

# Healthy Clare Newsletter

## December 2023



[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](https://www.instagram.com/healthyclareireland)



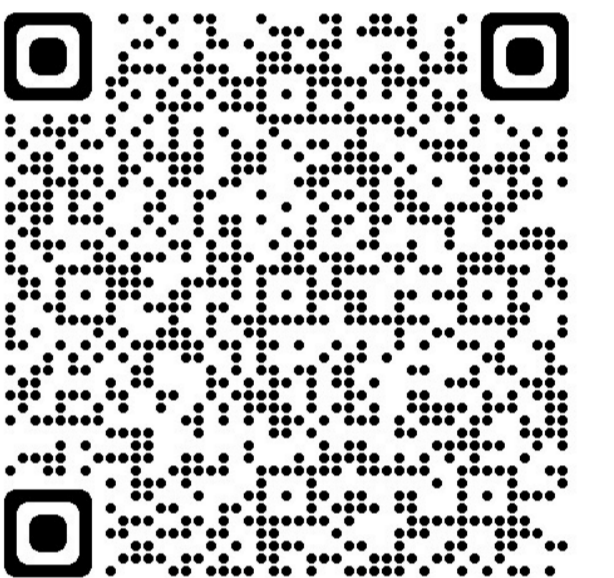
[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)  
[@healthy\\_clare](https://twitter.com/healthy_clare)  
[@healthyclareireland](https://www.instagram.com/healthyclareireland)

Clare County Council has launched a 2024 'Healthy Clare Calendar' that contains useful information and striking visual imagery as part of its commitment to support health and wellbeing in the community.

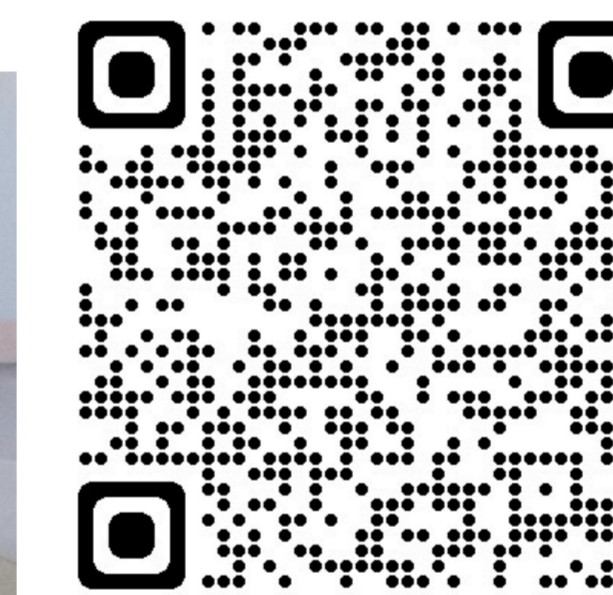
Members of the public can obtain a hard copy of the calendar free of charge from Clare County Council by emailing [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)

To view the Healthy Clare Calendar online please visit Clare County Council's dedicated webpage at: [www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)

The calendar was created in partnership with Clare County Council's Visit Clare, Clare Sports Partnership and Clare Libraries teams.



Coming Soon the Clare Health & Wellbeing Passport. For more information visit <https://yoursay.clarecoco.ie/blue-health-and-wellbeing-passport>



The Clare Farmers 'Weaving Stories Together' project is a creativity for wellbeing initiative developed by Clare County Council's Healthy Clare and Age Friendly Clare programmes in partnership with Cuimhneamh an Chláir (Clare Memories), IFA Clare Farm Families Committee and the HSE's Connecting for Life teams. The project which was funded by Creative Ireland - Clare targeted 5 Mart areas across County Clare (Ennis, Kilfenora, Kilrush, Scariff and Sixmilebridge), and worked with the farmers in those areas to graphically capture Past, Present and Future farming from our farmers perspective.

Read the booklet online by visiting [yoursay.clarecoco.ie/2474/widgets/54020/documents/938](https://yoursay.clarecoco.ie/2474/widgets/54020/documents/938)

If you would like a FREE copy of the booklet call into any of the Clare Libraries branches or call Clare County Council's Rural and Community Development Directorate on 065 684 6276 or email [agefriendlyclare@clarecoco.ie](mailto:agefriendlyclare@clarecoco.ie) (External link) and a copy will be mailed out to you.



# Physical Activity

## FREE Guided Walk around the Cliffs of Moher Experience



The Cliffs of Moher experience are offering FREE Early Morning Guided Tours over 3 Saturdays in December from 8:45am – 10.30am

- 2<sup>nd</sup> December
- 9<sup>th</sup> December
- 16<sup>th</sup> December

Limited Spaces available please book online using the following promo code **Clare23** to access complimentary admission.

<https://bookings.cliffsofmoher.ie/>



Active Ennis has added an extra class of Aqua Aerobics on Wednesday evenings @ 8.45pm. Their Aqua Aerobics classes are tailored to suit all ages and levels of fitness. Classes are 'pay as you go', so no need to pre-book.

### Aqua Aerobics Class Times are;

Monday and Wednesday 8.45pm

Tuesday and Friday 10am.

Cost is €7.50 adult, €6 OAP, €4 member



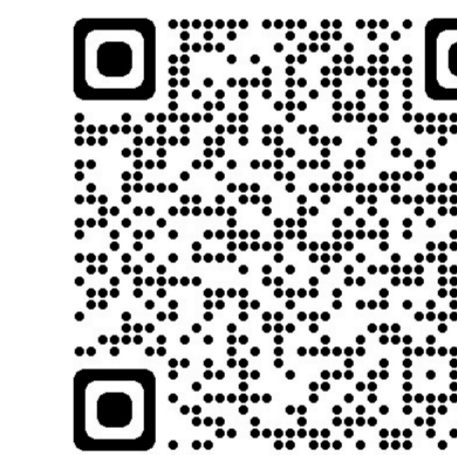
12 o'clock Hills have a Winter Solstice Walk happening on the 23<sup>rd</sup> December 2023, starting at 6pm. It is a 6km walk and marks the shortest day and the longest night.

To find out more go to

[www.facebook.com/12oclockhills/](http://www.facebook.com/12oclockhills/)

Parking at Belvoir carpark from 5.30pm  
All walkers must have a torch  
Wear appropriate clothing & waterproof boots  
STRICTLY NO DOGS ON THIS WALK  
DONATIONS APPRECIATED

[www.12oclockhills.com](http://www.12oclockhills.com)



Clare Sports Partnership is holding a free Disability Awareness Training Workshop designed to build awareness around people with disabilities participating in community sport and physical activity. On completion of the course all attendees will receive an Active Disability Ireland Certificate of Participation endorsed by Sport Ireland.

To register go to

<https://claresports.ie/event/disability-awareness-training-december-4th>

**Dec 26th**  
11:00 AM

Ennis Track AC  
2023  
**TURKEY Trot**

FAMILY FRIENDLY 5K RUN & WALK  
All Welcome  
Lees Road €5 per person - €20 per family  
St Stephen's Day  
10:30 Registration | 11:00 Start |

Ennis Track are hosting a Family Friendly 'Turkey Trot' 5K Run & Walk in Lee's Road, Ennis on St. Stephen's Day 26<sup>th</sup> December 2023

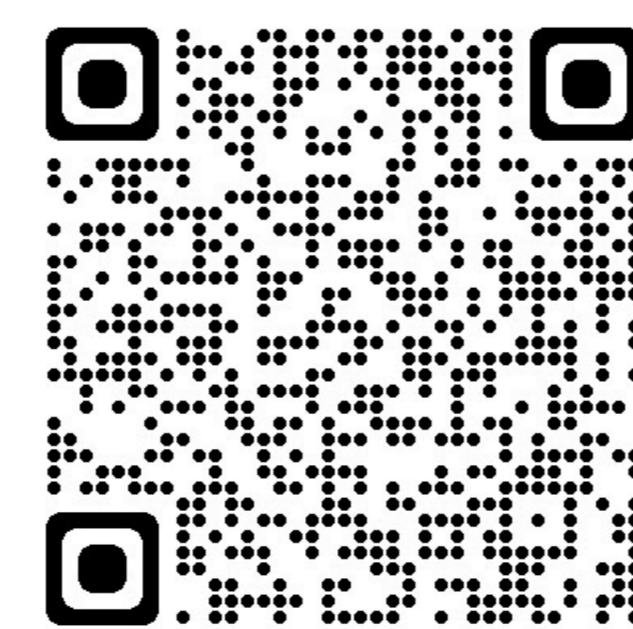
10:30am  
Registration  
€5 / person  
€20 / Family

[www.facebook.com/ennis.track](http://www.facebook.com/ennis.track)



Expressions of Interest to join the Irish Life GAA Healthy Clubs Programme will open on November 18th 2023 and close on January 5th 2024.

