

www.clarecoco.ie/services/community/healthy-clare/



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)

Have Your Say

Local Economic and Community Plan (LECP) 2023-2029

Your County, Your Vision, Clare's Future



Public consultation period (15 May - 23 June 2023)

www.yoursay.clarecoco.ie

Clare County Council are asking you to Have Your Say on the Local Economic and Community Plan (LECP) 2023-2029 - a new six year plan that will guide the future economic and community development of County Clare. The high-level goals of the LECP are informed by the Socio-Economic Statement, which is the subject of a series of public information sessions throughout the county over the coming weeks.

For more information and to Have Your Say on the LECP before Monday 23rd June, go to: <http://yoursay.clarecoco.ie/local-economic-and-community>

In-Person Public consultation events will take place in each MD between the **12th → 15th June 2023 from 5 – 8pm**

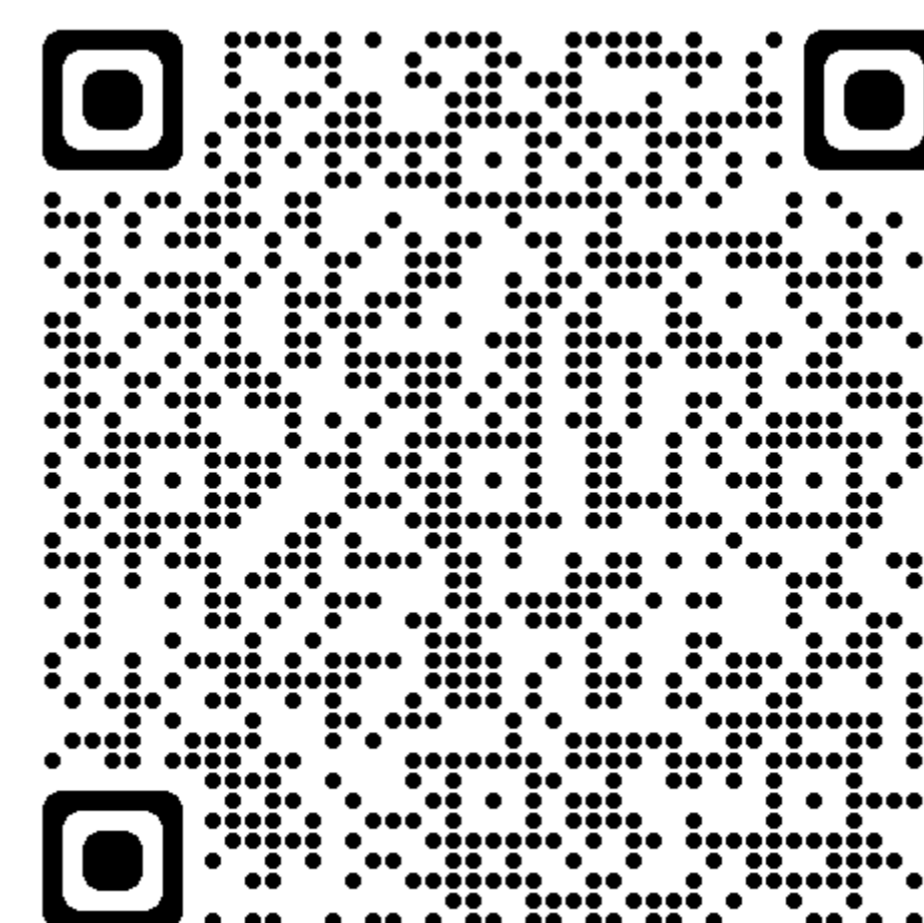
Monday, 12th → Shannon Municipal District Office

Tuesday, 13th → Ennis Municipal District Office in Drumbiggle

Wednesday, 14th → Killaloe Municipal District Office in Scarriff

Thursday, 15th → West Clare Municipal District in Kilrush and Ennistymon

www.clarecoco.ie/services/community/lecp/



Clare County Council has been selected as one of 26 organisations to participate in the Sustainable Development Goal Champions Programme 2023-2024. The Council's selection means it will now be among the leaders in driving forward Ireland's progress towards the United Nations Sustainable Development Goals (SDGs).

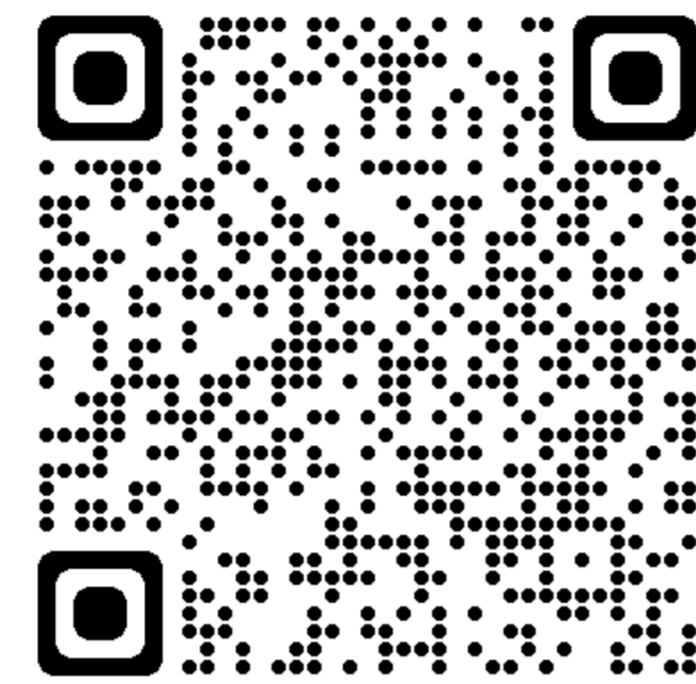
As an SDG Champion, Clare County Council's role is to act as an advocate and promoter of the SDGs and a good practice example of how an organisation can contribute to the SDGs and integrate them into its work and activities.

Karen Foley, Environmental Awareness Officer with Clare County Council accepted the SDG Champion award from Minister for the Environment, Climate and Communications, Eamon Ryan TD, on Wednesday, 3rd May, 2023

Read the whole article on [www.clarecoco.ie/your-council/\[news\]/council-selected-to-be-a-sustainable-development-goal-sdg-champion.html](http://www.clarecoco.ie/your-council/[news]/council-selected-to-be-a-sustainable-development-goal-sdg-champion.html)

For more information on the SDGs please visit <https://yoursay.clarecoco.ie/clare-sdgs>

Physical Activity



Age & Opportunity together with Clare Sports Partnership are hosting workshops with the objective of the Physical Activity Leaders 'PALs' training is to enable members of your group to carry out a leadership role in the planning and managing of physical activities with your group as 'Go for Life' PALs.

Venue: St Joseph's Doora – Barefield Gurteen from 10am to 3pm daily with lunch incl.

Dates 1st, 8th and 15th June 2023

Contact: james@claresports.ie or **Register** at <https://ageandopportunity.ie/active/pals>



6th June from 6pm - 9pm - €16.50

This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport and will be delivered online through Zoom.

You must be 18yrs + to complete the course. However, participants between the ages of 16 and 18, can submit a signed [Parental Consent Form for Safeguarding 1](#).

Note: the Zoom link will be sent to you on the day of the course.



