

## BALLINAMORE & DRUMREILLY LOWER PARISH NEWSLETTER

10<sup>th</sup> March, 2024.

Mothers' Sunday

4<sup>th</sup> Sunday of Lent

Feast Days: 11<sup>th</sup> Mar St Aengus 15<sup>th</sup> Mar St Louise de Marillac

Office Phone: 071 9644039

Website: [ballinamoreparish.com](http://ballinamoreparish.com)

Office Hours: Mon, Wed & Fri 9:30- 2:30 pm.  
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Fr. John Mc Mahon 049-4339610 Mob. 086-2126582 (Carrigallen)

Join us live, @ [churchtv.ie](http://churchtv.ie) Select Leitrim, then Aughawillan, Aughnasheelin, Ballinamore or Corraleehan

**Ballinamore Church:** Sat & Sun 11am, Mon 7 pm, Tues, Weds & Thurs 7:30 am & Fri 9 am

Sat 9<sup>th</sup> Mar 11 am Mary and Bernie McKiernan (Railway Terrace) and deceased members of the Casserley, Whelan, and McAndrew families.

Sun 10<sup>th</sup> Mar 11 am Marie Flynn (Lahard) **Months Mind**  
Brigid, William and Charles McWeeney (Longstone)

Wed 13<sup>th</sup> Mar 7:30 am Thomas and Rose Anne Whitney (High Street)

Sun 17<sup>th</sup> Mar 11am **St Patricks Day**

Patrick and Mary Travers (St Brigid's Street) also Mary Leavey (St Brigid's Street) and deceased members of the Travers and Leavey families

Peter and Delores O'Connell (Clover Hill) and all deceased members of the Barry and O'Connell families

**Eucharistic Adoration:** Fridays 9.30am –10.30am

**Eucharist Ministers:** 10<sup>th</sup> Brendan Sweeney & Eilis O'Dell 17<sup>th</sup> Mar Michael Duignan & Peggy Ferguson 24<sup>th</sup> Mar Thomas Kelly & Gerard Mc Cartin 31<sup>st</sup> Mar Patricia Griffin, James Maguire and James Óg

**Ministers of the Word:** 10<sup>th</sup> Mar Ciara Creamer 17<sup>th</sup> Mar John Darcy 24<sup>th</sup> Mar Siobhan Dolan 31<sup>st</sup> Mar Alan Ba

**Door Collectors:** 10<sup>th</sup> Mar Seamus Earley, Michael Fanning & Camillus Martin 24<sup>th</sup> & 31<sup>st</sup> Mar Group 9 Anne K

**CONFESSIONS AVAILABLE:** Saturdays after the 11am Mass in Ballinamore Church, and on request at any time.

**Aughnasheelin, St. Mary's Church:**

Fri 7pm & Sat 8:15 pm

**Mass Intentions**

Fri 8<sup>th</sup> Mar 7 pm John Packie McKiernan (Unshinagh) **Months Mind**

Sat 9<sup>th</sup> Mar 8:15 pm Conor, Annie, Anthony, Ann and Bernadette McCaffrey (Mullinasella)

Sadie and Francie Mulvey, and their grandson Donie Green, and all deceased Shanley and Mulvey family members.

Sat 16<sup>th</sup> Mar 8:15pm Deceased members of the McGirl family (Drumany)

**Stations of the Cross for Lent:** Fridays after 7pm mass.

**Eucharist Ministers:** 9<sup>th</sup> Mar Seamus Prior & Margaret Mc Teigue 16<sup>th</sup> & 23<sup>rd</sup> Sharon O'Dowd & Brendan Sammon

**Ministers of the Word:** Confirmation Class **Door Collectors:** Peter Flynn, Brendan Reynolds & Brian O'Dowd

**Corraleehan St. Brigid's Church:**

Wed 9:30 am & Sun 9:45 am.

**Mass Intentions**

Sun 10<sup>th</sup> Mar 9:45 am Tony McTague (London & Drumcromman) his parents Charlie and Babbie, and their daughters Mary, Carmel and Maretta McTague and all deceased family members.

