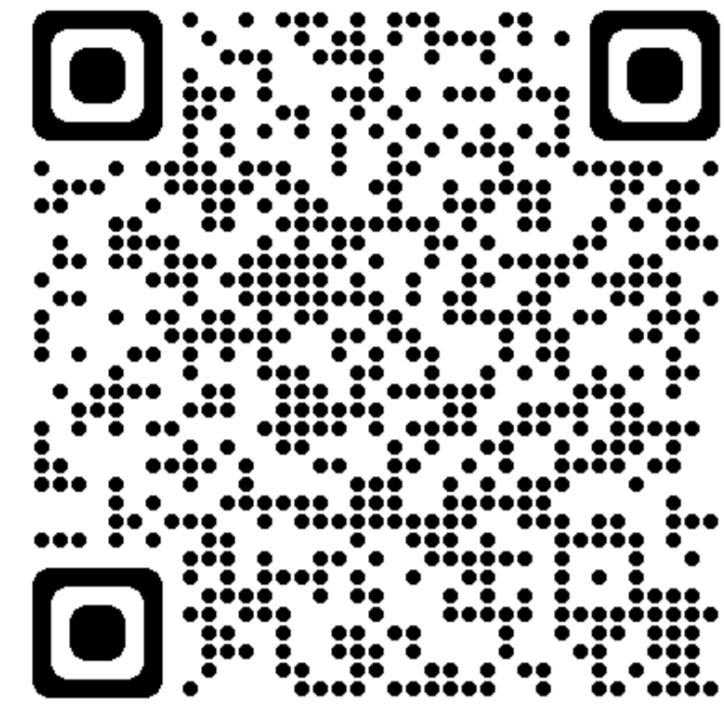


# Healthy Clare Newsletter

## April 2023



# Clare



[www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)



[healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)

Follow us on Social Media



[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)



[@healthy\\_clare](https://twitter.com/healthy_clare)



HEALTHYCLAREIRELAND

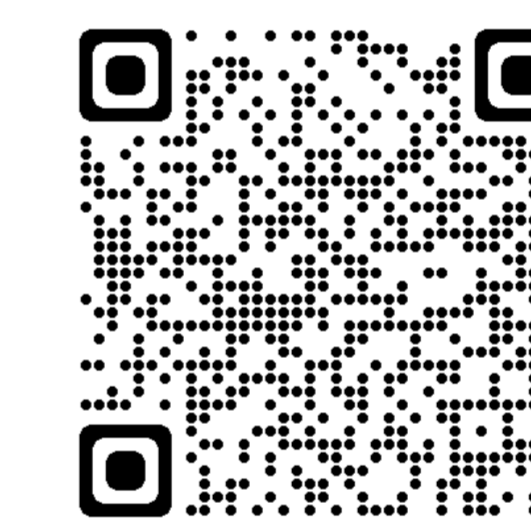
[@healthyclaireland](https://www.instagram.com/healthyclaireland)

News



Healthy Clare are hosting a Health and Wellbeing page in the Clare Echo every Thursday, raising awareness of Health and Wellbeing initiatives across the county.

Each week a local organisation is in the spotlight discussing their Health Promoting work and how people in Clare can contact them or get involved in a variety of health and wellbeing activities. Healthy Clare are also featuring local and national initiatives of interests.



Keep up to date with past and future edition on our dedicated webpage

<https://yoursay.clarecoco.ie/weekly-health-and-wellbeing>

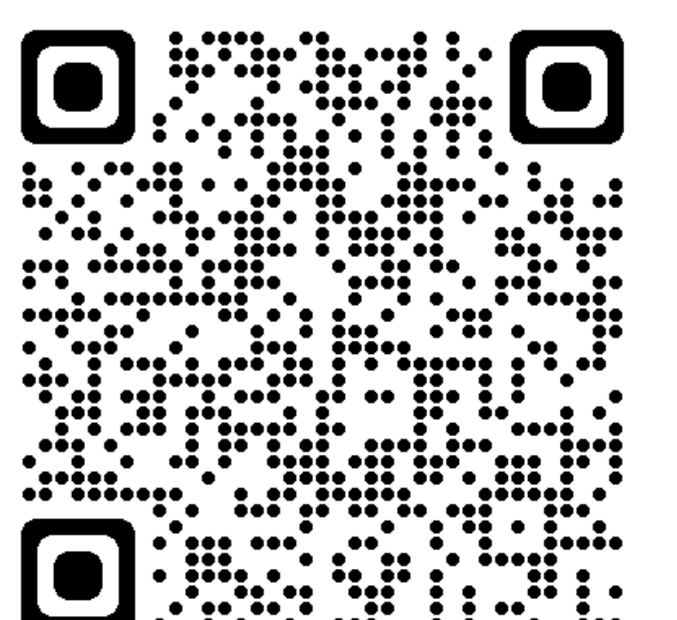
Thanks to [Clare's Creative Ireland Programme](#), [Healthy Ireland](#) and [Clare LCDC](#) for supporting this initiative.



The Healthy Clare team attended the launch of the 2023 Clare Garden Festival on the 27<sup>th</sup> March 2023. This year's festival is going 'Urban & Wild' at the Ennis Showgrounds on Sunday, 30<sup>th</sup> April 2023.

Clare County Council's Healthy Clare, Greener Clare, Heritage Office and Climate Action teams are all supporting this year's festival and have a particular interest in the 'Urban Farming' trail happening on the day.

For more information please visit [www.claregardenfestival.com](http://www.claregardenfestival.com)

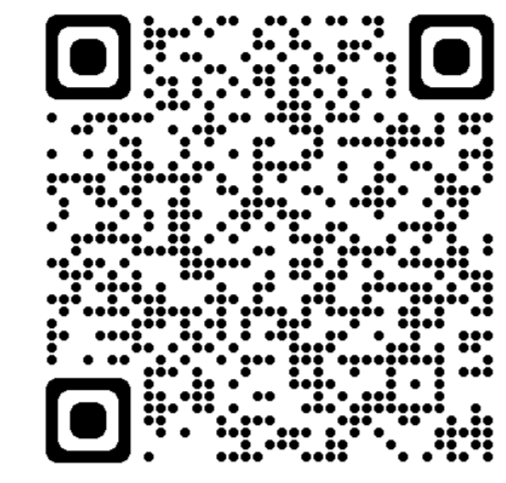


# Physical Activity



## Active Adult Group Exercise Classes- Clare

Like some chat, fun and a little light exercise suitable to your ability?  
 Catch up with your friends over a cup of tea afterwards?  
**Everyone welcome – there is no need to book - just come along!**



### Ennis and surrounding areas

Mon 11.30am	Quin	Community Centre €8
Mon 1.15pm	Ennis	Cois Na hAbhann Gort Rd €8
Wed 11.45am	Crusheen	Community Hall €8
Wed 1.45pm	Ennis	Ennis Scout Hall €8
Thur 10.15am	Corofin	Corofin GAA Hall €8

### North and West Clare areas

Tues 10am	KilmurryMcMahon	Community Hall €8
Tues 12.30pm	Kilfenora	Kilfenora Hall €8
Tues 2pm	Ennistymon	Ennistymon Hall €8

### Shannon, Killaloe, Sixmilebridge, Bodyke, Kilkishen

Mon 10am	Kilkishen	Kilkishen GAA €8
Tue 10am	Killaloe	Clarisford Park €10
Wed 12noon	Ogonnelloe  Community Centre **	**Relocating to Scariff Community Hall Spring 2023 €10
Thurs 10am	Killaloe	Clarisford Park €10
Fri 12noon	Shannon	Shannon Hope Cafe €8
Fri 10am	Sixmilebridge	GAA Hall €8

Visit the Clare Sports Partnership webpage for more information <https://claresports.ie>



Cycling Ireland wants to hear from women and girls, cyclists and non cyclists about what works well and what is needed to get more women and girls cycling across the island of Ireland and to how to retain them.

To complete the survey please visit <https://www.surveymonkey.com/r/TQFP5DG>



**Men on the Move**  
The best MOVE you'll ever make

**MEN WANTED**

Want to start exercising?

