

# Healthy Clare Newsletter

## May 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)

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



**S**lip on clothing that covers your skin, long sleeves, collared t-shirts



**S**lop on sunscreen on exposed areas using factor 50+ for children



**S**lap on a wide-brimmed hat



**S**eek shade - especially if outdoors between 11 am and 3 pm



**S**lide on sunglasses to protect your eyes



**Get SunSmart!**  
**Children's art competition**

Prizes: An OPW Family Heritage Card, a Family Day Pass for Dublin Zoo and a National Book Token

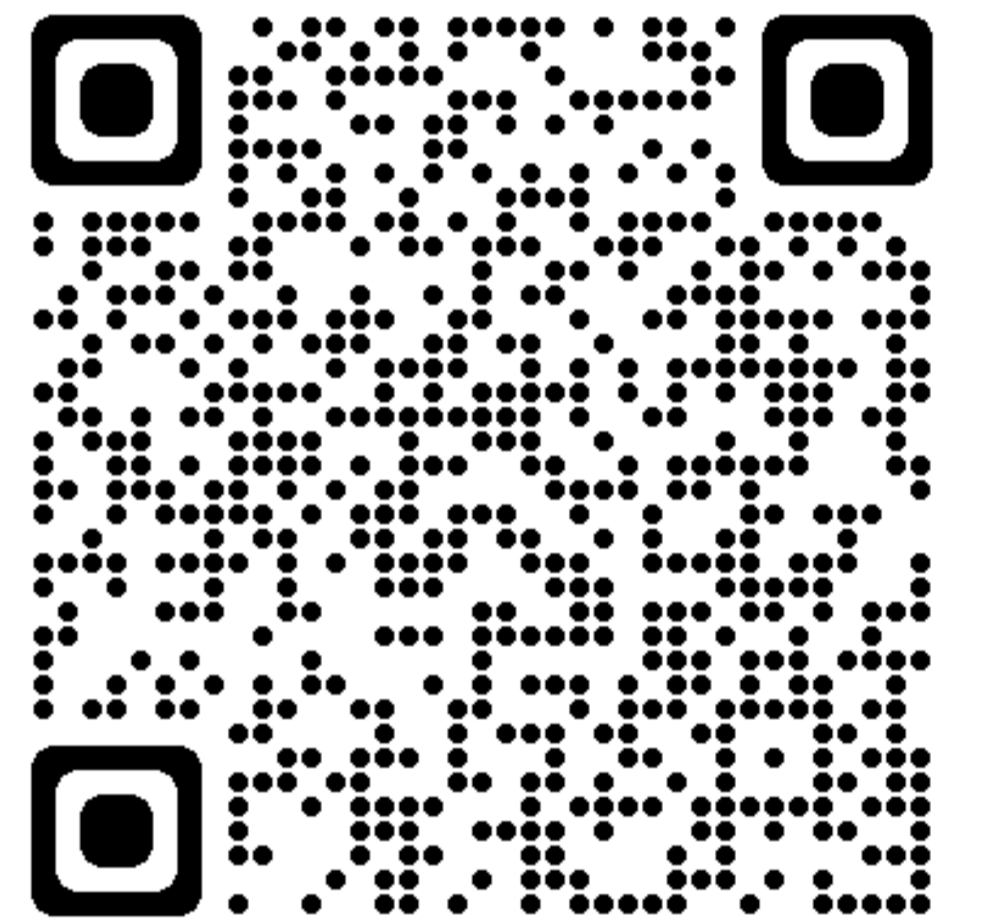
Runner up prizes also up for grabs!

**#SunSmart**

Closing date  
31st May 2023

The Get SunSmart! Children's Art Competition is back! The HSE's National Cancer Control Programme (NCCP) in collaboration with Healthy Ireland are calling on all primary school children, depending on their age category to either colour-in our SunSmart images below or draw their own picture showing how to be **SunSmart!**

Visit [www.gov.ie/en/publication/0704b-get-sunsmart-childrens-art-competition/](http://www.gov.ie/en/publication/0704b-get-sunsmart-childrens-art-competition/) for more information.



## Sustainable Gardening Course in Miltown Malbay



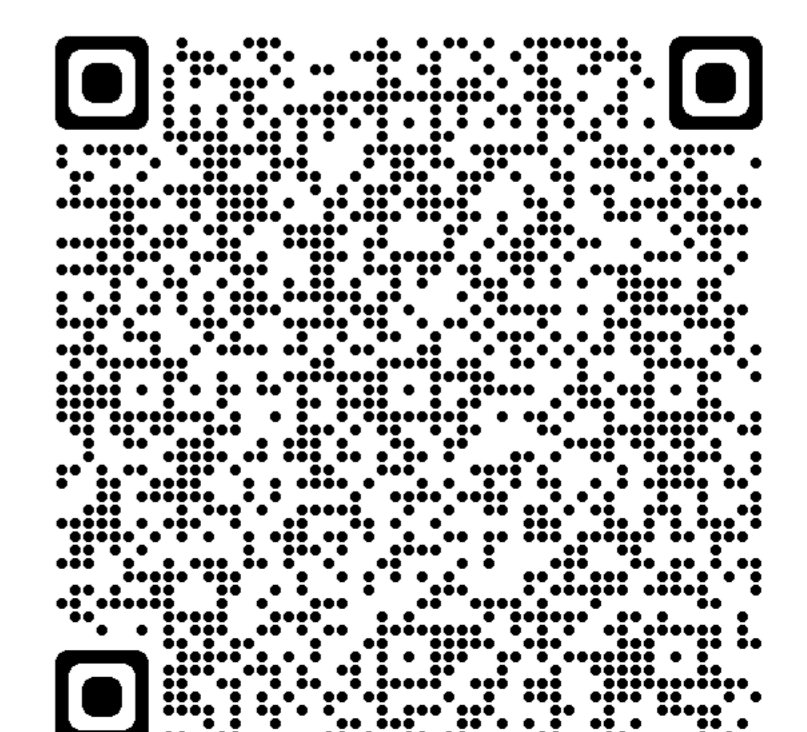
Supported by Clare County Council's Greener Clare, Heritage and Healthy Clare Team

Healthy Clare in partnership with Clare County Council's Greener Clare and Heritage Offices hosted a Sustainable Gardening Course with expert Aoife Munn at the Limerick and Clare Education and Training Board in Miltown Malbay.



Huge thanks to Éire Óg Inis for hosting Clare's 'Not Around Us' partners last month. We were there acknowledging their commitment to the 'Not Around Us' Towards a Tobacco & Vape Free Clare campaign.

Visit [https://yoursay.clarecoco.ie/nau-campaign?tool=survey\\_tool](https://yoursay.clarecoco.ie/nau-campaign?tool=survey_tool) for more information and to sign up to the campaign.



# Physical Activity



**Giving Abusive Behaviour The Red Card!** - Clare sporting organisations address negative behaviour towards referees and officials.

Clare Sports Partnership recently launched the Season of Respect campaign, a cause which points the spotlight on the unacceptable culture of abuse on referees which is experienced across all sports. Dr. Una May, CEO Sport Ireland attended the official launch in Ennis along with Clare Sport's supporting organisations like Clare GAA, Clare LGFA, Clare Camogie, Clare District Soccer League and Clare Schoolboys/girls Soccer League.

If your interested in changing the culture towards referees and officials in your club or school in Co. Clare? Contact Clare Sports Partnership for more details on the initiative at 065 6865434 or email [lizzy@claresports.ie](mailto:lizzy@claresports.ie)



## Healthy Ireland at your Library

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

Supporting Brain Health & Wellbeing Workshop at De Valera Library,  
Ennis



Tuesday - 9<sup>th</sup> May from 6:30pm – 7:30pm

Darragh Howley, Performance Psychologist & Fitness Specialist, will share his expertise with adults in de Valera Library, Ennis on the practical ways of supporting brain health and wellbeing through exercise and nutrition.