<https://healthyclubs.gaa.ie>



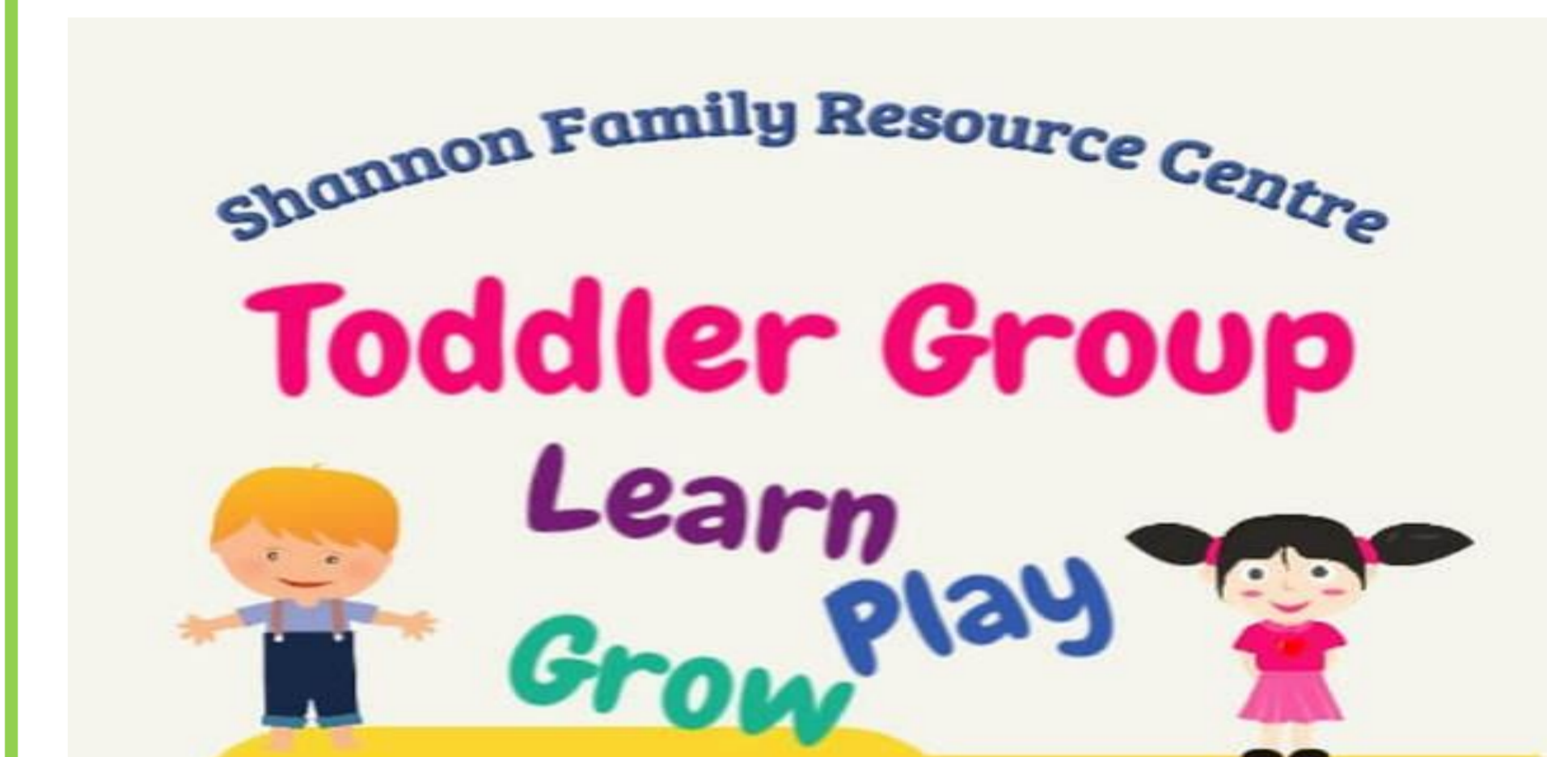
1 Month Membership  
1st - 31st December  
Gym & Pool  
**€50**

"Don't forget Gift Vouchers available here makes the perfect gift"

Active Ennis, gym and pool special membership for €50.00 through the month of December (1<sup>st</sup> -31<sup>st</sup>)

For more info. visit [www.activeennis.ie](http://www.activeennis.ie) or

call 065 682 1604



Shannon FRC's Toddler Group meets every Friday morning from 10am – 12pm  
Toys, games, crafts and more.  
Snacks provided for children, tea/coffee for adults  
€2 / session

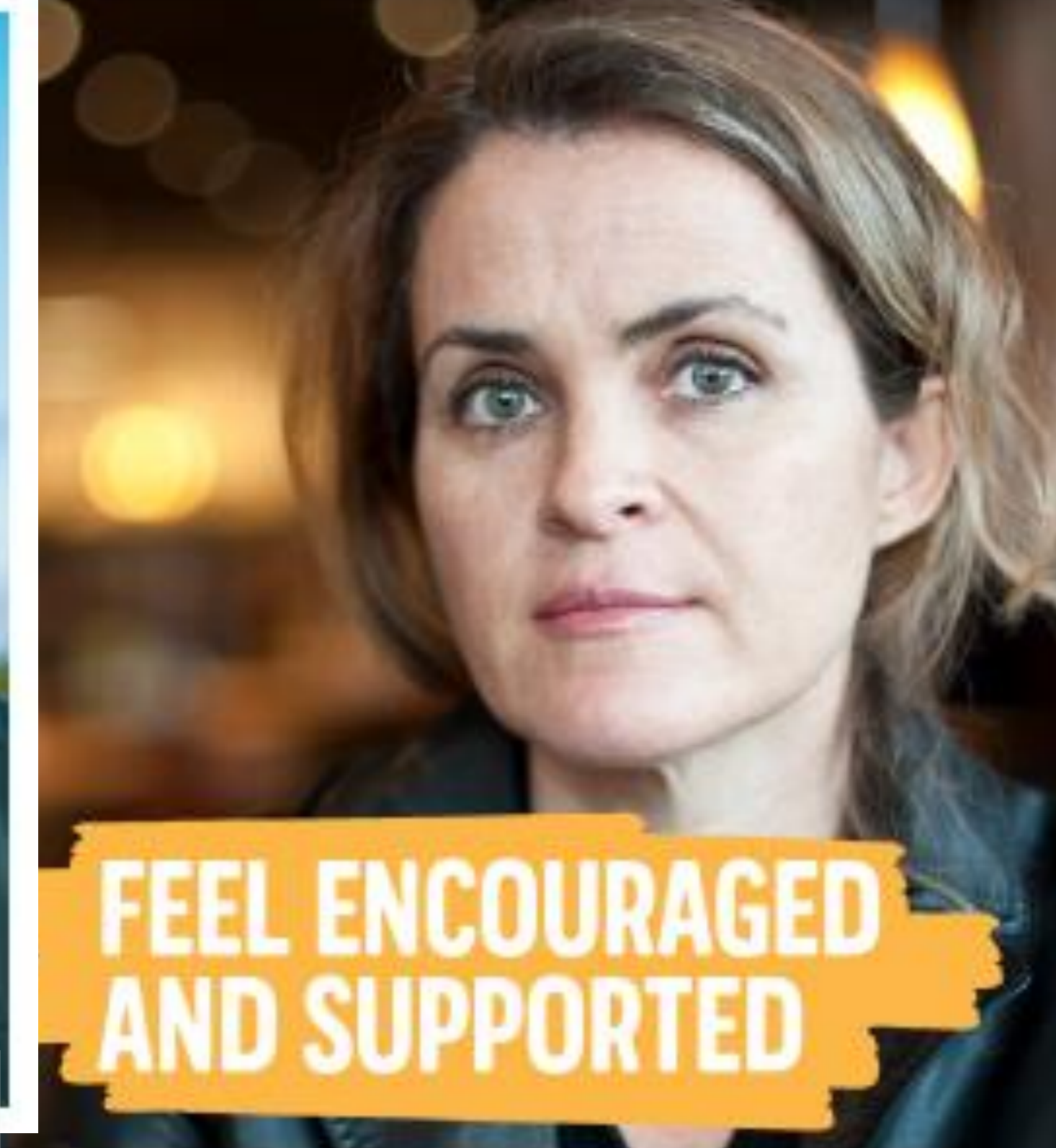
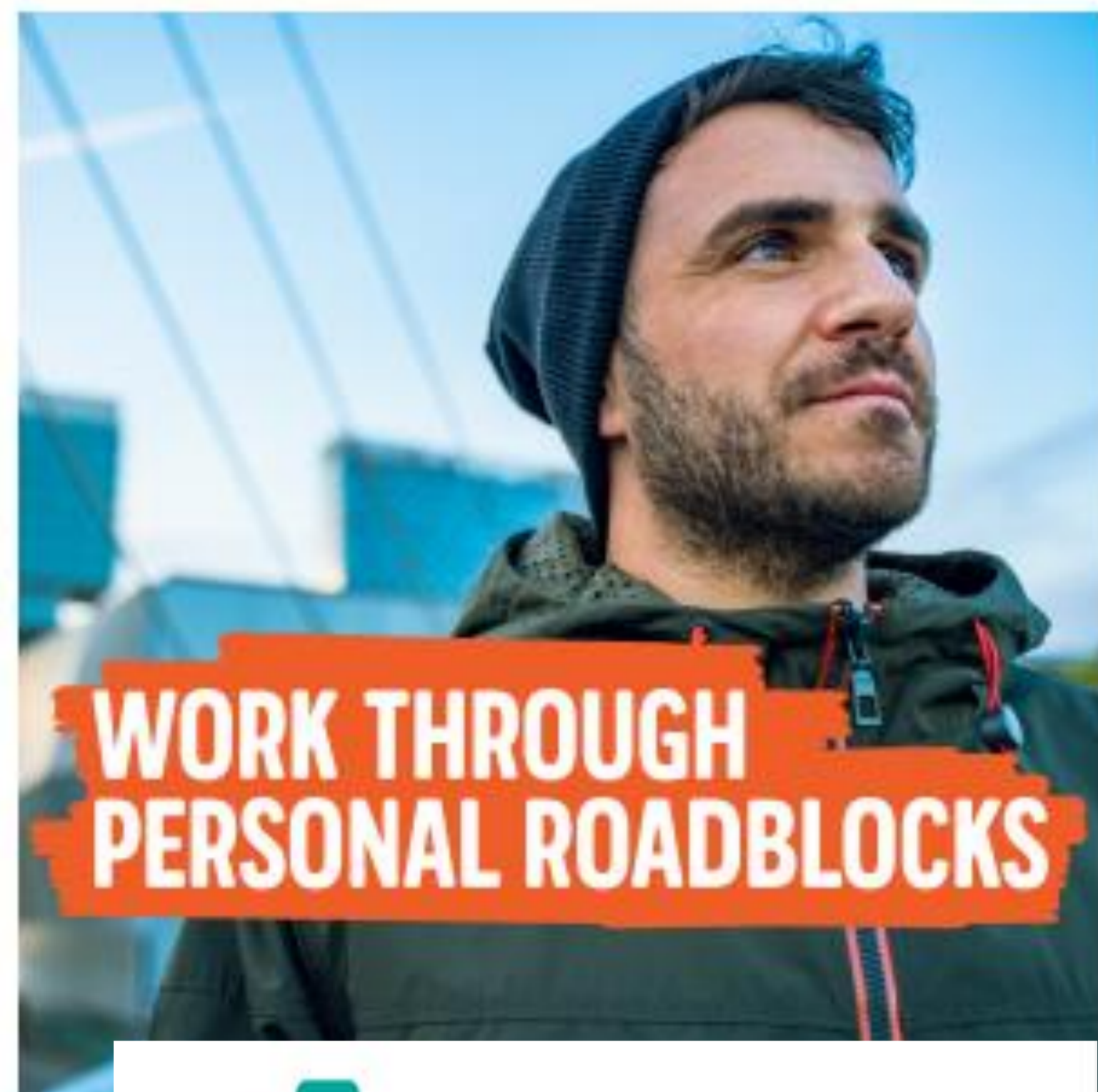
Address: Community Building, Rineanna View, Shannon, Co. Clare, V14 XV97

