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or wake up and chase them.”*

Ireland reach Semi-Final of Homeless World Cup

New Digital
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Congratulations to Ireland's Ladies Team on their achievements in the Homeless World Cup Finals in Sacramento, California 8-15 July .

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- Outreach Team
01 872 0185
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01 671 2555
- Capuchin Day Centre
01 872 0770
- Merchants Quay Ireland
01 524 0923
- PMVT - Berkley Street
087 247 7117
087 434 1668
- Alice Leahy Trust
01 545 3799

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Going Forward: A New Challenge

The Covid-19 pandemic has taken its toll on us, like it has on many other magazines, organisations and businesses globally.

Unfortunately we are faced with a landscape that has irreversibly changed since the Big Issue first hit the streets in 1995. To meet this challenge Ireland's Big Issue must also change.

We have reluctantly decided, albeit with a heavy heart, to host the magazine digitally only for the foreseeable future.

From now on, Ireland's Big Issue will focus our support on the Irish Homeless Street Leagues. This volunteer-driven, non-profit has been using the power of sport to transform the lives of men and women who've found themselves affected by social exclusion all across Ireland - north and south. By continuing to support the magazine online you'll be helping to develop resilient individuals and stronger communities, connecting people and promoting equality and diversity, inspiring and motivating those affected by social issues and essentially giving people the confidence and tools to become the best possible version of themselves.

We will also be adjusting the content to reflect the times we live in.

We thank you for your support to date and ask that you continue to help us help those on the margins of society. This has always been our aim and shall continue to be our driving force.

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Letter to my Younger Self - Dr. Sabrina Cohen-Hatton

Each issue we ask a well-known person to write a letter to their 16-year-old self. This issue, Dr. Sabrina Cohen-Hatton (40) who was homeless at 15 (and sold the Big Issue) and went on to become a firefighter, psychologist and writer takes on the challenge. In 2019 Sabrina was selected as one of Marie Claire’s Future Shapers.

Dear Younger Me,

Some really horrible things are going to happen. But trust me. You are stronger than you think. You’re stronger than anyone else thinks, so don’t let their empty sounds drown out your inner voice. Never give up.

Life isn’t forever, so love while you can and cherish who you love. Don’t go to bed on an argument. You will learn this painfully when you fight with your Abba (Dad), when you are just 9-years-old. You will refuse to come down out of sheer belligerence, and instead will cry yourself to sleep.

But when you wake up he will be gone. This is a painful lesson that you will carry for ever. But you will make damn sure that it’s never, ever too late again.

You will lose more people – many more than you expect. You will learn – in technicolour – the fragility of life. You will see it every single day – although you will eventually be one of the ones trusted to help in situations where life hangs on by a single thread. That experience – those losses - will make you a better rescuer, they will push you a little bit harder and a little bit further than

you ever thought you were capable of. Don’t be afraid to let it hurt – you will get through it, you’ll care and you’ll touch others lives for the better. And for every iota of pain you experience, your capacity to love will grow. It will be like concentrated coffee – on its own, its bitter and overpowering – but when diluted with time, it will turn

into something good. So don’t be afraid to feel the pain of loss – it means that you felt love – and that you’ll love.

You will love like you never thought was possible, when you have a child of your own. You will love her with such intensity, that when you’re with her, the sky could fall down

around you and you wouldn’t notice.

There will be things that you’ll be afraid of. They’ll give you butterflies in your tummy and you’ll question yourself. There are times when you’ll feel like an imposter – because people like you shouldn’t be afraid. They should be brave. But. You will learn – and this will take you a LONG time – that being brave doesn’t mean you’re not afraid of something. Being brave means pushing through

Don’t go to bed on an argument. You will learn this painfully

something even though you're afraid. You. Are. Brave.

People will judge you, all through your life. As much as you want to pretend it doesn't hurt...it does...just as it hurts everyone else who gets judged and says it doesn't hurt. Its human nature. But this will make you think more carefully about how you respond to others and how you will contribute to that little voice inside their heads that tells them whether they are worthy, or have value or are brave enough to do something.

Sometimes bad things will happen. Things will happen that aren't fair, that you don't want and that you don't like. Get used to it. That's life. You can't always control what happens, you can't even control how you feel about it, but you can control how you respond to it. So embrace your failures, the things that go wrong. You will learn more from these than from anything that goes right.

Dogs will play a hugely important part of your life – so much so you will spend 12 years finding a breed that your allergy inflicted husband's poor body can tolerate. Your perseverance will pay off – it will be worth the horse-strength anti-histamines. From the start, your dogs will be your source of comfort, source of companionship and source of endless joy. No one will guard you like your dog. And before you do eventually get married...if you're dog doesn't like him...your dog is probably right. If he doesn't like your dog, you wont even entertain him. This is good instinct. Dogs before dudes. Every time. Pass it

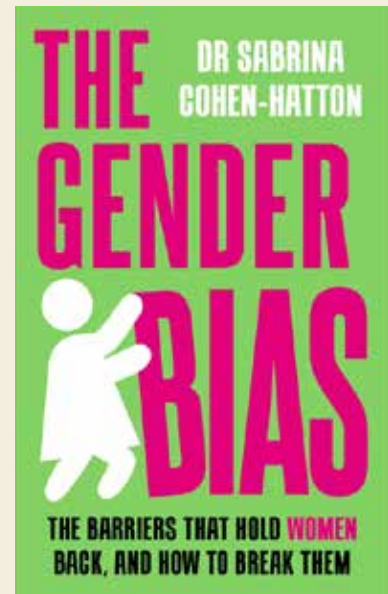
on to your daughter, it is sage advice.

And your daughter will be beautiful, so ensure you get a big dog. And on the subject of your daughter, she will be little and fierce. Raise her like she breathes fire. Because... although some women fear the fire, other women are born from it. She will burn bright. And so will her daughters.

Love from, nearly-middle aged me. xxx

Oh...and p.s. those tattoos at 14 that seem like such a great idea...just so you know, they're not.

The Gender Bias: The Barriers That Hold Women Back, And How To Break Them by Sabrina Cohen-Hatton (Blink, £18.99) is out now



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Casey McCabe: From Homelessness to representing Ireland

Life can be very challenging even for those old and mature but for a young girl finding her way when family difficulties leads to estrangement and homelessness it's altogether another story, Sam McMurdock reports.

Casey McCabe has not had the easiest of lives but thanks to the IHSL (Irish Homeless Street Leagues), an organisation that uses the power of sport to transform the lives of people affected by social exclusion she has turned her life around and now wants to help change the lives of others. Casey recently represented Ireland at the Homeless World Cup in Sacramento, California.

Casey McCabe may only be 21-years-old but she's gone through more than the average girl her age. Growing up in a flat in Constitution Hill, Dublin with an older sister, younger brother and mother, Casey always naturally gravitated towards sport and in a bid to harness her energy and draw on that proclivity, her dad sent her to a boxing club, something she enjoyed but found quite isolating. At 14 Casey's mum, aware she was more partial to being part of a team, took her up to Home Farm F.C. in Whitehall after she heard they were starting a girls' football team,

"Mam knew I was always playing football at the flats with the boys. I was always that girl who needed to be kicking a ball, always that girl who had all the boys as

friends because I was good on the pitch."



"I was in this room with three addicts abusing substances and I felt trapped... I'd nowhere to go."

Homeless at 18

Three years ago life took a downward turn for Casey. She could not get along with her mother's partner because of this my mam and I, "buted heads constantly" so Casey left the flat and found herself homeless,

"I had to get out... there was no other way and if there was, I couldn't see it. I knew if I didn't leave the flat right there and then that my mental health issues would get worse.... I was terrified of that happening."

Just 18, independent minded and determined to find her own path, no matter how frightening, Casey walked the streets, alone and battling her thoughts. Desperately, she tried to find a hostel and eventually she did, but had to share a room with three older women drug users,

"It was awful, I'll never forget it. I was in this room with three addicts, three women abusing substances and I felt trapped... I'd nowhere to go...."

You were enrolled in college at that time, that must have made studying a challenge.

"Yes, I was then in college studying physiotherapy up in

Blackrock and I ended up leaving because I felt I was straddling these two very different worlds.”

Why abandon that *one* positive thing in your life?

“Have you any idea how hard it is being kept awake all night by addicts, then having to find the motivation to get out of bed and get washed and dressed - exhausted by sleep deprivation and the thoughts in your head and step into a completely different world ... a world you now feel alien to.”

What did you do after dropping out?

“I was lost.... I was very lost for months. I just seemed to float through with no interest in life, no interest in anything.... I was functioning but I wasn't living. I felt so down, alone, lost and something I can barely believe looking back at that time - I'd even lost my zeal for football. I just didn't care anymore. I couldn't see a way out and sadly I stated smoking weed. It would numb the pain I felt inside. It was the only time I could feel any relief; it was better than any antidepressant.”

How so?

“My doctor tried me on different medications but I just didn't feel right on any of them.”

So you continued with the weed?

“Yes... for a while, but then I started abusing it, which wasn't so good.”

So you think that weed can be a positive thing if

you don't abuse it?

“For me definitely. I think smoking it in moderation is completely fine. It didn't change me as a person and it doesn't carry the same side-effects.”



When did things start looking up?

“Things were at an all-time low when I got the news I'd got a room in St. Catherine's [hostel] - ironically the home pitch of the Street Leagues is within the complex.

From day one I knew it was a different place. The staff were amazing, the place was for 18-24 year olds, so it was great being away from these middle-aged people who had no interest in me and no idea what I was going through to having young people around me and feeling I could relate. The staff at St. Catherine's are brilliant, they see you, they want to help you, they motivate you and you know you aren't falling through the cracks or are going unnoticed because they just seem to care. I slowly started to feel a bit better in myself and every day I looked for accommodation because I wanted a better life. I still didn't know how to get better, how to improve things but I decided to take one step at a time - and that first step was trying to motivate myself and the second one was devoting myself to finding a home. All the time I was wanting my zest back for football and I just hoped that day would come when I felt a bit better and found things in life exciting and pleasurable again.”

I remember the day I was sitting thinking over my childhood and a pattern emerged - it was football.

You were clearly living with depression.

“Yes I was. It was a difficult time but after seven months I had secured a private rental home and in myself I truly

believed that life could only improve from there.”

my mood like no other form of exercise can.”

And did it?