Free event, booking is necessary.

Contact de Valera library to book your place or for more information

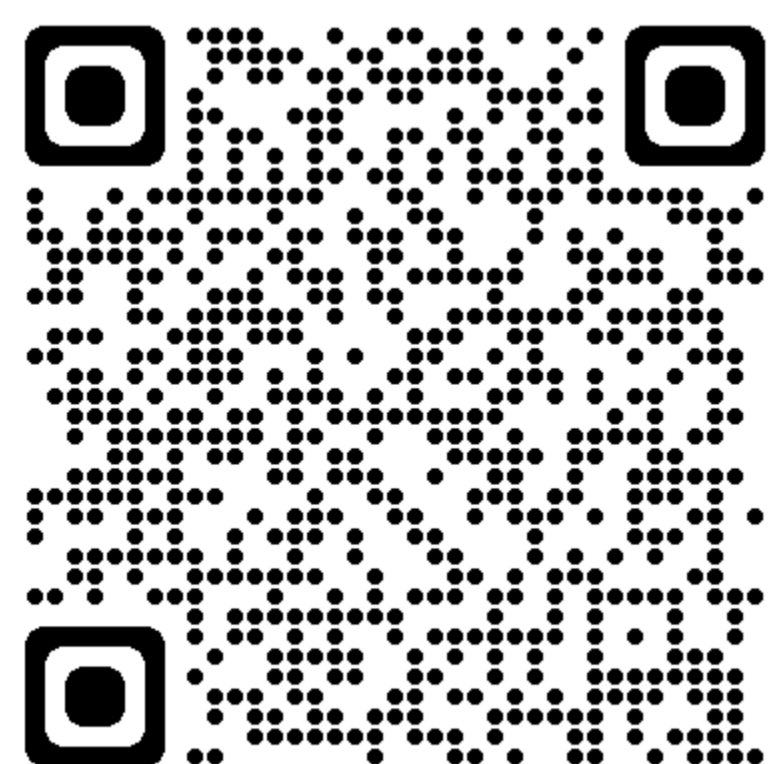
De Valera Public Library, Harmony Row, Ennis, County Clare, V95 TY39.

Tel: (065) 6824207 or (065) 6891317 | Email: [devalera@clarelibrary.ie](mailto:devalera@clarelibrary.ie)

**A Healthy Ireland at Your Library event.**

## Safeguarding 1 – May 15th

15 May @ 6:00 pm - 9:00 pm €16,50



Safeguarding 1 Course – 15<sup>th</sup> May 2023 from 6 – 9pm – Cost €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.

To register visit <https://claresports.ie/event/safeguarding-1-may-15th/>

Limited space available!



## ADULT SWIMMING LESSONS

Starting Thursday 4th May  
6-week course  
4th May- 8th June

Beginner classes @8-8:30pm  
Improver classes @8:30-9pm

TEXT 0863421042 WITH  
NAME AND CLASS LEVEL TO  
BOOK YOUR SPACE



Active Ennis are hosting  
6 week Adult Swimming Lessons  
every Thursday night from the  
4th of May 2023.

Spaces for  
Beginners (8 – 8:30pm) &  
Improvers (8:30 – 9pm)

€85 pp

Book your place by contacting  
086 342 1042

# Physical Activity

Exercise is a great way of staying physically and mentally healthy. Even a small amount of activity can improve how you feel.

The HSE and Healthy Ireland have put together a suite of Free exercise videos to help you get active. Suitable for beginners, these exercises will improve your strength and flexibility.

**FREE Pilates for Beginners Videos**

**Benefits of Pilates**

- Improved Flexibility
- Builds Muscle Tone
- Increased Strength
- Improved Posture
- Enhanced Core Stability

Go to HSE Health and Wellbeing on YouTube

HSE hi

[www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/pilates-videos.html](http://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/pilates-videos.html)

**HSE Health and Wellbeing PRESENTS**

**STRENGTH & CONDITIONING FOR BEGINNERS**

[www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/strength-and-conditioning-videos.html](http://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/strength-and-conditioning-videos.html)

**HSE Health and Wellbeing PRESENTS**

**CHAIR YOGA FOR BEGINNERS**

[www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/chair-based-yoga-.html](http://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/chair-based-yoga-.html)

**FREE Yoga for Beginners Videos**

**Benefits of Yoga**

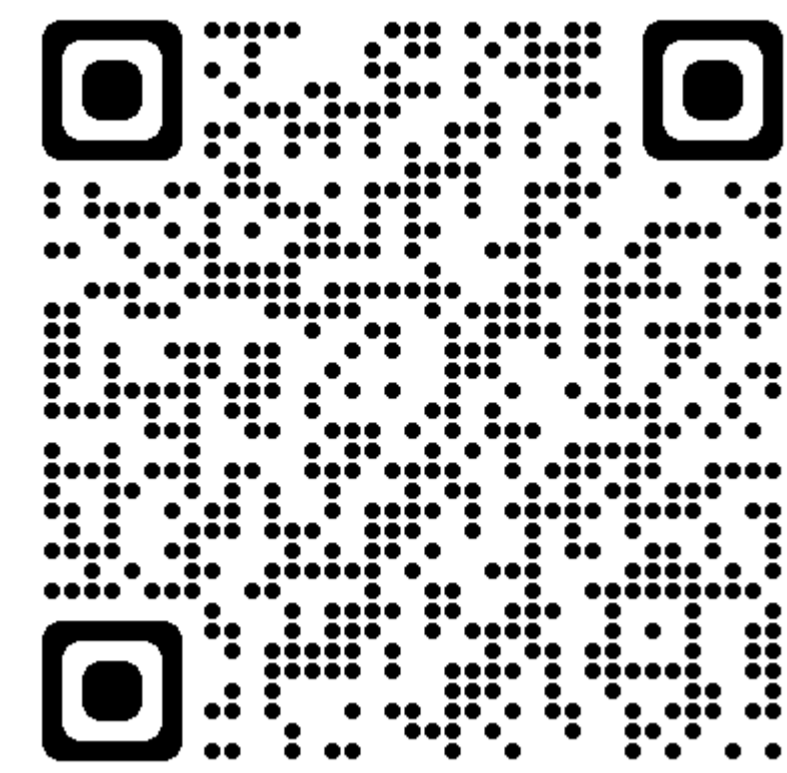
- Improved flexibility
- Better balance
- Aids relaxation
- Improved muscle tone
- Enhanced quality of sleep
- Promotes mindfulness

Go to HSE Health and Wellbeing on YouTube

HSE hi

[www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/yoga-videos.html](http://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/yoga-videos.html)

# Mental Health



Scan to register

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

**MID WEST ARIES**  
Part of the Health Service Executive

**May 2023**

**Tues. May 2nd**  
2.00pm-4.00pm  
**Managing Wellbeing & Mental Health Recovery**

During this workshop we explore different views on wellbeing and recovery in mental health. We discuss what and who can help with managing your wellbeing and mental health. Includes a personal story of recovery.

- ❖ Tuesday 2<sup>nd</sup> May 2pm – 4pm - Managing Wellbeing & Mental Health Recovery
- ❖ Thursday 4<sup>th</sup> May 10am – 12pm - Lets Talk Resilience
- ❖ Wednesday 10<sup>h</sup> May 10am – 12pm - Creativity for Wellbeing
- ❖ Tuesday 16<sup>th</sup> May 2pm – 4pm - How can I find meaning in my Life and feel more empowered
- ❖ Thursday 18<sup>th</sup> May from 10am – 12pm - Understanding Acute Mental Healthy Services for Families, Carers and Supporters
- ❖ Tuesday 23<sup>rd</sup> May 2pm - 4pm - Part 1 – Exploring Self Care
- ❖ Wednesday, 24<sup>th</sup> May 10am – 12pm - Part 2 – Building my Self Care Toolkit
- ❖ Thursday 25<sup>th</sup> May – 10am – 12pm - Part 3 – Building my Self Care Toolkit

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)

**Mental Health & Family Caring: Supporting the Supporters**

A five week online programme for family carers and supporters of people with mental health challenges.