Tel: 061 707 600

Email: [annapsfrc@gmail.com](mailto:annapsfrc@gmail.com)



# Mental Health



Grow - Recovery through community

Peer support groups are for anyone experiencing mental health issues.

Ennis meeting

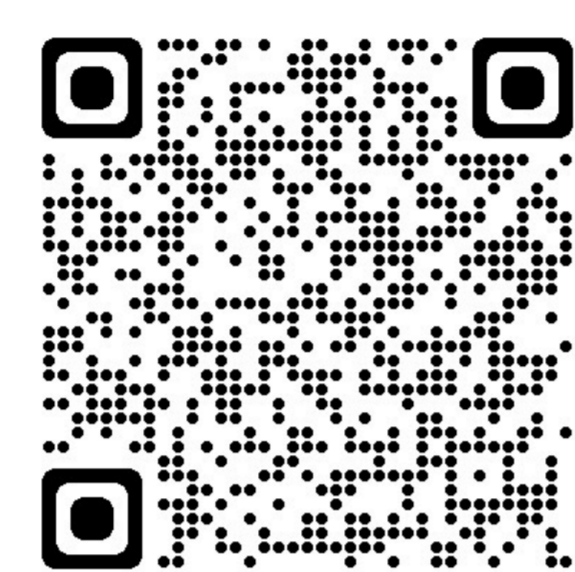
Maria Assumpta Hall

Every Monday night

8-10pm

Contact Celia 086 152 6966 [www.grow.ie](http://www.grow.ie)

**'Mental health promotion is not a solo pursuit.'**  
- Martin Rogan



HSE Talking Health and Wellbeing podcast, host Fergal Fox talks to Martin Rogan, the CEO of Mental Health Ireland. They discuss the organisation's work in promoting mental health and wellbeing, the importance of collaboration and understanding in mental health promotion, [www.youtube.com/watch?v=FSttc7FLiL8](https://www.youtube.com/watch?v=FSttc7FLiL8)

**Hello Again World**

hi healthy Ireland  
Rialtas na hÉireann  
Government of Ireland

Reconnecting with others is good for everyone's health. Being connected with family and friends is a really important way of looking after your physical and mental wellbeing. Find out more about the benefits of social connections, how you can build your social connections and how to help others by visiting the below website address

[www.gov.ie/en/campaigns/6c10f-social-connections/?referrer=http://www.gov.ie/socialconnections/](http://www.gov.ie/en/campaigns/6c10f-social-connections/?referrer=http://www.gov.ie/socialconnections/)

Youth Mental Health  
Winter 2023  
Art and Photographic Competition

Two Age Categories for both Art & Photography:  
12-14yrs and 15-17yrs

1st Prize of €40 gift voucher in each category  
2nd Prize of €30 gift voucher in each category  
Additional Merit prizes may be awarded  
Closing date: 6th December 2023

Entries to [clubdevelopment@clareyouthservice.org](mailto:clubdevelopment@clareyouthservice.org)  
Presentation of prizes 13th December 2023

Clare Youth Service are asking you to check out the Comhairle na nOg Art and Photography Competition.

There are two age Categories

- 1) Ages 12 – 14 Years and
- 2) Ages 15 – 17 Years.

All Entries to be forwarded to Club Development either by e-mail or post.

Closing Date is the 6th December

Email

[clubdevelopment@clareyouthservice.org](mailto:clubdevelopment@clareyouthservice.org)

for more info

[www.facebook.com/ClareYouthService/](https://www.facebook.com/ClareYouthService/)

Save the date  
Hope Over Silence  
December 6th  
7pm

Pieta are asking their followers, supporters, Darkness Into Light Committees and communities all over Ireland to light a candle of hope for Misneach.

Send a text to a loved one, light a candle, share a cup of tea with someone. [www.pieta.ie](http://www.pieta.ie)

Free Online Mental Health & Wellbeing Workshops  
For anyone aged 18+ with an interest in mental health

December 2023

**Creativity for Wellbeing**  
Tuesday, 5<sup>th</sup> December from 2 – 4pm

**Managing Wellbeing & Mental Health Recovery**  
Tuesday, 12<sup>th</sup> December from 2 – 4pm

**Let's Talk Resilience at Christmas**  
Tuesday, 19<sup>th</sup> December from 2 – 4pm

All workshops are FREE and can be booked on [www.eventbrite.ie/o/mid-west-aries-30819577380](http://www.eventbrite.ie/o/mid-west-aries-30819577380)

For more information contact Margaret Keane on [margaret.keane9@hse.ie](mailto:margaret.keane9@hse.ie)



# Eating Well



## Why your body needs fibre

### How can I eat more fibre?

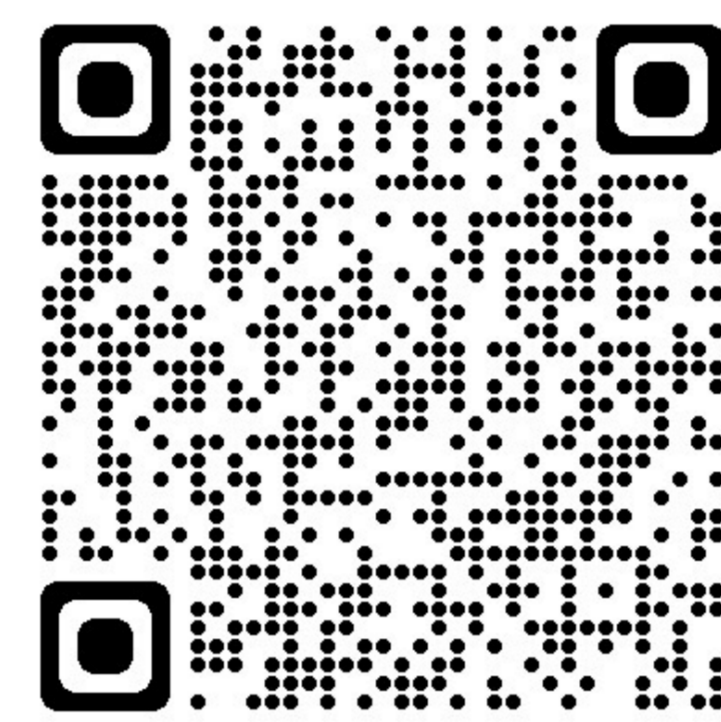
Fibre is only found in foods that come from plants. Here are some simple tips to keep your digestion healthy:

1. **Pick whole grain.** (wholegrain bread, whole wheat pasta, brown rice & wholegrain cereals).
2. Include a **variety of vegetables** in your diet. (Try vegetable soup or salad at lunch or a vegetable stir-fry for dinner.)
3. **Eat fruit.** Try to have 2-3 portions of fruit each day. (Slice a banana on your cereal, slice some fruit into your salad or enjoy as a snack) as dessert.
4. **Eat potato skins.** Most of a potatoes fibre is in its skin. Try baked, boiled or jacket potatoes with their skins.
5. **Include peas, beans and lentils** in your diet more often. Add to soup, salads, stews or casseroles three or four times a week.
6. **Add seeds,** which are high in fibre, to your diet. Sprinkle them on cereal, yoghurts, salad or in your homemade bread.
7. **Dried fruit and nuts** are high in fibre, yet can still have a lot of calories. A good amount is a handful size of raisins or nuts as a snack.
8. **Drink fluids.** You need water so fibre can work properly. Try to drink eight glasses of fluids each day. Water and milk are best. Remember to drink more when exercising or when it is hot.
9. Follow the **healthy eating guidelines** to ensure you are getting enough dietary fibre.

Getting enough fibre helps lower one's risk of heart disease, diabetes and weight gain.

When it comes to preventing constipation and maintaining your gut health, fibre is the way to go, along with plenty of fluid intake.

[www.safefood.net/healthy-eating/fibre](http://www.safefood.net/healthy-eating/fibre)



Safefood's are asking do you know we all should be taking a Vitamin D supplement? It's because we don't get enough in our diet or enough exposure to the sun.

How much you need depends on age, skin tone, time you spend outdoors and the time of the year.

