

HAPPINESS IS VITAL



Quarterly Newsletter of AIDS WEST ©

NO.2 VOL 5 MAY 2003

IRISH AIDS DAY



It seems that unless you are directly affected by HIV/AIDS or work in this health area, you may never have heard of Irish AIDS Day. It still amazes me that so many Irish people ask, "is there really HIV or AIDS in Ireland?" In fact, the number of HIV positive people being diagnosed has been increasing steadily every year. Irish AIDS Day happens every June to remember HIV+ people living in Ireland as well as the many Irish people who have died of an AIDS related illness.

Great progress has been made in the treatment of HIV; better medication has helped most to stay alive longer. I say *stay alive*

longer rather than *live longer* because that is what I have witnessed. People with HIV don't just have a virus, they also have fears, anxieties, loneliness. The HIV disease affects your body, HIV illness affects your life.

Imagine that you have a great secret, one that you feel you could never share with anyone, but one that you will have to share, should you fall in love and want to make love. For some it is better to cocoon themselves and give up on any social life rather than disclose it, for most it is waiting in dread. When do I tell? How do I tell? What will they do with this information? What will they think of me? Will I ever be able to marry and have a family?

I have met some of the most inspiring people who are HIV+. They have taught me how to prioritise my life and focus on the essence of being alive. I have also met those who are depressed and existing rather than living. HIV is what they have in common. Continued progress needs to be made on the psychosocial side of HIV to help those who are suffering.

At some point during the month of June, please take a minute to

think of those who are HIV+ and living in fear of somebody finding out. They may even be sitting beside you as you read this article. It is quite probable that you have engaged with a HIV+ person in the past week and society is such that he/she is afraid of you knowing. How would you react, what judgments would you make if you knew? What is it about you that makes them fearful of disclosing their status?

On this Irish AIDS Day remember, remember, remember so that all with HIV may fully live, so that our society becomes a safe place for them to disclose their illness. None of us knows when we will need to feel part of a supportive society, family or circle of friends.

To those who are mourning the loss of a loved one, often alone, know that our thoughts are with you. To those who are living with HIV, take courage.

NICK FENLON

To coincide with Irish AIDS Day, the new compilation album EmBraces will be launched in the Warwick Hotel on Weds 11th June with the Four of US and Woodstar. Tickets for sale in Zhivago's and all proceeds go to AIDS West.

EDITORIAL

Welcome to another issue of Happiness Is Vital. I'm sure you're saying to yourself 'it can't be three months since the last one'. Well, you're right. This issue is out a few weeks earlier to coincide with Irish AIDS Day. Since the last issue we have seen the statue of Saddam Hussein been pulled to the ground and the world gone on to its next panic- the SARS virus. People who are HIV positive just don't make the headlines anymore. Those who are living with the virus or have family and friends who have died from AIDS related illnesses need to be remembered. So this issue is to let them know that people care

for them. A day to remember those who have lost a loved one and a time to give a voice to those who are suffering in silence or those who have taken the opportunity to live positively with it. This summer issue is packed with great life stories, practical help and a touch of the lighter side of life. Until the next issue, keep hope alive wherever you go.

ED

Congratulations to our Education Co-ordinator Orla Nugent who married Stanley Irwin on the 31st of May.

All at AIDS West wish them a long and happy life together.

AIDS West is a voluntary organisation based in Ozanam House, Augustine Street, Galway.

Support for people affected by HIV/AIDS and other sexually transmitted infections, and education /prevention services are offered throughout the Western Health Board (counties Galway, Mayo and Roscommon)

The organisation can be contacted in confidence by phoning: 091-566266(office) or 091-562213(helpline)

Fax on 091-564708 or e-mail: aidswest@iol.ie

Our website is www.aidswest.ie

USEFUL SERVICES

AIDS WEST Sexual Health Helpline 091-562213

Weekdays, office hours. Totally confidential.

