



LAOIS' AGE FRIENDLY AMBASSADOR ANNA MAY MCHUGH RECEIVES HONORARY DOCTORATE



14/06/2024 NO REPRO FEE, MAXWELLS DUBLIN Trinity awards honorary degrees to four exceptional individuals. **PHOTO SHOWS: (L - R) Dr. Leonard O'Hagan, Provost Linda Doyle, Anna May McHugh, Colm O'Gorman, Chancellor Dr. Mary McAleese and Herman Van Rompuy after the conferral ceremony at Trinity College Dublin.**

Anna May McHugh, who has been the managing director of the National Ploughing Championships since 1973, has been acknowledged for her selfless work at the Honorary Doctorate Awards Ceremony in TCD Dublin.

Anna May has also been the Irish Board Member of the World Ploughing Organisation since she was appointed in 1997 and also holds the title of first woman on the board.

She has worked for the National Ploughing Association for over 70 years holding numerous roles in that time first as a secretary to the founder, then company secretary and finally as managing director.

Many have acclaimed her as the driving force behind the event's spectacular growth.

In the 1970s there were 100 exhibitors at the ploughing and 21 counties competing, today the event hosts 300,000 visitors over three days, 1,700 exhibitors on 100 acres and 350 ploughing competitors.

At the ceremony she recalled the early days of the event and acknowledged how difficult they actually were.

She said: "In the years that I speak about, women were not at the top of organisations as such and I remember the days when there were only men folk coming to the Ploughing, and I thought we must do something about that".

In the speech she attributed her success to the team of people around her from Ploughing Associations all across the country.

Full article from Laois Today available [by clicking here](#)



DEBUT PERFORMANCE BY NEW LAOIS COMMUNITY CHOIR AND INTERGENERATIONAL DAY IN PORTLAOISE FAMILY RESOURCE CENTRE HAPPENING THIS JULY!

Photo Credit...Alf Harvey



Age Friendly Laois have joined forces with LOETB Community Education, Music Generation Laois, Portlaoise Family Resource Centre & Youthwork Ireland Laois to deliver two intergenerational projects, a Laois Community Choir and Laois Intergenerational Day.

Laois Community Choir delivered by Age Friendly Laois, LOETB Community Education, Music Generation Laois and Portlaoise Family Resource Centre to have debut performance on **Thursday 18 July, at 7pm in new outdoor performance space on the grounds of Laois Music Centre**

A new Community Choir initiative began with a pilot phase in May, and is running weekly in both Laois Music Centre and Portlaoise Family Resource Centre, under the direction of Nuala Kelly and a team of musicians from Music Generation Laois. The response has been amazing, with over 160 members “rocking” up and singing their hearts out from the very first session. The choir quickly reached capacity with a broad range of ages and a diverse cross-section of the community taking part, with the youngest member being 18 and the oldest being 80!

The pilot phase of the Laois Community Choir will culminate in a performance at the brand new outdoor performance space, on the grounds of Laois Music Centre in the Old Fort Cultural Quarter on Thursday 18 July, at 7pm, free admission, all welcome. The Community Choir look forward to sharing the joy of singing with an audience at their big debut with Nuala Kelly noting **“We are blown away by the response and didn’t anticipate such large numbers, it’s wonderful. The atmosphere is amazing, there’s a real sense of community - people just want to sing.”**

Laois Community Choir is a joint initiative delivered by Age Friendly Laois of Laois County Council, LOETB Community Education, Music Generation Laois and Portlaoise Family Resource Centre.

Gillian Cunningham, LOETB Community Education Facilitator said **“At LOETB Community Education, we believe in the transformative power of education and the arts to bring people together. This venture is a testament to our commitment to fostering community connections and creating inclusive spaces where everyone can participate and thrive. The Community Choir not only provides a platform for musical expression but also strengthens bonds across different age groups, enriching the social fabric of Laois. Being part of this initiative allows us to witness firsthand the joy and camaraderie that music can inspire. It is heartwarming to see individuals of all ages come together, share their love for singing, and build meaningful relationships. These moments of connection are what community education is all about—bringing people together, breaking down barriers, and celebrating our shared humanity.”**

