

# Healthy Clare Newsletter

## April 2024

[www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)



[healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)



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



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



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



# Clare

**Follow us on Social Media**



## HEALTH INFORMATION CALENDAR 2024



APR

April 1-30	<a href="#">National Spring Clean programme</a> An Taisce
April 1-30	<a href="#">Bowel Cancer Awareness Month</a> <a href="#">Bowel Screen</a> <a href="#">Irish Cancer Society</a> <a href="#">Marie Keating Foundation</a>
April 1-30	<a href="#">Testicular Cancer Awareness month</a> <a href="#">Irish Cancer Society</a> <a href="#">Marie Keating Foundation</a>
Apr 2	<a href="#">World Autism Awareness Day</a> <a href="#">Irish Society of Autism</a>
Apr 3-10	Adolescent and Young Adult AYA Cancer Awareness week <a href="#">Irish Cancer Society</a>
Apr 7	<a href="#">World Health Day</a>
Apr 8	<a href="#">International Traveller and Roma Day</a> HSE <a href="#">National Social Inclusion Office</a>
Apr 15-21	<a href="#">National Arthritis Week</a> Arthritis Ireland
Apr 20-27	Organ Donation Awareness Week Irish Kidney Association
Apr 24-30	<a href="#">World Immunization Week</a>
Apr 28	<a href="#">World Day for Safety and Health at Work</a> UN

### Clare County Council Free Period Products Campaign

We are delighted to continue rolling out our Clare County Council's Free Period Products Campaign in Local Authority spaces, libraries and leisure facilities. We have seen many benefits of supporting these facilities to have a supply of period products that are freely available to members of the public. If your community would like to be involved in this programme we would love to hear from you. For more information about the campaign, please visit [Clare County Council's Free Period Products Campaign | Clare County Council Community Engagement \(clarecoco.ie\)](https://www.clarecoco.ie/free-period-products/surveys/clare-s-la-free-period-products-campaign-2)

To give feedback on the campaign please scan the QR code or visit

<https://yoursay.clarecoco.ie/free-period-products/surveys/clare-s-la-free-period-products-campaign-2>



Dear readers,

As always it is great to bring you another edition of the Healthy Clare Newsletter. Packed full of information about many wonderful events taking place around Co. Clare. As the days become brighter, it is great to see so many vibrant initiatives happening across our lovely county, supporting individuals and communities to maintain their health and wellbeing. In March I had the pleasure of visiting a group of young women from Whitegate who were attending a presentation on the benefits of eating balanced meals who whole of health. The team at QuareClare organised a very informative workshop on Creating Inclusive Homes and Spaces for LGBTQIA+. 'Not around us' signs were distributed at the Clare Schoolboys/Girls Soccer League meeting, which helps to send out an amazing message about moving smoking and vaping away from children's playing spaces.

We are preparing to launch our 2024 Healthy Clare Micro fund during the month of April. If you are a community group or organization and are looking to deliver programs that support Mental Health and Healthy Weight within your community, this fund may be of particular interest to you. Please keep an eye on our website and Social Media platforms for more details. In the meantime, I wish you all a very Happy Easter.

Best wishes, Sam

### Grow to Eat At Clare Garden Festival 2024 28<sup>th</sup> April 2024

Clare Garden Festival is a treat for Gardeners and a great day out for all the family. For its 10 years anniversary on 28<sup>th</sup> April at Ennis Showgrounds, the festival wants to inspire the people of Clare and beyond to grow their own healthy food and to enjoy gardening for their health and wellbeing. This message is at the core of the Healthy Clare 'Community Food and Health' initiative to improve health and wellbeing by building capacity in Clare for growing, cooking and eating well. The festival taking place on the last Sunday in April will return with its huge Garden, Plant, Craft & Food Fair this year with over 75 stalls from all over Ireland. It will be featuring an impressive range of Garden Experts speaking on its main stage all-day. There will be 2 Masterclasses this year, 4 Demonstrations and 2 Workshops for young and old. The full programme and booking for the Masterclasses is now available on the festival website.

Clare Garden Festival is running in partnership with Co Clare Agricultural Show Society and is held annually at Ennis Showgrounds this year on Sunday, 28<sup>th</sup> April.

The festival is proudly supported by Fruithill Farm, Bord Bia, Clare County Council, Healthy Clare, Visit Caherhurley Nursery, Clare Echo, Ennis Municipal District, Pobal and LCDC.

