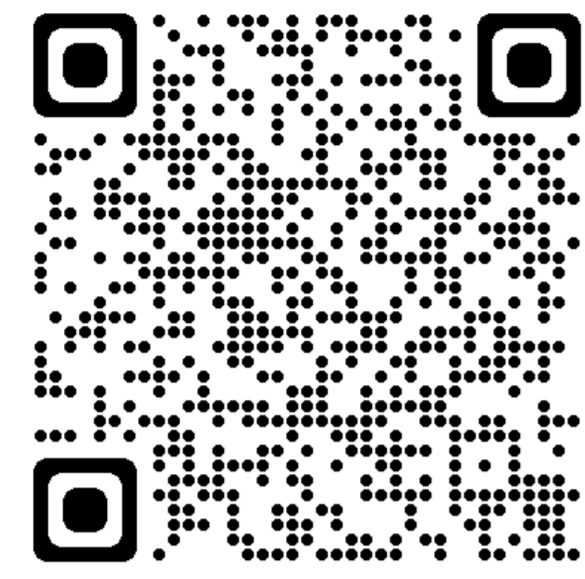


Healthy Clare Newsletter

October 2023



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)



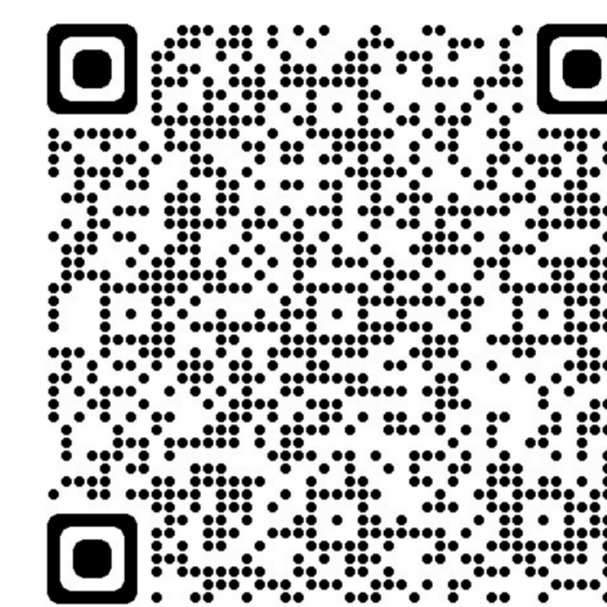
[@healthyclareireland](https://www.instagram.com/healthyclareireland)

CLARE'S FARMERS WEAVING STORIES TOGETHER



Clare's Farmers 'Weaving Stories Together' project is targeting 5 Mart areas across County Clare (Ennis, Kilfenora, Kilrush, Scariff and Sixmilebridge), and working with the farmers in those areas to graphically capture Past, Present and Future farming from our farmers perspective.

| Target Mart Area | Date | Time |
|----------------------------------|------------------------|---------|
| Sixmilebridge - Parish Hall | Monday, 18th September | 6 - 8pm |
| Ennis - Buttermarket, Drumbiggle | Monday, 25th September | 6 - 8pm |
| Kilfenora - Community Hall | Tuesday, 10th October | 6 - 8pm |
| Kilrush - Community Centre | Thursday, 12th October | 6 - 8pm |
| Scariff - GAA Hall | Monday, 16th October | 6 - 8pm |
| glór (Booklet Launch) | Monday, 13th November | 12-3pm |



A huge thank you to all the Creative Farmers who shared their memories, experiences and thoughts of farming in their area these past 2 weeks in Sixmilebridge and Ennis. We are looking forward to creating more graphics from the next 3 areas, Kilfenora, Kilrush and Scariff.

THE PROJECT INVOLVES

- Cuimhneamh an Chláir (Clare Memories) facilitated sessions with the local farming community who are discussing their experiences and views of past, present, and future farming in their area.
- The information shared is creatively captured by a graphic harvester and will be collated into a co-created Clare's Farmers 'Weaving Stories Together' booklet (in October). This booklet will be launched in Glór on Monday, 13th November.

For more information contact Dawn on 065 684 6276 or agefriendlyclare@clarecoco.ie or visit

<https://yoursay.clarecoco.ie/farmers-weaving-stories-together>

National Breastfeeding week is 1st – 7th October. This year the Healthy Clare and Creative Clare programs have teamed up in support of National Breastfeeding Week and are funding community led Breastfeeding Friendly events across the County. If you would like to become a 'We're Breastfeeding Friendly Clare' space, please visit

<https://yoursay.clarecoco.ie/breastfeedingfriendlyclare>



Breastfeeding Friendly Hub Events

During National Breastfeeding Week we are hosting 2 breastfeeding friendly events in the new Community Hub at Killaloe/Ballina Community & Family Resource Centre

Please join us with your babies, children, friends and family for refreshments, chat and information about our services

Tuesday 3rd October 10 - 11.30am and Thursday 5th October 1 - 2.30pm

Free refreshments and 'Story-time' for young children

#Breastfeeding Friendly Clare #mychild.ie

To find out more or to make a one-to-one appointment, please contact Marie our Family Support Worker
Mobile: 086-0570611 Tel: 061 374741 Email: marie@kbfrcc.ie



National Breastfeeding Week

2nd - 6th October 2023

Tuesday 3rd
11am
Coffee Morning with
Nutritionist
Liz Byrne



All Week
Photoshoot Exhibit
(Myriam Riand)

Friday 6th
11am to 1pm
Art Workshop
"Liquid Gold" with
Maeve Collins



Contact:

North West Clare Family Resource Centre
Parliament Street, Ennistymon
Joeann: 086 1911907



BREASTFEEDING RETREAT



Tuesday 03rd Oct
6:00pm-8:00pm
Or
Saturday 07th Oct
2:00pm-4:00pm
Kilmurry Hall
V95 XA50

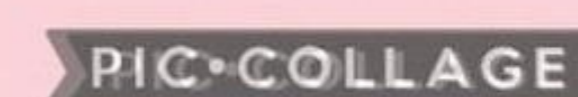
Breastfeeding Advocate
Petrina

Gentle Yoga Movements
with Yoga instructor Colette

Contact Colette 0868398008
more info & booking online www.limestone.ie
€5 booking fee



With thanks to event organiser
Cill Mhuire Community Centre



BREASTFEEDING RETREAT



Thursday 05th Oct
6:00pm-8:00pm
Or
Saturday 07th Oct
10:30am-12:30pm
@limestoneyoga
Corofin

Breastfeeding Advocate
Petrina

Gentle Yoga Movements
with Yoga instructor Colette

Contact Colette 0868398008
more info & booking online www.limestoneyoga.ie
€5 booking fee



With thanks to event organiser
Kilnaboy Community Development Association



Physical Activity

INCLUSION HOCKEY

WEDNESDAYS AT 6PM
FREE OF CHARGE FOR 2023/2024 SEASON!