The Irish Cancer Society are hosting the Relay for Life which is followed by a Candle of Hope Ceremony on 17th-18th June 2023, starting at 2pm at Tim Smythe Park, Lifford, Ennis, County Clare

To register contact [Irish Cancer Society \(relayforlife.ie\)](http://IrishCancerSociety.com)

Email: rflennischair@gmail.com

Getting more active by walking has many health benefits.

Walking at a brisk pace for up to 30 minutes a day can help you:

- get fit,
- develop healthier bones and joints,
- relieve stress,
- manage weight,
- sleep better, and
- have more energy.



It can also reduce high blood pressure and cholesterol, as well as reducing your risk of illnesses such as heart disease, diabetes and some cancers.



Check out Ger Ireland Walking's Podcast which is available to listen to anytime you like! Perfect to listen to while walking! New episodes are coming soon too! <https://getirelandwalking.ie/podcast/>

Mental Health



«Call Tanya»
ТЕЛЕФОННА ПІДРИМКА (PHONE SUPPORT)

Психологічна лінія підтримки для українців, що проживають в Ірландії
(Psychosocial Support Helpline for Ukrainians living in Ireland)

ПОДЗВОНІТЬ НАМ (CALL US ON):
+0818 452 178

Хочете дізнатися більше?
Відвідайте наш сайт:
www.together-razem.org

РОБОЧИЙ ЧАС:
Понеділок, Вівторок, Середа
9.00 - 11.00 та 15.00 - 18.00

OPENING TIMES:
Monday, Tuesday, Wednesday
9.00 - 11.00 and 15.00 - 18.00

Community Foundation Ireland, hi Healthy Ireland, Catholic Church's Charities Call Centre



SAMARITANS

Call free day or night on
116 123

Email
jo@samaritans.org

samaritans.org A registered charity

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



your mental health.ie

Information | Support | Services

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some things you can do to look after your mental health: www2.hse.ie/mental-health/



HSE hi

INVITATION
Men's Health Week Webinar
Including the Launch of the New Men's Health Booklet
Guest speaker: Dr. Mark Rowe

Date **Monday 12th June 2023**
Time **12pm - 13:15pm**

FORUM, SE TU, Men's Development Network, HSE SUPPORT MEN'S HEALTH WEEK 2023

Men's Health Week Webinar – Incl. the launch of the New Men's Health Booklet
Monday, 12th May 2023 12 – 1:15pm

For Men's Health Week the HSE is hosting an uplifting webinar with special guest Dr. Mark Rowe, an Expert in Positive Health & Lifestyle Medicine. Dr. Rowe is a Medical Doctor, Author, TedX Speaker and Vitality Expert. The event will also have a range of experienced men's health practitioners who will give their advice and input on the many issues of concern to men.

https://zoom.us/webinar/register/WN_v4SMpVEnTdLqFasNg9tDQ#/registration



HSE hi

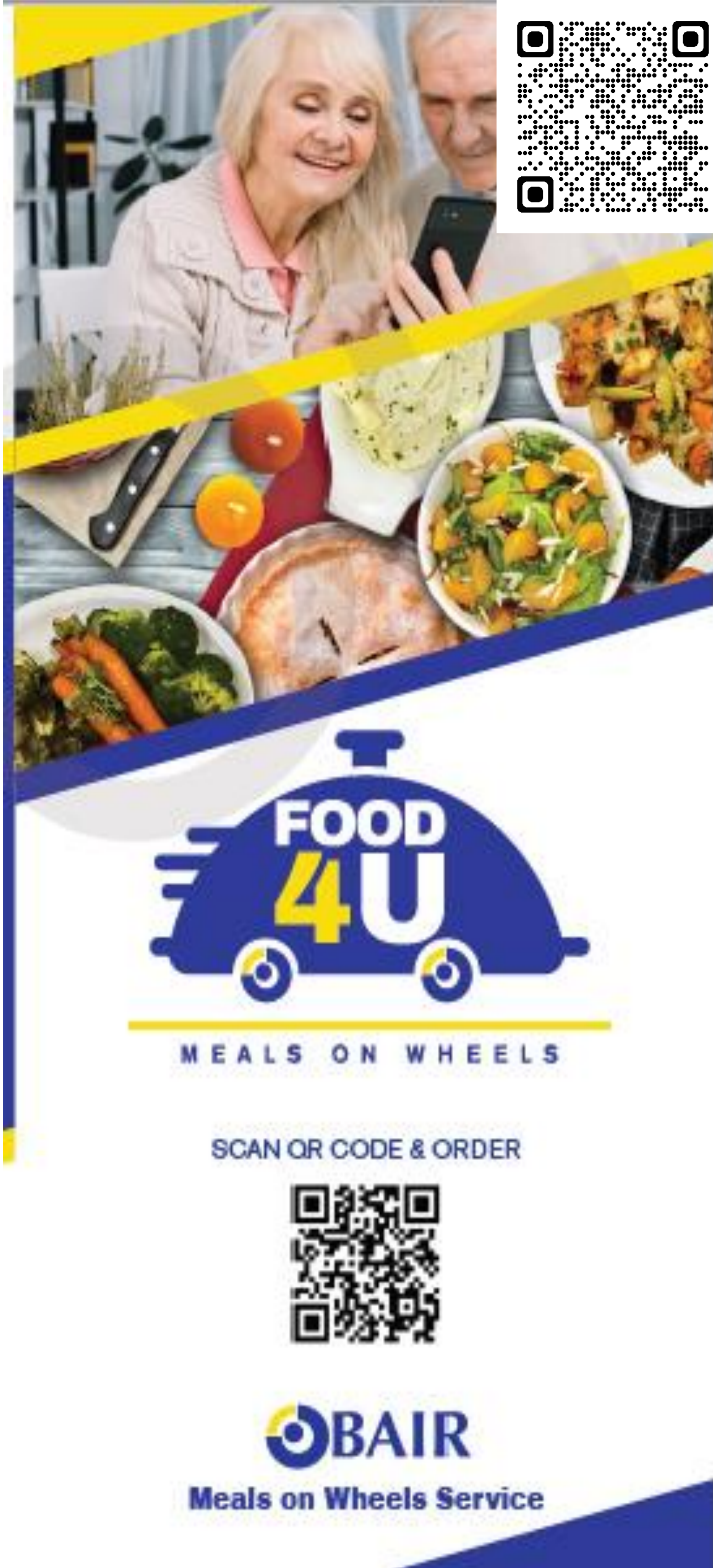
Traveller Wellbeing Through Creativity
Episode #14 - Talking Health & Wellbeing

'Giving the room to express that creativity, that is where the key lies.'
- Martin Beanz Warde

PODCAST

In this episode Martin Beanz Warde talks about his 'Through Our Eyes' photography project which was funded under <https://youtu.be/YjaY4E9CmE8> the Traveller Wellbeing Through Creativity initiative in 2022. Martin is a Comedian, Writer & Photographer who also shares his own personal story about expressing his creative ability in a variety of ways & how he has supported others through his growing media presence.