“Life got better a bit at a time. I remember the day I was sitting thinking over my childhood and a pattern emerged - it was football. Every positive memory from my childhood involved playing football so I decided there and then, if I want to start feeling better and do something to move my life in a more positive direction, I need to start kicking a ball again.”

Over the years when I’ve interviewed individuals from various leagues, they all extol the benefits of football for taking their mind off their problems.



Team Ireland Left to right: Casey McCabe, Kasey McCallig, Amy McCormack, Chloe McInearney, Chantel Pearse, Chloe Kenna & Captain, Lauren Cunningham.

“There’s no doubt about it. As soon as you step on that pitch, your troubles are left at the other side because you now have only one focus in your mind - just one, and that’s ensuring that ball is in the net. I don’t care what anyone says - there’s not another sport in the world that can do what football does for your mind. It’s life changing; I

And how did you get involved again with in the sport?

“I asked a local woman I’d known from childhood and she put me in touch with Mary Byrne who along with Graham Tucker run the Street League in Pearse Street. Mary immediately invited me down to try out and the rest is history as they say.”

know that saying that will seem dramatic or even cheesy to most people but football has changed my life.”

I am testament to the fact that a ball can change a life it changed mine.

Some might even say that a ball can change a life.

“[Laughs]... and they’d be telling you the truth.”

Did you find your mood lifting a bit too?

“Football is excellent for mental health. You know I was in boxing for a long time and it can be quite difficult for you mentally, as if you lose, you’re hard on yourself because there’s only you to blame, whereas with football, you work together as a team, you’re supported, there’s a lot of camaraderie. If you’re having a bad day, you immediately have a team of girls who know you and want to help you, you feel a part of something and I have found that even being a part of something, being involved in some way in your community can really help enormously with your self-esteem. We all know exercise is good for your mental health, but football ... there’s something very special with football ... to me, it can lift

When Casey was settled in her new home with her pitbull terrier (who’d been residing with her grandmother) and got her life back on track, thanks to her renewed zeal for football she decided she “wanted to give something back to my community”, so she went along to college and enrolled on a sociology course,

“I want to be a social worker. I know I can help others who’ve been in my position, people who feel there’s no way out. I know how that feels and I want to be that person who can help others find their way through the maze to find happiness and joy again.”

Since getting her life back on track and having a boyfriend and her beloved dog by her side, Casey has reengaged with her with her family,

“It’s not easy, one step at a time, it’s difficult but all concerned have to open up, brushing stuff under the carpet is not the way to heal ... I think most people know that.”

How do they all feel about our competing in the Homeless World Cup in Sacramento, California

“I had my family’s support and my grandmother, her support was never gone ... she has always stood by me and I really appreciate that. My nanny actually kept my dog for me while I was homeless If it wasn’t for her, I really don’t know..... I really don’t. My relationship with my mam, is getting better ... she’s watched every match while I was there ... she’s proud of me and that means a lot.

Are you proud of yourself representing your country in America at the Homeless World Cup?

“I’m so pleased with myself.... I’ve even popped in a few goals.”

As we finish chatting, Casey tells me about her end of year grades “all distinctions” and how “football has given me so many opportunities even bringing me to America to represent Ireland” and she goes on to thank every single person from the Irish Street League [yes, every single person ...it took a while] who has “given me this amazing opportunity you took a chance on me and I am testament to the fact that a ball can change a life it changed mine.”

Congratulations to Ireland’s Ladies Team on their achievements in the Homeless World Cup Finals in Sacramento, California 8-15 July .



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Congratulations to Ireland's Ladies Team on their achievements in the Homeless World Cup Finals in Sacramento, California 8-15 July .

**HOMELESS
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***Congratulations to
the Irish Homeless
Women Soccer Team***

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Fanu Pk. Ballyfermot, D10. (01) 2228580

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Clogher Road Sports Hall, Clogher Road, Crumlin, D12. (01) 2228594

Clontarf All Weather Pitches, Alfie Byrne Road, Clontarf, D3. (01)
2226578

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Glin Road Sports Hall, Coolock, D17. (01) 8478177

Inchicore Community Sports Hall, St. Michael's Estate, Off Bulfin
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Sports & Fitness Irishtown, Irishtown, D4. (01) 2223801

Sports & Fitness Markievicz, Townsend Street, D2. (01) 2226130

Poppintree Sport & Community Facility, Balbutcher Lane, Poppintree,
D11. (01) 2223985

St. Catherine's Sports Centre, Marrowbone Lane, D8. (01) 2227542

Coolock Swimming Pool, Northside Shopping Centre, Coolock, D17. (01)
8477743

East Wall Water Sports Centre, Alfie Byrne Rd, D3. (01) 2225579

Municipal Rowing Club, Longmeadows, Islandbridge, D8. (01) 6779746

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Top Online Retailer Shein's use of Influencers in PR Stunt Backfires !

Online fast fashion retailer Shein's PR stunt using unethical grifters has come under fire. Sam McMurdock reports.

For those unaware, Shein is a fast-fashion online store and was founded in China in 2008. The store delivers clothing to customers in 150 countries across the globe. To give you an indication of the influence Shein has, last year the company created by Chinese entrepreneur Chris Yu was valued at \$100 billion! This makes Shein bigger than clothing giants H&M and Zara combined.

on their website (tricking customers into spending more).

The most recent dissension has left many questioning the company's moral compass - as a group of internet influencers received a fully paid trip to their Guangzhou factory in China. During and after this visit these social media personalities posted videos to their platforms, each showcasing a brightly lit factory with jovial staff working

How Do They Do It?

Shein churns out 6,000 new styles per day with ridiculously low price tags, starting from just a couple of pounds, which are then shipped worldwide. They use special technology - Large-scale

Automated Test and Re-order (LATR) - to be able to order and deliver products at a high-speed rate compared to its competitors.

The algorithm scans the Internet to follow consumer habits, which allows them to predict new trends in an instant, cutting out the middleman.



Inside a Shein factory in Guangzhou, China

in pristine clean, dust-free conditions alongside automated bots processing and packaging orders.

Partisan Influencers

Influencer and model Dani Carbonari was one of the aforementioned influencers who travelled to China and posted a video tour on her social media (around 1.6m followers on

Instagram and TikTok). In one video she claimed that the factory gave her the opportunity to see with my,

"...own two eyes what the entire process of Shein clothing looks like from beginning to end".

She went on to state that,

Shein has been repeatedly accused of labour abuse

No Stranger to Controversy

Shein has been no stranger to controversy: using cotton from Xinjiang (alleged forced labour) and dark patterns

"I feel more confident than ever with my partnership with Shein. There are so many companies not taking half the initiative Shein is. They are aware of every single rumour and instead of staying quiet they are

fighting with all of their power to not only show us the truth but continue to improve and be the best they can possibly be.”

[After a lot of vitriol from the public, some of whom are followers, Carbonari deleted her post - as have the other personalities].

The other online personalities including Kenya Freeman, Destene Sudduth, Marina Saavedra, Aujene and Fernanda Campuzano also shared eerily similar, glowing Instagram and TikTok posts about their experience, in fact, upon watching each influencer’s videos, one could be forgiven for believing they’d each reworded the same script.

Camouflaging a Serious Issue

Understandably, viewers are vexed. Shein has been repeatedly accused of labour abuse and these influencers’ comments on the Shein factory - one of the 6,000 the online platform has, do NOT address the accusations that have been raised over this company’s labour and environmental impact (although we will focus on labour issues this issue; their appalling environmental issues are another disturbing problem). It’s also important to state that only two factories out of 6,000 were visited - that’s 0.03% of their total factories, so hardly representative, not to mention the fact that that management of both factories knew well in advance of their trip, so again, hardly an accurate portrayal of daily life in a sweat shop - I mean factory.

Channel 4 Investigation

Last year British TV channel, Channel 4 investigated Shein, a probe that involved an undercover worker

filming inside two Shein factories in Guangzhou and discovered that employees receive only 4k yuan per month (around £430) to produce 500 pieces of clothing per day.

The covert inspection also noticed that staff in both factories were working 18-hours per days with only one

holiday day per month. Channel 4 found that some workers were actually receiving as little as 3p per perfect item, some were so desperate they were hiding distressing notes in garments

Influencers: Destene Sudduth, Kenya Freeman, Aujené, Dani DMC, Marina Saavedra, and Fernanda Campuzano.



(‘help me’ and ‘need your help’ on back side of labels) and many were not getting adequate sleeping hours.

There were also numerous allegations that

Shein withhold people’s salaries

and illegally deduct wages

[Shein have since rebutted

this]. When you bear in

mind that they sell items

for 1p on Black Friday, we

have to ask, who is really paying?

And sadly, I think we all know but turn a blind eye to it for a bargain.

Shein said that after conducting an independent investigation they found that some employees were working longer hours than the local laws allowed. This is such an insipid admission.

This recent PR Trip, because let’s call it what it is, was filmed in such a manner to give the impression these influencers were impartial and were investigating undercover. One Twitter user Tweeted,

“Shein is sending the influencer girlies to China to some (PR) ‘innovation’ factory where it looks pristine and super clean and the workers are having fun while sewing and the company saying they pay a ‘competitive’ wage lol.”

Channel 4 found that some workers were actually receiving as little as 3p per perfect item

Another stated,

“The funniest part of the Shein debacle to me is the influencers acting like they went undercover to investigate. You were invited, of course, it’s PR.”

Shein recently retorted,

“Shein is committed to transparency and this trip reflects one way in which we are listening to feedback, providing an opportunity to show a group of influencers how Shein works through a visit to our innovation center and enabling them to share their own insights with their followers. Their social media videos and commentary are authentic, and we respect and stand by each influencer’s perspective and voice on their experience. We look forward to continuing to provide more transparency around our on-demand business model and operations.”



Dani explained that she ‘interviewed’ one of the employees who ‘works in the fabric cutting department’ - and that the worker was ‘surprised by all the rumours’ of bad working conditions

with the designers. I was so pleasantly surprised to see that the factory was not crowded and I asked the workers about their hours and they told me they are ‘normal hours.’”

Tens of thousands of people posted comments online stating Destene’s comments were “nothing short of PR” and others claimed she was being paid handsomely to spread misinformation, or words to that affect. Sudduth, who claimed she is an ‘investigative journalist’ openly appeared to be reading off a script in her TikTok and has since admitted Shein’s been paying her to promote their brand as part of a contract deal but still holds fast on her opinion on working conditions and (in true woke fashion) claims anyone who disagrees with her is ‘fat phobic.’! Great way to shut up your critics!

