

Youth Service's Summer of Fun



St. Oliver's Park Afterschool Summer Project week: [from left to right] Martin O'Brien; Ned Connors; Mary Jo Connors; Julie Power; Rocky Power; Julie McDonagh; Shania Stokes; William McDonagh; Joelene O'Brien; Holly Harper and John Stokes

Now that our Educational Away Programme to Poland is fast becoming a mere happy memory, and our regular programmes are running smoothly, all our paperwork is up to date, surely it's time to sit back and relax.

Not a chance!

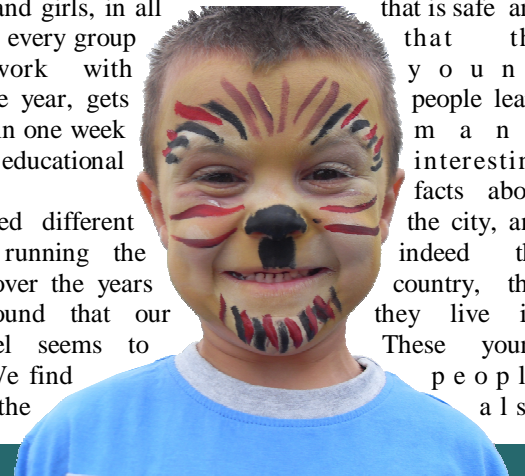
William, our team leader, announces: "Right team – we're having a meeting at eleven o'clock – we're going to start planning this year's

summer projects!" So, with our diaries open, pens in hands, and our thoughts on summer, we embarked on our brainstorming session. We discussed suitable locations and events, what supplies we would need, parental permissions, and a host of other bits and pieces that we would need to get in place to make the summer projects their usual success – Phew! It took some work, but we nailed it down. The Exchange House Youth Service Summer Projects

Programme takes place over six weeks. Every young person, boys and girls, in all age groups, in every group that we work with throughout the year, gets to participate in one week of fun and educational activities.

We have tried different methods of running the programmes over the years and have found that our current model seems to work best. We find that it gives the

young people a chance to have a lot of fun in an environment that is safe and that the young people learn many interesting facts about the city, and indeed the country, that they live in. These young people also



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 Tony Collins - CE Learner
 KIDS KORNER

News Travels

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Above [left to right]: Patrick McDonagh; Martin Stokes; Sarah Byrne (Youth Worker); Michael Stokes; Peter Stokes; James Joyce; John McDonagh; Tommy Maughan; Shane Maughan; Anthony Stokes; Martin Maughan; John McDonagh; Jimmy Maughan (Youth Worker); & Patrick McDonagh

discover much about our nation's history. Some of the activities that the young people experience this summer included:

- Trinity College Museum
- The Viking Splash Tour
- Bowling
- The National Aquatic Centre
- Fort Lucan
- A Sports Day/Face Painting & BBQ in the Park
- Astroturf Soccer
- Quazar
- Dvblinia
- Lullymore Farm & Adventure Park
- The Cinema
- The Farm
- Dublin Zoo

There was always great excitement on the sites each day as we arrived, and the projects were greatly enjoyed by all involved. And as we expected,

everything ran to full capacity each week. Some of the highlights of the projects, enjoyed by the young people, included: feeding the baby animals at Dublin Zoo; the Fairy Park visited at Lullymore Farm; the train ride to the Bog of Allen; the historical artefacts visited in the museums; the boat ride on the Liffey; and face painting in the park. All-in-all, the six weeks were incredibly successful – hopefully filled with many happy memories.

Sarah Byrne, Youth Worker
& Emma Parsons, Youth Worker



Front cover: John Stokes
Left: William McDonagh & Archie Power

Youth Service

Education Away Weekends

Summer is probably the busiest time of our year with the Summer Projects, but just to keep us on our toes, Exchange House Youth Service also planned and carried out three educational away programmes. Our first trip was a weekend spent in Kilkenny boarding school with the *National Youth Council of Ireland (NYCI)* to help develop a pack for youth workers to educate young people around World Justice and make preparations for 'One World Week' in November. Young people gathered from all different organisations around Ireland. Through a series



of games and group work, the young people explored topics around AIDS, child labour, discrimination, the European Union Millennium Goals, poverty, equal justice, Fair Trade, starvation and young people and their future.