STI Clinic Galway, 091-525200 by appointment only

Galway Gay Helpline, 091-566134, Tue & Thurs, 8-10pm

Galway Lesbian Line (GLL), 091-564611, Wed, 8-10pm

STI Clinic Mayo General Hospital Castlebar, Co.Mayo 094-21733

STI Clinic Sligo Regional Hospital, The Mall, Sligo, 071-71111

G.U.I.D.E. Clinic Dublin, St. James's Hospital, 01-416 2315/2316

Beaumont Hospital, Dublin 01- 809 3006

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Copy deadline. Deadline for all your articles, poems, photos for the next issue is the 14th August 2003. Send to: The Editor, Happiness is Vital AIDS West, Ozanam House, Augustine St, Galway.

The opinions expressed in this news letter do not necessarily reflect the views or policies of AIDS West. We reserve the right to edit where necessary.

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Red ribbons courtesy of World AIDS Day ©

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STARTING TREATMENT

For me this has been one of the hardest decisions I have had to make in my life..... to start or not to start? That was the question.

For some time I was getting bad news from the hospital and of course I started missing appointments. I was putting my head in the sand and wishing it would all go away.

So, when Beaumont Hospital started ringing me in October, I knew it was serious. I got the results back from a biopsy which confirmed I had "troublesome skin" a very bad condition which meant that the white cells had gone into it. My own immune system was attacking itself. I also tested Hepatitis C positive. It was December 5th before I walked the long pathway into Beaumont Hospital. Waiting anxiously I knew today was "D" day. So, with a CD4 count of 16 and a viral load of 218,000, I agreed to start treatment and took the plunge.

It has been a rough 3 months for me to put it mildly. Becoming accustomed to taking tablets everyday hasn't been easy, especially for me, who wouldn't take a Panadol if my head was hanging off. But I'm so glad I did. January 2nd I was admitted to hospital seriously ill, and to be honest, I didn't think I'd

make it this time. Pure determination and the will to live for my kids brought me through, only to be handed a heavy blow on January 12th with the news of my partner's death. Life became a blur. 22 years and 4 children later, an AIDS related illness took him away and it's hard! You see, he never wanted his family or friends to know he was positive and he, unlike me, refused to give it a go, "no medication that stuff is not for me". And now he's gone and it's been hell.

I was discharged that day and the funeral arrangements began. Steve died with my Christmas card in his hand. "Footprints" was the prayer on the front of it. My 14 year old son read it at the Mass, my 18 years old son carried his coffin and my daughter, my younger son and me sat hugging each other throughout the ceremony. The bagpipe player played 'Danny Boy' on the way out of the church and led him to the cemetery. Standing by his grave-side, me and the 4 children formed a line and one by one we took the angels from our jackets and dropped them by his side. The saddest day of my life and I was so proud of the children. The 3 boys with their white shirts and black ties and our daughter with her long wavy hair and I know he would be proud too.

Now I'm into my third month on treatment, religiously taking it every day. Apparently, a lot of old friends and family had written me off at the funeral. But I'm proving them wrong. In three months, my CD4 count has gone up to 87 and presently my viral load is -50 and at undetectable levels. Not bad for someone who has gone through so much in the last three months. My skin has improved, my appetite soared and my cracking headaches gone. The realisation that I almost left it too late however, is still there.

Everyday is a new day for me and I thank God for every one of them. So, to all of you out there..... here's to the future.

And a special thanks to all those in AIDS West who helped and supported me through this when often, I felt I had nowhere to turn.



Liz

YOUR QUESTIONS ANSWERED

AIDS West provides an educational service in the Western Health Board area. The following are some of the questions I am often asked.

What is the difference between HIV(Human Immunodeficiency Virus) negative and HIV positive?

HIV negative means that the person does not have HIV antibodies in their body. They are not a carrier of the virus. HIV positive means that a person has been diagnosed with the Human Immunodeficiency Virus.

Can you get a sexually transmitted infection (STI) from oral sex?

Yes, you can. It is a risk that a lot of people forget about. They believe that if they use a condom for vaginal or anal sex they will be fine. Remember that infection is transmitted through blood or bodily fluids such as semen or vaginal secretion and these can be present in oral sex.

Can you get infected with HIV or Hepatitis C if you use someone's toothbrush?