Find how much you need here:

[www.safefood.net/Blog/November-2022/Do-you-need-to-take-a-vitamin-D-supplement](http://www.safefood.net/Blog/November-2022/Do-you-need-to-take-a-vitamin-D-supplement)

## Clare Garden Festival

*Growing Urban, Wild and Strong*

FEATURING	LAUNCH of our Urban Farming Video	GARDENS
Tom Barry	Tuesday, 05 <sup>th</sup> December, 6.30pm De Valera Library, Ennis Town	Ennis Allotments
Colm O Driscoll		Ennistymon Community Garden
Feidhlim Harty		Killaloe Community Garden
Shirley Brohan		Shannon Allotments
Dena McGrath		Music by LOS PADDYS
Carmen Cronin		

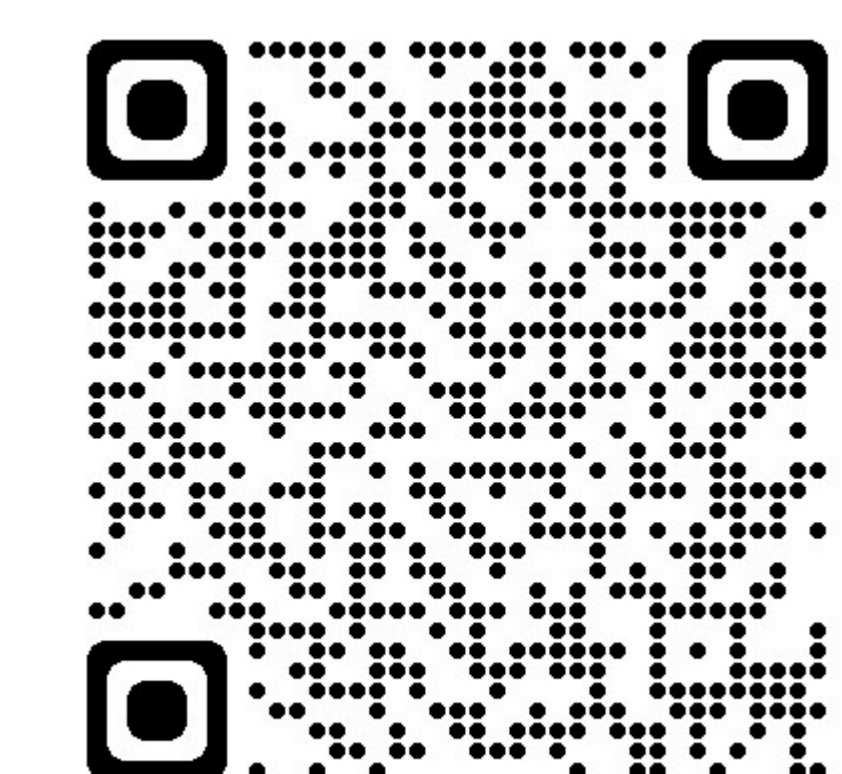
URBAN FARMING It's for everyone!!

www.claregardenfestival.com



Stop Food Waste is the national campaign to give you information and tips on how to make the most of your food and avoid food waste. Reducing food waste is an easy action you can take to save money, time and lessen your impact on the environment.

<https://stopfoodwaste.ie>



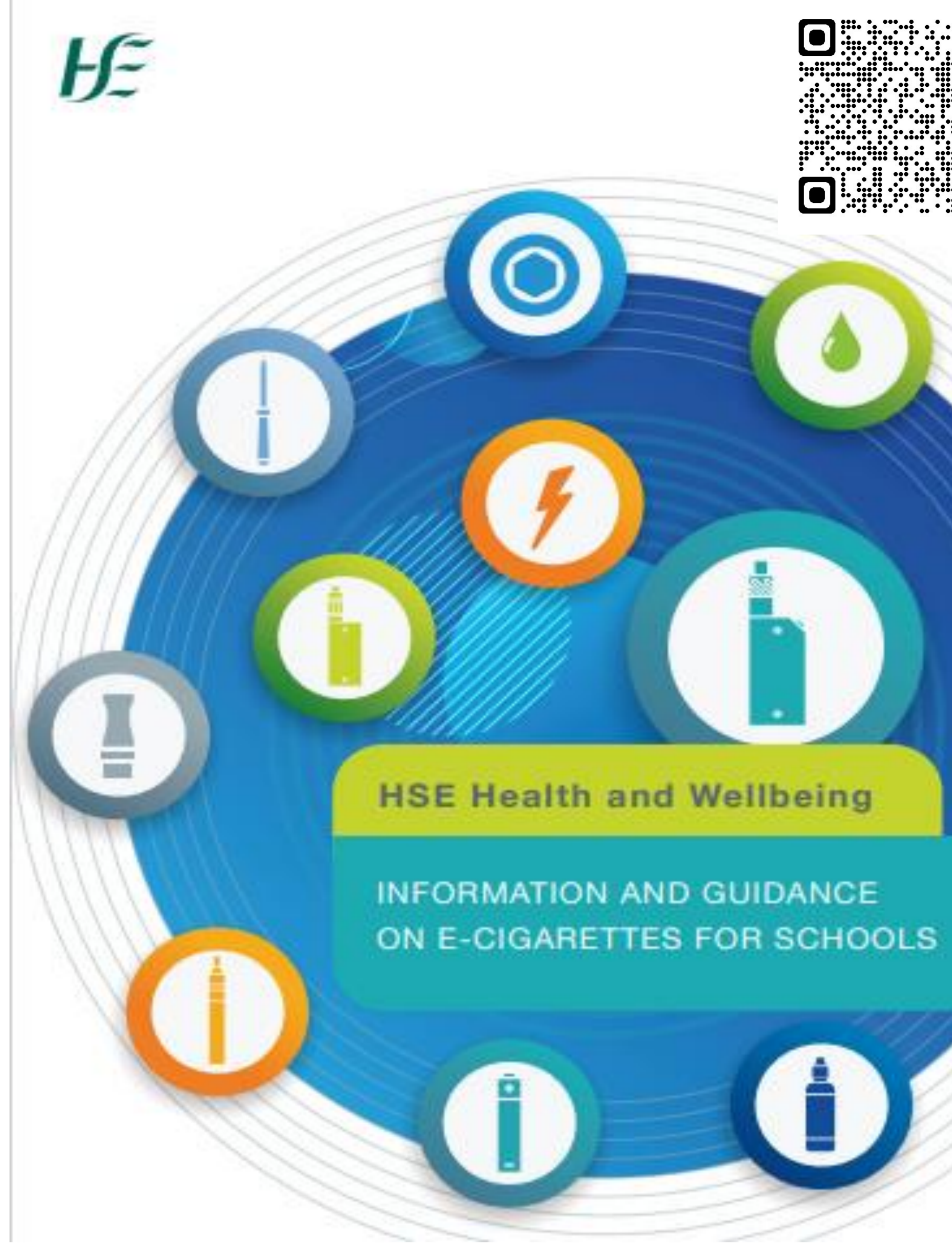


# Tobacco Free, Reducing Drugs & Alcohol Related Harm



The HSE have produced two booklets regarding Vaping and E-Cigarettes.

- (1) an information booklet for Parents, Guardians and Young People  
[www.hse.ie/eng/about/who/tobaccocontrol/resources/hse-vaping-and-e-cigarette-informaton-2023.pdf](http://www.hse.ie/eng/about/who/tobaccocontrol/resources/hse-vaping-and-e-cigarette-informaton-2023.pdf) and
- (2) the other is Information and Guidance on E-Cigarettes for Schools  
[www.hse.ie/eng/about/who/tobaccocontrol/resources/e-cigarette-resources.html](http://www.hse.ie/eng/about/who/tobaccocontrol/resources/e-cigarette-resources.html)



**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)

**Do you want help with Quitting smoking?**

**QUIT**



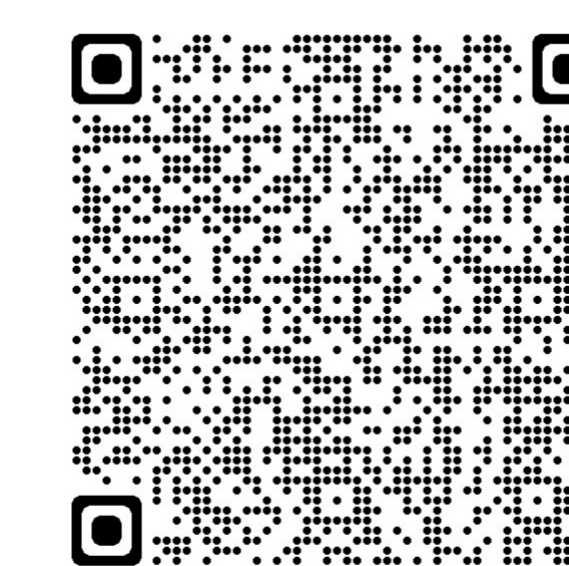
To learn more, or to sign up to the QUIT Service Contact **065 6865841** or email [quit.midwest@hse.ie](mailto:quit.midwest@hse.ie)



**ADDICTION SUPPORT & OUTREACH WORK**

In Kilrush

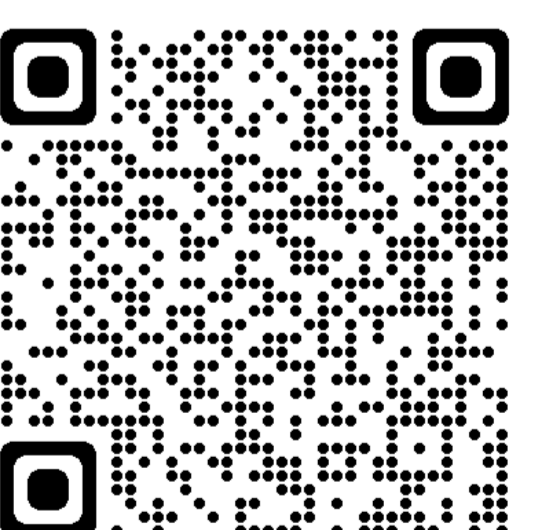
Mid West Simon are delivering this project. Contact Michaela by emailing [Michaela.lynch@mwsimon.ie](mailto:Michaela.lynch@mwsimon.ie) or calling 086 1911223



Public consultation on tobacco & nicotine inhaling products such as e-cigs & vapes Open Now - closing 5th Jan 2024  
[www.gov.ie/en/consultation/a6f8f-public-consultation-on-further-regulation-of-tobacco-and-nicotine-inhaling-products/](http://www.gov.ie/en/consultation/a6f8f-public-consultation-on-further-regulation-of-tobacco-and-nicotine-inhaling-products/)



**GAMBLINGCARE.ie**



Phone lines are open until 11pm every night, to help and support people and families being harmed by gambling in Ireland. Problem Gambling is a year-round problem, and their supports are available for you 365 days of the year. Visit [www.gamblingcare.ie](http://www.gamblingcare.ie) for referrals to a range of supports or call the National Helpline on 1800 936 725 between 9am and 11pm daily.