Joan Bolger of Portlaoise Family Resource Centre added **“It’s great that the choir is an expression of the inclusiveness of the Portlaoise Community and of interagency partnerships in Laois. To have such diversity and energy in the rehearsal room is energising. New friendships are being made over the cuppa at the break and the smiles and laughs throughout rehearsals. Nuala led the choir in a warm friendly way that brings out the best in everyone. This is what community development and family support is all about.”**

Paul Donnelly of Portlaoise Family Resource Centre concluded **“Choirs are hugely beneficial for people’s mental, physical and spiritual well-being. They offer a sense of belonging and community coupled with pure enjoyment and fun. It is fantastic to see the interest, commitment and joy in this 8 week pop up choir and in the Autumn, we hope to harness that energy and see it evolve into a more permanent choir that will provide an outlet for the musical passion of people in Portlaoise and the wider Laois community.”**

On **Friday 19 July**, at **1pm** Age Friendly Laois and Youthwork Ireland Laois are joining forces to host an intergenerational day in Portlaoise Parish centre

Laois Intergenerational Day will bring together members of Comhairle na nÓg and older people from Laois and see generations coming together to discuss current topics, attitudes towards age groups and any other matters that the group raise. The aim of the day is to bridge the generational gap, to challenge perceptions and stereotypes and most of all to bring ages together.

Some of the benefits of intergenerational work include the creation of age friendly communities, the tackling of issues around stereotyping and ageism and the fostering of respect and understanding.

Clive Davis of Youth Work Ireland Laois is looking forward to the day noting **“The intergenerational work with Age Friendly Laois and Youth Work Ireland Laois is so important. It brings together people of all ages to learn from each other and to build relationships. This work helps to break down stereotypes and to create a more inclusive community.”**

Rosemary Kunene of Comhairle na nÓg added that **“We are delighted to host an intergenerational event with Age Friendly Laois. It would be amazing to see how the two generations interact with each other and help each other to challenge assumptions and prejudices about the older and young people, therefore, improving intergenerational relationships.”**

Tom Curran of Age Friendly Laois stated that **“historically, younger people have always learned from their elders but with busy lives, and with more communication tools that ever, perhaps we have lost the opportunity to have the face to face communications with each other than before. Old and young can only benefit from spending time together and both the community choir and the intergenerational event on the 19th of July is something that will start a conversation and seek to keep it going!!! The response to the community choir has been great and it is great to see such numbers across the ages getting together to share such an uplifting activity.”**

Further Info:

Age Friendly Laois can be contacted on tcurran@laoiscoco.ie, 05786 64150 / 086 0363426

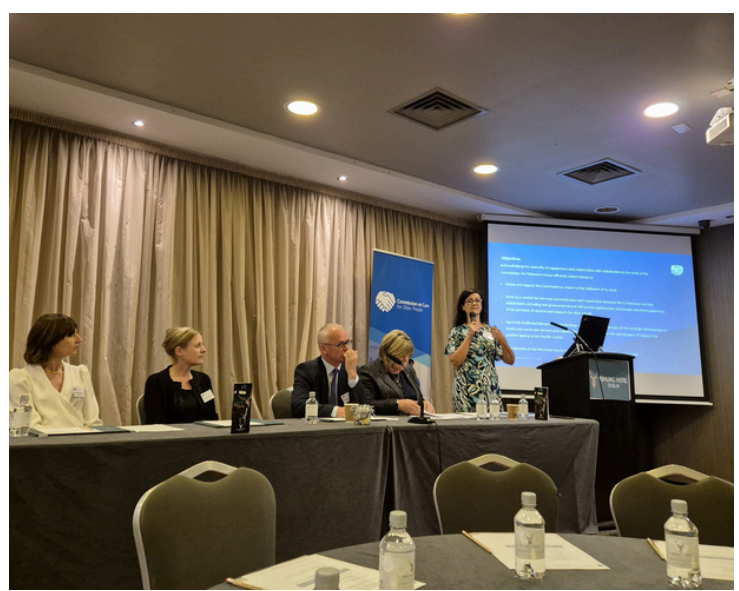
Visit <https://laois.ie/departments/community/promoting-social-inclusion/age-friendly/> for more info

LOETB Community Education can be contacted at communityed@loetb.ie, 0578630099, Facebook

Music Generation Laois website can be viewed at <https://www.musicgenerationlaois.ie/>

And to learn more about the Portlaoise Family Resource Centre go to <https://www.portlaoisefrc.ie/>

REFERENCE GROUP FOR THE COMMISSION ON CARE



The first meeting of the Reference Group for the Commission on Care was held in June . Opened by Minister of State for Mental Health and Older People Mary Butler, this group facilitates a broad sector consultation on Care in the Community.