It is very common for your teeth to bleed when you brush them. This means that there could be small particles of blood

on the toothbrush. If you share a tooth brush with someone who has the infection there is the slight risk that blood may be on the needles of the brush and you may put yourself at risk of infection. General hygiene rules state that you should not share a tooth brush or any other personal articles.

Is HIV easy to catch?

HIV can only be caught in specific ways. It is transmitted through unprotected sexual intercourse (vaginal, anal or oral), intravenous drug use, blood transfusions, or a HIV positive mother who may pass it on to her child while still in the uterus, during delivery or through breast milk.

There is no risk to anyone who donates blood, neither is there a risk to anyone who has a blood transfusion today as all blood in Ireland is screened for HIV and Hepatitis. All pregnant women are screened for HIV and if they are diagnosed HIV positive they will be given medication to help reduce the chances of their child being born HIV positive.

If you have any queries in relation to any aspects of HIV/STI's that you wish to include please feel free to contact us.

ORLA NUGENT EDUCATION CO-ORDINATOR, AIDS WEST.

TELLING IT LIKE IT IS

Luke remembers very clearly how he was working in Covent Garden in the early eighties when he saw a picture in the Evening Standard of two ambulance men in riot gear. They were covered from head to toe as they helped a person with HTLV 3 (as it was called then) into the ambulance. "I remember saying to myself. I'd hate to get that thing. I wonder how you would get it". There were already so many stories going around about the plague virus, of cabin stewards and monkeys in Africa that were so removed from my life that I made no connection and thought no more of it. I had suffered with a flu-like illness in 1978 but didn't know what it was. It wasn't until 1983 that headlines began to appear about AIDS. I was 24 then and sexually active for ten years. I was also drinking." The Gay press had tried to bring about some awareness of the virus and the bath-houses of Dublin were promoting the use of condoms. At the same time the Catholic Church was forbidding them which makes Luke very angry to this day as the use of them may have prevented the virus from spreading like it did at the time.

One of the most devastating events in Luke's life was the death of his best friend from asthma in 1984. As a result, he began drinking more heavily. He became manic, and eventually psychotic and was sectioned to Ballinasloe. He was discharged from there without any diagnosis, without any follow up treatment and without a social worker. In fact they told him they wanted nothing more to do with him.

From 1985-1989 he suffered from severe depression. He couldn't communicate with anyone and spent most of the following years in bed. He eventually started seeing a psychologist and she encouraged him to widen the window of his day. He started to move out of the house and would go as far as P.J.'s in Salthill for a pint but that was the extent of it.

Luke managed to get a job in a



restaurant as a waiter and was promoted to chef soon after that. But his drinking deteriorated to the extent that all his week's wages were being spent on it and he was looking for an advance on them to keep up with the drinking. "I was in a relationship at the time but it split up and in 1989 I went on an ill-fated trip to Turkey. I ran out of money while I was there, had no where to stay and my health went down hill."

When he returned to Ireland his mother pleaded with him to go into hospital. "I had lost so much weight and because there had never been a diagnosis I really believed I had cancer. I even went around telling people I had it."

He spent eleven weeks in the psychiatric unit where he was diagnosed as an alcoholic, drug addict and suffering from a bi-polar affective mood disorder.

The doctor at the time recommended that he take a test for HIV and Luke thought nothing of it as to him it was such a long shot that he might have it.

"I was having lunch with my mother the day I was to get the results and I reassured her that there wasn't a chance I was HIV positive and even if I was it wouldn't be as bad as when I

had syphilis since it wasn't a certifiable disease. I went into the doctor feeling very confident. He just looked at me and said 'you're HIV positive and if there's anything I can do.'

Luke went into complete shock at this news. The doctor told him if he didn't tell his mother he would have to do it for him. The doctor also said that he had to go to A.A. When Luke went out to the waiting room his mother took one look at him and said, "You have it." It was some years later that the doctors in Beaumont suggested that he contracted the virus while he was in America in 1977.

When Luke's boss found out that he was HIV positive he said he didn't want AIDS in his kitchen. Luke was now unemployed and unemployable. He sunk into depression for a number of years after that. He continued to live at home and his mother did everything to try to fatten him up as he was very thin. Then one night he woke up feeling very ill with a high temp and nausea. He believed this was the beginning of his illness. He went into his mother's room and told her it had started. They rang the doctor who told him to come and pick up a script for some antibiotics without ever seeing him. This shabby treatment made him change to another doctor.