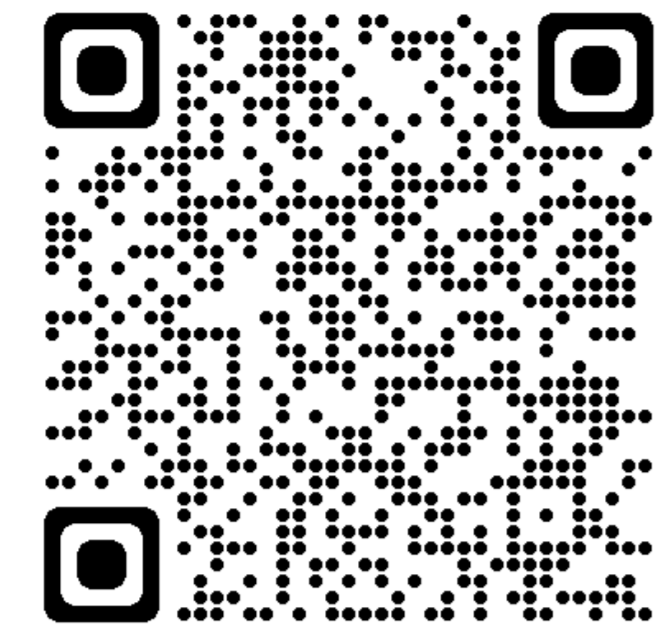
Eating Well



FOOD 4U
MEALS ON WHEELS

SCAN QR CODE & ORDER

BAIR
Meals on Wheels Service



The meals are healthy, varied, nutritious and are cooked to strict HACCP standards. Each person receives a daily hot meal and also a choice of either soup or a dessert.

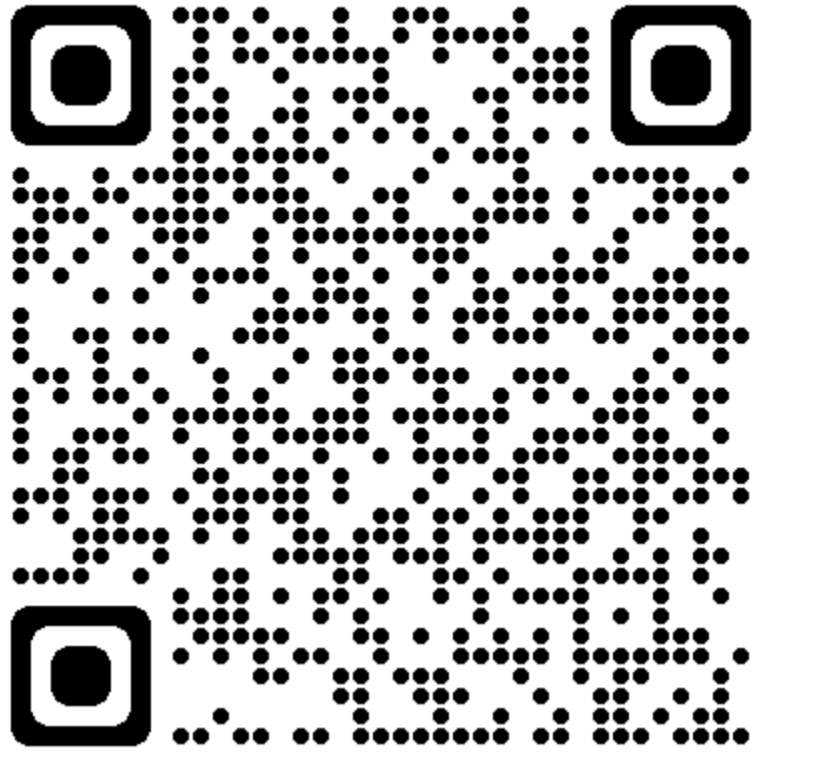
The cost of each meal is €6. You don't have to commit to having a meal 7 days a week and can pick your days. Weekend meals can be provided and these are delivered on Fridays.

www.obair.org/services/meals-on-wheels/

mealsonwheels@obair.org

(061) 368030

Weaning - introducing solid foods



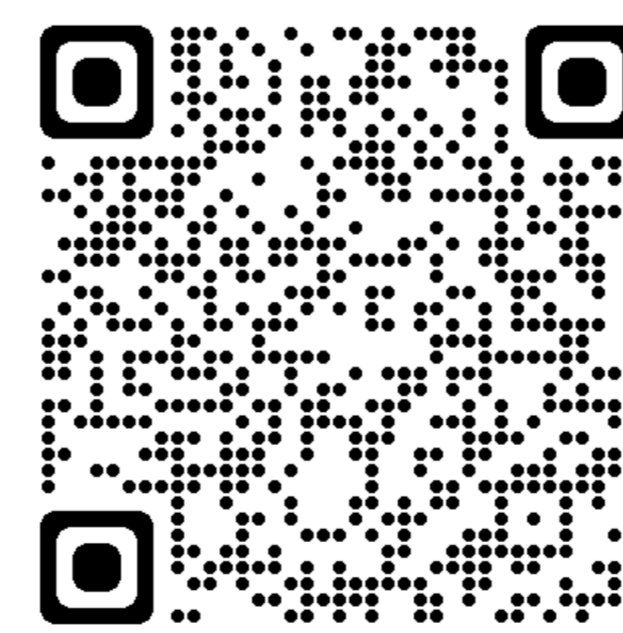
What babies and young children eat and drink is important for their health both now and in the future. By about 6 months, babies will begin to need more iron and nutrients than breastmilk or formula milk alone can provide. Introducing solid foods at this age also helps them develop important skills such as learning to feed themselves and the different textures help develop muscles that are important for speech. You can use meals you are already eating as a family for weaning babies onto solid foods. This means you know exactly what they are eating and you can help them become familiar with the tastes and textures of family meals. There are videos with Registered Dietitian Sarah Keogh showing how to adapt family meals for weaning.

For more information see the SafeFood website. www.safefood.net/family-health/start-baby-solids



Browse the Irish Heart Foundations range of tasty, stress-free recipes made with easily sourced ingredients. Heart healthy eating never tasted so good!!

<https://irishheart.ie/how-to-keep-your-heart-healthy/recipes/>



Hungry for Heart Healthy Recipes?

Browse our range of tasty, stress-free recipes made with easily sourced ingredients. Heart healthy eating never tasted so good.



Tobacco Free, Reducing Drugs & Alcohol Related Harm

Take Back Control with 



Quit for 28 days and start taking back control.

Quit Mid West
Call: 0656865841
Email: quit.midwest@hse.ie

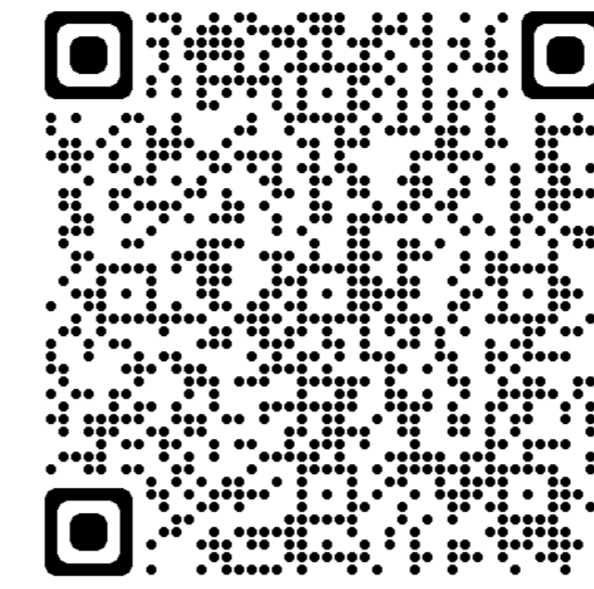


Help to quit




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

QUIT 4YOUTH



Youth stop smoking
and vaping programme:
Participants' Handbook



 TFI Programme
www.hse.ie/eng/about/who/tobaccocontrol/resources/quit4youth-participant-handbook-oct-2022.pdf