**Family Carers Ireland**  
No one should have to care alone

**Mental Health Ireland**

ciste na gcuntas díomhaoin  
the dormant accounts fund

Participants wont be expected to read aloud or write during the sessions

Mental Health Ireland and Family Carers Ireland have partnered to coproduce a five-week online programme starting Friday, 12<sup>th</sup> May from 10:30am. The program aims to support the supporters of people with mental health challenges. This programme will support families in building skills to look after their own wellbeing whilst supporting or caring for a person living with a mental health challenge.

To register for this FREE event please visit <https://bit.ly/3K8RIaI>

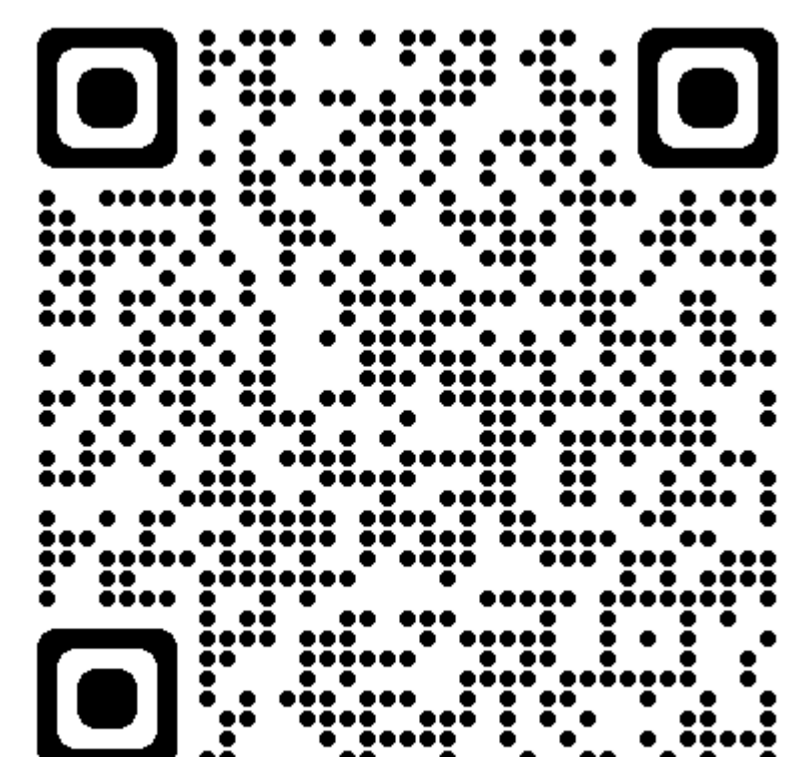
**Minding Your Wellbeing**  
Take a positive approach to your mental health

A series of Five, 20-minute videos

You will learn about

- 01 practicing self-care
- 02 understanding our thoughts
- 03 exploring emotions
- 04 building positive relationships
- 05 improving our resilience

hi yourmentalhealthie  
1800 111 888



[www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html](http://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html)



**TeamUp**  
For Dementia Research

Connecting People and Research

500,000 people are affected by Dementia in Ireland, with 30 people diagnosed every day.

<https://alzheimer.ie/creating-change/research/teamup/about/>

TeamUp for Dementia Research is a service where people living with dementia and their families can register their interest in participating in dementia research. It connects you with researchers who are conducting studies in the area of dementia (e.g. prevention, diagnosis, treatment, care, cure).

To learn more visit [www.teamupfordementia.ie](http://www.teamupfordementia.ie)  
Email: [teamup@alzhemier.ie](mailto:teamup@alzhemier.ie) Call: 1800 341 341

# Mental Health



Pieta. Ending Suicide. Beginning Hope supported by Electric Ireland are organising the Darkness into Light walk on Sat 6th May 2023. Join them for the most important sunrise of the year and help raise funds for suicide prevention. For more info or to sign up contact <https://www.darknessintolight.ie/sign-up>



## You are not alone

Support for people who have been bereaved by suicide

**HSE - 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)

A poster for a public talk. The background is a lush green forest. At the top, logos for 'hi Healthy Ireland Clare', 'COMHAIRLE CONTAE AN CHLAIR CLARE COUNTY COUNCIL Libraries', and 'TRAINING THE WILD ATLANTIC WAY' are visible. The main text reads 'CARING FOR YOUR WELLBEING WITH NATURE' and 'FREE PUBLIC TALK TUES 2ND MAY AT 6PM ENNISTYMON LIBRARY'. Below this, it says 'WITH JOANNE HANRAHAN' and 'Psychotherapist, Eco Therapist, Trauma Specialist'. A small photo of Joanne Hanrahan is in the bottom right corner. The text 'PIC-COLLAGES' is at the very bottom.



## Mental Health

Episode #10 - Talking Health & Wellbeing

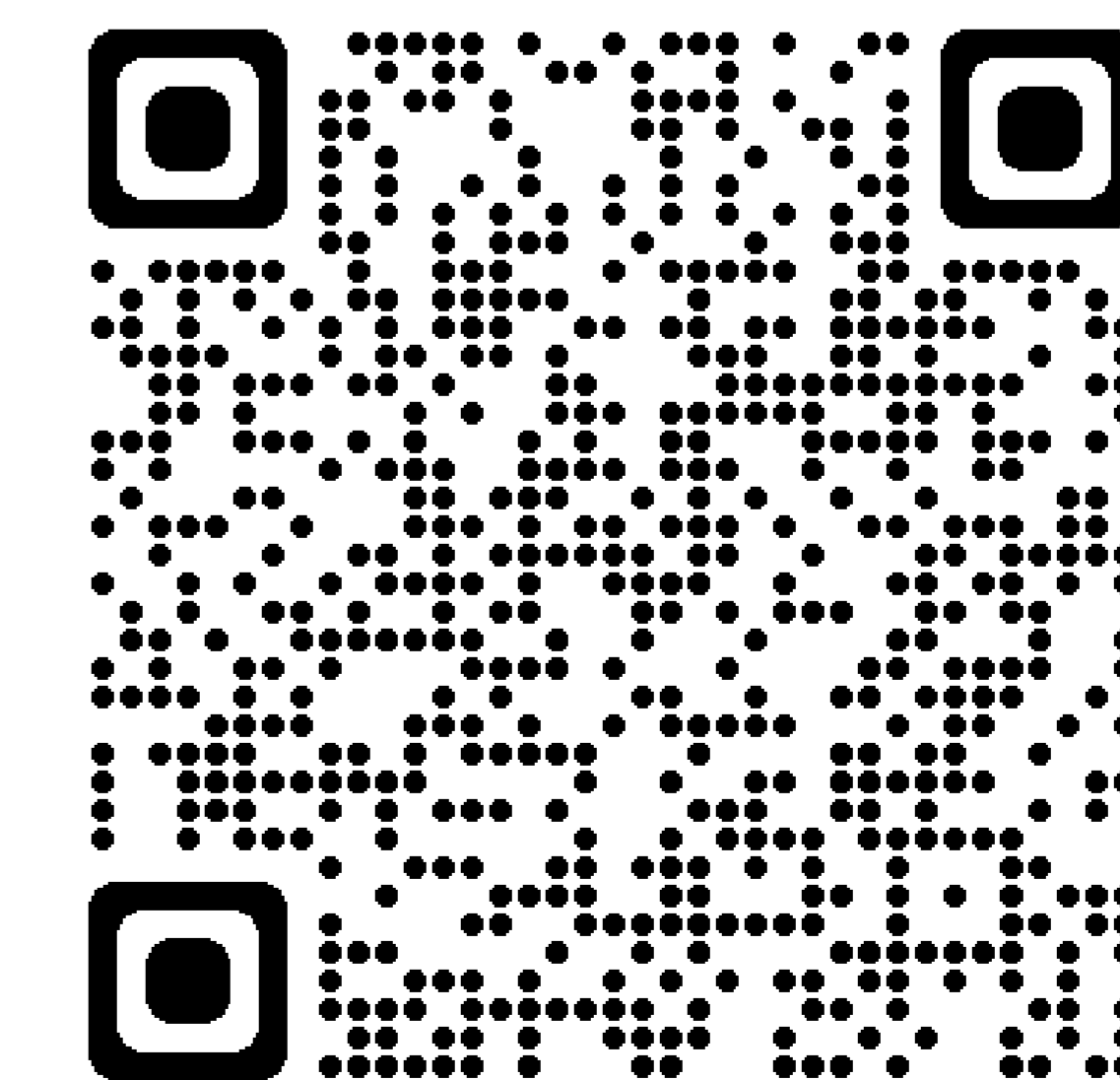


'When we understand it, we can manage it better'

