
Tel. (021) 502906.
M–F: 9.30–5.00 pm, M–Thurs,
also 7.00–9.00 p.m.
Sat. 9.30–1.00 p.m.

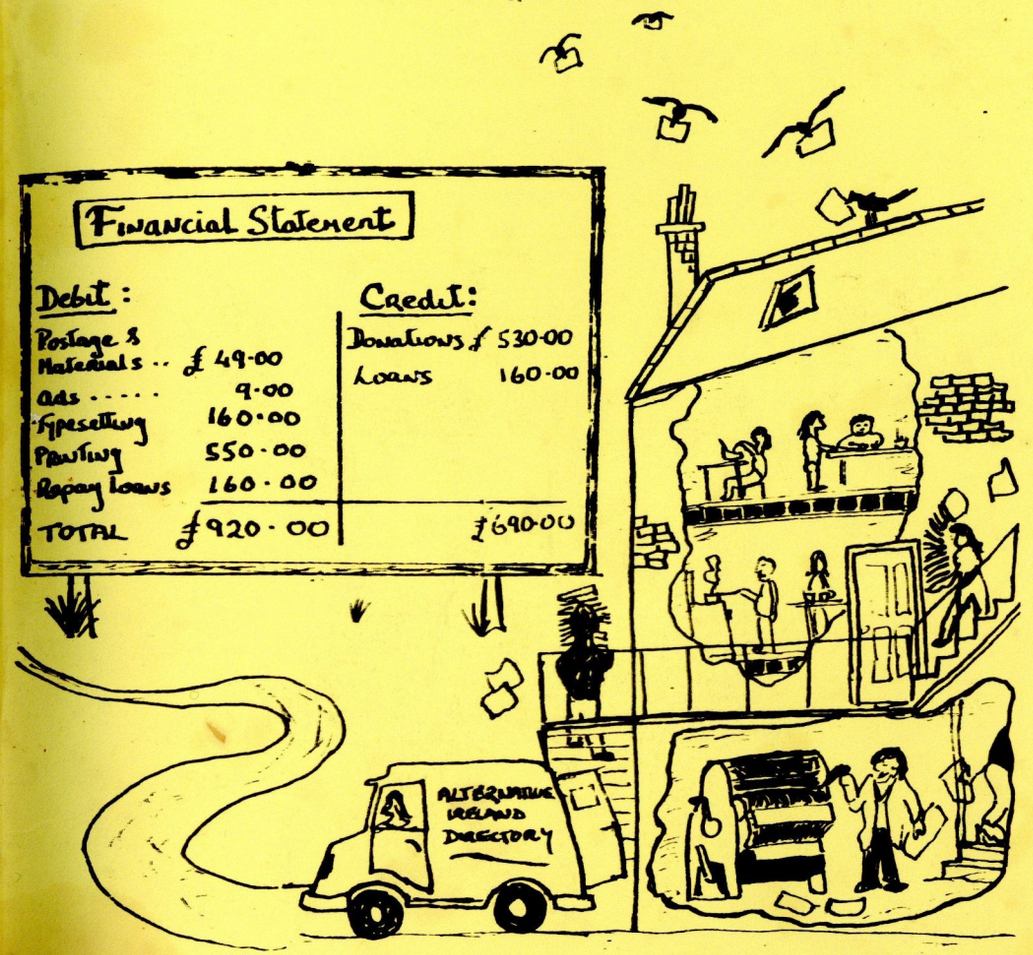
Ovulation Method Advisory Services,
19, Lower Mount Street, Dublin 2.
Tel. 331300.

Family Life Centre,
65B, North Main Street, Cork.
Tel. 52846.
Provides instruction on the Billings natural method of contraception.



Putting it Together

It has cost approximately £920 to produce 1,000 copies of this Directory. This edition is not profit making but we hope to cover costs through sales. However due to gifts and donations we may have a small surplus and this will be used to help launch the next edition.



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