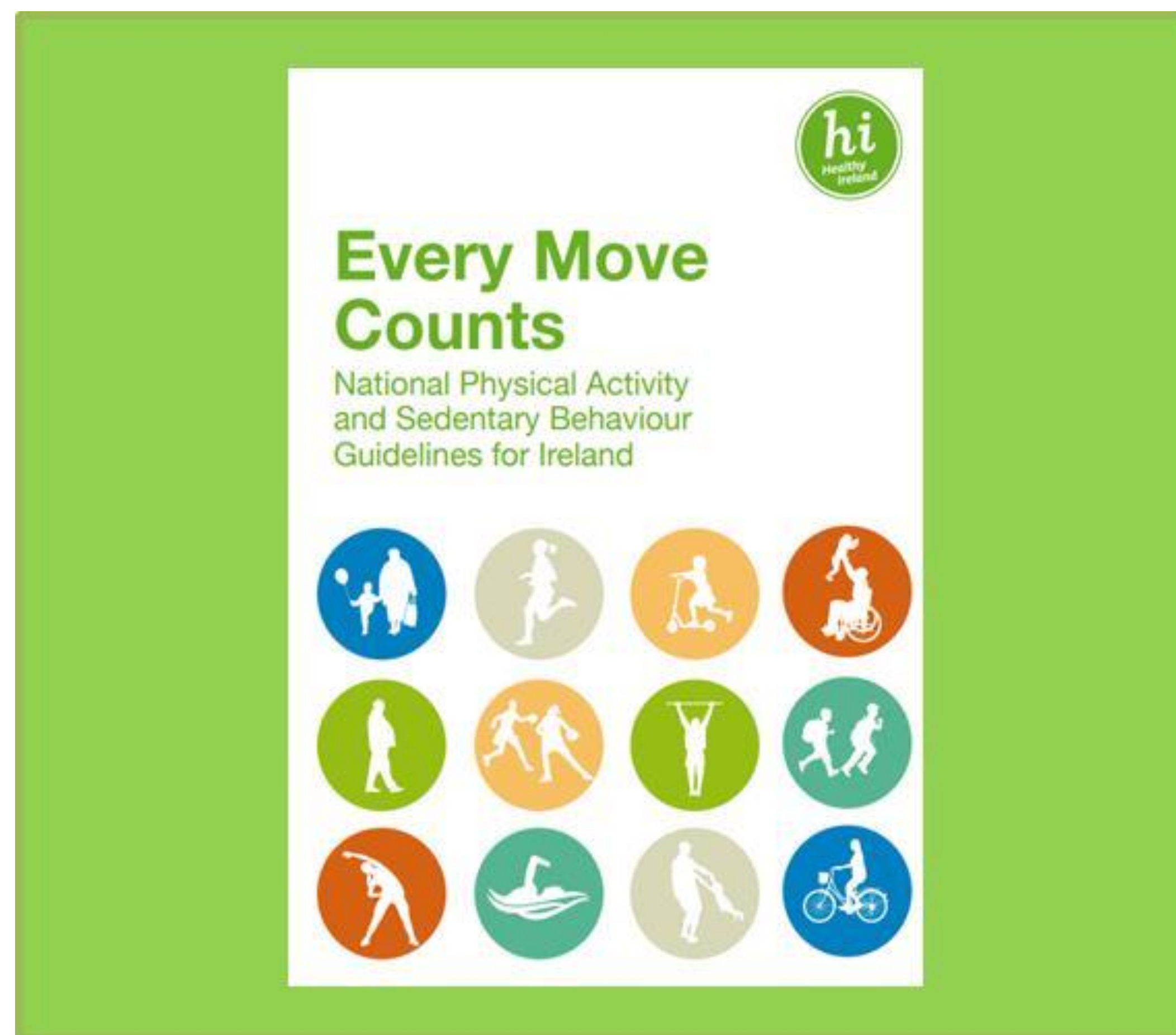
For more information see our website

[www.claregardenfestival.com](http://www.claregardenfestival.com) and for regular updates join us on Facebook or Instagram @claregardenfestival.





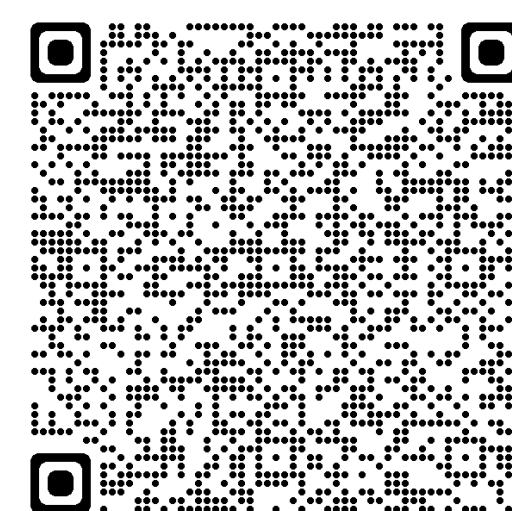
# Physical Activity



Every Move Counts – National Physical Activity and Sedentary Behaviour Guidelines for Ireland

These guidelines update the 2009 guidelines across all age groups.