- Mark Smith



Listen to the latest episode of the HSE Talking Health and Wellbeing Podcast, hosted by Noreen Turley with Mark Smyth, HSE Senior Clinical Psychologist, who discuss some of the signs of mental health problems and the new HSE Mental Health Literacy Campaign. The episode focusses on stress, anxiety, low mood and sleep as common signs of mental health problems and what we can do to help ourselves and others. HSE resources and support information are available on [yourmentalhealth.ie](http://yourmentalhealth.ie)



[www.youtube.com/watch?v=CWSj\\_rKcdqg](https://www.youtube.com/watch?v=CWSj_rKcdqg)

# Eating Well

## Living Well

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

Are you living with a long-term health condition or caring for someone with one?

Examples include (but are not limited to): COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), parkinson's, arthritis, cancer, crohn's disease, chronic pain, fibromyalgia and depression.

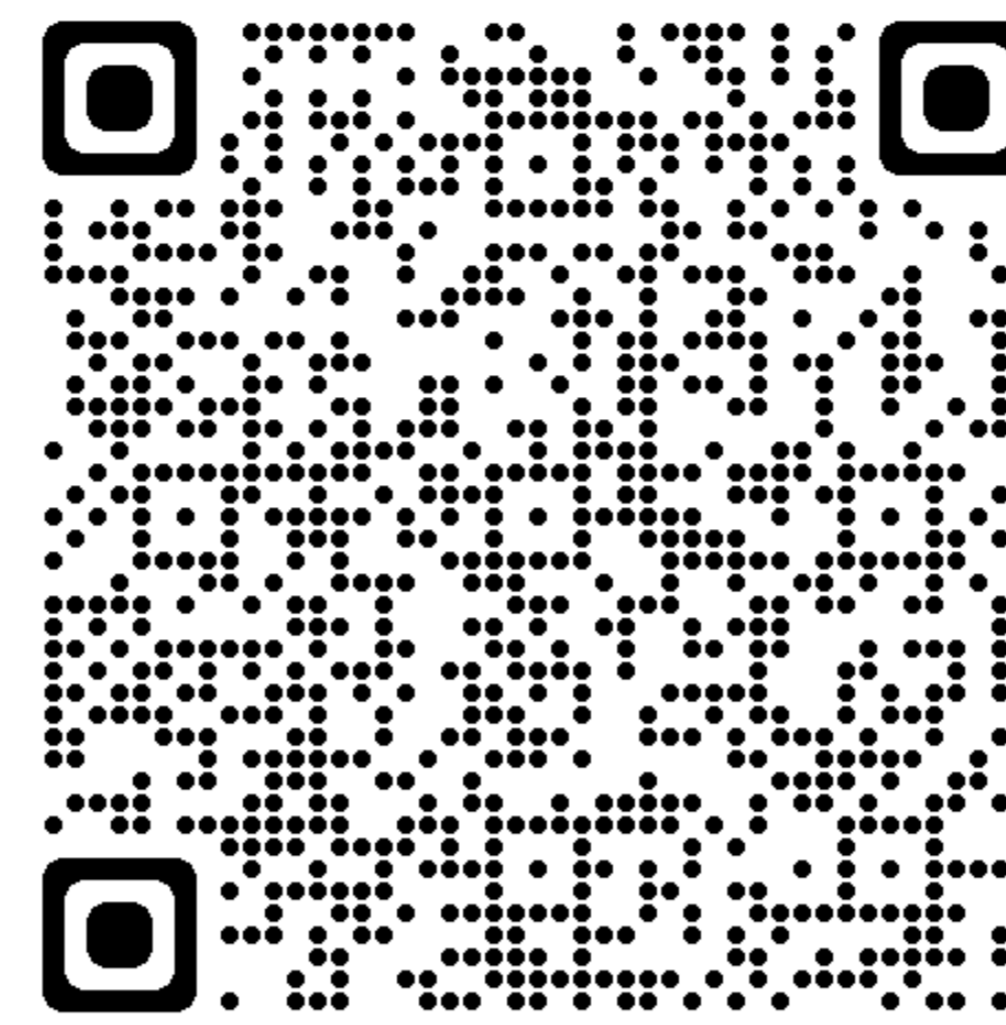


### What is the Living Well programme?

Living Well is a free group programme, delivered over six workshops (2.5 hrs per week for 6 weeks). It is delivered by trained leaders, most of whom are also living with long-term health conditions.

Living Well can help you to develop the skills and confidence to manage your health condition(s).

For information on programme dates and contact details in all areas please see [www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



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

### Contact Details:

Philip Hennessy

Tel: 087 179 9396

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

Liz Cox

Tel: 087 179 9392

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

Upcoming dates for Co Clare:

Day	Start Date	Finish Date	Time	Location
Monday	12 <sup>th</sup> June	17 <sup>th</sup> July	11am-1.30pm	Ennistymon
Thursday	14 <sup>th</sup> September	19 <sup>th</sup> October	10.30am-1pm	Shannon
Wednesday	1 <sup>st</sup> November	6 <sup>th</sup> December	10.30am-1pm	Ennis PCC
Wednesday	1 <sup>st</sup> November	6 <sup>th</sup> December	2.30pm-5pm	Ennis PCC



