

Community Connect

Crossmolina
Eskeragh
Keenagh
Kilmurry

crossmolina.ie

Your local updates in the Parish of Crossmolina

Issue 4 | July 2021

> Bus Timetables to/from Ballina & Castlebar

Crossmolina > Ballina (Opp. Dever's Shop)

Monday to Friday

Crossmolina 08:36 12:32 16:46 21:36

Saturday

Crossmolina 08:36 12:32 17:26

Sunday

Crossmolina 08:51 12:32 16:51

Ballina > Crossmolina (Dever's Shop)

Monday to Friday

Crossmolina 09:58 13:13 17:48 22:18

Saturday

Crossmolina 09:58 13:13 18:28

Sunday

Crossmolina 09:58 13:13 17:33

Bus Eireann 454 to Castlebar

Friday Service

	Depart	Arrive
Crossmolina (Library)	09:15	10:30
Castlebar (Opp Elvery's)	14:00	15:15

Lahardane to Ballina

Stops

	Depart	Return
Kilmurry (Centre)	09:00	15:50
Lahardane (Leonard's)	09:10	15:40
Crossmolina (Mulhern's)	09:25	15:25
Ardagh	09:35	15:15
Ballina (Rural Training Centre)	09:50	15:00
Ballina (Abbeywreath)	10:00	14:50
Ballina (Market Square)	10:10	14:40

For friends and family get
Community Connect on crossmolina.ie

**Crossmolina**
Community Council CLG

How to contact us!

 096 30935

 info@crossmolina.ie

Reg charity no. 20048471



Crossmolina Festival

July just wouldn't be the same in Crossmolina without its annual festival. The 2021 Crossmolina Nephin Festival will run from Wednesday 14th to Sunday 18th July. Some festival events will be outdoors and others online, with a guarantee there will be something for all the family. There will be a return of the popular Drive In Bingo on Sat. July 17th. Booking will be essential for some events as numbers will be limited due to public health guidelines. Please follow the festival on Facebook and Instagram for updates. The parish bulletin will also have updates and you can pick up a festival brochure locally.



> Islandmore by Errew Abbey

A beautiful place to visit

This is a small developing garden on about a quarter of an acre, with biodiversity at its core. The garden is a plant delight with examples of unusual species from all over the World. Unique, with beautiful views of Nephin and Lough Conn, come and enjoy with us our 'Hafan Dawel mewn Byd Aflonydd' 'A Quiet Haven in a Restless World'. There is always something of interest through the seasons. Entry free.



- **Name:** Islandmore by Errew Abbey
- **Eircode:** F26 V9Y4
- **Address:** Errew, Castlehill, Ballina, Co. Mayo
- **Phone:** 089 2264139
- **Email:** william@mygarden.ws
- **Contact:** William Hughes
- **Opening:** By appointment only
Essential to book ahead.
- **Wheelchair Access:** Not suitable.
Gravel narrow paths on the flat

<https://www.garden.ie/gardenstosee/islandmore-by-errew-abbey/>

> Keenagh Walks

There are two Keenagh Loop Walks to bring to your attention in this edition of Community Connect. The first one Drumleem Loop is 2.8km and takes 1hour and 15minutes to walk. The Start Point is a small layby on the R312 above Drumleem Lough where you can park your car off the main road. The walk is gentle and classed as easy. Your walk can be extended through the forest if desired. This pleasant walk is getting more and more popular and if you go there you will see why.

On the other hand the Keenagh Loop gets fairly harsh reviews. It is 12 km, takes at least 4hours and is classed as strenuous. The Start Point is Bellanaderg Bridge also on the R312.





Coronavirus
COVID-19
Public Health
Advice



COVID-19 Update

Older people's mental health

Like all stages of life, older age brings its own challenges. Mental health problems in later life are often a normal consequence of growing older.

Some groups of people are more at risk from COVID-19, including older people. It can infect anyone of any age but people aged 60 and over are more likely to have more severe symptoms. People over 70 are particularly vulnerable.

How it can affect your mental health

If you are older, different things can affect your mental health during the COVID-19 outbreak.

Staying at home

You may have to stay at home as much as possible and feel cut off from the outside world. This could be because you need to:

- Cocoon
- Distance yourself from others
- Restrict your movements
- Self-isolate

Increased isolation and loneliness

You may feel that you are no longer the hub of your family. You may miss seeing and having the same amount of physical contact with people.

Lack of daily tasks

Disruption to your daily routines may make you feel:

- Irritable
- Sad
- Frustrated
- Unsettled
- Disorientated

Knowing you're at risk

Constant news of COVID-19 could make you more anxious than normal. You could be afraid of the unknown, feel hopeless or worry that the worst will happen.

How you can mind your mental health

Adjusting to new circumstances can take time. Be patient and find what works for you. Organise your day and write down daily "to-do" lists and activities. Do this every day for the day ahead. Ask a friend or family member to help work through what's on your mind and plan ahead.

Some other things you can do

- Develop a regular structure to your day. Routines can reassure you - they can make the world feel more predictable and safer.
- Stay active in and around your home. Exercise is a mood enhancer.
- Eat and drink healthily - lots of fruit, vegetables and water - to help boost your immune system and energy levels.
- Keep a good sleep routine each night - this will help you feel better the following day.
- Contact any groups that you are involved with and see what new ways they are organising things.
- Develop new interests. Creative activities or reading are particularly beneficial.
- There are many events available live online, including concerts and religious services.
- Keep contact details close by - for friends, family and services.

Support

Don't be afraid to ask for help. You may be feeling particularly low or you have lots on your mind. If so, call a friend, family member or support organisation. Connect with people in many different ways. You can do this while following all the advice on distancing or self-isolating at the same time. You don't have to appear to be strong or to try to struggle through things by yourself.

For the latest information visit www.gov.ie/covid

> Know your Social Media Acronyms!

KPC Keep parents clueless

IDC I don't care

TNTL Try not too laugh

JK Just kidding



Snippets

> Get to know us!

We will run a monthly series of personnel involved with Crossmolina Community Council CLG (CCC). The Board of Directors (10) are voluntary and there are six paid staff. First up are the Treasurer Marie Carolan and Director Robert Padden.

Marie Carolan

Marie is a new and welcome member of the Crossmolina Community Council Board of Directors. She took up the role as Treasurer in March 2021.

Marie has a working background in accounting and finance. Her experience and knowledge will be a great asset to the company.



Robert Padden

Robert first became seriously involved in voluntary work when he became Chairperson of Crossmolina Festival. He has been a Director of CCC since 2019.

Appropriately, and most will understand why, Robert's area of responsibility is Communication and Social Media. He plays a vital part in promoting The Festival, Crossmolina Community Council and Vision 2025, using every available method at his disposal.



> Gardening Tips

Flowers

- Roses: spray, feed and deadhead roses, tie back heavy stems
- Cut back herbaceous plants such as geraniums, penstemons & delphiniums to encourage fresh growth. Also, Magnolia if they are outgrowing their space.
- Apply a handful of fish blood & bone to base of late flowering herbaceous plants such as asters, astilbes, rubeckia, lupins & echinacea.
- Plant Autumn bulbs such as nerines, cyclamens & lilies
- Keep newly planted hedging, trees and shrubs well-watered.

Vegetables

- Support growing tomato plants with sturdy stakes.
- Pick peas and freeze
- Succession plant lettuce, beetroot and herbs such as Basil

> Place Names

Dooleeg / Dubh-Liag

Eskeeragh / Eiscreach

Rathmore / Rath Mór

Black Stone

Abounding in Ridges

Great Fort