Our next weekend was to Newport, Co. Mayo, staying in Triangular Lodge Hostel. This was a follow up to our Away Programme to Poland - continuing to work and build relationships with these young

people - a teambuilding weekend. During this weekend they visited a youth festival taking place in Knock which fell on the same days as the National Pilgrimage to Croagh Patrick. The boys took part in activities such as hill-walking, fishing, cooking, swimming, and visited nearby places of interest such as Westport and Castlebar.

After these weekends came a fun filled teambuilding two night stay in the historical site of Glendalough. A group of girls stayed in the CYC hostel Teach Chaomhin. This group has recently completed an addiction awareness programme and

went to Glendalough to develop skills and have fun. The group visited Glendalough, did cookery skills, and participated in arts & crafts.

All three trips went very well and lots of fun was had by all.

Sarah Byrne, Youth Worker



Above: Brothers, Peter & Michael Stokes, enjoy the waterslide at Fort Lucan
Below: Bridget Connors, Christina Cash & Margaret Casey dip their toes in Glendalough



A few words from our Director

Welcome to this edition of News Travels!!!

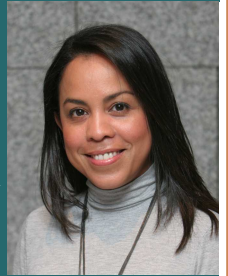
The current economic climate is posing new challenges for Exchange House and our clients. We have already begun to notice a significant increase in new clients requiring our assistance. Using

our front line service delivery experience, we continue to be alert to new, emerging poverty and social issues within the Traveller community so that we can continue to address the problem before it becomes a crisis. The benefits of the economic boom for the Traveller community were very limited but now it seems the recession brings with it greater inequality, poverty, discrimination and social exclusion for some of the most marginalised citizens of our country.

With the ongoing support of our funders, Exchange House is committed to tackling poverty and social exclusion. Worthy statements, which we all subscribe to, about protecting the weakest in our society must be made real through a combination of hard work at the front line and tangible support by those facing difficult resource allocation decisions.

This edition should give you a glimpse of the work our **Family Support Services** is currently engaged in - from domestic violence to better parenting through our *Parent Plus* programme and the ongoing work of our social workers. **Youth Services** worked with over 130 youngsters between away trips and summer projects - always a bustling happy group. **Education Services** is preparing for our National Educational Achievement Award while continuing to provide educational services to many Travellers.

We continue to face our challenges with passion and most of all optimism based upon the skills of our staff, the support we provide to ensure our services meet quality standards and the needs of the people we work with.



Heydi Foster
Director

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Youth Event Day

Exchange House is actively involved with the Irish Traveller Movement (ITM) youth working group. Earlier in the year this group arranged a National Youth Event Education Day to highlight

the positive experiences young Travellers have in the education system and to gather information which they feel will help them better themselves for the future.

A meeting to plan this youth event day was held on the 7th of April with young people representing different groups from around the country. This was to enable the young people to take real ownership of the day and to be part of the organising.



As part of our ongoing involvement with this group we took young people to the event held on May 16th in St. Agatha's Hall in Dublin. At this event young Travellers came together from around the country.

They were involved in group work and information sharing done through discussions, arts and crafts and fun & games highlighting important achievements such as:

- Young Traveller's educational achievements
- Young Travellers involvement in Dáil na nOg
- Positive Role Models in the Traveller Community

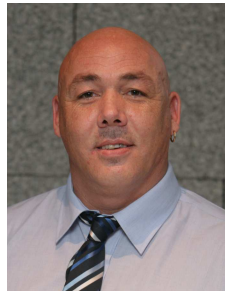
They also discussed important issues such as:

- Why do young Travellers leave school early?

- What is positive about obtaining a Junior/Leaving Certificate?
- What are their aims after leaving school?
- What is being done/can be done to help young Travellers in the education system?

This was a very successful day and is to be followed up by another youth event and involvement in Traveller Focus Week this upcoming December.