Take a look:  
<https://www.gov.ie/.../44751-every-move-counts-national.../>



Down Syndrome Clare and Club Rothaíochta na Sionainne

**The ODD SOCKS cycle**

**SUNDAY APRIL 14th 2024**

In aid of Down Syndrome Clare

Photo: branch members Owen Mc Donagh and Paul Kirrane

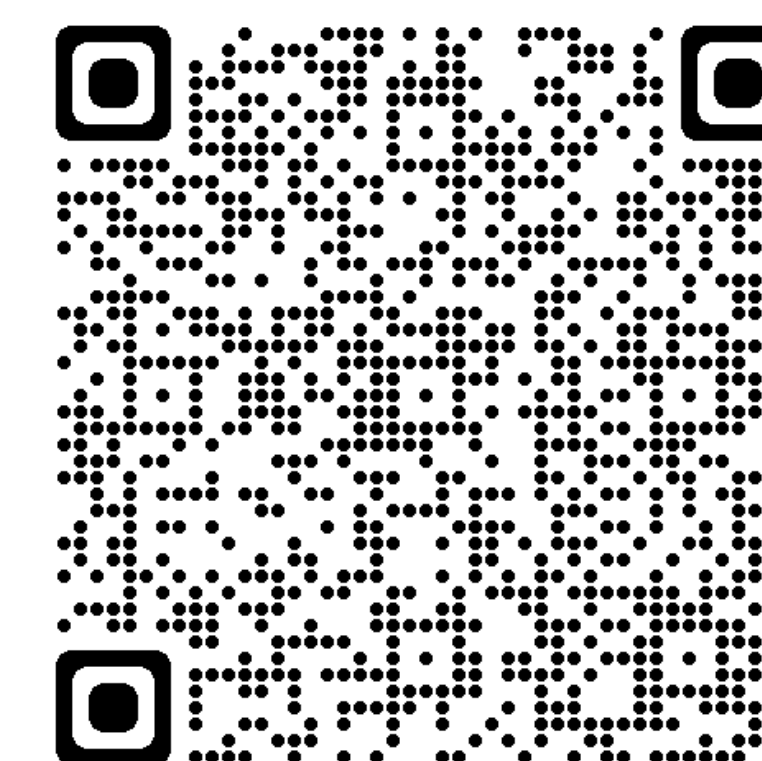
**REGISTRATION OPEN**

Choose between 100km or 50km routes and enjoy friendship and fun while raising funds for Down Syndrome Clare

9.30am roll out from the Shannon bandstand

Down Syndrome Clare and Club Rothaíochta na Sionainne are pleased to announce that registration for this year's The Odd Socks Cycle is now open 🍌🍌🍌

Secure your ticket here 📍  
<https://eventmaster.ie/event/p1eztvtyo>



COMMUNITY SPORTS HUB KILRUSH  
 Clare Sports Partnership

**KILRUSH SPORTS HUB COUCH TO 5K TRAINING PROGRAMME**

OPEN TO WALKERS & RUNNERS

WHEN: MONDAY 25TH MARCH  
 TIME: 7PM  
 WHERE: GALLERY PARK TRACK  
 DURATION: 8 WEEKS

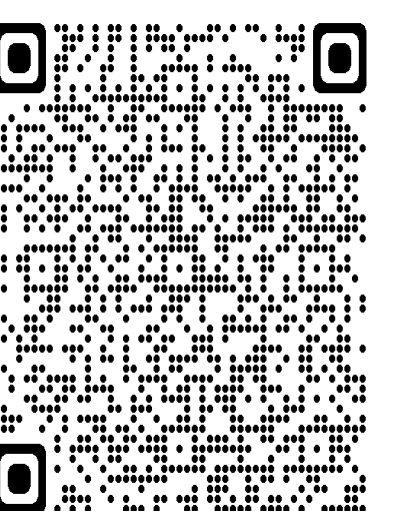
€15 PER ADULT, U18'S FREE

PRE REGISTRATION ONLY

ACTIVE KILRUSH

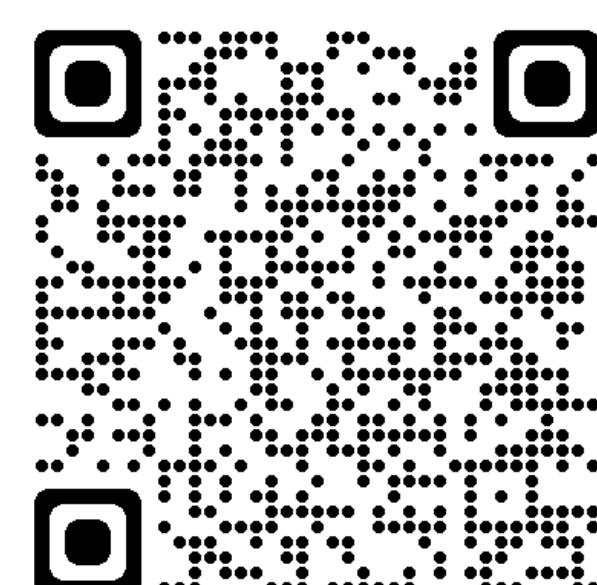
5K

Kilrush Sports Hub return with our Couch to 5K for 2024. It will start at 7 p.m. on Monday, March 25th; our eight-week Programme will have you walking/running 5km by the Mid- May. This consists of a coached session every Monday in Gallery Park and one self-led session during the week. Open to both walkers and runners. All ages and abilities are catered for. Adults are €15 & under 18's are free. Register on <https://claresports.ie/event/kilrush-sports-hub-couch-to-5k/>

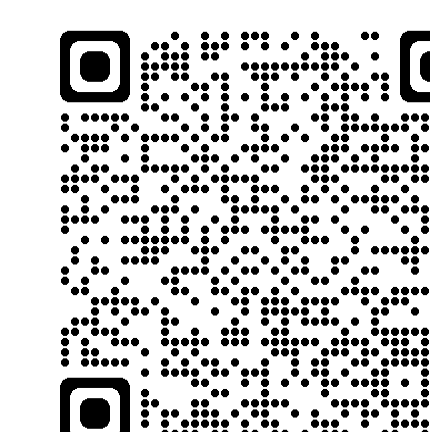


It takes time to create new healthy habits and you should start with small changes, gradually.