You can access the resources for the Quit4Youth Programme [here](#). If you wish to contact local stop smoking services click [here](#).

ask about
alcohol.ie



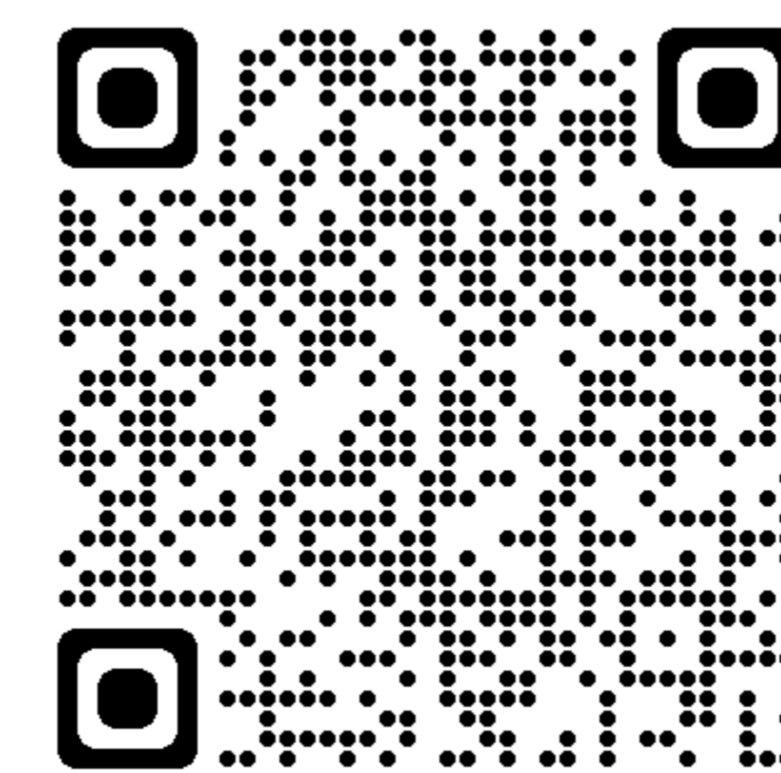
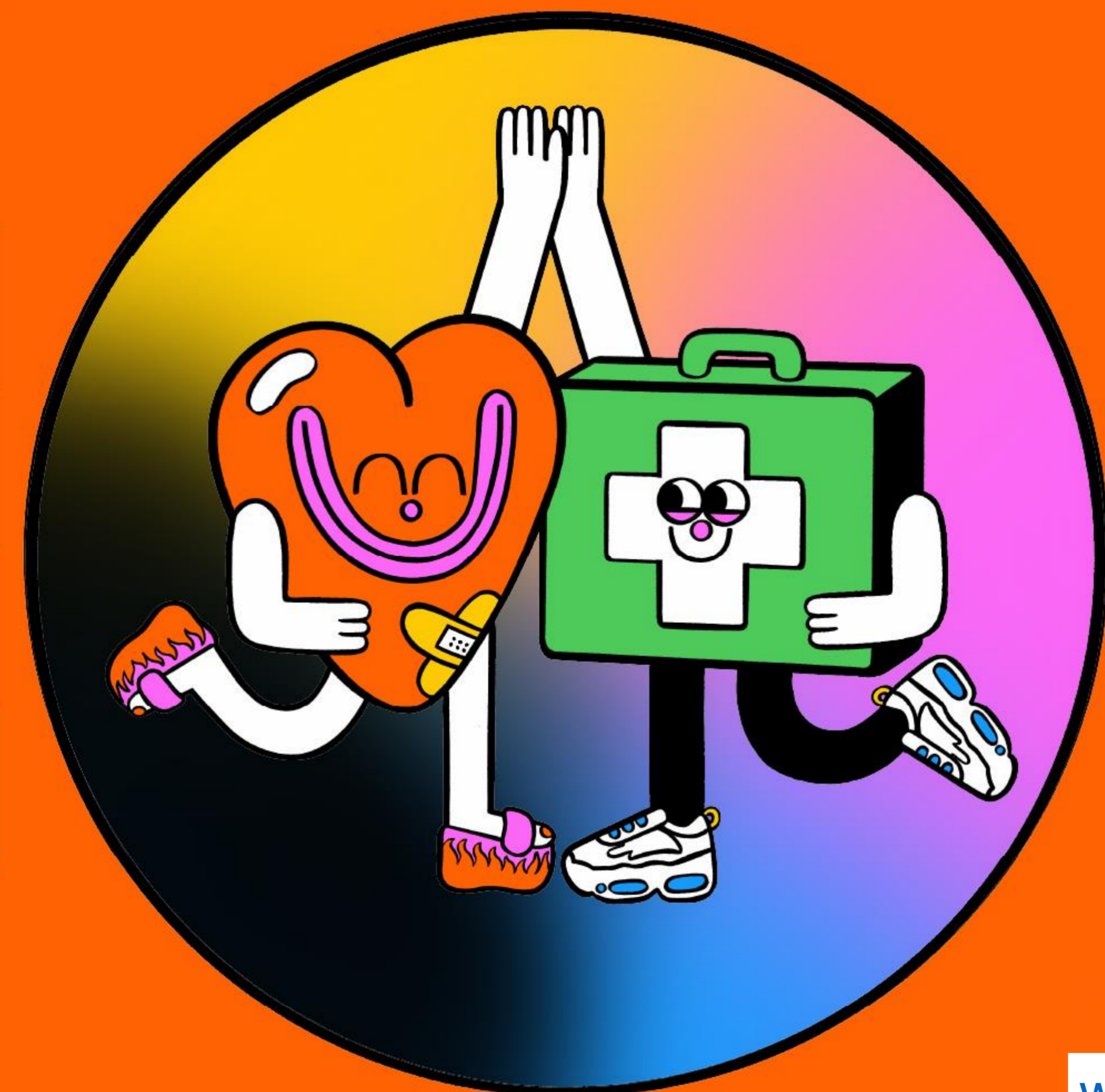
Try out our

Drinks Calculator

Are you curious about how much alcohol is in your favourite drink? Use the HSE's drinks calculator to find out how many standard drinks are in your beverage of choice, as well as the alcohol content and calorie count, in just a few simple steps.

Try the HSE's drinks calculator: <https://bit.ly/3AvswRX>

**MEDICS
ARE
YOUR
MATES**



www.drugs.ie/festivals

 **DRUGS.ie**
Drug and Alcohol Information and Support

The HSE recently launched a drug harm-reduction campaign aimed at people attending Irish music festivals this summer. They are partnering with a small number of festivals this year to put in place **Safer Nightlife harm reduction programmes** onsite. The multi-component campaign will involve outreach at festivals' 'back of house' drug checking through the use of surrender bins, media awareness and a social media campaign.

