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MONDAY,
JULY 8, 2019

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5 Slimming[®] WORLD

Sizzling summer recipes..

..AND
THEY'RE
HEALTHY
TOO!

SEE PAGE 26



Maura & Curtis finding their feet

SEE PAGE 3

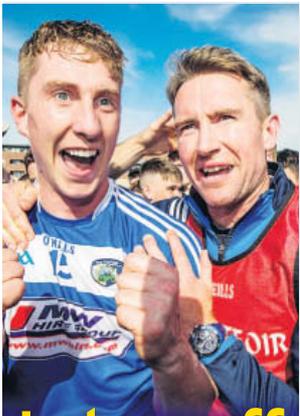


TRAGIC Chantelle Keenan
**Girl killed by
car in drive**

A YOUNG girl died after a car rolled over her in Co Louth yesterday.

Chantelle Keenan, seven, was fatally injured in her driveway in Boyle O'Reilly Terrace in

TURN TO PAGE 4



Let us off the Laois

SEE SPORT



Guess Lou's back?

EXCLUSIVE: PAGE 9

BEAST WHO RAPED ME MUST STAY IN PRISON

Anger over monster's appeal of 18yr sentence

EXCLUSIVE
BY CIARA PHELAN

A MUM left wheelchair-bound after a horrific rape fears the beast who attacked her will assault other women.

Laura Gates was left for dead by monster Anthony Cassidy, who is appealing his 18-year jail sentence.

The former lollipop lady, 54, from Carlow, said: "At least now I know he's locked up but I would be afraid if he did get out he might reoffend."

"I haven't got the best of life now but I have peace of mind."

FULL STORY: PAGE 5



FEARS
Laura
Gates

Woman dies in morning road smash

A WOMAN in her mid-20s was killed in an early-morning car crash yesterday.

A family in a second vehicle, including two young children, were taken to hospital with non life-threatening injuries.

The woman was fatally injured when her car collided with another vehicle on the Lea Road in Portarlinton, Co Laois, at around 8.20am yesterday.

A spokeswoman said: "Gardai are appealing for anyone with information, particularly anyone who was in the area at the time of the collision, to contact gardai in Portlaoise on 057 7864100 or the Confidential Line on 1800 666 111."

Hero garda saves man in river rescue

A GARDA has been hailed a hero after she saved a man from drowning on Saturday night.

Andy Neill said his three colleagues acted swiftly to save the male who was submerged in the River Nore in Kilkenny.

He told KCLR 96fm: "He was going under the water – a man in his early 20s.

"The three gardai immediately got involved. "[They were] two female gardai and one male.

"A female garda entered the water and succeeded in bringing the man to the surface, where her two colleagues immediately assisted in bringing the man safely in."

Pals at work make it more productive

HAVING pals in work helps employees be more productive, research claimed yesterday.

Around 55% of employees say friendships positively impact productivity.

And eight in 10 workers asked by Jobs.ie would also like to see their boss do more to encourage camaraderie.

General manager Christopher Paye said: "Most of us have experienced working in both happy and less-than-happy workplace environments.

"By extension, we recognise the value of friendship and camaraderie in a high-functioning and happy workplace."

'The appeal is ridiculous ..I hope the judge will see the damage he's done'

BEAST

Anthony Cassidy, 34

Rape victim's horror over monster's bid to reduce 18-year jail sentence

EXCLUSIVE

BY CIARA PHELAN

A MUM who was left for dead and is now wheelchair bound after a brutal rape is pleading to keep her attacker behind bars.

Laura Gates, 54, said she is terrified vile sex beast Anthony Cassidy, who is appealing his 18-year sentence, will be let back on the streets.

The monster attacked the popular lollipop lady from Carlow as she was walking to the shops in the early hours of June 25, 2017.

The mum of two was found 12 hours later after he dumped her unconscious body on the outskirts of the town.

Speaking for the first time since the horrific attack, distraught Laura said she hopes the judge hearing the appeal "will see the damage he has caused".