Brigid and James Dolan (Garryfluigh) and Tom Maguire (Ardmoneen) and deceased family members

Wed 13<sup>th</sup> Mar 9:30 am Mary K and Andrew Heavey (Moher) and all deceased family members

Sun 17<sup>th</sup> Mar **St Patricks Day** Sean McNiff and Pee and Maggie McNiff

**Eucharistic Adoration:** Wednesday 10 am to 4pm & 6pm to 8pm

**Eucharist Ministers:** Teresa Maxwell and Annie McManus **Altar Society:** Nell Prior and Bernie Dolan

**Ministers of the Word:** Helen McGovern & Sean McNiff **Door Collectors:** Gerry Meehan & Joseph McNiff

**Aughawillan St Patrick's Church:**

Weds & Sat 7pm

**Mass Intentions**

Sat 9<sup>th</sup> Mar. 7pm No intention

Sat 16<sup>th</sup> Mar 7 pm Bridie Stringer (Boeshill)

**Eucharist Ministers:** Pat Stringer and Breege Mc Cauley **Altar Society:** Michelle Dolan and Katie Meeken

**Ministers of the Word:** Doreen Flanagan and Donal Quinn **Door Collectors:** Paddy Deane and Gerry Flanagan

**BALLINAMORE PRAYER GROUP** 8 pm on Tuesday night at the Parish Centre. Come along and invite your friends.

**RECENT DEATHS:** Please pray for the Souls of all the Faithful departed.

May They Rest in Peace

**WAYS OF SUPPORTING the PARISH FINANCIALLY:** The traditional way to support your parish is by contributing through your weekly envelope collection. Thanks to all who do so, so generously each week. In recent times some people set up a SO/EFT to pay, please contact parish office at 071 964 4039 / [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie), or you scan the QRcode with your smartphone, <https://churchtv.ie/>, follow the links for your Church to make a donation. The light a candle feature lets you to light a candle in Ballinamore Church from anywhere, 24/7

**150<sup>th</sup> ANNIVERSARY OF THE OPENING OF THE ORIGINAL St PATRICK'S COLLEGE:**

Occurs on Tuesday 12<sup>th</sup> of March 2024 which served as a college (up to its relocation 2012) and now is the **Kilmore Diocesan Pastoral Centre** since 2005. Bishop Martin Hayes will celebrate a

Mass to celebrate this anniversary in the Cathedral of Saints Patrick & Felim, Cavan on Sat. 16<sup>th</sup> of March at 11am.



**Missionary Sisters of Our Lady of the Most Holy Rosary (MSHR's):** Centenary Celebrations Mass. St Brigid's Church, Killeshandra, today 10<sup>th</sup> Mar at 3pm, and also in the Cathedral of the St. Patrick & St Felim, 3<sup>rd</sup> Aug '24 11am  
**CHARISMATIC RENEWAL:** "The Battle is mine" (Says the Lord 2 Chron 20.15) **Day of Praise and Worship**, Sat 13<sup>th</sup> April John McCormack Hall, Dublin Rd, Athlone. 10am with Fr Pat Scanlan & Friends. Enquiries Linda **087 220 6952**, Martin **086 241 2548**, & Marie **086 897 3292**

**EXPLORING THE MASS:** A Lenten series with Bishop Martin and Kilmore Faith Development Team. You are warmly invited to join a unique three-week online series of interactive discussions, personal stories, and an opportunity to ask questions. **These take place on Wednesdays, 28<sup>th</sup> Feb, 6<sup>th</sup> and 13<sup>th</sup> of March** at 7:30 pm. for 1 ½ Hrs everyone is welcome, to register, please send your name and email address to [pastoralcentre@kilmorediocese.ie](mailto:pastoralcentre@kilmorediocese.ie)

**CALLING PIONEERS & FRIENDS TO THE 25<sup>th</sup> PIONEER NATIONAL BALL:** An evening of celebration and fun on Sat. April 6<sup>th</sup>. Mass at 6pm in the Cathedral of Christ the King, Mullingar, followed by special guest speaker, dinner, music and dancing at the Annebrook House Hotel, Mullingar. Extra activities on Friday night, Saturday and Sunday afternoons. For details/ tickets contact Dermot Fagan **085-7201646** or Daisy Carey **087-6544626**