FOR YOUNG ADULTS
ONLY €10 REGISTRATION WITH HOCKEY IRELAND REQUIRED



LOCATED AT PLANET ENTERTAINMENT CENTRE, ENNIS, V95 Y283
CONTACT 087 693 4778 OR ENNISHOCKEYCLUB@GMAIL.COM




Inclusion hockey for young adults started back Wednesday 13th September at 6pm
Inclusion hockey will be free for the 2023/2024 season! Only registration with hockey Ireland is required to play! For more details contact www.ennishockeyclub.com



Safeguarding Workshops

Tuesday, 3rd October
Thursday, 5th October
Thursday, 19th October

Free Disability Awareness Training on October 9th



<https://claresports.ie/events>




€15 PER ADULT, U18'S FREE

KILRUSH SPORTS HUB COUCH TO 5K TRAINING PROGRAMME

OPEN TO WALKERS & RUNNERS

WHEN: MONDAY 2ND OCTOBER
TIME: 7PM
WHERE: GALLERY PARK TRACK
DURATION: 8 WEEKS



WOULD YOU LIKE TO COMPLETE THE VANDELEUR 5K PARKRUN BEFORE CHRISTMAS? THIS IS YOUR OPPORTUNITY.

PRE REGISTRATION ONLY




<https://claresports.ie/kilrush-sports-hub-couch-to-5k/>




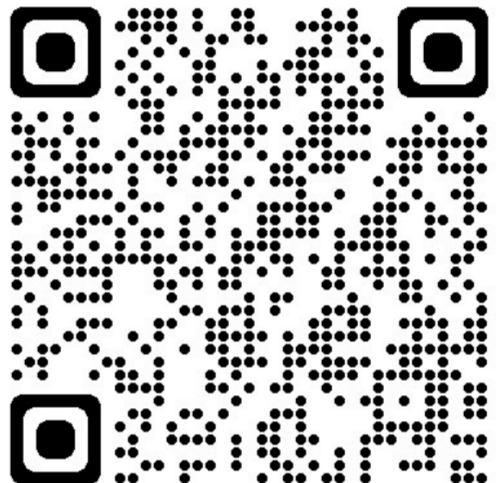
PODCAST

HSE Active Workplaces

Episode #19 - Talking Health & Wellbeing



'Making our workplace a happy and healthy place.'
- Eimear Cotter

In this episode Eimear Cotter, Project Manager, Healthy Eating Active Living Programme, HSE Health & Wellbeing and Dan Russell, Health Promotion & Improvement Officer, HSE, talk about active workplaces and the importance of physical activity. Eimear discusses the physical activity guidelines, the risks associated with sedentary behaviour in the workplace and why movement breaks are so important to incorporate as part of our daily routine. Dan shares his experiences about the HSE Steps to Health challenge, which is an internal initiative aimed at encouraging and supporting staff to be more active. Hosted by Eamon Keogh.

www.youtube.com/watch?v=eI0Sav_oJg



Clare Sports Partnership are asking you to help show abuse towards referees and officials the red card by signing your club up for their **Season Of Respect campaign!** They have new upcoming Season Of Respect Club Level 1 Award workshop dates – 4th October and 18th October
Find out more <https://claresports.ie/sorclubaward/>

CLG ÉIRE ÓG INIS WOMENS HEALTH AND WELL-BEING PROGRAMME AUTUMN 2023

- WK 1 WED OCT 11TH 8PM**
Care & Glow talk and advice with **Audrey & Laura from Rochford's Pharmacy.** (Goodie bags and a €300 Rochford's beauty hamper to be won on the night)
- WK 2 WED OCT 18TH 7.30PM**
Breast Cancer Awareness talk with survivor **Juliette O'Connell.** Juliette was 41 when she discovered the devastating news by chance.
- WK 3 WED OCT 25TH 8PM**
Grainne Travers presents 'Getting the basics right with Nutrition'
- WK 4 WED NOV 8TH 8PM**
Womens health, physiotherapy, talk on general, hormonal & age related body changes with **YOUtherapies**
- WK 5 WED NOV 15TH 8PM**
Yoga session with **Orla Cronin:** for a boost of fitness, a sense of calm and a bit of fun ;)
- WK 6 WED NOV 22ND 8PM**
Mindfulness and self-care intro with Michelle from **Sona Mindfulness.** Learn easy ways to help calm busy minds & nourish our bodies in our everyday lives.

Places may be limited, please complete the form on link/QR to indicate your intention to attend one or more of the workshops: <https://tinyurl.com/2p937cy2>



MORE INFO
Contact Éire Óg Healthy Club Officer:
email: eireoginishealthofficer@yahoo.com
text: 087 644 9781

PHYSICAL ACTIVITY



AT LEAST

30 MINUTES A DAY

5 DAYS A WEEK

Mental Health



West Clare
Family Resource Centre



Seasons For Growth

Coping with Grief, Loss and Changes in Life.
Starting Monday 25th September to the 13th November 2023.
Wednesday Evenings 7pm to 9.30pm
Venue: Kilrush Community Centre

Key beliefs underpinning this course

- That loss and grief are a normal and valuable part of life
- That many different losses occur in one's lifetime
- That people need to be provided with an opportunity to look at how loss and grief have impacted on their lives
- That we learn through knowledge, skills and attitudes to understand and manage our grief experiences
- Learning about loss and grief can, in itself, be quite liberating

Course is Free to Participants

For info or to apply Contact Pauline on 065 9052173



West Clare
Family Resource Centre



Managing stress Course



Strating: 28th September 8 weeks
Day: Thursday
Time: 10am to 12.30pm

Course Free to participants.
The following are some of topics to be covered.

- What is stress?
- The stress cycle
- The effects of stress
- Stress that can be avoided
- Techniques for dealing with stress that cannot be avoided
- Accepting support

Venue: Kilrush Community Centre, O'Gorman St, Kilrush, Co. Clare.

Contact: Pauline

Tel: 0659052173

Email: pauline@westclarefrc.ie



CARING FOR WELLBEING COURSE

A SHORT 8-WEEK COURSE THAT USES A GROUP WORK APPROACH AND WILL TAKE YOUR WELLBEING NEEDS INTO ACCOUNT.

THIS COURSE IS FREE OF CHARGE.

Starting Thursday 28th September 7.00 pm
Killaloe/Ballina Community and Family Resource Centre.

For further information or to register your place email marie@kbfrfc.ie or contact Marie 061-374741



Killaloe/Ballina FRC are hosting a free 8 week 'Caring for Wellbeing Course' starting on Thursday 28th September at 7pm. For more info contact marie@kbfrfc.ie or call 061 374741.