Clare Sports Partnership are delivering a 4 week physical activity programme for men over 35 in Ballyvaughan. It's €20 per person, with participants receiving strength-based workouts, step meters and T-shirts. For further details please visit [www.claresports.ie/menonthemove](http://www.claresports.ie/menonthemove) or contact Pat on [pat@claresports.ie](mailto:pat@claresports.ie) or 087 647 1671

**HSE HEALTH AND WELLBEING**

**Aerobic exercise - 45 minutes**  
for adults living with chronic conditions

1. [Aerobic Exercise – 45 mins](#)
2. [Resistance Exercise – 45 mins](#)
3. [Chair Exercises – 10 mins](#)
4. [Gentle Exercises – 10 mins](#)
5. [Lower Body Resistance – P.1 – 10 mins](#)
6. [Lower Body Resistance – P. 2 – 10 mins](#)



[www.youtube.com/playlist?list=PLItgannkj2UHOgfQBqb0NSS0IHn0LJdF2](https://www.youtube.com/playlist?list=PLItgannkj2UHOgfQBqb0NSS0IHn0LJdF2)

# Mental Health

## Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



# April 2023

Tuesday 4<sup>th</sup> April 2pm – 4pm

- **Part 1 : Exploring Self Care**

Wednesday 5<sup>th</sup> April 10am – 12pm

- **Part 2: Building My Self Care Toolkit**

Thursday 6<sup>th</sup> April 10am – 12pm

- **Part 3: Building my Self-Care Toolkit**

Tuesday 11<sup>th</sup> April 2pm – 4pm

- **Part 1: Exploring Anxiety**

Wednesday 12<sup>th</sup> April from 10am – 12pm

- **Part 2: Managing Anxiety**

Tuesday 18<sup>th</sup> April 2pm - 4pm

- **Let's Talk Resilience**

Tuesday 25<sup>th</sup> April 2pm -4pm

- **Creativity for Wellbeing**

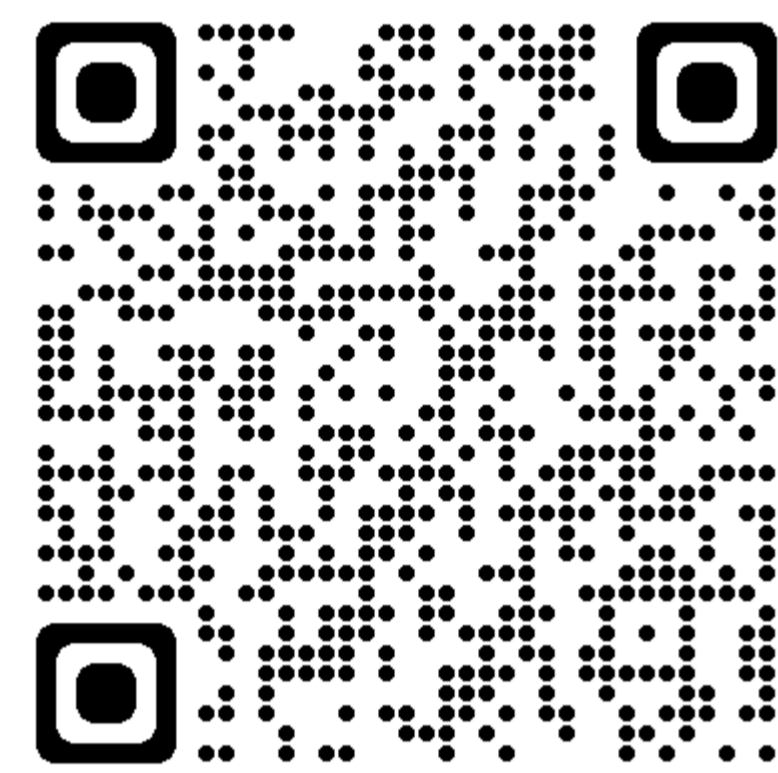
Wednesday 26<sup>th</sup> April 2pm-3pm

### Mental Health Stigma – What does it look like?

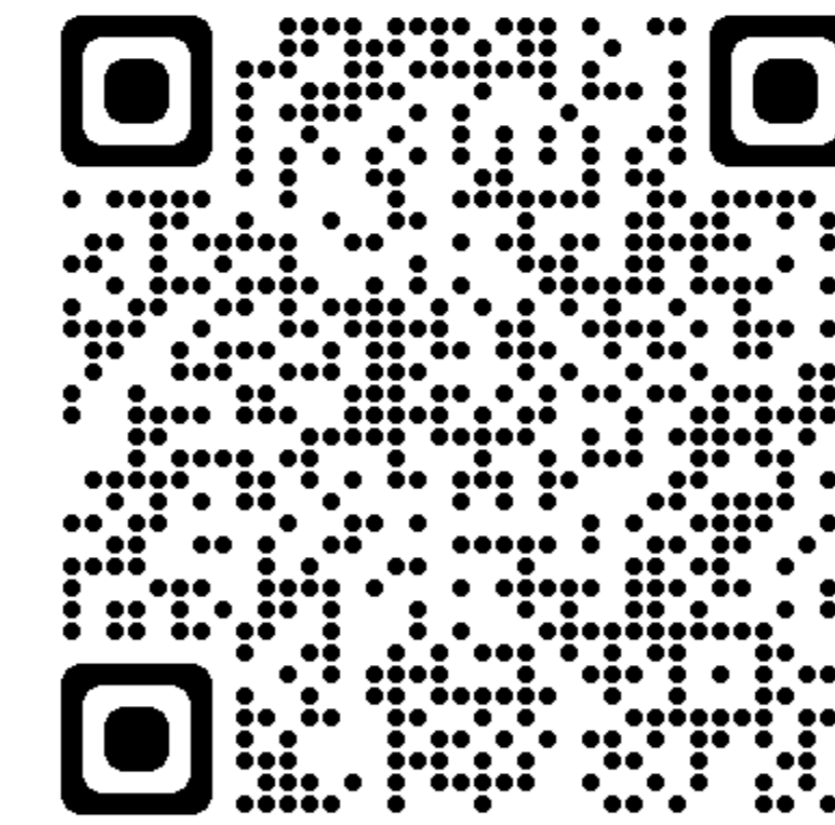
For more info and to sign up to the FREE webinars visit

<https://midwestaries.eventbrite.ie>

or text 086 287 3526 or email [Margaret.keane9@hse.ie](mailto:Margaret.keane9@hse.ie)



Scan to register



**THE LIGHTHOUSE**  
West Clare Mental Health Association

*promotes positive mental health,  
wellbeing and recovery in the Community*

- **Tuesday - Woodland Walks from 10:50am**

*Meeting at 10:50am in the upper car park at Vandeleur Woods and Gardens*

- **Connect Tuesdays - 7pm – 9pm**

*“Connect with people over a cuppa tea and meet people who have similar life experiences in a safe and none judgmental place”*

- **Wednesday – Edel’s Music Club - 11am – 12pm**

*“Join Edel’s Music Club to talk all about music and maybe sing a song or two”.*

- **Connect Fridays - 5pm – 7pm**

*“Connect with people over a cuppa tea and meet people who have similar life experiences in a safe and none judgmental place”*

Visit **West Clare MHA’s** website to find out when their events are on

<https://westclarementalhealth.ie>

## Mid West Community Healthcare (Limerick, Clare, N. Tipperary)

### Resource Officer for Suicide Prevention

- Michael Collins

Tel: 061 492 096 / 061 492 089

Email: [michaela.collins@hse.ie](mailto:michaela.collins@hse.ie)

- Jenny Blake Tel: 061 492 091 / 061 492 096

Email: [jenny.blake@hse.ie](mailto:jenny.blake@hse.ie)

### Pieta Suicide Bereavement Liaison Officer (Mon - Wed)

- Jerard Enright

Tel: 085 856 808

Email: [jerard.enright@pieta.ie](mailto:jerard.enright@pieta.ie)



### Clare Suicide Bereavement Support

Tel: 086 056 5373 / 087 369 8315 087 104 2096

Email: [sbs.clare@gmail.com](mailto:sbs.clare@gmail.com)

### HUGG (Healing Untold Grief Gently)

- HUGG is a unique national suicide bereavement charity. It provides information, signposting, and support groups for anyone over 18 who has been bereaved by suicide.

Phone: 01 513 4048 (monitored answering

machine) Access: Free, self-referral

Email: [support@hugg.ie](mailto:support@hugg.ie) Website: [www.hugg.ie](http://www.hugg.ie)



APRIL 2023

## Free Mental Health & Wellbeing Workshops in Shannon

For anyone aged 18+ with an interest in mental health

Thursday 20<sup>th</sup> April 10am – 12pm

### Creativity for Wellbeing

Thursday 27<sup>th</sup> April 10am – 12pm

### Journaling for Wellbeing

For more info and to sign up visit <https://www.shannonfrc.com/healthpromotion.html>

# Mental Health

## Mental Health Supports for the Ukrainian Community in Ireland / Підтримка психічного здоров'я української громади в Ірландії

Organisation	Description
 <p>Bezkostovna psihologichna dopomoga dlya ukraїnciv</p>	<p><b>MyMind</b> Безкоштовна психологічна допомога для постраждалих від конфлікту, що триває в Україні. Надається центром психічного благополуччя.</p> <p>Веб-сторінка: <a href="https://mymind.org/free-counselling">https://mymind.org/free-counselling</a> дзвінок: 0818 500 800</p>
 <p>Your supporting light through depression</p>	<p><b>Aware</b> – це національна організація, яка надає безкоштовну підтримку, освіту та інформаційні послуги для тих, хто страждає від тривоги, депресії, біполярного розладу та пов'язаних з ними станів настрою. Aware представлена у всій країні та пропонує широкий спектр послуг для окремих осіб і громад по всій Ірландії.</p> <p>Веб-сторінка: <a href="http://www.aware.ie/ukraine/">www.aware.ie/ukraine/</a> Безкоштовний телефон 1800 80 48 48</p>
 <p>Find a therapist near you</p>	<p>Контакти українськомовних психотерапевтів з Київського Гештальт Університету, які готові надати безкоштовну психологічну допомогу онлайн жителям України, які постраждали від військового вторгнення.</p> <p>Веб-сторінка: <a href="http://www.therapyroute.com/free-therapy-for-ukraine">www.therapyroute.com/free-therapy-for-ukraine</a></p>