Attending from Active Retirement Ireland, CEO Maureen Kavanagh highlighted the need for Care in the Community to include social and psychological aspects ensuring that, as we age, we can all access supports based on our needs rather than just having a clinical care approach. Active Retirement Ireland is a prime example of a model of social and psychological support that keeps older people involved and active in their communities for as long as possible.






More information about the Reference Group and the Commission on Care for Older People is available on the Irish Government website [by clicking here](#)

HEALTHY LAOIS - MEN'S HEALTH TOP TIPS

We recently celebrated Father's Day and focussed on some of the men in our lives and what better gift can we give them but a gift of health.

Here in Ireland ,our men on average die younger than women and this is often because of a delay in getting treatment for preventable illness. The reason for this can be a range of factors, but this year lets try and tackle one cause and that is lack of awareness.

Did you know?

<p>WAIST MEASUREMENT</p>  <p>NO MORE THAN</p> <p>80cm 94cm</p>	<p>CHOLESTEROL</p>  <p>5.0</p> <p>OR LESS</p>	<p>BLOOD PRESSURE</p>  <p>NORMAL</p> <p>120 / 80</p>	<p>ALCOHOL</p>  <p>LESS THAN</p> <p>17 STANDARD DRINKS PER WEEK (MALE) 11 STANDARD DRINKS PER WEEK (FEMALE)</p> <p>2-3 ALCOHOL FREE DAYS PER WEEK</p> <p>AVOID DRINKING 6 OR MORE STANDARD DRINKS ON ANY 1 OCCASION</p>	<p>PHYSICAL ACTIVITY</p>  <p>AT LEAST</p> <p>30 MINUTES A DAY 5 DAYS A WEEK</p>
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Copies of “Action Man” available from Healthy Laois email Emma on eoconnor@laoiscoco.ie

5 MINUTES WITH.....



This month, we met up with Georgina Cruise, National Manager with the Patient Advocacy Service

Can you tell us more about the Patient Advocacy Service?

The Patient Advocacy Service is a wholly independent, free and confidential service. We provide information and support to people who want to make a formal complaint through the relevant complaints policy about the care they have experienced in a Public Acute Hospital or a Nursing Home.

We also support people in the aftermath of a Patient Safety Incident. The Patient Advocacy Service is funded by the Department of Health and is fully independent of the HSE and all other service providers.

We are a nationwide service, with Advocates based around the country. All of our Advocates are fully trained in advocacy.

How does it work?

If a person is unhappy with the care they have experienced in a public acute hospital or a nursing home and they would like to make a complaint, our service can offer them information and support with this. Our service is free, confidential, and independent. We empower a person to have their voice heard.

We have a national phonenumber, which is open Monday to Friday, from 10am to 4pm, the number is 0818 293 003. If a person contacts that number, they can speak directly with an Advocate who will listen to their story confidentially and provide the person with information and their possible options. If a person decides they would like to make a formal complaint and need support to do so, an Advocate will support them through the process.

An Advocate can support a person to get information on the HSE complaints process 'Your Service, Your Say' (for Public Acute Hospitals) or the complaints process for a Nursing Home. An Advocate will explain what to include in a formal complaint letter and how to write a formal complaint. They will support a person to explore their options following a response to their formal complaint. The Advocate can also support a person to request their health & medical records and they can attend meetings in a supportive role in relation to their complaint.

If a person has experienced a Patient Safety Incident, an Advocate can support the person with any investigations that might take place in the aftermath of that incident.

What does Advocacy mean?

Advocacy involves an independent professional supporting a person through a complaints or patient safety process. Patient advocacy can help ensure that patients and nursing home residents receive a timely and adequate response to their complaint and that the complaints process is fair and efficient. Patient advocacy can also help reduce the stress and trauma that the complaints process can further cause for a person, who may already have experienced a traumatic incident.