Positive Mental Health

Episode #21 - Talking Health & Wellbeing



'Wellbeing is present when a person realises their purpose, connection, and belonging.'

- Anne Marie Murphy

The weekly HSE Talking Health and Wellbeing Podcast series is back with a focus on Positive Mental Health. Listen to learn about how we need to focus on our own mental health and wellbeing if we are to support others. <https://youtu.be/BR1LX>

[hiGdf8](https://youtu.be/BR1LX)



The Community Mental Health Fund, supported by the Department of Health



The Community Mental Health Fund, supported by the Department of Health

WEST CLARE Mental Health Association

Mental Health Week 2023

| Day | Time | Where | Event |
|---------------------------|--------|---------------------------|--|
| Tues 10 th Oct | 7pm | Kilrush Community Centre | Managing Anxiety Dr David Coleman |
| Wed 11 th Oct | 7pm | Curtains Farm Kilmihil | Farmer Safety, Health & Wellbeing Talk |
| Sat 14 th Oct | 9.30am | Vandeluer Woods | Park Run/Walk |
| Sun 15 th Oct | 11am | Vandeluer Woods | Guided Mindfulness Walk |

All enquires contact westclaremha@mentalhealthireland.ie or 085 8559511



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



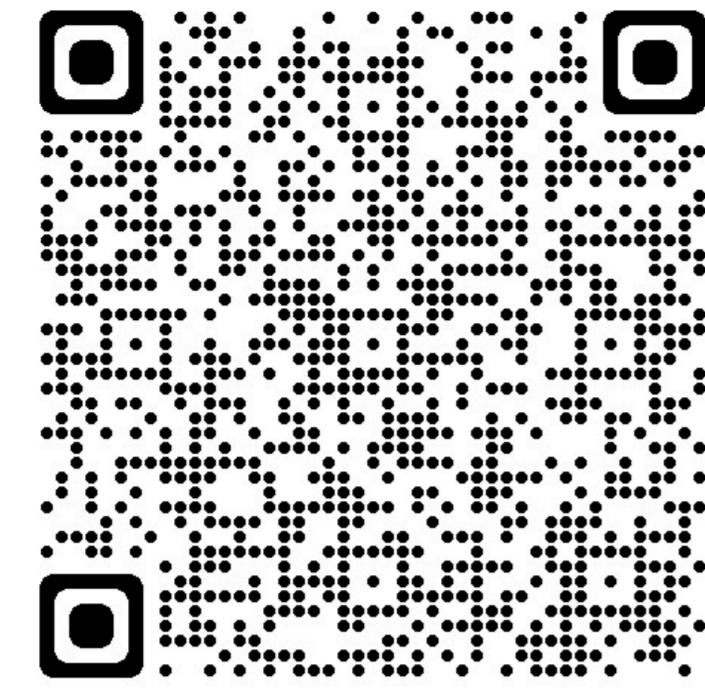
October 2023

- Tuesday 3rd October 2pm – 4pm
 - Family Recovery in Mental Health
- Wednesday 4th October 10am – 12pm
 - Creativity for Wellbeing
- Tuesday 10th October 2pm – 4pm
 - Managing Wellbeing & Mental Health Recovery
- Wednesday 11th October 10am – 12pm
 - How can I find meaning in my Life and feel more empowered
- Tuesday 17th October 2pm – 4pm
 - Lets Talk Depression
- Wednesday 18th October 10am – 12pm
 - How do I keep connected and stay hopeful to support my Wellbeing
- Tuesday 24th October 2pm – 4pm
 - Pt. 1 Exploring Anxiety
- Wednesday 25th October 10am – 12pm
 - Pt. 2 Managing Anxiety
- Tuesday 31st October 2pm – 4pm
 - Self Care – Building my Resilience

For more info & to sign up visit <https://midwestaries.eventbrite.ie> or email Margaret.keane9@hse.ie

Eating Well

Healthy eating begins with your food shop



- Plan your meals and snacks
- Be on the look out for special offers
- Don't shop when you are tired or stressed

- Don't go shopping when you're hungry
- Get cold foods home fast
- Before the till, check for unplanned items

Find out more at safefood.net/transform

Healthy eating often begins at the supermarket. Safefoods have come up with 12 ways to help you shop for healthier food. For more information visit

www.safefood.net/healthy-eating/transform-your-trolley/twelve-ways-to-transform-your-trolley

Tips to keep your heart healthy



- Eat fruit or veg with every meal
- Avoid adding salt to food
- Eat lean meat and poultry
- Choose low fat milk, yoghurt and cheese

#HeartMonth

safefood

Healthy food is food that gives you all the nutrients you need to stay healthy, feel well and have plenty of energy. Visit Safefoods dedicated webpage for information on 'What Healthy Food means?'

www.safefood.net/healthy-food/what-it-means

Eat Well, Age Well & Live Well

a Healthy Ireland at Your Library Event with Clare Libraries

Free event

Location Shannon Public Library
Tuesday, 10th October 2023
Time 11.00am – 12.15pm

Nutritionist Grainne Travers will discuss the importance of making informed food choices and developing healthy eating habits as we age.

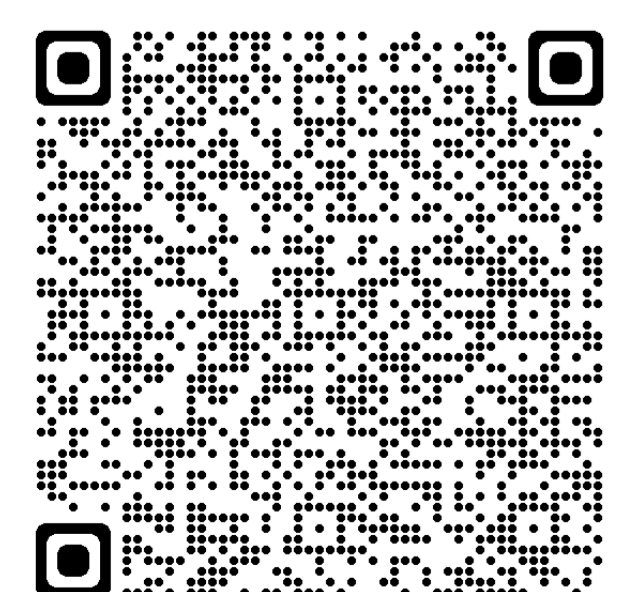


For more information contact **Shannon Library** on 061 364266 or email shannon@clarelibrary.ie

Student guide to healthy eating

safefood.net/blog

- Learn 2 or 3 simple recipes
- Buy frozen veg
- Freeze leftovers
- Buy long lasting ingredients
- Cook with friends or house mates



For more info go to :