Anyone in urgent need of Mental Health Services can access this through a GP, if after 5pm they can ring Shannon Doc on **(0818) 123 500** / Будь-хто, хто терміново потребує психіатричних послуг, може отримати доступ до цього через лікаря загальної практики, якщо після 17:00 вони можуть зателефонувати Шеннон Док за номером **(0818) 123 500**



Organisation	Description
 <p>Free Counselling Services for Ukrainians</p>	<p><b>MyMind Centre</b> for Mental Wellbeing are extending free counselling project to anyone who has been impacted by the ongoing crisis in Ukraine, in partnership with the Department of Health.</p> <p>Webpage: <a href="https://mymind.org/free-counselling">https://mymind.org/free-counselling</a> Call: 0818 500 800</p>
 <p>Your supporting light through depression</p>	<p><b>Aware</b> created Ukraine Support Group that aims to offer an opportunity to Ukrainians who have arrived in Ireland to connect with fellow citizens, navigate living in Ireland and get support with health concerns including psychological support.</p> <p>Webpage: <a href="http://www.aware.ie/ukraine/">www.aware.ie/ukraine/</a> Freephone 1800 80 48 48</p>
 <p>Find a therapist near you</p>	<p>A list of therapists offering Free Therapy and Counselling to people directly affected by the war in Ukraine.</p> <p>Webpage: <a href="http://www.therapyroute.com/free-therapy-for-ukraine">www.therapyroute.com/free-therapy-for-ukraine</a></p>



Connecting for Life  
Mid West

text about it  
50808



Call free day or night on  
**116 123**  
Email  
jo@samaritans.ie  
**SAMARITANS**

## Supports & Services 2023

Are you, or someone you know, in crisis now and need someone to talk to?

If you are worried about yourself or someone you know, it is important to get help as soon as possible. **PLEASE DO NOT BE ALONE.** Everyone needs help from time to time and in fact, asking for help is a sign of personal strength. Do one of the following:

<b>Your GP/Mental Health Team</b>	Make contact with your own GP or Mental Health Team and let them know what's on your mind.
<b>Shannon Doc</b>	Out of Hours GP Service <b>0818 123500</b>
<b>Domestic Abuse Services</b>	<ul style="list-style-type: none"> <li>Adapt - Limerick. 1800 200504 (24 Hr)</li> <li>Clare Haven - Clare. 065 6822435</li> <li>Ascend - Tipperary. Helpline 0505 23999</li> </ul>
<b>Local HSE Mental Health Crisis Intervention Service.</b>	<ul style="list-style-type: none"> <li>Clare: 065 6863208 / 087 7999857 (4.30pm to 3.30 am)</li> <li>Limerick: 061 482120 (24hrs)</li> <li>Tipperary 086 830 6663 (4.30 pm to 3.30 am)</li> </ul>
<b>Emergency Services</b>	999 / 112
<b>Pieta:</b>	<p>Helpline <b>1800 247 247</b> 24 hours per day</p> <p>Or text <b>HELP to 51444</b> and a fully qualified psychotherapist will respond.</p> <p>To make an appointment contact <b>0818 111 126.</b></p>
<b>Suicide Bereavement Support</b>	<p>Clare Suicide Bereavement Support: <b>087 3698315 086 0565373</b></p> <p>Pieta Suicide Bereavement Liaison Service: Call the Helpline <b>1800 247 247</b></p>
<b>General Bereavement</b>	Irish Hospice Foundation <b>1800 807 077</b>
<b>Samaritans</b>	<p>Listening service: 24/7 Freephone helpline <b>116 123</b> for Ireland/UK</p> <p>Email: jo@samaritans.org</p>
<b>ISPCD Childline</b>	<p>Listening service for children up to 18 years old</p> <p>24/7 Freephone helpline <b>1800 66 66 66</b> / Text TALK to <b>50101</b></p>
<b>50808</b>	<b>50808 is a free 24/7 text service</b> providing everything from a calming chat to immediate support. Free: text YMH to <b>50808</b> to begin.
<b>National LGBT+ HelpLine</b>	<p>Freephone <b>1800 929 539</b> Monday to Thursday: 6:30pm to 10:00pm,</p> <p>Fridays: 4:00pm to 10:00pm,</p> <p>Weekends: 4:00pm to 6:00pm</p>
<b>HSE Drugs &amp; Alcohol Helpline</b>	<b>1800 459 459</b> email support service ( <a href="mailto:helpline@hse.ie">helpline@hse.ie</a> )
<b>Website</b>	Information re services and mental health topics - <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a> or call <b>1800 111 888</b>
<b>Counselling MyMind low cost/ no cost counselling support</b>	<b>0818 500 800</b> / <a href="https://mymind.org">https://mymind.org</a>

Poster produced by the Office for Suicide Prevention (061 492096)

# Eating Well

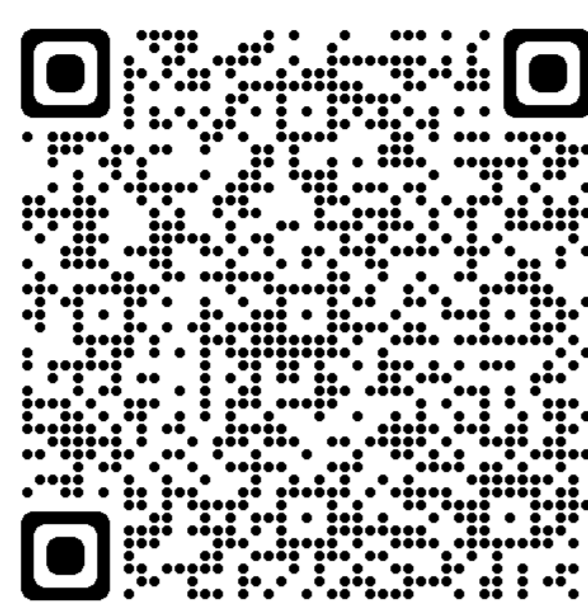
safefood



**Fuel your body**  
for the teenage sports person



INDI  
High Nutrition +  
Diverse Texture



Teenagers who are very active in sports and athletics often have questions about nutrition.

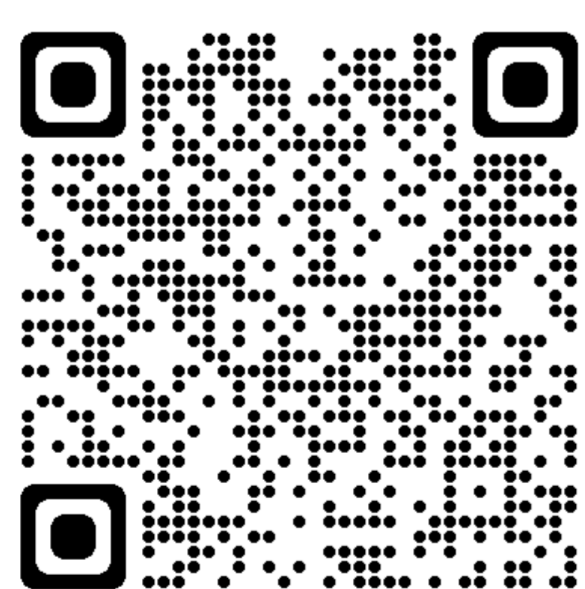
Bodies need fuel to get the most out of sport and fitness activities, and the best place to start is with the basics of a healthy and varied diet. There are no quick fixes. Sports supplements are not recommended for teenagers.

Safefood have also produced a leaflet called [Fuel Your Body](#), which is packed with information about what to eat and drink for performance, as well as for health and wellbeing.