How can I get in contact with the service?

We have a phonenumber and the number is 0818 293003. The phonenumber is open from 10am until 4pm, Monday to Friday. We also have an email address, info@patientadvocacy.ie. If a person wants to find out more about our service, our website address is www.patientadvocacy.ie

LAOIS FEDERATION ICA WINNING RECIPES

ICA Laois Federation Cooking Competition winner. We ran this Competition during Covid when meetings were not possible to encourage our members to be involved and connected

Main Course winner - Old English Pork Casserole, from Peggy Byrne Arles Guild
You will need

- 6 ozs leeks,
- 1 oz lard,
- 1-1.5 lbs shouder of pork
- 2 ozs seasoned flour,
- 1/2 pt brown ale,
- Dash of Tabasco
- Piece of lemon rind ,
- 3 ozs button mushrooms,
- Bouquet Garni, salt and pepper



Cooking Time 1 hour 20 minutes Preparation time 10 minutes

Chop and clean the leeks. Melt the lard in a flameproof casserole. Fry the leeks for a few minutes
Meanwhile, cut the pork into one-inch squares and toss in the seasoned flour. Add this to the leeks and cook for 5 minutes
add the ale, tabasco sauce, lemon peel, mushrooms and bouquet garni. Bring to the boil put the lid on and reduce the heat. Simmer for 1-1¼ hours. Remove the bouquet garni. Season to taste and serve with mashed potatoes and buttered carrots = Serves 4

Dessert Winner Orange and Cranberry Pudding with Orange Sauce - Helen Kavanagh Borris in Ossory Guild

Ingredients

- 6 ozs margarine
- 3 ozs self-raising flour
- 4 ozs castor sugar
- 3 ozs semi-skimmed milk
- 6 ozs fine breadcrumbs
- 4 TBsp marmalade
- juice and zest 1 lemon.
- 4 ozs cranberries fresh or frozen
- 2 eggs



METHOD

Mix together flour and caster sugar, then rub the margarine into the mixture, Add the eggs, the juice and the zest of the orange. Then stir in the milk, cranberries and the marmalade..

Grease a large pudding bowl (or 2 small bowls if you prefer).Then pour the mixture into the bowl and smooth the top with the back of a spoon

Place a circle of greaseproof paper on top of the mixture. Then get a larger piece of greaseproof paper, lay a piece of tin foil over it and fold a pleat in the centre. Place both on the e pudding bowl and tie tightly with a piece of string

The pudding can be steamed for 2 to 3 hours on top of the cooker standing on an upturned saucer in a saucepan that has been half filled with water Cover the saucepan with a lid and bring to a boil. Reduce the heat and continue to steam for a further 2-3 hours regularly topping up the water in the saucepan when necessary

Alternatively, the pudding can be steamed in the oven Place the pudding bowl on a source in a roasting tin which has been half filled with water

Get a very large piece of tin foil and lay it flat on the worktop. Place the roasting tin on the tinfoil and make a parcel completely enclosing the roasting tin in the tinfoil. Place into oven which has been preheated to 180 degrees and steam for 2 - 3 hours - you will not have to top up the water and your kitchen will not have condensation on the walls - . When the pudding is steamed remove from the oven and leave to cool slightly Then turn on to a plate and drizzle with orange sauce. Serve warm with custard

ORANGE SAUCE

- Ingredients
- Juice from 2 oranges
- Zest from 1 orange
- 1/4 cup sugar
- Tablespoon butter

Mix the orange juice zest and sugar in a small saucepan Simmer the sauce mixture over medium heat stirring occasionally for about 15 minutes until a thick syrup sauce is formed when the sauce is right consistency stir in the butter and simmer for a further few minutes Remove foerm the heart and leave to cool.

GO FOR LIFE GAMES



Portlaoise Active Retirement recently participated in the Go For Life games . The team jerseys were sponsored by Age Friendly Laois and the team represented Laois well on the day. Laois Sports Partnership had them well prepared and at the peak of their powers and a huge congratulations is due to the two teams who travelled up from Laois on Saturday to the Go For Life Games.