She told the Irish Mirror: "With the appeal I think it's ridiculous because what's done is done. He can't change it,

neither can I. At least now I know he's locked up but I would be afraid if he did get out he might reoffend.

"I haven't got the best of life now but I have peace of mind."

Following the attack, she spent time in intensive care and suffered four bleeds on the brain and has serious mobility issues.

Laura, whose speech has been left slurred, is conscious of how she sounds and looks.

She added: "I'm always wondering if people actually understand me.

"At least he can walk and talk, I can't and I would love to be confident enough to go into a shop or talk to someone without thinking. Do they understand me or know what I am saying?"

"At the end of the day, who do I appeal to to say,

'Can I walk and talk just for one day and feel normal?'

"I'm sitting here wondering will my brain injury get worse and one day I won't be able to talk, who do I appeal to then? No one.

"I used to bring children across the road for a living and now I can't cross the road myself without help."

Laura said she is dependent on others and can no longer have a shower on her own.

She added: "I need a childminder, I need someone to help me.

"I feel the very same as my two girls were when they were two babies, I was washing them and it's like I'm a baby again and that's how it feels.

"I'm angry, I'm hurt that all I was doing was going to the shop – look where it got me." Cassidy, 34, from

Tinyland in Co Carlow, pleaded guilty to rape and assault last year.

At the time of the attack, the father of one had 34 previous convictions, including soliciting for sex in the UK and two assaults in this country.

Laura's daughter Melissa Gates said she is upset to have been told on the street that Cassidy is appealing his case.

She added: "I'm a bit upset that I heard it off somebody that wasn't a guard.

"We should have been told straight away when the appeal was.

"It's hard because mammy loves to be out and about but mammy is embarrassed because of the way she is now.

"Everytime I look at mammy I see the injuries and it just brings you right back to that day, you never forget it.

"He doesn't deserve any time off, he doesn't deserve to appeal, he doesn't deserve to see the light of day for a long long time. We don't want pity ourselves, we just want justice."

news@irishmirror.ie

"I haven't got the best life but I have peace of mind he's locked up"

LAURA GATES
CARLOW YESTERDAY



CORONAVIRUS PANDEMIC: PAIN

TD's anger as banks cancel home loans

MORTGAGES 1

BY FERGHAL BLANEY

BANKERS are cancelling mortgage approvals for workers on benefits because of coronavirus, it has emerged.

Labour employment spokesman Ged Nash slammed Finance Minister Paschal Donohoe for "leaving thousands of people in the lurch".

He said the minister is standing by while banks target the workers when they are at their weakest.

Mr Nash, left, added: "I have been contacted by several constituents on the Temporary Wage Subsidy who have had their mortgage approval withdrawn or were prevented from drawing down their mortgage."

"There is now a very real danger they will lose out on their prospective home, lose their 10% deposit and in some cases could run the risk to be pushed into homelessness."

"It is not acceptable those on TWSS are being punished through no fault of their own as a result of Covid-19."

"We have already seen a sharp drop-off in mortgage approvals of up to 10% in March, which will have a knock-on effect in areas like construction, particularly when we need to urgently build more public, private and affordable homes."

Approvals drop by 40% in April

MORTGAGES 2

MORTGAGE approvals fell by 40% in April due to the impact of Covid-19, banking chiefs have revealed.

But figures from the Banking & Payments Federation Ireland found 2,200 mortgages worth €525million were given the green light.

Its chief executive Brian Hayes said: "As expected we have seen a significant drop off in activity in the mortgage market in April as the medium term impact of Covid-19 takes effect."

"And in the current conditions it is likely that we will see a similar fall in mortgage drawdowns for this quarter as they follow the downward trend shown in today's figures."

"Looking ahead there is no doubt the period ahead will remain challenging for the mortgage and housing market as a whole."

"This is in the best interest of the customer and to ensure borrowers can afford the loans they take out."

