

GLENCORRIB & SHRULE PARISH NEWSLETTER – 15th AUGUST 2021

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Newsletter only 086 3782156 Newsletter (Vol. 26 – 03)
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All Masses are on the parish radio 101.4 FM
Weekend Masses are available on Facebook/Shrule Parish and on www.churchtv.ie Shrule Church is <https://www.churchtv.ie/shrule/> and Glencorrib Church is <https://www.churchtv.ie/glencorrib/>

THE ASSUMPTION OF THE BLESSED VIRGIN MARY - MASS DATES, TIMES & INTENTIONS

ST. JOSEPH'S CHURCH, SHRULE - Dedicated 1832

Sat	14 th Aug	8.00 pm	Enda & Sean Heneghan (Dalgan Rd & Shrule)	23 rd & 21 st Anniv
Sun	15 th Aug	11.00 am	Jackie Walsh (Brodella) Mary Curran (Née Joyce) (London & Shrule) Richard O'Neill (Dalgan)	RIP 21/02/2021 9 th Anniv 30 th Anniv
Mon	16 th Aug	9.30 am	Connell Keane (Keane's Cross, Gort)	RIP 26/07/2021
Tue	17 th Aug	9.30 am	Fr. Tom Culloty (Ballydesmond & Newmarket)	RIP 30/07/2021
Wed	18 th Aug	9.30 am	Special Intention Mass	
Thu	19 th Aug		Mary Claire & Sean Columb (NJ & Shrule)	1 st & 4 th Anniv
Fri	20 th Aug	7.00 pm	Adoration of the Blessed Sacrament from 7pm - 7.55pm	
Fri	20 th Aug	8.00 pm	Mary Ryan (Dalgan)	Month's Mind
Sat	21 st Aug	8.00 pm	Michael Sweeney (Brodella)	RIP 11/03/2021
Sun	22 nd Aug	11.00 am	John & Delia McDonagh & deceased members of the McDonagh family (Carramore)	79 th & 59 th Anniv & Deceased

CHURCH OF THE IMMACULATE CONCEPTION, GLENCORRIB - Dedicated 1876

Sat	14 th Aug	6.30 pm	John & Mary Daly (Glencorrib)	9 th & 7 th Anniv
Sun	15 th Aug	9.30 am	Pat & Mary Connelly	Anniv & deceased
Wed	18 th Aug	10.00 am	Cormac Garvey (Gortbrack)	RIP 20/06/2021
Fri	20 th Aug	6.30 pm	Adoration of the Blessed Sacrament from 6.30pm- 6.55pm	
Fri	20 th Aug	7.00 pm	Special Intention Mass	
Sat	21 st Aug	6.30 pm	Mick Hughes (Huntstown, Dublin & Kilmaine) Maura Langan and the deceased members of the Langan family (Glassvalley)	RIP 01/07/2021 8 th Anniv & Deceased
Sun	21 st Aug	9.30 am	Julia Joyce and the deceased members of the Joyce family (The Parks)	14 th Anniv & Deceased



PARISH OFFICE TIMES

Shrule Parochial House every Tuesday (10.30am–12noon)
Glencorrib Curate's House Wednesdays (10.30am–12noon)
You are welcome to call outside these times, and if Fr. Vivian is not available, please leave a message ☎ 093-31262.



LEGION OF MARY CENTENARY: The centenary of the foundation of the Legion of Mary occurs on Tuesday 7th September 2021, and to mark the occasion Bishop Brendan will celebrate a special Mass in Galway Cathedral at 7.30pm on that date. Present and past members of the Legion are invited to attend in person.

A commemorative display is planned, so members or parishioners who have photographs, memorabilia, or any other material related to the Legion of Mary which could be used in a display are encouraged to send or bring them to the cathedral, where items will be scanned or photographed and returned immediately. To allow time for preparation of a display, items need to be received by Tuesday 24th August 2021. ☎ Galway Diocesan Office, 091563566, The Cathedral, Gaol Road, Galway



Dear God, I just want to take a moment not to ask for anything, but to simply say:

"How great thou art"

DON'T WAIT for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you'll run out of time.

Knowledge is knowing what to say, **wisdom** is knowing whether or not to say it.