**HSE DRUG AND
ALCOHOL HELPLINE**

1800 459 459
helpline@hse.ie

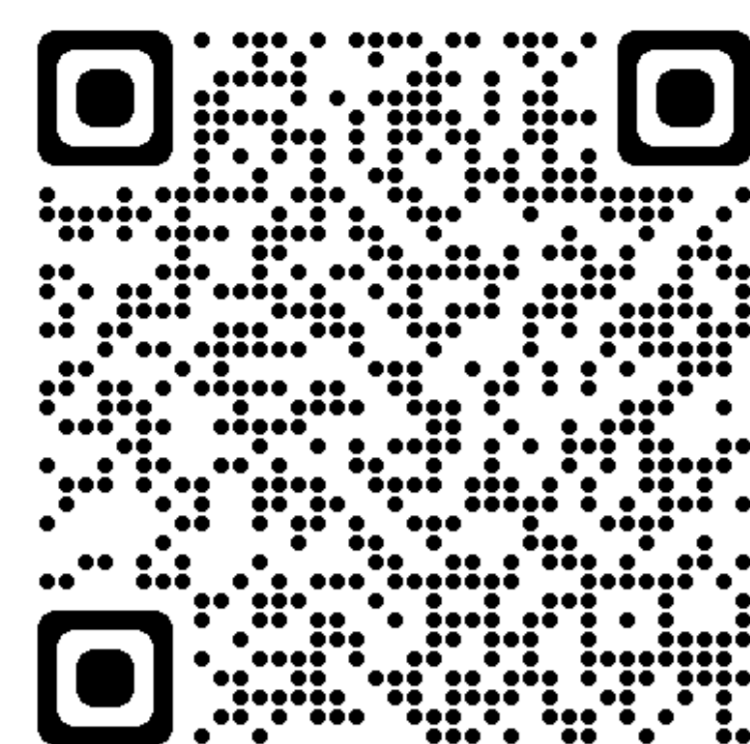
The HSE Drugs & Alcohol helpline provides support, information and guidance to anyone with a question or concern. For more information on standard drink measurements and your drinking patterns visit www.askaboutalcohol.ie

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



HIV, SYPHILIS,
HEPATITIS C

Contact

operations@gossh.ie

or 061 314 354 or

DM on Social Media

Some facts about prostate cancer



Prostate cancer is a common cancer, but most men do not die from it



If discovered early, prostate cancer can usually be treated successfully



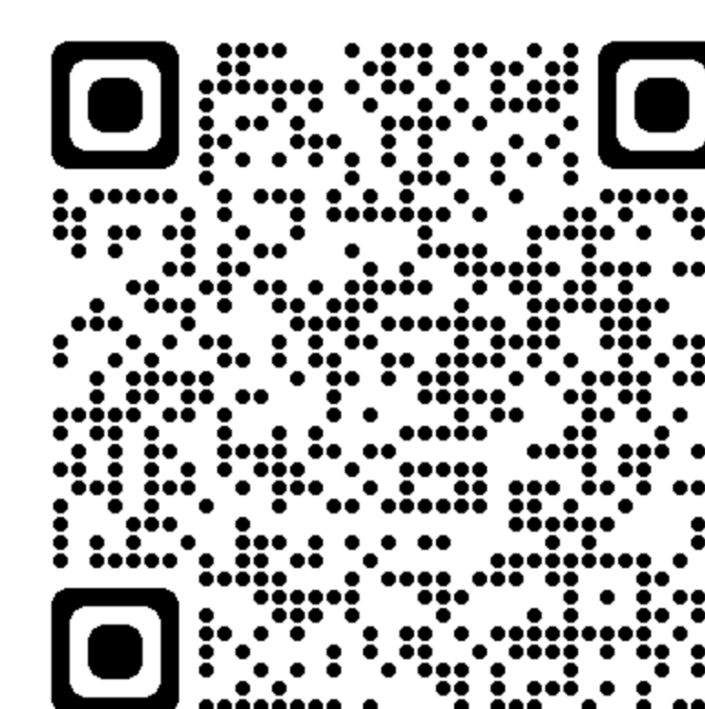
If prostate cancer is slow-growing, you may not need treatment. Instead the cancer will be closely monitored



How common is prostate cancer?

In Ireland, prostate cancer is the second most common cancer, with 3,400 men diagnosed each year. This means that 1 in 7 men will be diagnosed with prostate cancer during their lifetime.

More information



If you are worried or have questions about prostate cancer or any cancer:



Call our Cancer Nurseline
Freephone 1800 200 700



Email cancernurseline@irishcancer.ie
We will provide you with confidential advice, support and information.

Visit our Daffodil Centres, where our nurses can give you advice about healthy lifestyles and how you can reduce your risk of cancer. To find out where your local Daffodil Centre is, email daffodilcentreinfo@irishcancer.ie

Visit our website www.cancer.ie for more information on prostate cancer and ways you can reduce your risk of cancer.

www.cancer.ie/cancer-information-and-support/cancer-types/prostate-cancer



Condoms offer the best protection against STIs and are 98% effective when used correctly every time.. Learn more on the HSE's website

www.sexualwellbeing.ie/sexual-health/contraception/your-choices/condoms/male-external-condom.html

