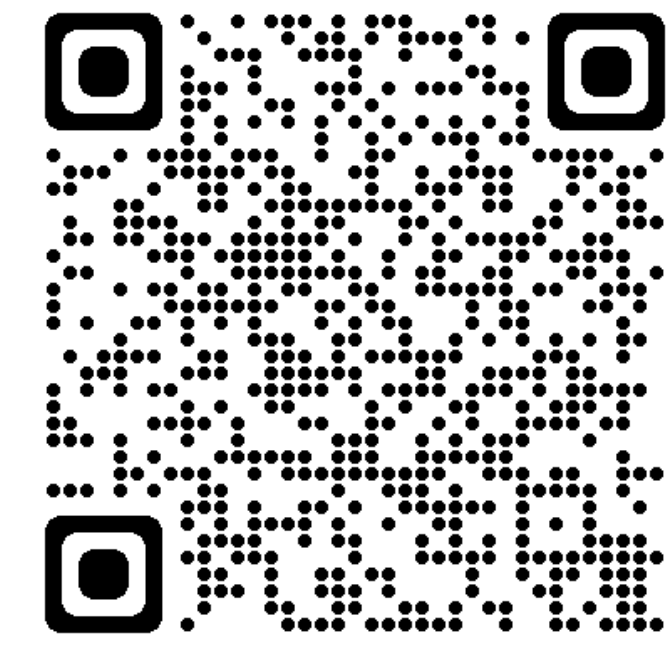


Healthy Clare Newsletter

September 2023



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



healthyclare@clarecoco.ie

Follow us on Social Media



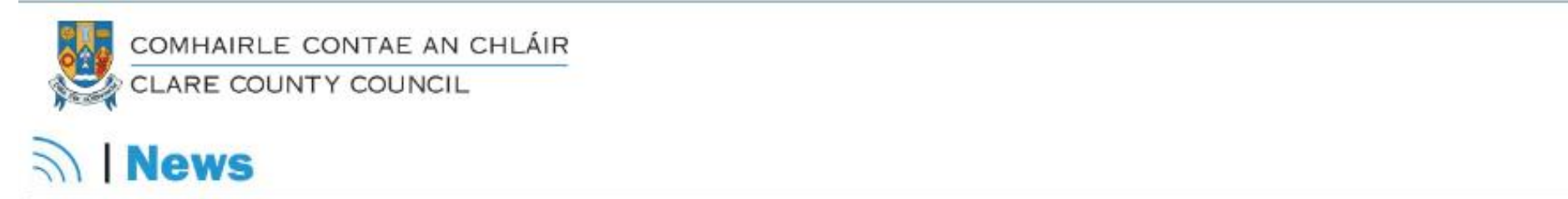
[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)



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



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



The Healthy Clare team are hosting a weekly Health and Wellbeing page in the Clare Echo in partnership with Creative Ireland Clare. This page highlights organisations across County Clare who are promoting health and wellbeing. If you would like to catch up on any previous editions please visit the Clare County Council dedicated webpage on <https://yoursay.clarecoco.ie/weekly-health-and-wellbeing>



As an SDG Champion, Clare County Council's is 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. Healthy Clare actively supports the SDGs through our actions and initiatives. Visit <https://yoursay.clarecoco.ie/clare-sdgs>

Free Period Products!
Take what you need!

Scan me

For information on this initiative visit <https://yoursay.clarecoco.ie/free-period-products>

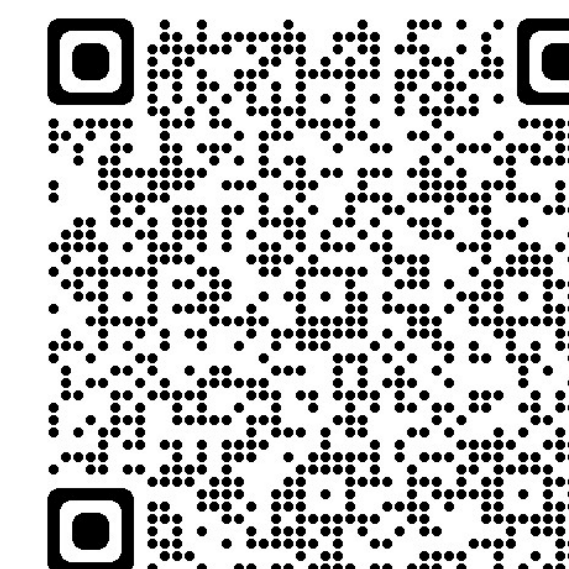
Healthy Clare launched the Pilot Local Authority Free Period Products initiative in June 2023, based on the recommendation of the draft 'Period Poverty in Ireland' report by the National Strategy for Women and Girls Committee. As part of the pilot free period products (i.e. tampons and period pads) are available in participating Local Authority owned and publicly accessible buildings, like Clare Libraries, and each Municipal District Office in Clare.

The aim of the Local Authority's 'Free Period Products' pilot project in Clare is to;

- (1) Destigmatize periods
- (2) Combat period poverty in the county and
- (3) De-Gendering periods

As this is a pilot, feedback on the initiative is important to ensure future funding support of the project by the Department of Health.

Please submit your feedback and comments by visiting https://yoursay.clarecoco.ie/free-period-products/survey_tools/clare-s-la-free-period-products-campaign-2



Wear the green ribbon

Let's get talking

Changing minds about mental health
One conversation at a time

greenribbonRL
#greenribbonRL

Brought to you by See Change

Healthy Clare are a member of the Mid West Connecting for Life Committee and each year support the See Change – Green Ribbon campaign promoting it throughout Clare. Green Ribbons will be available for the month of September in a number of our public buildings. Please feel free to stop by and pick some Green Ribbons up or contact healthyclare@clarecoco.ie and we will mail you out some.

Physical Activity



FitLine

A FREE, nationwide telephone mentoring service supporting people aged 50+ to be more active



JOIN US!

As a participant

Do you want to stay healthy and independent for as long as you can?

Our friendly volunteer mentors will call you regularly to encourage and support you to become more physically active.

As a volunteer

Do you have 2 to 3 hours a fortnight to make a positive difference?

We will train and support you to mentor older people to improve their physical and mental health by becoming more active.

Contact us: call **1800 303 545** or **087-6211767**
or email us: fitline@ageandopportunity.ie



www.ageandopportunity.ie

A company limited by guarantee, not having a share capital.
Registered in Ireland, No. 284318. Charity No. CIV 12363.
Registered Charity No. ICH 200360210.



FITNESS4FUN

empowering you to do more

Monday

Kilkishen G.A.A. - 10.00 am
Quin Community Centre - 11.30 am
Ennis- Cois na habhana - 1.15 pm
Ennis - Fahy Hall - 5.00 pm

Tuesday

Kilmurry McMahon Hall - 10.00 am
Kilfenora Community Centre - 12.30 pm

Wednesday

Crusheen Community Centre - 11.45 am
Ennis - Scouts Hall - 1.45 pm

Thursday

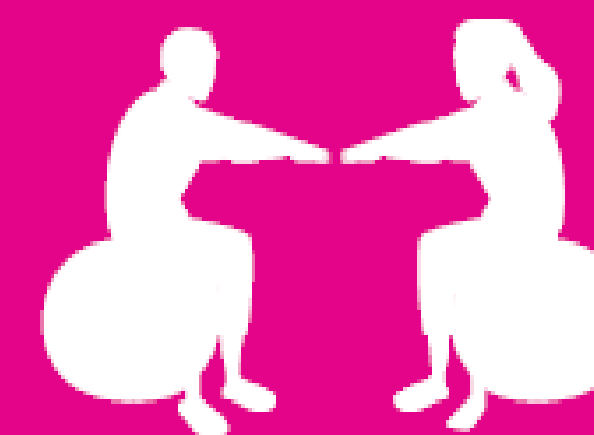
Corofin G.A.A. - 10.15 am

Friday

Sixmilebridge G.A.A. - 10.00 am
Shannon - Hope Cafe - 12 Noon

OVER 55s

Exercise Fitness Classes



OSTEOPOROSIS

OSTEOARTHRITIS

CHAIR YOGA

FALL PREVENTION

BALANCE

CANCER RECOVERY

CLASSES: PAY AS YOU GO €10

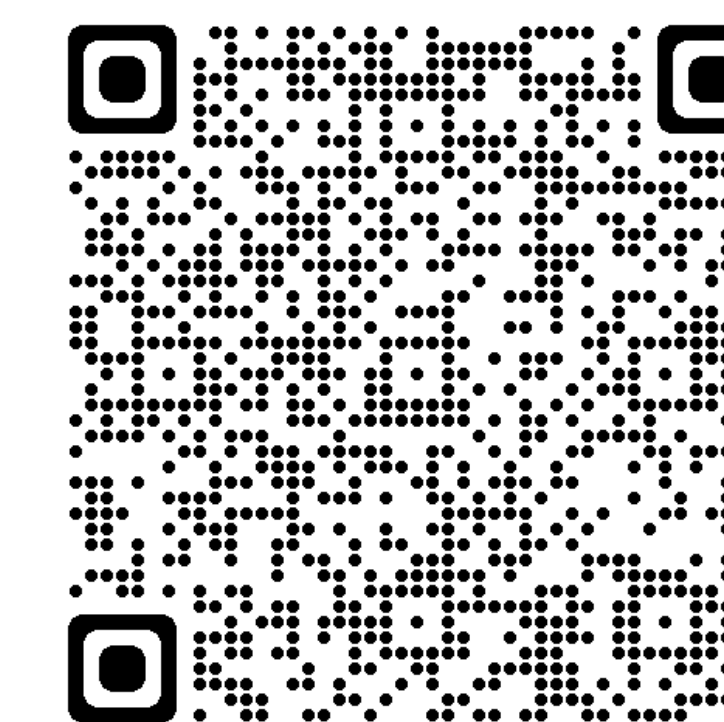
WEBSITE : FITNESS4FUN.IE
CONTACT: JOHN 087 6666927



Safeguarding Workshops

Safeguarding 1

Tues, Sept 5th
Thurs, Sept 7th
Tues, Sept 19th
Thurs, Sept 21st
Tues, Oct 3rd
Thurs, Oct 5th
Thurs, Oct 19th



<https://claresports.ie/events>

Burren Active Retirement Group - Open Day September 4th

2pm - 4pm

in the Pavilion Lisdoonvarna

For more details contact
VOLUNTEER@LISDOONVARNAILTE.IE
087 210 91 13
WE START ON SEPTEMBER 2023

Are you 55+?