Incentivising individuals holding substantial sway is questionable at best but downright unethical when it comes to addressing incredibly serious human rights concerns.

As more and more details emerge online documenting the lavish escapades of these women - opulent, everything paid for nights out, luxe dining and free expensive clothing (interestingly, not from Shein), one really does wonder why Shein felt that any individual with even a modicum of intelligence would buy the narrative of influencers on the ultra serious concerns levelled at them and secondly, how dare these women use their privilege (to use their own woke terms) and platforms to use smoke and mirrors to distract us from concerning issues with Shein.

Had a well-respected investigative journalist like Orla Guerin or Donal MacIntyre investigating this company, most of us would be reassured by their conclusions, knowing they had not been flown out business class and put up in five-star hotels on Shein’s dime. Incentivising individuals holding substantial sway is questionable at best but downright unethical when it comes to addressing incredibly serious human rights concerns.

Let’s not forget that these girls were put up in the Four Seasons Hotel Guangzhou where five-star rooms start at \$350 per night (they stayed 4 + days), they were also flown to Singapore where they resided at The Fullerton Hotel - the cheapest 5 star room at this resort is \$350 a night. The juxtaposition between these young women and those working in Shein factories is not lost on any of us.

Destene Sudduth (who has a staggering 4m TikTok followers, 1m YouTube subscribers and 500k Instagram followers) made a social media Reel in which she stated,

“I was surprised by the Shein factories when I saw how each piece [of clothing] was handled with care. I spoke

Human rights violations cannot be erased by a sweet filter and a cute video. A bargain is not a bargain if someone was not paid properly or treated properly to create it - just remember that when those irresistible 1p deals tempt you on your newsfeed.

Editors note

I am somewhat amazed that so called influencers can influence anybody since their existence depends on them getting paid for endorsing products, while giving the impression that they love the product. Let’s be honest, they **advertise** products whether it be porridge, cars, cosmetics, etc, and they do it to enhance their own finances. Let’s call a spade a spade, girls/boys.

Illegal Organ Trade

Illegal organ trade is more sophisticated than one might think - who's behind it and how it could be controlled. Frederike Ambagtsheer reports.

Every now and then the trade in human organs makes national, even international, news.

In March 2023, a Nigerian politician, his wife and a medical middleman were found guilty of an organ-

trafficking plot after they brought a man to the UK from Lagos to sell his kidney.

Several months later in Kenya, following the arrest of a televangelist on charges of a mass killing of his followers, autopsies on the corpses revealed missing organs, raising suspicions of forced organ harvesting.

And, in 2020, researcher Sean Columb exposed how numerous African migrants sold their kidneys in Cairo, Egypt, in hopes of using the earnings to pay smugglers to take them across the Mediterranean into Europe.

These reports and cases are part of a global proliferation of the organ trade that started in the late 1980s. It coincided with advancements in transplantation. Until the 1980s, transplantation was regarded as a risky and experimental procedure. Since the introduction of immunosuppressive drugs in the 1980s (which help to prevent the body from rejecting organs), it has become standardised practice. Organ transplants are now conducted in hospitals in more than 90 countries.

Transplantation has however become a victim of its own success, with demand for organs far outpacing supply.

Despite strategies to enlarge the donor organ pool, the worldwide organ shortage grows every year.

I am an organ trade and trafficking researcher. I've investigated many aspects of the activity including

transplant tourism, the buying of organs, experiences of transplant professionals and police and prosecutors working on criminal cases and how trafficking networks operate.

I've found that claims are made about the organ trade in the absence of factual

data. These have strengthened popular notions of the issue as an underground crime, organised by mafia-like criminals and "rogue" doctors who perform transplants clandestinely.

The reality is starkly different.

The nature of the organ trade is far removed from these mythical depictions. In all criminal cases reported to date,

illegal transplants took place in medical hospitals and clinics with the

involvement of medical staff. Organ trafficking networks are highly organised with close collaborations between the legal "upperworld" (medical doctors, notaries, lawyers) and the criminal "underworld" (recruiters, brokers).

While it's likely that there are also unreported, hidden



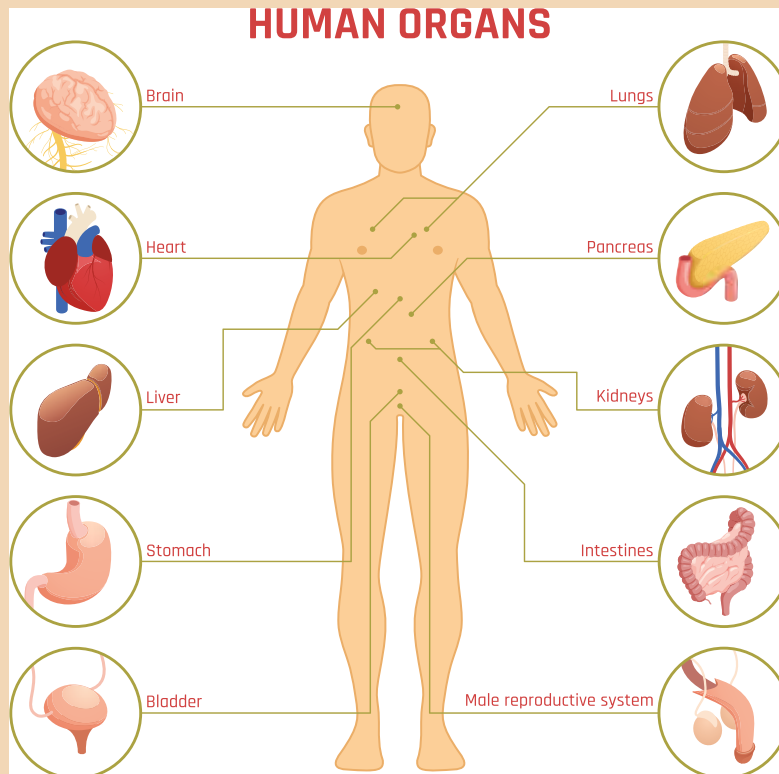
... illegal transplants took place in medical hospitals and clinics with the involvement of medical staff..

cases that do not take place inside medical institutions, the available knowledge indicates that the medical sector is helping to organise and facilitate the trade in human organs.

increase the risk of organ sale and exploitation among the world's vulnerable populations.

The organ trade is a complex crime and is fuelled by the high demand for organ transplants and rising global inequalities. The root causes of the trade need to be addressed, and stronger responses (not necessarily laws) are needed to tackle the more organised and exploitative forms of the trade.

What is the trade in human organs?



Addressing a complex crime

How then can responses to the organ trade be improved? A first step would be to reach agreement on what types of organ trade we find condemnable. This requires an understanding of the trade's complexity.

Some studies demonstrate that the organ trade can constitute serious organised crime. It can involve physical force, even torture, and the execution of prisoners. But these reports don't describe the organ trade as a whole.

Organ trade constitutes the sale and purchase of organs for financial or material gain. The World Health Organization (WHO) first prohibited payments for organs in 1987. Many countries subsequently codified the prohibition into their national laws.

The organ trade involves a variety of practices which range from excessive exploitation (trafficking) to voluntary, mutually agreed benefits (trade).

These varieties warrant different, data-driven responses.

Although reliable figures are lacking, the WHO estimated in 2008 that 5% of all transplants performed worldwide were illegal. Living donor kidneys is the most commonly reported form of organ trade.

African migrants sold their kidneys in Cairo, Egypt, in hopes of using the earnings to pay smugglers to take them across the Mediterranean into Europe.

The WHO has further estimated that the total number of transplants performed worldwide is less than 10% of the global need. Of all organs, kidneys are highest in demand. About 10% of the world's population suffers from chronic kidney disease. Between two and seven million of these patients are estimated to die every year because they lack access to proper treatment.

Under these circumstances, desperate patients seek illegal ways to obtain organs outside their home countries. The increased value of organs makes them more profitable. This fuels the desire of some people to trade and sell. Global developments and catastrophes such as the widening gap between the rich and poor, conflicts, famine, climate change and forced migration further

For example, organ sellers are reluctant to report abuses because organ sales are criminalised and sellers will be held liable. Although many can be considered human trafficking victims and be offered protection, this rarely occurs. Law- and policymakers should therefore consider decriminalising organ sales (removing penalties in the law) and offer organ sellers protection, regardless of whether they agree to provide evidence that helps to dismantle criminal networks.

Countries should also allow medical professionals to safely and anonymously report dubious transplant activity. This information can support the police and judiciary to investigate, disrupt and prosecute those who facilitate illegal organ transplants. Portugal and the UK already have successful organ trafficking reporting mechanisms in place.

Finally, a contested example of a possible solution to reduce organ scarcity and avoid black market abuses is

to allow payments or other types of rewards for deceased and living organ donation to increase organ donation rates. To test the efficacy and morality of these schemes, strictly controlled experiments would be needed.

Trials on incentivised organ donation schemes have been proposed since the 1990s by transplant professionals, economists, lawyers, ethicists and philosophers who point out that there may be good reasons to allow payments under controlled circumstances.

While such experiments are currently forbidden by law, national surveys have found various degrees of public support for different types of incentives. In the US, for example, a recent

study found that 18% of respondents would switch to favouring payments for sufficiently large increases in transplants, provided that recipients didn't have to pay out of pocket and that allocation of organs would occur based on objective medical criteria. In short, rather than

exclusively focusing on stricter laws, a broader range of responses is needed that both address the root causes of the problem and that help to disrupt organ trading networks.



