

Connecting *the* Faithful

Newsletter | 18 June 2020

Issue 3

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RIDDLE

What can you keep after giving to someone?

Answer from the last issue: All of them

Brought to you by: Offaly County Council, Offaly Public Participation Network, Offaly Age Friendly Alliance and Local Community Development Committee.

Dear all,

Welcome to the third edition of our newsletter Connecting The Faithful. As we enter Phase 2 of Ireland's Roadmap for reopening it is rewarding to know that by working together we have made progress. Let's stay local and remain vigilant. In this edition we have a Poster competition run by Banagher College Student Council. Tullamore social services have a number of services on offer that we have outlined on page two. Offaly Libraries have provided us with another book review this edition, please also see details on page 6 of Offaly Libraries contact and collect service which commenced on June 8th.

We thought you might enjoy some photographs from a number of past events to help remind us all that good times lie ahead.



**Cover photo credit: Paul Moore*



Comhairle Chontae Uíbh Fhailí
Offaly County Council



Senior Alert Scheme Personal Alarms

A personal alarm is ideal for people living alone or with a disability. This is an excellent scheme and will give people some extra security in their homes. Tullamore Social Services facilitates the Senior Alert Scheme for the Installation of Personal Alarms. Personal Alarms are fitted free of charge and installed with or without a landline phone. The annual monitoring for the first year is also free of charge. If not using a landline, there is a €60 cost for the sim only mobile unit, with installation and the first years monitoring free. For further information and to apply for the scheme contact Tullamore Social Services on (057 93 22466) all details can be taken over the phone during this time and the install is done in one room of the house with no contact.



Contact Service Telephone Befriending

In response to requests, Tullamore Social services have set up a telephone befriending service offering regular telephone calls. The service is provided each weekday 9.30am and 4.30pm. Through this service, they can communicate weekly/daily with each client, checking on his or her health and general well-being. This service is fully confidential, free, friendly, helpful and sincere. They are there to listen to you and to provide any information needed concerning Community services available in the area. Referral forms are available on request from (057 9322466) or email hilary@tullamoresocialservices.ie



Motor Tax

*** Declaring your vehicle off the Road ***

The Statutory off the road declaration must be made in advance i.e. within the month of expiry of the current motor tax disc (or current off the road declaration). It cannot be applied retrospectively. If your tax is due to expire in May, your vehicle needs to be declared off the road by the end of May - this cannot be done in June as a new tax period has commenced.

Customers can declare a vehicle off the road via www.motortax.ie or submitting a completed RF150 form to Offaly County Council's Motor Tax Office.

Motor tax arrears will arise

- if the tax period has expired, the vehicle cannot be declared off the road until arrears are cleared and the vehicle is taxed forward for 3 months.
- if a customer 'self declares' without submitting the official information to Offaly Motor Tax office or www.motortax.ie

If you have any questions regarding declaring your vehicle off the road, please phone Offaly Motor Tax Office on 057 9346800 or email motortax@offalycoco.ie and a member of the team will be happy to assist you

Let's Make Offaly Greener Together Poster Competition We need your help!

Dog fouling is a real concern in our communities. With this in mind and the issue of accessible signage, Banagher College Student Council are undertaking a campaign to promote responsible dog ownership, especially with regard to dog fouling and they need posters to help their campaign. We are asking you the readers of Age Friendly and PPN Newsletter to get involved and get creative. The competition theme will be to create an A4 poster to promote anti- dog fouling in our communities. The winning entry will then have their poster displayed within their community and will receive a prize. The closing date for the competition is Friday 31st July 2020. Good Luck to everyone who enters. Let's make Offaly greener together!

Rules for the competition:

- Entries must be of A4 size
- Please write your name, town and phone number on the back of the entry
- One entry per applicant
- A photograph or scanned image of an original artwork cannot be used.
- The winning posters will be printed and used in campaigns across Offaly
- The closing date for receipt of entries is Friday 31st July 2020. This date is final.
- Entries should be sent to Rachel Moloney, Offaly Local Development Company, Crank House, Main Street, Banagher, Co. Offaly R42 DE61

This campaign was partly funded by Offaly YouthBank 2019 and is supported by SICAP within Offaly Local Development Company.



Quiz Time

General Knowledge

1. What is meteorology the study of?
2. What animals are pearls found in?
3. What is the common name for dried plums?
4. What name does deer meat go by?
5. Which natural disaster is measured with a Richter scale?
6. Which country produces the most coffee in the world?
7. What part of a human body is the Mandible?

1. The Weather 2. An Oyster 3. Prunes 4. Venison 5. Earthquakes 6. Brazil 7. The Lower Jaw

Can you name The County by their Nicknames?