It was a super occasion with great competition and fun had by all. Laois was the only county to have TWO teams represented.
Very well done!



NEWS FROM BALLYROAN ACTIVE RETIREMENT GROUP



What a day. Active lively men and women from Ballyroan. Started with visit to Abbeyleix golf club. Had starters and main course. Went outside and played 18 holes on the putting green. 4 in a team. Super fun. Came back in and had apple crumble and coffee.

Well we were fighting fit and danced and sang with the wonderful Martin Delaney for two and a half hours. Happy days



EDUFIT UPDATE ON PRIME TIME OF LIFE PROGRAMME



60 people (aged 35-85 years) started their health & fitness journey with us this morning (June 10th) by joining our Prime Time of Life Portarlinton programme. We are so proud of this group who took the first (hardest) step today. There is nothing to lose but everything to gain in health, strength and fitness. We can't wait to see the changes in 12 weeks.

Thank you Laois Sports Partnership, Sport Ireland and Sláintecare for funding this Prime Time of Life Portarlinton programme 😊

Will you take your first step today? You can join us online:

<https://edufit.ie/edufit-at-home/>

#primetimeoflife #portarlinton



LAOIS FEDERATION OF ICA NEWS



Recently the President of Arles Guild and Federation Produce Officer Vivienne Rigley welcomed our new Federation President Deirdre Dunne from Mountmellick to her first official event. The Produce Day took the form of a gardening event. It was very well attended and a thoroughly enjoyable afternoon. We had advice on how to look after plants and how to plant up hanging baskets and tubs. We also heard how to use flowers from our own gardens in flower arrangements. The plants all came from Doyle's in Carlow.

History of the ICA

The ICA was set up in 1910 as the women's side of the cooperative movement and known as the "United Irishwomen", the aim was to improve life in rural Ireland by educating women in various crafts, skills, etc. In 1915, due to political issues, the then-called United Irishwomen changed its name to the Irish Country Women's Association. Around this time the ICA let go of just improving rural lives and began focusing on all areas of Ireland. Contrary to popular belief the "country" within the ICA's name stands for the country of Ireland as a whole, as opposed to "country" as in rural areas.

Laois had been associated with the Irish Countrywomen's Association and the United Irishwomen since 1914 when its first Guild was formed in Abbeyleix.

Back in 1942, a renowned ICA member called Lucy Franks put Castletown and Co Laois on the ICA map by becoming national president a post she held for 10 years. This year she was honoured when Portlaoise County Council named a roundabout in her honour - The Lucy Franks Roundabout on the Mountmellick Road..By 1950 there were 7 Guilds in the county so Laois Federation was formed.

The 7 Guilds were Abbeyleix, Ballybrittas, Castletown, Clonaslee, Graiguecullen, Rath and Stradbally. Unfortunately, Stradbally and Castletown are the only 2 Guilds remaining of the 7 original Guilds. There are now 12 Guilds in County Laois.

DUNAMAISE ARTS CENTRE NEWS



**Mary Byrne - Check Me Out |
Saturday 20 July, 8pm, €27/€25**

Fiercely honest and deeply moving, Mary takes a reflective look at an eventful life.

From the days at the checkout, the road to X Factor and all of the highs and lows in between, this one-woman show is packed with humour, music and nostalgia.

A fantastic night's entertainment - set to be a sell-out! Book early to avoid disappointment

No stranger to Dunamaise, Mary starred in the hilarious comedy 'Dirty Dusting' which had several sold-out runs here and on tour in 2021-2022! Mary brings her brand new show to Dunamaise, fresh from her performance in the Irish & UK tour of 'Menopause The Musical 2'.



A MESSAGE FROM AN GARDA SIOCHANA



We have had more incidents in Laois where persons are calling to the homes of older and more vulnerable people. Report any suspicious activities to us immediately using 999.

Garda do not call to looking to check if your money is counterfeit and take it from you.

Thanks to the LOETB's Janice O'Brien, Qualified Chef and Nutritionist for this issue's recipes

If you have any other recipes (and don't mind sharing them), get them to us. We love the traditional and old ones, if you have any.