[www.safefood.net/getattachment/e3359e81-49ba-410c-af50-e361533e7865/Teen-Sport-Leaflet-2020-ROI.pdf?lang=en-IE](http://www.safefood.net/getattachment/e3359e81-49ba-410c-af50-e361533e7865/Teen-Sport-Leaflet-2020-ROI.pdf?lang=en-IE)

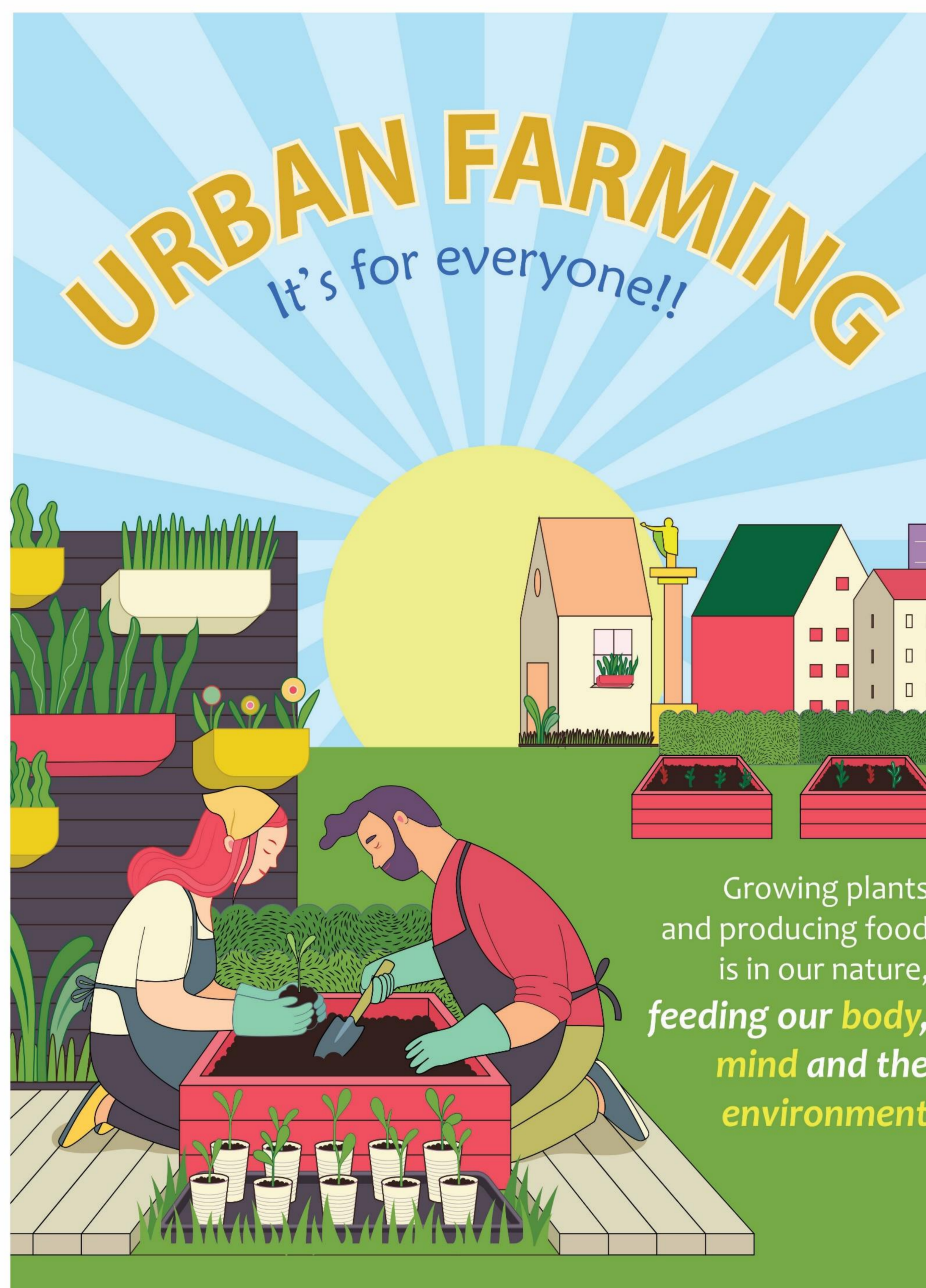
## How to read nutrition labels

Nutrition	100ml	250ml	typical adult
Typical values	contains	contains	%GDA*
Energy	199kJ	500kJ	6% 2000kcal
Protein	0.5g	1.3g	
Carbohydrate	10.5g	26.3g	29%
of which sugars	10.5g	26.3g	29%
Fat	trace	tr	
of which saturates	trace	tr	
Fibre	trace	tr	
Sodium	trace	tr	
Salt equivalent	trace	tr	



[www.safefood.net/how-to/nutrition-labels](http://www.safefood.net/how-to/nutrition-labels)

To make healthier choices, you need to be able to make sense of food labels. Understanding food labels can be tricky. It takes time and practice. Start at home by getting familiar with labels on the foods you eat regularly. Then when you are shopping, compare labels of similar products to find the healthiest option. Visit the [Safefood](#) website to understand what to look out for.



Growing plants and producing food is in our nature, feeding our **body, mind and the environment**

Supported by Clare County Council's Healthy Clare, Climate Action and Heritage Office



Growing plants and producing food is in our nature, feeding our body, mind and the environment.

This year the Clare Garden Festival is calling on Clare's towns and villagers interested in 'Urban Growing' in back gardens, on windowsills, rooftops and balconies across County Clare.

Whether it's a few herbs in your kitchen window or a small army of pots in the back garden, you can enjoy growing your favourite plants and veggies in the smallest of places.

Visit [www.claregardenfestival.com](http://www.claregardenfestival.com) for more information on the event.

# Clare Garden Festival

*Growing Urban, Wild and Strong*

Sunday, 30<sup>th</sup> April 2023, 11am - 5pm

FEATURING



**Jim Cronin**  
Master Organic Gardener



**Ali Corcoran**  
Leaf & Petal Nursery



**Colm O'Driscoll**  
Head Gardener Lismore Garden



**Paul Smyth**  
Plantsman & Garden Designer

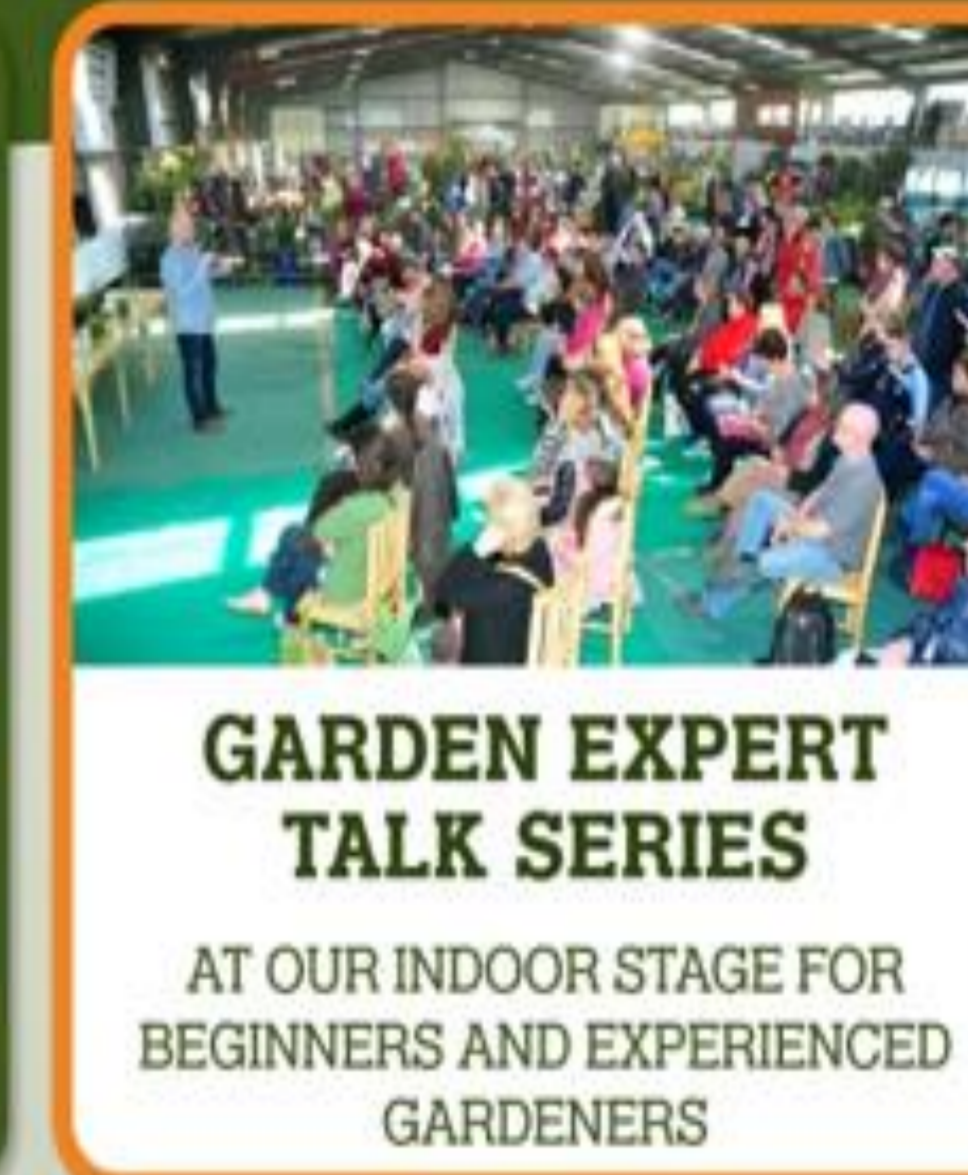


**Jo Newton**  
Stage Host & Organic Grower

A Treat for Gardeners and A Great Family Day out!

