



“Cumann” labhair Gaeilge linn!!

Cumann na bhFiann has been noted for many years, throughout the town, for its promotion of ‘An Gaeilge i Longford’. Cumann na bhFiann is Ireland's largest National Irish language Youth Organisation. Set up in the early 80's, the Cumann in Longford is one of the longest running and most successful youth clubs in the Country by the organisation.

Cumann na bhFiann in Longford and all others, provide a safe and comfortable environment where students get an opportunity on a weekly basis

to practise ‘ag labhairt as Gaeilge.’

Idir an Óg Chlub agus an Sean Chlub tá ós cionn 100 dalta ar na rollaí. Barra Mac Thiarnáin, West and Midlands area coordinator for Cumann na bhFiann, commented Cumann na bhFiann and Coláiste na bhFiann have a great history here in Longford. This year, both our junior and senior Cumann na bhFiann Youth Clubs have had a waiting list to become a member since before the Halloween break! The clubs in Longford have a combined weekly attendance of 85

and have been going from strength to strength not only here in Longford but also nationwide.” It runs every Friday night from 19.30 – 21.00 in the Temperance Hall.

Along with weekly clubs packed with activities, Cumann na bhFiann also organises fun events and trips for its members throughout the year. Recently, during the Halloween Mid-term break, Cumann na bhFiann attended Scléip na hÓige in Cill Airne. While there, the students attended many different events over the course of the week includ-



Members of Cumann na bhFiann.

ing, discos, cycling tours, glass-blowing workshops, ceilis and a hypnotist show. With in excess of

400 attending it proved to be a great success le gach rud as Gaeilge. Should you require further infor-

mation about Gaeltacht Summer Courses or the weekly Youth Club, all information can be found on

www.colaistenabhfiann.ie or by emailing Barra directly at barra@colaistenabhfiann.ie



The Aaron Hagan Memorial Hunt and Auction took place on January 30th 2010 and proceeds raised were donated to Meals on Wheels. A total of €9,300 was gratefully received. Please mark your diaries as the next hunt is scheduled for January 29th 2011 – All experienced huntsmen/women and happy hackers are invited to attend.

Longford Community Mothers

We aim to be a very valuable local resource capable of reducing the isolation and stress many parents experience by offering friendly mother-to-mother support and encouragement.

We recognise the parents we work with as equals and experts in the rearing of their own children. We achieve this through our home visiting programme for families with children under 5 years old.

Community Mothers are volunteers who use their experiences as mothers as well as local knowledge to support and encourage new parents. All visits take place in the parent's home and the service is free.

There are many reasons why parents use Community Mothers

- Feeling isolated in the community because of no family-friends nearby
- Finding it difficult adjusting to the life of being a parent
- Wanting to know what is happening in the local community but don't know where to start

Community Mothers also provide the following service in Harmony House and new members are always welcome.

- Parent & Toddler Group, Every Thursday from 11am - 1pm.
- Activities e.g. hand painting, arts & crafts, story/music time, outings.

Contact local Co-ordinator - Elaine Keogh @ Harmony House Community Centre. Phone: 043-3348754 Email: communitymothers@eircom.net



Volunteers assisting the elderly

Meals on Wheels is often the first service that is offered to older people as they become more dependant, but are still capable of continuing to live in their own homes. The benefits of the service are many.

It can improve the nutritional status of clients, it provides clients with a measure of social contact, particularly important for those who are socially isolated or living in remote areas. It can enable the early detection of problems that require further interventions.

In addition, the Meals on Wheels service is a local response to local needs.

The service has many benefits – it's objectives are to provide the opportunity for older people to live their years in dignity by:

- Providing healthy appealing meals;
- Promoting health and preventing disease;
- Reducing malnutrition risk and improving nutritional status;
- Reducing social isolation and increasing social interaction;
- The social role played is as important or more important than the nutritional aspect of the service.

It plays an important role in providing respite for carers and enabling home helps to undertake other tasks.