### HOLY WEEK & EASTER

27 <sup>th</sup> March Wednesday	7:30pm	Cathedral Cavan	Chrism Mass
28 <sup>th</sup> March Holy Thursday :	7 pm	Corraleehan	Mass of The Lords Supper
	8:30 pm	Ballinamore	Mass of The Lords Supper
29 <sup>th</sup> Good Friday Ceremonies:	12 pm	Oughteragh cemetery	Stations of the Cross
	3 pm	Ballinamore	Celebration of The Lords Passion
	7 pm	Aughnasheelin	Celebration of The Lords Passion
	6 pm	Corraleehan	Stations of the Cross
30 <sup>th</sup> March Holy Saturday	7 pm	Aughawillan	Easter Vigil
	8:30pm	Ballinamore	Easter Vigil
31 <sup>st</sup> March Easter Sunday	9:45am	Corraleehan	Easter Sunday
	11 am	Aughnasheelin	Easter Sunday
	12 pm	Ballinamore	Easter Sunday

### CONFESSIONS

Palm Sunday 24 <sup>th</sup> March	6 pm Ballinamore 8 pm Ballyconnell	Penitential Service with visiting priests, with a blessing and anointing for healing.
Wednesday 27 <sup>th</sup> March	10 am Corraleehan	Confessions (after Mass)
Tuesday 26 <sup>th</sup> March	7:00 pm Aughawillan	Confessions
	7:45 pm Aughnasheelin	Confessions
Holy Saturday 30 <sup>th</sup> March	12 noon Ballinamore	Confessions

### COMMUNITY NOTES

**ATHLETIC CLUB:** training on Tues & Thurs. 7pm. until Easter break on Mar 21<sup>st</sup> new members welcome any evening

**AGM AUGHAWILLAN GROUP WATER SCHEME:** Tuesday March 19<sup>th</sup> at 8pm in Aughawillan GAA Club Rooms.

**AUGHNASHEELIN DEVELOPMENT GROUP FUNDRAISING TABLE QUIZ:** in the Community Centre Mon 18<sup>th</sup> Mar at 5pm suitable for all ages. This will be a good community evening so please come along on the night.

**CIÓRCAL NA mBAN:** Is now established, if interested contact Louise **0861925895** / Shirley at **0866083516**.

**A BOOK CLUB:** has started in the area. We will meet monthly if you are interested in joining, contact **086 608 3516**

**ON St PATRICK'S DAY:** walk to St Patrick's Well leaving the church car park at 12 noon, leisurely walk or drive up.

**BALLINAMORE FESTIVAL AGM 2024!** 🦋: 12<sup>th</sup> March at 8:30pm in the Scouts Den, Ballinamore 🌟 All Welcome 🌟

**THE WRITE WAY WORKSHOP:** with Nicola Kearns, Sat. 23<sup>rd</sup> March, 10 am-5 pm, in the Junction, Ballinamore. Turn your writing ambitions into reality. **COST:** €110. €30 deposit. Call Michael **085 8535115** / [www.leitrimartschool.ie](http://www.leitrimartschool.ie)

**BALLINAMORE GREENWAY PARKRUN & WALK:** every Saturday at 9.30am - looking forward to seeing you there.

**BALLINAMORE BADMINTON CLUB:** Tues at 8pm Ballinamore Sports Complex. €3 per night, PAYG. All welcome.

**BALLINAMORE B'MORE HENS SHED:** meet in the Island Theatre every Monday at 11:30am, all welcome.

**ISLAND THEATRE - UPCOMING EVENTS:** March 16<sup>th</sup> 8pm - The Empty Nest (play) by Oisín Flores Sweeney, **March 21<sup>st</sup> 8pm - Pat & Faye Shortt 'Knuckle Down' (comedy)**, March 24<sup>th</sup> 2pm - Born to be Wild (children's show).

Tickets and more info available at [www.islandtheatre.ie](http://www.islandtheatre.ie)

**SING TOGETHER at the ISLAND THEATRE** Monthly drop-ins **11am-12.30pm**. Pay as you go/can. Next date is **23<sup>rd</sup> March & 20<sup>th</sup> April 2024**. Call Sarah for more information **087 762 0523** / [sarah@sarahgarden.ie](mailto:sarah@sarahgarden.ie). All Welcome.

**THE 42<sup>nd</sup> ANNUAL BALLINAMORE DRAMA FESTIVAL:** ends Sun 10<sup>th</sup> Mar. Admission nightly is €10.

**SEACHTAIN NA GAELIGE:** Beidh Tráth na gCeist sa Leabharlann ar an Máirt seo chugainn 13<sup>th</sup> ag 8.30pm mar chuid de Seachtain na Gaeilge. Beidh fáilte roimh gach duine.