DEMONSTRATIONS & WORKSHOPS

RUNNING IN DEDICATED AREAS INSIDE AND OUT



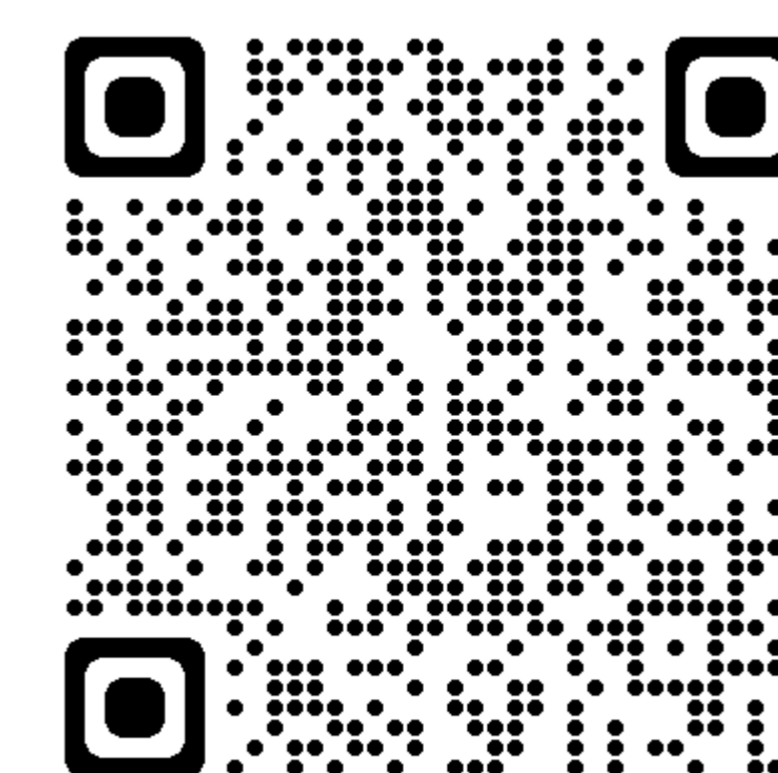
GARDEN EXPERT TALK SERIES  
AT OUR INDOOR STAGE FOR BEGINNERS AND EXPERIENCED GARDENERS

HUGE GARDEN FAIR

WITH PLANT, GARDEN, FOOD & CRAFT STALLS



# Ennis Showgrounds



Keep up to date with the Clare Garden Festival by visiting their Facebook page on [www.facebook.com/claregardenfestival/](http://www.facebook.com/claregardenfestival/) and website on [www.claregardenfestival.com](http://www.claregardenfestival.com)

# Tobacco Free, Reducing Drugs & Alcohol Related Harm



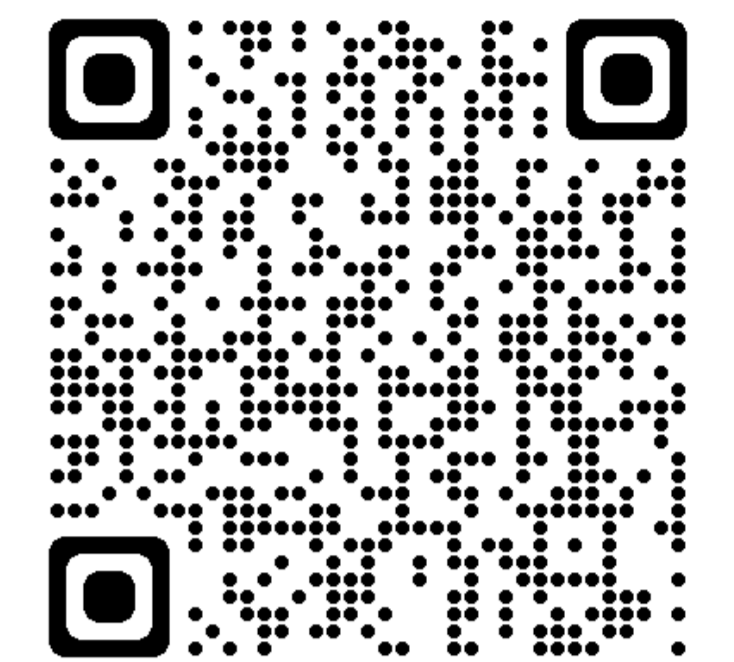
**Call Quit Mid West  
065 6865841**

**FREE  
STOP SMOKING  
MEDICINE NOW  
AVAILABLE**



Quit Mid West is the HSE's stop smoking support service for the Mid West, and offers free support and advice for quitting smoking. You can meet your Stop Smoking Advisor at a face to face clinic, by tele-health or on the phone. They offer weekly quitting support, advice on stop smoking medicines and carbon monoxide breath testing – all of which can triple your odds of quitting.

To book an appointment, or to find out more, please ring the Quit Mid West Team on 065 686 5841 or email [Quit.midwest@hse.ie](mailto:Quit.midwest@hse.ie)



## What is Not Around Us?

Not Around Us is about promoting an environment where it is easier for those who smoke to quit, and stay quit, and to help de-normalise smoking for the next generation.

## The purpose of Not Around Us

- Help to protect children and young people from second-hand smoke exposure.
- Contribute to the de-normalisation of smoking for children and young people.
- Reduce the environmental nuisance, cost of cleaning and damage that discarded tobacco products create.
- Signpost to HSE QUIT services.

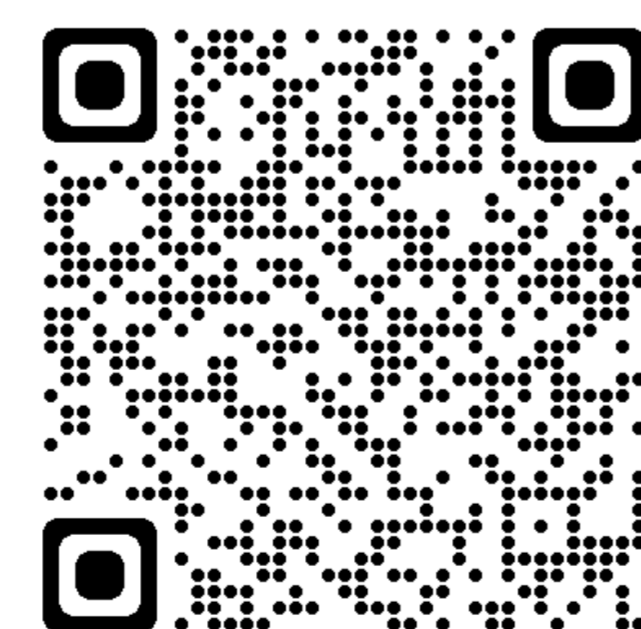
## What can you do to support Not Around Us?

- Don't smoke in places where children and young people are likely to be.
- Support participating organisations and be a positive role model for children and young people.
- Spread the Not Around Us message with family and friends.

To sign up and support the campaign visit Clare County Council's '**NOT AROUND US**' Towards a Tobacco and Vape Free Clare dedicated webpage on [https://yoursay.clarecoco.ie/nau-campaign?tool=survey\\_tool](https://yoursay.clarecoco.ie/nau-campaign?tool=survey_tool)



## Alcoholics Anonymous Ireland

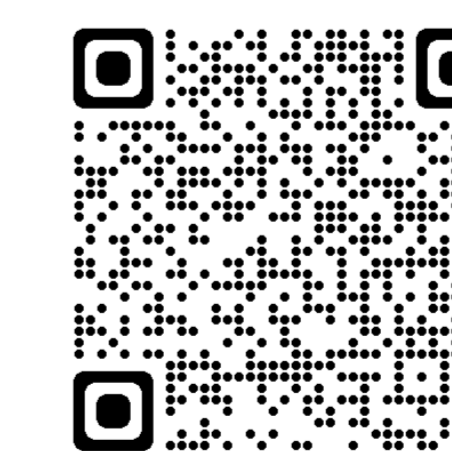


Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

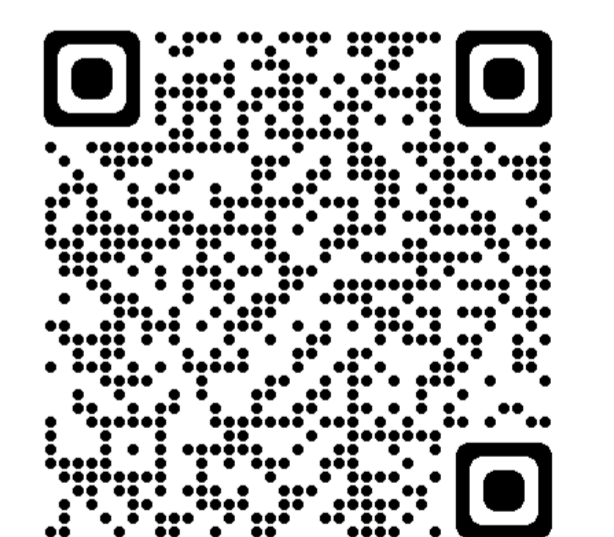
The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; they are self-supporting through our own contributions. To find a meeting contact : [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

## HSE DRUG AND ALCOHOL HELPLINE

**1800 459 459**  
[helpline@hse.ie](mailto:helpline@hse.ie)



The HSE Drugs & Alcohol helpline provides support, information and guidance to anyone with a question or concern. For more information on standard drink measurements and your drinking patterns visit [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)



