

# Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo

## Bileog Eolais na nIonad Lae **Bealtaine 2017**

### **Ionad Lae, Baile Mhúirne - 026 45559**

Lón gach Luan, Céadaoin, Déardaoin & Aoine ar a 1:00in. Taisteal ar fáil ach gaoch a chur ar 45559. **Gníomhaíochtaí** éagsúla tar éis lóin.

**Scoraíochtaí/Turais Lae:** Coimeádaigí súil amach do na scoraíochtaí nó turais lae a bheidh á n-eagrú sna seachtainí romhainn. Tuilleadh eolais ó Elle ag 086 884 6366.

**Cosliacht:** Rita Sheehy, ar an gcéad Chéadaoin den mhí, le coinne. Glaoigh ar 45559.

**Unislim:** Déardaoin ó 5.30in go 7in. Tuilleadh eolais ó Emmy ag 086 062 3851.

**Taispeántas Ealaíne** na ranganna Tacaíocht le feiscint san Ionad Cultúrtha go dtí an 29ú

### **Cois Cille, Cill na Martra - 026 40999**

Lón gach Luan, Máirt, Céadaoin agus Aoine ar a 12:30in. Taisteal ar fáil ach gaoch a chur ar 40999. **Gníomhaíochtaí** cosúil le bíongó tar éis lóin.

**Scoraíochtaí/Turais Lae:** Cuirfear daoine ar aon eolas faoi aon imeachtaí le teacht.

**Suaithreach:** Le coinne, glaoigh ar 087 675 9121.

**Cosliacht le Joanne O'Donovan:** Chun coinne a dhéanamh glaoigh ar 40999.

**Taispeántas Ealaíne** na ranganna Tacaíocht le feiscint san Ionad Cultúrtha go dtí an 29ú

### **Cuan Barra, Béal Átha'n Ghaorthaidh – 026 47777**

Lón: Dé Luain & Dé hAoine ar a 12:30in. **Gníomhaíochtaí** ar nós bíongó tar éis lóin. Taisteal ar fáil ach gaoch a chur ar 087 137 8099 nó 026 47777.

**Cártaí:** Oíche deireanach roimh bhriseadh an tSamhraidh – Déardaoin, 18ú @ 9:00in.

**Gruaig le Muse (Gruagaire)** le haghaidh coinne glaoigh ar Siobhán ag 087 179 5399.

**Sciamheolaí Bodyworks** le haghaidh coinne glaoigh ar Tracy ag 083 123 0031.

**Dr Ken Harte:** San ionad gach coicís. Le haghaidh coinne glaoigh ar 026 41281.

**Cosliacht le Joan O'Donovan:** Déan coinne ag 086 825 8023.

**Taispeántas Ealaíne** na ranganna Tacaíocht le feiscint san Ionad Cultúrtha go dtí an 29ú



### **Comharchumann Forbartha Mhúscraí Teo.**

5 Cois Cille, Cill na Martra, 026 40877 / 083 191 5432

[eolas@cfmteo.com](mailto:eolas@cfmteo.com) / [www.cfmteo.com](http://www.cfmteo.com)



**Seanaon:** Tá gach iarracht déanta an t-eolas atá clóite anseo a fhíorú. Glaimid leis go bhfuil an t-eolas agus na sonraí ar fad fíor agus cruinn ag tráth foilsithe na cáipéise. Ní ghlacann Comharchumann Forbartha Mhúscraí aon fhreagracht as aon dochar nó damáiste a eascraíonn as bheith ag brath ar an t-eolas sa cáipéis seo.

## **Sábhailteacht Phearsanta (Slándáil don Seanóir)**

### **Buirgléireacht Seachráin**

Is éard atá i gceist le buirgléireacht seachráin ná go dtagann cuairteoirí bréaga chuig d'áit chónaithe agus déanann siad iontráil neamhúdaraíthe ar chúinse nó go gcoimeádtar an duine ag an doras ag caint ionas gur féidir lena chomhchoirí slíocadh isteach go leithleach.

Ar an drochuair is minic a mbuailtear seanóirí leis an gcineál seo coire.

