

## people HEALTH &amp; LIFESTYLE

adjust

Resolving conflict through mediation.

Workplace | Business | Farm  
Home | Neighbours | Community  
Family | Inheritance | SuccessionT: 087 650 8664  
E: info@adjust.ie  
W: www.adjust.ie

## Martha Clarke Images

Marine and Landscape Photographer  
Wide range of iconic images of  
Ireland – the ideal gift!  
Also available for... Christenings, Family  
Portraits, Communion, Confirmations  
& WeddingsMy work is available from Etain Hickey, Clonakilty,  
the eCentre Bandon and online

Tel: 086 2320751

info@marthaclarkeimages.com | www.marthaclarkeimages.com  
facebook.com/marthaclarkeimages | twitter.com/mclarkeimagesO'Connor  
Dental Health

Dr Tony O'Connor BSc. (Hons) BDS NUI

Early Intervention Therapy for Children (5+)  
Enhancing your child's facial growth and healthTreating: Crooked Teeth • Bad Bites  
Mouth-Breathing • Tongue Thrust  
Incorrect Swallow • Headaches • Bed-Wetting

Myofunctional Therapy • General Dental Health Care

1 A Barr-na-Sraide,  
Main Street,  
Ballincollig.P: 021 487 2600  
E: info@oconnordentalhealth.ie  
W: www.oconnordentalhealth.ie

## Don't let conflict tear your family apart

While family relationships can bring joy, support, and other benefits into our lives, they can also bring stress, particularly when there's unresolved conflict.

Conflict in any relationship is virtually inevitable. In itself, conflict needn't be a problem, but the way in which it's handled will affect whether it brings people together or tears them apart.

No matter how loving, most families go through conflict which can be made more difficult because: family members are already emotionally attached and so feelings are often intensified; family members are involved in long-term relationships and often are required to interact with each other daily; families often obey their own rules and resist outside interference; and difficulties between some family members almost always have a knock-on, ripple effect to others in the family.

These characteristics can lead to long, complex and painful conflicts, which may be extremely damaging.

Sometimes conflict can begin with a specific event, like a divorce or death, but the trouble may also be caused by many little things simply piling up and not being addressed.

Rifts occur over a wide range of issues, such as: the living and care arrangements for family members who may be older, incapacitated, or need

support; arrangements set out in wills, and over succession and inheritance, both about how things are left for the future, and who takes decisions or has influence over these; present or past differences between adult siblings that disrupt family relations and cause damage; difficulties within or between step-families. With one-third of all Irish families no longer fitting the 'traditional model', and a quarter of all children under 21 in such families, it is important to recognise the complexities that exist, and the possibilities for additional stresses and strains; farm and/or land-related disputes that may be about ownership, how the land is used, or who makes decisions; negotiating how to maintain relationships between grandparents and grandchildren in the event of parental separation or divorce.

The risk of conflict is often greater where families work together in a family business where the day-to-day challenges of family relationships are added to the stresses of the working environment. In today's fragile economic climate, family businesses are immensely important. They make up more than 75 per cent of all enterprises in Ireland, and account for 50 per cent of all jobs. However, data shows that fewer than one in three will successfully make the transition to second generation, as this is often a time of additional very complex chal-

lenges. The future of the business will depend on how these disputes are handled.

Families and their circumstances are all different. However, there are ways of addressing the difficulties they face. Families need to think carefully about what option they choose as in many cases such as long-running feuds, breaks in communication or legal action may worsen the situation.

Mediation has a high success rate in resolving family disputes. It provides the opportunity to find creative approaches that work in the unique situation of the family concerned, and addresses issues in a confidential, private, and safe environment.

Certified mediators are neutral and trained in conflict resolution skills. They have the expertise needed to give family members the best possible opportunity to resolve their disputes and, where appropriate, to maintain an ongoing relationship. The experience often also assists family members with communication skills that help prevent disputes arising, and gives them the confidence to know that conflicts can be resolved, and can even be opportunities for positive change. Mediation offers the chance to re-establish communications and allows you to develop solutions that work and build the basis for a better future.

