



ISA NEWS AND EVENTS

October 2022

PRESIDENT'S WELCOME

Dear All,

It's hard to believe that the winter is over, and we are edging towards the end of 2022. Where has the year gone?!

I hope that you all managed through the winter. I am very aware that the rising cost of living and inflation have made it difficult for some people, and I want you to know that you are not alone. If you ever feel concerned or just need someone to talk to, please reach out to the Agency, we can help.

The Irish Support Agency has many Mental Health and Wellbeing initiatives that you can get involved in. Our SOLAS program is a subsidised, culturally sensitive mental health support service and is open to all members of the Irish Australian community. Please avail of this incredible service should you need it.

We are also running our second Shoulder to Shoulder event on Sunday 30th October. Shoulder to Shoulder is a men's mental health and wellbeing event where we aim to provide a safe space where men are asked to listen and choose to share if they wish. There is no pressure and no judgement. Everyone has their own story to share, and we thank you all for your willingness and courage.

Now more than ever, it is important that the Irish Support Agency is out in the community trying to raise money through fundraising events. We are extremely grateful when members of the community turn out - we couldn't do the work that we do without you.

We had a wonderful night in Bondi Junction for our Trivia at the Teas night, and I am thrilled to say we raised over \$3,000!

We also have our comedy night coming up on the 19th November and I think this is going to be just what we need, a night of laughter. Hope to see you there.

Marian Schaffer, **ISA President**



PROFILE OF THE MONTH



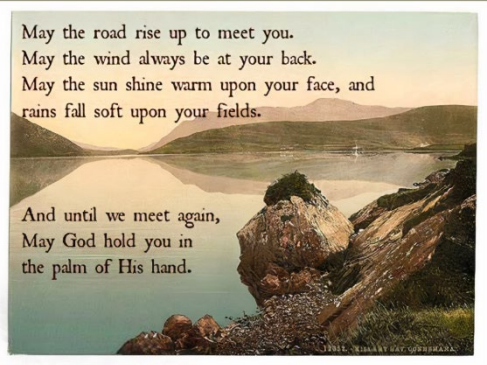
In this edition of our newsletter, we would like to feature **Eoin Scannell**, Treasurer with the ISA since 2017. Eoin very sadly lost his dear mother Patsy at the end of June 2022, and despite being in the acute stage of grief himself, chose the recent 'National Day of Mourning' to visit the graves of the Irish Deceased in St Patrick's Lawn, Rookwood - to roll up his sleeves and clean each and every Memorial plaque and its surrounds.

Such was the workload; it took a second visit across the weekend to finish the job. He reports that his recent bereavement has given him a hugely different perspective on death and bereavement and a heightened respect for the rituals associated with church and final resting place. He was particularly moved by the thoughts of people of Irish heritage buried here, so far removed from home without family to respectfully tend to their burial ground. We are very grateful to Eoin for his hard work and generosity in completing this task on behalf of the entire Irish community.

We would also like to remind people that those who may be struggling with grief and loss are welcome to access our subsidised SOLAS counselling service which is available to all people of Irish heritage here in NSW.

www.irishsupportagency.org.au/solas






May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face, and
rains fall soft upon your fields.

And until we meet again,
May God hold you in
the palm of His hand.

Annual Mass of Remembrance
Saturday, 5th November 2022 at 12.00pm

Celebrant Fr Brendan Purcell
St Mary's Cathedral, Sydney



It is also a timely reminder that our **Annual Mass** to commemorate our Irish deceased is scheduled to take place on Saturday 5th November at St Mary's Cathedral at 12 noon. If you would like to add a loved one's name to the list of those who have died in the last year, for a special mention during the ceremony, please contact us via the usual channels.

Unfortunately we do have to limit our commemoration list to those who have died since last November, but you may wish to contact your local parish to add to their November Dead lists or alternatively www.knockshrine.ie/november-altar-list-for-the-deceased/

IN MEMORIAM – PAT COSTELLO

25/01/1932 - 10/09/2022



On Tuesday 27th September, we farewelled a stalwart of the Irish Community in Sydney, Pat Costello.

Pat was a long-standing committee member and Vice President of the Irish Support Agency and was a huge support to the community when the organisation was founded in 1995.

Pat brought energy and guidance to the organisation, and for that, we could not be more grateful.

Pat, a proud Kerryman, was devoted to the Kerry Association of NSW and the Sydney Rose of Tralee. There are many Sydney Roses who will have fond memories of Pat, presiding over the Sydney Rose of Tralee Ball, their selection and participation in the International Rose in Tralee Festival.

SHOULDER TO SHOULDER

We are delighted to announce that we will be running our second Shoulder to Shoulder event on Sunday 30th October at 10am.