By Post: Tom Curran, Community Section, Laois County Council

By email: tcurran@laoiscoco.ie



As rhubarb comes into season I decided to focus on some desserts this month. Rhubarb is low in calories (before adding sugar) and high in fibre. Enjoy.

Stewed Rhubarb

In a saucepan add rhubarb and a tablespoon of sugar if desired. Rhubarb will break down and become soft and stringy like.

*This is a beautiful dessert, served with custard.

*Alternatively it makes a gorgeous porridge topping in the mornings.



Rhubarb Crumble

Ingredients

Rhubarb

Flour

Butter

Sugar

Method.

Cut up rhubarb into 1 inch pieces and place in an oven friendly dish.

In a separate bowl add 1 cup of flour, 1/2 cup of butter and 2-3 tablespoons of sugar and combine by rubbing it with the tips of your fingers and thumb.

Place on top of the rhubarb and bake for 25-30 mins at 180 degrees celsius. Serve with custard, cream or ice cream.



Rhubarb Fool

Ingredients

Rhubarb

Cream

Mascarpone cheese

Icing sugar.

Method

Stew rhubarb in a sauce pan.

In a separate bowl whip the cream. Once whipped fold in the mascarpone cheese and taste.

Add icing sugar if required. (mascarpone can be tart)

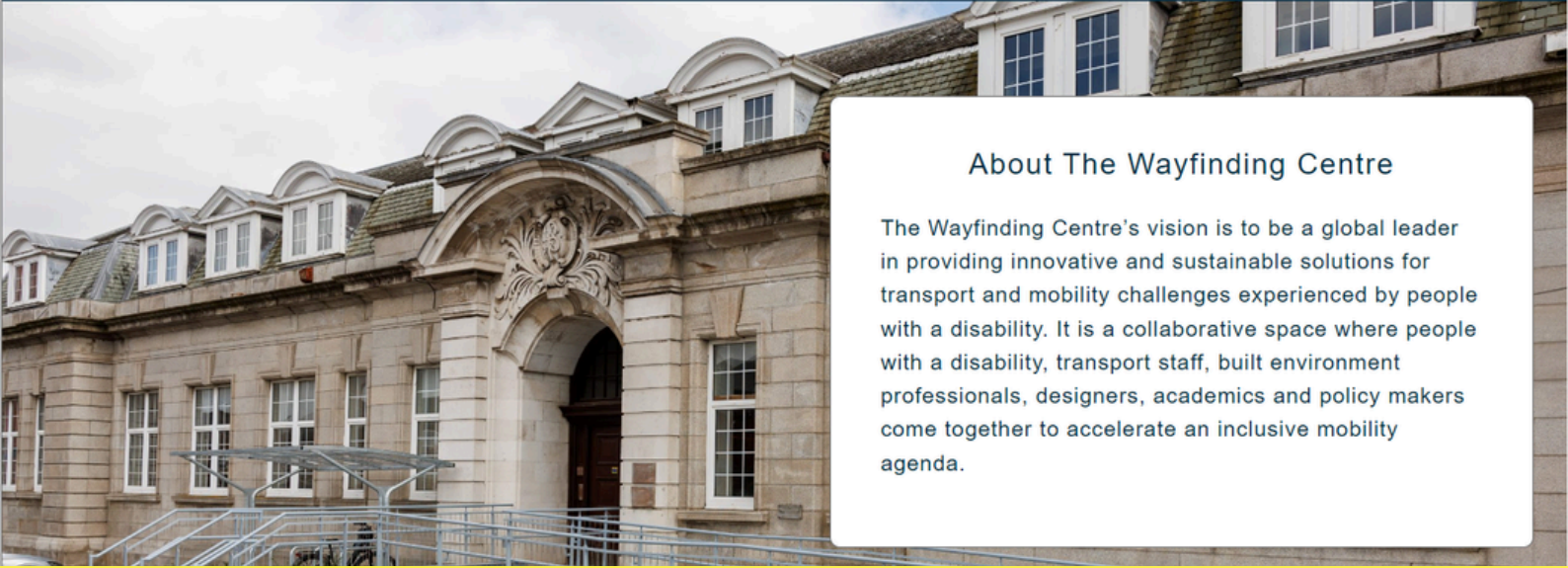
Once the stewed rhubarb is cooled place some into a glass, layering with the cream mix.