PROPOSED SHRULE SCHOOL DEVELOPMENT DRAFT PLAN E – PUBLIC CONSULTATION:

A number of years ago a group was formed to explore the future development of Shrule NS and the surrounding properties associated with the school. These properties were 1. **Site A:** Tennis court & ball alleys; 2. **Site B:** School property currently leased to DES & 3. **Site C:** Current pitch beside Shrule NS, opposite the church. The purpose of the group was to explore and propose how these sites may be developed for use by the school and wider community.

The group formed comprised of representatives of various groups – BOM, teachers, Parents Association, local community and GAA. Following various meetings, discussions, and proposed drafts – the committee is now beginning the process of public consultation on the proposed plans (Draft E). **Draft Plan E is now on display for public consultation in the porch of St. Joseph's Church, Shrule before the final draft is finalised.**

The committee are seeking comments, views & suggestions. Please note that the committee intends to respond to comments etc so for them to be considered, it is necessary to include name and contact details. Comments can be left in writing in box provided and/or via email provided. If responses to queries are considered to be of interest to the general public, responses will be made public, but the name etc of person will not be included.

The aim is to have this part of the process completed by mid-September.

In advance thank you for your time and the committee is keen to hear from the community.

Please note the following regarding Draft E:

Site A

Proposed Renovation of Ball Alleys & Tennis Courts

- To renovate ball alleys – plastering walls added in the 1980's & making secure.

OR

- To remove brick walls and restore ball alleys to original layout given historical & culture importance.
- Renovation of Tennis Courts – resurfacing + lining & enclosing with new fence
- Removal of non-native trees, replaced with native trees & hedging.
- Removal of current boundary & replaced with new boundary.
- Lighting & cameras installed

Site B:

- Leased to DES – inclusion of extension is not part of proposed development. Its purpose is to identify where extension could go if one was necessary.

Site C:

- Include lane way along footpath to allow 1 way system for proposed car park.
- Removal of non-native trees, replaced with native trees and shrubs.
- Removal of current boundary, replaced with stone wall to incorporate new additional boundary around proposed new pitch.
- Lighting & cameras installed. ■ Toilet facilities ■ New pitch & school play area.

Comments:

- The committee has formed a limited company to secure public funding with the intention that it will lease it from the diocese. The directors of the company comprise of group representatives of committee.
- The faith community and parish/diocese will not be in any way responsible for financing this project and its upkeep in line with standard diocesan practices.
- It is the hope of the committee that funding will be secured via available sources of funding such as LEADER. This will require a community contribution via fundraising. The amount to be raised will depend on the overall cost of the project.
- Both Sites A & B primary function is to serve Shrule NS. This means that community access to the proposed facilities will be limited to outside of school hours.
- The limited company formed will have overall responsibility for the running & maintenance of Sites A & B.
- In arriving at these proposals, the committee explored various options such as drafts that include a proposed carpark on Site A. This was deemed not possible as there is no proper clear line of site on any proposed entrance/exit. The public are welcome to request these drafts via email shrulecommunitypartnership@gmail.com

Situations VACANT

**PART TIME HOUSEKEEPER
NEEDED IN THE GLENCORRIB**

AREA for a family with working parents and 3 young children (2, 4, & 5 yr olds). 1 to 2 hours per day, Monday to Friday. ☎
086-1693343 for further details. Thank You.

THE BEST GIFT you could ever give your parents is them knowing that you have a relationship with Christ. This world is temporary and Heaven is forever.