"I remember after my diagnosis there

TELLING IT LIKE IT IS

was a programme on RTE for World AIDS Day. I rang up the programme and said I was a gay man living in the west of Ireland, who had just been diagnosed HIV. Dr. Angela Savage from Cairde got in touch with me soon after that. Once I started to get support things improved. I now had a befriender Mark who came once a week to see me. This was very important since apart from going to the dole office I didn't do anything else and there were days if someone called for me my mother would have to answer the door and say I couldn't get up. Then Brendan befriended me and he managed to get me out. We went to the gym together, which was good fun and gave me the confidence to launch myself on the world again."

Luke started going out to meet other people. He went to a gathering in the Atlanta Hotel organised by AIDS Help West where he met other people with the virus and found this a great help.

Luke suffered other losses in the interim when he watched the deaths of his friends. In fact in a six month period three people died. *"The years 90-96 were a blur for me apart from feeling guilty and angry. I felt really guilty over my friends dying while I was still alive. I was pushing my mother all the time, showing her how much I was hurting and wanted her to appreciate my pain."*

But then the world started entering into the area of protease inhibitors and hope.

"From 1996 I was having my bloods checked in Dublin. The counts went so low, I was referred to Beaumont. My first count on arrival at Beaumont was 220 and I was offered AZT and other trial drugs." There wasn't enough information at the time of how AZT dealt with the disease so Luke chose not to take it. "Drug treatment is ok for those who can tolerate the regime of drugs but it wasn't for me. I had to find other

ways of bringing up my cell count. I had to address all the problems in my life. Drink, drugs, cigarettes; I had to give them all up. I knew if I was going to stay alive, the quality of my life was very important. Suicide and all thoughts of it went out the window in my effort to stay alive. With the changes in my life style my t-cell blood count went from 220 to 910. I knew then it was time for me to start taking care of myself"

One very poignant occasion for Luke was the first respite weekend organised by AIDSWest where he met a lot of people in the same boat as himself who were very supportive, lovely people. What saddened him was the knowledge that some of them would not be alive the following year for the next weekend away.

In the fourteen years since Luke was diagnosed he has been able to look after himself. He has never been in hospital except last Christmas when he suffered from low grade p.c.p. He does however suffer from four types of skin complaints including dermatitis, and psoriasis (which can be linked to HIV).

"All in all I have had nothing but

support and encouragement from people. I have never had a negative response from a person when I told them I was HIV positive. It is also essential that I have a good G.P. I have had my share of bad ones; from those who didn't want to know me to those who misdiagnosed my ailments. Once I went to the doctor because I wasn't feeling well. He diagnosed multifocal leukoencephalopathy and when I got upset told me that I had a good innings. I looked for a second opinion and a consultant in the hospital diagnosed neuralgia. So I am very careful about my doctors. Thankfully I have a good one now. The first sign of a cold and I'm off to him. He knows where I'm coming from and looks after me well. Just for the record I owe my continued good health to a wonderful team of local doctors and the constant support from my family and friends."

LUKE IN CONVERSATION
WITH GERALDINE MILLS



Happiness Is Vital ~ page 5

CRAZY JANE'S PAGE

SILVER MOMENT

There were vases, rose bowls, silver trays
and handmade goblets too
and Royal Doulton China-
to mention just a few,
tall glasses of champers
and you should have seen the flowers
but none could touch the magic
of the moment to be ours.

They'd schemed and saved, and all agreed
they felt they knew us best
our cygnets, now emerged as swans
relentless in their quest,
to mark the five and twenty years
we'd shared since we were wed
with vision, they installed for us
- an orthopaedic bed!

Margot Mc Mahon lives in Galway. Her poetry has been broadcast on radio and published in "Women's Work" anthologies, Cuirt Journal, local and national papers.