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First Published on The Conversation



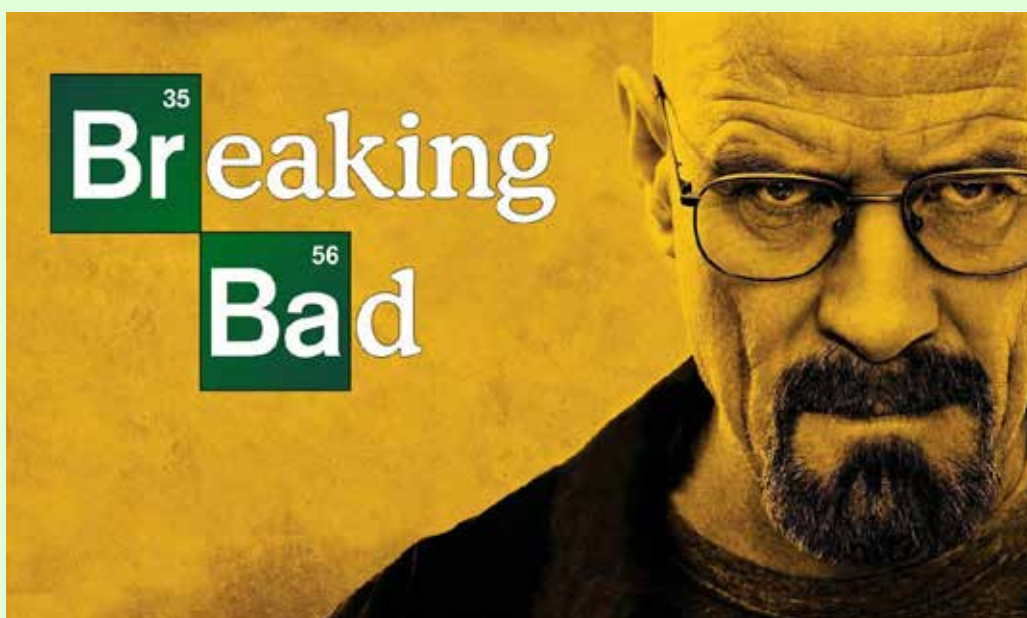
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Iconic TV Shows That Almost Didn't See the Light of Day

Shaun Anthony takes a look at iconic TV shows that were almost cancelled before they'd even seen the light of day.

It can be a leap in the dark green-lighting a television series. Even if a series pitch has an excellent concept or big name talent involved, it's never certain that it will be a hit, therefore, you've got to feel for the network bosses who, back in the day, doubted ideas that went on to become some of the biggest TV hits of all time. Most are probably still kicking themselves now for giving a resounding no to some of these classics.



remains one of Netflix's most-streamed TV shows of all time, bringing in a whopping \$1 billion in syndication revenue for Warner Bros each year - despite having not

set foot in Central Perk in 20 years, the stars still earn a cool \$20m each year for their much loved portrayals of Monica, Ross, Chandler, Rachel, Joey and Phoebe between 1994 and 2004.

Breaking Bad -

Friends - The 'World's Favourite Sitcom'

Despite being deemed 'the world's favourite sitcom', test audiences who got to see the pilot episode before the general public, didn't fall for the charms of the Manhattan six. A report from the time carried this damning conclusion,

"Most viewers felt the show was not very entertaining, clever or original."

NBC reportedly agreed, considering Friends one of its lesser efforts from the 1994 season, but had little else to fall back on for its Autumn schedule. The show landed a series pick-up and... well, became the world's favourite sitcom, and continues to earn new fans each year as it

Creates Advertising Scrimmage

Producer Vince Gilligan almost lost faith in his Breaking Bad hypothesis after hearing about a TV series that was already on air called Weeds that had a similar premise,

however, after some further research he felt his script had enough dissimilarity to be considered by one of the major networks and pressed on, however, as he went around the studios pitching his idea he was swiftly given a resounding no over and over. One pitch stuck with Gilligan, a conversation with HBO that he later stated was,

"the worst meeting I've ever had."

... ads normally costing \$55,000 in the ad break were now \$250,000 + per 30 seconds around Breaking Bad, making AMC an advertising powerhouse.

He went on to elucidate,

“The woman we were pitching to could not have been less interested – not even in my story, but about whether I actually lived or died. My agents could never even get her on the phone afterward to even say no.”

AMC, of course, later achieved huge success with the show that HBO couldn't even be bothered to properly reject and one can only imagine that executive's

feelings as *Breaking Bad* went on to win countless awards including Golden Globes, Saturn Awards, Primetime Emmy Awards and People's Choice Awards. AMC struck gold with ad space around each episode. Considering the huge success of the show (deemed the greatest TV show of all time by IMDb) and that over 50% of the series' viewers were in that all important 18-49 demographic, ads normally costing \$55,000 in the ad break were now \$250,000 + per 30 seconds around *Breaking Bad*, making AMC an advertising powerhouse.

The Sopranos - Starts the Second Golden Age of Television

The Sopranos put HBO on the map as a major player, so it's perhaps not too surprising that this humble network wasn't creator David Chase's first port of call for his unconventional gangster drama. First, he pitched it to the big networks, including CBS – which objected not to the show's violence, but strangely, to the idea of Tony spending time in therapy! TV channel Fox felt the pilot didn't have enough violence (!) so Chase rewrote the script - and again pitched the show around the major players, but was still given a reverberant no. Desperate to get his concept on screen he pitched to HBO who, as luck would have it, were looking to expand their original

programming after early success with its prison drama *Oz*. The series would go on to win countless awards including 21 Primetime Emmy Awards. HBO sold *The Sopranos* for \$2.5m per episode in the U.S. - the highest sum for a syndicated show - and considering the series ran for six seasons, totalling 86 episodes and went on to

be broadcast internationally, HBO really struck gold the day they bought Chase's brainchild. To this day, many regard this crime drama as the greatest and most influential television series of all time and it has been credited with helping to start the Second Golden Age of



Television. Not bad for a pilot script that was panned ad nauseam.

HBO sold *The Sopranos* for \$2.5m per episode in the U.S. - the highest sum for a syndicated show

Stranger Things - Most Watched Original Netflix Series

No-one could have predicted how big a hit *Stranger Things* would become after it launched on Netflix back in 2016. The Duffer Brothers' (Matt and Ross Duffer) supernatural thriller tinged with '80s nostalgia was rejected almost 20 times by various networks, with executives reportedly recoiling at the idea of a show intended for older viewers that had kids as the lead characters,

“There was a week where we were like, “This isn't going to work, because people don't get it,””

Matt Duffer revealed, however, upon release of the first season the show found a highly dedicated fanbase and by the third season Netflix revealed that the show had broken records for the streaming giant, with 40.7 million households having watched the show in the first four days of release and 18.2 million binge-watched the entire series within that timeframe. Within its first month, the third season was watched by 64 million households, setting a new record for the most-watched original Netflix series. The show is the most followed TV show on

social media app TV Time with over 5 million followers.

Game of Thrones - A Franchise Exceeding \$1 Billion

Game of Thrones is now viewed by many to be the holy grail of prestige period dramas, but we nearly didn't get to see any of it. According to show co-creator David Benioff, a rough pilot episode

almost caused the entire series to be canceled by HBO. Issues with the overall tone, costumes, and dialogue nearly caused Game of Thrones to be axed before it even reached a full season,

"We made very basic, fundamental mistakes in the script for the pilot," Benioff said back in 2014. Luckily, the creative team was able to make some significant revisions to bring us the sensational show we have today — one that lasted eight seasons, becoming the most watched show in HBO history, with a franchise worth over \$1 billion and commanding 30 million viewers per episode in the U.S. alone. The series also made Northern Ireland a leading screen tourism destination. In 2018 alone Game of Thrones tourism brought 350,000 visitors to NI, adding over £50 million to the local economy.

Baywatch: Hasselhoff's Conviction Saved the Show

Just the word Baywatch can immediately conjure up visions of red bathing suit-clad lifeguards running on a beach in slow motion. The iconic show, which ran from 1989 to 2001, may just be one of the most famous series

in the history of television. The action drama, which was shot in California and then later Hawaii starred big



names such as David Hasselhoff, Kelly Slater, and, of course, Pamela Anderson so it may be surprising that the Saturday evening show videotaped by teen boys across the world in the 90s was almost cancelled after just one season on NBC due to poor ratings. Not only

did it rank low, but GTG, the studio that was behind the show went out of business.

To the relief of 15-year-old boys, the show was saved thanks to David Hasselhoff, who strongly believed in the show's potential, bearing the financial risk to get it into syndication. This ended up being an excellent move — Baywatch's popularity exploded, with an estimated weekly worldwide audience of 1.1 billion viewers. The show ended up running for an impressive 11 seasons and inspired a spinoff series, Baywatch Nights.

Just goes to prove, one should never give up if they believe in their script (or indeed anything they're trying to achieve in life) as rejection and refusals are often necessary paving stones on the route to realisation.

In 2018 alone Game of Thrones tourism brought 350,000 visitors to NI, adding over £50 million to the local economy.



Beautiful greek island port in Kalymnos, Greece

The Forgotten Yeats Sisters

Liz Scales looks at the pioneering work of Elizabeth and Lily Yeats, the sisters of author, W.B. and painter, Jack Yeats.

Elizabeth and Lily Yeats' pioneering work and contribution to marketing Ireland to a global audience went largely unnoticed, as they walked in the shadow of their famous brothers and under the slight of being the "weird sisters" in James Joyce's *Ulysses*.

Susan (known as Lily) and Elizabeth (known affectionally by family as Lolly) Yeats were born in 1866 and 1868 sandwiched between poet William Butler Yeats and painter Jack. These women are barely remembered, except for that derisive remark of being "weird sisters" in James Joyce's *Ulysses*. The 1922 classic didn't actually name them but it was well-known he was describing the siblings of W.B. and Jack Yeats. Some would say this was a tad unfair considering W.B. was supportive of Joyce, even helping him get an honorarium from Britain's Royal Literary Fund, which greatly helped his finances during WW1, but what is really unjust is the fact that two creative and innovative females were largely unnoticed in the male-dominated annals of Irish history.

Elizabeth and Lily were more - much more than minor players in a modernist novel, they were trailblazers in enterprise, go-getters (or in today's vernacular - girl

bosses) setting up and running Cuala Press (from 1908-1940) a private press that would go on to play a huge roll in the Celtic Revival, yet despite their obvious talents and success, they never received the acclaim of their brothers and were viewed derisively at times - largely due to the sneer in Joyce's tour de force.



Lily and Elizabeth Refine their Skills

Elizabeth was an art teacher by trade and studied at Dublin Metropolitan School of Art, and later the Chiswick School of Art (as did her brother Jack). She learned book-making with the Women's Printing Society. Lily was a gifted embroiderer and having spent their time living between Sligo, Dublin and London, all the time practising their respective skills, and indeed learning new ones, were au courant

and ready to bring their expertise to the art world. Whilst residing in London they became part of an artistic circle and were hugely influenced by William Morris and the Arts and Crafts Society.

The Yeats sisters' achievements were considerable given women's roles at the time.