## [Gamblers Anonymous](http://www.gamblersanonymous.ie)

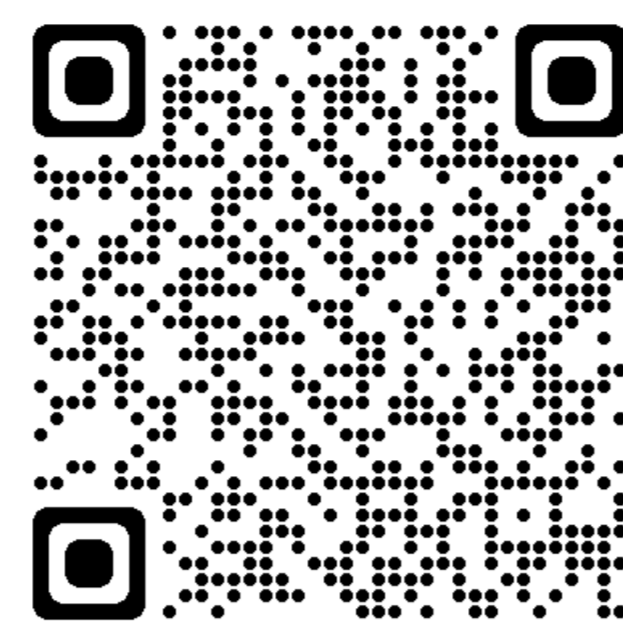
If you're experiencing a gambling addiction or are a family member or friend of someone close to you affected by gambling, you are not alone. Gamblers Anonymous Ireland offer a variety of meetings to support you. Contact : 0877485878 or email [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie).

# Sexual Health



sexualwellbeing.ie

Find out more at [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)



## The Laura Brennan HPV vaccine catch-up programme

From December 2022 until December 2023

Visit [www.hpv.ie](http://www.hpv.ie) and [www.immunisation.ie](http://www.immunisation.ie) for videos and fact sheets about the vaccines.

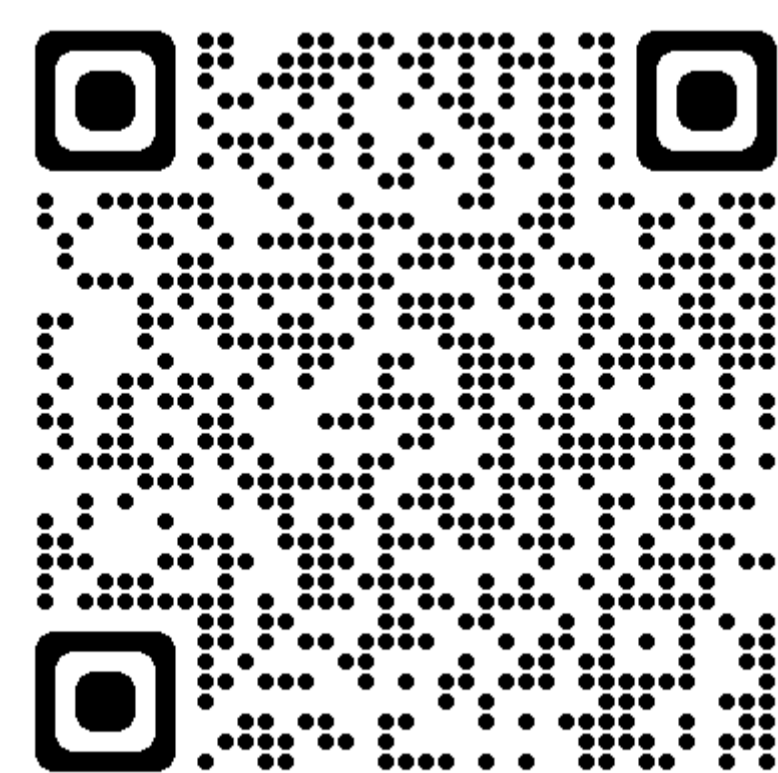
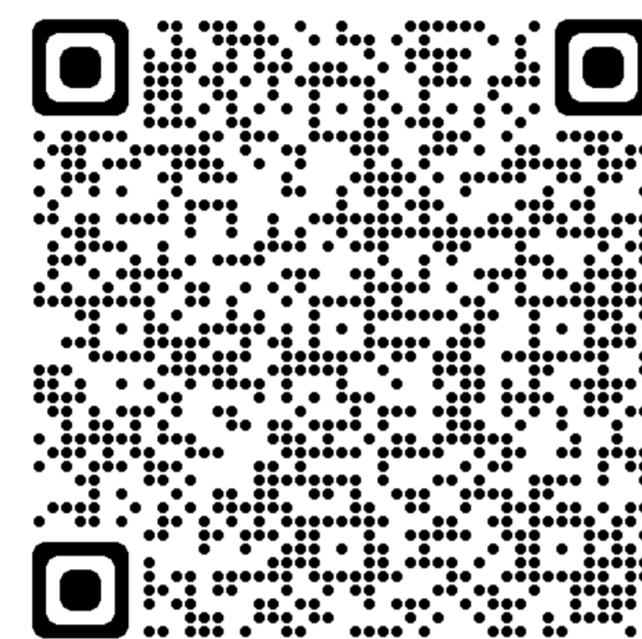
Over 500,000 students in Ireland and 100 million people worldwide have received HPV vaccine.

HPV causes 1 in 20 cancers worldwide.

**HPV vaccine** protects against the HPV virus which can cause cervical cancer, anal cancer and genital warts.

hpv.ie  
#ProtectOurFuture

HSE National Immunisation Office



**FREE TESTING!**

Rapid HIV, Syphilis & Hepatitis C Tests with results available in 10 Minutes

Contact us to book an appointment - call 061 314354 or email [knownow@goshh.ie](mailto:knownow@goshh.ie)

For more information visit <https://goshh.ie/rapidtesting/>

**GOSHH**  
Gender • Orientation • Sexual Health • HIV

**FREE CONDOMS**

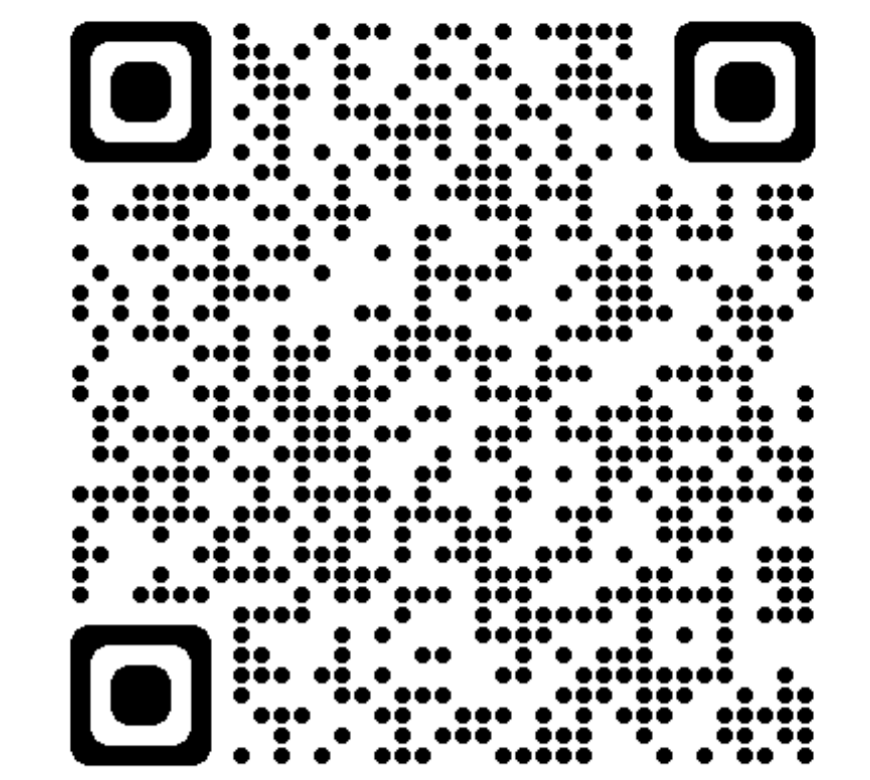
**ORDER ONLINE**  
[WWW.GOSHH.IE/CONDOMS](http://WWW.GOSHH.IE/CONDOMS)

**VISIT OUR CENTRE**  
**18 DAVIS STREET**  
**LIMERICK**

GOSHH in partnership with the HSE National Condom Distribution Scheme provides free condoms to the public through a number of initiatives. Their walk-in service operates Monday to Friday 09:30 - 17:00 and you can avail of 6 condoms in either snug, regular or magnum sizes and 4 lube for free.

They also have condom and lube dispensers in their entrance hallway so you can avail of free regular sized condoms and lube without coming into the building. Alternatively, you can access this scheme via their postal service by calling, emailing, or DMing GOSHH on social media to get free condoms and lube sent to you by post. This postal service is available to any address in the Republic of Ireland and orders are posted in discreet packaging to guarantee confidentiality and accessibility for all. To order FREE Condoms email

[www.goshh.ie/condoms](http://www.goshh.ie/condoms)



<https://goshh.ie/contact-us/>



My Options is a freephone line from the HSE that offers confidential counselling to support you with an unplanned pregnancy.