DO YOU LIKE FUN DAY TRIPS AND WEEKLY HOLIDAYS?



DO YOU LIKE TO DO ACTIVITIES?



WOULD YOU LIKE TO MEET NEW PEOPLE?



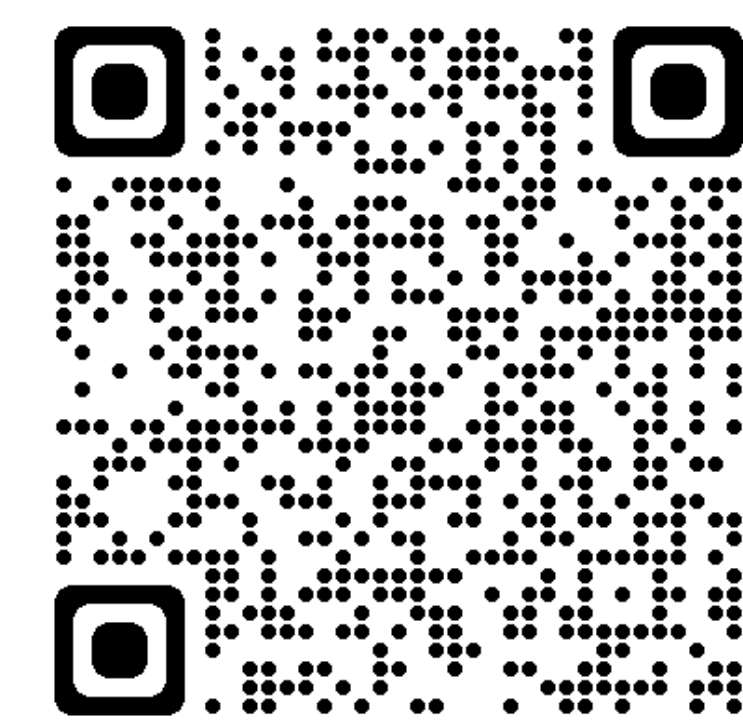
NWD
NATIONAL WALKING DAY
2023

24th September 2023

#WalkHikeRunPushRoll



www.nationalwalkingdayireland.ie



The best MOVE you'll ever make

MEN WANTED

Want to start exercising?

Want to feel fitter and have more energy?

We are delivering a **MEN ONLY**, 8-week physical activity programme in your KILRUSH



From 5th Sept. → 26th Oct. - 7:30 - 8:30 pm

Location: Kilrush with K-Fitt gym.

Cost - €30

Sessions are on every Tuesday and Thursday evening in the gym. Beginners gym programme.

Kevin will lead each session.

<https://claresports.ie/event/men-on-the-move-kilrush-2/>



Supported by: SPORT IRELAND

Mental Health

Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



September 2023

- **Managing Wellbeing & Mental Health Recovery**

Wednesday 6th Sept 10am 12pm – 4pm

- **Let's Talk Resilience**

Thursday 7th Sept 10am – 12pm

- **Pt.1 Exploring Anxiety**

Tuesday 12th Sept 2pm – 4pm

- **Pt.2 Managing Anxiety**

Wednesday 13th Sept 10am – 12pm

- **Creativity for Wellbeing Workshop**

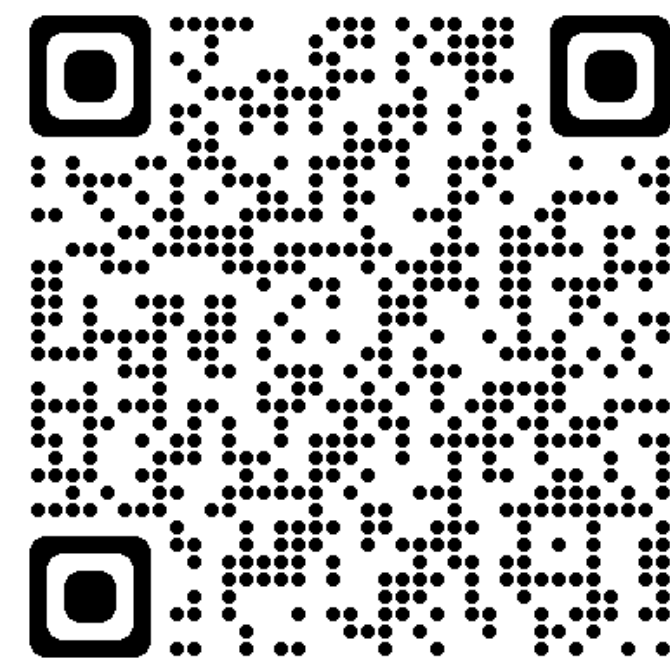
Thursday 14th Sept 10am – 12pm

- **Self Care – Building my Resilience**

Tuesday 26th Sept 2pm – 4pm

- **Let's Talk Depression.**

Thursday 28th Sept 10am -12pm

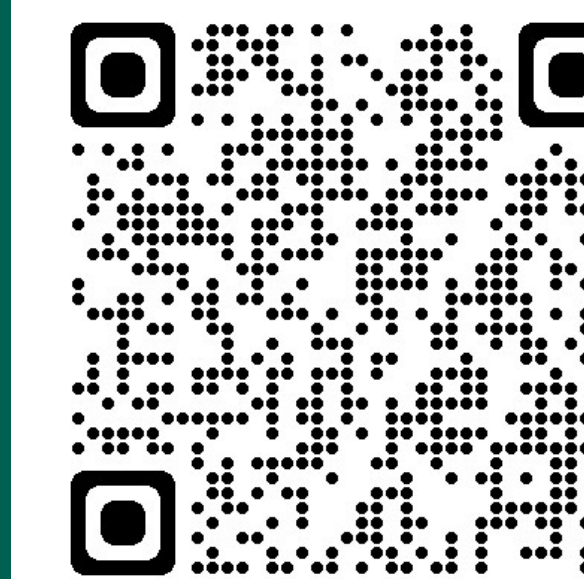


For more info & to sign up visit <https://midwestaries.eventbrite.ie> or email Margaret.keane9@hse.ie



Episode 21 HSE Talking Health and Wellbeing Podcast: Positive Mental Health

www.youtube.com/watch?v=BR1LXhiGdf8



The See Change - Green Ribbon theme for 2023 is Judgment. Across the month of September, See Change will explore what mental health judgement is, where it shows up across society, how judgement impacts people with mental health difficulties, and what we call all do to help end the unfair judgement of ourselves and others. Keep an eye on See Change's social media channels to learn about shame and the negative impacts it can have on people with mental health difficulties.

Week 1 (1st – 3rd September) = What is Judgement

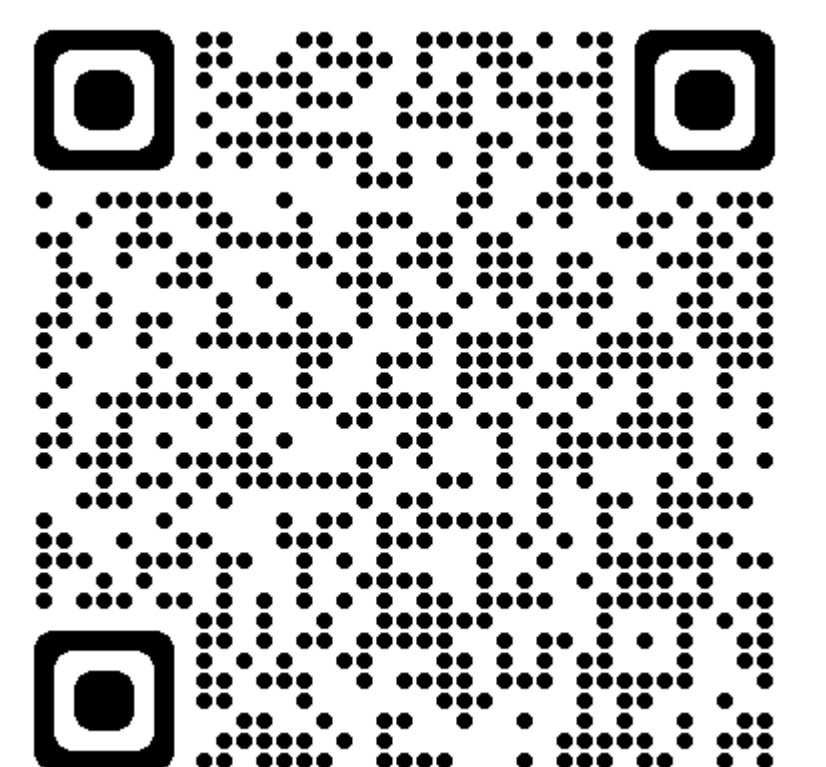
Week 2 (4th – 10th September) = Where Judgement shows up in Society

