



ISA NEWS AND EVENTS

August 2022

PRESIDENT'S WELCOME

Dear All,

I hope you are all keeping well amidst the cold and wet here in NSW and staying safe from all the Winter nasties. It has been another busy period here at the ISA supporting all the comings and goings of people taking the opportunity to get home to Ireland and a host of passport issues as a result. The COVID travel restrictions have indeed left many of us travel-rusty, so please do make preparations well in advance.

I was delighted to join the Consul General Rosie Keane and her all-female team for a networking breakfast as part of their Visible Women campaign. CG Keane welcomed guest speaker [Mary Lou McDonald - Sinn Féin](#) who spoke poignantly on gender equality and women in leadership.

The Irish Support Agency team was then afforded an opportunity to present to Deputy McDonald on our work supporting the Irish community here in NSW – everything from our Client Support work to our Outreach Programs for Seniors, Community Connection, and Health and Well-being. As party spokesperson for Mental Health and Suicide Prevention from 2016-2018, she was particularly interested in our focus on mental health support for our community with our Mental Health First Aid training, Dóchas webinars and our one-to-one SOLAS Counselling program.

I look forward to working alongside the many wonderful female leaders I have encountered this month and thank them most sincerely for their offers to support the agency going forward.

Kind regards,

Marian Schaffer,

ISA President



WELCOME TO THE TEAM

Clodagh McPeake – Part-time Outreach Worker



We are delighted to welcome Clodagh McPeake to the ISA team.

Clodagh hails from Co Derry and has been a registered nurse for 10 years. Living in Sydney for over 5 years now, she has worked in a variety of community and private hospital settings and assisted in the COVID-19 pandemic. She is undertaking health coaching certification as she is passionate about improving the health and wellbeing of others. She loves the Outreach role, working to support and assist a wide variety of people.

SENIORS MID-YEAR LUNCH

Last Wednesday, 6th July, we held our annual Mid-Year Seniors' Lunch.

This is a great opportunity for our senior community to come together and socialise with friends new and old.

Thank you so much to James Tobin and the Tea Gardens, Bondi Junction for being such warm and accommodating hosts and providing a beautiful lunch, and to Shay, the Irish Butcher for providing some beautiful hampers full of Irish goodies for our raffle.



MEMBERS' NETWORKING EVENING

On Wednesday 29th June, we had the pleasure of hosting our inaugural ISA Members' Networking Evening.

The evening provided an opportunity for our long-standing members to meet and engage with more recent members of the organisation.

It was also an opportunity for us to say thank you for the ongoing support that we receive from our membership base.

Being a member of the ISA is a great way to support our work and our mission.

We would be delighted to welcome new members, young and old to join us so if you would like to sign up for membership, please go to www.irishsupportagency.org.au/membership or call 02 9300 8019.

We would also like to sincerely thank the wonderful music provided by Doireann Nic Mhathuna, Cam Mather, Steven Powell, and Dara O'Coisellabha and the immense efforts of our volunteers, Ann Lea and Patricia Doherty. Thank you also to John Seymour of Doonside Hotel, who generously donated beverages to be enjoyed on the night.



DÓCHAS

On Monday 4th July 2022, we were delighted to host our Dóchas webinar, Supporting the LGBTQI community.

We were joined by Brian Murphy of Sydney Queer Irish and Luke McCaul, aka, award-winning drag queen Peaches Queen.

This was a very special episode, as Pride month had just been celebrated globally in June.

We heard from both guys about their experience growing up in Ireland as gay men, and about their coming out journey.

We also heard about some of the key differences that they have found between the community in Sydney and Ireland, with regards to attitudes, safety and culture.

We are so grateful to both contributors for speaking openly and honestly and we look forward to working together in the future.



On Monday 8th August, we were delighted to be joined by Marie Holland, Clinical Nutritionist and Johnny Klusch, Provisional Psychologist and PT, to discuss nutrition.

In this episode, we explored nutrition and what it actually means. Our bodies, as we know, are our temples, so of course we know that we must look after them. But sometimes, for different reasons, we can find that difficult to do. What we do know is, that what we eat, can directly affect our physical but also our mental health, and that is something that we need to take seriously.

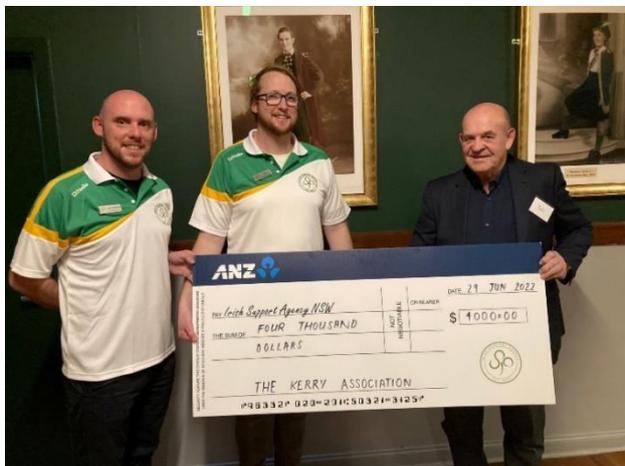
Sometimes, our relationship with food is rooted in our early understandings about how and what to eat from how we were brought up. With that in mind, we looked at the possibility of rewriting our relationship with food and learning to get back to our healthiest selves.