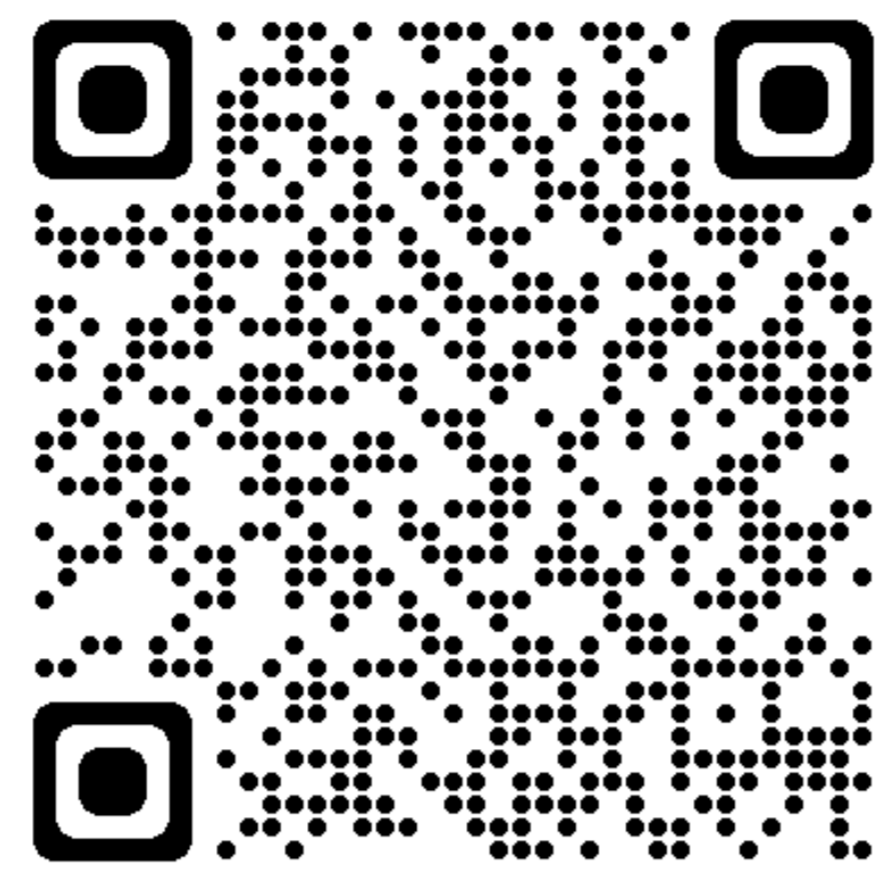


# Sexual Health



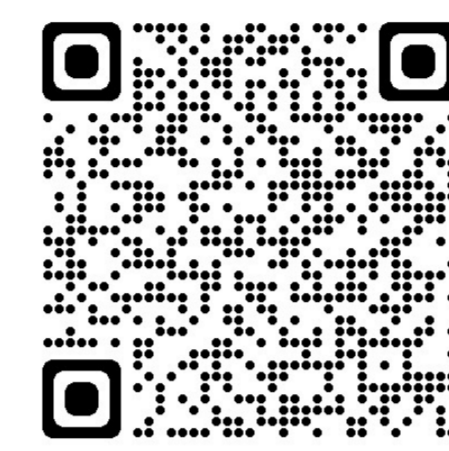
sexualwellbeing.ie

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



**Fertility Wellbeing**  
Episode #32 - Talking Health & Wellbeing

**'It really is a miracle that it happens naturally.'**  
- Mary Wingfield



In this episode Professor Mary Wingfield, Consultant Obstetrician Gynecologist at the National Maternity Hospital, Dublin, discuss various aspects of fertility.

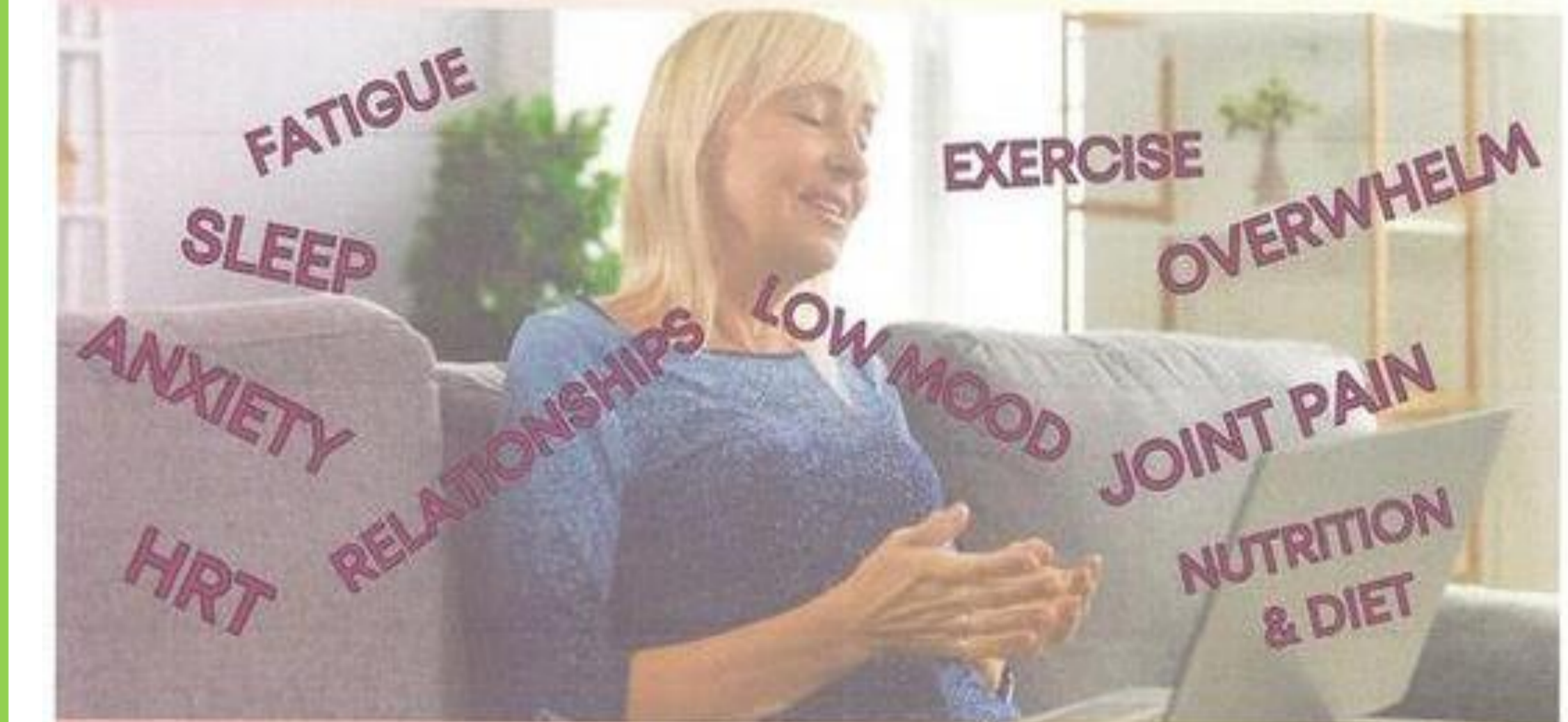
[www.youtube.com/watch?v=ubvx9Z1u6fA](http://www.youtube.com/watch?v=ubvx9Z1u6fA)

## Creating Your Menopause

A 2 hour webinar with Niamh Daly, full of information & strategies to help you understand & support your body, heart & mind during perimenopause & into the decades beyond.



WEDNESDAY NOVEMBER 15TH 7-9PM



Niamh specialises in adapting lifestyle to support women through midlife and into the decades after menopause. She has been teaching Yoga since 2004 and is a Pilates Instructor, Nutrition Coach and Somatic Education Coach.



If you are approaching, in, or past menopause, you are welcome. If you would like to understand and support a beloved sister, parent, partner, friend or colleague, you are welcome.