Each year in Ireland HPV causes 406 cancers in both women and men

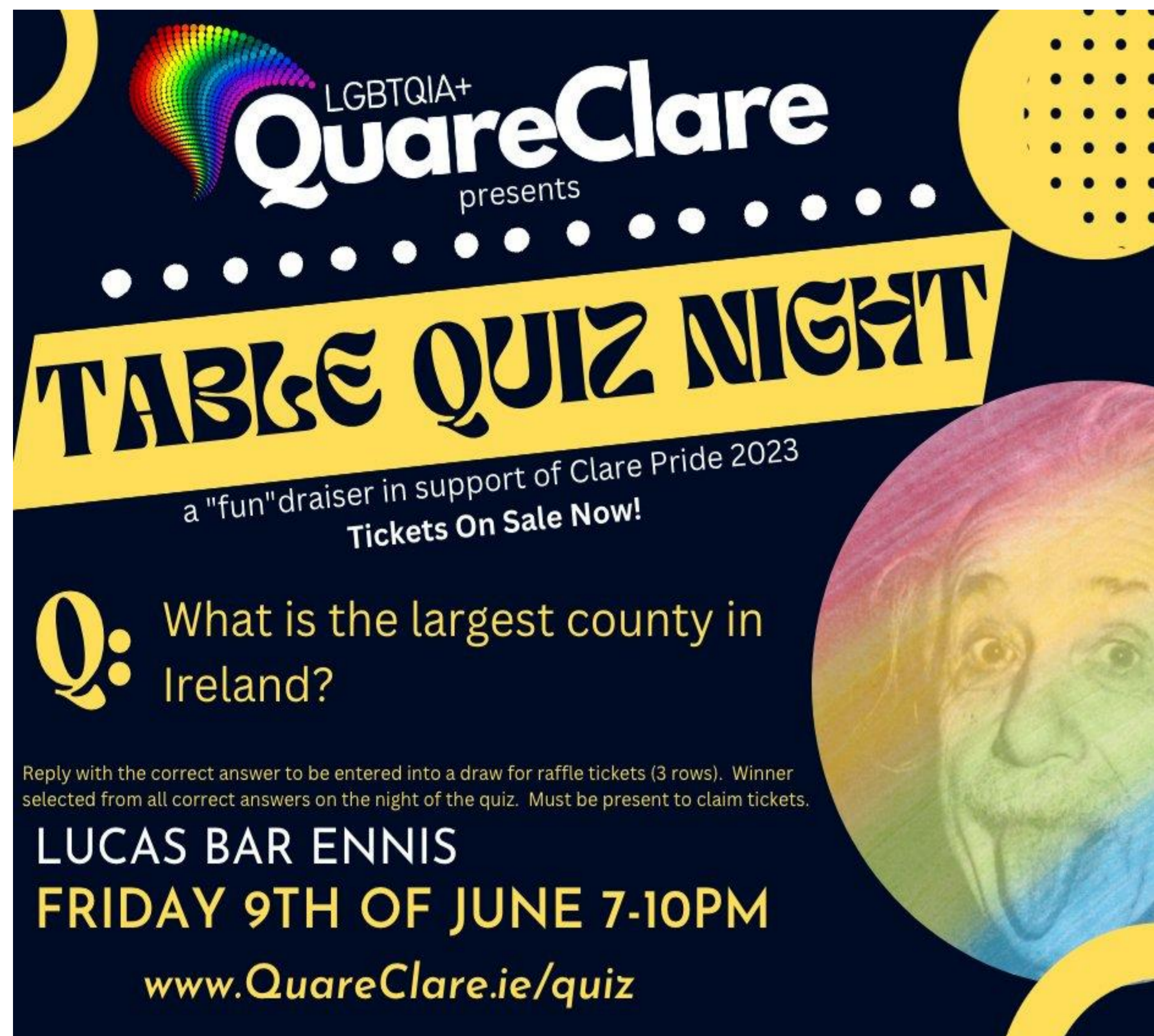
Get the facts at hpv.ie

Laura Brennan HPV Vaccine Catch Up Programme

If your child didn't get the HPV vaccine when it was offered to them at school, they could be eligible to get it now, for free, as part of the **Laura Brennan HPV Vaccine Catch-Up Programme.**

Find out more at www.hpv.ie

Other News



LGBTQIA+ **Quare Clare** presents
TABLE QUIZ NIGHT
a "fun"draiser in support of Clare Pride 2023
Tickets On Sale Now!

Q: What is the largest county in Ireland?

Reply with the correct answer to be entered into a draw for raffle tickets (3 rows). Winner selected from all correct answers on the night of the quiz. Must be present to claim tickets.

LUCAS BAR ENNIS
FRIDAY 9TH OF JUNE 7-10PM
www.QuareClare.ie/quiz

Quare Clare are hosting a Table Quiz Night to support Quare Clare and Clare Pride 2023, on Friday 9th June 2023. Venue is the Lucas Bar and is from 7-10pm. Prizes await the winning time and there is also a raffle. Tickets are €40.00 for a table of four.

To book your tickets and for more info. Please visit www.QuareClare.ie/quiz.



Summer Stars
Right to Read

Enjoy all the fun and excitement of reading

www.summerstars.ie

Libraries Ireland
Make Every Library Your Local Library

Storytimes, book clubs, craft sessions, nature and wildlife talks and environmental awareness workshops, creative writing, illustration and chess classes are only some of the activities your children can participate in.

Check out our Library website

www.clarelibrary.ie

Stay tuned to our social media for more information and visit www.summerstars.ie where you can download fun printable activities and colouring pages for Summer Stars 2023.



CRUINNIÚ NA NÓG
2023

A DAY OF FREE CREATIVITY FOR CHILDREN AND YOUNG PEOPLE ACROSS COUNTY CLARE

SATURDAY 10TH JUNE 2023

MUSIC | CREATIVITY | ART

Events happening across County Clare
<https://cruinniu.creativeireland.gov.ie/>



Rialtas na hÉireann
Government of Ireland



Clár Éire Ildánach
Creative Ireland Programme

RTÉ

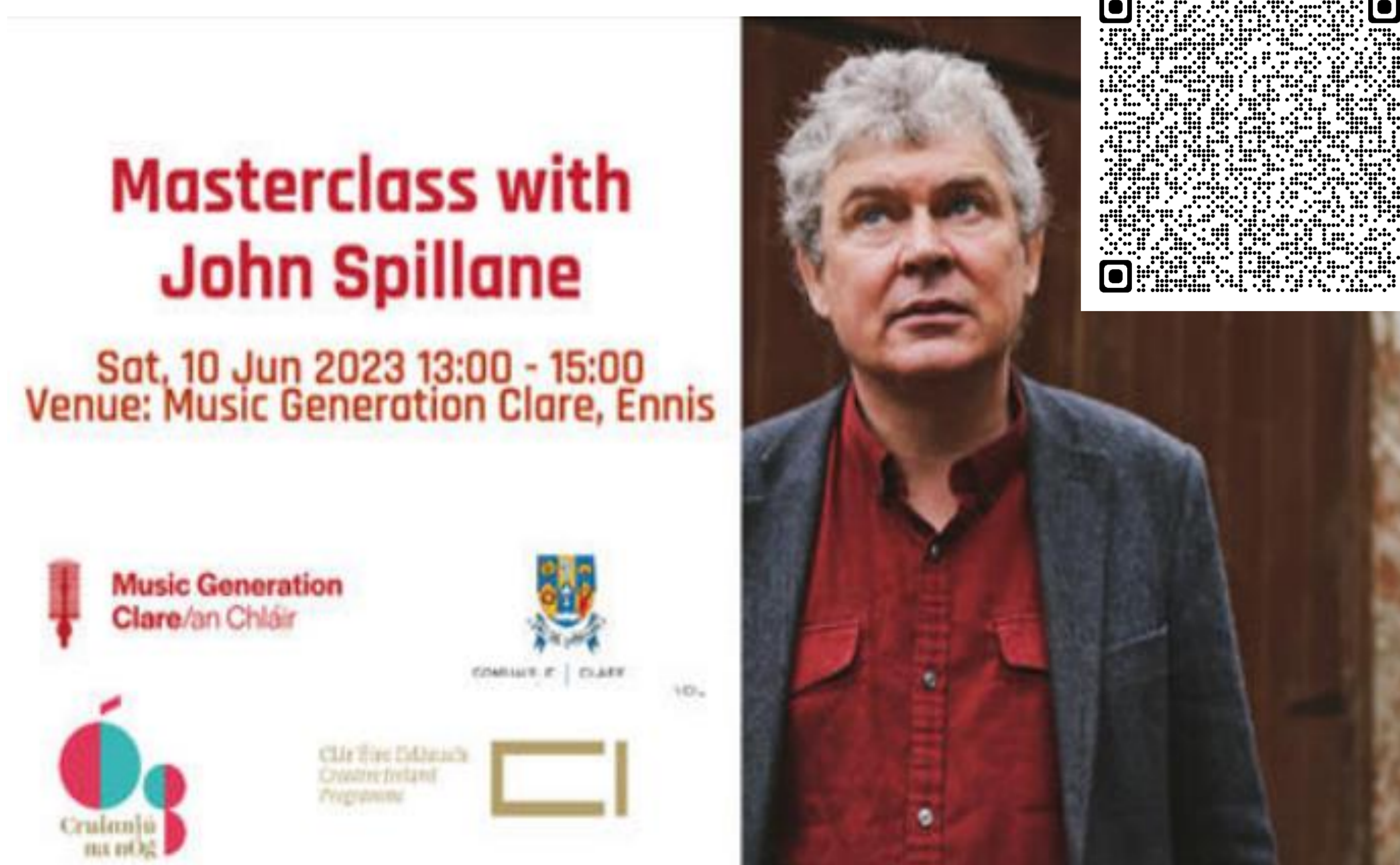


COMHARLE CONTAE AN CHLAIR
CLARE COUNTY COUNCIL



Check out all the great events happening across County Clare this month in celebration of Cruinniú na nÓg 2023 on