You can watch all of our Dóchas webinars on our website - www.irishsupportagency.org.au/dochas

Our next Dóchas webinar will be on Monday 5th September at 7pm.

COMMUNITY FUNDRAISING EFFORTS

The Kerry Association of NSW



A huge thank you to Tom O'Keeffe and The Kerry Association of NSW, for their recent generous donation following the raffle at their Sydney Rose of Tralee Selection Ball on 14th May 2022.

When other community groups choose to support us, it means so much and we are so grateful to have been chosen as the recipients of the raffle and this fantastic event. Thank you to all who bought tickets on the night.

Tom O'Keeffe (President of the Kerry Association) with Eoin Ryan (Vice President) and Alan Humphreys (Secretary) of the ISA

We would like to take this opportunity to wish Mairéad (Maud) Brennan, our Sydney Rose, the very best of luck in this year's Rose of Tralee Festival taking place 19 – 23 August. We will all be cheering you on in the Dome and know you will represent the Sydney Irish community beautifully.

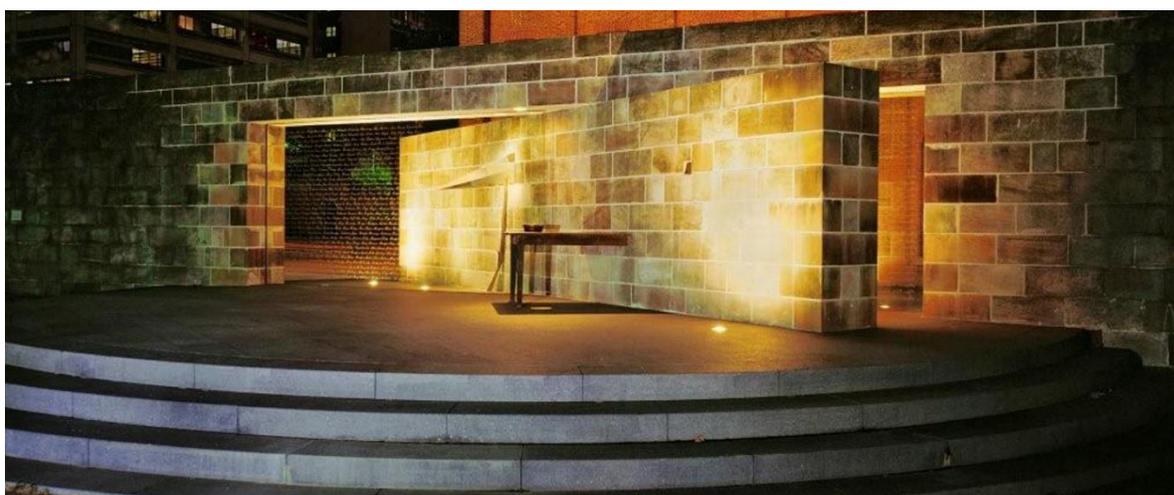


THE RAMBLING IRISH

The Rambling Irish is a new, social walking group created by a team of volunteers for the ISA. They aim to complete 1 walk per month, in and around the Greater Sydney area. It will be a great way to meet new people and to explore parts of this beautiful city.

On Sunday 31st July, we held our walk in beautiful Centennial Park. This was a great walk for young and old and it was lovely to meet some new faces. Join us for our next walk on Sunday 21st August as we complete a beautiful coastal walk from Maroubra to Coogee. Please register here <https://drct-isa.prod.supporterhub.net/events/ramblingirish-coogemaroubra> or call 02 9300 8019.

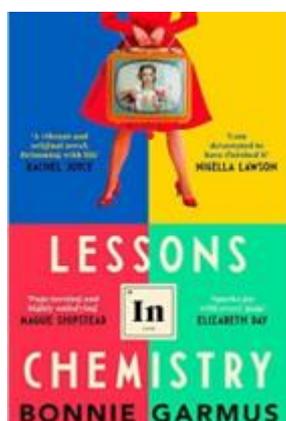
INVITATION TO ATTEND GREAT IRISH FAMINE COMMEMORATION CEREMONY



The GIFCC invites you all to the Annual Commemoration of the Great Irish Famine on Sunday 28th August at the Hyde Park Barracks, Macquarie St, Sydney from 11 am to 12.30pm.

The monument was inspired by the arrival in Australia of over 4,000 single young women, most of whom were teenagers. They arrived under a special emigration scheme designed to resettle destitute girls from the workhouses of Ireland during the Great Famine. The Great Irish Famine Commemoration Committee (GIFCC) have broadened their activities to commemorate all who left their homes seeking a new life in the colonies and States of Australia.