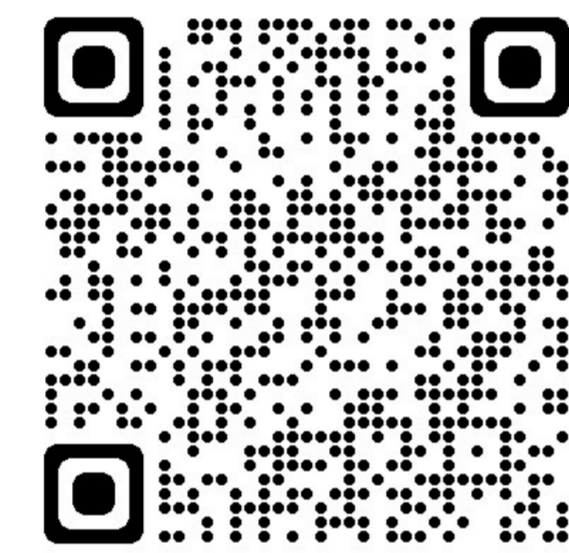
Watch the 'Creating Your Menopause' webinar recording on [www.shannonfrc.com/menopause.html](http://www.shannonfrc.com/menopause.html)

### Cancer Screening eLearning Programmes

Bowel screening    Cervical screening    Breast screening

The HSE has created a Cancer Screening eLearning Programme for healthcare professionals delivering screening messages in the community.

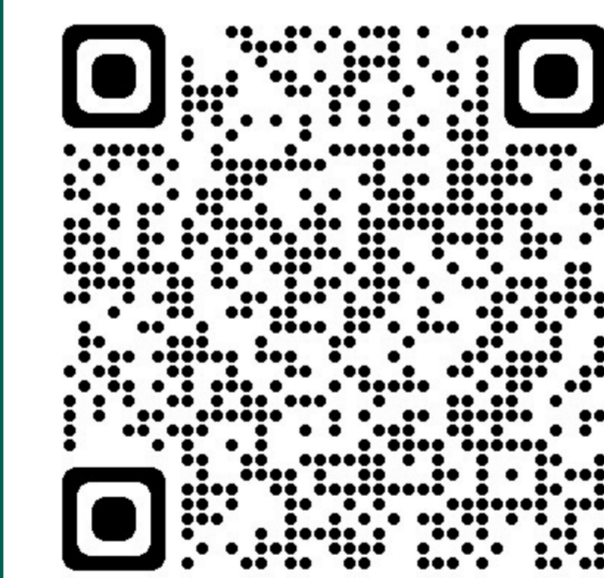
[www.hseland.ie](http://www.hseland.ie)



**HSE hi Healthy Ireland**

## Understanding HIV in 2023

Episode #34 - Talking Health & Wellbeing  
with Professor Fiona Lyons and Aoife Commins



In this episode of the HSE Talking Health and Wellbeing podcast, host Eamon Keogh discusses HIV with Professor Fiona Lyons, HSE Clinical Lead of the Sexual Health and Crisis Pregnancy Program and Consultant in Genitourinary Medicine at Saint James' Hospital Dublin, and Aoife Commins, a practicing nurse who is living with HIV. They cover the progress made in HIV treatment, the importance of early intervention, and the challenges of stigma and discrimination. [www.youtube.com/watch?v=Y7lohBPI4dM](http://www.youtube.com/watch?v=Y7lohBPI4dM)

**GOSHH**

## YOU ARE ALWAYS WELCOME AT GOSHH

SOCIAL GROUPS  
CONSELLING & PERSONAL SUPPORT  
TRAINING & EDUCATION WORKSHOPS  
CONFIDENTIAL HELPLINE - 061 316 661  
FREE RAPID TESTS - HIV, SYPHILIS AND HEPATITIS C  
INFORMATION & ADVOCACY  
FREE LUBE AND CONDOMS  
FREE PERIOD PACKS

REDWOOD PLACE, 18 DAVIS ST, LIMERICK.    INFO@GOSHH.IE    061 314 354

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

REDWOOD PLACE,  
18 DAVIS STREET,  
LIMERICK  
061 314354  
[info@goshh.ie](mailto:info@goshh.ie)  
[www.goshh.ie](http://www.goshh.ie)

FREE CONDOMS

**HPV vaccine**

## The HPV virus causes 1 in 20 cancers worldwide.

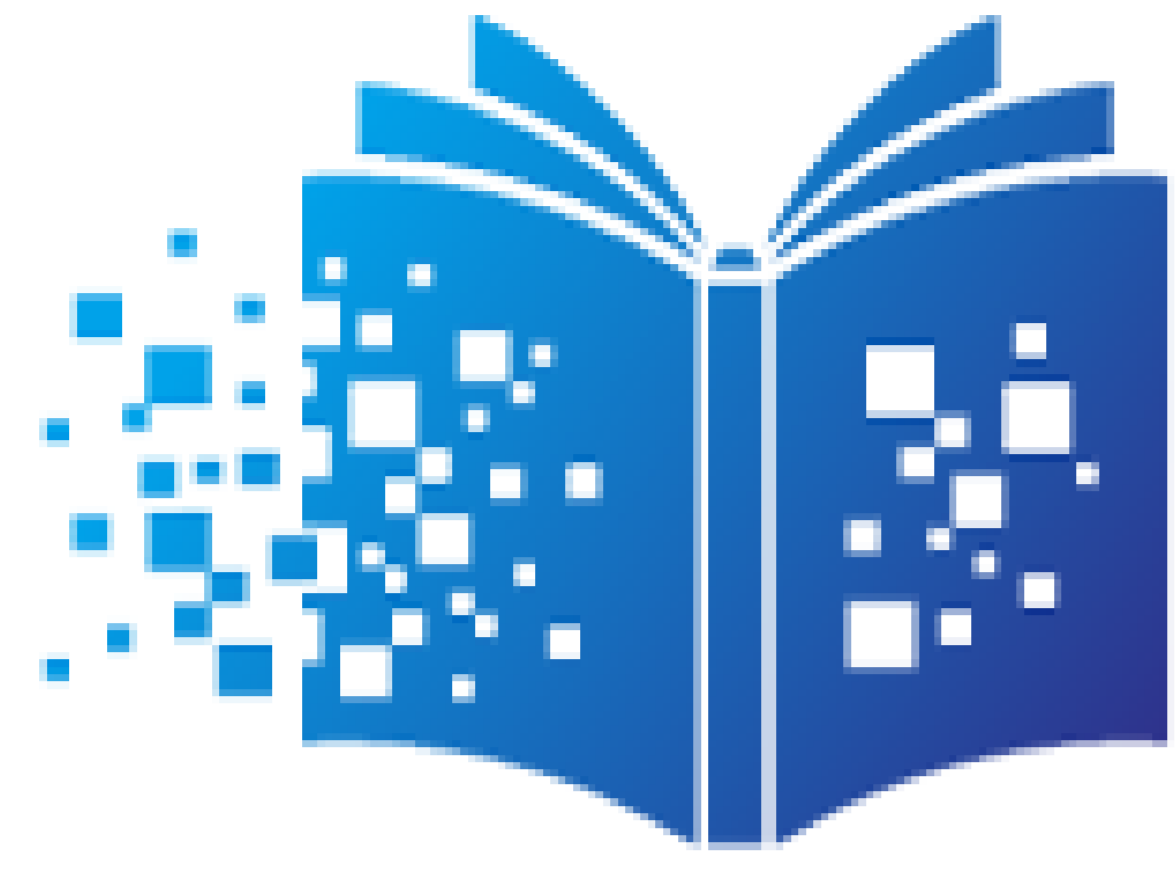
Get the facts at [hpv.ie](http://hpv.ie)

**HSE**  
Laura Brennan HPV Vaccine Catch Up Programme

[www.hse.ie/eng/health/immunisation/pubinfo/schoolprog/hpv/hpv-vaccine-catch-up-programme/](http://www.hse.ie/eng/health/immunisation/pubinfo/schoolprog/hpv/hpv-vaccine-catch-up-programme/)

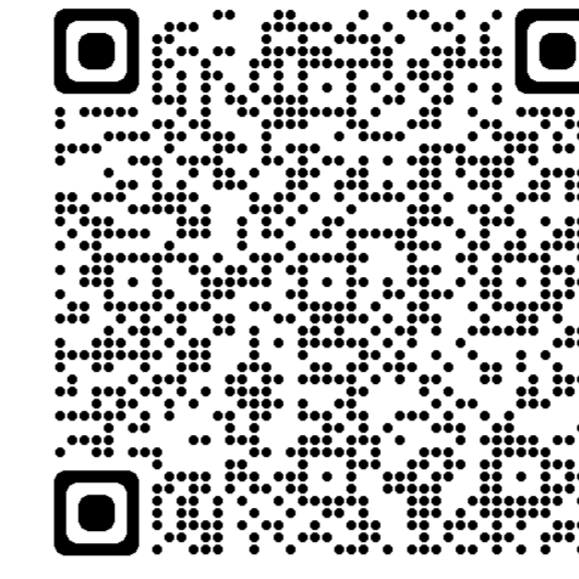


# Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

# Libraries



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



[library\\_mailbox@clarecoco.ie](mailto:library_mailbox@clarecoco.ie)



<https://twitter.com/clarelibrary>



065 6846350



[www.facebook.com/clarecountylibrary](http://www.facebook.com/clarecountylibrary)



[www.instagram.com/clarecountylibrary](http://www.instagram.com/clarecountylibrary)

There are lots of great events happening every month across the 15 Clare Library branches.

Check out what's happening in a library branch near you by

stopping in and speaking with your local librarian or visiting their dedicated events page on <https://clare.spydus.ie>



Age Friendly Mornings



Scramble Club



English Language  
Classes



Parent / Carer &  
Toddler Groups



Citizen Information Events



Chess Club



Knitting & Nattering Sessions



Festive Storytime



Lego Clubs



Club Leabhar as Gaeilge



My Baby and Me  
Programme



Festive Movie



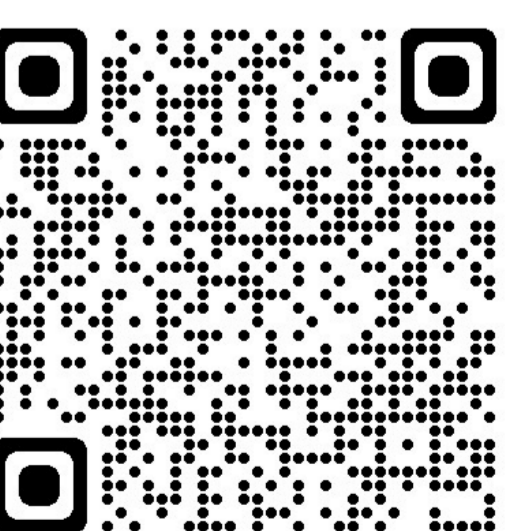
**Winter Wildlife Talks –  
Peatland Restoration and County  
Wetland Inventory Surveys**  
with Barry O'Loughlin  
(Clare County Council's Biodiversity Officer)  
Location: Shannon Library  
Date: 5<sup>th</sup> December 2023  
Time: 6:45 PM to 7:45 PM  
This is a free event.