The ‘Girl Bosses’ of their Day

In 1902 Elizabeth and Lily moved to Churchtown, Dublin, with their dad and joined suffragette Evelyn Gleeson’s Dun Emer Guild Dundrum studio which produced printing, embroidery and tapestries. The sisters then decided to set up their own printing press and created Cuala Industries - the Cuala Press in Churchtown. The ladies started with an embroidery workshop and then trained interested and motivated local women in all sorts of arts and crafts over four decades.

The Yeats sisters’ achievements were considerable given women’s roles at the time. As these trainees became proficient in their respective crafts, whether it be needlecraft, hand printing, weaving or tapestry they were independent, earning a living and in many cases, able to live independently.

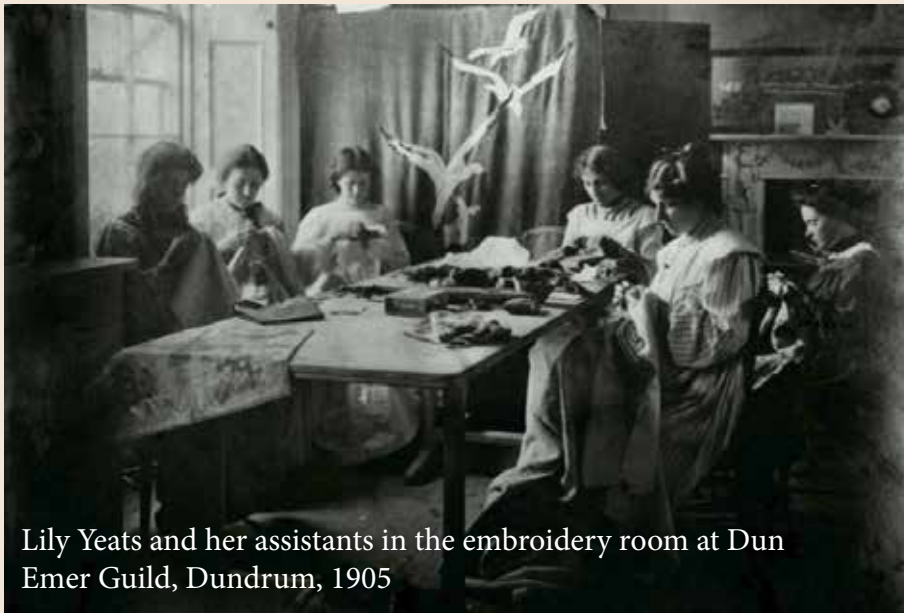
Cuala would advertise that they employed Irish hands and used the best of Irish materials, to make “beautiful things”. And that they did. In fact, the prints produced gave Irish identity a make-over of sorts in the 20th Century through really projecting and marketing a romanticised version of Ireland. After our independence from Britain in 1921, Lily and Elizabeth really regenerated fragile national confidence and dazzled foreigners with striking hand-coloured prints of a thriving Dublin and flourishing rural traditions. It was a refutation to bigoted British clichés of an island inhabited by ne’er-do-well, ape-like ruffians. It would be those prints that enchanted Hollywood and inspired the likes of John Ford to direct *The Quiet Man* and continues to live on in tourism to this day.

Business was Thriving

The sisters’ business was thriving and their hand-coloured prints were in great demand. The United States simply couldn’t get enough of them. Dr. Angela Griffith, an Assistant Professor at Trinity College Dublin who is an Art Historian specialising in Irish Modern and

Contemporary Art and Design stated recently that,

“Their reach was pretty incredible.... The material they produced was being sold in Ireland, the UK, the US. It was part of the zeitgeist.”



Lily Yeats and her assistants in the embroidery room at Dun Emer Guild, Dundrum, 1905

The Yeats’ handcrafted books, cards and prints won enthusiastic reviews at exhibitions across Paris, London, Chicago and beyond. The world was in love with Ireland - or at least the sisters’ idealised, chocolate-box version of it showing happy, rosy-cheeked people in picturesque settings. Angela Griffith from TCD states that Cuala’s content,

“...reflected revivalist and nationalist definitions of Irish culture ...the rural landscape, in particular the west of Ireland, its inhabitants and local traditions, were viewed as culturally authentic and distinctive from British-styled urban centres. The west became a metaphor for Irishness, a visualisation of Irish identity.”

...these pioneering women were creating a space where they were successfully competing with their male counterparts...

Champions of the Irish Revival recognised the arts afforded Ireland a platform to assert itself as a sovereign cultural and, by extension, political entity, says Griffith.

Radical Art

By today’s standards some of the prints are a little bit kitsch but there’s no doubt, in spite of evolving trends and tastes, that the workmanship in these prints, even by today’s standards is second-to-none. Jack provided numerous designs – of Irish life, landscape and characters; farm cottages, race meetings, fair days but apart from that the designers were women (including Jack’s wife) and as such, reflecting Irish domestic life and women’s lives. These women had a creative outlet and were asserting themselves within the fine arts - a new role in modern society that afforded them further training opportunities and the ability to travel and exhibit their work. Despite an unequal playing field, these pioneering women, under the initial tutelage of the Yeats sisters,

were creating a space where they were successfully competing with their male counterparts, having agency and securing recognition for their work.

The Use of USP

The Yeats sisters were years ahead of their time, utilising USP (Unique Selling Point), i.e. the essence of what made their product different or better than their competitors and Lily and Elizabeth decided they would stand apart by only publishing original works - and as such became the only press that published new work rather than established classics. In addition to Yeats, Cuala published works by Ezra Pound, Jack B. Yeats, Padraic Colum, Robin Flower, Elizabeth Bowen, Oliver St John Gogarty, Lady Gregory, Douglas Hyde, Lionel Johnson, Patrick Kavanagh, Louis MacNeice, John Masefield, Frank O'Connor, John Millington Synge, John Butler Yeats, Rabindranath Tagore and others.

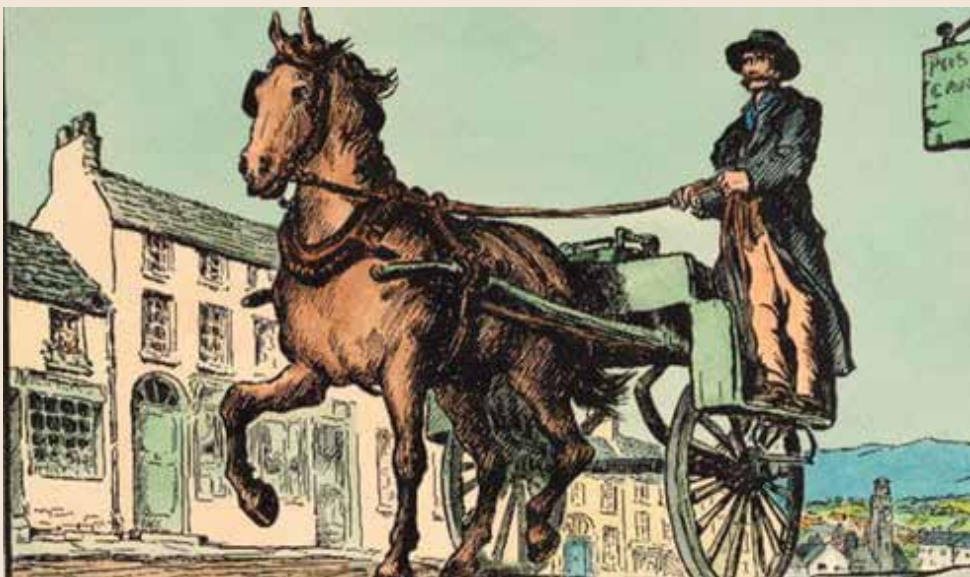
It's very sad that history has overlooked Elizabeth and Lily's contribution to the world. They successfully rebranded Ireland and reached global audiences. The Yeats sisters worked incredibly hard. Elizabeth dealt with a great deal of stress managing the finances of the

business, organising employees and keeping her brother W.B. at bay, whom it's been stated could be quite bullying with his younger sister, yet other times benevolent (or many would say, a typical sibling relationship). Both sisters, who lived together through their adult lives (albeit contentiously. Most of the time) knew exactly how they wanted their business to operate and it was natural that there would be arguments and fall-outs; Elizabeth and Lily did not need or require advice from W.B. or Jack regarding their vision - and this must have been difficult at times for the brothers, who had grown up in a patriarchal culture.

Elizabeth died on 16 January 1940 with heart troubles and the work of the press was carried on by two of her long-time assistants, Esther Ryan and Mollie Gill; the final Cuala title published was *Stranger in Aran* by Elizabeth Rivers which was published on 31 July 1946. Lily died on 5 January 1949, she'd suffered with malformed thyroid for years. In 1969 the press was taken up by W. B. Yeats' children, Michael and Anne, with some titles produced in the 1970s.

A plaque at the Yeats family home in Chiswick, London, mentions only male members, which speaks volumes.

Some of the hand-coloured prints produced by Cuala Press



A LITTLE BIT OF IRISH

Phrase:	Translations:	Pronunciation:
Faigh do chóta agus cuir ort é	Get your coat and put it on	fye-igh duh koh-ta oggus qwir urt a
Níl ach braon beag fola ort	There is a only a little blood	neel ock brain byug fulla urt
Curifidh mé plástar ort anois	I will put on a plaster now	quirr-igg may ploss-chur urt ah-nish
Tá tú an-chróga	You are very brave	taw two on crow-geh
Déan deifir	Hurry Up!	dane deffer
Beidh biseach ort go luath	You will be better soon	beg bish-ock urt guh loo-ahh

Word Power

Over the next few issues we'll be attempting to increase your word power. Have a look at the words below and afterwards see if you know their meaning.

Word	Pronunciation	Answers
1. Imprecation	im-pri-key-shuhn	1. A curse; malediction.
2. Slatern	slat-ern	2. A slovenly, untidy woman.
3. Uxorious	uhk-sawr-ee-uhs	3. doting upon, foolishly fond of, or affectionately submissive toward one's wife.
4. Reductive	ri-duhk-tiv	4. Service to reduce or abridge.
5. Lair	lair	5. Resting place of wild animal.
6. Earmark	eer-mahrk	6. Any identifying or distinguishing mark or characteristic
7. Trope	trohp	7. Any literary or rhetorical device, as metaphor, metonymy, synecdoche, and irony, that consists in the use of words in other than their literal sense.
8. Pivot	piv-uht	8. A point, or short shaft on the end of which something rests and turns, or upon and about which something rotates or oscillates.
9. Tot	tot	9. A small child.
10. Honcho	hon-choh	10. A leader, especially an assertive leader; chief.
11. Kohl	kole	11. Cosmetic powder used to darken eyelids.
12. Noctilucent	nok-tuh-loo-suhnt	12. (Of high-altitude clouds) visible during the short night of the summer.