EXCLUSIVE

BY CIARA PHELAN

A FUNERAL director has told how grieving families of Covid-19 victims have asked for loved ones to be exhumed so they can be given a proper funeral.

David McGowan said the use of body bags is "inhuman" and "unnecessary" in the pandemic.

He added people have phoned him to tell him their relatives were buried "like animals".

They were placed in their graves in the clothes they died in, in some cases in their pyjamas.

Mr McGowan said: "I'm conscious people are angry and there is a lot of hurt already out there."

"The deceased can't speak for themselves so I feel I have to give them a voice."

"I've dealt with more than a dozen people who have died from Covid-19 and I've taken them all out of the body bag but with my colleagues we have cared for at least 100 Covid-19 deaths."

"People have heard me say I take out of the bodies and allow for the families to have their loved one dressed in their favourite clothes and to be able to see them and say a proper goodbye."

"Devastated people have phoned me and asked if they could get a body exhumed so they could get the send-off they deserve."

"I have been contacted by several constituents on the Temporary Wage Subsidy who have had their mortgage approval withdrawn or were prevented from drawing down their mortgage."

"There is now a very real danger they will lose out on their prospective home, lose their 10% deposit and in some cases could run the risk to be pushed into homelessness."

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Families say victims were buried like animals... there's a lot of hurt out there

Funeral director: Body bags inhumane : Relatives plea for exhumation of dead

can be performed. And it said the deceased can be viewed by mourners once using precautions and family members can wear gloves and a water resistant gown.

Mr McGowan, who is a founder and tutor of the Irish College of Funeral Directing and Embalming, added he and colleagues who have dealt with Covid-19 bodies wear the same PPE as doctors and nurses.

He said 30,000 people die on this island each year and it's reported 1% pass

away of an infectious disease so they are used to these precautions.

Mr McGowan, who runs McGowan's Funeral Directors in Sligo, said: "In fairness to the HSE, they left it up to the funeral directors to use discretion."

DIGNITY

"We can't be reckless and we have to be careful and professional."

"We must look after the living but also maintain the dignity of the deceased."

"A body that is properly, hygienically cleaned is much safer to the general

public than one that's in two body bags within a coffin."

"We seek advice from the professionals here and across the world and we follow these guidelines and we up skill and that's exactly what we did."

"Why did we turn our backs on the deceased?"

"We advise not to touch the body but if a grieving wife or husband says to me they want to touch their hand I'm not going to say no."

"Let the main spouse touch and I'd get my bottle of hand sanitiser and I soak the hands. The danger is if you



CARE AND ATTENTION David McGowan says he has a duty to the dead



POSITIVE Dr Ronan Glynn yesterday

HOPE FOR KIDS CAMP

BY NEIL LESLIE

SUMMER camps including the GAA's popular Cui camps could get the go-ahead from next week.

Chief Medical Officer Dr Tony Holohan confirmed they are among a range of measures being discussed to ease restrictions on children.

The National Public Health Emergency Team meets today to confirm the advice it will give Cabinet tomorrow. Dr Holohan added: "There is nothing that suggests we will not be able to make that recommendation."

"We wouldn't be making recommendations that have relevance to sporting organisations without their awareness."

But he discouraged plans by some publicans who intend to open early on June 29.

Opening playgrounds from Monday is also thought to be on the agenda of today's NPHET meeting.

Meanwhile, another three people have died of Covid-19 bringing the death toll to 1,659. The number of confirmed cases rose by 47 to 25,111.

It was also revealed 91% of those infected have made a full recovery.

Deputy Chief Medical Officer Dr Ronan Glynn said: "This is positive and confirms the expectation that most people who get Covid-19 will recover."