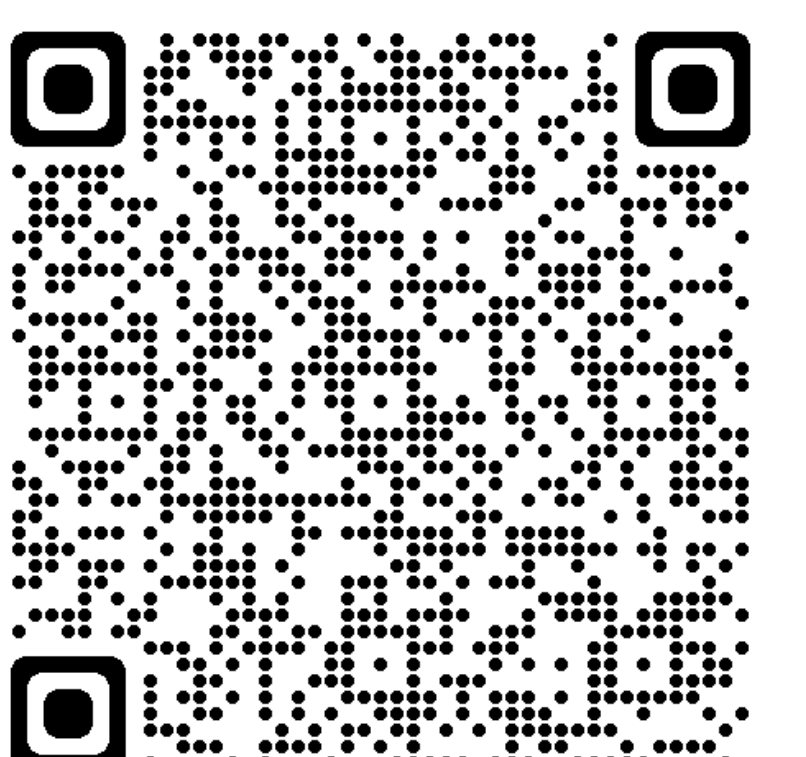
Visit  
<https://www.gov.ie/en/campaigns/healthy-ireland/>  
 if you are interested in information about simple steps that will help you establish a new healthy habit that will help you take care of your health and wellbeing.



**Disability Awareness Training** – Apr 22nd  
 This FREE workshop is designed to build awareness around people with disabilities participating in community sport and physical activity. On completion of the course all attendees will receive an Active Disability Ireland Certificate of Participation endorsed by Sport Ireland.  
<https://claresports.ie/event/disability-awareness-training-apr-22nd/#tribe-tickets> tickets-form



There are over 550 local Active Retirement Ireland Active Retirement associations around the country that help retired people to enjoy a full and active life and to advocate for them. These are independent local groups, run by volunteers, whose members decide the activities on offer. Find your local group here <https://activeirl.ie/your-local-group/>





# Mental Health

Claire Flynn is a Development Officer for Mental Health Ireland. Within her role, Claire provides talks and workshops around mental health and wellbeing to organizations and community groups. Mental Health Ireland's website has a suite of free resources that can be downloaded and include leaflets, videos, podcasts and booklets. You can access these at <https://www.mentalhealthireland.ie/resources/>

## Booklets & Publications



If you would like more information on workshops and talks for your group or organisation, please contact Claire at 0858768522 or [clairef@mentalhealthireland.ie](mailto:clairef@mentalhealthireland.ie)

**Journaling for Wellbeing**

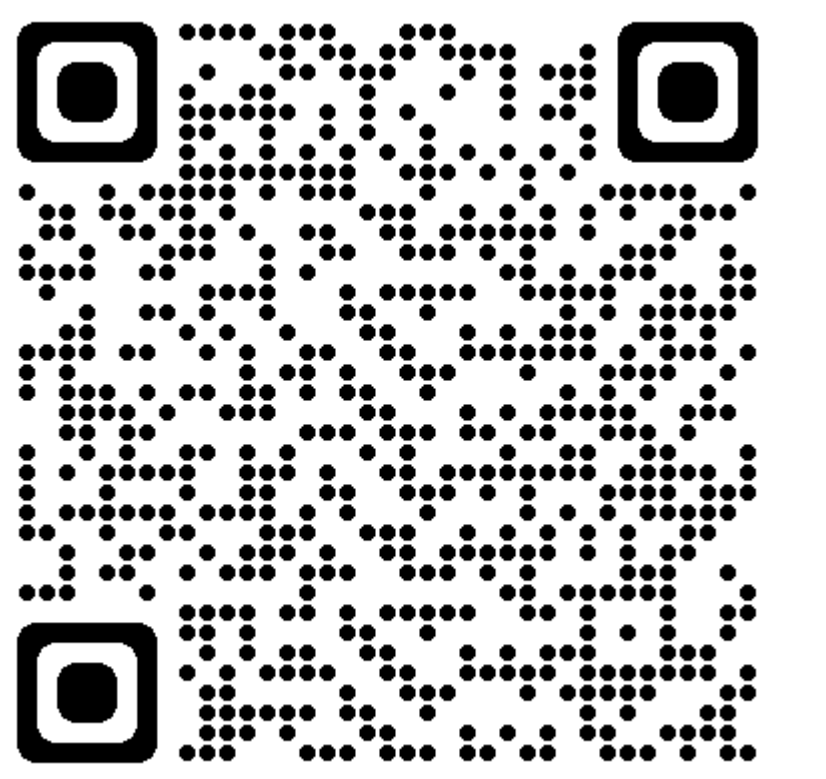
Discover a simple tool to support your wellbeing and mental health