Harriet Emerson and Rachel O'Sullivan are Certified

Mediators at adjust. For more information call 087 650 8664, e-mail: info@adjust.ie or visit www.adjust.ie

*(This article does not mention separating couples, but these situations are commonly handled successfully through mediation, which is particularly appropriate for agreeing arrangements for children.)*

Clonakilty  
Camera  
Club

On Wednesday, February 19, there will be a meeting of the Camera Club in O'Donovan's Hotel at 8.30pm.

Phil Pound, AIPPA, multi award winning photographer will be the clubs guest speaker for the night. See his work on www.philpound-photography.com. His talk will consist of rules and standards required by the judges of various competitions. This should prove to be very interesting, as the image from the camera is, the majority of the time, only half the work. A major and important part of the process is cropping, light levels and presentation of the image. Phil will explain about this process at the meeting.

## Inclusive Dance workshops come to West Cork

Inclusive Dance is a groundbreaking new dance form where people with and without disabilities dance together in an enjoyable, playful and creative environment. Developed through the partnership of COPE Foundation, Co-Action, Croi Glan Integrated Dance and West Cork Art Centre, Inclusive Dance is for people of all physicalities and abilities, and no experience is needed.

A programme of Inclusive Dance workshops and events will take place in West Cork from the beginning of February through to August. These will be delivered in four integrated strands.

Beginning with a series of ten workshops based in COPE Foundation in Skibbereen, people of all ages from 12 years and up and of all abili-

ties are invited to become part of the Inclusive Dance team. These workshops, which start on Tuesday, February 4 from 5.15pm to 6.30pm, will be participant-led. Here, participants will be facilitated to initiate and devise the themes and materials of the dance performance.

The second strand of Inclusive Dance is to create an opportunity for Professional Development. For individuals from the group who want to develop their skills as a trainer, or those who exhibit particular aptitude who will be selected from the group, there will be the opportunity to partake in additional workshops. Here they will develop their leadership and facilitation skills focusing on capabilities and creative autonomy. These sessions will take place on

Tuesday evenings or on Saturdays, dependent on the decision of the group.

A significant part of the Inclusive Dance programme is about bringing contemporary dance to a wider audience. Dance events, which are open to public participation, will take place in playgrounds throughout West Cork during May. It is hoped that this will serve to bring dance into public spaces, increase social inclusion and spread the word about the existence of this new and innovative Inclusive Dance programme.

The culmination of these events and indeed the highlight, will be an ambitious site specific dance performance on and around the Twelve Arch Bridge in Ballydehob. The piece developed with the group will be interwoven with

the spectacular sight of aerial dancers suspended from the bridge on silks.

Tara Brandel, Director of Croi Glan Intergrated Dane Company, explains the ethos behind the performance. "The concept for the piece is inspired by the diversity of the participants — by their range of physicalities and body types and the unique physical expression of each person. In this Inclusive Dance group, I will look at the interactions between participants, how they support each other physically and theatrically, and the moments where the human spirit transcends the physical limitations of the body."

Music for the performance will be provided by the group itself under the guidance of musician and composer Eoin Nash (COPE). Music will be

generated with the participants throughout the Inclusive Dance sessions.

Croi Glan professional dancer with a disability Mary Nugent will act as assistant choreographer — developing her skills as a choreographer and will shape and direct sections of the piece in collaboration with Tara.

Tara Brandel is a contemporary dancer and choreographer originally from Ballydehob, West Cork. She trained at the Laban Centre, London, and with Steve Paxton (pioneer of Contact Improvisation). She set up Croi Glan in 2006 as an Integrated Dance company which works with dancers with and without disabilities. With Croi Glan she has toured to Barcelona, Berne, Minneapolis, San Francisco and London, as well as local

performances at Bantry Boys' Club, Ballydehob Community Hall, An Sanctóir and West Cork Arts Centre. She lives in Ballydehob.

Croi Glan Integrated Dance Company is a professional contemporary dance company based in Cork, which performs work that includes both disabled and non-disabled dancers. Croi Glan was co-founded in December 2006 by Rhona Coughlan and Tara Brandel. Croi Glan highlights the cutting edge artistic value of creating performance with diverse bodies by producing high calibre work which tours nationally and internationally. www.croiglan.com.

To be a part of Inclusive Dance, contact West Cork Arts Centre on 028 22090.