Week 3 (11th – 17th September) = What Judgement feels like

Week 4 (18th – 24th September) = Behaviours of Judgement

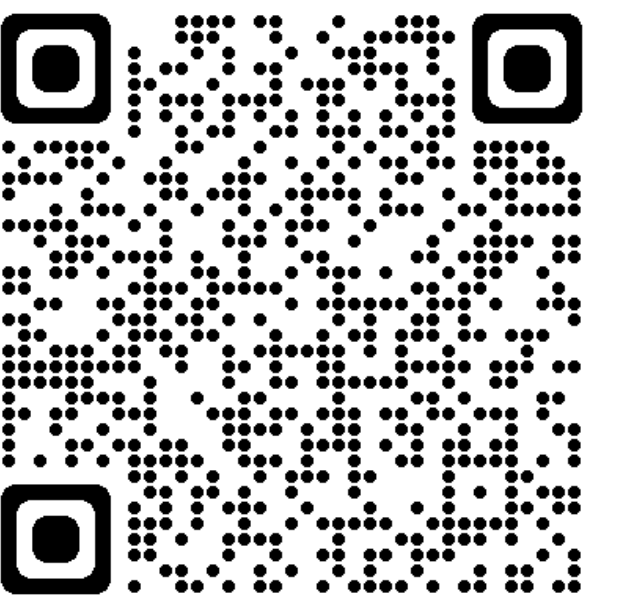
Week 5 (25th – 30th September) = A week to See Change – What can we do to help end the judgement of ourselves and others

For more information visit <https://seechange.ie/green-ribbon/>



ASIST

Applied Suicide Intervention Skills Training



ASIST is a two-day skills building workshop in suicide first aid, this training is FREE to attend and funded by the HSE National Office for Suicide Prevention.

The HSE are hosting a 2-day ASIST training workshop in **Ennis** on **November 21st & 22nd**.

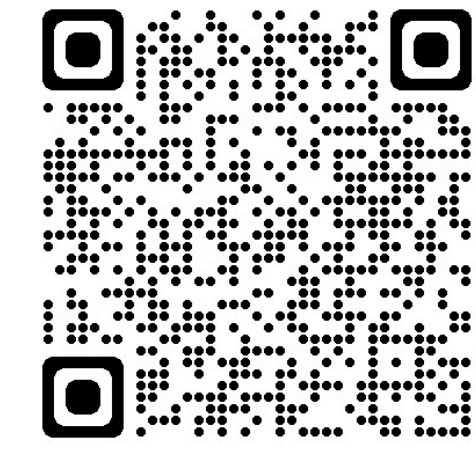
To register your place on this training visit <https://bookwhen.com/suicidepreventiontrainingmw>. Location: Buttermarket Building, Clare Co Council, Drumbiggle Road, Clonroad Beg, Ennis, Co. Clare, V95 RR72



- Thurs, 7th Sept - 1pm
- Fri, 8th Sept - 11am
- Mon, 11th Sept - 10:30am
- Tues, 12th Sept – 2:30pm
- Wed, 13th Sept - 2pm

Eating Well

School lunchboxes

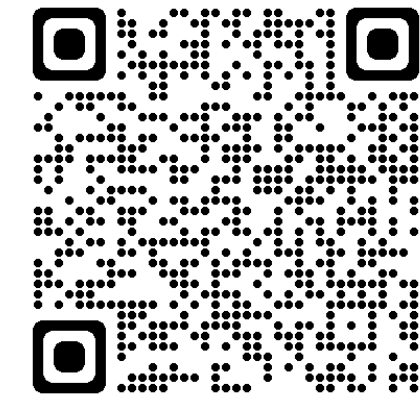


Practical tips for you and your children on how to prepare a healthy lunchbox

Good food habits set early in childhood can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them.

Visit www.safefood.net/healthy-eating/school-children/school-lunchboxes to explore some School lunch ideas from Safefoods.

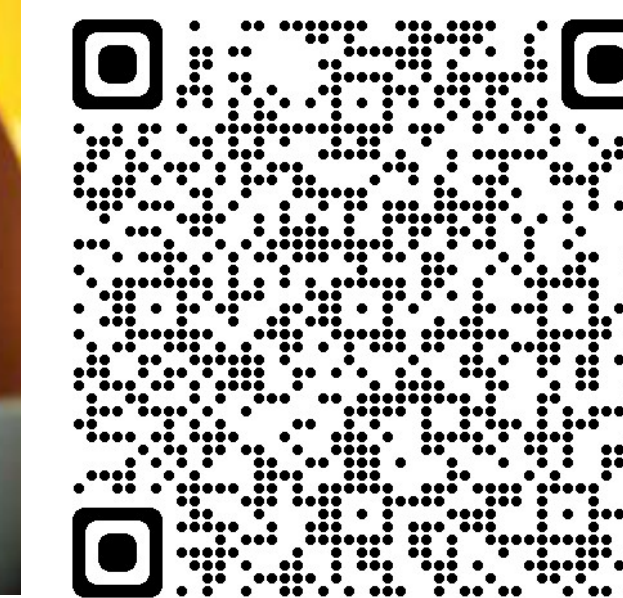
Arthritis Ireland



More routine = better health
How getting back to a routine pays dividends for your health.

@ARTHRTISIE

As Autumn approaches, incorporating routine and structure into our lives can make us more productive and be beneficial for our health in many ways. Read their blog for tips on how to reap the benefits of routine: For more information on Arthritis Supports in Clare contact Carol, the Community Support Officer by emailing cscully@arthritisireland.ie



The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. This recipe book is designed to take this into consideration and provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals. Contact the Healthy Clare Coordinator by emailing healthyclare@clarecoco.ie if you would like a copy.

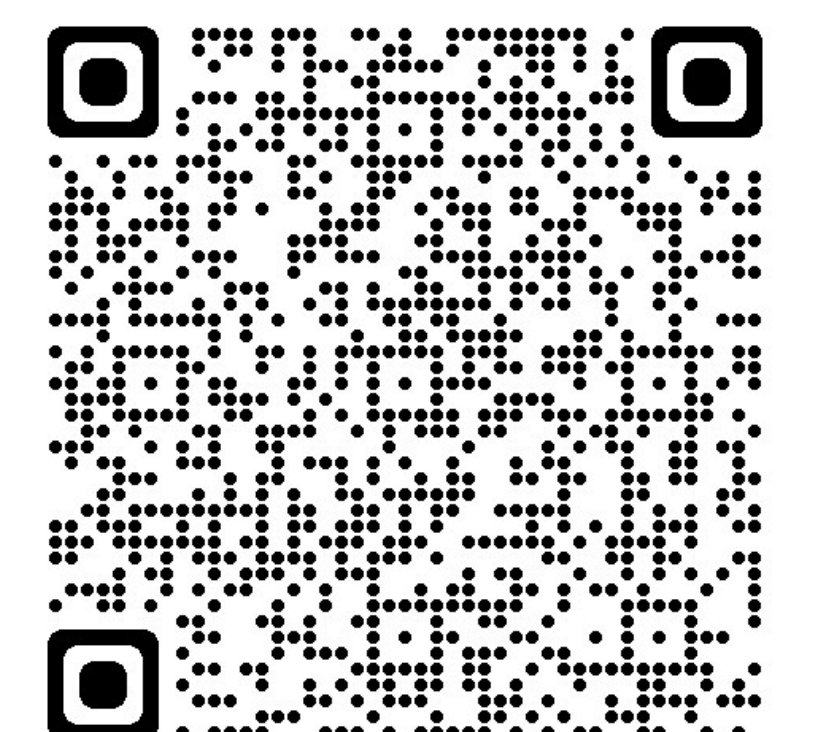


HEALTHY EATING FOR PEOPLE WITH TYPE 2 DIABETES

Prepared by the Diabetes Interest Group of the Irish Nutrition & Dietetic Institute



This booklet has been prepared for those who have been diagnosed with Type 2 diabetes. Type 2 diabetes is a very common medical condition. While it is a serious condition that is on the increase, a lot is now known about Type 2 diabetes, and it can be successfully treated and managed so that the person with diabetes can live a long and healthy life. For some people it can be prevented or delayed. A copy of this booklet is available from www.healthpromotion.ie



FOOD4YOU | MEALS ON WHEELS

Volunteers Needed

Information meeting 10th August, 6PM at the Pavilion, Lisdoonvarna

We are looking for volunteers in 3 categories:

- drivers with clean driving licence
- driver 'buddy' to help deliver meals
- people to take food orders, admin etc