<https://www.safefood.net/Blog/August/Uni-cooking-101>

INTERNATIONAL DISHES ON A BUDGET

EMBARK ON A CULINARY JOURNEY AROUND THE GLOBE AND TANTILIZE YOUR TASTE BUDS WITH A DIVERSE ARRAY OF INTERNATIONAL FLAVOURS AT OUR COOKERY CLASSES

THURSDAY EVENINGS 6PM TO 8PM
STARTING 12TH OCTOBER TO
THE 30TH NOVEMBER

TO REGISTER

Please email:
projectworker.clare@womenscollective.ie
or call
087 283 5769

VENUE: MNA AG GAIRE WOMEN'S COMMUNITY HUB
7 TRACKLANDS BUSINESS PARK
ENNIS V95K6F6



Healthy Clare



For more info contact:

projectworker.clare@womenscollective.ie or

call 087 283 5769

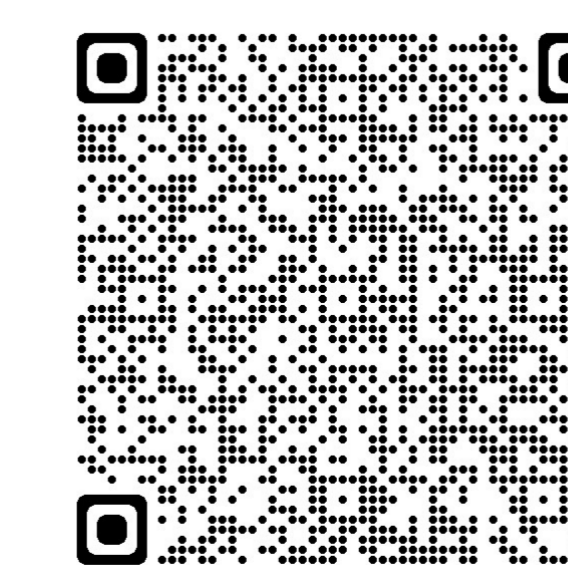
Healthy Eating for Older Adults



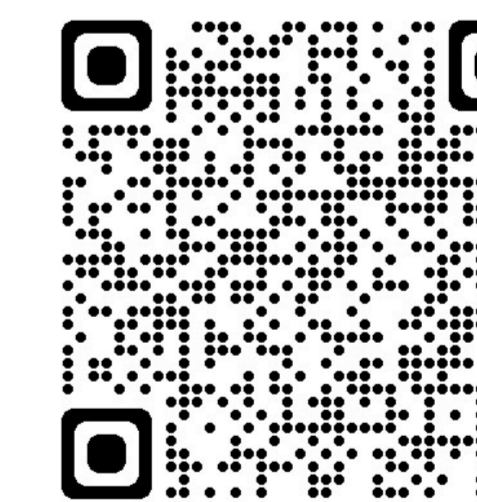
This booklet is for adults aged over 65 who are in good health, mobile and living at home. The aim of this advice is to help you stay well, by nourishing your body with healthy food and by staying active every day. If you would like a copy please contact

healthyclare@clarecoco.ie

www.hse.ie/eng/about/who/health_wellbeing/our-priority-programmes/heal/food-pyramid-images/healthy-eating-for-older-adults-booklet.pdf



Healthy Lunchboxes for Kids
Episode #23 - Talking Health & Wellbeing



'Children do need to learn and accept food.'

- Marian McBride



Have you listened to the HSE's Talking Health and Wellbeing podcast? This week it's about lunchboxes and how to get your kids to eat a healthier school lunch.

Listen to the podcast on

www.youtube.com/watch?v=moZfnwN6fFE

Get lunchbox ideas here

www.safefood.net/lunchbox and

www2.hse.ie/living-well/healthy-eating

Tobacco Free, Reducing Drugs & Alcohol Related Harm



HSE MIDWEST DRUG & ALCOHOL SERVICES

UPCOMING IN-PERSON & ONLINE COURSES FOR: OCTOBER 2023

| Course Title & Brief Overview | Date & Registration | Course Leader |
|--|--|--|
| <p>Introduction to Motivational Interviewing For Changing Addictive Behaviours, Introduction To Clinical Skills</p> <p>Explore the fundamental spirit and principles of MI; strengthen your empathic listening skills (OARS); understand and practice the directive aspects of MI; experience and practice MI style for meeting resistance and learn the fundamental language cues of change talk & sustain talk (resistance)</p> | <p>Online (Click to Register)</p> <p>Wednesdays, October 4th, 11th & 25th, 9.45am - 1.15pm</p> <p>Limerick (Click to Register)</p> <p>Weds 6th & 13th December, 10am - 4.30pm</p> | <p>Anna O'Neill, Education Officer, HSE Midwest Drug & Alcohol Services, Member of Motivational Interviewing Network of Trainers (MINT)</p> |
| <p>SAOR © Training in Screening & Brief Intervention for Alcohol and Substance Use SAOR (Support, Ask and Assess, Offer Assistance, Refer)</p> <p>Offers a step-by-step guide for practice, to guide workers in using a person centred approach throughout their conversation, encounter or engagement with a person using their service. SAOR supports workers from their first point of contact with a person to enable them to deliver brief interventions and to facilitate those presenting with more complex needs.</p> | <p>Limerick (Click to Register)</p> <p>Weds 11th October 2023, 10am - 3.30pm</p> <p>Note: This course requires a 90 minute pre training online module to be completed on www.hseland.ie</p> | <p>Lynn Collopy, Coolmine Therapeutic Community & Deirdre O'Donoghue, HSE Midwest Drug & Alcohol Service</p> |
| <p>2 day Introduction to Understanding Substance Use & Addiction</p> <p>Aim of the course is to gain a basic understanding of substance use, addiction and related issues, including basic drug awareness, process of addiction, effects on family members, local services available and treatment approaches they offer.</p> | <p>Ennis, Co. Clare (Click to Register)</p> <p>25th & 26th October 2023, 10am - 4pm</p> <p>or</p> <p>Limerick (Click to Register)</p> <p>16th & 17th January 2024, 10am - 4pm</p> | <p>Deirdre O'Donoghue, Education Officer, HSE Midwest Drug & Alcohol Services</p> |

BOOKING SYSTEM

Queries can be sent to **Sharon Lavery**, sharon.lavery1@hse.ie or call 065 6865852. All courses are open to HSE staff and to staff and volunteers of related voluntary, community & statutory agencies unless stated otherwise in course particulars.

Courses are FREE. Online events will open 20 minutes before start time to allow people to set up and join.

KEEP UP TO DATE

with HSE Health & Wellbeing Initiatives

If you would like to find out more about the IAS please contact us on

061 492 016

to discuss the Service with a member of our team and how we can work with you.

Twitter @MidWest_HW

Sláintecare. Healthy Communities

Integrated Alcohol Service

Concerned about your alcohol use?