Call 1800 828 010 for counselling from experienced professionals on all your options.

<https://www2.hse.ie/services/unplanned-pregnancy/>

# Other News

## Kids Club

Children from Birth to 5 years  
(Siblings Welcome)



-Thursday Mornings

-10am – 12pm

-The Hydro Hotel

Enter the Hotel and turn right towards the bar

All parents, grandparents & carers welcome

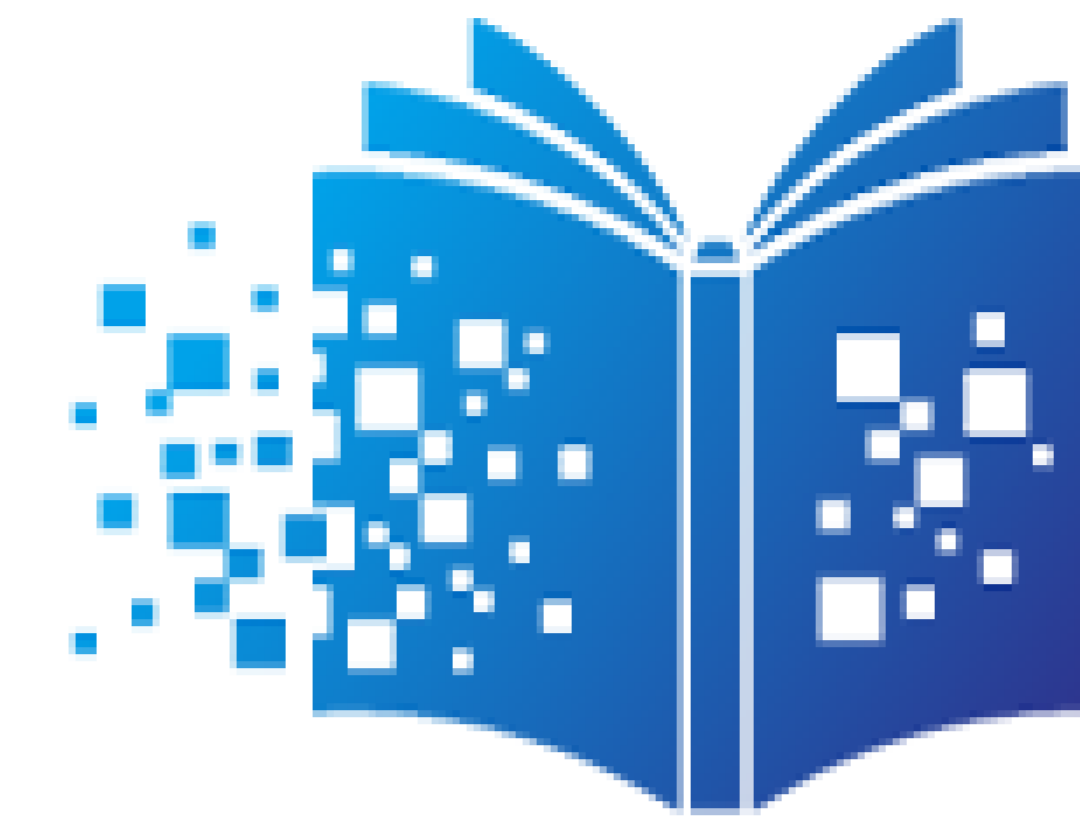
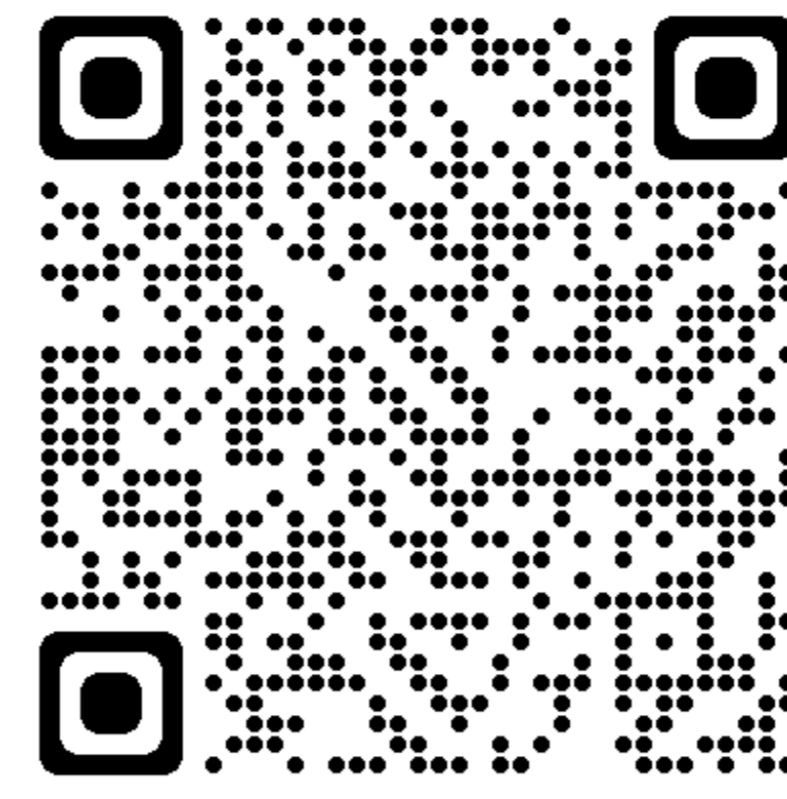
**\*Adults must supervise their own child(ren) at all times\***

Inclusive of All Families

Tea/Coffee available - bring your travel mug ☺



Contact Anna on 085 289 6566 or Nadia on 085 289 5978 for details



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

# Libraries

[www.clarelibrary.ie](http://www.clarelibrary.ie)

Check out Clare Libraries website for a list of some great upcoming events this April

### Clare Libraries - Smart Tech Classes

Learn the basics of using smartphones and tablets or expand your knowledge at one of Clare Libraries' free Smart Tech Classes which are run in libraries throughout Co Clare. For more information visit

<https://tinyurl.com/35mpc2j6>

or contact one of the following libraries taking part in this service.

- Ennistymon - Tel: (065) 7071245 | Email: [ennistymon@clarelibrary.ie](mailto:ennistymon@clarelibrary.ie)
- Kilrush - Tel: (065) 9051504 | Email: [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie)
- Scarriff - Tel: (061) 922893 | Email: [scarriff\\_library@clarecoco.ie](mailto:scarriff_library@clarecoco.ie)
- Shannon - Tel: (061) 364266 | Email: [shannon@clarelibrary.ie](mailto:shannon@clarelibrary.ie)

**EVA** ENNIS VOICES FOR AUTISM  
EVA are hosting a Lego Workshop  
Sat 8th April 2023  
12 noon to 1.30pm  
Venue: Aerobics Hall  
Ennis Leisure Centre  
facilitated by Kathy  
(The Brickx Club Ireland)  
Tickets to be €15  
purchased on eventbrite per child

**EVA** (Ennis Voices for Autism) are hosting a Lego workshop with The Brickx Club Ireland. This is open to EVA children and their siblings.

Parents are required to stay on site for the duration of the workshop.

Numbers are limited for this event.

Book your place by visiting

[www.eventbrite.com/e/lego-workshop-tickets-572749819127](http://www.eventbrite.com/e/lego-workshop-tickets-572749819127)

## Living Well

A programme for adults with long-term health conditions  
Your toolkit for better health

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)

Tuesday	25 <sup>th</sup> April	30 <sup>th</sup> May	10.30am – 1pm	Ennis
Tuesday	25 <sup>th</sup> April	30 <sup>th</sup> May	2.30pm – 5pm	Ennis
Wednesday	26 <sup>th</sup> April	31 <sup>st</sup> May	10.30am – 1pm	Newmarket on Fergus
Wednesday	14 <sup>th</sup> June	19 <sup>th</sup> July	11am – 1.30pm	Ennistymon

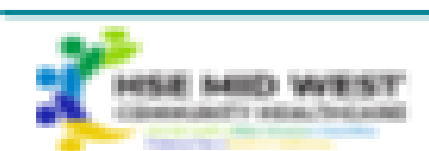
### Contact Details:

Liz Cox – Tel: 087 179 9392

Philip Hennessy – Tel: 087 179 9396

Email: [liz.cox@hse.ie](mailto:liz.cox@hse.ie)

Email: [philip.hennessy2@hse.ie](mailto:philip.hennessy2@hse.ie)



Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University...



For information on TTRS  
call 065 6899089 or email

[library\\_support@clarecoco.ie](mailto:library_support@clarecoco.ie)

Touch-type Read and Spell (TTRS) is a service open to Clare Libraries members and helps develop typing and literacy skills of children (age 8+), young people and adults who have additional educational needs with reading, writing and spelling for a broad range of reasons. At the same time, it increases their level of confidence, self-esteem and motivation as learners. Through a multi-sensory approach, the user hears the words spoken through headphones or speakers, sees the words printed on the screen and is prompted as to which fingers to press via the on-screen keyboard.