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



## Spring & Summer Workshops

### April

- Soil & Nutrition - 15th
- Creating an Orchard - 15th

### May

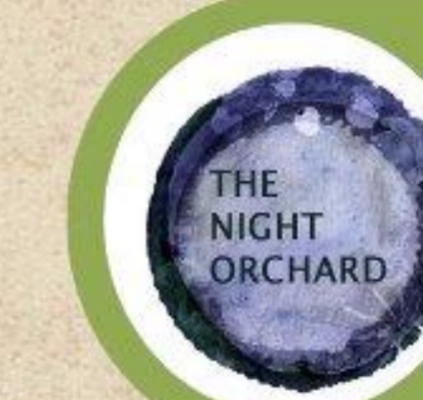
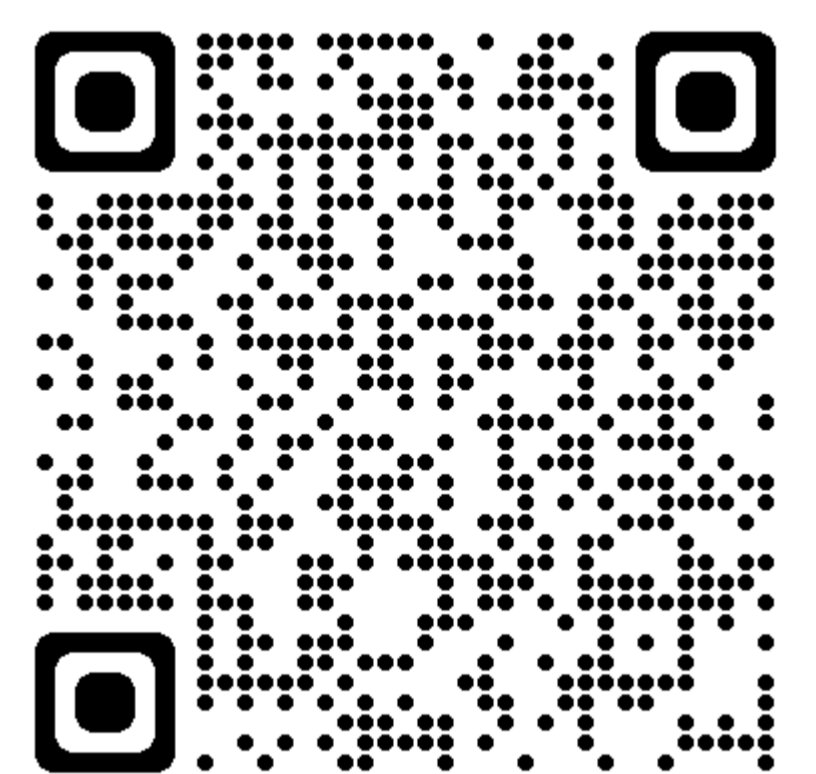
- Bird Watching - 13th
- Composting & Green Manures - 13th
- An Introduction to Scything - 27th
- Sustainable Beekeeping & Log Hives - 27th

### June

- Rewilding your Garden - 17th
- Herbal Medicine Making - 17th
- Creating an Orchard - 17th
- The Art of Fermentation - 18th
- Making the Most of Your Polytunnel - 18th
- Growing, Restoring & Regenerating Soils - 18th
- Biodiversity: From Your Garden to Community

### July

- Wild Food Foraging - 1st
- Design Your Own Permaculture Garden - 1st



Fabulous food by The Night Orchard  
pop-up café for workshop dates

Book Now.....

Workshop prices from €80 with 10% discount for supporters

Irish Seed Savers Association . Capparoo . Scariff . co. Clare . V94 V6W0

[www.irishseedsavers.ie](http://www.irishseedsavers.ie) // Tel: 061 921856 // Email: [info@irishseedsavers.ie](mailto:info@irishseedsavers.ie)

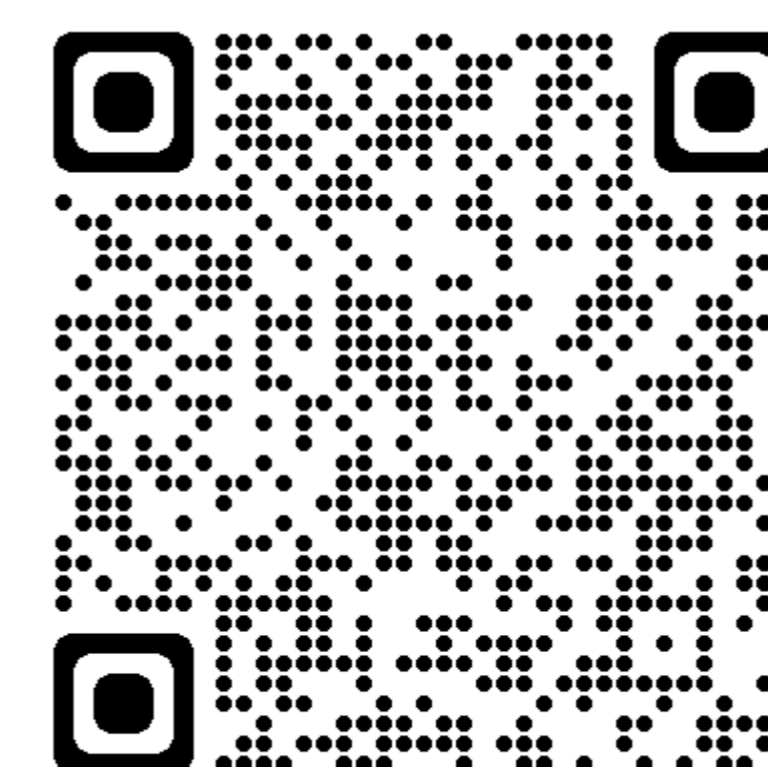
The Irish Seed Savers are hosting a series of Spring and Summer Workshops including Scything and Rewilding Your Garden.

For more information visit

<https://irishseedsavers.ie/product-category/workshops/summer-workshops/>



The safefood podcasts bring us insights and advice from leading experts on nutrition and food safety.



[www.safefood.net/nutrition/podcasts](http://www.safefood.net/nutrition/podcasts)

# 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](mailto: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](mailto:Quit.midwest@hse.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)



Coming Together through

## Music and Song

Supporting Recovery



Social Music and Song Circle for People in Recovery



All Experience Levels Welcome Refreshments Provided

Join us and share a song, tune, story, dance, poem or simply enjoy listening and friendly conversation

North-West Clare Family Resource Centre, Ennistymon

7:30pm – 9pm

Every Thursday for 8 weeks starting 26<sup>th</sup> April

## DRUG & ALCOHOL SERVICES IN THE MID-WEST

Support is available



Scan Me

[www.mwrdf.ie/supports/](http://www.mwrdf.ie/supports/)