<https://cruinniu.creativeireland.gov.ie/.../location/clare/>



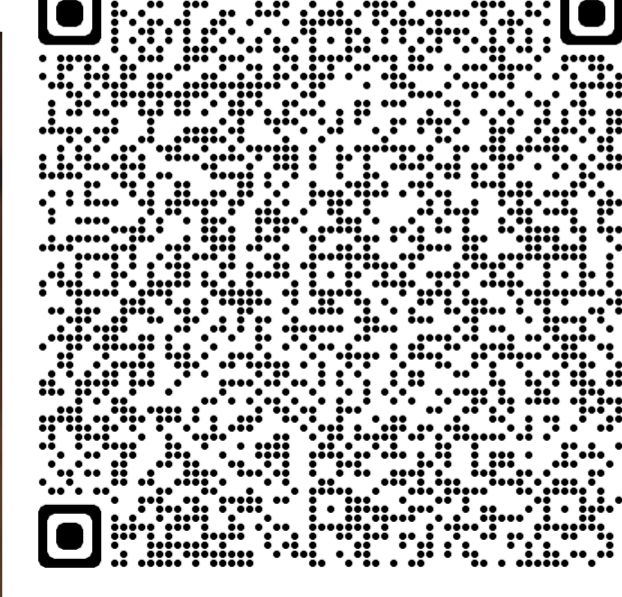
Masterclass with John Spillane

Sat, 10 Jun 2023 13:00 - 15:00
Venue: Music Generation Clare, Ennis

Music Generation Clare/an Chláir

COMHARLE CONTAE AN CHLAIR
CLARE COUNTY COUNCIL

Clár Éire Ildánach
Creative Ireland Programme



Other News



West Clare Family Resource Centre
Activities for the over 55's

What's on in JUNE

BOOKING ESSENTIAL!

Weekly Activities

Day	Time	Activity	Venue
Mon	10am	Well-being and Meditation	Kilrush Comm Centre
Tues	10am&11am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	11am	Sit Fit	Kilkee Comm Centre
	12.45pm	Bingo for Fun	Kilrush Comm Centre
	2pm	Cards	Kilrush Comm Centre
Wed	10am&11am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Sit Fit	Kilrush Comm Centre
	10.30am	Mindful Gardening	Kilrush Comm Centre
Thurs	10.30am	Singalong	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	12noon	Tai Chi	Kilrush Comm Centre
	11am	Peninsula Social Club	Old Schoolhouse Querrin

Monthly Activities

June 08	2 - 4.30pm	Tea Dance: OUTBACK	Kilrush Comm Centre
June 15	2.30pm	Movie Club: An Cailín Ciúin	Kilrush Comm Centre
June 22	2.30 pm	Thursday Concert: Claire Watts	Kilrush Comm Centre

Upcoming Activities

July 13	2 - 4.30pm	Tea Dance: Patrick Roche	Kilrush Comm Centre
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Other community activities

Mon & Fri AM Indoor Bowls @ Kilrush Comm Centre - Contact Margaret on 065 9051825

O'Gorman St., Kilrush, Co. Clare T: 065 9052173



What's on in June 2023

Phone us: 065 707 1144

Parliament Street, Ennistymon, Co. Clare

Private Groups
Groups hosted by NWCFCRC
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
	10.30-12.30	Drop-in Service (Parliament Street)	Barbara
	1.45-3.45	Improvers Sewing Course	Barbara
	7-8pm	Yoga Class	Sue
TUESDAY	11.30-1pm	Traveller Parent & Toddler	Eva
	12-1pm	Arabic Class	Asmaa
	2.40-3.45	Homework Club	Deiric
	NEW! 4.30-6pm	Violin & Viola Classes	Severine
	7.8pm	Yoga Class	Kaye
WEDNESDAY	10-1pm	Textile Crew (Parliament Street)	Barbara
	10-12pm	Active Play Sessions (Lisdoonvarna)	Anastasiia, Jenny, Steve
	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
	6.45-7.30pm	Irish Class	Deiric
	7pm	Men's Shed	Deiric
	THURSDAY	10-1pm	Garden Course
NEW! 10-12.30		Parenting When Separated Programme	Barbara
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: Girls Group	Emma
6-8pm		Youth Shack Youth Club (Parliament Street)	Emma
FRIDAY	9.30-12.30	Parent and Toddler Group	Deiric
	10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasiia
	11-12.30pm	Breastfeeding Group (every second week)	Deiric
	NEW! 12-3pm	Music Club	Deiric
	1.30-3pm	Youth: 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



Various Summer Activities are being organised for teens

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

W: www.northwestclarefamilyresourcecentre.com E: info@northwestclarefrc.ie Ph: 065-7071144

Other News



Exam Cafe Open!

When?
12pm-2pm, 7th-19th June

Where?
Junction Youth and Community Building

**Free Toasties,
Coffee, tea, hot chocolate**

All Exam Students welcome

Contact Helena on 0858047580 for more info

All CYS programmes are drug and alcohol free

Clare Youth Service's The Junction will be running an exam cafe, with free toasties, snacks, coffee, tea and hot chocolate. We will also have exam supports available for young people completing exams this year for more info contact Helena on 0858047580



Teen Camp

Summercamp for young people
aged 13- 15yrs

7 week activity programme
Fridays, 3pm-5.30pm starting June 9th

New Activity each week and day trips!!
Cost: 10 euro

Contact **Helena** on **085-8047580** or
e-mail **hi@clareyouthservice.org**
for more info

Clare Youth Service Programmes are Drug and Alcohol Free

Clare Youth Service's are running a 7 week Activity Teen Camp programme for 13-15 years
Startinh June, 9th from 3 – 5:30pm
A new activity each week and day trips.
For more info contact Helena on 0858047580

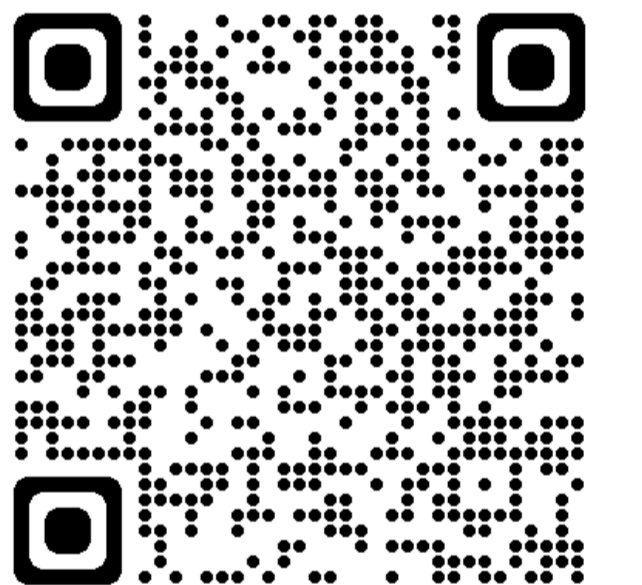
Climate Action Plan 2024-2029

Pre-draft Public Consultation

www.clarecoco.ie



The development of a new five-year Climate Action Plan for County Clare is underway with individuals, communities and organisations across the county invited to provide their feedback to inform the plan's development.



