



First Aid Training for Residents

As a follow on from our *Spring 2019 Newsletter* the Residents Association are delighted to announce a joint venture with *The Irish Heart Foundation's 'Hands for Life' CPR Training*.

In our *Spring 2019 Newsletter* we sought expressions of interest from residents for Heartsaver AED Training and/or a First Aid Module to be run in conjunction with The Irish Heart Foundation. Since advertising these courses we have become aware of **FREE** training *The Irish Heart Foundation* are rolling out. This free training they are offering throughout Ireland over the next two years is supported by Abbott and ESB Networks.

We are therefore now offering training **FREE** of charge under the *Hands for Life* scheme.

Anyone who contacted Fran to express an interest in the training that was originally advertised in our *Spring 2019 Newsletter* **is** on the new waiting list for the **FREE** training, as are all the residents who expressed an interest in it at our AGM.

CPR is an easy skill to learn and once you know how to do it, you could save someone's life. Every day in Ireland 13 people die from a cardiac arrest and around 70% of these happen at home. Unfortunately, just 6.5% of people in Ireland who have a cardiac arrest in a non-hospital setting survive.

If you are now interested in availing of this FREE training please telephone Fran on 087-6887432

Please note, this training is available to any residents or extended family / friends aged 18 years and over – this is an Irish Heart Foundation policy.

Grass Cutting Offer with Grassmasters Maintenance Contractors

The Residents Association are delighted to make known an offer that has been made available for residents. Grassmasters (who have been cutting grass on behalf of the Residents Association for a number of years) are available to privately cut grass for any interested residents. If you struggle to cut your front / back garden grass or grass verge for any reason, or perhaps you simply no longer have a lawnmower this could be your solution!

Please contact Michael Callan in Grassmasters on 085-7148370 and he will discuss pricing and the 'cutting season with you'.

The Residents Association are aware that Grassmasters have many customers availing of this offer in a neighbouring estate.



Summer Planting

We hope that you have noticed and like the summer planting this year at all of our granite road name signs. As mentioned in our *Spring 2019 Newsletter*, we engaged the services of a Specialist Consultant to assist us with sustainable and environmentally friendly planting and design. We are delighted with the outcomes of this process. All of the plants we planted this year are sustainable and have been specifically recommended for us. We are also hopeful that these plants will survive for a number of years, thus, lowering our overall costs.

Although the plants we have chosen are sustainable and support wildlife they still need some watering. If you happen to pass a granite stone and notice it is dry, we would be delighted if you could return to water it.

We would also like to take this opportunity to thank the many residents we called into and asked to water the granite stones located near their houses. Your support and assistance is invaluable to us, and everyone will enjoy the thriving plants.

AGM Update

Following our successful AGM on 15/05/19 we have some updates. Following 20 plus years of outstanding work, commitment and dedication to the Residents Association we are saying goodbye to our outgoing chair Jennifer Moore. Jennifer has been a valuable and hardworking committee member. We will miss her on the committee and wish her every success with all of her future endeavours.

We would also like to welcome Mairead McGee, Mary Molloy and Ann Edge onto our committee as new members. We are looking forward to working with them into the future.

Since the AGM we have also provided an updated list of trees for trimming to DLRCoCo.

Finally we would like to sincerely thank Killiney and Dún Laoghaire Lions Clubs for launching the Message in a Bottle Scheme in our estate in conjunction with the Residents Association at the AGM. Following an excellent presentation loads of bottles were given out to residents. If you would like a Message in a Bottle please contact Mary on 2840619 who has extra bottles.

Traffic Management Update

We are continuing to wait on the results of the traffic speed survey DLRCoCo have recently conducted in our estate. We are also aware from the AGM that the issue of Watsons being a 'rat run' and the condition of some of our road surfaces is very topical for some residents.

As always, if you have an issue regarding traffic in our estate please email your concern using the contact form on our website to watsonkilliney@gmail.com for the attention of Aidan Abbott.