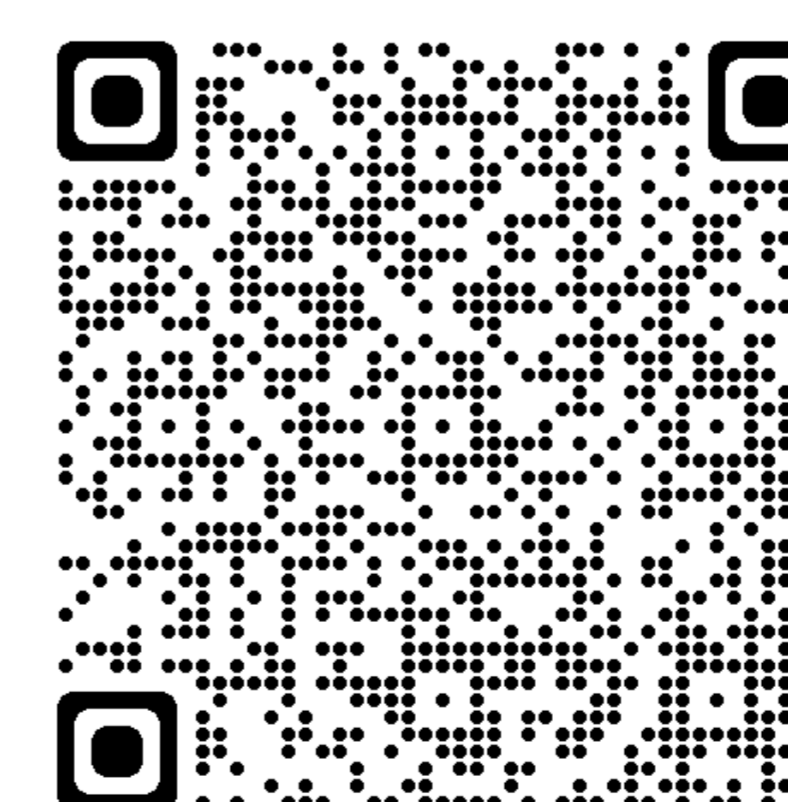


MID WEST REGIONAL DRUGS & ALCOHOL FORUM  
 Clare • Limerick • N Tipperary

CO-ORDINATING & SUPPORTING A REGIONAL RESPONSE TO SUBSTANCE MISUSE



## Drug Related Intimidation Reporting Programme

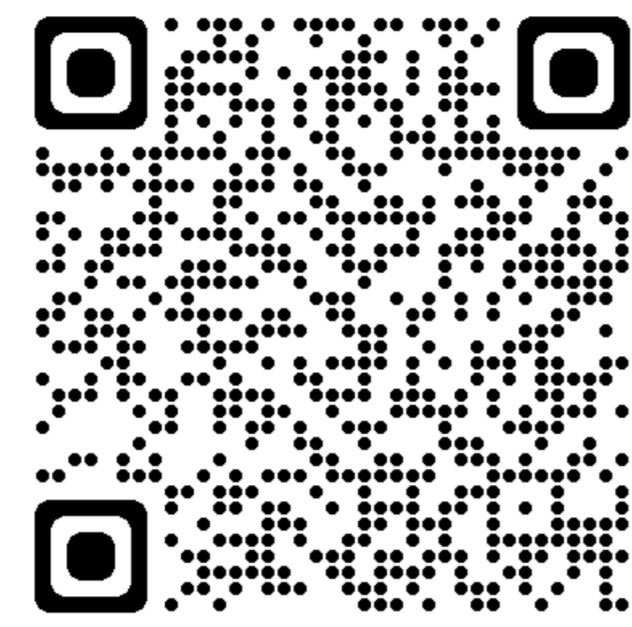


**Drug Related Intimidation Reporting Programme** is a national initiative between an Garda Síochána and the Family Support Network to address drug related intimidation

Ask for the **Inspector** nominated to the Drug Related Intimidation Programme  
 Ennis Garda Station - Clare:  
 (065) 6848100

[www.garda.ie/en/crime/drugs/drug-related-intimidation-reporting-programme-leaflet.pdf](http://www.garda.ie/en/crime/drugs/drug-related-intimidation-reporting-programme-leaflet.pdf)

# Sexual Health



sexualwellbeing.ie

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

## #ChooseScreening



Learn more about the population-based cancer screening programmes in a new eLearning course from the HSE on reducing cancer risk.

Check it out at [www.hseland.ie](http://www.hseland.ie)

### Cancer Screening eLearning Programmes



Bowel screening



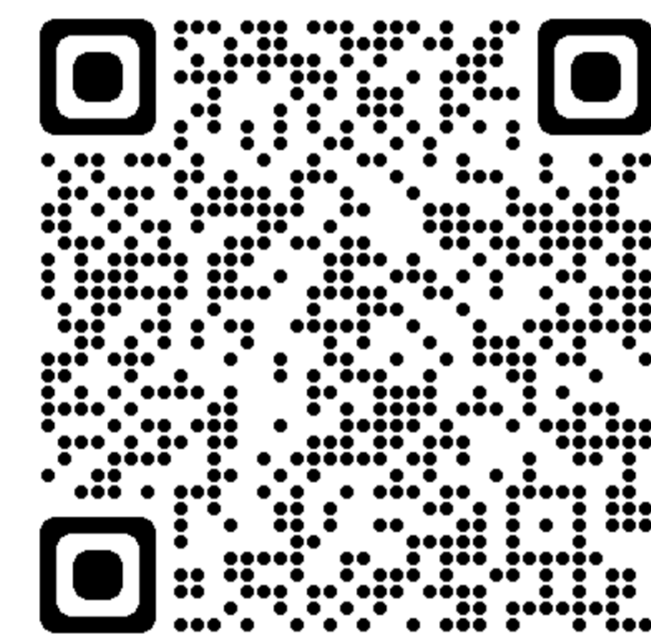
Cervical screening



Breast screening



## We are looking for new members!



Patient and Public Partnership

Become a member of National Screening Service PPP Network and use your experience to improve our four screening services



You can participate in a variety of ways

[IRISHPRACTICENURSES.IE](http://IRISHPRACTICENURSES.IE) | [IGPNEA](https://www.facebook.com/IGPNEA) | [@PRACTICENURSES](https://twitter.com/PRACTICENURSES)

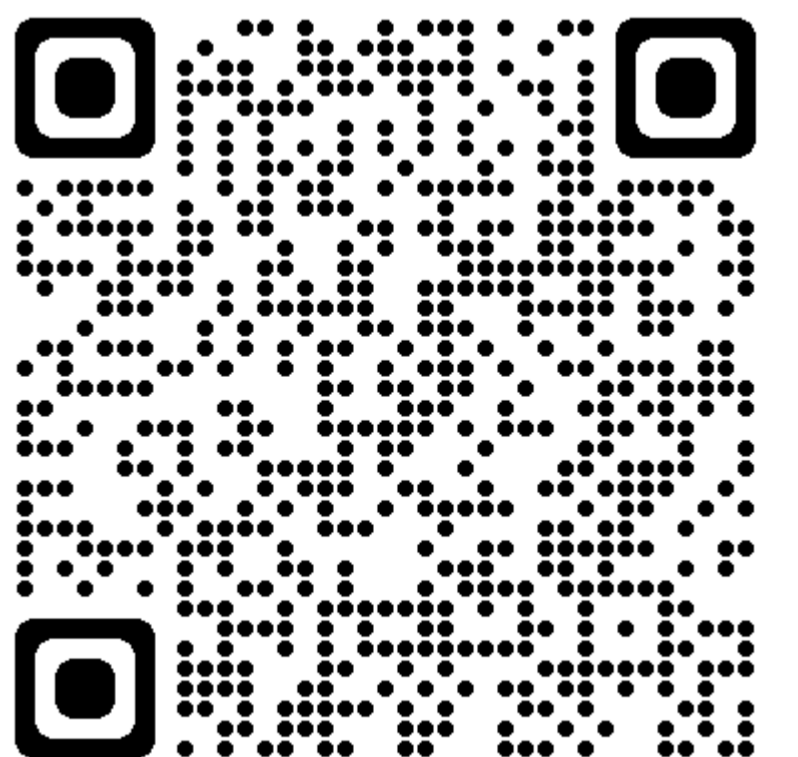
[www2.healthservice.hse.ie/organisation/nss/](http://www2.healthservice.hse.ie/organisation/nss/)

The National Screening Service (NSS) delivers four national population-based screening programmes, for cervical, breast and bowel cancer, and for detecting diabetic retinopathy! Become a member of National Screening Service PPP Network and use your experience to improve the four screening services. For more information on PPP and how to join, contact [PPLoad@screeningservice.ie](mailto:PPLoad@screeningservice.ie).



## TALKING HEALTH & WELLBEING

#9 Making the 'Big Talk' many small talks with Moira Germaine & Fergal Fox



In episode 9 of the HSE Talking Health and Wellbeing Podcast, Moira Germaine from the Sexual Health and Crisis Pregnancy Programme, discusses the resources for parents to support their children's relationships & sexuality.

Listen now on [www.youtube.com/watch?v=CRrq-GPUstc](http://www.youtube.com/watch?v=CRrq-GPUstc)



Over **95%** of people with hepatitis C can be cured

Order a free hepatitis C test today  
Free test. Free cure.



Thousands of people in Ireland are living with hepatitis C and don't know it. Testing is the only way to find out if you have hepatitis C.

Order your free hepatitis C test today on

<http://hse.ie/hepc>



# Other News

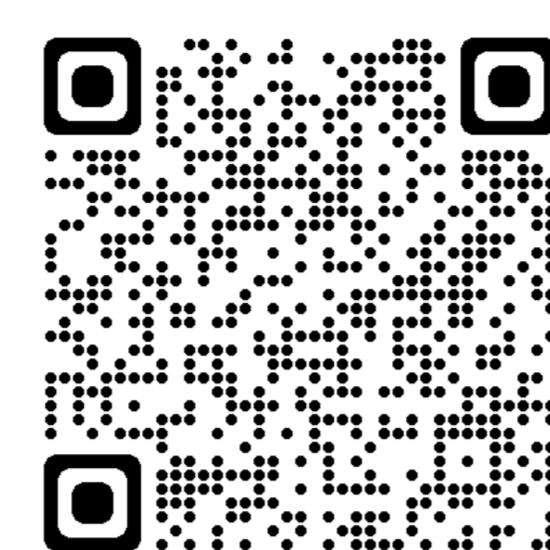


The Nurture Fund is a pilot scheme that will support youth-led cultural, artistic and creative engagement by young people aged between **6 and 24 years**. It is looking to support individuals and organisations that can reach specific groups of young people that are too often seldom heard, to nurture their creative passions and ignite their creative potential. Grant funding between **€50,000 – €90,000** per project with a duration of 18-24 months will be provided up to a total of **€500,000**.