How did YOU score?
 10 or more - Perfection!
 6-9 Brilliant.
 3-5 Well done.
 0-2 Must do better.

S C R E E N

S C E N E

The Deepest Breath ***

Starring: Alessia Zecchini, Stephen Keenan

Run Time: 108 mins

Streaming on: Netflix

Available: Currently

Hijack ***

Starring: Idris Elba, Eve Myles

Run Time: 7 x 60 mins

Streaming: Apple TV+

Available: Currently

Champion freediver Alessia Zecchini fell in love with the sport as a child growing up in Italy, astounding coaches with her raw talent and determination in pool swims and open water contests before she was even old enough to legally compete. Irish adventurer turned expert safety diver Stephen Keenan, meanwhile, was raised near the sea, but as a young man he set out on a quest to find himself, traveling across Africa before landing in Dahab, Egypt and establishing a dive school. Despite their very different paths, the two would meet at the pinnacle of the competitive freediving world, discovering a shared passion for pushing their limits and forming a powerful relationship that felt like fate. From director Laura McGann, this thrilling documentary takes a look inside one of the most dangerous sports in the world, using everything from raw underwater dive footage to childhood home movies to chronicle Zecchini and Keenan's lives and careers. The bond between them propels the film's emotional journey into the stunning, silent depths of the ocean, a breathtaking place unseen by all but the fortunate few – where exhilarating accomplishments and unavoidable risks await.

This seven part series will not be for everyone. Many (many) times throughout each episode something occurs that seems highly improbable, an irritation to the left-brained amongst us but if you can overlook this, Hijack is a thrilling watch.

The story follows Flight KA29 which is hijacked during its seven-hour journey from Dubai to London as corporate negotiator Sam Nelson tries to use his professional skills to save everyone on board.



The Secrets of Hillsong ***

Starring: N/A

Streaming: Disney+

Run Time: 115 mins

Available to stream: Currently

FX's *The Secrets of Hillsong* is a four-part documentary series, based on the explosive original reporting on the megachurch's scandals by Vanity Fair journalists Alex French and Dan Adler. The series features the first interviews with two former pastors, Carl and Laura Lentz, since their public ousting from the church — which for years counted musicians, actors, athletes and other celebrities among its flock. The documentary also features poignant conversations with many of the congregants navigating the still-unfolding global reckoning, with the church facing further revelations. Featuring fresh reporting and analysis from journalists, historians and policymakers, the series goes beyond the sensational headlines and behind the velvet rope to examine the church's long pattern of covering up misconduct to protect itself.

Andre Rieu's 2023 Maastricht Concert: Love Is All Around ****

Starring: Andre Rieu

Available: At cinemas nationwide

Run Time: 180 mins.

Available to watch: 26 & 27 August

The King of the Waltz invites you to his all-new cinema concert "Love is All Around", from his beautiful hometown of Maastricht!

André Rieu will again stage his glorious annual summer event in the iconic Vrijthof Square this year. The concert will be a musical feast with heart-warming pieces lovingly chosen by André, covering classics, popular sing-alongs, and delightful waltzes that make you want to dance.

Along with his beloved Johann Strauss Orchestra, André teams up with the charming Gospel Choir and special surprise guests, bringing you and your loved ones a refreshing, romantic, fun party at your local cinema - you will feel that love is all around!



Garden Danger!!

Four dangers lurking in your garden – and how to protect yourself. Stephen Hughes reports

Many people see gardening as a relaxing pastime – an easygoing way to spend hours outdoors when the weather’s nice. But as a consultant in emergency medicine, I deal with all manner of medical emergencies and injuries arising from what may appear to be a harmless hobby.

Over the years, I have seen hand wounds from cutting implements and foot wounds from lawn mowers and garden forks. In recent weeks, I have seen falls from ladders, head wounds from falls on concrete – and, sadly, confirmed the death of a person in their later years whose enthusiastic shovelling proved too much.



Even in times past, the garden could be quite the health hazard. One of the first patients to be treated with penicillin was a police officer who had apparently contracted sepsis after a scratch from a rose thorn. In those days, the most minor of wounds could have the deadliest of consequences – and it turns out this can still happen, with a UK woman recently dying from sepsis after scratching her hand while gardening. But these aren’t the only dangers lurking in your garden. Here are just a few things to look out for before you next head out to tend your plants:

a UK woman recently dying from sepsis after scratching her hand while gardening.

1. Tetanus

Tetanus is a particularly nasty disease. The muscles go into spasm due to the effects of the toxin from the bacteria, *Clostridium tetani*. The suffering is almost indescribable, causing painful muscle spasms and a locked jaw. Many associate tetanus with objects such

as rusty nails. But this surprisingly common organism is also found in the soil, particularly if manured, because clostridia are found in the gut. Roses like soil with manure, so this could turn these beloved flowers deadly if you get cut by contaminated thorns or if the soil gets into a cut. Luckily, I have yet to see any cases in the emergency

room because the UK immunises against tetanus. And I never want to see a case, because of how nasty it is. The case fatality rate can exceed 50% in people who aren’t immunised. This is why it’s important to check that your tetanus jab is up to date.

2. Bacteria and fungi

Lurking in a humble bag of compost is an ingredient many of us wouldn’t expect: *Legionella*.

This bacteria can cause an infection called Legionnaires’ disease which is particularly harmful for the elderly and

people with a compromised immune system. It can lead to a nasty and often fatal pneumonia when inhaled. Warm, stagnant water involved in the composting process may account for its presence. It isn't only pre-packaged compost that's hazardous. Your own compost heap is also filled with various bacteria and fungi, which, if properly maintained, should cause you no trouble. But often the mould *Aspergillus* can grow when it's hot outside. This can give rise to some nasty lung lesions and may even become more widespread in the body – especially in the elderly and immunosuppressed and can be fatal.

Mould spores can also trigger allergies in some people, a condition

known as extrinsic allergic alveolitis or “farmer’s lung”. This condition was classically due to exposure to mouldy hay, but compost heaps can also do the same because of the presence of organisms such as *Aspergillus* and the bacteria *Actinomycetes*.



3. Leptospirosis

Leptospira is a bacterium that may be found in water contaminated with rat urine. With rats often building habitats near humans, it might be best to take care near the pond or rainwater barrels when gardening.

Beware if you have rats in your garden. *Leptospira* can cause leptospirosis, a rather unpleasant infection that causes headaches, fevers, chills, vomiting, jaundice and then later, liver failure, kidney failure and meningitis.

4. Power tools

While power tools can make our work easier in the garden, they can also make it much easier to injure ourselves, too. Hedge trimmers may be a great way to tame trees and bushes, but they can also amputate digits and inflict wounds very efficiently. Be sure to wait until

the hedge trimmer is fully turned off before clearing any branches you've removed.

Hedge trimmers and lawn mowers can also easily cut through electric cables, which can lead to electrocution. Power tools can also be disastrous if you fall while up a ladder and if you have power lines crossing your garden, then please avoid them.

Stay safe

While these hidden dangers are certainly a risk, luckily there are many simple things you can do to avoid harm from them, including:

- 1. Cleaning and covering wounds while gardening.*
- 2. Make sure your immunisations are up to date (especially for tetanus).*
- 3. Keeping compost bags away from your face when you open them.*
- 4. Deter rats by not putting cooked food on compost heaps,*

covering water butts and setting up traps if you have an infestation.

5. Set up ladders firmly on even ground away from power lines.

6. Enjoy having wildlife but leave it alone.

And one last piece of advice from me. Every year the burns unit at my hospital sees a number of people who have tried to speed up the process of lighting their barbecue or bonfire by using petrol. Not all survive. So if you are planning to cook the fruits of your labours on a barbecue in your garden, make sure you don't use inflammable liquids to get the flame started, and have a fire extinguisher on hand just in case.

**Be sure
to wait until the hedge
trimmer is fully turned off before
clearing any branches you've
removed**

Gardening is a rewarding hobby that has many health benefits. Just be sure to take sensible precautions.

Stephen Hughes
Senior Lecturer in Medicine, Anglia Ruskin
University

First published on The Conversation

Congratulations to Ireland's Ladies team on their achievements in the Homeless World Cup Finals in Sacramento, California 8-15 July .

Jim
O'CALLAGHAN TD

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THE REPUBLICAN PARTY



Please contact me if I can assist you in any way.

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Cllr Sarah Kiely

Congratulations to the team on their magnificent performance and dedication

From Cllr Sarah Kiely Limerick City

sarah.kiely@limerick.ie



FINE GAEL

**“Every morning you have two choices:
To sleep with your dreams, or wake up and chase them.”**

Ireland’s Ladies Finish 4th in Homeless World Cup.

With all the focus on Ireland’s senior Ladies Soccer team’s participation in the Women’s World Cup in Australia let’s not forget Ireland’s ladies Homeless Street soccer team who finished 4th, the highest placing ever by a Irish team in the Homeless World Cup that took place recently in Sacramento, California. 8-15 July.

With the disruption caused by Covid, it is over 6 years since Ireland last had a ladies team participating in the Homeless World Cup, and what an impact they made, reaching the semi-finals after wins over hosts, USA, France, Denmark, Finland, Sweden, Norway and Austria.

Reaching the semi-final they faced unbeaten Chile, with the game played in temperatures reaching 38 degrees, it was a difficult challenge for the Irish, but they gave a good account of themselves. Two goals conceded 1 minute before half-time, with the score at 1-1 however prove crucial. In the second half Ireland brought the score back to 2-3, the Chilean’s more accustomed to the heat ran out winners in the end with a flattering 6-2 scoreline. The match was closer than the score line suggests with the Irish girls creating many chances right up until the final whistle.

Coach of the Irish team Mary Byrne was upbeat,

“It’s remarkable how well they played considering the temperature out there, its 35 degrees so it really saps your energy. They are a fantastic group of girls, I couldn’t have asked and gotten more of them.”



For Mary however it wasn’t the end of the tournament, at an awards ceremony later she received the ultimate accolade when voted ladies coach of the tournament, a remarkable achievement for the IHSL coach.

Modest Mary from Walkinstown, Dublin thanked all at the Irish Homeless Street Leagues (IHSL) and particularly her mentor Graham Tucker who

unfortunately couldn’t make it to the tournament.