**DRUMEELA GARDENING CLUB:** Meeting Wednesday, March 13<sup>th</sup> 8.30pm in Teach Duchas. **Lynn, from Dromahair Cottage Gardens** will speak to us about transforming a derelict house and gardens into a beautiful home and magnificent gardens featuring flower gardens, veg garden, stone walls and orchard. Refreshments served.

**MOTHER'S DAY:** Wishing all Mums a Blessed and Happy Mother's Day

### REFLECTION

**LORD:** thank you for the gift of my mother. Thank you for her love and care for me, for her sacrifices for me, and for all she does for me. I ask that you bless her abundantly. May You continue to bless her all of her days and bless and guide her in all her endeavours. **AMEN**

## **GARDENING COURSES STARTING IN BALLINAMORE ETB CENTRE:**

**QQi Level 4 Growing Vegetables** Wed. from 10am-2pm. **QQi Level 3 Trees & Shrubs** Thurs. from 10am-2pm.  
Courses are free to everyone over 18. To register call or just call up to Seamus **087 916 8087**.

## **ISLAND THEATRE - UPCOMING EVENTS**

**The Empty Nest** starring Seamus O'Rourke & Joan Sheehy Saturday 16<sup>th</sup> March 8pm

**Knuckle Down** – Pat & Faye Shortt Thursday 21<sup>st</sup> March 8pm

**Solas Gallery Launch** 22<sup>nd</sup> March (drop off 9<sup>th</sup> March)

**Born to be Wild** – kid's show Sunday 24<sup>th</sup> March 2pm

**Easter Craft Fair** Saturday 30<sup>th</sup> March 12-5pm

Booking at [islandtheatre.ie](http://islandtheatre.ie) or at the tourism office Mon-Wed **071 964 4513**

**The Murder of Michael Collins** - Friday 5<sup>th</sup> April 8pm

**BIBLE STUDY & LECTIO DIVINA IN LENT:** An introduction to the Gospel of St. John, followed by prayerful reading of Gospel passages led by Bishop Emeritus Leo O'Reilly, continues each Thursday 7.30-9pm. Course is in the Kilmore Diocesan Pastoral Centre, Cavan and concludes 21<sup>st</sup> Mar. All welcome, further info on **049 437 5004**.

**TO CELEBRATE SPACE WEEK:** Ballinamore Library will be hosting a Meteorites Lecture by Dr. Ian Sanders  
Date: Tuesday 19<sup>th</sup> March, 7.30pm-9pm in Ballinamore Library, Tea & Coffee will be served

**FOR WORLD POETRY DAY:** Ballinamore Library will be hosting a Poetry Reading by Patrick Anderson-McQuoid & Cathy Breil on Thursday 21<sup>st</sup> March, 5pm-7pm in Ballinamore Library, Tea & Coffee will be served.

**IRISH CONVERSATION CLASSES.** The Ciorcal Comhrá, or Irish Conversation Circle in Ballinamore Library is on Tues. 8 pm. Different levels/classes apply. Admission free. Ring or text **087 682 1566** to book.

**TIN WHISTLE LESSONS:** Fridays at 7pm for beginners and intermediate/advanced children. All newcomers welcome. Classes in Sean O Heslins GAA clubroom for more information contact Sarah at **083 483 5881**

**MONAGHAN INSTITUTE'S OPEN EVENING** takes place on Tues. 5<sup>th</sup> March 11am -7pm. Meet our staff team and learn more about studying with us in September 2024. Browse courses and apply now @ [www.monaghaninstitute.ie](http://www.monaghaninstitute.ie).

**TEMPLEPORT DAY CENTRE** resumes on Wednesdays. Usual transport arrangements, new members welcome. Looking forward to seeing you all again.

**GENTLE EXERCISE CLASS:** movement to music & stretching suitable for older adults. Thurs 10am in Ballinamore Old Primary School (beside the old convent, pedestrian crossing & new national school). All welcome.

**DANCE FIT & TONING CLASS:** Mondays at 8pm in Ballinamore Community Hall, and Wed. 6.30pm in Ballinamore Old Primary School, fun exercise class with Michelle Fanning. For further information contact **087 939 0980**.