Proposals are invited from organisations, individuals or partnerships with experience of working with the following groups of children and young people:

1. Living with physical or intellectual disabilities
2. Refugees and asylum-seekers
3. Living with mental health issues
4. LGBTI+
5. Traveller and Roma
6. Those within, or transitioning from, the care system
7. Engaged with the youth justice system/ incarcerated persons and ex-offenders (up to age 24)

**Applications must be completed online and submitted via [submit.com](https://submit.com) by Friday 9th June 2023 at 5pm.**



# Bealtaine Festival

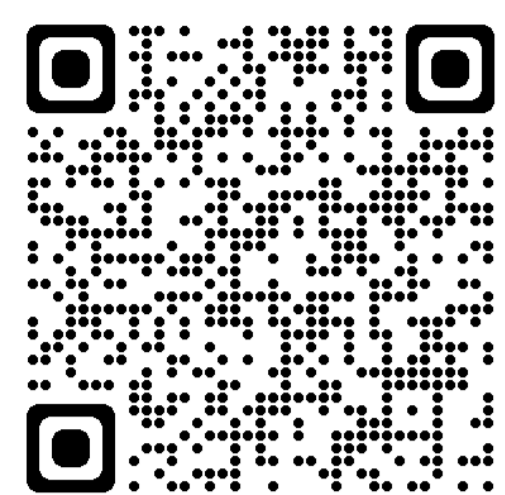
## An Age & Opportunity **arts** initiative

*To celebrate, Clare Libraries will be hosting a range of activities in libraries around the county throughout the month.*



Description	Library Location	Date / Time	Contact
Introduction to Creative Writing	Kilrush	Wed 10 <sup>th</sup> & 17 <sup>th</sup> May, 11:00am - 1:30pm	(065) 905 1504 <a href="mailto:kilrush@clarelibrary.ie">kilrush@clarelibrary.ie</a>
Memoir Writing Course	Ennis	Every Monday in May, 10:30am - 12:30pm	(065) 689 1317 <a href="mailto:devalera@clarelibrary.ie">devalera@clarelibrary.ie</a>
The Road That Rises, Reading and Talk	Ennis	Thurs, 18 <sup>th</sup> May, 6:30 - 7:30pm	(065) 689 1317 <a href="mailto:devalera@clarelibrary.ie">devalera@clarelibrary.ie</a>
	Scariff	Thurs, 25 <sup>th</sup> May, 6:30 - 7:30pm	(061) 922 893 <a href="mailto:scarriff_library@clarecoco.ie">scarriff_library@clarecoco.ie</a>
	Ennistymon	Tues, 30 <sup>th</sup> May, 6:30 - 7:30pm	(065) 7071245 <a href="mailto:ennistymon@clarelibrary.ie">ennistymon@clarelibrary.ie</a>
Nan Hogan, Her Life in Cumann na mBan Among Women of the Irish Revolution	Shannon	Tues, 9 <sup>th</sup> May, at 6:30pm	(065) 689 1317 <a href="mailto:devalera@clarelibrary.ie">devalera@clarelibrary.ie</a>
A Box Full of Memories – An intergenerational art exhibition in Tulla.	Tulla	Tulla Library, during library opening hours	(065) 6835919 <a href="mailto:tulla@clarelibrary.ie">tulla@clarelibrary.ie</a>

# OTHER NEWS



Ionad Tacaíochta Inimircigh An Chláir

[www.clareimmigrantsupportcentre.com](http://www.clareimmigrantsupportcentre.com)

### Opening Times

Monday, Tuesday, Wednesday and Thursday from 9:30am → 4pm

Pre-booked appointments available on Tuesday & Thursday 10:00 - 13:00

### Outreach Clinics

Tuesday 9:30 - 11:00 - Lisdoonvarna  
Tuesday 11:30 - 13:00 - Ennis

### Ukrainian Drop-in Clinics

CISC office, Clonroad Business Park, V95 CV06

Tuesday 10:00 - 13:00  
Wednesday 10:00 - 13:00

Telephone - 065 682 2026

Email - [ciscennis@gmail.com](mailto:ciscennis@gmail.com)



## Age Friendly Mornings at Scariff Library

Scariff library have services in place to enable and support older people in our community. You are welcome to join us every Tuesday morning from 10.30am to watch a film, read the papers, have a chat with friends, enjoy a cuppa or just relax and enjoy the space.

Starting on Tuesday 25th April we are showing **The Quiet Man at 10.30am**

For more info call 061 922 893 or email [scariff\\_library@clarecoco.ie](mailto:scariff_library@clarecoco.ie)

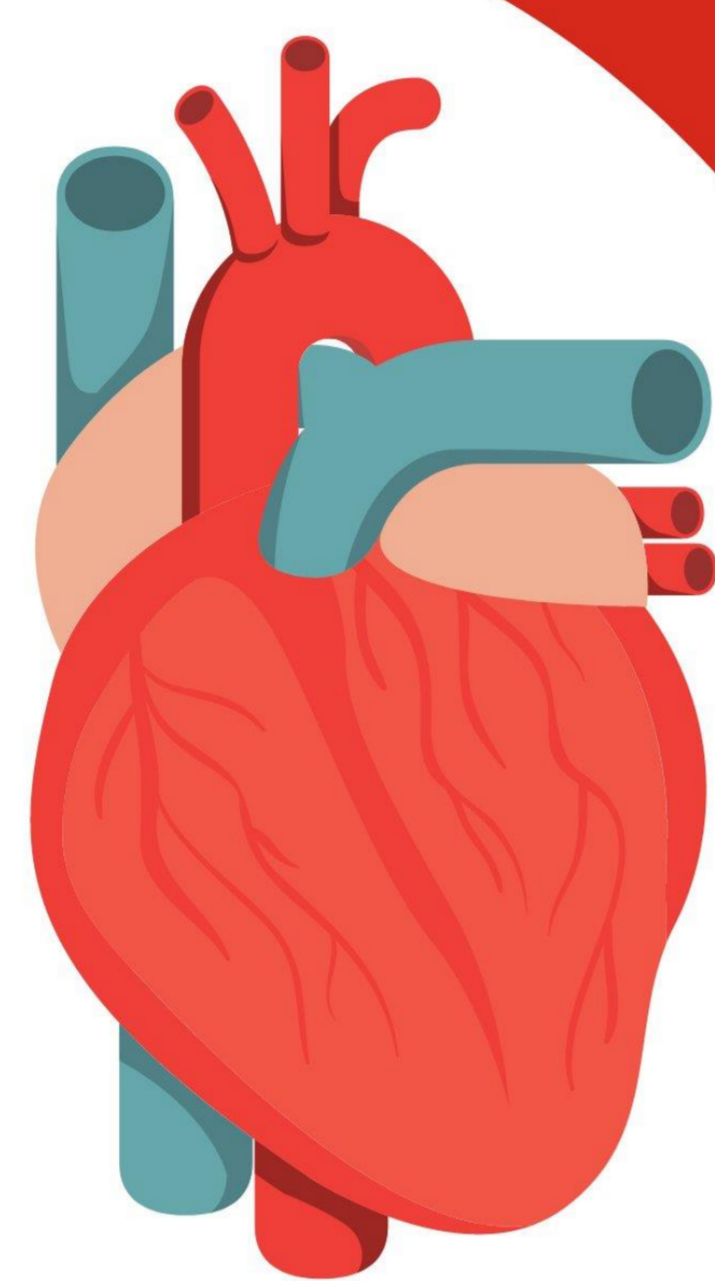


Calling all

Patients - Family Members - Carers - Health Care Professionals

## Heart Failure Awareness & Education Event

Expand your knowledge & expertise on heart failure from the people who are directly affected by and working with this condition everyday...