If you are living in the **Midwest**, and **age 18+** our team can support you or your loved one to make **positive changes.**

DRUG & ALCOHOL SERVICES IN THE MID-WEST

Support is available

Scan Me

CO-ORDINATING & SUPPORTING A REGIONAL RESPONSE TO SUBSTANCE MISUSE

Drug & Alcohol services in the Midwest work collaboratively providing information, support & referral to individuals & family members. The supports are **free** (except residential services) & **confidential**. Most services provide outreach across the Midwest, meaning you don't have to travel to Limerick for support.

www.mwrdf.ie/supports/

QUIT.ie

Quit for 28 days this October and you're **5 times** more likely to quit for good

STOP SMOKING MEDICINE increases your chances of quitting for good

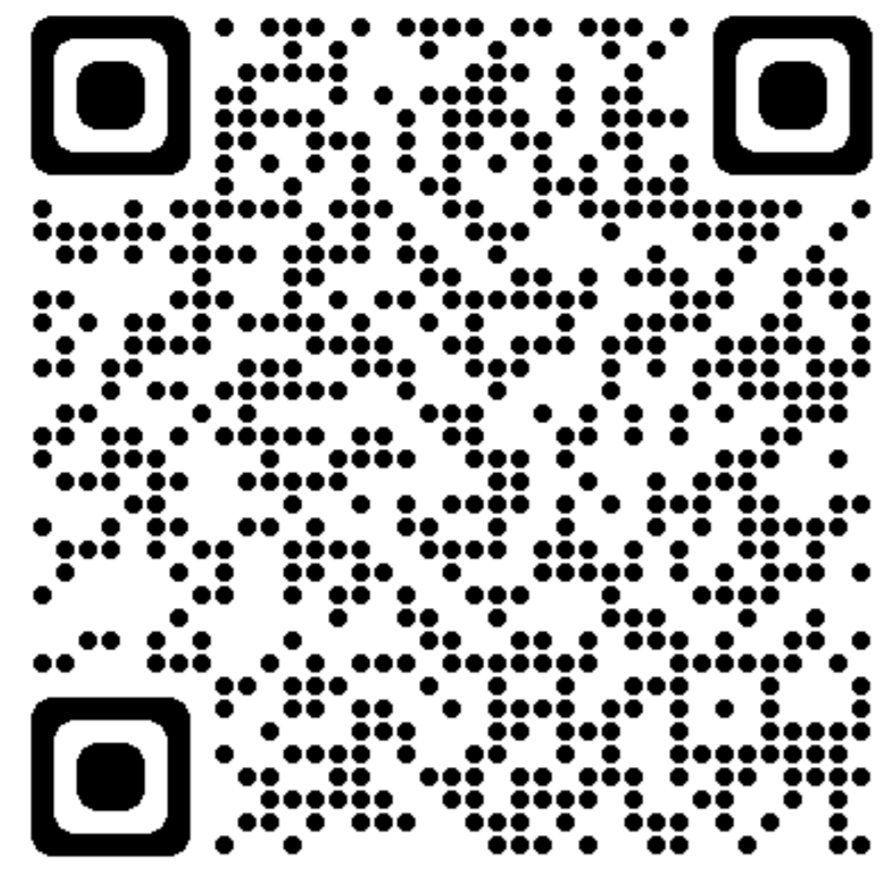
FREE STOP SMOKING MEDICINE NOW AVAILABLE

Contact Quit Mid West to learn more
065 6865841
quit.midwest@hse.ie

Sexual Health



sexualwellbeing.ie



Find out more at www.sexualwellbeing.ie

GOSHH
FREE
RAPID
TESTING

TESTS FOR SYPHILIS,
HIV AND HEPATITIS C
RESULTS IN 10
MINUTES

EMAIL KNOWNOW@GOSHH.IE OR
CALL 061314354 FOR MORE INFO

BECAUSE CHLAMYDIA IS EASIER TO CATCH THAN TO SPELL.

Over 11,000 sexually transmitted infections (STIs) were diagnosed in Ireland in 2020. Always use a condom.

BECAUSE YOU SHOULD ALWAYS COME PREPARED.

Over 11,000 sexually transmitted infections (STIs) were diagnosed in Ireland in 2020. Always use a condom.

Find out more at www.sexualwellbeing.ie

Protect yourself and others with vaccines

Whether you're gay, bi, trans or non-binary, it is recommended that you are vaccinated against hepatitis A & B and HPV.

Vaccines are free and safe. Visit man2man.ie/vaccines to find out more.

I'm protected. Are you?

Man2Man.ie Follow us @man2mannireland



Testing is the only way to know if you have hepatitis C

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

www2.hse.ie/services/order-a-hepatitis-c-test/

FREE CONDOMS

ORDER ONLINE
WWW.GOSHH.IE/CONDOMS

VISIT OUR CENTRE
18 DAVIS STREET
LIMERICK

PUBLIC ADVISORY PANEL

Members wanted!



We are seeking members (18 years or older) to join our advisory panel for a research study to promote sexual health and wellbeing in Ireland.

Register your interest by scanning this QR code or visiting tinyurl.com/inishppi



To find out more email inish@universityofgalway.ie



Make Sure You're Protected

Females under 25 are eligible for **FREE HPV vaccines** at dedicated clinics in Clare, Limerick and North Tipperary.



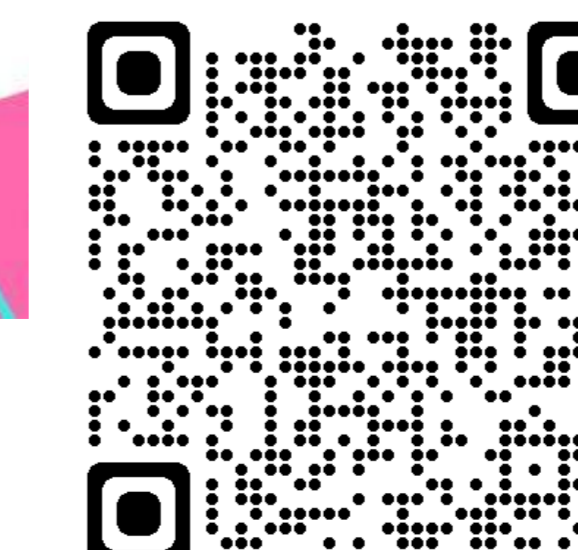
"When I got my diagnosis I decided that I would do anything to stop this from happening to anyone else."
Laura Brennan, 1994 - 2019

The HPV vaccine protects against HPV related cancers including cervical cancer. As part of the Laura Brennan catch-up programme, book your vaccine now on HPV.ie



GENDER WISE
MONTHLY TRANS* AND NON-BINARY YOUTH GROUP
AGES 13 - 18

IF YOU WOULD LIKE TO JOIN PLEASE CONTACT
YOUTHWORKER@GOSHH.IE OR
0833500392



Gender Wise is a youth group held once a month for young people aged between 13-18 years who identify as Trans, non-binary, or are questioning their gender identity. The aim of the group is to provide a fun, safe, non-judgmental setting, free from discrimination and fear, so as to enable young people to come together as their most authentic selves and discuss issues that impact them in their day to day lives. Please contact youthworker@goshh.ie for information on how to attend.