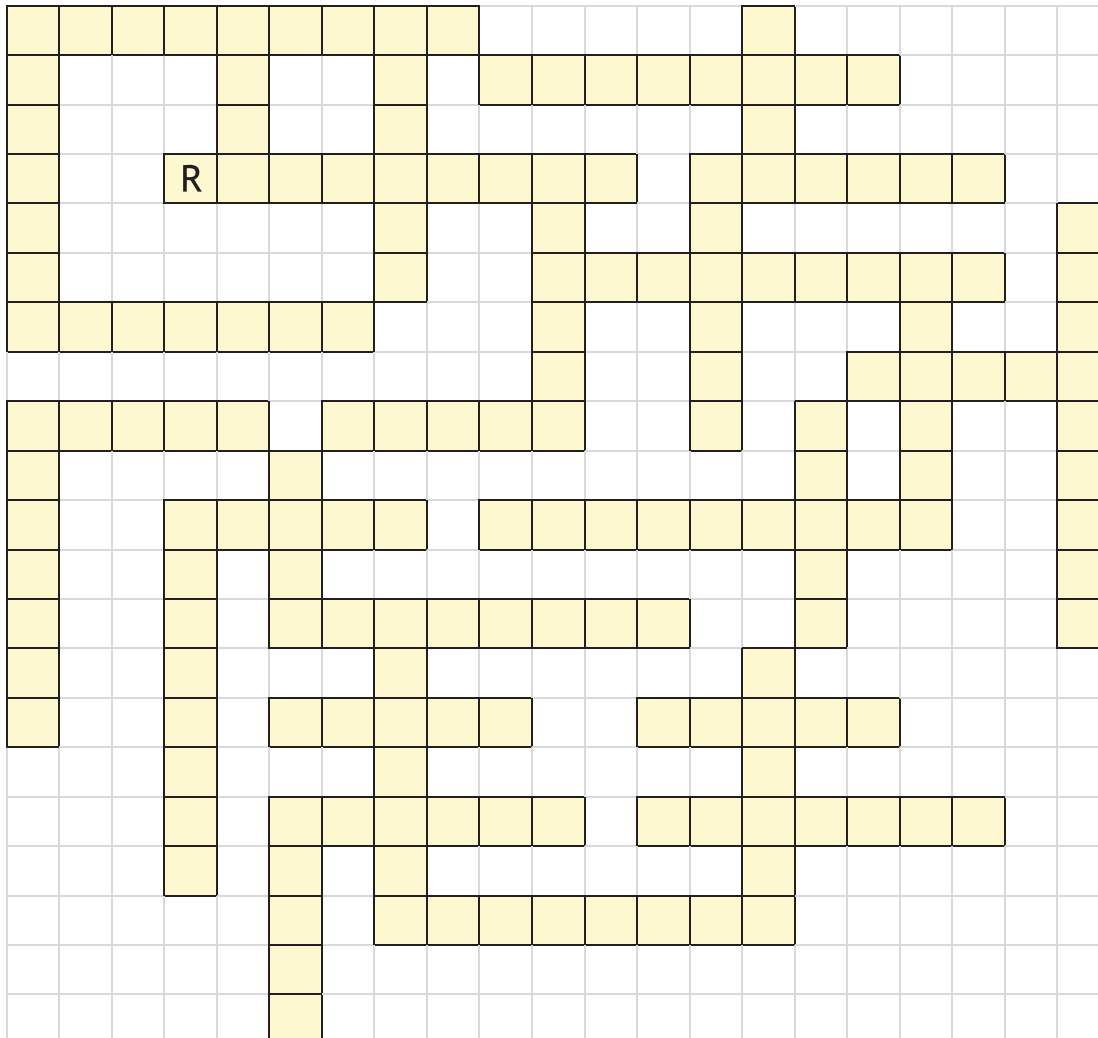
- The Banner County
- The Kingdom
- The Garden of Ireland
- The Wee County
- The Faithful County
- The Rebel County
- The Royal County
- The Marble County
- The Treaty County
- The Model County
- The Premier County
- The Dolmen County
- The Orchard County Mandible?



Clare Kerry Wicklow Louth Offaly Cork Meath Kilkenny Limerick Wexford Tipperary Carlow Armagh



County Search Puzzle



4 Letters 7 Letters

Cork Donegal

Down Kildare

Mayo Leitrim

5 Letters

Wexford

Cavan Wicklow

8 Letters

Clare Kilkenny

Derry Limerick

Kerry Longford

Laois Monaghan

9 Letters

Louth Fermanagh

6 Letters

Roscommon

Sligo Tipperary

Antrim Waterford

Armagh Westmeath

Carlow

Dublin

Galway

Offaly

Tyrone

The National Gallery of Ireland

The physical buildings may be temporarily closed, but you can transport yourself behind their walls by taking a virtual tour of the rooms, where you are free to navigate and explore the works on display at your own pace. Explore the wonders of the National Gallery of Ireland's collection, and take a leisurely stroll around the beautiful galleries from the comfort of your own home in the first in a series of virtual tours.