“Devastated people asked for exhumation so they can give loved ones a send off”

DAVID MCGOWAN FUNERAL DIRECTOR, CO SLIGO

IRELAND LATEST	
Cases:	25,111 (up 47)
Deaths:	1,659 (up 3)
WORLD LATEST	
Cases:	6,523,137 (up 75,780)
Deaths:	385,015 (up 4,398)



SERVICE Mr McGowan has more than 40 years experience



MISTAKE Wrong body was released by Mullingar Regional Hospital

ADVICE

"If a family member can't identify that body, I don't think anyone can deny losing a loved one is the toughest experience anyone will ever have to go through."

"Why wasn't our expertise and advice listened to?"

A spokesman for the IAFD said: "We

issued guidance to assist in preparation for the potential of Covid-19 related deaths in early March, based on research from observing other countries where the pandemic had taken a catastrophic hold.

"With protection paramount, the initial guidance was offered to members with the express aim of keeping them, their staff and deceased families safe and to mitigate any risk of spreading the virus."

IRISH MIRROR COMMENT: PAGE 6

Some of world's most restrictive measures here

EXCLUSIVE BY NEIL LESLIE

IRELAND remains in a stricter lockdown than most of Europe, an academic think tank said yesterday.

A tracker produced by experts at Oxford University has measured the response of 160 nations to the coronavirus pandemic.

On an index of 0 to 100 Ireland remains in a high state of shutdown, scoring 88 up to May 19, the day after restrictions were eased.

That puts us among the strictest regimes in Europe.

Despite a death toll that is among the highest in the world the UK is now at a level 73 on the scale.

Italy which has opened its borders to tourists is at 65, Spain 85, the Czech Republic 63 and Sweden just 58.

New Zealand - the nation that has best coped with the outbreak - now has a lockdown rating of just 37. It hit the highest level anywhere in the world of 97 for four weeks.

The scale measures 17 different Government responses including the closure of schools, workplaces and public spaces, the cancellations of events and gatherings, as well as restrictions on travel, movement and stay at home orders.

It also rates economic responses such as state payments to laid off workers to get an indication of the level of shutdown and response.

The lockdown index is produced by Oxford's Blavatnik School of Government.

Researcher Toby Phillips told the Irish Mirror: "Ireland is currently stricter than the majority of European countries, but by no means an outlier."

much into a difference of less 10 points - that could be something like whether some trains kept running, or whether pre-school was left open.

"A difference of less than 10 points could even be a quirk in the data."

"So yes, a maximum level of 90 is definitely in the higher range for Europe, but countries like France, Italy, Georgia, and Croatia are all the same level or higher."

"Countries like Belgium, Italy, Germany, Netherlands, Romania are below Ireland but within 10 points."

"Countries like UK, France, Switzerland, Denmark, Finland, Portugal, Norway, Austria, Estonia, Bulgaria have reduced to lower levels [more than 10 points away]."

Ireland also had one of the strictest peak lockdowns of the 160 nations. At its highest in April it had a rating of 91 out of 100.

That placed us among the top nations in the world for severity of measures.

The highest lockdown score anywhere was 97 recorded in several countries including Bermuda, Bolivia, Ecuador, India and Iraq.

At the other end of the scale Nicaragua (14), Belarus (18) and Burundi (23) had the most lax responses to the pandemic.

Mr Phillips said: "Ireland did have a pretty strict lockdown, most European countries had a lower response level."

"Ireland's maximum stringency in our index was around 91, and most countries in Europe had a maximum stringency within 10 points of this."

"We certainly wouldn't characterise it as an outlier I would be wary of reading



STRICT Guards in Dublin city centre

How we compared to some other countries

Ireland.....	88
Spain.....	85
UK.....	73
Italy.....	65
Czech Republic.....	63
Sweden.....	58
New Zealand.....	37
Burundi.....	23
Belarus.....	18
Nicaragua.....	14

19% rise in job applications in Galway but a 23% fall in Limerick

Job applications up 5%

JOB applications in Ireland climbed by more than 5% last month, it was revealed yesterday.

But the study by CV-Library found a 19% rise in Galway and 16.4% in Cork but a 23.1% fall in Limerick.

Spokesman Lee Biggins said: "If you are looking for a job now, you need to work really hard to stand out."

