

Foxford Parish

St Michael's Foxford
Toomore Church
Attymachugh Church



☒ Chapel Road, Foxford, Co Mayo
☒ Very Rev Padraig Costello P.P. 087 242 2273
Parish Office 094 9257843 / 094 9256131
☒ Parish Email: stmichaelsfoxford@gmail.com
Newsletter Items: foxfordparishnewsletter@gmail.com
🌐 Parish Website: www.foxfordparish.com
Diocesan Website: www.achonrydiocese.org

3rd Sunday of Lent - 8th March 2026

Sat 7th March 6pm	Toomore	For the Community
Sat 7th March 7.30pm	Foxford	1. Johnnie & Mary Lizzie Coleman & Tony Coleman, Canada R.I.P. 2. Bridget & Paddy Reape, Stonepark, R.I.P.
Sun 8th March 9am	Attymachugh	Eileen (Eilee) (2nd Anniv) & Patrick (Pake) (2nd Anniv) O'Donnell, Glanduff R.I.P.
Sun 8th March 11am	Foxford	1. Sean & Martin Clarke & deceased, Leckee R.I.P. 2. Dick Heneghan (40th Anniv) R.I.P.
Mon 9th March 10am	Foxford	No Mass
Tues 10th March 10am	Foxford	Pat Mahon (Birthday rem.) Mulberry Grove, R.I.P.
Wed 11th March 8am	Convent	Tom Flatley & Michael & Bernard Lyons R.I.P.
Wed 11th March 7pm	Foxford	1. Seamus Kelly, Letterkenny R.I.P. 2. Nancy Burke & deceased of the Burke family, Cloongee R.I.P.
Thur 12th March 10am	Foxford	1. Ellie & Nora Murray, Irishtown R.I.P. 2. Damien Murray (Birthday rem.), Irishtown R.I.P.
Fri 13th March 10am	Foxford	Brian Gallagher & his cousins, Sean, Gerard & Fr. Cathal Gallagher R.I.P.
Sat 14th March 6pm	Toomore	Sean McEvoy (16th Anniv) & deceased of the McEvoy & Deasy families R.I.P.
Sat 14th March 7.30pm	Foxford	1. Tom (Anniv) & Kathleen Mayock, Providence Rd. R.I.P. 2. Mary (1st Anniv) & Kevin (8th Anniv) Boyle, Cashel R.I.P. 3. Patricia Loftus (10th Anniv), her father, Pdraic, & brother, Martin Ruddy, Coolaggagh, R.I.P. 4. Paddy Cosgrave (Birthday rem.), Station Rd. R.I.P.
Sun 15th March 9am	Attymachugh	Breege Igoe (1st Anniv) Corlee & Belgium, her parents, John Thomas & Mary, her brother, John, sister-in-law, Kathleen & niece, Sandra R.I.P.
Sun 15th March 11am	Foxford	1. Evelyn Gaughan (3rd Anniv), Knockmore, & deceased family members, R.I.P. 2. Nicholas Dooher (Month's mind) & his parents, Margaret & Joseph, his sister, Mary & brother, Joseph, & Joachim McNulty R.I.P. 3. Maureen Ruane (1st Anniv), Rooskey R.I.P.

THIS WEEKEND:		READERS	MINISTERS OF THE EUCHARIST	ALTAR SERVERS
Toomore	Sat 7th March 6pm	Carmel Gallagher	Mary Geraghty	
Foxford	Sat 7th March 7.30pm	Julie McGeever	Seamus Coleman / Maureen Noone / Bernadette Reape	Finnian Kirwan / Ronan Gilroy / Robert Anders/Emma Jane Burke
Attymachugh	Sun 8th March 9am	Margaret McHale	Chris Sheerin	
Foxford	Sun 8th March 11am	Teresa O'Malley	Bernie Flynn / Geraldine Brett / Helena Murphy / Anna Marie Walsh	Alex Domagala / James Sugrue / Hazel Prendergast / Saorflaith Burke
NEXT WEEKEND:				
Toomore	Sat 14th March 6pm	Helen Clarke	Alice Hennigan	
Foxford	Sat 14th March 7.30pm	Sean Lavin	John Horgan / Bridie Howley /	Zoe Corcoran / Grainne McLoughlin / Sean Lally / Keith McDermott
Attymachugh	Sun 15th March 9am	Lily Ruddy	Anne Prendergast	
Foxford	Sun 15th March 11am	Anna-Marie Walsh	Stephen Giblyn / Paula Ruane / Willie O'Hara / Maureen Lavin / Martha Guiry	James Sugrue / Abbie McMahon / Seren Toolan/Aoife Flannery