BOOK CLUB



Our book club is held on the last Wednesday of each month in the Gaelic Club. Each month, we choose one book to review, and seek to include all genres! It's a great way to meet like-minded people and everyone is welcome. We are currently reading, Lessons in Chemistry, by Bonnie Garmus. If you would like to attend our next meeting, in person in the Gaelic Club on Wednesday 31st August, please email Una at project@irishsupportagency.org.au or call 02 9300 8019.



TRIVIA AT THE TEAS

Join us at the Tea Gardens, Bondi Junction, on Wednesday 31st August at 7pm for a traditional tráth na gceist.

Featuring a fantastic quizmaster, this will be a trivia night filled with tough questions, music rounds, picture rounds and amazing prizes to be won. Tickets are available for teams of 4 (\$50) and 6 (\$75) people.

No team? All good! We'll group you with other individuals on the night.

To ensure you get a spot, please pre-book, we cannot guarantee tickets at the door on the night.

All of the funds raised will go towards the Irish Support Agency's Client Support Services.

To book, go to - <https://www.irishsupportagency.org.au/events/2022/8/31/trivia-at-the-teas> or call 02 9300 8109

IRISH FILM FESTIVAL



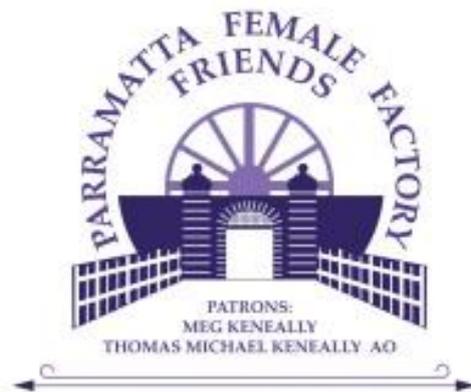
The Irish Film Festival for 2022 will run in Sydney between 25th – 28th August in the Chauvel Cinema with tickets on sale from 5th August. The 2022 festival will showcase a total of 16 films, with one of the highlights this year being the breakout Irish language film *An Cailín Ciúin (The Quiet Girl)*, recently nominated as IFTA's Oscar entry for Best International Feature. Thirteen films will also be available for streaming as part of the online festival from 30th September – 16th October. For more information please go to: <https://irishfilmfestival.com.au>

The IFF Committee has kindly gifted us 10 tickets for the screening of *Into the West* on Thursday 25th Aug at 2pm, a family film first screened 30 years ago. If you are an ISA member and would like to go, please contact us on 02 9300 8019.

PARRAMATTA FEMALE FACTORY – RIOT DAY

The Annual Riot Day Commemoration will be held on Friday 28th October from 9.30am – 3.00pm at 5 Fleet Street, North Parramatta.

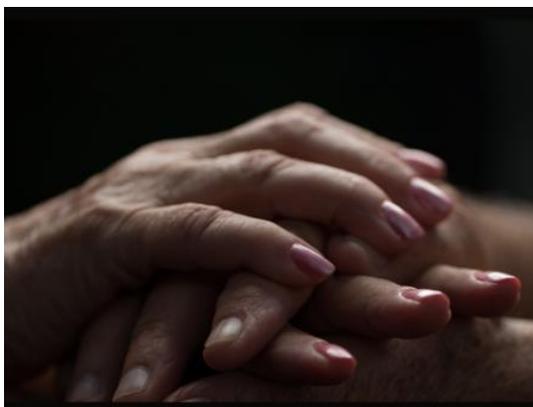
Commemorate the life and times of the Parramatta Female Factory Women and celebrate the day the convict women struck for their rights 195 years ago!



EVENT SCHEDULE

- 9.15am Registration
- 10:10am Welcome – Honouring the Factory Women
Laying floral tributes at the Bicentenary Commemorative Wall
- 10:45am The Thomas Keneally Lecture with Guest Speakers
- 11:00am Tour 1
- 12:30pm Book launch – HERSTORY – Parramatta & Beyond
- 1:00pm Tour 2
- 3pm Close

EOFY APPEAL



Thank you to all those who generously donated to our End of Financial Year Appeal.

We raised over \$5000.

All of the funds raised throughout the year, directly enable us to assist those most vulnerable in the community.

Thank you for thinking of us and supporting our work.

The Irish Support Agency NSW Inc is registered as a charity with the Australian Charities and Not-for-profits Commission ABN 70 880 566 535. We acknowledge the financial support provided to us by the Emigrant Support Program of the Department of Foreign Affairs of Ireland which enables us to make a significant difference to the Irish Community in New South Wales every year.



Government of Ireland
Emigrant Support Programme



An Roinn Gnóthaí Eachtracha
Department of Foreign Affairs

To reduce the impact on resources, this newsletter is produced and made available online. If you'd like to receive future newsletters via email, please let us know at: admin@irishsupportagency.com.au