Volunteers welcome

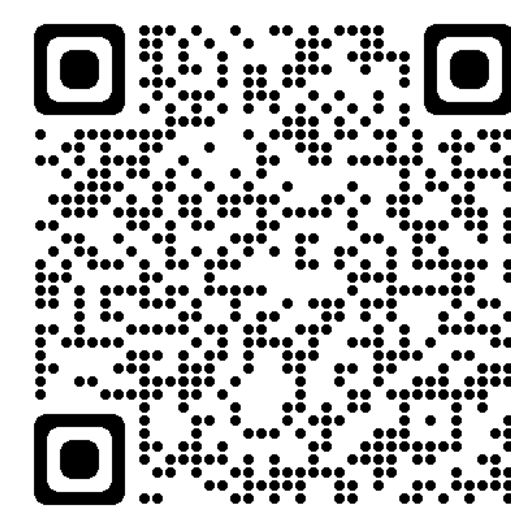
volunteer@lisdoonvarnafailte.ie

+353 657 075 644

Lisdoonvarna, Doolin, Kilshanny, Kilfenora



For more information on the work of Lisdoonvarna Failte visit <https://lisdoonvarnafailte.ie>



Healthy eating

A healthy diet helps keep your heart healthy



Browse the Irish Heart Foundation's 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/>

FOOD PYRAMID



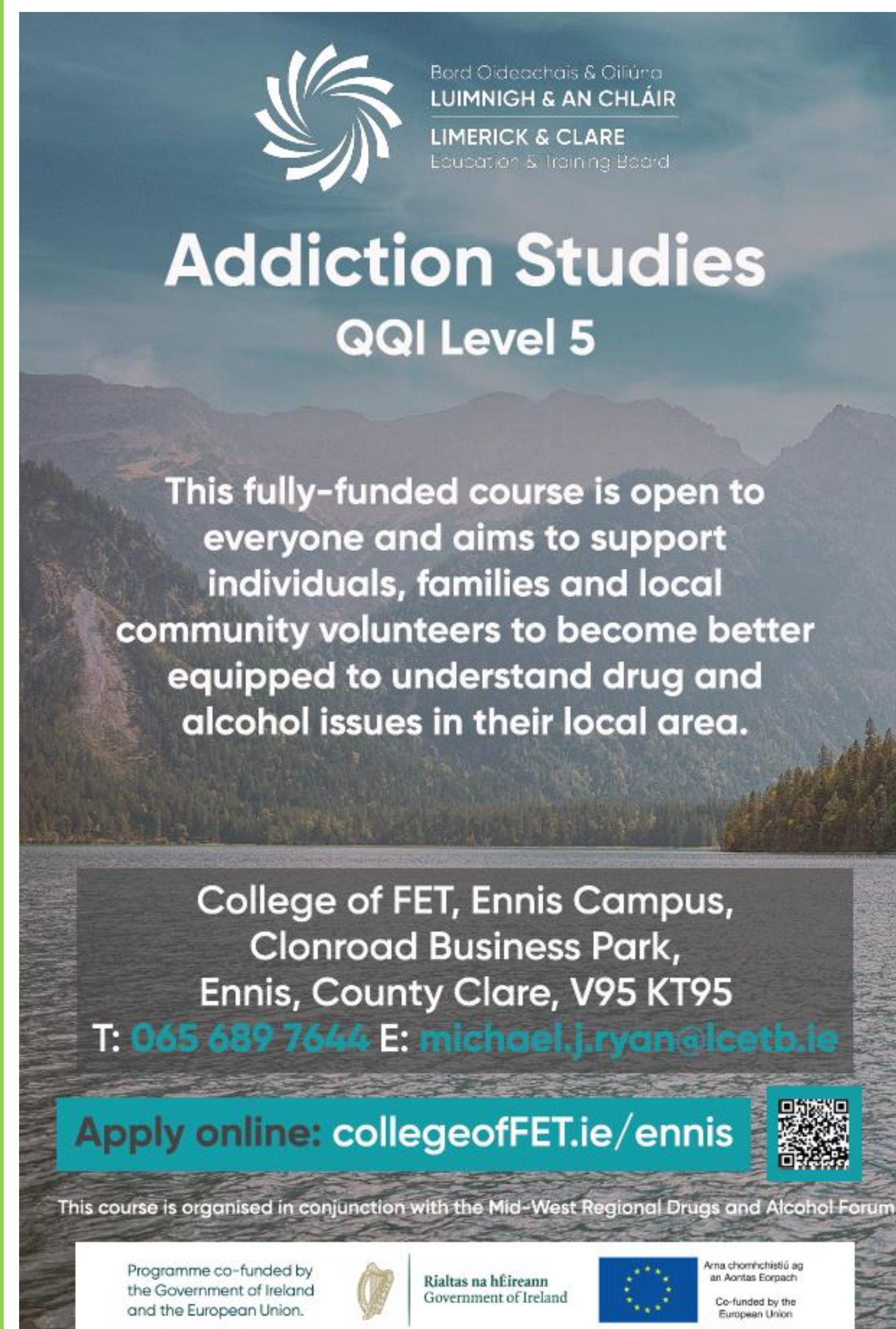
To find out more about healthy eating habits visit www.hse.ie/healthyeatingactiveliving

FRUIT & VEGETABLES



EAT
5 - 7
DIFFERENT PORTIONS WITH A VARIETY OF COLOURS DAILY

Tobacco Free, Reducing Drugs & Alcohol Related Harm



Addiction Studies
QQI Level 5

This fully-funded course is open to everyone and aims to support individuals, families and local community volunteers to become better equipped to understand drug and alcohol issues in their local area.

College of FET, Ennis Campus,
Clonroad Business Park,
Ennis, County Clare, V95 KT95
T: 065 689 7644 E: michael.j.ryan@lcatb.ie

Apply online: collegeofFET.ie/ennis

This course is organised in conjunction with the Mid-West Regional Drugs and Alcohol Forum

Programme co-funded by the Government of Ireland and the European Union.

This course in Addiction Studies is a single module from the Community Care programme. It is being delivered in collaboration with the Mid West Regional Drugs and Alcohol Forum and will run for 13 weeks from September 2023 to December 2023. On successful completion of the module, the learner will receive a QQI level 5 component award in Addiction Studies.




whatever you drink

find out how alcohol affects your physical and mental health at

ask about alcohol.ie

www.askaboutalcohol.ie



Drug & Alcohol Helpline
Freephone
1800 459 459
Email Support
helpline@hse.ie

Confidential support & information service
www.hse.ie/go/drugshivhelpline

HSE Drugs & Alcohol Helpline

This confidential service has both a freephone Helpline (1800 459 459) and an email support service helpline@hse.ie. Opening hours are Monday to Friday, 9.30am and 5.30pm.



FREE Nicotine Replacement Products

Free support available to HSE staff by phone, video call or face to face

Quit Mid West

Call 065 6865841 to request a call from an advisor



Know the signs of a drug emergency:

- Temperature
- Physical signs
- Mental health
- Responsiveness

HSE DRUGS.ie



Spot cancer early: Lung Cancer
Your chance of survival is much better if cancer is found early

It's never too late to quit smoking
Quitting smoking reduces your risk of 15 types of cancer, including lung cancer

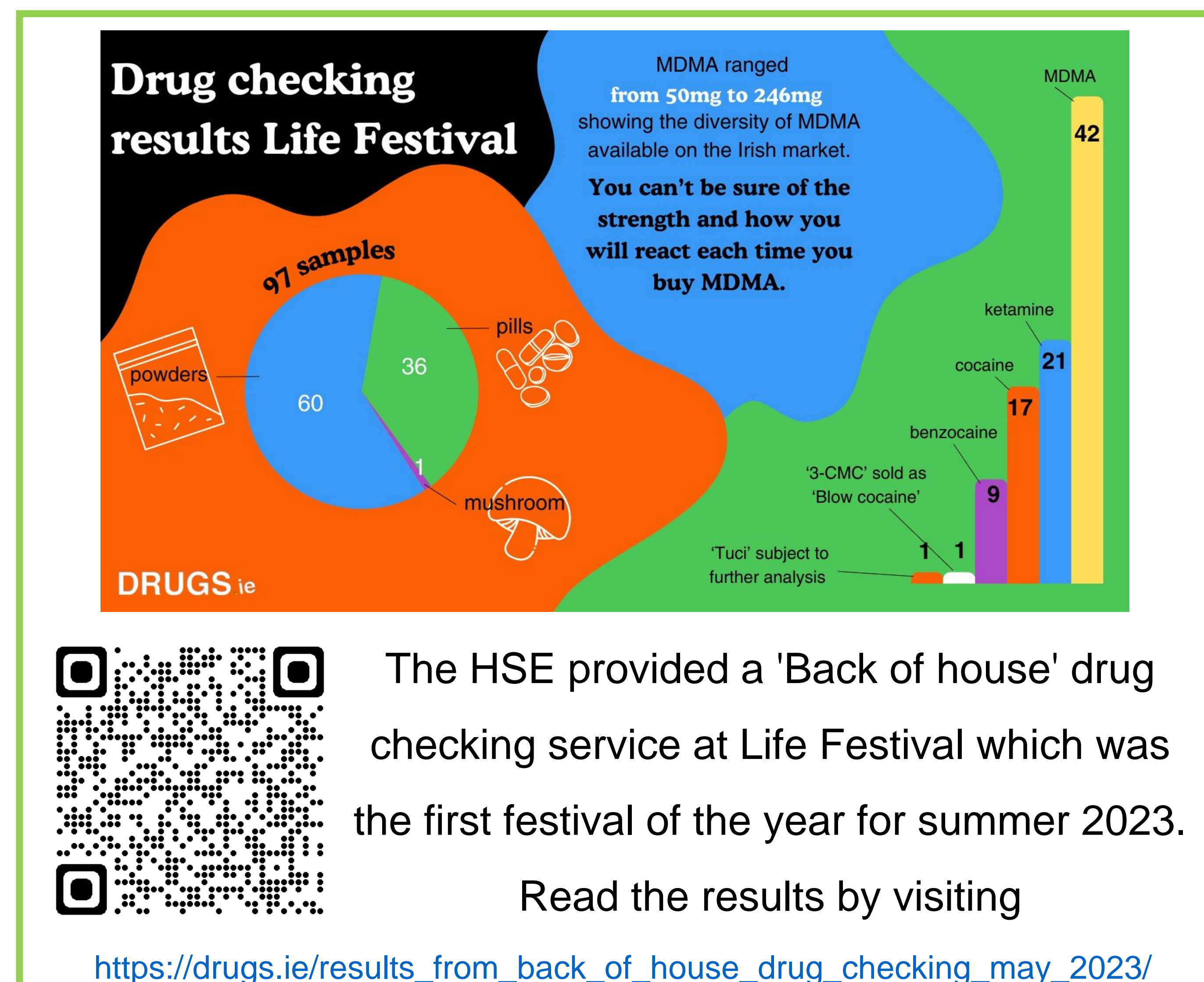
Phone your GP if you have any of these symptoms