Summer Cycle Safety

During the summer months there is a natural increase in the number of cyclists on the roads, including the roads in our estate. The *Road Safety Authority* has a number of 'cycle safety tips' to ensure the safety of all road users. They include:

- Always wear a helmet with the "CE" mark that is EN 1078 compliant.
- Make sure the helmet fits your head. If buying a helmet for a child, pick one that fits them now not a helmet with "room to grow into".
- Make sure you keep to the left of the road.
- Always look behind you and give the proper signal before moving off, changing lanes or making a turn.
- Follow the rules of the road. Never break traffic lights or weave unpredictably in and out of traffic
- Maintain your bike properly – in particular, your brakes and tyres.
- Don't cycle on the footpath.
- Watch your speed, especially when cycling on busy streets and going downhill.

Cycle Safety for children

Parents, friends and neighbours play an important role in minimizing the risk to all children who cycle. Parents in particular have the responsibility of giving them guidance and instruction at an early age to ensure that basic safety rules are absorbed.

Do ensure children:

- Cycle a bike matched to their height and experience.
- Wear a safety helmet and use lights at night.

Don't allow children to:

- Cycle on public roads unsupervised (if under 12).
- Wear loosely-worn scarves or other clothing that could get caught in the wheels or chain-set.
- Take unnecessary risks.



Estate Clean Up

Our next estate clean-up is taking place on Saturday the 29th of June. This is a very important clean up as it is around the time of judging for Tidy Districts. We would love to have the assistance of as many residents as possible. It is also a great time to take the opportunity to clear and clean outside your house and grass margin as its all included in judging!

As always we will be present to hand out bags, gloves, litter pickers and motivation! Tea / coffee and snacks will be provided for all volunteers afterwards.

**Meet in the Church car park on
29/06/19 at 11am**



Cleaning Bird Boxes

It is recommend that from September onwards you should check your bird box to ensure it is empty / remove any old nests and clean the box. The nests of most birds can harbour fleas and other parasites, which can infect young birds that hatch in your box the following year.

Boiling water should be used to wash the bird box as it will kill any remaining parasites. It is important that you let the box dry out thoroughly before replacing the lid. To protect the environment and any future birds that may use your bird box, insecticides and flea powders should not be used. For further information see: www.rspb.org.uk.



Getting out for FREE this summer

Did you know there is a load of free activities that you can do in Dublin? Why not make the best of the good weather this summer and enjoy some of these activities with family, friends, neighbours or on your own:

1. National Museums:
 - Archaeology: Kildare Street (7 bus)
 - Decorative Arts and History: Collins Barracks (145 bus)
 - Natural History: Merrion Square (7 bus)
 - Art Gallery: Merrion Street (7 bus)
2. National Botanic Gardens, Glasnevin (7 and 9 busses)
3. Hugh Lane Gallery, Parnell Square (7 bus)
4. Stephens Green, Merrion Square (7 bus), Phoenix Park (145 bus)
5. Birdwatching on the UNESCO Reserve of North Bull Island (7 bus and DART)
6. Chester Beatty Library, Dublin Castle (145 bus)
7. Áras an Uachtaráin Tour, Saturday only (145 bus)
8. Government Buildings, Merrion Street (7 bus)
9. The Oratory Dún Laoghaire: Harry Clarke Windows (45A or 7 bus)
10. James Joyce Tower and Museum (45 A or 7 bus and walk)

Not to mention Killiney Beach, walks down the East / West Pier in Dún Laoghaire, Bray - Greystones walk or St Anne's Park Raheny / Malahide Castle if you fancy getting the dart. This list is not exhaustive. There are loads of things to do, this is just a few!

We are YOUR Association Committee Members

Chairperson: Éadaoin O'Keeffe: Churchview Drive, Tel: 087-9157755	Fran Malone: Churchview Park, Tel: 2856304
Treasurer: Pending election	Mary O Broin: Watson Drive, Tel: 2840619
Secretary: Olivia Moore: Watson Drive, Tel: 2850759	Aidan Abbott: Auburn Drive, Tel: 2851015
Henry Moore: Auburn Close, Tel: 2856240	Mairead Magee: Auburn Drive, Tel: 2857725
Angela Mac Mahon: Brackenbush Road, Tel: 2856541	Mary Molloy: Churchview Park, Tel: 087-6683159
Michael Jenkins: Watson Road, Tel: 2857122	Ann Edge: Watson Avenue, Tel: 087-9337442