Place in fridge until ready to eat.

Serve with a biscuit or break a biscuit on top for added texture.



Note* Yoghurt can be used to layer with the rhubarb instead if desired.



About The Wayfinding Centre

The Wayfinding Centre's vision is to be a global leader in providing innovative and sustainable solutions for transport and mobility challenges experienced by people with a disability. It is a collaborative space where people with a disability, transport staff, built environment professionals, designers, academics and policy makers come together to accelerate an inclusive mobility agenda.

AGE FRIENDLY LAOIS VISIT THE WAYFINDING CENTRE

The Wayfinding Centre is an innovative, multi-functional centre which will be driven by the need to make transport accessible for everyone.

People with an access need can be empowered through practical training and hands-on experience, knowledge and the opportunity to explore all aspects of transport in a safe and controlled environment.

Transport staff, built environment professionals, designers, academics and policy makers will have the opportunity to be upskilled and access resources.

It is a space where all transport stakeholders bring unique perspectives to collaborate, co-create solutions, co-design foundations, develop views and test theories to ultimately ensure equity and inclusion are forefront of any transport development agenda.

Located in the former Smurfit Kappa Printworks site on the Botanic Road, Glasnevin. The Wayfinding Centre will provide a safe indoor environment which replicates the real-world experience of using public transport including lighting, acoustics, hazards and the built environment that surrounds public transport.

Age Friendly Laois along with Laois County Council engineers and planners visited the centre to see best practise when it comes to accessibility. The building houses a section of an airplane, a real dart carriage, a number of buses and luas carriages and also has various surfaces and paving examples to show the issues that can exist for service users. The wayfinding centre can educate anyone who is challenged and they also reach out to organisations such as Age Friendly and local authorities to educate them also. It is envisaged that in the future, college courses on planning architecture and design will all have accessibility modules built into them.

To visit the wayfinding centre site, [click here](#)



Empowering people and possibility through experience, mobility and transportation.

CAMROSS NEWS: COMMUNITY GARDENS ARE GOOD FOR YOUR HEALTH.



Camross Community Garden was officially opened during Biodiversity week by Ms Pippa Hackett Minister of State for Land Use and Biodiversity in the Department of Agriculture, Food and the Marine. The garden situated in our new Community Park, features an orchard of heritage fruit trees, fruit bushes and “celebrates our native biodiversity”.



Photo credit Alf Harvey for Laois CoCo Heritage

In 2019 our Community Development Plan had identified the lack of community recreational facilities in Camross village, especially for the older residents. Our Community Park was devised to start addressing that need and adding the Community Garden has further enhanced the facilities.

During Covid people became aware of the benefits of working in their gardens, growing food, and the restorative value of being outdoors. Community Gardens were a perfect solution.

Research published by the EPA in June 2020, “Research 328: Eco-Health: Ecosystem Benefits of Greenspace for Health” advances the perspective that accessible and well-designed green spaces are essential infrastructure, fundamental to the health and wellbeing of thriving and inclusive communities. There is a scientific consensus that well-designed green space provides multiple benefits for enhancing health and well-being. Research supporting the development of a new Community Garden.



Josie and Martina, two Camross Tidy Town members in the garden on the open day.

Photo credit Alf Harvey for Laois CoCo Heritage

COFFEE MORNINGS AT THE HUB

We held our inaugural Coffee Morning in May, hoping to further enhance the facilities in our village and provide opportunities for people to meet and chat. Wednesday @The Hub will be repeated on 31st July at 10.00 am and we hope to continue hosting regular sessions, Watch this space!

Community Coffee Morning @ The Hub

in Camross Community Complex.

Wednesday 29th May at 10.30am (after morning mass)

Come join us for a cuppa and a chat.

All are welcome



Contact camrosscommunity@laoisnycoco.ie with any questions.
Alternatively phone Johanna on 086-601213

below

Members from Camross Active Retirement group at the Community Coffee Morning. Age Friendly Laois and Laois Partnership joined us on the day .



DEADLINE EXTENDED !!

National Age Friendly Recognition and Achievement Awards 2024. Submit your projects now . Closing date for applications is Friday, 12th July 2024.