PLEASE REMEMBER WITH A PRAYER THOSE FROM SHRULE AND GLENCORRIB PARISH WHO DIED ON THIS WEEK IN FORMER YEARS



Surname	Christian	Village	Date Died	Age	Cemetery
Petty	John	Ballisnahina	14/08/1942		Ross Erilly
O'Hara	Barbara	Shrulle	14/08/1947	77	Shrulle
Flood	William	Ballynalty	14/08/1953	72	Cross
Corbett	Mary	Anlacca	14/08/1972	82	Shrulle
Concannon	Aidan	Headford	14/08/2010	45	Shrulle
Hennelly	Mrs.	Lodge, Glencorrib	15/08/1936		
Mc Donagh	Margaret	Shrulle	15/08/1951	72	Shrulle
Kenny	Mary	Toorard	15/08/1951	39	Moyne
Tierney	Brigid	Shrulle	15/08/1954	64	Shrulle
Barrett	Thomas	New Ballynalty	15/08/1963	77	Shrulle
O'Neill	Dick	Dalغان	15/08/1989	34	Shrulle
Greally	Catherine	Cloonbanane	16/08/1921	67	Killursa
Mc Evilly	Mary	Mohorra	16/08/1928	75	Cong
Crampton	Joseph	Dalغان Road	16/08/2008		Shrulle
Brennan	Michael	Ballybockagh	16/08/2010	94	Shrulle
Fitzgerald	Brigid	Mohorra	17/08/1933	79	Shrulle
Biggins	Thomas	Rostaff	17/08/1939	73	Killursa
Browne	Alan	Phoenix Park.	17/08/1992	55	Roundfort
Cawley	Thomas	Gurteen	17/08/2001	88	Shrulle
Walsh	Antonette	The Parks	17/08/2008	68	
Gannon	Dom	Boula	18/08/1926	55	Killursa
Gannon	Mrs.	Boula	18/08/1926	55	Killursa
Buckley	Pete	Moorgagagh	18/08/1967	59	Shrulle
Gleeson	Delia	Shrulle	18/08/1989	89	Shrulle
Walsh	Peter	Boherbee	19/08/1941	76	Shrulle
Meenaghan	Sean	Gurteen	19/08/2002	76	Shrulle
Langan	Maura	Glassvalley	19/08/2013	62	Killursa
O'Haire	Anna	Shrulle	20/08/1944		Kiltimagh
Staunton	Michael	Dalغان Park	20/08/1951	72	Shrulle
Warde	Con	Mochorra	20/08/1991	81	Shrulle
Sheridan	Margaret	Dalغان Yard	20/08/1997	84	Shrulle
Smith	Janet	Dalغان	20/08/2014		Shrulle
Carty	Honor	Brackloon	21/08/1923	74	Shrulle
Gavin	John	Shrulle	21/08/1938	65	Shrulle
Petty	Margaret	Ballisnahina	21/08/1975	52	Ross Erilly
Flynn	John	Glassvalley	21/08/1982	56	Killursa
Burke	Mary Ellen	Moyne	22/08/1984	83	Killursa
Corbett	Celia	Anlacca	22/08/1987	86	Shrulle
Burke	Martin	Wakefield	22/08/1992	86	Shrulle
Greaney	Denny	Shrulle	22/08/2008	75	Shrulle

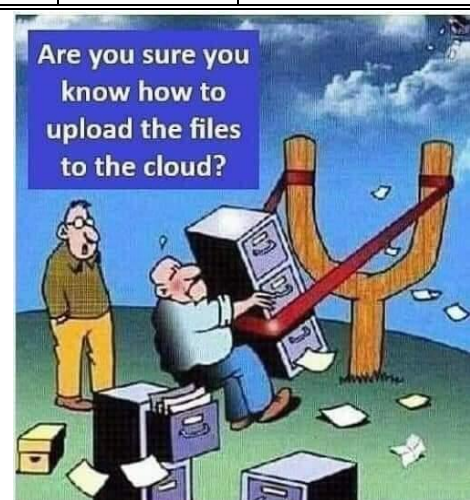
SHRULE PARISH is committed to the protection of all children and young people in our Church. See notice board for contact details.

BOHERMORE CEMETERY MASS: Sunday 15th August, 2021 @ 11 am. In agreement with the Diocese this mass will not be open to the public. However, this mass will be streamed live via <http://studiorove.ie/graveyardmass>

8 RULES TO A BETTER LIFE

1. Hate no one
2. Don't stress
3. Live simply
4. Expect little
5. Give a lot
6. Let love lead
7. Smile always
8. Best of all, have God in your life

.....
The answers you seek never come when the mind is busy; they come when the mind is still.



MOTIVATION MADE SIMPLE: A company owner was asked a question. "How do you motivate your employees to be punctual?" He smiled and replied, "It's simple. I have 30 employees and 29 free parking spaces. One is paid parking."