If you are unable to read please contact Teresa at 087 273 9680

OFFERTORY COLLECTORS	March	Vigil:	Bridie Howley / Sean Lavin / John Horgan
		Sunday:	Brian Doherty / Willie O'Hara / Kieran Staunton
	April	Vigil:	Michael McDonagh / Martin Brogan / Gina Stenson
		Sunday:	Joe Davitt / Anthony Ruane / Gerry Moran

Exposition of the Blessed Sacrament from 10.30 am to 11.30 am

Hospital Visits: If you wish the priest to visit relatives or friends in hospital or at home leave a message at the priest's house.

Family Deaths: To put a notice of family deaths or general notices in the newsletter please email foxfordparishnewsletter@gmail.com

<p>Sacrament of Confirmation: . We congratulate and wish Many Blessings on those twenty four young girls and boys who were confirmed by Bishop Kevin Doran today, Saturday, 7th March in St. Michael's church: Esme Boland, Ethan Byrne, Jamie Coleman, Zoe Corcoran, Nicole Deane, Aleksander Domagala, Bobby Donaldson, Holly Jane Ginty, Martin Howley, Kamila Kersanskeltan, Rihanna Lawrence, Maeve Loftus, Nancy McCready, Bronagh McHale , James McHale , Grainne McLoughlin, Abby McMahan, Hazel Prendergast, Neasa Quinn, Kyle Reape, Oisín Ruddy, Jan Sereda, James Sugrue, Elizabeth Urban.</p>
<p>Lent gives us a great opportunity to grow in the knowledge and love of Jesus. Why not make use of this Holy Season by giving a little more time to prayer and taking on some special penance. Perhaps doing a bit of fasting. ! Helping those who have very little. Trocaire Boxes are available in the porches. Why not take one and place it in a prominent place in your home. Exposition of the Blessed Sacrament takes place in St. Michael's on Tuesday mornings from 10.30 am to 11.30 am. Stations of the Cross on Friday evenings at 7 pm (unless otherwise announced)</p>
<p>Lenten Scripture Initiative – The Gospel of Matthew: for all dates and venues, see https://achonrydiocese.org/matthew. SWINFORD PARISH (Evenings) – Thursdays 5th, 12th, 19th & 26th March. 8 – 9 pm. The Parochial House, Swinford, F12 NH98 Facilitator: Stephen Giblin. To reserve a place please contact Stephen on 089 4653543.</p>
<p>Parking on church grounds: As you may have observed two new parking lots have been marked out for wheelchair users. Also, please leave free access for cars (or an ambulance) around the church at all times.</p>
<p>Ignatian Guided Meditation: on the Wednesdays of March in St. Patrick's church, Ballina from 7-8 pm or join online: ballinaparish.org/watch-live</p>
<p>Moy Davitts 50/50 draw : Congratulations to Marita Byrne, Bohola, who won a jackpot of €493 in the Moy Davitts 50/50 draw last Sunday. A huge thank you to everyone who supported last week's draw, it is greatly appreciated. Moy Davitts are holding a Gear Swap on Easter Monday in Bohola Community Centre. Over the next few weeks, we will be looking for all your pre-loved jerseys, jackets, goodies, football shorts, football boots etc. If you have any sports items that you'd like to donate to the Gear Swap, please contact Mike Kelly on 0871967360. Please ensure all gear donated is in a clean and in usable condition. Thank you.</p>
<p>Mothers Prayers in St Johns Rest, Knock Shrine: 13th to 15th March for mothers who wish to pray together for their children and grandchildren All women are welcome. queries phone Marie 087 6184110.</p>
<p>We Can Quit – Stop Smoking Group Ballina – (Starting Ash Wednesday): The HSE under the Sláintecare Healthy Communities initiative are offering a FREE stop smoking programme in <u>Ballina</u> starting on <u>February 18th for 7 weeks from 2-3.30pm</u>. We Can Quit is a FREE Group Based Stop Smoking Programme. FREE nicotine replacement medication, group support and one to one Support will be offered to all participants. For more information or to book a place please contact Brenda Mc Nicholas on 087 4484711 or email brenda.mcnicholas1@hse.ie</p>
<p>Foxford Meals on Wheels Service: We can provide meals from Monday to Saturday at a cost of €7 per meal. To avail of this service please contact Geraldine on 087 904 0463 or Carmel on 086 606 4670.</p>