- 1 Download the Libby app.
- 2 Find your library.
- 3 Enter your library card.

Enjoy!



Libby.  
The library reading app



Did you know you can access 3,000+ digital magazines for free on [Libby App](https://www.libby.com) with your library membership?

[www.librariesireland.ie/elibrary/emagazines](http://www.librariesireland.ie/elibrary/emagazines)



# Other Health & Wellbeing News



## What's on in December 2023

Phone us: 065 707 1144  
Parliament Street, Ennistymon, Co. Clare



Private Groups  
Groups hosted by NWCFC  
Closed to new entrants  
Contact us to join  
Feel free to walk-in and meet us

DAY	TIME	ACTIVITY	ORGANISED BY
MONDAY	10-15-12.15	Baby Massage	Barbara
	10am-12pm	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasiia
	10.30-12.30	Drop-in Service (Parliament Street)	Barbara
	4pm-6pm	Teen Club	Jenny, Anastasiia
TUESDAY	11.30-1pm	Traveller Playgroup (up to 4 years old, Parliament Street)	Eva
	2.40-3.45	Homework Club	Joeann
	4pm-6pm	Integrated Youth Club (music)	Deiric, Jenny, Anastasiia
	7pm-8pm	Yoga Class	Kaye
WEDNESDAY	7am-8am	Yoga Class	Kaye
	10-1pm	Textile Crew (Parliament Street)	Barbara
	11-2pm	Community Garden Group	Deiric
	11-12pm	Food Cloud	Barbara
	2.40-3.45	Homework Club	Joeann
	4-6pm	Youth: Youth Programs / Drop-in	Deiric
	6.45-7.30pm	Irish Class	Deiric
	7pm	Men's Shed	Deiric, Joeann
6.15-7.15pm	Fitness Class	Killian	
THURSDAY	10.30-12.30	Garden Course	Deiric
	10-1pm	Patchwork Course	Barbara
	10.30-12.30	Kids Club (Lahinch Leisure Centre)	Jenny, Anastasiia
	1.30-3.30	LCETB - Literacy Class	Mary
	2.40-3.45	Homework Club	Joeann
	4-6pm	Youth: Clare Youth Action	Deiric
	4-6pm	Youth: Girls Group	Deiric
6-8pm	Youth Shack Youth Club (Parliament Street)	Deiric	
FRIDAY	9.30-12.30	Parent and Toddler Group	Joeann
	10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasiia
	11-12.30pm	Breastfeeding Group (every second week)	Joeann
	1.30-3pm	Youth: Youth Programs / Drop-in	Deiric
	2.40-3.45	Homework Club (Art & Craft)	Joeann
	3-4.30	Youth: Football (gender mixed, Parliament Street/The Yard)	Deiric

**We also offer:**

- Childcare (Little Deers)
- Counselling & Play Therapy

5<sup>th</sup> December – International Volunteer Day (thank you to all our volunteers!)  
We will be closed from the 25<sup>th</sup> December and reopen on the 2<sup>nd</sup> January 2024

## Getting Started Learning Opportunities!

Age Action runs free one-to-one digital literacy classes for older people with basic or no computer/smart device experience

In Classes, learners will be supported to:

- Send and receive emails
- Navigate the internet
- Download apps
- Shop and book flights and much more

Courses run for 2 hours once a week for 5 weeks  
Classes held in community venues around the country  
Courses can be taught on laptops, tablets and smartphones

For more information, or to sign up to a course, contact their Getting Started Team on [gettingstarted@ageaction.ie](mailto:gettingstarted@ageaction.ie) or call 0818 911 109



## Parenting Peer Support Dates 2023

**Creative Play at Home - Tuesday, 5<sup>th</sup> December**


Cathy from the Swallows Trail Parenting will educate parents on a range of techniques for engaging with their children in playtime at home

**Christmas Crafts – Tuesday, 19<sup>th</sup> December (9:45 → 11:45am)**

Craft Tutor Shelia will support the parents to create their own Christmas Table Centre Piece or Wreath for the family table / door

For more information visit [www.shannonfrc.ie/parentingpeersupport](http://www.shannonfrc.ie/parentingpeersupport)





## Age Action's Care and Repair service

can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return

The Age Action team does small DIY jobs, free of charge for older people to help maintain their homes and their independence. If you require work done in your home to make it safer after a stay in hospital they can help.

If you're a professional working with older people who would benefit from this service you can download a referral form from [www.ageaction.ie](http://www.ageaction.ie)

For more information visit [www.ageaction.ie/how-we-can-help/care-and-repair](http://www.ageaction.ie/how-we-can-help/care-and-repair) or contact the Age Action National Line on 0818 911 109 or Email [careandrepair@ageaction.ie](mailto:careandrepair@ageaction.ie)




## HOW TO SET UP PARENTAL CONTROLS

### A GUIDE FOR PARENTS

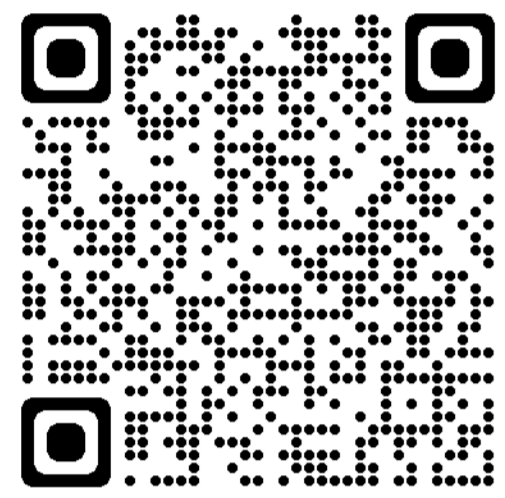
For more online safety advice, information and resources visit the Webwise Parents Hub. [www.webwise.ie/parents](http://www.webwise.ie/parents)

Webwise have put together a Guide for Parents on how to set up parental controls on all devices.

For more info go to : <https://bit.ly/2MEzQR6>



# Other Health & Wellbeing News



## Ennis Local Transport Plan

### Baseline Study online public consultation

Ennis Municipal District is seeking to understand how local residents, students, workers and visitors currently travel to and around Ennis, to identify what would make travel easier for people including journeys made by foot, bike, public transport and by car. Your answers to this survey will help us understand the challenges and opportunities facing users of the transport network in Ennis and **will inform the development of the Ennis Local Transport Plan.**

To complete the survey, visit

<https://www.clarecoco.ie/news/ennismd/ennis-local-transport-plan.html>



## WEST CLARE WOMENS SHED CHRISTMAS COFFEE MORNING

Saturday 2<sup>nd</sup> December 2023 12 – 2pm

Refreshments Provided

For more info. & to book your cuppa: text or call

Claire 085 876 8522

CHECK YOUR... Heart Failure Risk



✓ Discuss with your GP/ DiabetesTeam

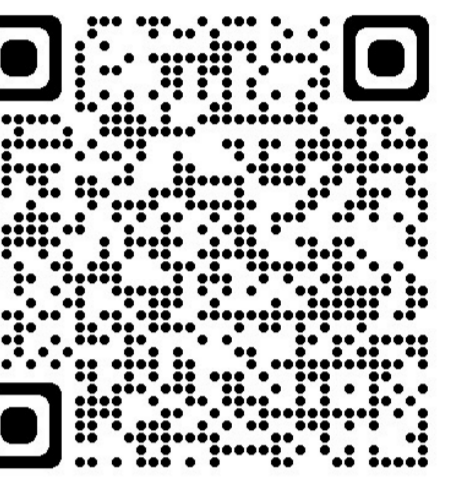
✓ Know the symptoms of HeartFailure

WHY?

Every person living with diabetes should be aware of their heart failure risk level.



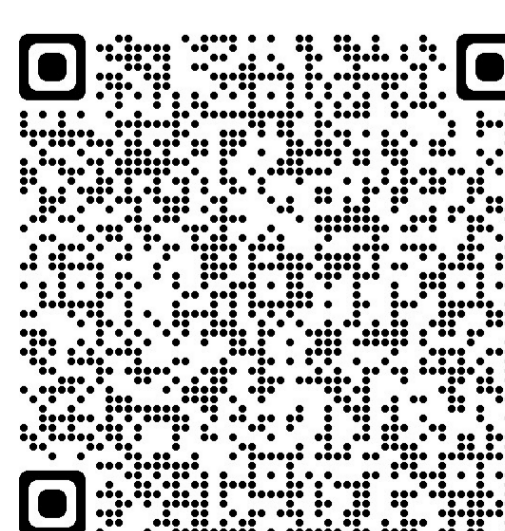
SUPPORTED BY AN EDUCATIONAL GRANT FROM ROCHE AND ASTRAZENCA



A new campaign “Check, Know, Discuss, Prevent Heart Failure “ launched by Diabetes Ireland highlights that every person living with diabetes should be aware of their heart failure risk. Diabetes is one of the primary causes of heart failure and people living with diabetes need to be aware that heart failure can be a major complication of diabetes

For more info go to [www.diabetes.ie/check-know-discuss-prevent-heart-failure/](http://www.diabetes.ie/check-know-discuss-prevent-heart-failure/)

## IN PARTNERSHIP WITH



ONLINE Restorative Practices is for Life, Not just for Christmas Webinar  
Monday, 4<sup>th</sup> December 2023  
From 7pm – 8pm

[Webinar Registration - Zoom](#)



QuareClare annual Christmas Social is on to be held on  
**Saturday, 16<sup>th</sup> December 2023 5 - 9pm**  
at the Monks Society in Ennis. To book your ticket visit

[www.QuareClare.ie/christmas](http://www.QuareClare.ie/christmas)

## BEYOND BORDERS BOOK CLUB

One of the most popular events of the Ennis Book Club Festival’s annual programme.