Wednesday 3 May | 6-8pm

Royal College of Surgeons (RCSI),  
No. 26 York Street, Dublin 2

Speakers:



Dr. Sinead Mulhern,  
Principal Clinical Psychologist, Mater Hospital



Prof. Emer Joyce,  
Consultant Heart Function & Transplant Cardiologist, Mater Hospital



Karen Maclaughlin,  
Living with Heart Failure



Orna O'Brien,  
Senior Dietitian, Irish Heart Foundation



Pauline O'Shea,  
Advocacy Campaign Manager, Irish Heart Foundation



Register on: **Eventbrite**  
or call 01 668 5001



Shannon Family Resource Centre

Tel: 061 707600 Email: [shannonfrc@gmail.com](mailto:shannonfrc@gmail.com)

### Some of whats happening in May

WomensLife Coaching Programme	Check out our website or contact us for more details
Yoga Classes	New 6 week class Friday mornings 10am to 11.15am
Citizens Information	Every Friday morning 9.30am to 12.30 noon
Playtherapy	Registration details available on our website below
Women's DIY Course	9 week DIY course for women Tuesday mornings 10am to 12 noon starting in May
Sit n Knit	Every Tuesday evening 7.30pm to 9.30pm
Toddler Group	Every Friday morning 10 to 12 noon All Welcome
Homework Club	Monday to Wednesday 2.45pm to 4.15pm
Low Cost Counselling	Ring us on 061 707600 for an appointment
Alcoholics Anon	Sunday 11am & Monday 8.30pm
Narcotics Anon	Sunday & Wednesday 8.30pm-10pm

MAY 2023

for more details on our other services visit [shannonfrc@gmail.com](mailto:shannonfrc@gmail.com)

Made with PosterMyWall.com

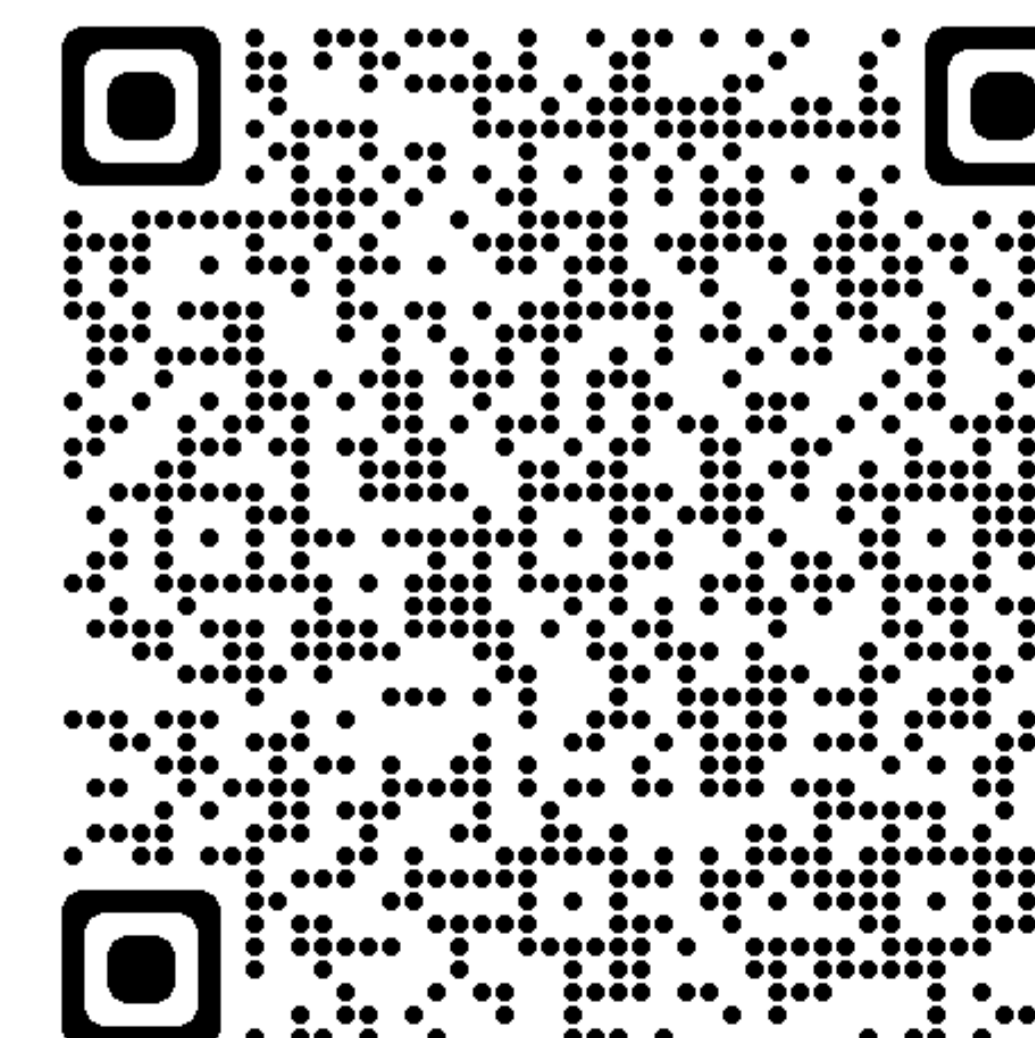
Alzheimer's



May 4<sup>th</sup> 2023

"Join us for the greatest Tea Party in the world."

Fair City's  
Bryan Murray and  
Una Crawford O'Brien



<https://alzheimer.ie/get-involved/fundraising-events/alzheimers-tea-day/about-tea-day/>

# Other News



## What's on in May 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

MONDAY	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	●
	1.45-3.45	Improvers Sewing Course	Barbara	●
	4-6pm	Ukrainian: Teen Drop-in	Jenny, Anastasiia	●
	7-8pm	Yoga Class	Sue	●
TUESDAY	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	●
WEDNESDAY	10-1pm	Textile Crew (Parliament Street)	Barbara	●
	<b>NEW!</b> 10-12pm	Active Ukrainian 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	●
	6.15-7.15	Fitness class	Killian	●
	6.45-7.30pm	Irish Class	Deiric	●
	7pm	Men's Shed	Deiric	●
THURSDAY	10-1pm	Garden Course	Deiric	●
	<b>NEW!</b> 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: Integrated Traveller 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	●
	<b>NEW!</b> 11-12.30pm	Breastfeeding Group (every second week)	Deiric	●
	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



Wednesday 3<sup>rd</sup> May, 10am to 1pm  
Free First Aid in the Home Workshop  
Please phone us to register

## LIMERICK BEREAVEMENT NETWORK

IN CONJUNCTION WITH



Ospidéal OL  
UL Hospitals



LIMERICK  
Mental Health  
Association



Irish  
Hospice  
Foundation



Milford Care Centre  
(Under the auspices of Little Company of Mary)

## Date 8th May: Living with Loss, a bereavement and support evening

Location CERC building UHL:  
7:00pm-9:00pm

This event is for all people who are bereaved.  
All are welcome to join regardless of how long  
ago your loss occurred or where your person  
died.

To book your place please go to:

[www.eventbrite.com/cc/limerick-bereavement-network-1761579](http://www.eventbrite.com/cc/limerick-bereavement-network-1761579)  
or Scan the QR CODE



[Info@limerickmentalhealth.ie](mailto:Info@limerickmentalhealth.ie)

061 446786