Jimmy Maughan, Youth Worker & John Paul Collins, Youth Worker



Above: Ali Casey, Ann Connors, Mary Wall, Mary Connors & Annie Wall

Below: St. Oliver's Park Afterschool Summer Project week visit Lucan Fort [top row, left to right] William McDonagh (Youth Service Team Leader), Julie McDonagh (St. Oliver's Park Afterschool Coordinator), Julie McDonagh, Emma Parsons (Youth Worker) Jimmy Maughan (Youth Worker), Sarah Byrne (Youth Worker), Patrick Stokes (Youth Worker), Bridget McDonagh, Annemarie Stokes (Afterschool Assistant), Heydi Foster (Director). [bottom row, left to right] John Paul Collins (Youth Worker), William McDonagh, Mary Jo Connors, Rocky Power, Julie Power, John Stokes, Martin O'Brien, Shania Stokes, Holly Harper, Joelene O'Brien, Ned Connors



Family Support Service

A day in the life of ... a Social Worker

They say variety is the spice of life; well such is true working as a Social Worker with Exchange House. No two days are the same and you never know what is awaiting you when you walk in the door to start your working day. For the past two years I have been working in Exchange House as a Social Worker. It is one of the most rewarding, fulfilling and challenging jobs anyone could ask for. Don't get me wrong there are days when I wonder what the hell I am doing, but then again we all have days like that.

Today is the day for our team meeting and I have two visits organised for the afternoon. So I head into work to start my day. Our team meeting starts at ten so on Wednesday mornings I usually try and catch up on some dreaded paperwork from 9 until 10, but then again nothing ever works out as planned. I turn on my phone to find a message Mary left last night asking me to ring her this morning. Right away I am concerned. When I get into work there is a message from a Dublin Refuge asking me to call. Immediately I know that Mary had gone to the refuge with her two children. While I am upset for Mary that she was put in a situation where she was at risk, I was delighted to hear that she had made to the refuge and ring them to check that she is ok.

I spoke with the refuge and with Mary. Mary tells me that she gave Michael some money to go to the shop and he took one of the children with him. He did not return for several hours and when he did he was heavily intoxicated. Mary told me an argument broke out and Michael hit her. She was so upset she told me she just took the children and left. Mary had



Martina McGovern
Social Worker

All the names in this article have been changed to protect identities

put the safety plan into place that we had been discussing over the past couple of weeks. This is fantastic that she was able to put into operation the plan that we had been working on. It's true to say that the best laid plans never work out; however I was delighted to see that on this occasion they did. Mary acknowledged that this was not acceptable and she wanted to send her partner a clear message that his behaviour would not be tolerated. Three staff members from the family support team currently work with this family and we feel it is important to show Mary that she has our full support so we organise to go to the refuge to meet her in the afternoon. Now I contact the HSE social worker who is working with this family and advise her of the situation.

After our team meeting Caroline, an Exchange House Addiction Worker, and I go on a joint visit to Lisa. Lisa had a recent bereavement and is very upset. She has a history of alcohol misuse, but thankfully, had not been drinking for several weeks. We are delighted to see that she is not drinking at present; especially under the circumstances. Our role here with Lisa today is providing her with assistance and counselling and also to provide practical support. Lisa is moving shortly; we talk of the plans she has in place to ensure she keeps up to date with her rent and bills and are delighted to see that she is thinking ahead. Lisa's daughter is there and she has a letter she received from the council regarding her accommodation which she asks me about. I contact the housing welfare department in the council. Lisa has fallen behind on her rent as she recently became unemployed. She is advised to go into the council and discuss the arrears with them. I

advise Lisa about the National Traveller Money Advice Budgeting Service (MABS) and how they can help her with budgeting.


Now it's time for a well earned lunch. We eat quickly as we have to go to the refuge to meet with Mary. When we get to the refuge Mary is exhausted after her ordeal but relieved to be safe. She is very upset and wants information on how to get a barring order. We talk about her options and let her know that we can bring her to court tomorrow. While we are talking the children come in to say hello. They want to show us the animals in the garden. The refuge has a rabbit and a gerbil and they are fascinated by them; as am I. This is a welcome distraction for them and for us and we leave content in the knowledge that Mary is in a safe place and well looked after. So now it's back to the office to catch up on some of that dreaded paperwork.

What a day!!!!