More info click here <https://shorturl.at/1xle0>



NOTICE BOARD



COMMUNITY & VOLUNTARY AWARDS

2024

**NOMINATIONS OPEN
UNTIL 26TH JULY
NOMINATE NOW!!!!!!**



[Click here for more info and for nomination forms](#)

OR ON OUR ONLINE PORTAL BELOW

<https://laiscoco.submit.com>



VISIT THE LINKS

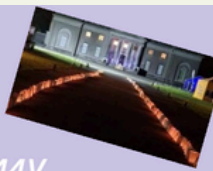


NOMINATE



SUBMIT

Relay for life
Laois 2024



WHERE: Emo Court House, R32 C44V

WHEN: Saturday 27th July. 1p.m. until
Sunday 28th July, 1p.m.

A feature of every Relay For Life is the Candle of Hope Ceremony which takes place at dusk. This year, this will take place on 27 July 2024 at Emo Court House, Co. Laois

During the Candle of Hope Ceremony, hundreds of candle bags that have been personalised with messages of hope and remembrance are lit during a moving ceremony.

This is where we will all come together to light our candle bags as a symbol that we are together as a community in the fight against cancer. When you purchase a candle bag, your message will be placed on one of our bags and displayed at the Candle of Hope ceremony. We would love you to join our Candle of Hope Ceremony at Emo Court House from 9p.m.

Candle bags can be bought in Emo Court on the day of the event, or in McConville's SuperValu Mountmellick on 30th May and Laois Shopping Centre Portlaoise on 7th of June.

All monies raised go back into local services such as the night nurse and volunteer driver service



Relay for life
Laois 2024

Relay for Life is a unique and beautiful opportunity to celebrate those that have survived cancer, remember loved ones lost to cancer, and to stand shoulder to shoulder with those battling cancer. Relay For Life is a celebration of solidarity. The event will be held on the grounds of Emo Court and Parklands from 1pm Saturday 27th July 2024 to 1pm Sunday 28th July 2024.

We are looking for teams from the Laois area to get involved. For information please email laoisrelayforlife@gmail.com or call Caroline on 087 4499903 or Fran on 087 9161924



Please note, all monies raised go back into local services such as the night nurse and volunteer driver service





Interested in joining us?

Portlaoise Active Retirement needs you

New members welcome

Do you like to

- Be Social
- Be active
- Be involved
- Play your part

then you are perfect for us.

We

- Go on holidays twice yearly
- Hold Quizzes and dances
- Sing and dance
- have regular outings



Pre - Retirees welcome too!



Call Sheila on 087 8681739
or Trudy on 086 3136282
for more information and to sign up

SWIMMIN' WOMEN Ballinakill Outdoor Pool



6 WEEK AQUA AEROBICS FOR WOMEN

Where? Ballinakill Outdoor Pool
 Days? Wednesday
 Time? 7.45 - 8.30pm
 Cost? €30
 Starts? 10th July 2024
 Contact? Liam 086 0111 722
 Register? On Eventbrite - Scan QR Code

SCAN ME



SWIM IRELAND



SEPTEMBER COURSES

	ABBEYLEIX Art Classes Abbeyleix Library Staying Connected Abbeyleix Library Evening Art Classes Abbeyleix LOETB	FREE
	STRADBALLY Daytime Art Classes Stradbally Library Staying Connected learn how to use your mobile device Stradbally Library	FREE
	MOUNTMELLICK Staying Connected Mountmellick Library Horticulture Daytime class Mountmellick LOETB Cooking Evening Class Mountmellick LOETB Furniture Upcycling Mountmellick LOETB	FREE
	PORTARLINGTON Staying Connected Portarlington Library Horticulture Day time LOETB Portarlington Upcycle your Clothes Sewing LOETB Portarlington	FREE
	PORTLAOISE Staying Connected Portlaoise Library Chair Yoga Portlaoise Institute LOETB Crochet Portlaoise Institute LOETB	FREE

IF YOU ARE INTERESTED IN ANY OF OUR COURSES LEAVE YOUR NAME AT THE DESK IN THE LIBRARY OR CALL OUR CENTRE

LAOIS
Sports Partnership
Developing people and places