<https://www.nationalgallery.ie/virtual-tour/virtual-tour-grand-gallery>

Dublin Zoo

While Dublin Zoo may have reopened, it is still out of reach for now. You can still watch the Dublin Zoo animals, wherever you are. From the African Savanna, to the penguins or you can watch the herd of elephants bathe or eat their lunch with live web cams. The elephants can be seen daily at around 10:30am and 12:30pm. While the penguins usually eat their lunch at 2:30pm but tune in anytime to see what they do. Watch closely and you might catch a glimpse of one of the penguin chicks.

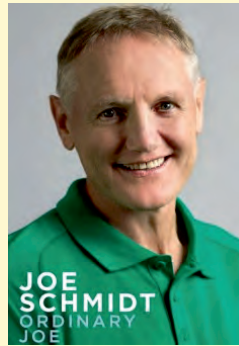
<https://www.dublinozoo.ie/animals/animal-webcams/>



Offaly County Library Services Book Review and Recommendation

Staff Member: Sarah Maher
Title: Ordinary Joe By: Joe Schmidt

I don't usually go for autobiographies but being a major rugby fan I had to. I would highly recommend this title for all rugby fans out there and even for those who don't follow rugby. Schmidt talks about his own life's achievements, struggles and experiences - all of which have contributed towards making him a great coach. The book includes his diary entries from the 2018 Grand Slam win and 2019 Rugby World Cup. They give the reader a fantastic insight into the stresses and joys of coaching a national team to victory and also in defeat. Detailing beating New Zealand twice, the 2018 Grand Slam win and reaching number one in the world rankings, this title is a fascinating read about one of the world's most successful rugby coaches.



Hope is the Thing with Feathers by Emily Dickinson (1861)

*"Hope" is the thing with feathers
That perches in the soul -
And sings the tune without the words -
And never stops - at all -
And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm
I've heard it in the chillest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.*



Emily Dickenson sees "Hope" as a bird ready to sit out the worst kind of storm. The bird stays confident and dignified, accepting no threats nor favours from others. This bird sings come rain or shine or storm. Emily likens the concept of hope to a feathered bird that is permanently perched in the soul of every human. There it sings and never stops no matter what comes its way. Find Emily Dickenson and other poets on our Borrowbox App or via

<https://www.offaly.ie/eng/Services/Libraries/Digital-Library>

We'll meet again some summer's night...

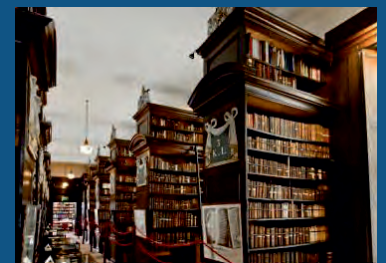
It is hard not to think about when we might get to travel again and while the restrictions might be with us for a while; it is a good time to consider where you might go. When looking forward to the future why not consider a home holiday in some destinations that you may not have thought of before. Here are some for consideration:

Dungarven is an emerging destination town in West Waterford which has been transformed through the arrival of the Greenway. In this tourism destination, you will find an array of accommodation options with some of the finest restaurants and food produce in the country. If walking is your thing, it is also on the doorstep of the beautiful Comeragh Mountains.

Westport is a long established tourist destination and has always been busy in the summer months, but why not appreciate it in the quieter months and see what's on offer in the less travelled northern section of the Wild Atlantic Way.

Marsh's Library

Marsh's Library, situated in St. Patrick's Close, adjacent to St. Patrick's Cathedral, Dublin, Ireland is a well-preserved library of the late Renaissance and early Enlightenment. When it opened to the public in 1707, it was the first public library in Ireland.





Healthy eating during COVID-19

From: Shared by Healthy Offaly published by Healthy Ireland

Welcome to part 2 of the Healthy Eating series where the Healthy Offaly team will be offering advice and tips on how to mind our physical and mental health in these uncertain times. For this edition, we turn our attention to quick meals & snacks and the best approach to take when serving up something quick and easy

Quick meals

Many of you with young families are now finding yourselves juggling childcare, full-time work and other competing responsibilities. Maybe you're in an essential role with very little time to cook or are having to cook for yourself for the first time. Whatever your circumstance, figuring out "What's for dinner?" can be a daily challenge.

Fresh produce is almost always the best option, but when it is not available there are plenty of healthy alternatives that are easy to store and prepare e.g. tinned and frozen foods. Make sure your store cupboard is stocked with key everyday ingredients, for example pasta, rice, and eggs. Safefood.ie have lots of recipes for really nutritious simple meals.