Team Manager & CEO Chris O’Brien was delighted with how the team and coach performed, “It’s hard for people to comprehend just how difficult and hot it is over here, for the team to finish 4th in the world is a tribute to the

effort they put it, we can all be proud.”

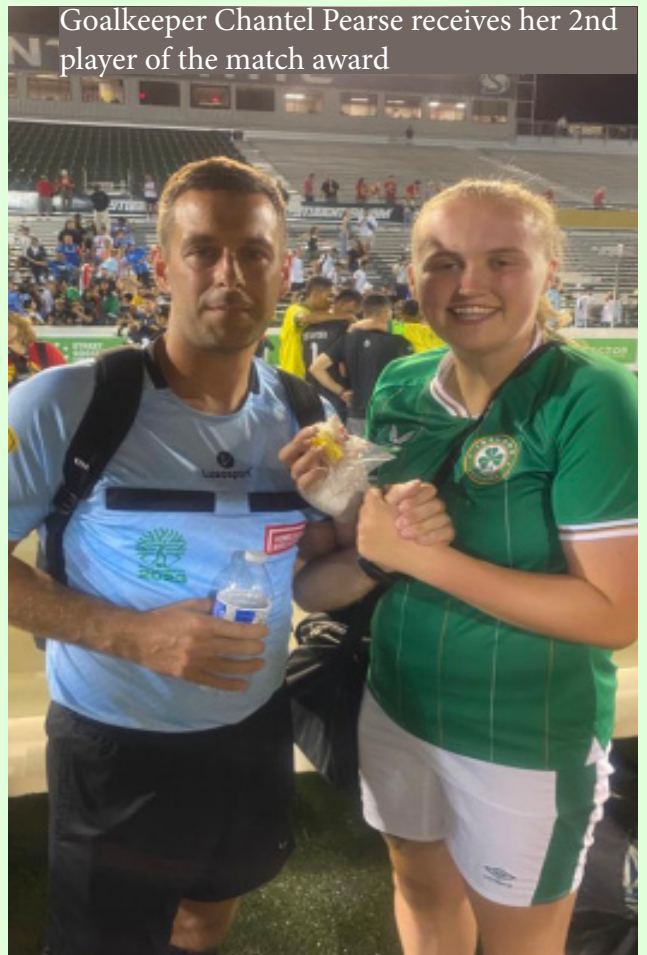
Finishing 4th was a tremendous achievement for the girls, who had overcome many obstacles in their lives to represent Ireland. On behalf of Irish Homeless Street Leagues, I would like to thank **all** supporters of IHSL, who in their own different ways made participation in the finals possible and without whom it would not have been achievable.

A Ball Can Change a Life

Sean Kavanagh
Founder & Chairman of the IHSL



Determination! (Casey McCabe & Chloe McInerney)



Goalkeeper Chantel Pearse receives her 2nd player of the match award



Irish contingent



Ouch!!



What happens now! (Amy McCormack)



Under control! Lauren Cunningham



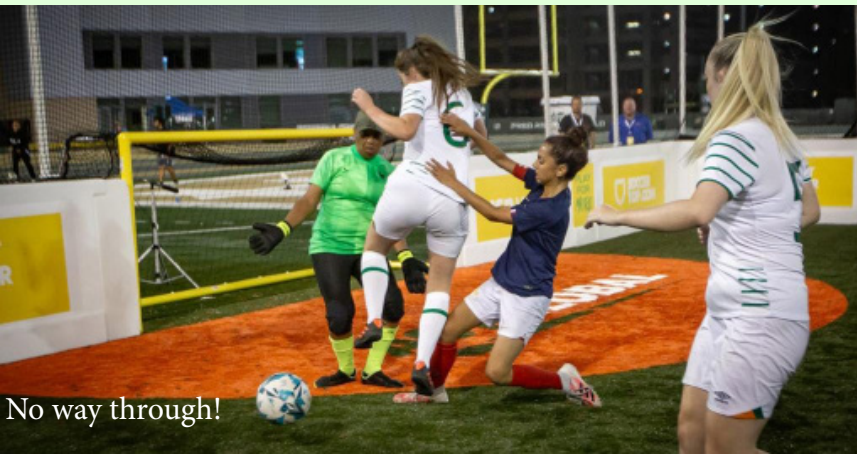
Preparing for a Titanic Battle – Captain Chloe Kenna



Ireland



Practice makes perfect!



No way through!



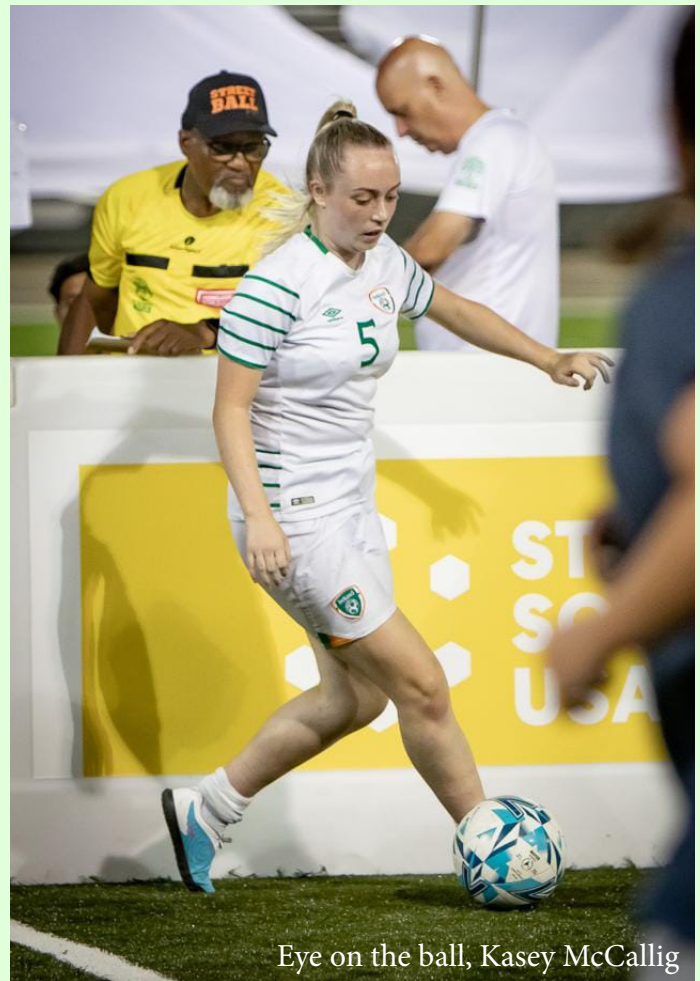
Coach Mary Byrne makes a point!



Tight marking! Chloe McNerney



Our ladies team got in an Uber and struck up a conversation with the driver, who felt so inspired with their stories that she came along that evening to support the girls in green with her family



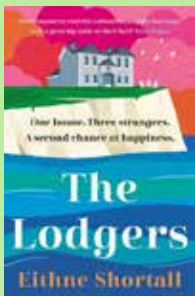
Eye on the ball, Kasey McCallig

Patricia Scanlan's Book Club



Patricia Scanlan was born in Dublin, where she still lives. She is a #1 bestselling author and has sold millions of books worldwide. Her books are translated in many languages. Patricia is the series editor and a contributing author to the award winning Open Door Literacy series. In this monthly feature, Patricia brings you her favourite reads of the moment.

The Lodgers – Eithne Shorthall – Corvus



One house. Three strangers. A second chance at happiness. Tessa's life as an activist and volunteer worker takes a hit after a fall. At the ripe young age of 69, she's no longer able to live alone and decides to take in two lodgers for free. After the recent death of his brother, Conn is riddled with grief and determined to make amends. A free room seems too good to be true - until he meets the other lodger. Chloe arrives at Tessa's house to deliver a package and leaves with a room. But she takes an instant dislike to Conn, who refuses to say where he disappears to at night. With everyone so busy keeping their own secrets, the mysterious package is forgotten. It's addressed to Tessa's daughter who's been missing for 10 years - and only the contents have the answer to what happened... Mixing humour and tragedy, The Lodger is romantic, witty and engaging. A heart-warming read.

Camino Royale – Ross O'Carroll-Kelly – Sandycove

'The name's O'Carroll-Kelly. Ross O'Carroll-Kelly.' As the great James Bond said, 'History isn't kind to men who play God.' How right the dude ended up being. My secret double-life was finally catching up with me. Sorcha wanted a divorce. I was facing jail time for taking my orse out in a pub in Cork. And there was a very good chance that my sister-in-law's surrogate baby was actually mine? One by one, all of the goys turned their backs on me. Then came an unexpected plot twist. From beyond the grave, Fr Fehily - the M and the Q to our Leinster Schools Senior Cup-winning team - sent us all on one final mission . . . To walk the Camino - or die trying! It's, like, double oh fock! Vintage Ross O'Carroll-Kelly. Hilarious as always.



The Couples – Lauren Mackenzie – John Murray



Eva looked out the attic window of their charming guesthouse and watched the sun rise. She thought she might be sick. Splayed on the lawn below was Frank, apparently out cold. Her husband snored in the bed behind her. She loved Shay, of course she did, but right now the only person she wanted to think about was Conor. She didn't want to think about Bea or Lizzie or what Lizzie might have got up to with Shay. Frank's 48th birthday had given the three couples an excuse for a much needed night away from children, nagging bills and ailing parents. The drink flowed; life in Dublin with all its stress felt a long way away. When Frank proposed they swap partners, it felt deliciously, irresistibly reckless. One night. No obligations. No expectations. All the women had to do was text a man of their choice.

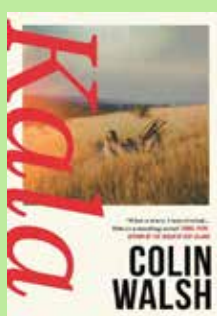
The only rule? No falling in love. It was a night that some of them couldn't remember. And others couldn't forget.

The Bee Sting – Paul Murray – Penguin

The Barnes family is in trouble. Dickie's once-lucrative car business is going under - but rather than face the music, he's spending his days in the woods, building an apocalypse-proof bunker with a renegade handyman. His wife Imelda is selling off her jewellery on eBay while their teenage daughter Cass, formerly top of her class, seems determined to binge-drink her way to her final exams. And twelve-year-old PJ is putting the final touches to his grand plan to run away from home. Where did it all go wrong? A patch of ice on the tarmac, a casual favour to a charming stranger, a bee caught beneath a bridal veil - can a single moment of bad luck change the direction of a life? And if the story has already been written - is there still time to find a happy ending? The Bee Sting is a tour de force about family, fortune, and the struggle to be a good person when the world is falling apart . . .