National Traveller MABS

Is part of the national network of Money Advice and Budgeting Services around Ireland that offer free, confidential and independent services for members of the Travelling community in debt or in danger of getting into debt.

Contact them

 (+353) 01 864 8510

 nationaltraveller@mabs.ie

 www.nattravellermabs.org

 Unit 2, North Park
North Road
Finglas
Dublin 11

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Parents Plus

The Family Support Service recognises that parenting is probably the most important and rewarding role a person will undertake in their lifetime. However, parenting is not easy and involves many ups and downs and challenges along the way.

Family Support Workers, Jules McDonagh and Laura Rigney, and Social Worker, Aoife O'Brien ran the *Parents Plus Programme* with the Local Training Initiative (LTI) programme over eight weeks (7th May - 25th June 2009). The aim being to support parents in their valuable role and to help them to find their own solutions to childhood challenges.

The *Parents Plus Programme* is a DVD-based parenting guide which was developed by the Mater Hospital between 2000-2008 in partnership with the parents of children. The focus of the programme is to help parents and carers find solutions to any problems, to promote the parenting skills already in use and to create more satisfying ways of relating to their children rather than finding a cause of things going wrong in families. The *Parents Plus Programme*

centres on the interaction between parent and child, the power of encouragement



and of listening to the child alongside the importance of establishing routines and consequences.

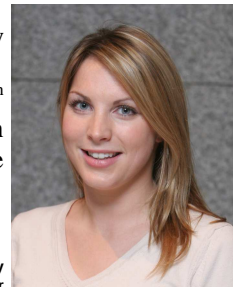
The facilitators dealt with issues arising during the childhood years and worked with the group towards goals of improving confidence and self-esteem and

improved learning and attention of children and how to manage tantrums.

The group also learnt about issues surrounding the teenage years including managing misbehaviours, dealing with conflict and aggression and listening to and problem solving with your teenager.

Facilitation of the group is the role of the Family Support Service but the group dynamic is crucial for the success of the programme. The importance of relating to shared experiences and group interaction is vital. The participants of the LTI group provided each other with plenty of advice, skills and support and we are grateful for their wisdom and dedication which made the programme a success. Seven participants received a certificate of completion which they were

presented on the 26th June at the Education Service Certificate Award Day.



Laura Rigney
Family Support Worker

Family Support Service's Domestic Violence Programme

Domestic Violence is a real life experience of many women including Traveller women. However, due to a strong emphasis on family and community connections this means that in many cases a Traveller woman leaving her husband virtually has to leave the whole community. This situation can be exacerbated when accessing support, for example: when refuges cannot accommodate them due to large family numbers or that refuges do not accept boys over 14 years. This subsequently makes it less

likely for the women to avail of services or to leave the violence. The Domestic Violence Programme which is run by the Family Support Service in Exchange House involves making sure that the woman and her children are safe. Priority is given to her immediate safety as violence is likely to increase when she is seeking help or planning to leave. It is at this point that a 'Safety Plan' is devised with the woman by a Social Worker or Family Support Worker. This involves ensuring that she always has a bag packed with her identification, important



Aoife O'Brien
Social Worker

documents such as social security cards, post office books, bank cards, children's birth certificates, and medical cards, spare clothes are also included in this. The various options will always be discussed and she will ultimately be the one to decide what is best for her. If she decides to leave, she will be brought to the nearest refuge.

Ongoing support by Exchange House will be given and referrals to other services can also be organised. Confidentiality is always provided but it should also

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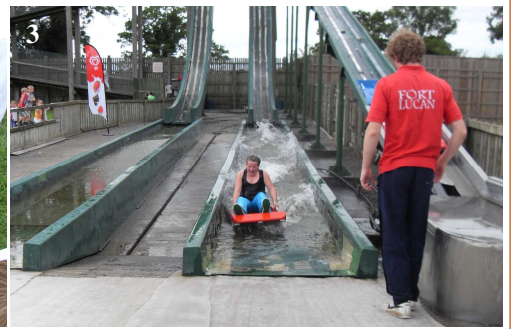
be noted that in some cases where violence is so severe and there is a serious risk to the life of the woman or the children a referral must be made by the social workers to the HSE. This is also discussed with the woman.