RULE E7.11

I fell in love with my community welfare officer,
One musty Mervue morning as I sat in the queue
Of no ends and no beginnings.
The waiting room glared lime-green from its walls
As we, the shuffled scruff of Galway gathered.
But this morning I was different.
I knew my officer was waiting for me,
Hidden in her booth, mysteriously feminine amid the forms
She efficiently initialised, rationalised, esotericised.
We could not admit nor declare our passion.
It was Western Health Board regulations she said.
The E7.11 rule: "There shall be no love-making between officers
and members of the public during clinic hours".

But I nestled in my plastic chair, eager for the day when she and I,
Hands joined, would re-paint income ceilings and rent-thresholds
In colours of yellow and red.
Or compose cheques together that would be crossed like the Rubicon
Or open as the valley of the Euphrates.

SUMMER

Now, while diggers growl,
sweat gleams on our backs,
tar snares crushed rocks in treacle bubbles.
Hedgerows huddle under dust sheets
grey as a winter's day.

Once, warm sun on our legs
we clambered over raths,
scampered through great banks
of red and purple fuchsia, led
by promises of black voluptuous berries.

Slack branches tearing,
we uncaring, ankle-deep in dung,
reached far-flung trophies
of black gold. And bore
our glistening store of summer treasures
home to crush and boil and foam, then spread
in rivers on our bread.

Hedy Gibbons-Lynott has been writing for the last number of years. She is a regular contributor to Sunday Miscellany and Lyric F.M. Her poetry has been broadcast on Rattle Bag and published on Writelink on the internet.



LITTLE SEAL

OUT OF DOORS



Nature always manages to get one up on you. For most of April my garden and me thought we were in the Mediterranean. Seeds were only beginning to germinate and here I was having to shade them from the scorching mid-day sun; check them like babies to make sure they weren't over heating or parched with the thirst. The apple trees never had such blossom and my sweet cherry tree that has struggled for years was stretching out and blossoming too.

After the disastrous summer last year where almost everything rotted in the ground except the turnips (and even the horse next door wouldn't eat them) I swore that this year I'd get the better of the weather and put up a polytunnel. It was

1 sure, 2 mire, 3 emil, 4 term, 5 tire, 6 mist.

the only solution to growing vegetables in Ireland, so on St Patrick's Day I organised a meitheal of strong sturdy people to put it up with me. My courgettes were going to be snug as bugs this year. Then the sun came blazing down and there I was in my bikini sweat pouring down my neck as I tried to get the baked earth into shape. But as you know that didn't last and we are back to our more reliable (that is four seasons all in one day) weather. So I don't feel so bad about the tunnel now. Tomato, courgettes, sweet peppers are already growing happily under plastic as well as lettuce, spinach and strawberries. All I am chancing to the elements are the potatoes and onions and my flowers. I am just hardening off plants of poppy, godetia and cornflowers before I put them into the flower beds. I will have to be

vigilant with the slugs as they like nothing better than to snack on the juicy greens. Since I grow organically I will be protecting them from the slimy herbivores with crushed eggshells, sea weed and even beer traps. You can also make plastic collars from soft drink bottles that will help keep the pests at bay. As well as the slugs I will have to watch the weeds that will be growing vigorously from now on, to make sure that they don't choke the seedlings or make hideouts for the slugs. Alternatively, if you haven't got around to sowing seeds and would like to put in some plants this summer why not pay a visit to one of the garden centres. As well as some vegetable plants you can also buy a huge selection of annual bedding for your summer borders, not to mention slug pellets to surround them with and you can sleep soundly in your bed knowing that they are safe from the blighters. Think of me out with my flashlight frantically skulking around my flowerbeds in my attempt to capture them before they strike and destroy. I find one, throw it over my neighbours wall and hope it won't find its way back.

RAMBLING ROSE

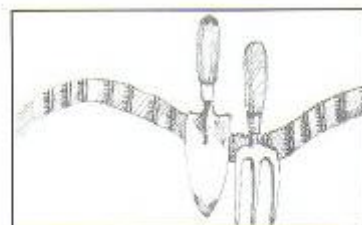
BEST WISHES TO AIDS WEST

In this issue of Happiness is Vital I am saying 'Goodbye' to AIDS West. I have been working here for six years, firstly in the capacity of Support Services Co-ordinator and then as Manager. It has been a great six years for me. I have gained so much by being a part of this organisation.