- Learn how journaling can support wellbeing and mental health
- Explore different ways to journal
- Learn tips and techniques to keep you motivated
- Get started with simple journaling prompts

**18th April 2024**  
10.30am – 1.00pm

The Lighthouse,  
West Clare Mental Health Association  
Lime Kiln Road, Kilrush  
Co Clare V15 XC58

**TO BOOK CONTACT:**  
James Fennelly – Tel. 085 8559511  
Email: [westclaremha@mentalhealthireland.ie](mailto:westclaremha@mentalhealthireland.ie)

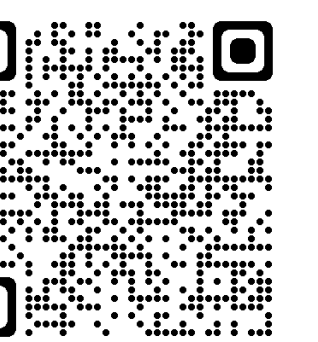


Grow mental health  
Peer support groups for anyone experiencing mental health issues.  
Maria Assumpta hall  
Every Monday 8-10pm  
Contact Celia 086 1526966

**If you think someone might need help, trust your instincts and start a simple conversation. You could save a life.**

It can be hard to know how to approach someone who needs help. Here are some of our reminders:

Trust your instincts  
You won't make things worse  
Suicide can be prevented  
You're not alone



Find out more  
<https://www.samaritans.org/ireland/branches/ennis/>

**Need to talk about MENTAL HEALTH?**  
or simply just need to TALK?

**Heads UP**

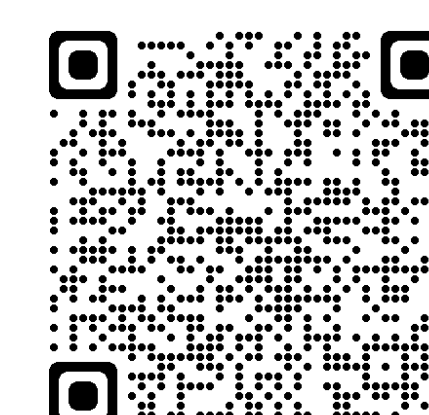
**Find the service you need close to you.**  
The Heads UP Clare website provides the details of mental health services for the ages of 12-34 years in your area as well as other youth services and lets you hear about other young people's experiences.

**You are not alone.**  
How can we help?  
We want to connect children & guardians to the right mental health support in your county/area so you can make that first important step to reach out for support.

**You can find:**

- Counselling Services
- Online Guidance
- One 2 One Support
- Group Support
- Emergency Services

**Help is closer than you think, so HEADS UP!** For More Information [www.headsupclare.ie](http://www.headsupclare.ie)



**Weekly Woodland Walk**

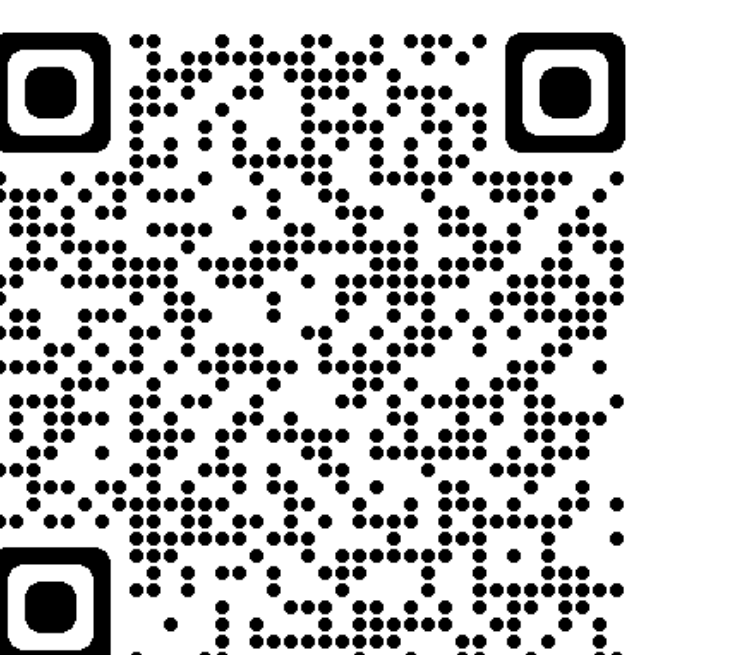
Join us for a group walk around Vandeleur Woods and Gardens

**Tuesdays meeting at 10:50am in upper car park**  
**Departing at 11:00am**  
**For more information**  
**Email:** [westclaremha@mentalhealthireland.ie](mailto:westclaremha@mentalhealthireland.ie)  
**Or Call 085 8559511/065 9062329**

Discover the Five Ways to Wellbeing and take care of your wellbeing with simple, evidence-based actions. They are Connect, Be Active, Take Notice, Keep Learning, and Give. Which ones are you already doing?