Exchange House provides a holistic service to woman and their families suffering domestic violence. The Family Support Service is able to provide the services of Social Workers, Family Support Workers and Addiction Workers depending on the circumstances. The family also has as extra resources in the support of Exchange House's Education Service and Youth Service if required.

It is imperative for domestic violence services to take into consideration the cultural differences and attitudes when it comes to working with Traveller women. Exchange House is best placed to give this support to Traveller women as we have a unique understanding of the Traveller community based on 30 years of experience providing direct service to Traveller families in the greater Dublin area.

“The Domestic Violence Programme run by the Family Support Service, in Exchange House, involves making sure that the woman and her children are safe.”

More images of the Youth Service summer events



1. Christine Stokes, Bridget McDonagh, Julie McDonagh, Ashley Power, Emma Parsons (Youth Worker), Julie Power, Holly Harper, Shania Stokes, Caitriona Connors 2. John Stokes painted by Julie McDonagh; 3. Julie McDonagh on waterslide at Fort Lucan; 4. St. Oliver's Park Afterschools Summer Project week at Lullymore Farm; 5. Chantelle McDonagh and Jane Marie McDonagh; 6. Anne Wall, Margaret Casey, Anne Connors, Christina Cash and Mary Connors at Glendalough



News Travels

Education Services

Exchange House Certificate Presentation Day - June 2009



Above: [left to right] Ellen Collins, Dermot Sreenan (National Travellers MABS), Lorna Grimes (Exchange House Tutor), Mags Maughan, Carmel Terry (Exchange House Director), Lisa Collins, Lizzie McDonagh, Mary McDermott (CDVEC), Siobhan McDonagh (Lizzie's daughter), Paula Cullen (CE Supervisor), Caoimhe Kerins (LTI Coordinator), Breda Long (FÁS), Claudette Doco (FÁS), Nellie Collins, Maggie Collins, Mary Maloney (Exchange House Tutor), Anne Grogan, Anne Connors, Heydi Foster (Director)

The Certificate Presentation Day for the participants on the Exchange House FÁS schemes took place on Friday, 26th of June, 2009.

The certificates were presented to recipients by Mary McDermott, ALO, CDVEC, Brenda Long, SCDO, FÁS and Dermot Sreenan, National Traveller MABS. There were certificates in Money Management, Computer Skills, Textiles, LTI Completion, Manual Handling and Parents Plus.

Tutors and staff of Exchange House were on hand to celebrate with learners their success.

Receiving their awards:

1. Tony Collins & Mary McDermott (CDVEC);
2. Mary McDermott, Ellen Collins & Dermot Sreenan (National Traveller MABS);
3. Anne Grogan & Mary McDermott;
4. Mary McDermott, Lisa Collins & Brenda Long (FÁS);
5. Hugh Collins & Mary McDermott;
6. Mary McDermott & Mags Maughan;
7. Anne Connors & Mary McDermott;
8. Maggie Collins & Mary McDermott;
9. Nellie Collins & Mary McDermott



A day in the life of ... the LTI Coordinator

My day starts at 8:30am because I like to get in a little bit early to get some work done before my group who will start arriving at 9:00am.

There are fifteen participants in the Local Training Initiative (LTI), 11 women and 4 men. The LTI is a learner directed programme, so it's up to the group to decide what training they need us to provide. My job is to firstly facilitate the group in selecting which courses they want and then to coordinate the delivery of that training throughout the year, which means organising and supervising tutors as well as preparing and delivering some of the courses myself.

Last term, I facilitated literacy, spelling, development education, health, and cookery courses. I believe strongly in the principles of Adult Education so I work hard to make my courses as participatory and learner centred (and enjoyable, of course) as possible and for the participants to feel a huge amount of ownership over the LTI. This is important for adults in general but is especially important for Travellers where so many had a negative experience of school as a child.

Other courses are delivered by external tutors, mostly from the City of Dublin Vocational Education Committee (CDVEC). My job is to coordinate with the tutors, making sure the timetable is well organised and working effectively. I

source extra tutors when they're needed for other courses as well.

Also in the mornings I carry out one-to-one sessions with the participants to keep track of how they are doing and to try and find ways to meet their needs more effectively. It's a great way of getting to know them as an individual which group work doesn't always allow.