**CORLOUGH LINE DANCING:** Tuesdays in Corlough Community Centre at 8pm, admission €7 all welcome.

**SEAN O'HESLINS – MONTHLY DRAW:** Tickets for the March monthly draw are available and can be purchased from Smyth's, Prior's, Murphy's, Fresh today, and Phillip Farrelly and online. €550 in prizes, all support is appreciated

**SENIOR SCÓR** Leitrim Co Finals of Scór Sinsear takes place Sat. 23<sup>rd</sup> March in Drumshanbo. The club needs to be represented in all different competitions. All interested should contact Seán Ó Súilleabháin at **087 6821566**

**CALLING ALL TUTORS!** Leitrim Dev. Company are creating an up-to-date list of tutors and speakers, who are available to offer courses, talks and workshops on many subjects. If you would like to be added to the list for 2024, please email your name, contact information (phone & email) and a brief description of what you do to [annamctiernan@ldco.ie](mailto:annamctiernan@ldco.ie) Community Groups will contact you directly to make arrangements for course/talks.

**FAMILY CARERS IRELAND:** Are you caring for a loved one at home with additional needs? A spouse, partner, child, close relative or neighbour? Then you are a family carer! Become a member of Family Carers Ireland, the national charity supporting Ireland's 500,000+ family carers nationwide. Contact **057 93 70221** and hear how we can support you or for more info visit [www.familycarers.ie](http://www.familycarers.ie).

**5 STEP SUPPORT SERVICE:** Are you affected by the misuse of alcohol or other drugs by another individual? 5 Step Support can help you; it is a free, non-judgemental, one-one consultation service. Putting your needs and wellbeing first, helping you manage stressful, difficult and emotional issues. For more information please contact **071 915 0578/085 875 9319** or email [sligoleitrim@alcoholforum.com](mailto:sligoleitrim@alcoholforum.com) you don't have to be addicted to suffer from addiction!

**GENTLE REMINDER:** to update your church contributions for 2024. Offertory contributions for the upkeep of your church are made payable to the local church. All Dues contributions towards salaries for priests are made payable to Ballinamore Catholic Church 2 ACC

**REMAINING DATES DIOCESE OF KILMORE PRE-MARRIAGE COURSE 2024** Friday 12<sup>th</sup> April '24 7.30pm – 10 pm Sat. 13<sup>th</sup> April 10 am – 5 pm. Fri 11<sup>th</sup> Oct. 7.30pm – 10 pm & Sat 12<sup>th</sup> Oct. 10 am – 5 pm \*It is planned that the above courses will take place Face to Face. Courses will take place in the Pastoral Centre, Cullies, Cavan, H12 E5 C7. To book a course please log on to: [www.accord.ie](http://www.accord.ie)



**BOOKING ANNIVERSARIES MASSES:** As you are aware we have shared mass intentions in our churches at the weekends. We try to limit the number of intentions to a maximum of three. To maintain this arrangement please book anniversary masses well in advance of your preferred time. Priests are allowed one mass stipend or donation per day, when we have shared intentions the extra donation is sent to retired or missionary Priests, who celebrate the extra Masses. Please book your Masses via email [ballinamore@kilmorediocese.ie](mailto:ballinamore@kilmorediocese.ie) or phone **071 964 4039**

**TOTUS TUUS MAGAZINE** is a Catholic magazine, full of articles from Irish priests and laity, which aims to highlight the beauty and joy of our faith. It is now in its 7<sup>th</sup> year and is run by donations. If you haven't come across Totus Tuus Magazine and would like a free copy please contact Fiona Kiely on **086 876 0058**.

**CAREER IN CARING FOR THE ELDERLY:** Home Instead are always looking to recruit Caregivers. Whether you can work a couple of hours a week or want to work full time, we would like to hear from you. Experience and FETAC/QQI level 5 qualification in healthcare is an advantage but not compulsory as training is provided. Please contact Seyi or Ciara on **(071) 9317051** or [recruitment-admin.sligo@homeinstead.ie](mailto:recruitment-admin.sligo@homeinstead.ie) for more information.

**ALONE IS LOOKING FOR VISITATION VOLUNTEERS:** in your area to make befriending visits to older people looking for extra social contact for 1 hr per week. **\*Volunteers needed\*** would you provide companionship visit or make friendly calls to Older People once a week for an hour or two? ALONE are seeking volunteers in your area. Full training and support provided, if interested please sign up here: <https://alone.ie/volunteers/> for more information, contact Sinead on [Sinead.Flanagan@alone.ie](mailto:Sinead.Flanagan@alone.ie) on **086 192 1505** and leave a message with your name and contact number and I will phone you back.