PRAYER TO MARY - MOTHER OF JESUS

Mary, I have always imagined you to be young
With serene beauty
Sun-kissed face that searched the heavens
With questions only answered deep
Within your heart
With great love you carried your child
Watching him grow 'neath the moon of Israel
And under Egypt's stars

You took the splinters from
His dusty hands
Turning wood on Joseph's bench
And held Him close when He spoke of things
You could only carry in your heart

Did you know what lay ahead?
How He would heal the sick
Raise the dead
Find the lost and
See the hungry fed?
Little children would be well again
The blind would see
Lazarus would rise
And the lame run free

Did you know that your heart would break?
When He was bound and beaten
Hung upon a tree
For all the world to see

The sin of humanity
Did your heart almost burst
When you heard the tomb was empty?
Did you run to see
And cry again so many tears - Of joy?

In Heaven you do not age
And you are forever young
You are beautiful
Because you love
May we know that love
In protection
In affection
In direction
Just as you watched over your own Son
Watch over us

Help us to find
That pure place in our heart
Beyond cynicism
Beyond hate
Beyond fear

Turn your gentle face towards us
That we might listen to your Cana words
'Do as He tells you'

May we walk one day
When life is done
Through the fields of Paradise
Forever young
Enfolded in your mystery

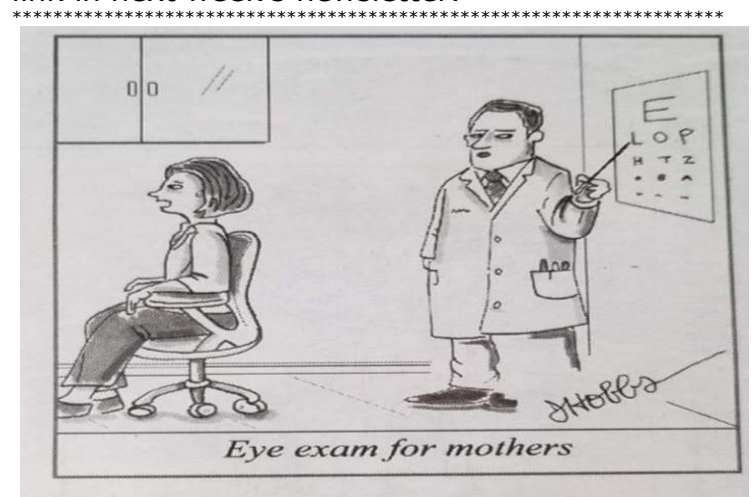
TODAY WE CELEBRATE THE FEAST OF THE ASSUMPTION OF OUR LADY INTO HEAVEN:

God is walking around Heaven one day, and notices a number of people in the heavenly streets who shouldn't be there. He finds St. Peter at the gate and says to him, "Peter, you've been remiss in your duties. You're letting in the wrong sort of people." "Don't blame me, Lord," replied Peter. "I turn them away just like you said to. Then they go around to the back door and your mother lets them in."

The Irish people called this day *Lá Fhéile Muire san Fhómhar*, Mary's Feast in Autumn. Devotion to Our Lady is a feature of our faith because she is the Mother of God; the mother of our Saviour. She accepted the Word of God in her heart and body and she gave life to the world. Every time we say the Hail Mary, we ask Our Lady to protect us especially at the hour of our death when we will stand before the Judge of the living and the dead.

NATIONAL HERITAGE WEEK runs from 14th to 22nd August and is organised by the National Council of Ireland. It is the most comprehensive heritage event in Ireland.

HISTORICALSGK (Shrute Glencorrib Kilroe Historical Society) have recently been successful in their Mayo Co. Co. Heritage Grant application for funding to develop an online map of the parish/community. At the moment, we are creating a PowerPoint presentation for Natural Heritage Week showcasing a small selection of the features in our community. More on this and the link in next week's newsletter.



A LITTLE BIT OF HUMOUR: Miss Linda, the Catholic Sunday school teacher, had just finished explaining the Feast of the Assumption to her class. "Now," she said, "let all those children who want to go to Heaven to see their Heavenly Mother raise their hands." All the children raised their hands except little Marie in the front row. "Don't you want to go to Heaven, Marie?" asked Linda. "I can't," said Marie tearfully. "My mother told me to come straight home after school".

