

## NORTH MAYO BALLINA, CROSSMOLINA, FOXFORD, KILFIAN, KILLALA

# Ballina dentist bags top award for care of cancer patient

DR Miriam Grady of Grady Family Practice, Ballina, has been announced the Connacht Colgate Caring Dentist of the Year 2022. Dr Grady was recognised for the extensive care and empathy shown to one of her long-time patients who was diagnosed with breast cancer.

The 38-year-old patient says that she has been on 'quite the journey' with Dr Grady who has always been so obliging to her.

In nominating Dr Grady, she said: "In 2016, I received the devastating news that I had stage four breast cancer. The day I came out of hospital, I was in excruciating pain with one of my teeth and I went straight to Miriam's practice. She opened her practice especially for me and treated my tooth. She has always been kind, caring and understanding to me - she knew the last thing I needed was toothache after receiving such a diagnosis.



▲ Dr Miriam Grady, of Grady Family Dental, Ballina, was the recent winner of the Connacht Colgate Caring Dentist of the Year Award 2022, at a ceremony at the Intercontinental Hotel, Dublin. PIC: Maxwell's

"Miriam is always checking in on me, and not just for my teeth but for me as a person. Last February I was really suffering with side effects from my medication and Miriam knew that I needed more than dental care to boost my mood. She helped me plan my husband and I's long overdue honeymoon, directing me where to book it and was on the other end of the phone to answer any questions. She even organised a special Mass for me and my husband in Rome.

"It's not the first time Miriam has gone above and beyond. As I teenager I was on medication which played havoc with my teeth, but Miriam was there to sort everything and always there to listen in my hour of need. She also came to my aid the week before my Leaving Cert when I had to have a root canal on my front tooth."

The annual Colgate Caring Dentist of the Year awards recognise dentists that have provided dental treatment and care over and above the call of duty, often with transformative effects, as nominated by patients and members of the public.

The four-person judging panel were especially impressed that this was not an isolated incident and that, in fact, Dr Grady had frequently gone above and beyond for this patient.

Now in its 15th year, the Colgate Caring Dentist of the Year Awards 2022 celebrate dentists in their local communities who have provided dental treatment and care that has gone over and above for their patients.

There are six award categories, including the overall Colgate Caring Dentist of the Year, Dental Team of the Year, and winners from each of the four provinces, as well as a Dublin winner.

## NORTH MAYO Ballina

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### Quay NS enrolment

ENROLMENT for St Oliver Plunkett National School, the Quay, Ballina for September 2023 will close on December 18. Email secretary@quignamangers.ie for the enrolment application form and school admission policy.

### Killala Community Newsletter

ALL community groups and organisations are requested to contribute to a community newsletter. Please email all relevant information regarding your group to killalacommunityletter@gmail.com.

### Cathedral Candlelight Christmas

ON Friday, December 9, a Candlelight Concert of Seasonal Music in anticipation of Christmas will take place in St Muredach's Cathedral, Ballina at 8pm to fundraise for the restoration of the Cathedral's stained-glass windows. Compere for the evening is RTÉ presenter Eileen Dunne and the event will feature seasonal music from St Muredach's Cathedral Choir, its renowned soloists, the Cathedral Schola Choir, soprano Donna Malone, tenor Alan McGinty, the Parish Children's Choir, St Mary's Secondary School Choir and more. Tickets cost €20 and are on sale in Ballina Pasto-

ral Centre.

### Killala Windfarm Fund

THE Killala Community Windfarm fund is now open for applications from community and voluntary groups in the Killala area. Forms can be collected during office hours from Killala Community Centre.

### Ballina businesses on the move

CONGRATULATIONS to Siobhán and her team in Ivy and Bow Boutique, Pearse Street, who have recently moved to a new, larger premises across the street, and to Ronnie Cawley and team in Cawley's Carpets, who opened their new premises on Tone Street last Friday, December 2. And finally, a welcome to the Ballina business community to Dymna and her team in Adore Boutique, newly opened on Pearse Street beside Moran's Shoes and Nuggies Sweets and Ice Cream, newly opened on Tolan Street!

### Enniscoke Christmas

THE Santa Experience at North Mayo Heritage Centre will take place over two weekends: December 10 and 11, and December 17 and 18. Bring the magic of Christmas to life, have a chat and even take a photo with Santa and his elves! Early booking is advised as this is a popular event, tickets cost €20 plus booking fee. For full information and to book your tickets please visit [www.northmayogenealogy.com](http://www.northmayogenealogy.com).

### Rejoice! It's Christmas

COME along and share an evening with Rejoice Gospel Choir and friends at St Patrick's Church, Ballina on Sunday, December 11 at 5pm. The choir

will be singing all the Christmas classics as well as some of their own favourites. This event is free and promises to be a festive evening filled with community and Christmas spirit!