Snacks

While we are cooped up at home, the temptation for treats is stronger for both our children and ourselves. Don't cut out treat foods completely, a little now and then is okay.

Follow the simple tips below to make this process a bit easier:

- try not to keep a large supply of treats at home, this just adds to the temptation. The shops will remain open so you don't need to stockpile
- make sure there are plenty of healthy snacks available, such as fruit, veg, cheese, nuts, and yoghurt
- Don't be afraid to say no to giving your kids treats. Find other ways of rewarding them, such as playing a game with them, allowing them to Skype or call a friend, or allowing them to choose a movie to watch

Some Public Library news

Offaly libraries are offering a contact and collect service in Birr, Clara, Edenderry and Tullamore Libraries from the 8th June as part of phase two of the Government's road map for re-opening. Please call us or drop us an email with the type of books you are interested in. We will pick and pack your order and give you a dedicated time to collect your items from the library. This service is delivered with full adherence to all health and safety protocols putting the safety of our borrower and staff first.

Contact details for our four Contact and Collect Libraries are listed below.

BIRR LIBRARY 057 9124950 birrlibrary@offalycoco.ie	EDENDERRY LIBRARY 0469731028 edenderrylibrary@offalycoco.ie
CLARA LIBRARY 057 9331389 claralibrary@offalycoco.ie	TULLAMORE LIBRARY 057 9346832 tullamorelibrary@offalycoco.ie

OFFALY'S LONGEST DAY

Healthy Offaly is reminding those who have registered for the Longest Day Challenge supported by Offaly Sports Partnership, Healthy Offaly and Offaly LCDC to complete their chosen exercise challenge each day and record it in their activity diary to be in with a chance to win a €100 voucher or the family category prize of a €200 voucher.

The project is an incentive to encourage people living in Offaly to be as active as possible in the 19 days of June leading up to the longest day which falls on June 20th this year (17 hours and 10 seconds of daylight)

Dermot Egan, Healthy Ireland Coordinator is encouraging everyone to get fit and get active and encourage as many people as you know to take part in the project and request the free daily activity diary that is available. If you have, any queries on the challenge contact Eamonn Henry, phone: 086 7948054.



The Tovertafel which means “Magic Table” and is designed to help people with cognitive difficulties such as dementia, autism or with learning needs in fun and creative ways. There are over 20 suites of games so there is something for everyone. Launched in Tullamore Library 27th September 2019, The Magic Table launched the programme of events for Offaly County Council positive ageing week in conjunction with Age Friendly Alliance.



Recipe

Leek and Potato Soup

- 1 small onion
- 3 or 4 leeks
- 1 teaspoon of vegetable oil
- 2 medium potatoes
- 1 low-salt stock cube dissolved in 850 ml of boiling water

Method:

1. Peel and chop the onions.
2. Wash, peel and slice the leeks.
3. Wash, peel and chop the potatoes into cubes.
4. Place the onions and leeks in a saucepan with a little water and cook gently for about 5 minutes or until soft.
5. Add the potatoes and the vegetable stock.
6. Allow the mixture to simmer for 20 minutes or until the potatoes are soft.
7. Once cooked, liquidise the mixture with a hand blender or liquidiser.
8. Return the blended soup to the saucepan and reheat without boiling.
9. Serve and enjoy.



A good news story from Mucklagh.

Sarah Hughes is a very busy mother of 5 children who runs the Business, Sarah Cupcakes and she certainly has kept her self-busy by not only making cupcakes for the Front line but also for local neighbours who have been cocooning in the community. People got a welcome knock on the door and 4 lovely cupcakes to enjoy with their afternoon tea. Thanks Very much to Sarah and to volunteers who help deliver them.



Lions Club members presenting the Exercise Equipment to Offaly Co Co for installation in Lloyd Park Tullamore. Lions Club members joined by Jean Brady from Offaly Sports Partnership who provided instruction on use of the equipment.



Useful Contacts

Dedicated Offaly Support Helpline: 1800-818181
 HSE Advice Line: 1850-24-1850
 Alone: 0818-222024
 Birr Garda Station: (057) 9169710
 Tullamore Garda Station: (057) 9327600
 Edenderry Garda Station: (046) 9731290

Contact us



Bridie Costello Hynes - Offaly PPN Resource Worker & Age Friendly Co-Ordinator.
 Email: bcostellohynes@offalycoco.ie

Emma McLoughlin - Offaly County Council.
 Email: emcloughlin@offalycoco.ie

Caillene Loughnane - Offaly PPN Support Worker.
 Email: cloughnane@offalycoco.ie

Postal Address: Bridie Costello Hynes, Offaly County Council, Áras an Chontae, Charleville Road, Tullamore Co. Offaly.