

Community Connect

Crossmolina
Eskeragh
Keenagh
Kilmurry

crossmolina.ie

Your local updates in the Parish of Crossmolina

Issue 5 | August 2021

> Covid-19

Since **Community Connect** started in April we have covered most aspects of COVID19 that was especially relevant for older people. This included advice, support, contacts and links. We hope that it was helpful. Now that a greater percentage of the population are vaccinated and hospitality has cautiously reopened we are going to reduce our information on COVID19. Just before then, though, a short, positive update from the Department of the Taoiseach on 25th July 2021:

From Monday 26 July, indoor hospitality will reopen for people who are fully vaccinated or have recovered from COVID-19 in the past 6 months, as well as children under 18 in their care.

The EU Digital COVID Certificate (DCC) will be the primary evidence used when going into a pub, restaurant, café or food court to access indoor hospitality. People across the country are currently receiving their EU Digital COVID Certificate via email and by post.

If you ever have queries with regard to COVID19, do not hesitate to contact the HSE or your G.P.

HSE details: www.hse.ie

HSE Freephone: 1800 700 700

Monday to Sunday 8.00am – 8.00pm

Community Connect is available on crossmolina.ie for all your friends & family!

**Crossmolina**
Community Council CLG

How to contact us!

 096 30935

 info@crossmolina.ie

Reg charity no. 20048471



> Cluainin Garden

The Sensory Garden at Cluainin, Western Care, Ballina Street is proving to be a wonderful haven for the people of Crossmolina and beyond. The opportunity to escape for some peace and quiet amongst the flowers and colours is so close, for all of us to enjoy. The Garden is continuing to evolve with small changes and additions making it unique in the centre of the town. Its upkeep is essential, especially to preserve the efforts already put into it. The Sensory Garden relies on community support, both financial and practical to keep it maintained and open to the public. Please get in touch if you would like to get involved in any aspect of the gardens conservation. **You can contact Cluainin on 096 30100, or Siobhan 087 121 4573, or email sloftus@westerncare.com**

> Crossmolina Festival!

Ssssnake

The amazing snake that wound its way down the length of the riverbank was a great attraction for locals and visitors alike. The simple concept of painting an individual rock with a unique design and adding it to the previous one, to create a piece of art has drawn the attention of all ages. One child was so engrossed that he didn't hear his father frantically calling him from the other side of the bridge. When dad's voice grew louder still the little lad tore himself away and hightailed off across the dry riverbed, sorry to leave the snake behind.

Colouring Competition Winners

Bláithín Devers	(3-4 age group)
Lucia Corcoran	(5-7 age group)
Lucy Hopkins	(8-10 age group)
Aoibhinn Garvey	(11-13 age group)



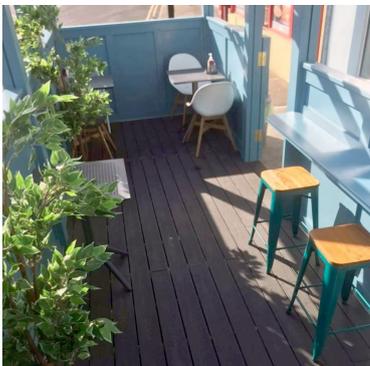


> Lake / Litter

Lough Conn and Gortnor Abbey pier have been a busy spot this summer. The beautiful, picturesque setting is attracting more people, more water activities and even a Coffee and Snack Truck.

The Caravan Bay is busy with visitors from all over Ireland, attracted to the peaceful stop over. We receive many positive notes with praise and acknowledgement for the services provided by the Community Council.

The greatest disappointment is of course the litter problem. The message is simple, take your litter home, do not leave it for someone else to pick up.



> TOPO

We wish The Old Post Office and its new addition the Post Box all the best, now that COVID19 restrictions have eased for diners. Best of luck too to all those businesses reopening after the long haul of lockdown.

> Social Media

Almost a third of seniors over 65 use social media. Seniors report that social media:

- Helps them stay in touch with their family
- Learn about news in their community
- Communicate more effectively with loved ones
- Reach out to people from their past
- Make shopping easier
- Alleviates the effects of senior isolation
- Improves mental health

Look out for Social Media classes that we will be advertising here towards the end of the year!



Snippets

> Get to know us!

Continuing our profile of Crossmolina Community Council CLG (CCC) personnel.

Maureen Timlin - Chairperson

Maureen has been participating in voluntary work since coming to Crossmolina in 1996. Outside the Community Council Maureen is involved with Vision 2025, The Panto and plays Badminton locally. Maureen gets called upon to MC at many events, 'no need for public speaking training there!



Kieran Mulhern

Kieran became a director in 2019 following a break from the Community Council of a few years. He is currently the Vice-Chair. He has great knowledge of the area and is always prepared to give his opinion on topical issues. Kieran is also a busy member of Vision 2025.



> CSP Work

The Community Council offer a maintenance service for the elderly. The service which is available Monday to Friday is offered in the local area to people over 65 but anyone who requests our services will be considered. Services include indoor and outdoor work; painting, grass cutting, hedging, guttering, yard and garden maintenance. Our team can carry out small repairs or improvements on your property also. **Please contact us on 096 30935, we will be happy to help.**

> Gardening Tips

Things to do in the flower garden in August

- Continue to feed, water and weed
- Cut back foliage and stems of herbaceous plants
- Deadhead plants such as Dahlia, Roses and Penstemon to prolong the display colour well into early autumn.
- Hardy geraniums can be cut back a little to remove tired leaves and encourage a new flush of growth.
- Keep picking flowers to encourage more flower buds to form and open.

Extra...

Hanging Baskets - deadheading, watering and feeding will help them last through until the autumn.

Extra still...

Towards the end of August sow hardy annuals directly into borders. They will overwinter and flower next summer.



> Place Names

Ballycarroon / Baile Carun
Mungaun / Mongan
Mullenmore North/Muileann Mor

Town of the Carews
Sedgy land
Great Mill