**SANTIAGO DE COMPOSTELA CAMINO 2024:** Join Focus Ireland 'In the Footsteps of St James' on a fully guided walk from Sarria to Santiago de Compostela along the Camino de Frances and help support families in our community's facing homelessness. Dates 27<sup>th</sup> May – 3<sup>rd</sup> June. Ex Dublin. Contact Monica on **087 954 7007** or email [events@focusireland.ie](mailto:events@focusireland.ie) for details and bookings.

**MEDJUGORJE IRISH CENTRE PILGRIMAGES APRIL - OCT 2024:** 7 Nights B&B from €273 per person sharing. Airport transfer available on request. Contact us for details Tel. **01 4434510** Medjugorje: **00387 36 651 518** Ireland: **00353 1 443 4510** or email: [reservations@med-irishcentre.com](mailto:reservations@med-irishcentre.com) and Website: [www.med-irishcentre.com](http://www.med-irishcentre.com)

**CALLING ALL 18 30 YEAR OLDS!** Do you want to explore your faith with other young people in a beautiful and reflective location? Join us for a Retreat for Young Adults at Lough Derg, Pettigo County Donegal on Sat 27<sup>th</sup> April from 10am to 4pm. Refreshments and Lunch provided. This Retreat is organised by The Knights of St Columbanus Omagh and is free of charge. Register at [tiny.cc/loughderg](http://tiny.cc/loughderg) or Email [info@knightsofstcolumbanusomagh.co.uk](mailto:info@knightsofstcolumbanusomagh.co.uk)

## KNIGHTS OF ST COLUMBANUS LOUGH DERG RETREAT FOR YOUNG ADULTS

(18 to 30 year olds)

**SATURDAY 27 APRIL 2024  
10AM-4PM**

*With guest speakers, inspirational talks, reflective time and concluding with the celebration of Mass.*



**EVENT FREE OF CHARGE**

TO REGISTER PLEASE  
SCAN THE QR CODE



For further information please contact  
[info@knightsofstcolumbanusomagh.co.uk](mailto:info@knightsofstcolumbanusomagh.co.uk)

## CHARISMATIC RENEWAL

ARMY OF PRAISE

**"THE BATTLE IS MINE"**  
(Says the Lord 2 Chron 20.15)  
**DAY OF PRAISE  
AND WORSHIP**

Sat 13 April 2024

**JOHN MCCORMACK HALL**

Technical University of the Shannon (TUS),

Dublin Rd, Athlone N37 HD68

Starts at 10.00am

**SPEAKERS/TESTIMONIES**

Fr Pat Scanlan, Stephanie McKittrick, Pastor Trevor Hill,  
Marie Beirne

Music: Rónán Johnston & Friends

Praise, worship, prayer for impartation of the Holy Spirit and  
for Healing

Enquiries

Linda 0872206952;

Martin 0862412548;

Marie 0868973292

Admission - Donations welcome



# Is there a **Mental Health Peer-Supporter** available in your club or association?

Cycle Against Suicide's **free**\* online Mental Health Peer-Support Training equips the everyday person with the step-by-step tools to give mental health support to their peers.

## Train in Mental Health Peer-Support with Cycle Against Suicide to:

- ♦ Gain a better understanding of what peer-support is and its role in maintaining good mental health within our communities.
- ♦ Learn how to use peer-support if someone in your club, association or community needs mental health support.



## Become Your Club/Association's Mental Health Peer-Supporter!

For dates and times of training, or to express interest email:  
[training@cycleagainstsucide.com](mailto:training@cycleagainstsucide.com)

Or register directly online with this QR code or at:

[www.cycleagainstsucide.com/community-buddy/](http://www.cycleagainstsucide.com/community-buddy/)



"It's OK not to feel OK, and it's absolutely OK to ask for help."

\* Offered free of charge to any community volunteer who is over 18 and a non-healthcare professional, such as volunteers of local community clubs or associations, sports clubs, book clubs, arts clubs, Tidy Towns, Men's Sheds, parents' associations, residents' associations, and any group dedicated to engaging in their community's health and wellbeing.