CORONAVIRUS PANDEMIC: SURVIVORS

TELL OF BEATING DEADLY COVID-19



BETTER Niall in New York & hospital

Lawyer home after induced coma ordeal

BY EDEL HUGHES

AN Irish solicitor has told how he spent 16 days in an induced coma on a ventilator, fighting for his life after contracting Covid-19.

Niall Murphy, 43, became ill after returning home from a trip to New York on March 11.

The Belfast man revealed that at one point his wife was told he had just a 50/50 chance of surviving and when he came out of the coma, he was left so weak that he couldn't even cut a slice of toast.

He told RTE's Morning Ireland yesterday: "I'm feeling very weak but I'm home and that's the most important thing."

Niall revealed he began to feel unwell on March 13, two days after returning home but put it down to jetlag.

He said: "I began to feel a bit weak. But when I woke up on Saturday morning, I just knew there was something wrong with me."

BEDRIDDEN

"My temperature was over 40C, so I self-isolated completely from then."

"I was bedridden for 12 days with no appetite whatsoever, I was only eating bowls of fruit just to eat something."

"[My] temperature was just uncontrollable, it was constant."

Niall was in contact with his GP but did not get tested for Covid-19 as testing in the North was restricted.

Niall told how at one stage, he "rallied" and believed that he was over the worst.

He said: "I thought, 'This is it, I'm out the other side of it'."

"The next day I just completely crashed off the edge of the cliff."

Niall was hit by bouts of "indescribable" coughing, which he said made him feel like he was drowning

He was admitted to hospital in Antrim on March 25 after being ill for 12 days and within two hours was on a ventilator.

He said: "I could see the nurse's face when she put the oxygen level test on. She said, 'You're being admitted immediately.'"

Niall told how he felt reassured by the staff at the hospital despite being seriously ill.

He said: "I was immediately inspired with confidence from the second I was waved through the doors."

'When I left the room to go home there were loads of nurses and cleaners waiting for me.. it brought more than tears to my eyes'

EXCLUSIVE
BY CIARA PHELAN
A MAN who fought for his life in ICU battling Covid-19 said leaving hospital after nearly five weeks was better than winning the Lotto.

John Burns, 69, from Mullingar, Co Westmeath, wants his story to give people hope in beating the bug.

The dad of six was admitted to hospital on March 23 and spent two weeks in intensive care on a ventilator before recovering in a special ward for more than 14 days.

Speaking to the Irish Mirror yesterday, John said he will never forget the "clatter of clapping" and "roaring of tears" when he left Mullingar Regional hospital on Wednesday. He said: "I had no cough, it was all sinus related at the beginning."

"And then it turned into a fever and I was fatigued and had shortness of breath a week later."

"I was swabbed one day and went into ICU that night, it was so quick. "I didn't know what situation I was

John, 69, praises hospital staff for their

going into, I don't really remember. It wasn't until I came out two weeks later when I was told a few stories."

The former professional golfer praised the staff in pulling him through his fight for life as his family

desperately waited to see him. He said: "When I left the room to go home and at the top of the stairs there were loads of nurses and cleaners waiting for me."

"It brought more than tears to my

eyes. I thought I had won the Lotto but when I got half way down I thought to myself, 'This is much better than winning the Lotto'."

"The staff go over the top, the nurses, the physios, the cleaners,



MIRACLE Mark and family

Wife of man given 24 hours

BY WILLIAM DUNNE

AN Irishman has revealed how he cheated death and miraculously recovered from the coronavirus and organ failure.

The family of Mark Burke, 47, from Roundwood, Co Wicklow, were told he had just 24 hours to live after developing a problem with his bowel.

He spent four weeks in the ICU at St Vincent's Hospital in Dublin, after

contracting Covid-19. After his condition worsened while in hospital, his wife Joanne and children were allowed in to say their final goodbyes.

Mark said yesterday: "I got Covid-19, it was bad. It was double Covid-19 [and] pneumonia in the lungs."