<p>Mayo Cancer Support - Thank You": Mayo Cancer Support, at Rock Rose House, wishes to thank all those who supported and facilitated its recent Church Gate Collection in Foxford on the weekend of February 28th & March 1st last . Special thanks to the volunteer collectors. A total of €629.48 was raised. These funds will support the ongoing provision of emotional support to local people affected by cancer in the Mayo area. Thank you for your continued support and assistance.</p>
<p>'ACRES West Connacht invites farmers in the ACRES Co-operation Zone to an information evening on Landscape Actions in Cloonacool Community Centre F91 KX31 at 7:00 PM on Tuesday, 10th March. Come along to learn about Landscape Actions and how they benefit your farm.'</p>
<p>Wanted: Full-time bookkeeper/accountant required to support with day-to-day tasks in a long established business in Belmullet area. Contact tjlennon@lennonquarries.com or 087 2545364</p>
<p>On 15th March, Ardagh Community are hosting a 25 Card Game Fundraiser in aid of The Sunflower Children's Hospice, the 1st Children's Hospice to be built in the West. This will be a place that provides incredible care, comfort and support to children and families when they need it most. Tickets for this card game are on sale for €10 and will take place in the main hall of Ardagh Community Centre (F26 W521) on Sunday 15th March at 8pm.</p>
<p>Catholic Men's Retreat on Saturday 14 March 10am-5pm in V94 P7W5 Limerick. To register text 085 213 1616. For more information email Fr. Oisín froisinemmanuelcfr@gmail.com..</p>
<p>Spring @ Fr Peyton Centre, Attymass, Ballina Co. Mayo F26 X884· One Day Retreat- Saturday March 21st - Waiting in hope on the journey through Lent. Beginning at 11am, and concluding at 4.30pm, the day includes: spiritual talks, reflection, quiet time, rosary and Mass. The cost is €25, which includes tea, coffee on arrival & light lunch. Booking is essential. For enquiries and booking contact Fina 096 45374 / 087 681 6821- Guided Prayer Afternoon - Join the Fr Peyton Centre for Guided Prayer Afternoon on Thursday, March 12th from 2pm to 4.30pm. The afternoon will include: rosary, meditation, silent time and Mass. For information contact: Fina 096 45374 / 087 681 6821.</p>
<p>Bereavement Support Meeting in the Family Centre, Knock on Wednesdays at 11 am. No appointment is needed and all are welcome. Further information from Monica Morley on 094 9375320</p>
<p>Ward Agricultural Consultants and Forestry Service Ltd are taking expressions of interest for the new forestry knowledge transfer discussion groups - Focus area B – forest management plans and forest certification. Earn up to €560 to learning all about managing your forestry, this course will also help you draw up a forestry management plan and apply for the forestry certification grant of €1200. Call, text, or whatsapp your name and forestry number to 0879193371. Any question call the same number. We are also available to help you with your BISS 2026 application.</p>
<p>Community Employment Positions Available at the Michael Davitt Museum, Straide. Community Employment positions available at the Michael Davitt Museum in areas such as Tour Guiding, Reception, Marketing and Research. Full training provided. For further details contact John on 087 937 1827.</p>
<p>New Table Tennis Club: A new table tennis club will be formed in Foxford in the coming weeks. Presently we are taking names of interested parties. If you or any family member is interested in getting involved and developing your skills or learning from scratch let us know. Whatsapp name/age to 0868373646</p>
<p>Grow Meetings: A self-help group helping people suffering from stress, anxiety, depression, panic attacks, loneliness etc meet every Tuesday night at 7.30 pm in Ballina Community Centre.</p>
<p>The Irish Catholic newspaper is available each week. It costs €3.50 . Payment can be put in the candelabras.</p>

Additional newsletter notices can be found on <https://foxfordparish.com/newsletter>

If you are a newcomer to the parish/community and would like a box of offertory envelopes please contact Fr Padraig on 087 242 2273