Meals on Wheels service is provided in the town and county on a seven day per week basis including Christmas day and other public holidays. The meals are delivered to the individu-

Longford Social Services

- Meals on Wheels (over 65)
- Chiropody (medical card holders, over 65)
- Transport – St Joseph's Day Care; Hospitals/Clinics; clubs etc
- Visitation

Contact Elaine Keogh, Co-Ordinator, Tel. No: 043 3350114/043 3350138. E-mail: longsocserv1@eircom.net

als home by our many volunteer drivers, helpers and staff.

While the service is not in a position to provide individuals with a choice of meals each day for financial reasons, the menu is

regularly rotated to ensure a good variety of meals.

We strive to make the meals reasonable and affordable and have to rely on subsidy by the HSE, direct payments from clients, fundraising, donations, flag days and church gate collections.

We would like to thank all our volunteers who give so generously of their time during the year, the people of Longford and surrounding counties who support our fundraising events and for donations received.

May God reward you for your efforts.

Contact Elaine Keogh, Co-Ordinator, 043 3350114/043 3350138; E-mail: longsocserv1@eircom.net



Members of Longford Social Services committee.

Promoting a deeper understanding of Christian Marriage

The ACCORD Centre situated in Teallach Iosa, St. Mel's Road, Longford, is part of a national organization providing a Marriage and Relationship Counselling Service as well as Marriage Preparation Programmes. Through its work ACCORD aims to promote a deeper understanding of Christian marriage and to offer people the means to safeguard and nourish their marriage and family relationships.

In our Longford Centre, trained counsellors work in a voluntary capacity offering a safe, professional and confidential process facilitating couples and individuals to explore, reflect upon and resolve difficulties in their marriage. Counselling is arranged by contacting the centre at 043 3347222. Our Marriage Preparation Programmes run throughout the year. Trained facilitators work in a voluntary capacity with couples preparing for marriage. 'Marriage a Journey not a Destination' is the name given to the current ACCORD Marriage Preparation Course. ACCORD recognises that the couples who present for our marriage preparation courses are already on a journey. This is a journey of discovery which began the first time they met. It is a journey that combines two histories, two families and two distinct sets of expectations of marriage. A Marriage Preparation Course is an opportunity for couples to take time out from the hectic planning of the Wedding Day, to focus on how things are between them, to affirm what is going well and to name the areas of their relationship that might need some attention. All of this takes place in a relaxed atmosphere in the company of other couples preparing for Marriage. A Marriage Preparation Course can be booked online at www.accord.ie or by contacting the centre directly at 043 3347222.



The Legion of Mary

The Legion of Mary has been in Longford for many years and was founded in Dublin in 1921 by the Servant of God, Frank Duff. It grew out of the St. Vincent de Paul Society and is to be found in almost every country in the world.

The Legion of Mary is a lay apostolic organization at the service of the Church under ecclesiastical guidance and its spirituality is based on the teachings of Saint Louis Marie Grignon de Montfort.

It has over 3 million active members, many more auxiliary (praying) members and its handbook is translated into over 90 languages.

Its work in Longford consists of visitation of homes, hospitals, the elderly in their own homes and the distribution of Catholic literature and other good works. The members try to encourage people in their faith and always work in pairs.

Membership can develop life-long friendships among its members and people with whom they

come in contact. Many couples have met through the Legion and a group in Cork has reported 5 marriages!

We are fulfilling in a special way our apostolic duty by becoming members of the Legion of Mary and adhering to its rules and system.

A sense of peace, joy and a feeling of being forever young comes with membership, for when working for Our Lady we receive blessings which only She knows how to bestow. New members are welcome.

The following groups meet in The Family Centre, St. Mel's Road, Longford: Our Lady of Mount Carmel, Friday 4.30pm; (Young Peoples' group), Virgin Mother of Good Counsel, Thursday 7.30pm; Our Lady of Perpetual Succour, Wednesday morning 10.30am; Our Lady of Seven Sorrows - A Slovakian Group, Monday 6.00 pm; The Patrician Group (Discussion) First Saturday of the month 8.30pm.