### Meals on Wheels feature on Sky

BALLINA Meals on Wheels recently featured on Sky News helping to highlight the cost of living issues that affect the most vulnerable in our community. The service provides a Meals on Wheels service to the elderly and infirm in the Ballina area with meals delivered six days a week by voluntary drivers. The dining room is open six days a week to those who are able and like to dine in the centre as a social meeting place. The centre also facilitates meetings in rooms on the premises. Meals on Wheels is holding a Christmas raffle with prizes of luxury hampers and gift vouchers. Tickets priced at just €5 each are available to buy online at [www.idonate.ie/raffle/MOWXMASRAF-FLE2022](http://www.idonate.ie/raffle/MOWXMASRAF-FLE2022).

### Living Well Programme

THE Living Well Programme is now up and running for Spring 2023 with programmes commencing on January 12, 20, 31 and February 20. This free online group programme is aimed to help people manage their long-term health conditions and improve their wellbeing and is delivered on Zoom, once a week, over a six-week period in a friendly and supportive setting over 2.5 hour sessions. Anyone with any chronic illness such as diabetes, arthritis, COPD, cardiac illness, anxiety, etc can benefit from these workshops. You

must register in advance as places are limited to 12 participants. Please note you do not have to disclose your health condition on the programme. Please contact Liam Gildea on 086 014 2675 or by email at [lgildea@southmayo.com](mailto:lgildea@southmayo.com) to register. Visit [www.hse.ie/livingwell](http://www.hse.ie/livingwell) for more information.

### Ballina Arts Centre

THIS week sees two great events take place in the Arts Centre. On Thursday, December 8, the Ficino Quartet will perform at 8pm. Formed in 2013, the Ficino Ensemble has been committed to exploring the vast chamber music repertoire and presenting thoughtfully programmed concerts. The group regularly perform as a string quartet, and the addition of winds and percussion gives the possibility of playing large-scale chamber works. Tickets are priced at €18/€16. On Friday, December 9 at 8pm, Niamh McGrath returns with her new one woman show, Gombean. Set in a sleepy town in Sligo, Grace O'Malley - the Warrior Queen - is reincarnated as a coffee horsebox entrepreneur, high on debt and low on self-esteem. When a blast from her past wrestling rival Ruby Stephens arrives in town, decades after making it big, Grace's world is literally turned upside down. When a chance at a cash prize comes her way so does a shot at an unforeseen redemption, as she contends to win back her title which she lost at the U18's Community Games in '94. Some dreams can't be stomped on! Buy tickets online at [www.ballinaartscentre.com](http://www.ballinaartscentre.com) or call the box office on 096 73593.

### Cathaoirleach's Awards

MAYO County Council's 2022 Cathaoirleach's Awards are open for nominations. This community social inclusion project award recognises local groups that strengthen communities, increase participation and promote social inclusion. For more info and nomination forms visit [www.mayo.ie/cathaoirleachsawards2022](http://www.mayo.ie/cathaoirleachsawards2022).

### Free parking

PARKING will be free from 2pm to 6.30pm in Mayo County Council-owned car parks until Saturday, December 31 to encourage Christmas shopping in the town. This will exclude street-side parking in order to keep traffic flowing.

### Ballina Christmas Markets

THE weekend of Saturday, December 10 sees two Christmas markets take place in the town. The Mistletoe Market will be located this year on Walsh Street on Saturday from 11am to 6pm and Sunday, December 11 from 1pm to 6pm. Vendors wishing to register should contact Ballina Chamber of Commerce at 096 72800 or email [info@ballina.ie](mailto:info@ballina.ie). Ballina Indoor Community Market will also hold its indoor market on Saturday, December 10 from 10am to 3pm in the hall at Gaelscoil na gCeithre Maol.

### Santa's Grotto

THE Frosty Salmon Festival Ballina Santa's Grotto will be open in Toymaster Ballina in December from Saturday, December 10, to Sunday, December 18. No booking required. €10 per child including generous gift bag.

All proceeds are going to Mayo Roscommon Hospice Foundation and the Fifth Mayo Scout Group, Ballina towards their new den. The Scout group are also seeking donations of copper coins as a fundraiser for the den.

### Drive Thru Santa

VISIT Santa, Mrs Claus, and the gang of elves at their workshop at Ballina Stephenites GAA Club from Saturday December 17 to Tuesday December 20, from 5pm to 9pm each evening. All the family is encouraged to pass through the magical Tunnel of Lights and join in the fun. Children under the age of 12 will receive a modest gift from Santa. Admission is €50 per car.

### Killala Taxi

EVERY Saturday night until Christmas, the community bus will be available to bring people from rural areas into Killala town. Pick-ups will be around 8pm and the bus will leave again at midnight.

## NORTH MAYO Crossmolina

[crossmolina@mayonews.ie](mailto:crossmolina@mayonews.ie)

### Talk on Scams

CROSSMOLINA Community Council CLG will hold a talk on scam prevention today Tuesday, December 6 at 12.30pm in the Enterprise Centre, Mullenmore Street, Crossmolina. All welcome.