<p>Atlantic Care are urgently recruiting Caregivers to provide quality support, companionship, and assistance for seniors, ensuring comfort within their own homes. Competitive rates of pay and support network. If you are interested contact Nollag 0949014028</p>
<p>Fr. Peyton Centre Opening Hours: Opening Hours: Monday to Friday 9.30am to 5.30pm. Tel: 096-45374.</p>
<p>St Joseph's Secondary School Lotto €2.50 per line (€5 for 3). Lines can be purchased online at https://www.ourfundraiser.ie/org/stjosephsfoxford/ All support gratefully accepted. Contact 094 9256145 for more details.</p>
<p>The annual Achonry Pioneer dinner dance will be held on Friday 20th March at 8pm sharp at The Yeats County Inn, Curry. Three course meal with tea/coffee and raffle on the night. Music by The Duets. Tickets are €40 per person. Please contact Thomas at 087-2344338 for more information and to book your tickets. Please note, if anyone is due to receive a silver, gold or diamond Pioneer pin, please contact Thomas at 087-2344338 as soon as possible to arrange this.</p>
<p>Carramore N S: Enrolments for the 2026/2027 School Year / Open Day. We are now taking Enrolments for the 2026/2027 school year. Please Contact us on 071 9181435 or by email – carramorenationalschool@gmail.com for more information or an Enrolment Form. We are only 10 minutes from Foxford! Open Day. Our Open Day for new pupils and their families is on Friday, 13th March from 1pm – 2:30pm. We hope you can join us! F12 CX29. More information on Facebook @CarramoreNS.</p>
<p>Craoibhín Ballina are having a St. Patrick's Day coffee morning on Thursday March 12th from 11 am to 1 pm in their premises in the Old Convent School, Convent Hill, Ballina. Refreshments and raffle on the day. Music by Pdraig Moran. Cost is €5 per person. All are welcome. For more info call the Centre on 0872785365.</p>
<p>Strengthen your skills for gaining employment. Join our Computer 7 Office Skills course. QQ1 Level 4/5 If you or someone you know has an additional support need and are registered with the Department of Social Protection you are entitled to free upskilling. Contact: Centre Manager, Mary Hanlon(087 361 10960) or Castlebar@nin.ie NLN, Breafoy Road, Castlebar.</p>
<p>On 15th March, Ardagh Community are hosting a 25 Card Game Fundraiser in aid of The Sunflower Children's Hospice, the 1st Children's Hospice to be built in the West. This will be a place that provides incredible care, comfort and support to children and families when they need it most. Tickets for this card game are on sale for €10 and will take place in the main hall of Ardagh Community Centre (F26 W521) on Sunday 15th March at 8pm. There will be €800 payable in prizes on the night. You can purchase a ticket by contacting Brendan on 087 7760027 or Elaine on 086 4034968 or tickets can also be purchased on the night. All proceeds go to the Hospice. If you don't want to attend the card game but would like to donate to this worthwhile cause, you can also contact Brendan or Elaine. Your support would be greatly appreciated. Social Dancing: Ardagh Social Dancing resumes on Sunday 1st March from 7-9pm in the Community Centre with music from David Connor. Come along for a great evening's entertainment. 25 Card Game 25 Card Game every Sunday night upstairs in Ardagh Community Centre (F26 W521) at 9pm.</p>
<p>Alone Volunteers: Would you be willing to provide companionship to an older person locally? ALONE are seeking volunteers in your area. Full training and support provided. If interested, please apply via the ALONE website at www.alone.ie or for further information please contact us on volunteer@alone.ie or call 0818 222 024. If you are over 60 and would like to know more about the services ALONE can offer you, please call 0818 222 024.</p>