At 1:00pm the participants finish, as it's a part time course, and it's time for my lunch.

From 2:00pm on I do all the administration stuff that allows the LTI to run smoothly. For example, I fill out forms and reports for FÁS, our core funders, as well as attending the various staff meetings which happen each week. I also liaise with Social Welfare and Community Welfare where participants are having difficulties or need issues clarified.

This is also when I prepare my future sessions. Almost as much time goes into preparing each session as delivering them, so it's a large part of how I spend my time. I finish up at 4:30 pm.



Caoimhe Kerins
LTI Coordinator

Irish Traveller Movement (ITM) AGM



Paula Cullen
CE Scheme Supervisor

The Irish Traveller Movement's AGM took place on June 15th and 16th in Athlone. Exchange House attended and we were impressed with both the style and content of the event. On the first day there were a series of workshops on a variety of topics that reflect both the work of the organisations involved and the wider Traveller community itself. The workshop titles were Traveller/Settled

Partnership, Ethnicity, Conflict, Accommodation, Youth, Education, Legal Issues and New Members.

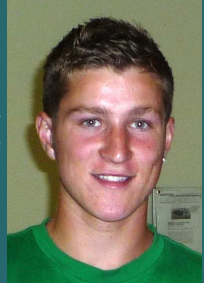
The Ethnicity workshop was a lively one, both challenging and informative. Exchange House staff had particular interest in the Youth, Education and Accommodation workshops as these are some of the areas in which we provide face-to-face services to Travellers on a daily basis. The opportunity to share expertise and experiences with other Traveller organisations was invaluable.

Overall it was a very informative and enjoyable event.

Well done to all at the ITM.

Tony Collins

When I first started in Exchange House I knew I wanted to do a Fitness and Health course. I had no idea where to start so Paula, my CE Supervisor helped me to research courses until we found the one I wanted. It was the National Certificate in Exercise, Fitness and Health in Colaiste Ide and accredited by University of Limerick.



Tony Collins
CE Scheme Learner

I found I was interested to learn about bones, muscle groups and the heart. I did find the academic part of the course and the written exams very difficult but I enjoyed the practical side. When it came to written assignments and projects, I got a lot of support from Exchange House staff and tutors, especially Paula, Cathleen McDonagh and Lorna Grimes.

All students on the course get free membership to Leisure Point gym in Finglas. I also carried out my work experience at that gym. I did exercise to music there with Will, an experienced instructor. I had never done these classes before and they were a challenge!

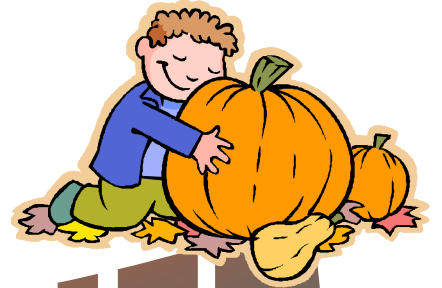
When I did my practical exam, I designed a free movement warm up followed by a six station circuit class which was LME, aerobic and anaerobic. These are the three main types of exercise during a circuit class. I then did a Body Conditioning class which works by toning muscles and reducing body fat.

When I was doing the course I found it so hard I couldn't imagine ever wanting to do another course. Now I have passed my exams and knowing I can access the support in Exchange House, I am looking forward to doing a Personal Trainer course which will progress me even further.

"The Education Service are delighted and proud that Tony has successfully completed the Certificate course. We are all very impressed with the level of commitment Tony has for his studies and his passion for his chosen profession.

Tony's participation in the course was made possible by funding and support provided by FÁS, the St. Vincent de Paul and the CDVEC. If it weren't for their ongoing support, we could not provide the invaluable services we provide to our learners."

News Travels



KIDS KORNER

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These are the words with the right spelling

- | | | |
|---------|---------|---------|
| acorn | harvest | orange |
| autumn | leaves | pumpkin |
| bushels | October | Rake |
| yellow | | |

JumbleUP



Jokes...