Other Health & Wellbeing News

LISDOONVARNA
NEW YOUTH PROJECT

CLARE YOUTH SERVICE

is developing an exciting new space including a Youth Cafe where young people will have access to information, interesting activities and judgement free spaces. If you are 13-18 years old, let us know what you are interested in and what you would like to see happening in this project.

POSSIBLE PROGRAMMES AND ACTIVITIES

ACTIVITY BASED GROUPS:

- ✓ Cooking
- ✓ Art
- ✓ Music
- ✓ IT skills
- ✓ Drama
- ✓ Dance
- ✓ Photography
- ✓ Film-making
- ✓ Sports activities
- ✓ Trips Away

YOUTH CAFE

SUPPORT AND ADVOCACY:

- ✓ Education and training
- ✓ Employment

ISSUE BASED PROGRAMMES:

- ✓ Drug and Alcohol Awareness
- ✓ Sexual Health
- ✓ Resilience and Wellbeing

FOR MORE INFORMATION CONTACT:

085 850 5523 Iryna
cara@clareyouthservice.org

ALL CYS PROGRAMMES AND EVENTS ARE DRUG AND ALCOHOL FREE

FIRST AID COURSE WITH SAFE-T-GROUP

@the Junction Youth and Community Building
Saturday 7th October
11.30-3pm
open to ages 14-16 years

Contact Helena on 0858047580 for more info

All Clare Youth Service programmes and activities are drug and alcohol free

YOUTH SHACK

Thursday 6pm-8pm
€5 membership for the year
Contact Deiric: 083 029 7220

North West Clare Family Resource Centre would like to announce the opening of their Youth Shack, Thursday's from 6pm – 8pm. Membership is €5 per year. For more info contact Deiric on 083 029 7220

SHANNON FAMILY RESOURCE CENTRE

Are you living with a lung condition?

COPD, ASTHMA, EMPHYSEMA, CYSTIC FIBROSIS, LONG COVID ETC.

JOIN OUR NEW SUPPORT GROUP

Every Wednesday
11am- 12pm
starting on
October 11th 2023

- * Weekly gentle exercise class - for all fitness levels
- * Social chat & refreshments
- * Friendly relaxed environment
- * Regular expert talks

Shannon Family Resource Centre, Community Building, Rineanna View, Shannon
Tel: 061 707600, email: shannonfrc@gmail.com

FIRST YEAR GROUP

Every Friday
3.30pm-4.30pm

At the Junction Youth and Community Building
Contact Helena on 0858047580 for info

Activities, group trips, cooking, art and pool

All CYS programmes are drug and alcohol free

Reducing your Risk of Cancer
Episode #25 - Talking Health & Wellbeing

'Changes in lifestyle and people's behaviour can have a positive impact.'

- Dr Triona McCarthy

In Ireland, 1 in 2 people will develop cancer at some stage of their life. Cancer prevention and early diagnosis are key to reducing the burden of cancer in Ireland. Listen to Public Health Doctor, Triona Mc Carthy at the HSE's National Cancer Control Programme (NCCP) discuss steps you can take to reduce your risk of cancer and the healthy lifestyle choices you can make to help.

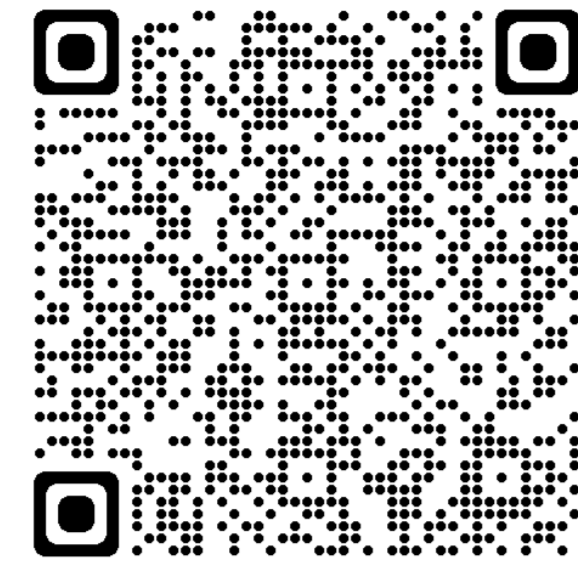
Visit www.youtube.com/watch?v=W_8s7VEF8-A to listen to the Podcast

Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



www.clarelibrary.ie



065 6846350



library_mailbox@clarecoco.ie



www.facebook.com/clarecountylibrary



**REGISTER NOW FOR
FREE CREATIVE
ART PROGRAMMES**

Try one of our FREE, specially designed art programmes either in-person or online from home!

A chance for children and young people (ages 6-15) with lifelong physical health conditions to explore their creativity and grow in confidence, while making new friends and having fun along the way!

Ennis Autumn Camp (ages 8-12)

1st – 3rd November

CBS Primary School, New Rd. Lifford, Ennis

<https://helium.ie/workshops/ennis-autumn-camp-ages-8-12/>

ARE YOU AFRAID OR UNHAPPY
IN YOUR HOME BECAUSE
**SOMEBODY IS
ABUSING YOU?**



YOU ARE NOT ALONE SUPPORT IS AVAILABLE



Clare Haven Services
24hr **CONFIDENTIAL HELPLINE:**
065 - 6822435
www.clarehaven.ie

Is Coir é Foréigean in Aghaidh Mná

Violence Against Women is a Crime

Przemoc Wobec Kobiet to Przystępstwo

Violenta Impotriva Femeilor este o Crima

A Violência contra a Mulher é Um Crime

La violence Contre Les Femmes est un crime

Ang Karahasan Patungo sa Kababaihan ay Isang Krimen

Насильство щодо жінок є злочином

العنف ضد المرأة جريمة

FREE EVENT

Mental Health Ireland
World Mental Health Month
Connect Cafe

We are delighted to host a Connect Cafe in celebration of World Mental Health Month

Date : 6th Oct 2023
Time : 10am – 1pm
Location : Ennis Scout Hall, Station Rd. Ennis. V95 A394
Keynote Speaker – Geraldine Lyons, Breakingbeyond.ie

Geraldine is a Personal Development and Wellbeing Coach who focuses on helping people create change by letting go of unhelpful behaviours in order to gain confidence, clarity and courage.

Information Stands:
More Than A Number, Grow Mental Health, Healthy Clare, Mna ag Gaire (Ennis Womens Shed), Clare Sports Partnership & More

Tea /Coffee/Refreshments will be provided
Everyone is welcome.