<p>BEANNACHT– A community gathering to celebrate International Women's Day, takes place Sunday, 8th March, 3.00pm – 5.30pm at Swinford Cultural Centre. Includes gentle yoga, meditation and relaxation followed by coffee/tea, treats and crafting activities at the Novel Bean Café & Bookshop. Pre-booking required, for further information contact Kate: 086 35 84 279 / breathingbeingyoga@gmail.com</p>
<p>Anger Issues? Knock Counselling Centre, in conjunction with the Irish Association for Anger Management are running a two-day Anger Management Programme on Friday 27 February (5.30 pm to 9.00 pm) & Saturday 28th February (10.00 am to 3.30 pm) For further information, contact us by phone on 094 93 75032 or email counsellingoffice@knockshrine.ie</p>
<p>The Year Ahead: Do you have a medical condition, difficulty or disability? Are you looking for work, or wanting to improve your employment prospects? Do you want to make plans for the rest of 2026? Not sure where to start? Contact the Mayo North East Workability programme now to find out how we can assist you. Email rosemariamangan@mayonortheastldc.com or call Siobhán 087 499 6605 for more info. Labhair linn i módh ruin. All confidential.</p>
<p>Line Dancing Classes for Beginners on Thursday nights at 8pm in the Brown Memorial Hall, Modern and Country Line Dances. €10 per class. Enjoy a night of fun and exercise. All Welcome! Christopher Beirne (tutor) 086-8474744</p>
<p>Set Dancing Classes on Wednesday nights at 7pm in the Brown Memorial Hall. New Beginners Welcome!</p>
<p>Foxford Bridge Club: Wednesdays at 7 pm in the Social Services. All are welcome.</p>
<p>Home Sharers Required: Western Care Ass. is looking for people to provide respite breaks for children and adults across Co. Mayo, in your own home. If interested or would like further information, please contact Ruth Kneafsey, Home Share co-ordinator on 094 9029148.</p>
<p>Strengthen your skills for gaining employment. Join our Computer & Office Skills course. QQI Level 4/5. If you or someone you know has an additional support need and are registered with the Department of Social Protection you are entitled to free upskilling. Contact: Mary Hanlon (087 361 1096) or Castlebar@nlm.ie. NLN, Breafoy Road, Castlebar.</p>
<p>Free Training: IT & Business Skills, Sports and Gym Instructor Studies, Personal Development, Jobstart, Employer Based Training and more. QQI and ECDL accredited courses. If you have an additional support need and are registered with the Department of Social Protection you could be entitled to the free training. Contact: Castlebar@nlm.ie; (094) 9022770; NLN, Breafoy Road, Castlebar.</p>
<p>Nia Dance Class. Gentle on joints. Great for fitness and well-being. Classes are barefoot to music. Mondays 10am at Swinford Cultural Centre & Tuesdays 10am at Ballina Arts Centre. Contact Siobhan at 089 4182740.'</p>
<p>The Mother and Baby Institutions Payment Scheme launched in March 2024 following the Government agreed actions arising from the Commission of Investigation into Mother and Baby homes and certain related matters. The Payment scheme provides financial payments, and health supports to eligible people who spent time in Mother and Baby and County Home Institutions in Ireland. Eligibility criteria can be found online, and applications can be made via an online portal (website below) or by post Visit: www.gov.ie/en/department-of-children-disability-and-equality/campaigns/mother-and-baby-institutions-payment-scheme/. Contact Helpline: 01 522 9922 (call to request application pack) All applications are handled with care, dignity and full confidentiality.</p>