After the huge success and incredible feedback that we received from our event in February 2022, we are back with more unbelievable and thought-provoking stories from men in our community. Shoulder to Shoulder aims to provide a safe space where men are asked to listen and choose to share if they wish. There is no pressure and no judgment; just a feel-good and educational environment to dip your toe into.

Tickets are only \$15 and includes refreshments and a light lunch.

Register here - <https://www.irishsupportagency.org.au/events/2022/2/8/shoulder-to-shoulder> or call Una on 0435 917 260.



PREGNANCY AND INFANT LOSS AWARENESS MONTH



OCTOBER IS PREGNANCY AND INFANT LOSS AWARENESS MONTH.

The Irish Support Agency would like to encourage awareness of this and acknowledge the associated grief and loss within the Irish community, which can be very challenging, particularly when away from your homeplace.

We are offering a space to gain support through information, a space to feel heard and a connection with others in your grief experience.

The session will be facilitated by experienced Specialist Grief, Fertility & Perinatal Counsellor Orlaith Sheill.

Join us on Saturday, 8th October at 11.30am at Green Square Library (Anything Room)

While this session is open to females in the first instance, we would, based on feedback, consider how best to support all those impacted by such loss in subsequent initiatives.

Register here - <https://drct-isa.prod.supporterhub.net/events/loss> or call Una on 0435 917 260.

VISA INFORMATION NIGHT with Arrive Australia Migration

Join the Irish Support Agency and Arrive Australia's John McQuaid as we explore your most common visa and immigration queries. John will give an overview on the most pressing topics he sees every day in his migration agency but there will also be ample opportunity to ask your own questions about your individual circumstances.

Learn about

- New visa options following a first/second Working Holiday Visa -planning ahead
- 408 Covid stream visas – latest updates
- Skilled employer sponsored temporary visas - the pros and cons.
- Permanent residence skilled visas -how to prepare to apply
- Joining your partners visa / sponsorship by a partner -what is required
- Australian citizenship -when will you be eligible



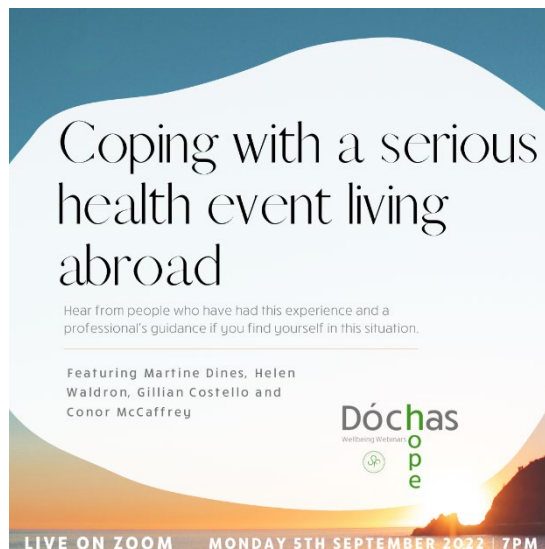
Register here - <https://drct-isa.prod.supporterhub.net/events/visainformation> or call Una on 0435 917 260.

DÓCHAS

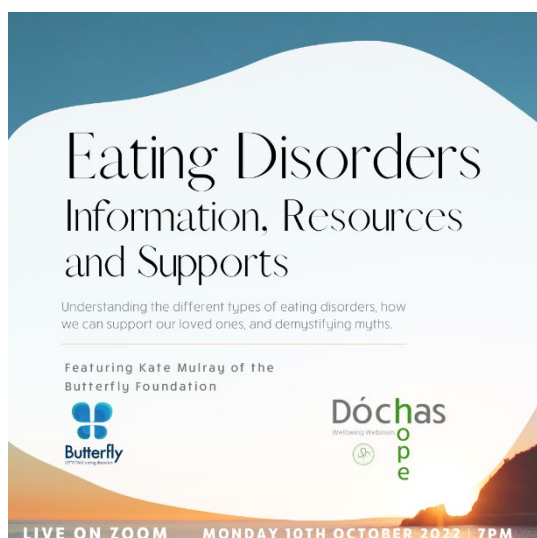
On Monday 5th September, we were delighted to host our Dóchas webinar, Coping with a serious health event living abroad.

We were joined by Martine Dines, Helen Waldron and Gillian Costello, who all received a serious health diagnosis whilst living in Sydney. We were also joined by Dr Conor McCaffrey who works as GP in Kirrawee.

Our guests discussed their individual circumstances and the toll that it has taken on their lives. From the initial shock of receiving the diagnosis, to wanting to better understand how the future might look for them. Thankfully, all are now on the road to recovery.



We also talked about the healthcare that they each received, and how easy they found it to access support from professionals. It must also be said, that everyone agreed that their friends and family are superstars, and have gone above and beyond to help them on their journey.