Déarfadh cuairteoirí bréaga a dhath ar bith le fáil isteach i do theach cónaithe –

*“Tharla tionóisc, an féidir liom gaoch a chur ar an otharcharr?”*

*“Táim trochailte, an bhfuil cead agam d’fhón a úsáid?”*

*“Táim tar éis titim, an dtabharfá gloine uisce dom?”*

*“Is ón gComhairle Contae mé, tá scoilt sa phríomhlíne, tá orm do sholáthar uisce a mhúchadh”*

I ngach cás caithfidh tú a bheith san airdeall ar strainséirí ag bualadh isteach ar d’áit cónaithe. Tóg gach réamhchúraimí sábháilteachta –

- Ná oscail an doras d’éinne roimh seiceáil cé atá ann agus cad atá uathu. Bain úsáid as d’amharcóir iniúchta dorais agus slabhra dorais/srianaire.
- Seiceáil aitheantas más cuí.
- Na fág strainséirí gan aon duine ina mbun ar do leac dorais.
- Bí cinnte go bhfuil do dhoras chuíil faoi ghlas agus tú ag an doras tosaigh ag freastal ar chuairoteoir i bpearsa.

### **Cuimhnigh**

**Má tá amhras ort futhu, coimeád amuigh iad**



### **Dúcheist mhí na Bealtaine**

Má chaitheann tú bonn airgid in airde agus faigheann tú Ceann ceithre huairé as a chéile, cén dóchúlacht atá ann go bhfaighfidh tú Ceann an cúigiú huairé??

*Freagra dúcheist mhí Márta: D’athair*

# Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



## Bileog Eolais na nIonad Lae

## May 2017

### **Ionad Lae, Baile Mhúirne - 026 45559**

**Lunch** every Monday, Wednesday, Thursday & Friday at 1:00pm. Transport is also available by calling 40999. **Activities** every Wed, Thurs & Friday after lunch.

**Scoraíochtaí/Day Trips:** Keep an eye out for any scoraíochtaí or day trips planned in the coming weeks. For any queries contact Elle on 086 884 6366.

**Chiropodist:** Rita Sheehy, first Wednesday each month, by appointment. Call 45559.

**Unislim:** Thursdays from 5:30pm to 7pm. Further info from Emmy on 086 062 3851.

**Art exhibition** of Tacaiois art classes, on display in the Ionad Cultúrtha until the 29th.

### **Cois Cille, Cill na Martra - 026 40999**

**Lunch** every Monday, Tuesday, Wednesday and Friday at 12:30pm. Transport is also available by calling 40999. **Activities** such as bingo after lunch.

**Scoraíochtaí/Day Trips:** We'll keep you all posted of any uncoming events!

**Massage:** By appointment only, call 087 675 9121.

**Chiropodist:** Joanne O'Donovan, by appointment only. Call 40999.

**Art exhibition** of Tacaiois art classes, on display in the Ionad Cultúrtha until the 29th.

### **Cuan Barra, Béal Átha'n Ghaorthaidh – 026 47777**

**Lunch:** Monday & Friday at 12:30pm. **Activities** such as bingo after lunch. Transport available by calling 087 137 8099 or 026 47777.

**Cards:** Last night before the summer break – Thursday 18th @ 9:00pm. All welcome!

**Gruaig le Muse (Hairdresser)** for appointments call/text Siobhán on 087 179 5399.

**Bodyworks Beautician** for appointments call or text Tracy on 083 123 0031.

**Dr Ken Harte:** In the centre every fortnight. For appointments call 026 41281.

**Chiropodist Joan O'Donovan:** For appointments call 086 825 8023.

**Art exhibition** of Tacaiois art classes, on display in the Ionad Cultúrtha until the 29th.

### **Comharchumann Forbartha Mhúscraí Teo.**

5 Cois Cille, Cill na Martra, 026 40877 / 083 191 5432

[eolas@cfmteo.com](mailto:eolas@cfmteo.com) / [www.cfmteo.com](http://www.cfmteo.com)

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### **Personal Safety**

#### **Security for the Older Person**

##### **Distraction Burglary**

A distraction burglary is where a bogus caller to your home gains entry on a pretext/lie or creates a diversion so that an accomplice can sneak in separately.

Unfortunately, older persons are frequently targeted with this crime.

Bogus callers will say anything to get into your home -

*"There's been an accident, can I call an ambulance?"*

*"I've broken down, can I use your phone?"*

*"I've had a fall, could I have a glass of water?"*

*"I'm from the council, there's a burst main, I need to turn off your supply"*

Some will keep you talking at the front door while their accomplice sneaks in the back door. In all cases you need to be wary of strangers calling to your home. Take precautions -

- Do not open the door to anyone before you've checked who it is and what they want. Use your door viewer and chain/limiter.
- Check identification, where appropriate.
- Do not leave strangers unattended at your doorstep.
- Ensure your back door is locked when you answer a call at the front door.

**Remember.....**

**if in doubt, keep them out**



### **May's riddle**

If you flip a coin and you get Heads four times in a row, what are the odds you will get Heads the fifth time?

*The answer to March's riddle: Your Father*