

'A LIFE INTERRUPTED,' A BOOK ON DEPRESSION, BY MALACHY WALSH.

Mo Chuisle, Scéal Frank Ryan, TG4 Documentary, By RoseAnn Foley

Crosshaven author, Malachy Walsh, battled a hidden illness of depression for a quarter of a century before publishing an account of his journey. Malachy's book, 'A Life Interrupted,' published by Collins Press, is available at Carrigaline Book Shop, other local bookshops, and major book chains such as Eason's.

Malachy wrote this frank and courageous book to give hope to others who suffer from depression. Although repeatedly on the brink of suicide, nobody who knew Malachy socially, or worked with him as a civil engineer, knew of his condition.

It is estimated that at least 400,000 people in Ireland suffer from depression yet most sufferers hide it from their family, their workplace and the world around them. The reasons for hiding this stigmatised condition centres on fear of rejection. The hidden condition commonly deteriorates until a crisis brings it to the fore. Full 'breakdown,' which can require hospitalisation in a psychiatric ward and invasive 'treatments' such as ECT (Electro Convulsive Therapy), can be avoided by: being more open, being willing to make changes in one's life, being willing to seek out and accept help, and by implementing coping strategies such as exercise, faith, acupuncture, reflexology, and counselling.

Although Malachy now describes himself as 'cured' of depression, he continues to: monitor his mental health, stick to lifestyle changes such as exercise, and avail of acupuncture. 'A Life Interrupted,' took Malachy seven years to draft and rewrite, and



Documentary Maker RoseAnn Foley and Documentary Presenter Catherine Foley.

having succeeded in getting a publisher, and the encouragement of a large volume of book sales, he has now embarked on a fiction book and looks forward to spending much of his 'retirement,' as a writer. Ballea Writers Club is delighted to welcome Malachy as a new member and wish him every success with this and future publications.

RoseAnn Foley's Documentary: Mo Chuisle, Scéal Frank Ryan, will be screened on Sunday Oct 12th at 9.30 pm on TG4 and repeated on Oct Tuesday 14th at 8pm.

This will be the first in a series of documentaries researched, written and directed by RoseAnn, a recent new member of Ballea Writers Club. The half-hour programme will be presented by RoseAnn's sister: Irish Times

journalist Catherine Foley.

The documentary on Frank Ryan will examine his two different worlds; those of internationally acclaimed singer (Tenor), and butcher who hailed from Co. Cork.

Rediscovered recordings, that has never been aired before, will give listeners a unique opportunity to hear Frank Ryan's voice throughout the programme and hear him singing songs such as: God's Garden, Danny Boy and Machusla.

Though Frank moved from Fermoy to Tallow at the age of five, and was claimed as 'The Waterford Tenor,' he never lost his love of Cork and often sang at Cork Opera House. He performed all over Ireland, in the 40ties and 50ties, including at Dublin's Gaiety Theatre, and his international venues included London's Royal Albert Hall and America's world famous Carnegie Hall.

With contributions from Niall Doyle, opera historian Larry Fanning and Professor Michael Ó Súilleabháin, of UCL, the programme examines how Frank Ryan rose to international stardom.

Frank is complimented not just for his charm on stage but for the warmth that he resonated to his family and to his Tallow community. In a trip down memory lane, we are taken to Frank's home and meet his son's, who remember Frank's time in the butcher's shop: where 'yanks' would visit and smoke cigars while they discussed concerts with him. Soprano Dr Veronica Dunne recalls singing with Frank in Killarney and compares his magnificent voice to that of John McCormick.

This documentary on Frank Ryan is a Forefront production, and part of TG4's Cogar series.

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LESLIE DALTON - PERSONAL LIFE COACH

In the world of sport a good coach can mean the difference between doing good and doing great and in personal and professional terms, a Life Coach can support people to make amazing changes to the quality of their lives.

Personal life coach Leslie Dalton is based in Carrigaline and works on a one-to-one basis with clients in order to help them achieve their goals. Leslie describes personal life coaching as a powerful, confidential service that is designed to enhance the client's personal and professional life. Working with the client, Leslie creates a mutually respectful partnership which motivates and encourages the client and moves them through their limitations and old patterns to new actions and achievements.

Life coaching can benefit clients in all aspects of their lives. Leslie believes that many people are limited by their own in-built obstacles and lack of real clarity about what it is they want to change or achieve. When people are not clear about what they want to do talking things through with Leslie brings clarity and a sense of purpose to their lives. Having a clear sense of where you are and where you want to go decreases stress levels and can help people to make effective, positive change in their lives. Self confidence levels rise and self esteem improves. Many clients see an immediate improvement in their interpersonal relationships. Family conflict is minimised and office politics becomes easier to handle.

As a life coach Leslie uses her own life experience as well as her training as a Life Coach to listen carefully to

what her clients are seeking from their own lives and enables them to correctly identify what obstacles they may need to overcome. She observes and listens to her clients with an unbiased, non-judgemental ear and assists them in identifying and clarifying their goals and ambitions and outlines a specific plan of action to achieve those goals. She then encourages her clients to be accountable to that plan and to themselves.

Leslie feels that many people are unaware of the stumbling blocks in all areas of their lives which may be holding them back and preventing them from reaching their goals. Once an individual has been supported to identify what's holding them back, they can then begin to move towards achieving their desires. Leslie guides her clients through each step and supports them unconditionally, every step of the way.

There are many benefits to be had from life coaching. Leslie has seen her clients discover a whole new side to their personality and discover strengths and a sense of purpose which enables them to achieve their goals, both personal and professional. Life coaching enables a person to become focused on what they want and how to get it and supports them to develop a clear view of what they would like their future to be. It introduces structure and balance and encourages them to do more than they would normally do by themselves. It improves their confidence and encourages and motivates them to reach their goals and live a balanced and abundant life.

As previously stated, Leslie Dalton is based in Carrigaline and can be contacted at: 021 437 3056 or 086 807 3032, email: fcgcoaching@gmail.com



Leslie Dalton