For October's episode, on **World Mental Health Day**, we will be discussing eating disorders with Kate Mulray from the Butterfly Foundation.

Kate will share the insights that she has garnered through her work and will educate us on the different types of eating disorders that are affecting people daily.

We will also be joined by a guest who has lived experience of an eating disorder and is generously sharing their story with us.

Please join us on zoom, on Monday 10th October at 7pm

- <https://us02web.zoom.us/j/87600197652>

COMMUNITY FUNDRAISING EFFORTS

Scruffy-Fest



Scruffy Murphy's and Young Irelands GAA Club are teaming up to produce a wonderful afternoon of live Irish music with all proceeds going towards the Irish Support Agency.

We are extremely grateful to both organisations for their support and we encourage you all to attend to enjoy the music and a great evening!

Saturday 15th October from 4pm.

Tickets are \$40 and can be purchased here - <https://www.eventbrite.com.au/e/scruffy-fest-isa-fundraiser-tickets-425569388497?aff=efbeventix>

THE RAMBLING IRISH

The Rambling Irish is a new, social walking group created by a team of ISA volunteers.

On Sunday 21st August, the ramblers ventured from Maroubra beach, along the coast to Coogee Beach. We were blessed with a beautiful morning!



We then went further south to Malabar Headland on Sunday 25th September. This is a stunning walk, although it is only accessible on certain days of the month due to the adjacent rifle range. We were again delighted to see the sun shining.

Our next walk will take place on Sunday 23rd October across the bridge. We will meet at Taronga Zoo Wharf and walk along the coast to Chowder Bay. Sensational views. Everyone is welcome to join us, register here - <https://drct-isa.prod.supporterhub.net/events/ramblingirish-bradleyshead> or call Una on 0435 917 260.

LAUGHTER OUT OF LOCKDOWN



Many of you will remember our smash hit comedy night, Laughter in Lockdown, which took place in September 2021 when we all needed some comedic relief!

Well, we are delighted to present, Laughter out of Lockdown which aims to celebrate how far we all have come over the past 12 months and to come together for a night of laugh out loud moments.

We will have a host of acclaimed acts to ensure that the night is a hit, so please join us, invite your friends, and see you there.

This is a much-needed fundraising event for this Irish Support Agency and your support is very much appreciated.

Laughter out of Lockdown will take place on Saturday 19th November at 8pm in the Gaelic Club, Surry Hills.

Tickets can be purchased here -

www.irishsupportagency.org.au/events/2022/11/19/laughter-out-of-lockdown or call Una on 0435 917 260.

FAMILY HALLOWEEN DAY

We were delighted recently to be made aware of a new Irish community group, Irish Family Events Sydney, made up of Irish mummies!

They are hosting a Halloween themed family picnic on Sunday 30th October from 10am-12pm at Fearnley Grounds in Centennial Park.

It is vitally important that we support these volunteer-led community groups to flourish such that they can be a hub for Irish people to connect and create a sense of belonging.



MEMBERSHIP RENEWAL

We would welcome all annual members to renew their membership at their earliest convenience to avoid any delays during the Christmas period. Annual membership is \$11 concession/\$20 non-concession for a 12-month period.

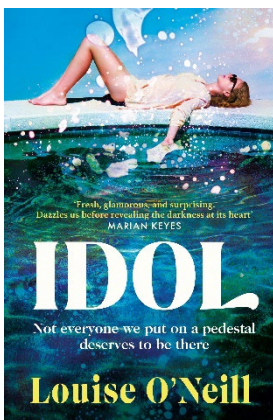
We would also like to take the opportunity to welcome new members to the organisation. Membership is a great way to support us, and it also offers you a number of benefits including members only events, reduced ticket prices, and AGM voting rights.

Please go to –

www.irishsupportagency.org.au/membership

to sign up or renew or call Una on 0435 917 260

Annual Membership		Lifetime Membership	
Monthly Newsletter	✓	Monthly Newsletter	✓
Access to the ISA Members Only Facebook group	✓	Access to the ISA Members Only Facebook group	✓
Membership networking evening	✓	Membership networking evening	✓
Support day to day ISA operations	✓	Support day to day ISA operations	✓
20% discount on ISA events	✓	30% discount on ISA events	✓
Annual AGM voting rights	✓	Annual AGM voting rights	✓
		Lifetime members welcome pack	✓
Cost: \$20 Annually \$11 Concession		Cost: \$150 one off payment \$110 Concession	



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, *Idol*, by Louise O'Neill. If you would like to attend our next meeting, in person in the Gaelic Club on Wednesday 26th October, please email Una at project@irishsupportagency.org.au or call 0435 917 260.

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