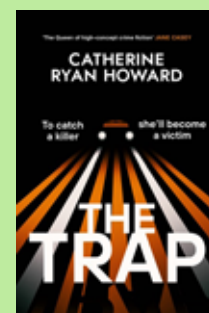
Kala – Colin Walsh – Atlantic Books



In the seaside town of Kinlough, on Ireland's west coast, three old friends are thrown together for the first time in years. They - Helen, Joe and Mush - were part of an original group of six inseparable teenagers in the summer of 2003, with motherless, reckless Kala Lanann as their group's white-hot centre. Soon after that summer's peak, Kala disappeared without a trace. Now it's fifteen years later. Human remains have been discovered in the woods. Two more girls have gone missing. As past and present begin to collide, the estranged friends are forced to confront their own complicity in the events that led to Kala's disappearance, and to try to stop Kinlough's violent patterns repeating themselves once again... Against the backdrop of a town suffocating on its own secrets, in a story that builds from a smoulder to a stunning climax, Kala brilliantly examines the sometimes brutal costs of belonging, as well as the battle in the human heart between vengeance and forgiveness, despair and redemption.

The Trap – Catherine Ryan Howard – Bantam

Stranded on a dark road in the middle of the night, a young woman accepts a lift from a passing stranger. It's the nightmare scenario that every girl is warned about, and she knows the dangers all too well - but what other choice does she have? As they drive, she alternates between fear and relief - one moment thinking he is just a good man doing a good thing, the next convinced he's a monster. But when he delivers her safely to her destination, she realizes her fears were unfounded. And her heart sinks. Because a monster is what she's looking for. She'll try again tomorrow night. But will the man who took her sister take the bait? The Trap from internationally bestselling author Catherine Ryan Howard is getting rave reviews.



The DOS and Donuts of Love - Adiba Jaigirdar - Feiwel & Friends Macmillan



"Welcome to the first ever Junior Irish Baking Show!"

Shireen Malik is still reeling from the breakup with her ex-girlfriend, Chris, when she receives news that she's been accepted as a contestant on a new televised baking competition show. This is Shireen's dream come true! Because winning will not only mean prize money, but it will also bring some much-needed attention to You Drive Me Glazy, her parents' beloved donut shop. Things get complicated, though, because Chris is also a contestant on the show. Then there's the very outgoing Niamh, a fellow contestant who is becoming fast friends with Shireen. Things are heating up between them, and not just in the kitchen. As the competition intensifies, Shireen will have to ignore all these factors and more - including potential sabotage - if she wants a sweet victory! A hilarious new pun-filled YA contemporary romance, from the award-winning author of The Henna Wars.

Sports Stars Unite to Urge People to Go Up the Hill for Jack and Jill this Summer

Sporting heroes from the GAA and rugby worlds have come together to urge people to organise an Up the Hill for Jack and Jill community fundraiser this summer.

Connacht Rugby captain, Jack Carty, together with members of the Gaelic Players Association (GPA) – Dublin Footballer Sinéad Wylde, Meath Footballer Vikki Wall and Laois Hurler Ross King – recently lined out to kick off the campaign, which is supported by global healthcare company, Abbott.

Organisers are hoping to raise €75,000 for Jack and Jill’s vital services for more than 400 families nationwide – equivalent to 4,167 hours of in-home nursing care and respite support.

Going Up the Hill for Jack and Jill is easy!

All you have to do is register your Up the Hill fundraiser at www.jackandjill.ie, identify a local hill or mountain to suit your fitness and ability, invite friends or family to join in the fun, pick a day and time to suit, and go!

Each €18 registration fee will help fund one hour of in-home nursing care and end-of-life support for children with highly complex and life-limiting medical conditions, up to the age of six years.

For Connacht Rugby’s Jack Carty, this will be the second year in which he has taken part:

“I’m looking forward to going Up the Hill for Jack and Jill once more this year and would encourage others to get involved too. It’s a great way to get some fresh

air, free your mind, catch up with friends and, most importantly, raise funds for a great cause.”

For Dublin Footballer and GPA member Sinéad Wylde, Jack and Jill offers families the ‘gift of time’:



“Jack and Jill is a gift of time for so many families who face very tough challenges in their home life. These families have a massive amount of resilience, but they need, and deserve, a break to enable them to recharge

and face the next challenge.”

According to Carmel Doyle, CEO of the Jack and Jill Children’s Foundation, going Up the Hill for Jack and Jill is a really valuable way to support the uphill challenge faced by Jack and Jill families.

“We know there is no care like home care for a Jack and Jill child, and we want to do everything that we can to support parents in caring for their child at home in their communities, where they belong. Every €18 raised helps to provide one hour of in-home nursing care and it really is a lifeline to so many families who face an uphill challenge every day.”

Register your Up the Hill for Jack and Jill fundraiser today at www.jackandjill.ie

Jokes

*Because laughter is
the best medicine!*



Five Englishmen in an Audi Quattro arrive at a Garda Checkpoint in Cavan
Paddy the officer stops them and tells them:

It is illegal to put 5 people in a Quattro."

"What do you mean it is illegal?" Asked the Englishmen.

"Quattro means Four" replies Paddy.

"Quattro is just the name of the vehicle, The Englishmen retort disbelievingly.
Look at the papers, this car is designed to carry 5 people."

"You can't pull that one on me," replies Paddy
Quattro means 4, you have 5 people in your car, that's against the law."

The Englishman getting angry says, "I want to speak to your supervisor, someone with more intelligence!"

"Sure replies Paddy but you'll have to wait, Murphy is busy with 2 guys in a Fiat Uno."

A couple had two little boys, ages eight and ten, who were excessively mischievous.

The two were always getting into trouble and their parents could be confident that if any mischief occurred in their town, their two young sons were involved in some capacity. The parents were at their wit's end as to what to do about their sons' behaviour.

The parents had heard that a clergyman in town had been successful in disciplining children in the past, so they contacted him, and he agreed to give it his best shot. He asked to see the boys individually, so the eight-year-old was sent to meet with him first. The clergyman sat the boy down and asked him sternly, "Where is God?" The boy made no response, so the clergyman repeated the question in an even sterner tone, "Where is God?" Again the boy made no attempt to answer, so the clergyman raised his voice even more and shook his finger in the boy's face, "WHERE IS GOD?"

At that, the boy bolted from the room, ran directly home, and slammed himself in his closet. His older brother

followed him into the closet and said, "What happened?"
The younger brother replied, "We are in BIG trouble this time. God is missing and they think we did it!"

A new man is brought into a prison cell.

Already there is a long-time resident who looks 100 years old. The new man looks at the old-timer inquiringly. The old-timer says, 'Look at me, I'm old and worn out. You'd never believe that I used to live the life of Riley. I wintered on the Riviera, had a boat, four fine cars, the most beautiful women, and I ate in all the best restaurants of France'

The new prisoner asked, 'What happened?'

"One day Riley reported his credit cards missing"

For his wife's birthday party, a doctor ordered a cake with this inscription:

"You are not getting older,
You are just getting better."

When asked how he wanted it arranged, he said, "Just put 'You are not getting older' at the top, and 'You are just getting better' at the bottom."

It wasn't until the good doctor was ready to serve the cake that he discovered it read:

**"YOU ARE NOT GETTING OLDER AT THE TOP,
YOU ARE JUST GETTING BETTER AT THE
BOTTOM."**

How long is a minute !

Depends on what side of the bathroom door you're on.

Working for god on earth does not pay much,
But his retirement plan is out of this world.

A truly happy person is one
Who can enjoy the scenery on a detour.

The Podcast Review

We source the best selection of podcasts each issue. This time we bring you Chart Music: The TOTP Podcast, Death of a Starlet, Tiny Acts of Bravery, Social Anxiety Solutions and Fever.

Chart Music: The TOTP Podcast (Music)

The podcast that takes one random episode of Top Of The Pops - some would argue, the greatest TV Pop show ever - and breaks it down to its very last compound. Hosted by Al Needham, it's an unflinching gaze into the open wound of pop culture and a celebration of Thursday evenings past.



is now continuing that search with Tiny Acts of Bravery. Each episode features a guest sharing times when they have had to be brave, to teach us how to face our own challenges to live brighter, bolder, more courageous lives.

Social Anxiety Solutions (Mental Health)

You struggle to overcome your Social Anxiety? You're frustrated over how it affects your life? Worried you'll have to live with your Social Anxiety forever? This podcast is for you! The host, Sebastian Van Der Schrier, an ex-Social Anxiety Disorder sufferer - interviews the superstars of the therapy and psychology world. In each show, Sebastian discusses a Social Anxiety related topic (eg. shame, self-acceptance, bullying, fear of rejection, connection, loneliness, etc) and you'll get specific action steps to move forward each week. Listen to gain an empowered perspective and learn tools to beat your Social Anxiety.



Death of a Starlet (True Crime)

Playboy Playmate Dorothy Stratten was found dead at 20 years old, and three men could be responsible: Hugh Hefner, famed director Peter Bogdonovich, or her husband, Paul Snider. This six-part series will keep you captivated the whole time.



Fever: The Hunt for Covid's Origin (Science)

What really went on in that Wuhan market - and the curious case of the raccoon dog. It's the early hours of 31 December 2019 and a cleaning squad is moving through the narrow lanes of a large, covered market in the Chinese city of Wuhan. The Huanan Seafood Market has been linked to a number of cases of a mysterious new illness circulating in the city, suggesting that animals there might be the source. But the World Health Organization would later say there were no verified reports of live mammals for sale. So what's the truth about the market? And why have raccoon dogs sparked yet another bitter scientific dispute?



Tiny Acts of Bravery (Social)

What does being brave really mean? What can we learn from other people's acts of bravery? In this new series, Sunday Times bestselling author, Clover Stroud, shares moving conversations about the tiny acts of bravery that make up our everyday lives. When Clover was 16, she was sent on a journey to look for brave people to guide her after her mum had an accident that left her chronically brain-damaged. Clover



How to:

Search "Google podcasts" in the Play Store app (if you've an Android phone). iPhones comes with Apple podcasts app installed. Open the app and type in the name of the podcast you want or you can just browse categories whilst there.

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