Hospital Visits: If you wish the priest to visit relatives or friends in hospital or at home leave a message at the priest's house.

Family Deaths: To put a notice of family deaths or general notices in the newsletter please email foxfordparishnewsletter@gmail.com

Workability: Making Plans for 2026

Do you have a medical condition, difficulty or disability? Are you looking for work, or wanting to improve your employment prospects? Do you want to make plans for 2026? Not sure where to start? Contact the Mayo North East Workability programme now to find out how we can assist you. Email roseariamangan@mayonortheastldc.com or call Siobhán 087 499 6605 for more info. Labhair linn i módh ruin. All confidential

Baptism Teams: The Diocese of Achonry has requested that each parish would get Volunteers to train and become part of a Baptism team in the parish. The Baptism team is expected to help the local priest and be a support to the parents in preparing for the child's Baptism. We have four people who have done the training and been Garda vetted for this specific ministry in Foxford Parish/Community. I am very grateful to them. Their work entails two of the team visiting the parents, (at a time suitable to the parents) before the Baptism and explaining the various aspects of the Baptism ceremony and trying to answer any questions the parents may have. It is to be an informal visit and will last about fifteen minutes. Our Baptism Team members are: Geraldine Carroll, Annie Murray, Angela Neary and Marion Ryder.

Spiritual Exercises: 5 Day Silent Ignatian Retreat for Men

Led Benedictine monks from St. Joseph Abbey, in France. Starts Thursday 30th April (3pm). Benburb Priory, Co. Tyrone (1.5 hrs from Dublin). €450 (all meals & single room included). Daily Mass - Ordinary Form (Latin & ad orientem). Discover the strength that only comes when you stop running and let God speak. Book at: <https://soutenir.clairval.com/retreat-benburb-priory>

For Young Women (18-40yrs) who are discerning a Vocation to Religious/Consecrated Life, monthly meetings are held in Charleville Retreat Centre, Cork. The day includes prayer, talks, Holy Mass, Adoration and a chance to meet and chat with religious sisters of different communities. If you are interested in attending please email womendiscern@corkandross.org

FACT Social Club: We are an independent community-based service here in Foxford, Co Mayo, and we support people living with Dementia or in rural isolation. We are open Mondays to Friday and provide social interaction, activities and much more in a safe and supported environment. If you would like more information on the services we offer, please contact us at: factsocialclub1@gmail.com or telephone 094 925 6662.

Foster Care: Have you ever thought about fostering? Change a child's life by becoming a **Tusla Foster Carer**. Talk to Tusla Fostering today by freephone **1800 226 771** or visit www.fostering.ie to learn more.

Enable Ireland Mayo Services require Family support workers/PA in all areas of County Mayo to work with Children with a disability. Our staff usually work one-to-one with a child within their home but also within their community or at centres throughout Mayo. Hours required are usually afternoon/evenings and Saturdays. Training is also provided. If you are interested please email shehir@enableireland.ie for further information. This is a very rewarding role and our Staff are very positive about their experience.

MyMind provide mental health professional therapy with **Free appointments** for homeowners in Mayo affected by Defective Concrete Blocks: <https://www.mymind.org/free-counselling/>

Location in Mayo North East (MNE) Office, Kevin St, Ballina and Tacu Ballinrobe.

Registration and appointment: www.mymind.org or call 0818 500 800.

Defective Concrete Block (DCB) Alone Support Group: Homeowner led initiative, emotional support for Widowed / Divorced / Separated / Single property owners in Mayo affected by Pyrite / DCB, navigating this process alone. This is an independent and confidential support group. Please contact Anne on: 089 2666389

The **Adoration Chapel** at St. Muredach's Cathedral, Ballina is open: Mon - Fri 2 - 8 pm. Sat - Sun 2 - 7pm. :All welcome.

Come to me, all you who labour and are overburdened, and I will give you rest.

Would you like someone to talk to? **SeniorLine** is Ireland's national telephone service for older people open every day of the year 10am-10pm, Freephone **1800 80 45 91**. You may feel isolated, alone, bereaved or far from family. SeniorLine's older volunteers are trained to listen, to support and refer to other helpful services if necessary. So don't be alone, and lift the phone. Phone **SeniorLine 1800 80 45 91**, No problem too big or too small.

Foxford Inclusion Project. If you have recently moved to Foxford and noticed your country's flag is not included in our International flags flying at the Social Services Centre, please contact **Marion on 087 9233 928** where we will be happy to have your flag included.

St Joseph's Secondary School Lotto €2.50 per line (€5 for 3). Lines can be purchased online at <https://www.ourfundraiser.ie/org/stjosephsfoxford/> All support gratefully accepted. Contact 094 9256145 for more details.

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 9370221** and hear how we can support you or for more info visit www.familycarers.ie

Atlantic Care is urgently recruiting compassionate Caregivers in the Foxford area to provide quality support, companionship, and assistance for seniors, ensuring comfort within their own homes. Competitive rates of pay, flexible hours and support network. If you are interested contact Nollag 0949014028. www.atlanticcare.ie

Westcare Homecare are currently recruiting staff in your local area and would love to hear from interested applicants.

To apply or find out more, please contact recruitment@westcarehomecare.ie or call **071 9300034**.

Experienced a cardiac event? 'It's Cardiac Rehab!' A podcast series for you developed by the **Irish Association of Cardiac Rehabilitation and Irish Heart Foundation** to support your recovery. It's all about getting you better than before.

<https://irishheart.ie/services-for-you/its-cardiac-rehab-podcast/>

SUPPORT HELPLINES

St. Vincent de Paul: 083 8887777 www.svp.ie Samaritans: 116 123 www.samaritans.ie Womens Aid: 1800 341 900 www.womensaid.ie

Pieta House: 1800 247 247 www.pieta.ie Childline: 1800 66 66 66 www.childline.ie SeniorLine: 1800 80 45 91 www.thirdageireland.ie