I've started telling everyone about the benefits of eating dried grapes. It all about raisin awareness

JUST A THOUGHT:

When I was a little girl, I remember that when my dad was repairing something, he'd asked me every time to hold the hammer, just so we would have a time for a conversation with each other. I never saw my dad drinking or taking a night out with the boys, all he did after work was taking care of his family.

I grew up and left home for college and since then, my dad had been calling me every Sunday morning, no matter what. And when several years later I bought a house and my dad painted it all by himself. All he asked me was to hold his paint brush and talk to him. But I was too busy in those days, I did not find any time for a conversation with my dad.

Four years ago, my dad was visiting me. He asked me to bring him a cup of tea and have a talk with him, but I did not have time for any long conversations that day.

One Sunday morning we had a telephone talk as usual, I noticed that my dad had forgotten some things that we discussed lately. Few hours later that day came a call. My father was in a hospital with an aneurysm. Immediately I bought a flight ticket and I was on my way. I was thinking about all missed occasions to have a talk with my dad.

By the time I have arrived at the hospital, my father had passed away. I realized how little I knew about my dad, his deepest thoughts and dreams. After his death I learned much more about him, and even more about myself. All he ever asked me was some of my time. And now he has all my attention every single day.

One day you're going to miss this call!!

Dad calling



Decline



Accept

LOVE YOUR PARENTS!!

A REPORTER ASKED CRISTIANO RONALDO:

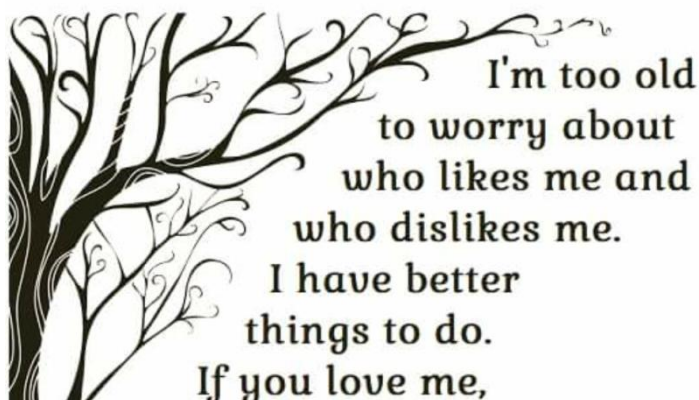
Cristiano why does your mother still live with you? Why not build her a house?

Cristiano replied: "My mother raised me by sacrificing her life for me. She slept hungry so I could eat at night. We had no money at all. She worked 7 days a week and evenings as a cleaner to buy my first football equipment so that I could become a player; my complete success is dedicated to her. And as long as I live, she will always be by my side and have everything I can give her. She is my refuge and my greatest gift."



Gratitude is a virtue,

✨ Think Positive Power



Ah, but we never stopped believing ... ❤️❤️



THINGS THAT USED TO HURT MY BACK:

- Jumping off high walls
- Crashing my bike
- Falling out of a tree
- Diving in shallow end
- Contact sports

THINGS THAT HURT MY BACK NOW

- Sneezing
- Mopping the floor
- Brushing my teeth
- Tying my shoes
- Rolling over in bed

A LITTLE BIT OF HUMOUR

You know them Pennys jumpers etc that say stuff like *NEVADA*. Do you think that people in America walk around with jumpers that saw *CARLOW*

ME: "I'm surprised at how winded I am by this exercise" Personal Trainer: "This was the tour of the gym"

THE ART OF AGEING GRACEFULLY

Think about it, you have EARNED this face.
Every line, a laugh shared.
Every wrinkle, a year survived.
Every age spot, a day that the sun shone on you.
Some women believe that as they age, they LOSE their looks.
Oh my friends how wrong this is.
A beautiful young woman is a happy accident of nature but a beautiful older woman? She is a work of art.
The Japanese have a practice whereby they fill any broken objects with gold, believing that something which is broken has earned its beauty and should be celebrated and decorated rather than discarded. I feel this way about women.
It took a long time to find out who you really truly are. A long time. The acceptance that old age brings is freeing. It brings with it peace and happiness.
Everyone knows, happiness looks good on us all. Your body has been changing since the day you were born and will continue till the day you depart. Ride with it, accept it, and embrace it. Be amazed by it. Allow your face to represent your life, your stories, your joys.
Why choose to be an older woman fervently chasing youth, when you could be that older woman who knows what she is worth and has earned every minute of her hard-won self-acceptance.
The trick with ageing successfully my friend, is to pay as little attention to it as possible.
Donna Ashworth - From 'To The Women'