For more info. Please visit [www.clarelibrary.ie/eolas/online\\_resources/ttrs.htm](http://www.clarelibrary.ie/eolas/online_resources/ttrs.htm)



# Other News

**Helium Arts**  
CREATIVITY CHANGES LIVES

**REGISTER NOW FOR FREE EASTER ART CAMPS**  
• ENNIS • LIMERICK • NENAGH

FREE Creative arts workshop to support children, aged 8-12 with lifelong physical health conditions in living life to the full.

Join the 3-day camp of drawing, painting, puppetry, sculpture, film-making, clay modelling and more with a professional artist in Ennis, Co. Clare

On the 4<sup>th</sup> – 6<sup>th</sup> April at the C.B.S. Primary School, New Rd. Lifford, Ennis, V95 NX02

For more information contact: 083 010 3240 Visit [www.helium.ie](http://www.helium.ie)

To request a booking form contact: [hello@helium.ie](mailto:hello@helium.ie)



Registered Charity No. 20075200

**QuareClare**  
LGBTQIA+

Quare Clare started in 2020 as a social group whose aim is to build a welcoming network of LGBTQIA+ people in Clare from all backgrounds.

**Upcoming events:**

- **Game ON! in Doolin -- an afternoon of Board Games and Fun**

April 1<sup>st</sup> from 11:30am – 1:30pm at Hotel Doolin (followed by lunch at Fitzpatrick's Bar)  
Pickups in Shannon (9:15am) and Ennis (9:30am), departing Doolin at 3pm

[info@quareclare.ie](mailto:info@quareclare.ie)  
065 671 2737

Keep up to date with all of QuareClare's events by visiting [www.QuareClare.ie/calendar/](http://www.QuareClare.ie/calendar/)

North West Clare  
Family Resource Centre

## What's on in April 2023

Phone us: 065 707 1144

Parliament Street, Ennistymon

Private Groups  
Groups hosted by  
NWCFCRC

Closed to new entrants

Contact us to join

Feel free to walk-in and meet us

<b>MONDAY</b>	9.30-12.30	Baby Massage	Barbara	●
	10.30-12.30	Drop-in Service (Parliament Street)	Barbara	●
	12.45-1.30pm	Traveller Women's Exercise	Eva	●
	<b>NEW!</b> 1.45-3.45	Improvers Sewing Course (few places left!)	Barbara	●
	4-6pm	Ukrainian: Teen Drop-in	Jenny/Anastasiia	●
	7-8pm	Yoga Class	Sue	●
<b>TUESDAY</b>	9-11am	Ukrainian: Teen Drop-in	Jenny/Anastasiia	●
	11.30-1pm	Traveller Parent & Toddler	Eva	●
	12-1pm	Arabic Class	Asmaa	●
	2.40-3.45	Homework Club	Deiric	●
	4-6pm	Youth: Integrated Ukrainian Drop-in	Deiric	●
	7.8pm	Yoga Class	Kaye	●
<b>WEDNESDAY</b>	10-1pm	Textile Crew (Parliament Street)	Barbara	●
	11-2pm	Community Garden Group	Deiric	●
	11-12pm	Food Cloud	Barbara	●
	1:15-2:45	Men's Traveller Exercise Class	Eva	●
	2.40-3.45	Homework Club	Deiric	●
	4-6pm	Youth: Youth Programs / Drop-in	Emma	●
	6.15-7.15	Fitness class	Killian	●
	6.45-7.30pm	Irish Class	Deiric	●
<b>THURSDAY</b>	10-1pm	Garden Course	Deiric	●
	<b>NEW!</b> 10.30-12.30	Kids Club (Lahinch Leisure Centre)	Jenny/Anastasiia	●
	1pm-1.30	LCETB One-to-One Literacy Drop-In	Mary	●
	1.30-3.30	LCETB - Literacy Class	Mary	●
	2.40-3.45	Homework Club	Deiric	●
	4-6pm	Youth: Clare Youth Action	Emma	●
	4-6pm	Youth: Integrated Traveller Girls Group	Emma	●
	6-8pm	Youth Shack Youth Club (Parliament Street)	Emma	●
<b>FRIDAY</b>	9.30-12.30	Parent and Toddler Group	Deiric	●
	<b>NEW!</b> 10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny/Anastasiia	●
	1.30-3pm	Youth: Integrated Traveller Boys Bike Maintenance	Deiric	●
	1.30-3pm	Youth: Youth Programs / Drop-in	Emma	●
	3-4.30	Youth: Football (gender mixed, Parliament Street / The Yard)	Deiric	●

We also offer:

- CHILDCARE (Little Deers)
- COUNSELLING & PLAY THERAPY

**EASTER CAMP, 11<sup>th</sup> – 15<sup>th</sup> April:**

- Football
- Youth Animation and Film Festival "ECLIPSE 2023"

To contact the North-West Clare Family Resource Centre, Parliament St. Ennistymon, Co. Clare, V95 NX86

W: [www.northwestclarefamilyresourcecentre.com](http://www.northwestclarefamilyresourcecentre.com) E: [info@northwestclarefrc.ie](mailto:info@northwestclarefrc.ie) Ph: 065-7071144

# Other News



**Buttermarket Building**  
Waterpark House, Ennis,  
V95 N1NR  
Wednesday 19 April  
Registration 9:45 AM



Let's Talk **CLIMATE**  
action workshop

This half day workshop will include lunch and an afternoon site visit for Age Friendly Ireland network members to better understand the need for climate action at a local level.

#### The workshop includes;

- An introduction to climate science, impacts and solutions
- A focus on energy saving, carbon footprint and home energy upgrades.
- A facilitated workshop to identify possible climate actions at a local level
- Lunch followed by local site visit.

Registration starts at 9.45am.

Contact : Helen Moloney at [agefriendly@clarecoco.ie](mailto:agefriendly@clarecoco.ie) for information



HSE Health and Wellbeing have launched a new podcast series and you are invited to tune in. This series appeals to anyone interested in health and wellbeing from both a personal and professional point of view. The podcast includes interviews and insights on the work underway by HSE Health and Wellbeing and their many partners to deliver on the Healthy Ireland ambition of supporting, protecting and empowering individuals, families and their communities to achieve their full health potential

#### Episode 1

[HSE Talking Health and Wellbeing Podcast: Sláintecare Healthy Communities](#)

#### Episode 2

[HSE Talking Health and Wellbeing Podcast: Health and Wellbeing in the GAA](#)

#### Episode 3

[HSE Talking Health and Wellbeing Podcast: Tobacco Free Ireland](#)

#### Episode 4

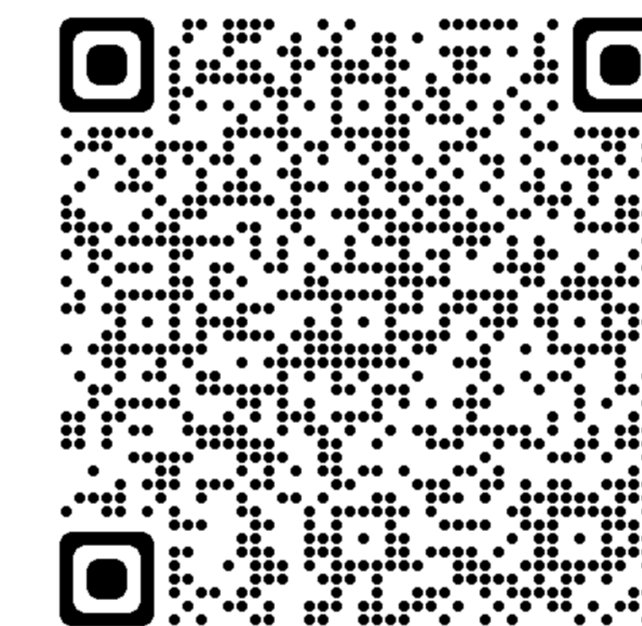
[HSE Talking Health and Wellbeing Podcast: Men's Health](#)

#### Episode 5

[HSE Talking Health and Wellbeing Podcast: Living Well Programme](#)

#### Episode 6

[HSE Talking Health and Wellbeing Podcast: Alcohol Action](#)



To find out more about the HSE's New Health and Wellbeing Podcast please visit

[www.hse.ie/eng/about/who/healthwellbeing/hse-talking-health-and-wellbeing-podcast/podcast.html](http://www.hse.ie/eng/about/who/healthwellbeing/hse-talking-health-and-wellbeing-podcast/podcast.html)

# Arthritis Ireland



**Arthritis Ireland's** helpline and online support is a confidential service that can provide you with support on a whole range of issues. Whether you are looking for information on arthritis or an Arthritis Ireland service or event.

- Their helpline staff are fully trained and will treat your call and your information with the strictest confidence.
- You will be able to speak to someone who has experience of living with arthritis themselves or caring for someone living with the condition.
- The team's extensive knowledge is enhanced further as they are updated on new developments daily.

**They are open Monday to Friday, 10am-4pm**

Contact [www.arthritisireland.ie](http://www.arthritisireland.ie) on 0818 252 846 and [helpline@arthritisireland.ie](mailto:helpline@arthritisireland.ie) for more information on Arthritis Ireland's supports and services