I want to take this opportunity to say thank you to all those whom I have come to know directly and indirectly as a result of working in AIDS West. I also want to wish AIDS West the very best for the future. It is a great organisation, doing fantastic work quietly and professionally.

Keep up the good work.

NICK FENLON



Time out



Welcome to the Arts Page which will appear sporadically in Happiness is Vital. I intend over the coming issues to cover a broad canvas including reviews and information on the arts. To start, I am going to look at Internet shopping, specifically for CD's and DVD's. I have to admit it took me a few years to get into using my credit card on the net, but with secure sites available it has now become my favourite way to shop for these particular items.

The three main sites I use are WWW.cdwow.com, WWW.play247.com, and WWW.blackstar.com.

Blackstar is based in Northern Ireland. When I used it first it offered good value particularly in DVD's but has since been superseded by the other two because it has started to charge delivery on its items. Saying that, it is efficient and recently when one delivery failed to turn up for me they replaced it immediately.

Play 247 is the site I have used mainly over the last year or so. The site charges in £sterling but the rates are always fair, i.e. the daily market rate. There is no delivery charge. The product takes between five and seven days to arrive and is always well packaged.

Now to get down to the bargains. One of the joys of the sites is the availability of so many foreign film and music titles that are so hard to access downtown. I am a great lover of World cinema and in fairness Des in Red-Light Records in Galway is trying to provide a service in this area. However a lot of titles are hard to get from Irish distributors so when he imports them the price is exorbitant. To give an example; Paris Texas is on sale for €28 in Dublin and Galway; I bought it on play 247 for £8.99 which translated into €13.41. At the moment they have a sale on World Cinema and they have 180 titles selling for £8.99 each. Among those available are Kieslowski's Three Colour series, A Bout de Souffle, Water Drops on Burning Rocks, Amores Perros and the Piano Teacher.

I have to admit I lost the run of myself when I saw them and let's just say I gave myself a very early birthday present.

CDWOW is also chock full of bargains. Among the DVDs here were Norah Jones; Live in New Orleans and Everything but the Girl with Like the Deserts Miss the Rain both at £10.99. On the CD front, titles presently available include Echoes- the Best of Pink Floyd and a two disc version of Norah Jones' ubiquitous first CD for £8.99.

Lastly they have an offer that's very hard to refuse: The Beatles Anthology on DVD. Five discs, twelve hours of magic which sells in the west for €80-85 but can be bought at cdwow for £32.50 sterling. Wow.

AODH MAC AODHA

THINGS YOU CAN LEARN FROM A DOG

- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.
- When it's in your best interest, practise obedience.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Eat with gusto and enthusiasm.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day be silent, sit close by and nuzzle them gently.
- Avoid biting when a simple growl will do.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout... run right back and make friends.
- Delight in the simple joy of a long walk.

SUMMERTIME

Use only the letters in Summertime to spell six four- letter words to fit these definitions

- (1) POSITIVE (2) MUD
- (3) DISCHARGE (4) TO NAME
- (5) FATIGUE
- (6) FINE DROPS OF RAIN

Answers on page 7

LAUNCH OF LOCAL TRADING SYSTEM FOR GALWAY

A local trading system for Galway known as LETS was recently launched in the Gabhar Orga in Newcastle. LETS stands for "Local Exchange and Trading system" and is a locally based barter system in which goods and services are exchanged for a unique invented currency that is only valid within the system.

In Galway's case the currency is the Corrib. Every registered member has an account where his or her transactions are kept track of; a member earns credit by providing goods or services to other people in the system and uses that credit to obtain goods or services from them. No interest accrues on either debt or credit. It originated in Canada and has existed in Ireland since 1993. It keeps the wealth within the community and utilises our own talents, resources and energy to enhance our mutual self reliance. A directory will list what the members of the system are offering and seeking. Goods and services on offer will depend on the members, but could range from help with gardening to driving lessons, massage and beyond.

The system will be based at the Galway One World Centre in the Halls on Quay Street. Or contact Somhairle on 086 397 1244