Click on the link below for more information

<https://www.youtube.com/watch?v=bsc2QkCC3uI>





# Eating Well



**Clare Garden Festival**  
**10 Years Anniversary**  
 Sunday, 28<sup>th</sup> April 2024, 11am - 5pm  
**Ennis Showgrounds**

**FEATURING**

- Jim Cronin Master Organic Gardener
- Michael Kelly GIV
- Kitty Sully Master Organic Gardener
- Jo Newton Host & Organic Grower
- Carl Wright Caherbridge Garden

**A Treat for Gardeners and a Great Family Day out!**

**DEMONSTRATIONS & WORKSHOPS**  
 RUNNING IN DEDICATED AREAS INSIDE AND OUT

**HUGE GARDEN FAIR**  
 WITH PLANT, GARDEN, FOOD & CRAFT STALLS

**GARDEN EXPERT TALK SERIES**  
 AT OUR INDOOR STAGE FOR GARDENERS & NOVICES

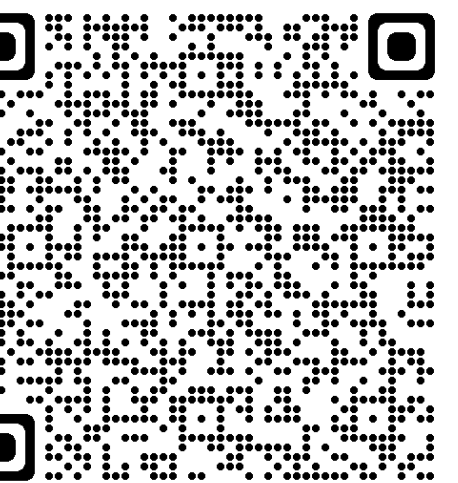
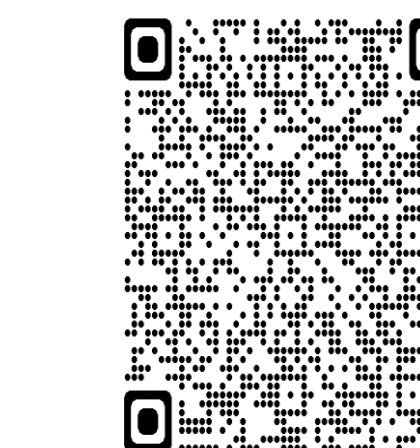
Logos: Clare Echo, Clare Garden Festival, LCDC, Clare, Fruit Hill Farm, Bord Bia, 9.

facebook.com/claregardenfestival  
 www.claregardenfestival.com



Start a conversation about obesity  
**Podcast**  
 Featuring Susie Birney and Dr Grace O'Malley  
 Listen now  
 safefood

**"Nobody chooses this life,"** says Susie Birney from Irish Coalition for People Living with Obesity. Today, on World Obesity Day, we are encouraged to start a conversation about obesity. Begin by listening to Susie and others discuss obesity, weight stigma and the media:  
<https://www.safefood.net/.../Nutrition.../Weight-stigma>



## Do you need to take a vitamin D supplement?

Everyone should take a vitamin D supplement for bone and muscle health. The amount you need depends on your age, skin tone, situation and the season.

Vitamin D can be found in small amounts in certain foods including oily fish such as mackerel, salmon and trout, and eggs. Some fortified foods have vitamin D added such as fat spreads, dairy products and some breakfast cereals.

Click on the link below read more information on who needs Vitamin and why we need it.

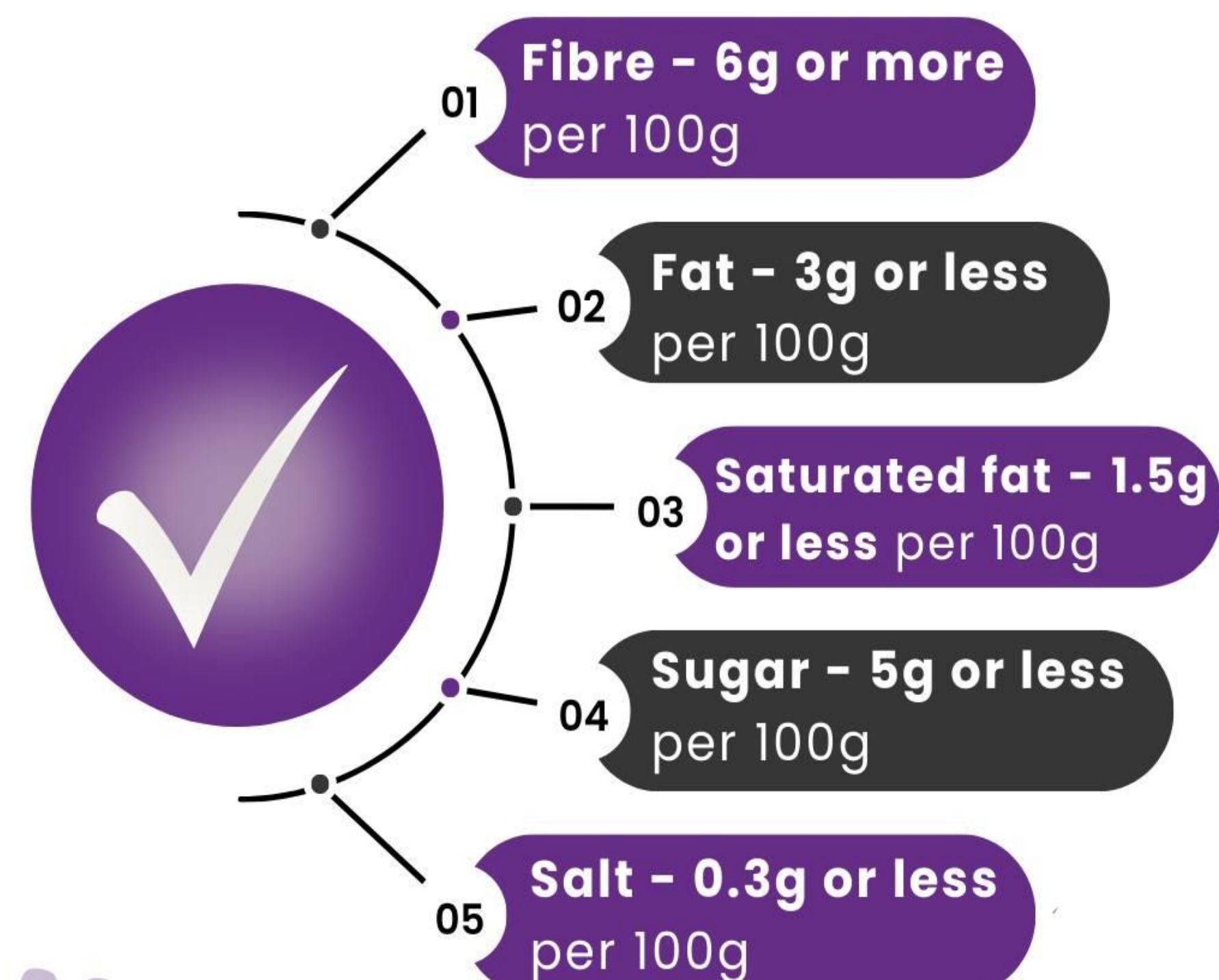
<https://www.safefood.net/Healthy-Eating/Food-and-physical-health/vitamin?fbclid=IwAR0Rp1OJlgCR4enNnEYz7gYUCPug8AFMmF3FHISpUaYnGe5UuXbwT8s1sT8>



