

### **A special delivery for Professor Sam Mc Conkey's Mammy**

Monaghan Age Friendly programme and Monaghan Gardai made a special delivery to Margaret Mc Conkey, Professor Sam Mc Conkey's mother who is currently cocooning in county Monaghan. Killeevan native Sam, is Head of the Department of International Health and Tropical Medicine at the Royal College of Surgeons in Ireland. Professor Mc Conkey has become a regular contributor on the Covid 19 pandemic in the national media in recent months. Mrs Mc Conkey was delighted to received the Monaghan Age Friendly Cocooning Activity pack, which was delivered by Brenda Clerkin Monaghan Age Friendly programme, Sergeant Mick Duffy and Garda Margaret Oliphant who have delivered over 4500 activity packs across county Monaghan. The 64-page colourful fun filled activity pack has plenty for people to enjoy at their leisure. There are wordsearches, quizzes, riddles, games, songs, stories and poems in the pack. There is lots of information too on different services and supports available to older people in the county. Giving the pack a very Monaghan feel it includes messages of support from some well-known Monaghan, including the now very well known Professor Sam Mc Conkey.

Monaghan Age Friendly programme was delighted when Sam responded to the call for contributions to an activity pack for cocooners in county Monaghan.

Age Friendly Manager for Monaghan County Council said "We reached out to some well-known Monaghan people to contribute to the pack, the response was so positive and supportive, we are so grateful they took the time to send a message to the older people of the county".

The cocooning activity pack, which also includes messages from GAA All-star Conor Mc Manus, Ireland's Rugby star Tommy Bowe, Irish Times journalist Frank Mc Nally and legendary Jazz musician Paddy Cole.

The Activity pack has been distributed to over 5000 cocooners in county Monaghan and demand is so high that a reprint was ordered last week. Monaghan Age Friendly programme hopes the activity pack will give people a lift and a smile at this difficult time and expressed gratitude to the Age Friendly Alliance partners who contributed to the pack. We are extremely grateful also to Monaghan Garda and Monaghan GAA who are supporting us to deliver the packs throughout the county. The feedback is great, people are really enjoying it and that is what its all about.

Copies of the pack are available to download from Monaghan County Council website and hard copies can be requested by contacting:

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