- What do you get when you cross Bambi with a ghost??
Bamboo 😊
- What do you call a big Irish Spider??
Paddy Long Legs 😊
- What do you call a couple of banana peels??
A pair of slippers !!!
- Why did the pony cough??
He was a little hoarse 😊
- What do you call a pub on Mars??
A Mars Bar



Word Search

W	B	Y	K	N	L
O	N	R	R	R	E
R	Z	O	O	O	A
C	C	E	S	W	F
A	P	P	L	E	N
E	K	A	R	D	O

- Find these words:**
- acorn
 - apple
 - brown
 - crow
 - leaf
 - rake

September 2009

Labre Park Afterschool

The afterschool works with boys and girls aged between 8 and 12 years. It provides homework support on three afternoons a week. The children also have time for computers, fun and games and a light snack. The afterschool is located in Ballyfermot Resource Centre.

The children come directly from school and when the day is over the Youth Service provides a bus to take them home to Labre

Park. The afterschool Coordinator is Maggie Wall; Maggie works with Karen, Debbie and Maggie. All four do an excellent job in running the afterschool. The main focus of the afterschool is that the children get support doing their homework and have some fun.

All are looking forward to September when the afterschool opens up again for the year.

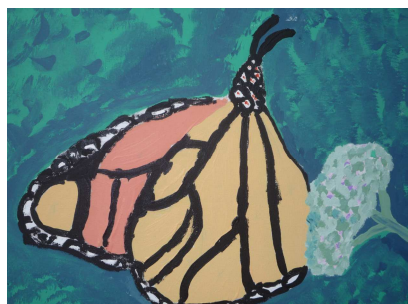


Maggie Wall (Labre Park Afterschool Coordinator) with some of the boys and girls that attend the service



The three Teacher Assistants at Labre Park Afterschool [from left to right] Maggie Maloney, Debbie McGuinness & Karen Browne with some of the boys and girls

Learner Art Project



Butterfly by Bernadette Collins



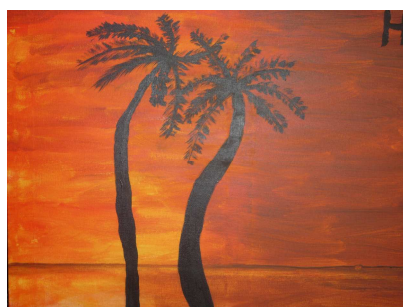
The 4 Seasons by Lizzie McDonagh



Chickens by Phyllis Connors



Summertime by Phyllis Connors



Palms by Hugh Collins



My Horse by Lilyanne Power

News Travels

Exchange House Conference Facilities for Community & Voluntary organisations

Exchange House is happy to announce that we can now offer good quality, good value meeting and training facilities to community and voluntary organisations. Exchange House is situated in the heart of Dublin City, on the Red Luas line, and close to other transport hubs, making it ideal for organisations, nationwide, to avail of our facilities.

There are two meeting rooms, the *Boardroom* & the *Youth Hall*, and the *Computer Room* for IT training. The *Boardroom* can seat up to 30 people, the *Youth Hall* up to 80 and the *Computer Room* up to 12. The *Boardroom* and *Computer Room* also boasts full multi-media and internet.

Our rates are specifically designed for community and voluntary organisations

For more information or reservations call or email:
Simon Finnegan on 01 872 1094 or sfinnegan@exchangehouse.ie



National Educational Achievement Award for members of the Traveller Community
6th November 2009
Dublin City Council

People applying for this award will have sat and completed the Junior Certificate or Leaving Certificate, A Levels or O Levels in the year 2008/9.

- completed all exams
- quote reference number
- open to any age group
- open to all members of the Traveller community in the island of Ireland
- closing date Friday, 16th October 09

Every person nominated will be entered into a raffle: 1st prize is a laptop computer, and runner up prizes.

You may use this nomination form to nominate someone. Please detach and send to the address on the form.

Nomination

I/We wish to nominate:

Name: (Capital letters please):

Address:

Telephone Number:

Fax number:

Email:

Reference/Exam number:

School/Training or education centre

Leaving Cert Junior Cert Other

Nominated by

Name: (Capital letters please):

Address:

Email:

Organization and Title: (If applicable):

Relationship to the nominee:

Signature: Date:

Please include additional information you think might be relevant

Office Use Only:

Please return your nomination form to:

Cathleen McDonagh
Exchange House Travellers Service
61 Great Strand Street
Dublin 1
Ph. 01 872 1094