Bord Oideachais & Oiliúna LUIBHINN & AN CHLÁIR
LIMERICK & CLARE
Education & Training Board

COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL
Libraries

An Roinn Coimircé Sóisialaí
Department of Social Protection

EmployAbilityClare

RISING AGAINST CANCER

Clare Cancer Support
RISING AGAINST CANCER

Tel: 087 6912396 clarecancersupport.com

Monday, 16th October 2023 **nccp** Survivorship Programme
Clare Cancer Support Centre, Kilnamona



Cancer Thriving & Surviving Programme

A Self-Management Programme developed by Stanford University

Following your cancer treatment
This is your time to THRIVE

How can this programme help you?

Cancer Thriving and Surviving offers you a sense of confidence and a chance to learn self-management skills when moving on from your cancer treatment.

How is the programme taught?

- Workshops are taught in a relaxed and friendly environment of 10-16 participants
- This shared support builds your confidence in your ability to manage your health and maintain an active and fulfilling life
- Participants take an active role in the workshops by setting their own weekly goals

Programme details

- FREE of charge
- At a location near you
- One class a week for 6 weeks
- Led by health professionals and cancer survivors who have taken special training
- 2½ hour sessions

What will you learn?

Techniques to deal with problems such as:

- Getting better sleep
- Nutrition
- Managing frustration, fatigue or pain
- Setting priorities
- Making decisions about treatment
- Relationships
- Communicating effectively with family, friends and health professionals
- Regaining and maintaining physical flexibility and endurance

I've gotten a new lease of life from participating in the Thriving and Surviving programme.

12 months ago it was chemotherapy, today it's parasailing.

It was great to meet, talk and listen to those who have been through the same experience. Helped a lot.

The course is so valuable in every way. I found it covered all aspects of dealing with cancer.

I would recommend this course to anyone who has completed their cancer treatment.

I feel more confident going back to work and plan to start job hunting.

For more information contact:

National Cancer Control Programme
E: info@cancercontrol.ie

Irish Cancer Society
Cancer Nurse Helpline: 1800 200 700
www.cancer.ie/thrivingandsurviving

Marie Keating Foundation
www.mariekeating.ie
www.surviveandthrive.ie



Other Health & Wellbeing News

NEW!
West Clare Womens Group

Join this New Group Information Sessions Tuesday 3rd October 2023

Session 1: Kilkee Library 10am to 12pm
Session 2: Kilrush Library 4pm to 6pm
Children Welcome
Any Queries: contact Claire @ 0858768522

North West Clare Family Resource Centre
What's on in October 2023
Phone us: 065 707 1144
 Parliament Street, Ennistymon, Co. Clare

*Private 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 |
| | 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 |
| | 12-1pm | Arabic Class | Asmaa |
| | 2.40-3.45 | Homework Club | Joeann |
| | 4pm-6pm | Integrated Youth Club | 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 | |
| THURSDAY | 10.30-12.30 | Garden Course | Deiric |
| | 10-1pm | Beginner Sewing Course | Barbara |
| | 10-12.30 | Parenting When Separated Programme | 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: Bike Maintenance | Deiric |
| | 1.30-3pm | Youth: Youth Programs / Drop-in | Deiric |
| | 3-4.30 | Youth: Football (gender mixed, Parliament Street/The Yard) | Deiric |

We also offer: -Childcare (Little Deers)
 -Counselling & Play Therapy

Shannon Family Resource Centre
 Tel: 061 707600 Email: shannonfrc@gmail.com

Some of whats happening in October

Smart Phone / Digital Skills 6 week course October 4th - November 8th contact us for more details

Yoga Classes New 6 week class Monday mornings 10am to 11.15am

Citizens Information Every Friday morning 9.30am to 12.30pm

Breathe Easy Support Group for people living with lung conditions Wednesdays 11am-12 noon

Parent Peer Support 1st & 3rd Tuesday of every month 9.30am to 11am

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

Oct 2023

For more details on our other services visit www.shannonfrc.com

For more info and details contact www.shannonfrc.com

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

Positive Ageing Week

Come along and join us to celebrate Positive Ageing Week

OCT
 Tues 03 to Thurs 05
Kilrush Community Centre

0' Gorman St., Kilrush, Co. Clare 065 9052173
 groups@westclarefrc.ie www.westclarefrc.ie

Tues 03 Oct 2.00pm - 2.30pm **Fire Safety & Personal Security in the Home**
 Home & Personal Security by Community Garda Eoin Daly

2.30pm - 3.00pm **Fire Safety in the Home**
 by Denis O'Connell Senior Assistant Chief Fire Officer

3.00pm - 3.30pm **Question and Answers Session**

Wed 04 Oct 10.30am - 2.30pm **Marie Keating Mobile Health Information Unit**
 Marie Keating Mobile Health Information Unit by Nurse Kathryn

12.00pm **Marie Keating Information Talk**
 by Nurse Kathryn

2.30pm **October Birthday Party**

Thurs 05 Oct 2.00pm **Variety Show**
 Singing, Drama, Poetry, Music & Dancing

All Events Free

Other Health & Wellbeing News

Last Aid Workshop

Last aid provides inspiration and support to prompt conversation and thoughts, to prepare for the end of life you wish for yourself or those you care for.

Topics will include:

- Dying as a normal part of life
- Planning ahead
- Relieving suffering
- Final goodbyes

Date/Time:
Tuesday 10th October
6:30pm-9:30pm

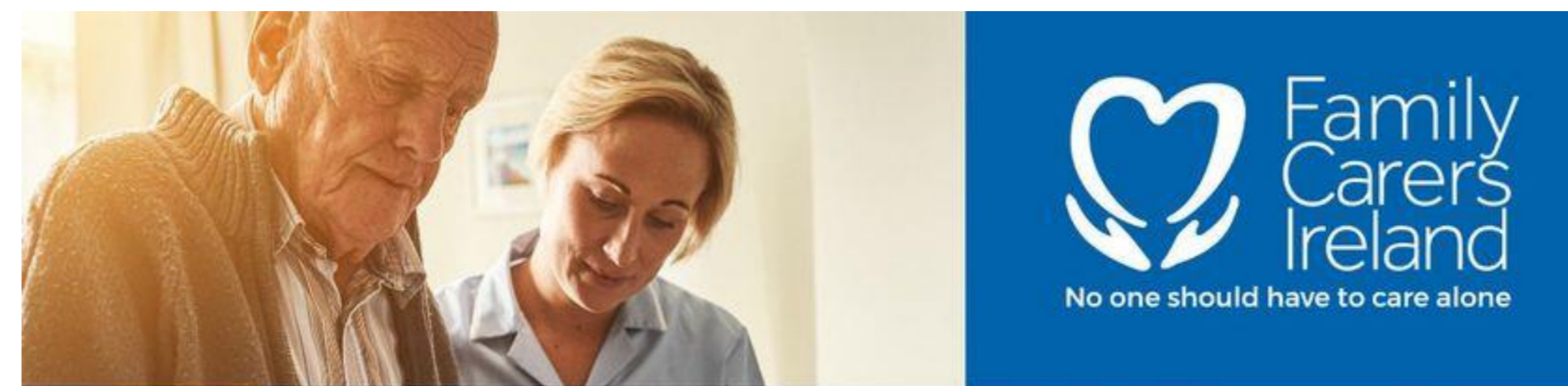
Online Via
 ZOOM

For more information or to register, contact Deirdre Geoghegan at training@familycarers.ie