Symptoms of lung cancer can include:

- A new cough lasting for more than 3 weeks
- A long standing cough that has changed
- Chest infections that keep coming back
- Feeling breathless more than is normal for you
- Weight loss that you can't explain
- Feeling very tired all the time

QUIT For free HSE QUIT Support Visit QUIT.ie
Call us on 1800 201 203 or FREETEXT 'QUIT' to 50100

nccp National Cancer Control Program



Drug checking results Life Festival

MDMA ranged from 50mg to 246mg showing the diversity of MDMA available on the Irish market. You can't be sure of the strength and how you will react each time you buy MDMA.

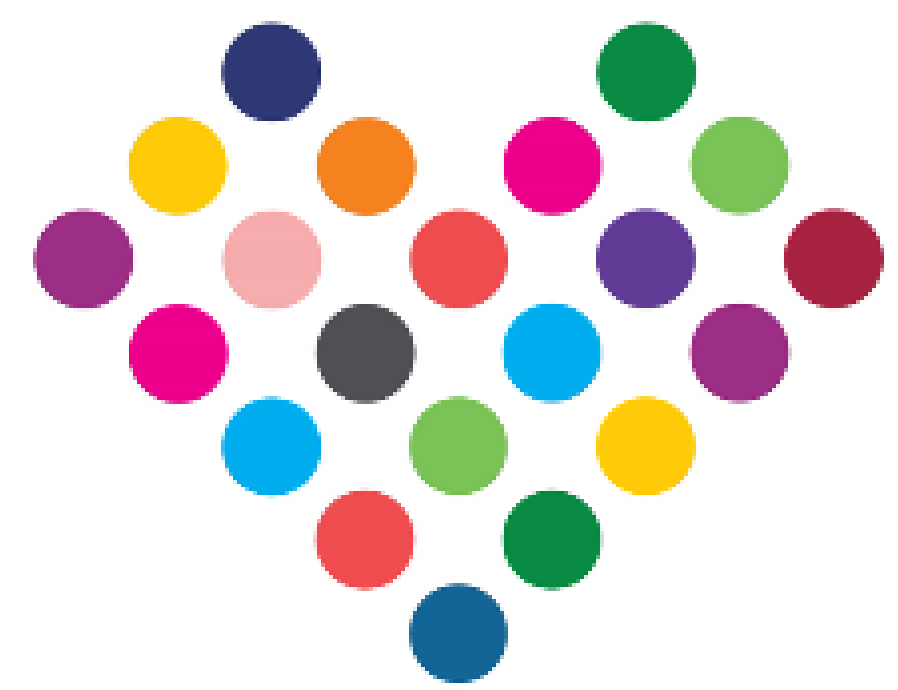
97 samples

- 60 powders
- 36 pills
- 1 mushroom

MDMA: 42
ketamine: 21
cocaine: 17
benzocaine: 9
'3-CMC' sold as 'Blow cocaine': 1
'Tuci' subject to further analysis: 1

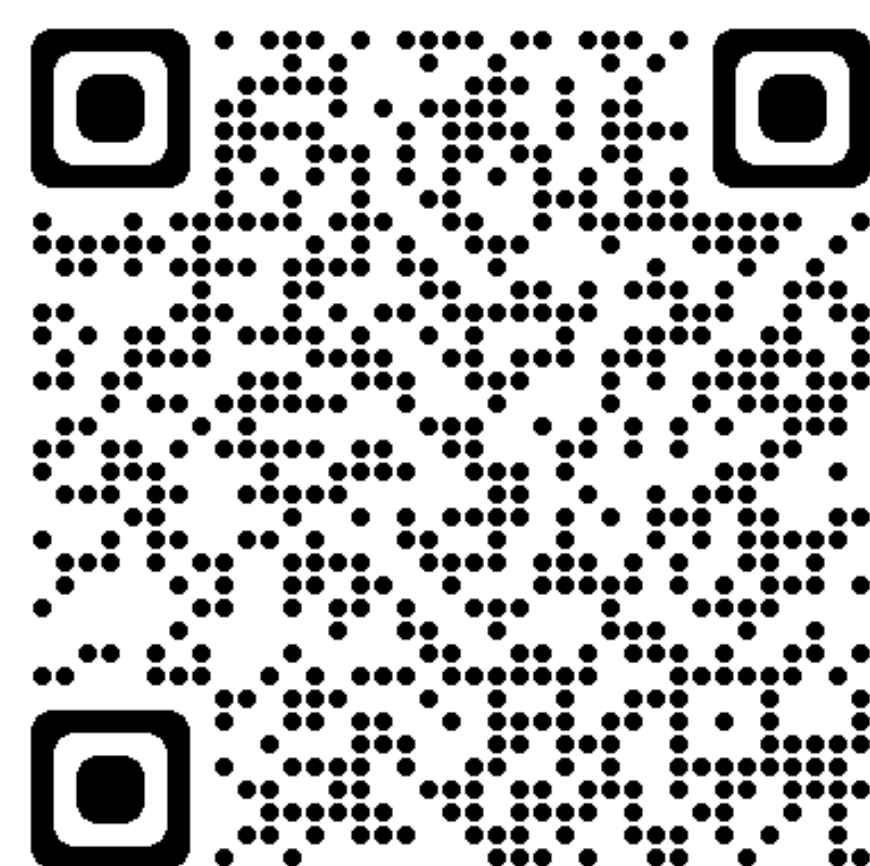
The HSE provided a 'Back of house' drug checking service at Life Festival which was the first festival of the year for summer 2023. Read the results by visiting https://drugs.ie/results_from_back_of_house_drug_checking_may_2023/

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



CALL FOR RESEARCH PARTICIPANTS

If you are an adult (18+) living with HIV in Ireland, please consider participating in our research study.

Participants will be asked to take part in an interview, either online or in-person. The interview will take approximately 40 - 60 minutes to complete.

The interviews are part of a PhD aiming to develop a psychoeducation model to support people living with HIV. The conversations will explore, for example, experience (or lack of) engaging with health services, practical aspects of living with HIV, HIV-stigma etc.

If you know someone who may be interested in taking part, please share this poster with them.

For more information please:

email aoife.burke@ucc.ie or scan the QR code with your phone camera and register your contact details



GET TESTED!

GOSHH FREE RAPID TESTING HOURS

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

Monday	9:30 - 16:00
Tuesday	9:30 - 16:00
Wednesday	11:30 - 16:00
Thursday	9:30 - 16:00

PLEASE CHECK GOSHH'S SOCIAL MEDIA FOR UP TO DATE INFO REGARDING LATE NIGHT TESTING AND SPECIAL TESTING EVENTS. LINKTR.EE/GOSHH.IE

FOR MORE INFO PLEASE CONTACT KNOWNOW@GOSHH.IE OR CALL 061 314354

GOSHH, REDWOOD PLACE, 18 DAVIS STREET, LIMERICK, V94K377

GOSHH are offering free testing and results in 10 minutes for Syphilis, HIV and Hepatitis C. To book an appointment - call 061 314354 or email knownow@goshh.ie

Know the facts.

Attend your screenings regularly.

www2.hse.ie/screening-and-vaccinations/

SH24.ie

Sexual health: 24 hours a day

The HSE free home STI (sexually transmitted infection) testing service is available to anyone aged 17 or older who lives in the Republic of Ireland. You can:

- [order a test kit at sh24.ie](http://order.a.test.kit.at.sh24.ie)
- return your samples to the lab by post
- get your test results by text message or phone call. If you have [symptoms of an STI](#) or need urgent support, you should contact your [local STI clinic](#) or GP.

Notice anything different?

Get your GP to check it out.

Symptoms of prostate cancer include:

- Passing urine more often, especially at night
- Trouble starting or stopping the flow
- A slow flow of urine
- Pain when passing urine
- Blood in the urine or semen
- Feeling of not emptying your bladder fully

Contact our Support Line in confidence
Freephone 1800 200 700
supportline@irishcancer.ie

The ultimate travel partner for a fun and safe trip

Condoms are a barrier method of protection. They can prevent the spread of STIs

www.sexualwellbeing.ie/sexual-health/contraception/

VOLUNTEERS NEEDED!