Read more about the plan at:

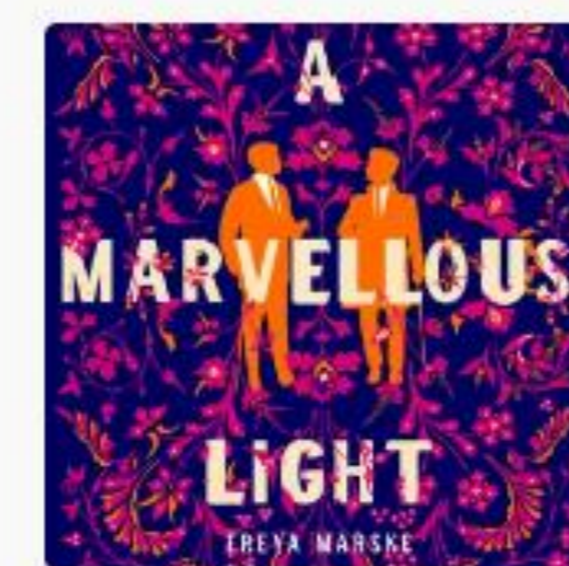
<https://yoursay.clarecoco.ie/climate-action-plan>

**Borrow, download
and enjoy here**

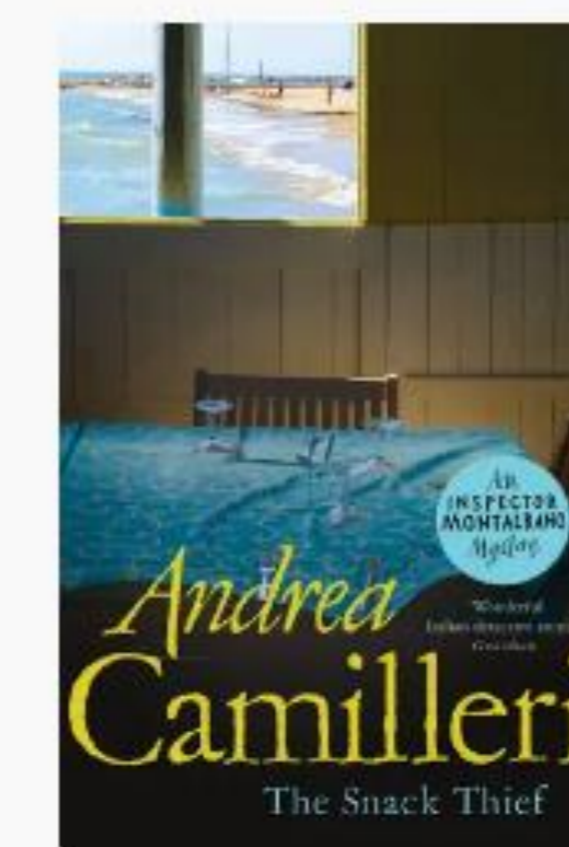
Your library in one app.



"Books you'll love without the wait"



"Books you'll love without the wait"

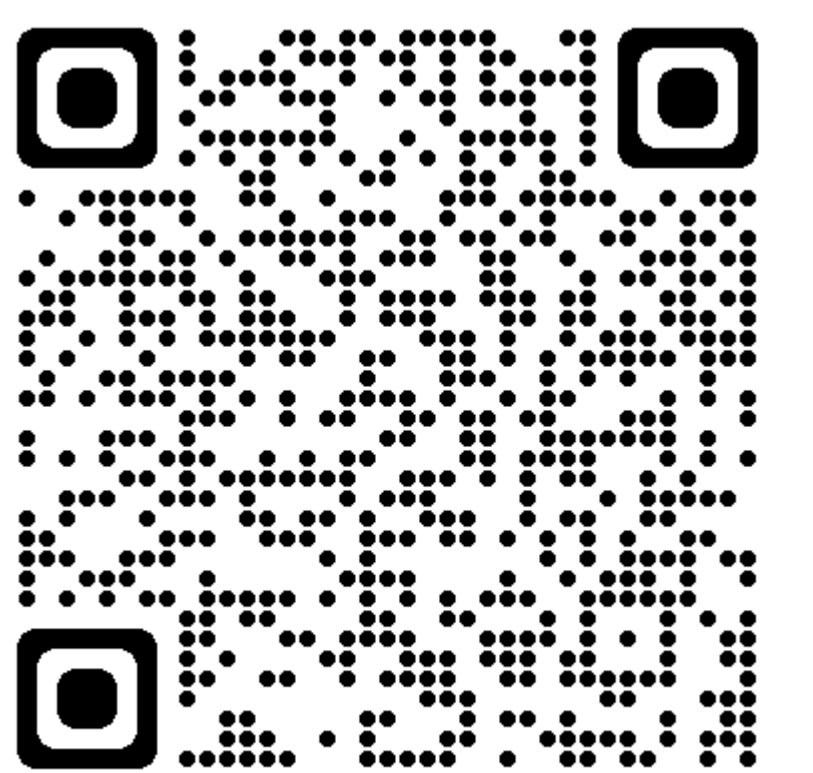


"Books you'll love without the wait"

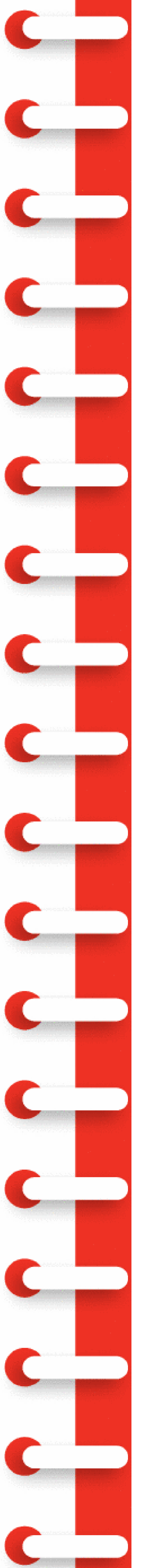
The BorrowBox app makes it easy to browse, borrow and read your library's eAudiobooks, eBooks and eMagazines anywhere, everywhere. BorrowBox is available with your Clare Library membership for FREE.

You can simply log in with your member details to access the library's collection of eAudiobooks, eBooks & eMagazines.

Visit <https://clare.borrowbox.com>



Escape Your Chair!!



<https://irishheart.ie/publications/escape-your-chair-monthly-calendar-2/>



Making small changes can go a long way in improving your heart health.

Escape Your Chair! Get up and get moving a minute each hour

SUN	MON	TUES	WED	THURS	FRI	SAT
SHOULDER PRESS	JUMPING JACKS	SIDE ARM EXTENSION	NECK TURN	MARCH ON SPOT		
HEEL RAISE	SHOULDER ROLL	SQUAT	FRONT ARM EXTENSION	STAND ON ONE LEG		
FORWARD LUNGE	HIGH KNEES	HEEL TAPS	WRIST CIRCLES	BICEP CURL		
TIGHTROPE	JUMP SQUAT	MOUNTAIN CLIMBER	SIDE LUNGE	HIP ROTATION		

www.EscapeYourChair.ie

Registered Charity CHY 5507 Registered Charity Number (RCN): 20008376