Steven Spielberg was discussing his new project – an action docudrama about famous composers starring top movie stars. Sylvester Stallone, Steven Segall, Bruce Willis, and Arnold Schwarzenegger were all present. Spielberg strongly desired the box office 'oomph' of these superstars, so he was prepared to allow them to select whatever composers they wished to portray, as long as they were famous.

"Well," started Stallone, "I've always admired Mozart. I would love to play him."

"Chopin has always been my favourite, and my image would improve if people saw me playing the piano," replied Willis. "I'll play him."

"I've always been partial to Strauss and his waltzes," said Segall. "I'd like to play him."

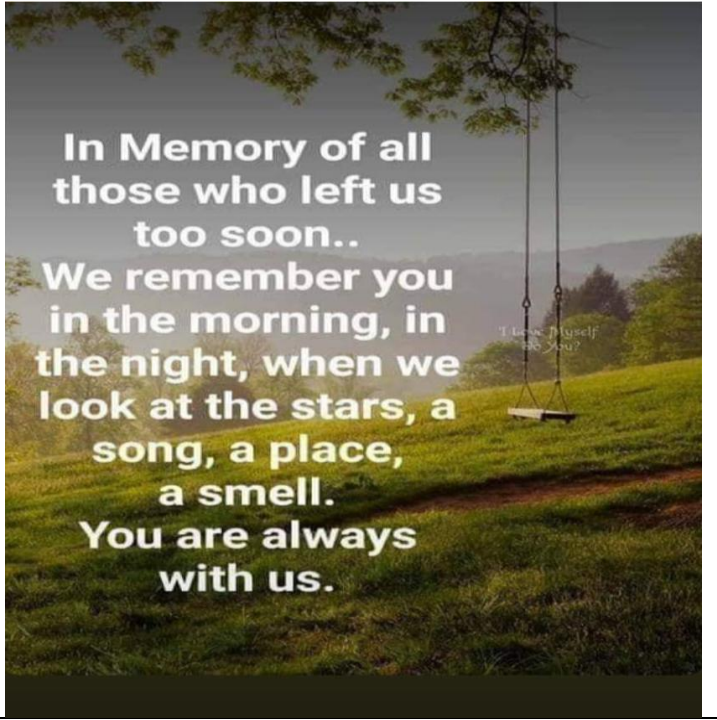
Steven Spielberg was very pleased with these choices. "Sounds splendid." Then, turning to Schwarzenegger, he asked, "Who do you want to be, Arnold?" Arnold in a slow deliberate voice replied, "I'll be Bach."



Have you ever stopped and wondered what God has done in your life that you aren't aware of? Maybe He healed you before you were even sick. Perhaps He saved you from a fatal car crash that never happened.

I feel like God has protected me more times than I can count, so I can only imagine the times He's rescued me when I wasn't aware that I was in danger.

I thank Him for watching over me, even when I didn't realize it. What an awesome God we serve. Amen



**In Memory of all those who left us too soon..
We remember you in the morning, in the night, when we look at the stars, a song, a place, a smell.
You are always with us.**

JOHN 11:44-45 "...COME OUT!.. UNTIE HIM, LET HIM FREE..!"

A little boy was afraid of the dark. One night his mother told him to go out to the porch and bring her the broom. The little boy turned to the mother and said, "Mama, I don't want to go out there. It's dark. The mother smiled at her son saying, "Don't be afraid of the dark, Jesus is out there. He'll look after you and protect you." The little boy looked at his mother and asked, "Are you sure He's out there?" "Yes, I'm sure, He is everywhere, and He is always ready to help you when you need him," she said. The little boy thought about that for a minute and then went to the back door and opened it a little. "Jesus, if you're out there, would you please hand me the broom?"