Swaps are a great way to start a healthy habits like fruit after school instead of treats.

Visit  
<https://bit.ly/4bEggR3>  
 for some simple ideas for healthy snacks.

## 5 checks for healthier food on nutrition labels




**APRIL**  
 SEASONAL PRODUCE GUIDE  
 YUMMYADDICTION.COM

ARTICHOKES, ARUGULA, ASPRAGUS, AVOCADO, BROCCOLI, CABBAGE, CAULIFLOWER, HERBS, LEEKS, LETTUCE, MICROGREENS, PEAS, PINEAPPLES, RADISHES, RHUBARB, SCALLIONS, SPINACH, SPRING GREENS

## 4 Tips for defrosting mince meat

- ✓ Defrost on bottom shelf of fridge.
- ✓ Keep covered and away from other foods.
- ✓ Cook within 24 hours of defrosting.
- ✓ Only defrost in microwave if you're cooking and eating it immediately.



# Tobacco Free, Reducing Drugs & Alcohol Related Harm



**Maynooth University**  
National University  
of Ireland Maynooth

## EXPLORING THE FUTURE OF SUBSTANCE USE EDUCATION

**National & international perspectives - in the  
face of changing drug trends.**

Join us for a day of celebration & dialogue as we mark  
21 years of the Maynooth University Certificate in  
Addiction Studies in the Mid-West and explore the  
future of substance use education.

MONDAY **22** APRIL

10AM - 4PM

RADISSON HOTEL, ENNIS ROAD, LIMERICK

**SPEAKERS INCLUDE;** MARICA FERRI, EUROPEAN MONITORING CENTRE  
FOR DRUGS AND DRUG ADDICTION, ANNE DOYLE HEALTH RESEARCH  
BOARD, RORY KEANE HSE MIDWEST, DR. DEREK BARTER MAYNOOTH  
UNIVERSITY AND MANY MORE

Event is free of charge - click to [register](#) or scan the QR



## Creating Awareness around Nitrous Oxide (ONLINE)

This information workshop aims to create awareness around nitrous oxide. Exploring what nitrous oxide is, what it looks like, how it is used, signs and symptoms of use, what are the risks, what are the long-term effects. The training is targeted at workers from community, voluntary and statutory sectors inc. social care, youth and community, school support staff etc. Delivered

ONLINE Wednesday 17th April, 11.00-12:30

To register click on the link below

[Creating Awareness around Nitrous Oxide \(ONLINE\) registration - Webex](#)