The Beyond Borders Book Club returns for the Winter and Spring of 2023 / 2024. The Book Club explores books from outside of Ireland to see how literature can enrich our experience of culture and heritage from across the world.

Happening at the Temple Gate Hotel, chaired by poet Sarah Clancy.

**Wednesday, 13<sup>th</sup> December from 6:30pm**

Nandi Jola (South Africa) discusses ‘We Need New Names’ by NoViolet Bulawayo

**Wednesday, 7<sup>th</sup> February from 6:30pm**

Natasha Remoundou (Greece) discusses ‘Why I Killed My Best Friend’ by Amanda

Michalopoulou

Admission is FREE

For more information, visit [www.ennisbookclubfestival.com](http://www.ennisbookclubfestival.com)



# Other Health & Wellbeing News



Connecting for Life  
Mid West



HSE MID WEST  
COMMUNITY HEALTHCARE



Whatever you're facing this holiday season  
We're here to listen

Call free day or night on **116 123**  
Email [jo@samaritans.ie](mailto:jo@samaritans.ie)

text about it 50808

SAMARITANS

## Supports & Services over Christmas 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>Shannondoc</b>	Out of Hours GP Service <b>0818 123500</b>
<b>Domestic Abuse Services</b>	<ul style="list-style-type: none"> <li>Adapt - Limerick. Open all over Christmas 1800 200504 (24 Hr)</li> <li>Clare Haven - Clare. Open all over Christmas 065 6822435</li> <li>Ascend - Tipperary. Closed from 22nd Dec to Jan 2nd 2024. Helpline 1800 200 504</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 - for current service users only)</li> </ul>
<b>Emergency Services</b>	999 / 112
<b>Pieta:</b>	<p>Helpline 1800 247 247 will operate all through Christmas 24 hours per day</p> <p>Or text HELP to 51444 and a fully qualified psychotherapist will respond.</p> <p>To make an appointment contact 0818 111 126.</p>
<b>Suicide Bereavement Support</b>	<p>Clare Suicide Bereavement Support: 087 3698315 086 0565373</p> <p>Pieta Suicide Bereavement Liaison Service: Call the Helpline 1800 247 247</p> <p>HUGG ( Healing Untold Grief Group) 01 513 4048. <a href="mailto:info@hugg.ie">info@hugg.ie</a></p>
<b>General Bereavement</b>	Irish Hospice Foundation 1800 807 077
<b>Samaritans</b>	<p>Listening service: 24/7 Freephone helpline 116 123 for Ireland/UK</p> <p>Email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a></p>
<b>ISPC Childline</b>	<p>Listening service for children up to 18 years old</p> <p>24/7 Freephone helpline 1800 66 66 66 / Text TALK to 50101</p>
<b>50808</b>	50808 is a free 24/7 text service providing everything from a calming chat to immediate support. Free: text YMH to 50808 to begin.
<b>National LGBT+ HelpLine</b>	<p>Freephone 1800 929 539 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> <p>Closed 25th &amp; 26th December &amp; January 1st</p>
<b>HSE Drugs &amp; Alcohol Helpline Website</b>	<p>1800 459 459 email support service (<a href="mailto:helpline@hse.ie">helpline@hse.ie</a>)</p> <p>Information re services and mental health topics - <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a> or call 1800 111 888</p>
<b>Counselling MyMind low cost</b>	0818 500 800 / <a href="https://mymind.org">https://mymind.org</a>

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



## Tell a friend

Freephone 1 800 20 20 65



Need to improve your reading, writing, maths or technology skills? NALA can help.

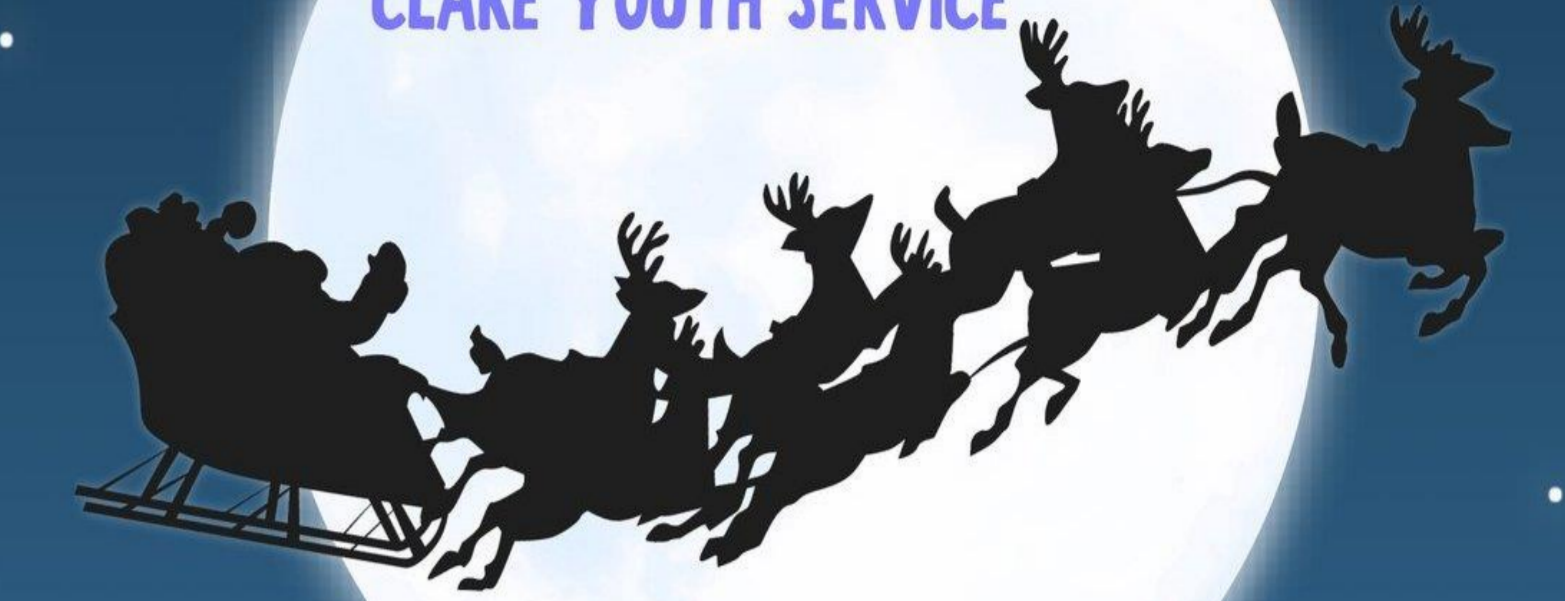
Freephone 1 800 20 20 65

Text 'LEARN' to 50050

Learn online at [www.learnwithnala.ie](http://www.learnwithnala.ie)

WE CORDIALLY INVITE ALL VOLUNTEERS, BOARD MEMBERS, PATRONS, SUPPORTERS, STAFF AND FRIENDS TO OUR

CLARE YOUTH SERVICE



## FESTIVE Gathering 2023

7-9pm Tuesday 5th December

Ennis Youth Centre Carmody Street Ennis

FINGER FOOD, HOT CHOCOLATE, MUSIC, CAROL SINGERS, FREE RAFFLE, SPOT PRIZES & LOTS MORE

In order to help us organise sufficient refreshments please confirm your attendance by phoning CYS reception on 0656845454 or email [clubdevelopment@clareyouthservice.org](mailto:clubdevelopment@clareyouthservice.org)

We wish you a happy and peaceful Christmas with your loved ones



THIS IS AN ALCOHOL AND DRUG FREE EVENT



THIS EVENT IS SPONSORED BY EI ELECTRONICS



### West Clare FRC

O' Gorman St.  
Kilrush, Co. Clare  
T: 065 905 2173

The staff of the West

Clare family  
Resource Centre  
would like to wish

you all a very Happy

Christmas & a  
Happy New Year.

## December Weekly Activities

Day	Time	Activity	Venue
Tues 05	11am	Sit Fit - Kilkee	Kilkee Comm Centre
Tues 05	12.45pm	Bingo for Fun	Kilrush Comm Centre
Wed 06	10.30am	Sit Fit - Kilrush	Kilrush Comm Centre
Wed 06	12pm	Go for Life/Active Fit	Kilrush Comm Centre
Day	Time	Activity	Venue
Tues 12	11am	Sit Fit - Kilkee	Kilkee Comm Centre
Tues 12	12.45pm	Bingo for Fun	Kilrush Comm Centre
Tues 12	2pm	Cards	Kilrush Comm Centre
Wed 13	10.30am	Sit Fit - Kilrush	Kilrush Comm Centre
Wed 13	12pm	Go for Life/Active Fit	Kilrush Comm Centre



## December Activities



Wed 13 Dec	2.30pm	December Birthday Party	Kilrush Comm Centre
Thurs 14 Dec	10.30am	Singalong Group: Christmas Carols	The Square, Kilrush
Thurs 14 Dec	2pm	Movie Club: It's a Wonderful Life	Kilrush Comm Centre