Here we are still living in the midst of a pandemic. Some might look out the door and ask, "Jesus, are you out there?" Really? Would you please let us all be safe!

Others might be saying, "Lord, untie us and set us free." Let us go back to our places of work, worship and study.

The good news is that He is out there. He was for Lazarus; He is for you and for me. Believe it!

LET YOURSELF REST

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

If you don't feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster

A TRUE STORY:

A woman was at work when she received a phone call that her small daughter was very sick with a fever. She left work and stopped by the pharmacy to get some medication.

She got back to her car and found that she had locked her keys in the car.

She didn't know what to do.

She called home and told the baby sitter what had happened.

The baby sitter told her that the fever was getting worse. She said: "You might find a coat hanger and use that to open the door."

The woman looked around and found an old rusty coat hanger that had been left on the ground, possibly by someone else who at some time had locked their keys in their car.

She looked at the hanger and said: "I don't know how to use this."

She bowed her head and asked God to send her HELP.

Within five minutes a beat up old motorcycle pulled up. Ridden by a bearded man who was wearing an old biker skull rag on his head.

The woman thought: "This is what You sent to help me?"

However, she was desperate.

The man got off of his cycle and asked if he could help.

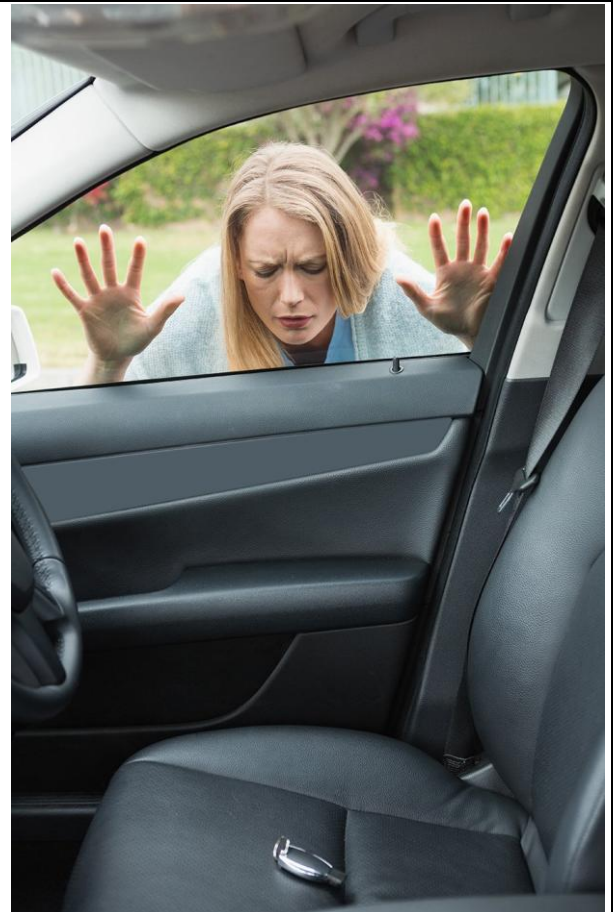
She said: "Yes, my daughter is very sick. I stopped to get her some medication and I've locked my keys in my car. I must get home to her. Please, can you use this hanger to unlock my car?"

He said: "Sure." He walked over to the car, and in less than a minute the car was opened.

She hugged the man and through her tears she said: "Thank You SO Much! You are a very nice man."

The man replied: "Lady, I am NOT a nice man. I just got out of PRISON yesterday; I was in for car theft."

The woman hugged the man again and with sobbing tears cried out loud: "Oh, thank you God! You even sent me a Professional!!!"