GOSHH are looking to create a volunteer testing team to carry out rapid HIV, Syphilis and Hepatitis C tests across the Mid-West. Full training will be provided. If you are interested in being part of the team visit www.goshh.ie/volunteer

Other News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL
Libraries



www.clarelibrary.ie

065 6846350

library_mailbox@clarecoco.ie

www.facebook.com/clarecountylibrary



LIONS



KEEP IT IN YOUR FRIDGE

AVAILABLE AT YOUR LOCAL CLARE LIBRARY

MESSAGE-IN-A-BOTTLE





The Lion's Message in-a-bottle is available at your local Clare Library. This is a voluntary scheme for anyone living at home, who might be reassured to know that essential information would be readily available to Emergency Services should they suffer an accident or sudden illness. The scheme ensures that vital information is available not only to identify you, but to advise of relevant illnesses, allergies, medication and contact addresses.

For more information about this initiative visit <https://lionsclubs.ie/service/message-in-a-bottle/>




TALK LISTEN LEARN

Online Safety Talking Points for Parents
Developed by Irish Teens







Talking Points for Parents: Nobody understands the online world of children and teenagers better than their fellow young people. Based on their own online experiences, these Talking Points have been created by 35 members of our youth panel in consultation with over 140 students from across Ireland to help parents approach the conversation in a way that will encourage your child or teen to open up about their life online!

To see the full list of Talking Points go to : www.webwise.ie/guides-parents/

WOMEN'S IRISH OPEN

19th HOLE

NEWMARKET ON FERGUS FESTIVAL

FREE COMMUNITY AND FAMILY FUN FESTIVAL
with open air concert/live music in the heart of Newmarket on Fergus.
Street closure in operation on both days.

2-3 SEPTEMBER

SATURDAY	2 ND SEPTEMBER 2023
5.30PM	FESTIVAL COMMENCES Special appearance by Newmarket on Fergus Community Centre Brass Band.
6PM - 8PM	SHASKEEN Traditional Music Band.
8PM - 10PM	PAPA ZITAS Ireland's definitive Motown Big Band experience.
SUNDAY	3 RD SEPTEMBER 2023
12PM - 6PM	LIVE GOLF STREAMED ON BIG SCREEN IN VILLAGE
3PM - 5PM	MOOGHAUN CHILDREN'S EXPERIENCE In conjunction with Obair (from O'Regan Park at 3pm). Bus Service to Mooghaun from O'Regan Park entrance at 3pm. No parking in Mooghaun.
6PM - 7PM	CLODAGH LAWLOR
7.30PM - 9PM	ABBA SENSATIONS TRIBUTE BAND


FREE SHUTTLE BUS SERVICE
FROM DROMOLAND PARKING AREA TO NEWMARKET ON FERGUS EVERY HALF HOUR BOTH DAYS!!!

FAMILY ENTERTAINMENT BOTH DAYS

Street Entertainment and more at O'Regan Park on both days - come see our unique outdoor structure hosting some of the following • Cartoon Animation • Golf themed games • Magic Show • Balloon modelling • Vintage Victorian Carousel (small fee payable) • Face painters

Shannon MD/Clare County Council is delighted to support this unique Festival which is a celebration for the community and we wish to acknowledge the co-operation and assistance of the community and residents

[www.clarecoco.ie/your-council/\[news\]/free-community-and-family-festival-in-newmarket-on-fergus-on-2nd-3rd-september.html](http://www.clarecoco.ie/your-council/[news]/free-community-and-family-festival-in-newmarket-on-fergus-on-2nd-3rd-september.html)



Clare Roots Society

Amateur Family History, Genealogy and Heritage group in Co.Clare

If you ever thought of looking at your Family Tree, now is the time to get started

Thursday, 21st September 7:30p.m. (note start time)

Your Irish Ancestors



Getting Started on Your Family Tree

by Clara Hoyne

www.clareroots.org

Meeting at
Clare Education Centre
Kilrush Road, Ennis, V95 F782

Admission Free on a first come basis




Two-Part Webinar Series

Social Media and Students: Challenges for Schools

Target Audience: This webinar is aimed at Primary School Leaders, Teachers and SNA's.

Date: Thursdays, 19th & 26th October 2023
Time: 7pm to 8pm
Venue: Online via Zoom

Get practical advice on how to protect your children from online dangers.

Presented by Dr. Maureen Griffin



REGISTER NOW LINK IN CAPTION



Two-Part Webinar Series - Social Media and Students: Challenges for Schools - 19th & 26th Oct @ 7pm

This webinar is aimed at Primary School Leaders, Teachers and SNA's. Topics covered:

- Introduction to Social Media and the challenges they present for students & schools (e.g. challenging Apps; age inappropriate content & negative influence; online pressures; grooming; sexting; class group chats; mental health issues; screen-time);
- Cyber-bullying and empowering bystanders;
- How schools can discuss safe use of social media with students and appropriate use of devices by schools;
- How schools can support parents -advice on devising an internet and technology use agreement;
- Legal aspects and school policies -aspects to consider;
- Resources for use in the classroom

Other News

NORTH CLARE JOBS FAIR

HELP PROMOTE CLARE AS A GREAT PLACE TO WORK – REMOTE, HYBRID AND ONSITE JOBS

ENNISTYMON DIGIHUB, V95 NX86

WED 27TH SEPT, 10AM-1PM

JOBS & TRAINING IN RETAIL, HEALTHCARE, MANUFACTURING, ENGINEERING, IT, HOSPITALITY, CUSTOMER SERVICE AND MORE...

FOR MORE DETAILS AND ENTRY TICKETS, SCAN QR CODE OR VISIT EVENTBRITE: BIT.LY/43URLM



The North Clare Jobs Fair brings together job seekers with employers in Clare and elsewhere, matching talent with opportunities. The North Clare Jobs Fair is hosted by Grow Remote, Clare Local Development Company, DigiClare, EmployAbility Clare, and Dept of Social Protection to promote opportunities for job seekers and employers to meet and connect. Stay tuned for additional details about employers participating on the day.



Join in and Celebrate Clare Pride '23
From 18th – 24th September – Ennis, Co.Clare
Visit www.QuareClare.ie for a list of the events.

Meditative music therapy group for family carers of people living with dementia

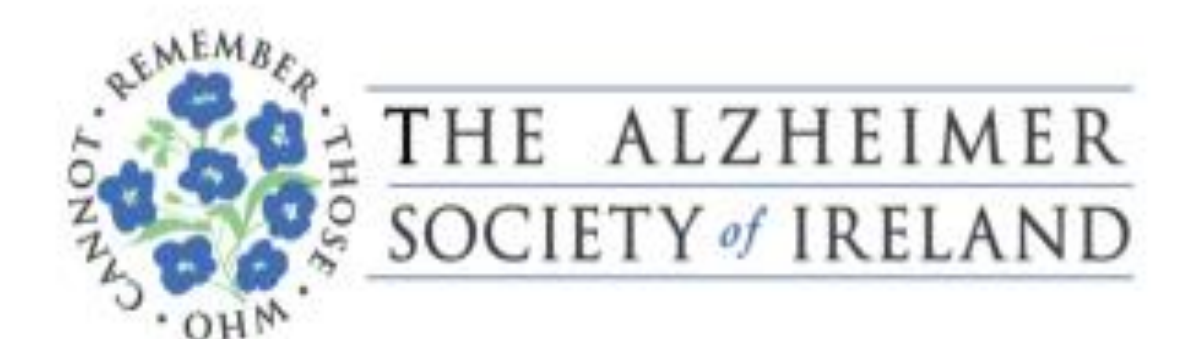
Are you supporting a person living with dementia? Would you like to learn how to use music to relax, unwind, cope and improve your quality of life? Come to a weekly free music therapy group online!



A free meditative music therapy support group for family carers of people living with dementia takes place on zoom every Monday at 1.30pm. Carers can drop-in when available, no ongoing commitment required. Hilary has 25 years' work experience as a music therapist and working with family carers. To sign up family carers can contact hilary.moss@ul.ie.