"I got a blood clot, it attacked a small bowel, it went ischemic. It was dead. "And that was the trouble because they



ON THE MEND
John Burns leaves hospital in Westmeath on Wednesday

“The nurses gave me that feeling that I was going to be all right”

JOHN BURNS CO WESTMEATH YESTERDAY



DEVOTED DAD With girls Rhona, Shauna, Alicia & Elva

care as family 'prepared for the worst'

everyone with all of the heavy clothes sweating inside but smiling.

"They gave me that feeling that I was going to be all right."

The grandfather of two said he has walked half a mile and is building up

strength thanks to the exercises he was given by the physio at the hospital.

And he hopes to be back on the golf course and fishing when the time is right. He warned the public to pay

attention to the expert advice in order to avoid contracting the virus.

He said: "After what I've gone through people just need to isolate and wash your hands and listen to the experts who are dealing with this. I'm

to live 'so proud' after his recovery

couldn't take me away to operate because I was so sick, I wouldn't have lasted. At one stage I was on the verge of multiple organ failure."

Joanne first drove Mark to hospital last month, both wearing protective gloves, masks and an apron.

She told Liveline on RTE Radio One: "I thought he's 47, no underlying conditions, he's healthy and he's going

to fight it. Little did I know [what was to come]." After spending more than two weeks apart, Joanne received a call from a consultant to say there was now nothing they could do for Mark.

She recalled the "horrific" moment the family went to the hospital to say what they thought were their final goodbyes.

Joanne said: "They rushed us in to

say goodbye to him. He was offered his last rites and it was just absolutely horrific.

"He was in double organ failure, his lungs had failed him, his bowels had failed him."

"And when he heard his children, he opened his eyes and the nurses were a witness to that. I was so proud of him. I was so proud of Mark."



PARK LIFE Stockholm residents relaxing

Swede idea may turn sour

PARKS and restaurants in Sweden are packed as the government bucked the global trend of severe lockdowns.

Schools remain open despite the death toll rapidly increasing, now standing at over 2,000 with 16,700 infections.

Pubs, restaurants, gyms remain open, with the government relying on

personal responsibility for compliance rather than strict enforcement.

Photos show the public carrying on as normal without physical distancing as advised by the WHO.

The decision not to introduce strict lockdown measures has sparked criticism from experts who have warned it could lead to a "catastrophe".



SPRING IN STEP Families enjoy sun



LOSING SLEEP Cllr Ann Norton

Night terrors for ex-mayor

A FORMER mayor has revealed she was hallucinating and shouting in her sleep as she battled the coronavirus.

Despite spending a few days in University Hospital Limerick last week, Clare county councillor Ann Norton has been advised she may continue to have symptoms for up to 10 days.

She admitted she is still exhausted and can only do household chores for about 30 to 45 minutes before falling asleep.

Ann told the Clare Champion newspaper: "At one stage, I could do something for 15 minutes and could sleep for 20 hours. Now I can do something for 45 minutes. I am trying every day to do a bit more every day."

"I got a fever and was hallucinating, shouting and roaring in my sleep at night. I would wake up and not remember anything."



INITIATIVE Dubliner Fiona Tallon

Fiona runs up €210k for HSE

A SIMPLE fundraiser to run 5km, donate €5 and challenge five people to do the same has so far raised over €210,000 in less than two weeks for Irish hospitals.

Organiser Fiona Tallon aimed to raise just €1,000 through the GoFundMe "Run For Our HSE Heroes" challenge and was completely overwhelmed to see 30,500 donors from around the world raise over €210,000 by yesterday morning.

The challenge has now gone global with Irish people tagging their friends all over the world and challenging them to get out and do the 5k run or walk for the hospitals.

Fiona, who works as a pharmacist in Swords, Co Dublin, said: "After seeing my friends on Instagram participating in a UK version of this campaign, I decided to start an Irish one to help our own heroes in the HSE."

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