PARISH NOTES: - WAYS TO MAKE CONTRIBUTIONS:

With the resumption of public liturgies, the following ways now in place to make contributions. These contributions make the works been carried out possible. Thank you for your continuing support in these unfamiliar times. At weekend Masses, Shrul Post Office. Drop off at Parochial House (Tuesdays, 10.30 am - 12noon) or Curates' House (Wednesdays, 10.30 am - 12noon) or Banking Online or Standing Order. Details of each church bank account have been provided below

o **Shrulle Church:** Bank: Ulster Bank Ireland DAC
Account Name: Shrulle Church Finance Committee:
IBAN IE10ULSB98525010138070 and BIC: ULSBIE2DXXX

o **Glencorrib Church:** Bank: Ulster Bank Ireland DAC
Account Name: Shrulle Glencorrib Church:
IBAN IE97ULSB98525010138153 and BIC: ULSBIE2DXXX

With banking online please ensure **full name is given** as reference when making the standing order or account transfer, so the parish has a record of who has made their weekly contribution through each bank account. This is **very important** for the Charitable Donation Scheme. Thank you for your continuing support.

Welcome to those Outside of Parish: People outside of the parish are most welcome to attend public liturgies in the parish. Please observe guidelines. Regarding contributions please continue to support your parish and use your own parish envelopes It is standard practice for envelopes to be returned to their respective parishes.



OUR CHURCHES are open every day not just Sundays. Drop in for some quiet time, prayer and reflection. **God want full custody not just weekend visits.**

REMEMBERING YOUR LOVED ONES: If you're loved ones from the parish are not listed in our weekly list and you would like them to be remembered, then please ☎ / Text 0863782156 or email glencorrib2000@gmail.com with their details. **"To be forgotten is to die twice"**

SPIRITUAL COMMUNION PRAYER:
My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

FREE ONLINE LIVING WELL PROGRAMME: next programmes commences on (Limited places). Four separate courses starting on Thursday 9th, Monday 13th, Tuesday 21st & Wednesday 29th September 2021.

We have our living well programme up and running. We are using the zoom platform. If yourself or any of your friends or colleagues would like to join the next course in September. Please see below link for more information about the course:

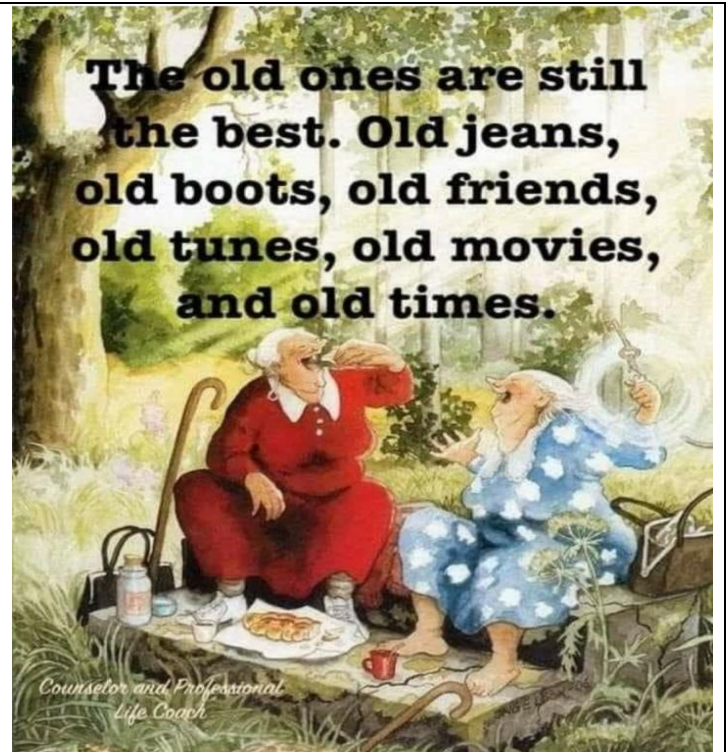
www.hse.ie/livingwell

If you are living with a long

COVID-19 SUPPORT LINE FOR OLDER PEOPLE:

Alone manage a national support line and additional supports for older people who have concerns or are facing difficulties to the outbreak of Covid-19.

Professional staff will be available to offer reassurance where necessary. The support line is one seven days a week, 8am - 8pm, by ☎ 0818222 024



term health condition you may be interested in doing the **'Living Well' Programme'**. This is a six week programme delivered in 2.5 hour weekly sessions where you will learn new skills to manage your health condition on a day to day basis. This Programme will commence in September. **You must register in advance as places are limited to 10/12 participants.** Please note you do not have to disclose your health condition on the programme. Please ☎ Liam Gildea on 0873490393 or by email at liam.gildea@mayocil.ie