INSIGHTS INTO DEMENTIA

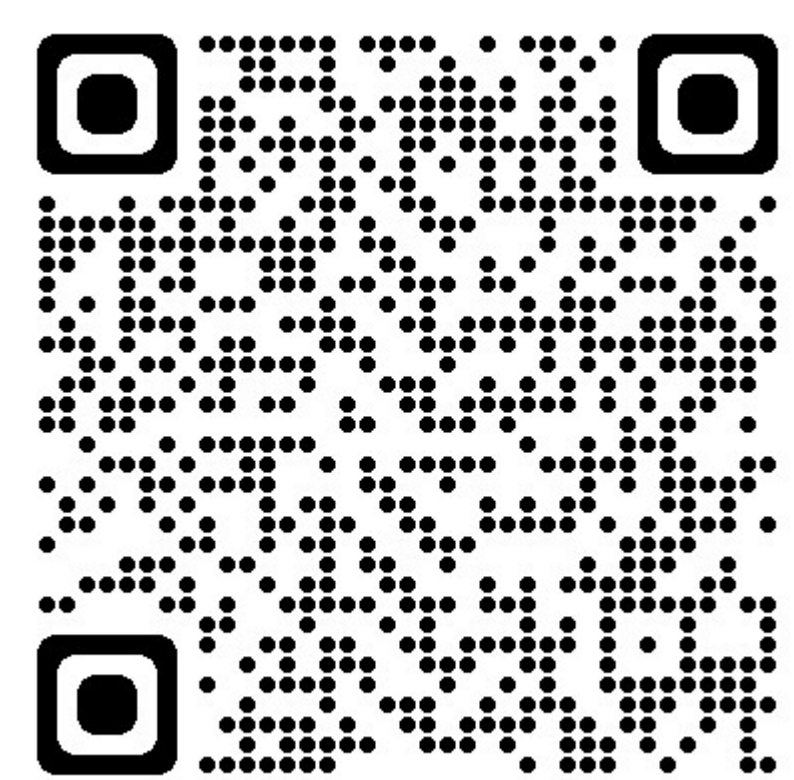
Informing and Empowering Family Carers



Positive and Practical Training for family carers of loved ones with dementia

Topics covered:

- Dementia and Looking After Yourself
- Changing Relationships and Accessing Information
- Communication and Staying Active
- Responsive Behaviours and Safety at Home
- Personal Care and Nutrition & Eating Well
- Course Review and Next Steps



<https://alzheimer.ie>

The Alzheimer Society of Ire
Day Care Centre
Cuan an Chlair, Cahercalla
Ennis, Co. Clare. V95 P9V9
Thursdays: 7-9.30pm
2023: 21st Sept–26th Oct inclusive

For further details
& bookings contact:
Tel: 1800 341 341
Email:
familycarertraining@alzheimer.ie

This great 6-week training for family carers of people living with Dementia is starting in Ennis on Thursday 21st September and is also available online. Application forms are available in our office in Kilrush Community Centre.

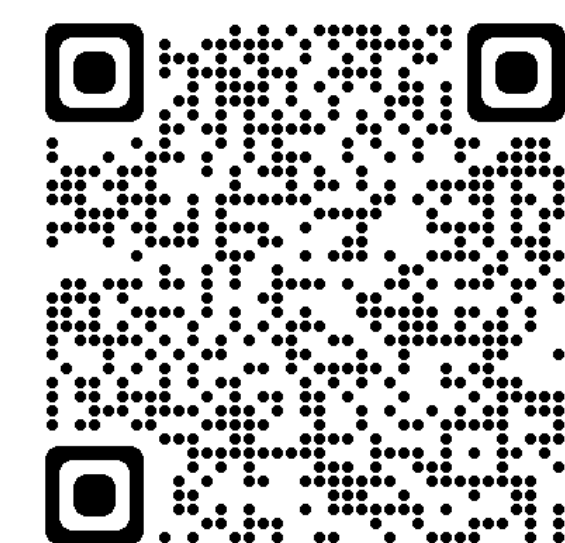
HEALING STITCHES



FREE BEGINNER PATCHWORK & QUILTING CLASSES BEGINNING MONDAY 18/09 at 10am IN MNA AG GAIRE WOMENS SHED, ENNIS. CONTACT LCETB 0656828107 or GERALDINE ON 0877831889.

Cost of using MABS?

FREE



If you want to take control of your money and tackle personal debt get in touch to chat with a MABS adviser for free, independent, non-judgmental and confidential financial support:

Helpline: 0818 07 2000

Email: helpline@mabs.ie

In-person locations nationwide

Other News



What's on in September 2023

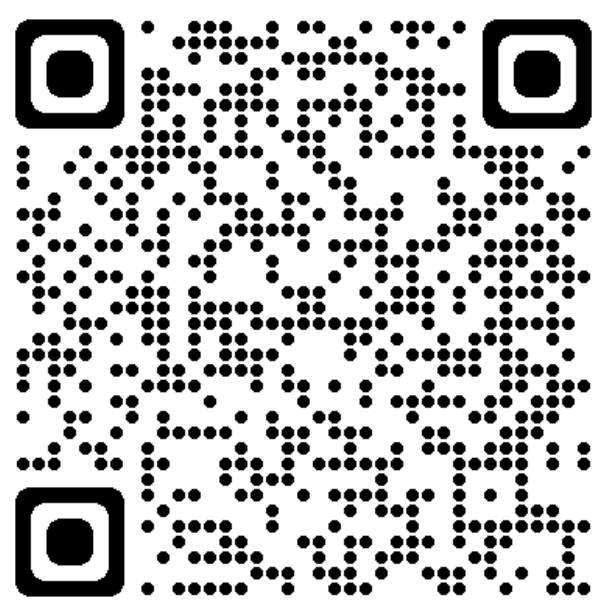
Phone us: 065 707 1144

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
	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	Playgroup (up to 4 years old, Parliament Street)	Eva
	12-1pm	Arabic Class	Asmaa
	2.40-3.45	Homework Club	Deiric
	4pm-6pm	Integrated Youth Club	Deiric, Jenny, Anastasiia
WEDNESDAY	10-1pm	Textile Crew (Parliament Street)	Barbara
	11-2pm	Community Garden Group	Deiric
	11-12pm	Food Cloud	Barbara
	2.40-3.45	Homework Club	Deiric
	4-6pm	Youth: Youth Programs / Drop-in	Deiric
	6.45-7.30pm	Irish Class	Deiric
	7pm	Men's Shed	Deiric
THURSDAY	10-1pm	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	Deiric
	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	Deiric
	10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasiia
	11-12.30pm	Breastfeeding Group (every second week)	Deiric
	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



Our annual GOLF CLASSIC will be on the 23rd September in Lahinch!



Reducing cancer risk eLearning programme launched

Access and complete the new eLearning programme at www.hseland.ie



Free eLearning programme, available on HSeLand, on Reducing Cancer Risk & for health & social care professionals. One of the 11 short modules is on reducing cancer risk & skin protection. This module explains how UV radiation is associated with skin cancer & how to protect skin.

www.hseland.ie



Two-Part Webinar Series

Social Media and Children: Challenges for Parents/Guardians

Target Audience: This webinar is aimed at Parents/Guardians of Primary School Pupils.

Date: Thursdays, 5th & 12th October 2023

Time: 7pm to 8pm

Venue: Online via Zoom

Get practical advice on how to protect your children from online dangers.

Presented by Dr. Maureen Griffin



https://zoom.us/webinar/register/WN_mL-OxCMHQDQrc5mgxEcDg?fbclid=IwAR36vEBEe6fLbIRTZt-7u4XTsZMXAAO2wHYt4Fa5BjftoCgEdhR1Lu5s#/registration

Invitation to Palliative Care Week Webinar



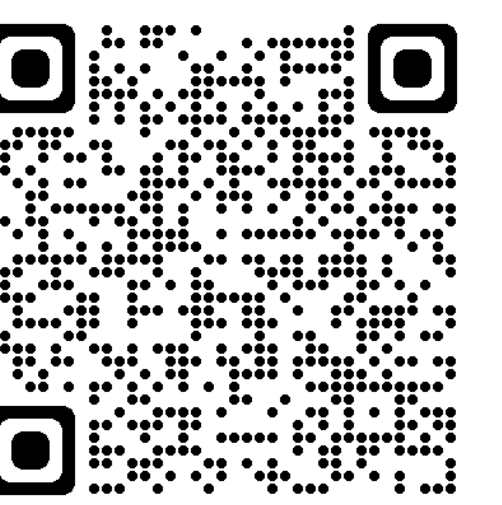
Hosted by Irish Hospice Foundation

Palliative Care: Living for Today, Planning for Tomorrow

Wednesday 13 September | 12:30-2:00pm



PALLIATIVEHUB.COM #PAL



During Palliative Care Week 2023, the Irish Hospice Foundation are hosting a lunchtime webinar on Wednesday, September 13th 2023 from 12:30pm – 2:00pm.

Speakers will discuss the following topics:

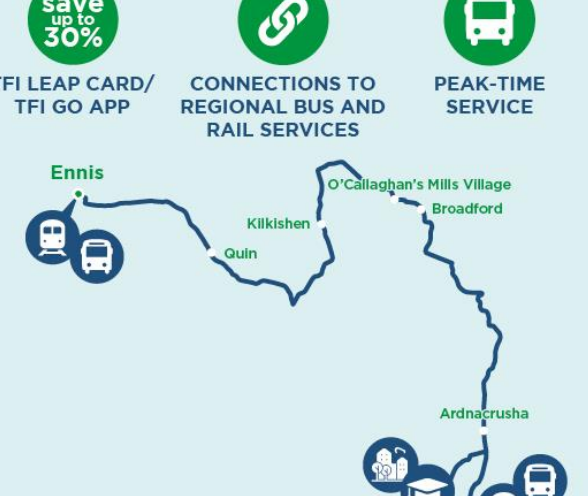
- Embracing the Future: A conversation about the different levels of palliative care and how to plan with those we care for** - Sharon O' Brien, Regional Lead Nursing Home Programme CHO 8, Caru, Irish Hospice Foundation
- Think Ahead: Future Care Planning for Patients and Loved Ones** - Valerie Smith, Public Engagement Lead, Irish Hospice Foundation

To attend this event please register on

<https://hospicefoundation.ie/healthcare/palliative-care-week-2023/>



NEW ROUTE 318
CLARE
↕
LIMERICK



NEW ROUTE 342
FLAGMOUNT
↕
FEAKLE
↕
ENNIS



NEW ROUTE 344
WHITEGATE ↔ ENNIS



TFI Local Link Limerick Clare launched three new bus services to increase public transport connectivity in East Clare, from Monday 28th August 2023. The three new Regular Rural Services (RRS) will all operate seven days a week in what is seen as a major boost in public transport for the people of Clare.