www.familycarers.ie
Freephone Careline 1800 24 07 24

Last Aid is training and information for Family Carers on caring for seriously ill and dying people at the end of life. Their next online Last Aid workshop takes place on Tuesday 10th October at 6:30pm. Register now at <https://www.eventbrite.ie/e/721292233487> or email Deirdre at training@familycarers.ie



Care of an Older Person & Care Skills

Are you a family carer or former carer and interested in a career as a home care worker?

Would you like to know more about personal care as well as safe and hygienic care environments? We invite you to take part in this two-module online course which will help you on the road to a career in home care.

Module 1:
Care of the Older Person
What will I be studying?

- Guide you to understand and demonstrate good work practices in the provision of care for older people in a home/residential setting
- Understand the concept of the ageing process
- Learn to satisfy the needs of older people in a variety of care settings and enhance the quality of life for the older person

Module 2:
Care Skills
What will I be studying?

- Develop the skills needed to enable you to recognise the personal care needs of the person you are caring for and acquire practical skills in the area of personal hygiene
- Learn how to maintain a safe, healthy and hygienic environment for the person you are caring for

Time & Dates:
9am-2pm
Mondays - 2nd, 9th, 16th & 23rd
October

Time & Dates:
9am-2pm
Mondays - 6th, 13th, 20th & 27th
November

No laptop? No problem!

Family Carers Ireland have a small number of laptops that can be loaned out to you. Please reach out to find out more.

For more information & to register, contact Jennifer Farrell:

Freephone Careline
1800 24 07 24

Family Carers Ireland are hosting a two-module online course in October and November for anyone interested in a career as a home care worker. For more info and to register, please email Jennifer Farrell at wco@familycarers.ie or call 086 1278196.



Invitation

Clare Age Friendly Strategy 2023-2027 Workshop

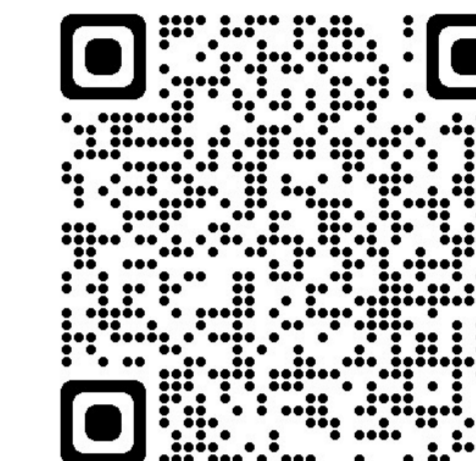
The Clare Age Friendly Programme supported by the Clare Older People's Council are hosting a workshop for the Clare Age Friendly Strategy 2023-2027 and they would like to hear the views of the older people of Clare at their workshop event on

Date: Tuesday 3rd October 2023

Location: Treacy's West County Hotel, Ennis, V95 CPCT

Time: Doors open at 9:30 a.m. | Workshop from 10:00 am to 3:00 pm

Discussion on the World Health Themes will take place throughout the day



Complimentary refreshments and lunch will be provided.

Numbers are limited so early booking is essential.

RSVP by emailing: agefriendlyclare@clarecoco.ie or telephone (065) 6846240 by 2nd October 2023.



Clare County Council are hosting a Clare Age Friendly Strategy 2023-2027 Workshop on Tuesday 3rd October, from 9.30am at Treacy's West County Hotel, Ennis, V95 C9CT. All are welcome, please book your place before Monday 2nd October at: <https://yoursay.clarecoco.ie/clare-age-friendly-strategy-23-27>

Positive Ageing Week 2023

1 October - 7 October



Reframing How We Think, Feel and Act About Older Age

www.positiveageingweek.com **Age Action**
Age Equality

Positive Ageing Week (PAW) is an initiative by Age Action to celebrate the contributions of older people and to promote their agency. The event emphasises the positive aspects of aging and the significant roles older individuals play in our communities and families. The week-long event happens yearly, with a new theme, and aims to challenge stereotypes and misconceptions about aging and to highlight the positivity and vitality of older age.

2023 Theme: Challenging Ageism

For more info. Please visit

www.positiveageingweek.com



ADULT ACTIVITIES @ The Junction
COMMUNITY CAFÉ OPEN TUESDAY - THURSDAY 9.30-12.30
Social space for adults, pop in for a chat or to take part in an activity



ALL WELCOME. Coffee / Tea & Scone €2.50

SCRABBLE
TUESDAY from 10.30am
SIT & KNIT
THURSDAY from 10.30am
BOOK CLUB
First WEDNESDAY of the month at 11am

ASK US ABOUT OUR COMMUNITY GARDEN PROJECT!
We are looking for volunteers

1 HOUR FREE PARKING
IN ADJACENT CAR PARK
Laptops available / Free Wifi

For more information contact Jean O'Keefe on 065-6845356 / 086-1568650 or email jtierney@clareyouthservice.org
CLOUGHLEIGH ROAD, ENNIS, V95 XA43
1 HOUR FREE PARKING IN ADJACENT CAR PARK
All Clare Youth Service programmes are drug and alcohol free.



Arthritis Ireland
Living with Rheumatoid Arthritis

Arthritis Ireland have developed a booklet explaining all you need to know about rheumatoid arthritis (RA); its diagnosis, symptoms, treatments and how best to live with it. You will find out about the different approaches to living with the condition as well as useful advice on exercise, nutrition and self-management training.

For more information visit <https://ow.ly/3FXW50PFZ5Q>

Healthy Ageing Workshop Ennis, Co. Clare

Small Simple Steps to improving your Health & Well-being

Real strategies that are Informative, Supportive and adaptable

Pro-active & positive

Facilitator: Davnet Dwyer
Trainer & Facilitator in Lifelong Learning and Adult Education

Where? Digihub, Quin Road Business Park, Clonroad More, Ennis
When? Wednesday, October 4th 11am - 12.30pm
How much? €20 per person

BOOK NOW

087 68 65 825

Davnet.L3MIreland@gmail.com