This is part of the Connecting Ireland Rural Mobility Plan which is a major national public transport initiative developed and funded by the National Transport Authority (NTA) as part of the Transport for Ireland (TFI) Network.

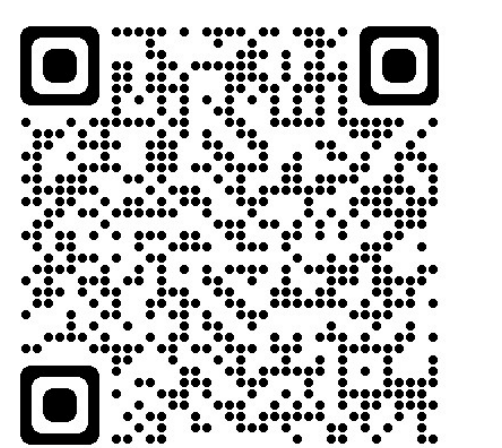
Route 318 will be TFI Local Link's first service operating from Ennis to Limerick

Route 342 will run from Flagmount to Ennis servicing Feakle, Scarriff and Tulla along the way.

Route 344 will commence in Whitegate and travel to Ennis.



www.locallinkcl.ie



Other News



Rialtas na hÉireann
Government of Ireland

EUROPEAN SUSTAINABLE DEVELOPMENT WEEK ESDN

SUSTAINABLE DEVELOPMENT GOALS

Take Part in SDG Week 2023!

Ireland's second Sustainable Development Goals (SDG) Week is taking place this year from **23 September - 1 October**. The SDGs belong to everyone and SDG Week is open to all - individuals, groups, schools, and colleges, businesses, and institutions. To take part, organize an event - however big or small - or highlight an activity or project that promotes sustainable development and join the annual week of action for the SDGs.

- 1 START NOW!**
Think about how you could promote sustainable development and plan an activity, project or event to take place during SDG Week
- 2 REGISTER**
Upload your idea on the European Sustainable Development Week (ESDW) website: www.esdw.eu
- 3 ACT!**
Organize and promote your initiative during ESDW **18 September - 8 October 2023!** Explore which events are taking place and participate in activities near you!

For more information on sustainable development, SDG Week and ideas for taking part please see www.gov.ie/SDGs

#SDGsIRL #ESDW2023

@Dept_ECC @EuropeanSDWeek
DeptECC EuropeanSustainableDevelopmentWeek

SDG Week is back! DECC will host Ireland's second Sustainable Development Goals (SDG) Week from 23 September – 1 October 2023, in conjunction with European Sustainable Development Week (ESDW) and Libraries Ireland. The SDGs work towards ambitions such as an end to poverty, sustainable economic development, protection of the environment, access to health and education services, gender equality, peaceful societies, and decent work. To take part in SDG Week, organize an event – however big or small – or highlight an activity or project that promotes sustainable development and join the annual week of action for the SDGs. For more information on sustainable development, SDG Week and ideas for taking part please see www.gov.ie/sdgs/. SDGs - the blueprint to achieve a better and more sustainable future for all

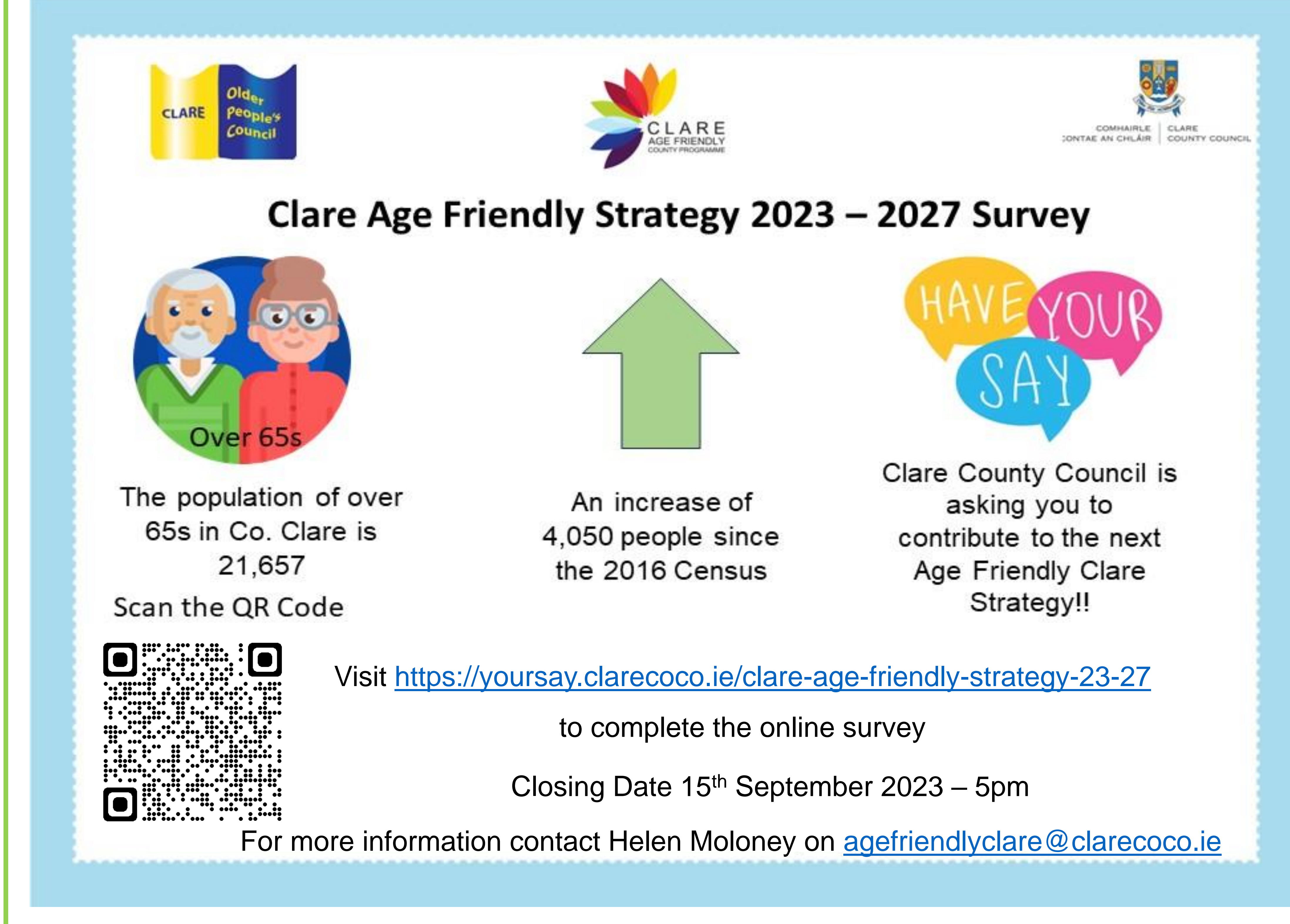


Get Ireland Cycling: Cyclist and Non-Cyclist Short Survey

The Get Ireland Cycling (GIC) initiative, endorsed by Cycling Ireland, Healthy Ireland, and Sport Ireland, is focused on promoting and increasing participation in cycling across the country. Its primary goal is to encourage more people to cycle and ensure their continued engagement in the activity.

Have Your Say in the 'Get Ireland Cycling Strategy' by completing the online survey on www.surveymonkey.co.uk/r/GetIrelandCycling-Community

CYCLING IRELAND



CLARE Older people's Council CLARE AGE FRIENDLY COUNTY PROGRAMME COMHAIRLE CLARE COUNTY COUNCIL

Clare Age Friendly Strategy 2023 – 2027 Survey

Over 65s

↑

Clare County Council is asking you to contribute to the next Age Friendly Clare Strategy!!

The population of over 65s in Co. Clare is 21,657

An increase of 4,050 people since the 2016 Census

Scan the QR Code

Visit <https://yoursay.clarecoco.ie/clare-age-friendly-strategy-23-27> to complete the online survey

Closing Date 15th September 2023 – 5pm

For more information contact Helen Moloney on agefriendlyclare@clarecoco.ie



UBU YOUR PLACE YOUR SPACE
Bord Oideachais & Ollúna LIMERICK & CLARE Education & Training Board
An Roinn Leanaí, Comhionannais, Míchumais, Langhúairechna agus Oige Department of Children, Equality, Disability, Integration and Youth
National Lottery
Clare Youth Service
Youth Work Ireland

Tuesday

- Chill Out – 4-6pm (14-16yrs)

Friday

- 1st Year Group – 3:30 – 4:30pm
- The Legends Group – 5-6:30pm (14 – 15 yrs / 2nd – 3rd Year)
- Friday evening Cook 'n' Chat 7-8:30pm (16-17 yrs)

Saturday

- Junction Youth Café – 3-5:30pm (2nd Year +)

Contact Helena on 085 804 7580 for more info.

THE JUNCTION
YOUTH AND COMMUNITY BUILDING

Programmes are drug and Alcohol Free