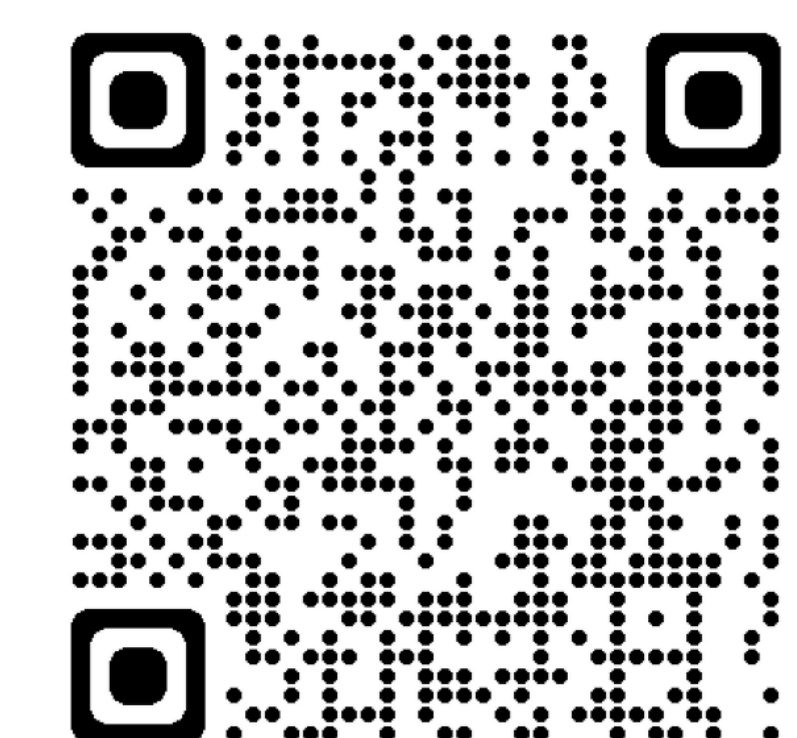
Sancha Power, PhD, Education Officer,

### Nicotine Replacement Therapy



Types of nicotine replacement therapy and how to use it  
to stop smoking. To get NRT for free, phone our Quitline  
on 1800 201 203 or talk to a stop smoking advisor

<https://www2.hse.ie/living-well/quit-smoking/nicotine-replacement-therapy/>



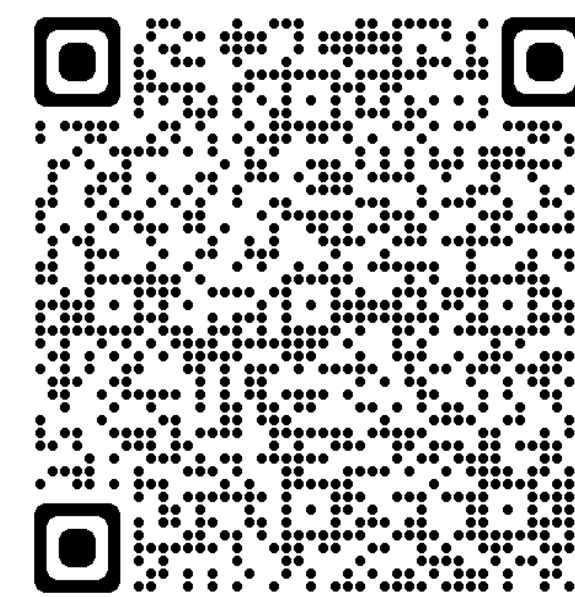
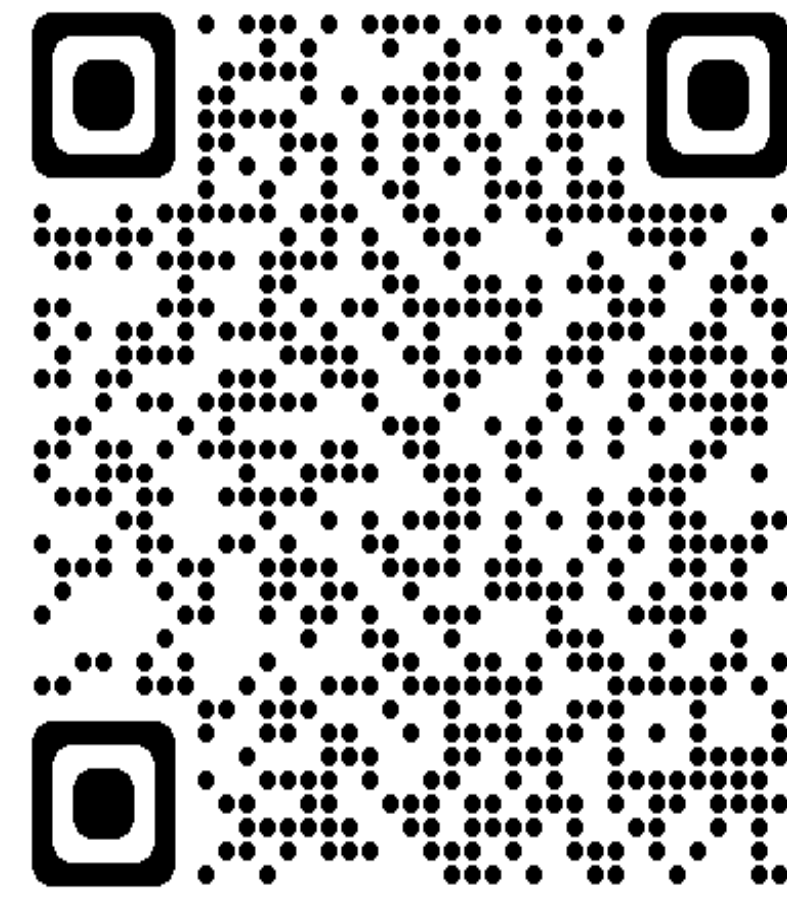


# Sexual Health



sexualwellbeing.ie

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



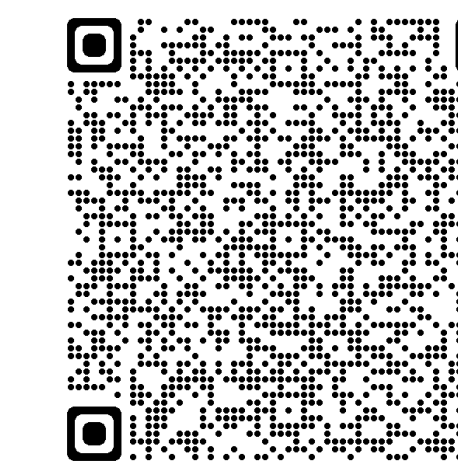
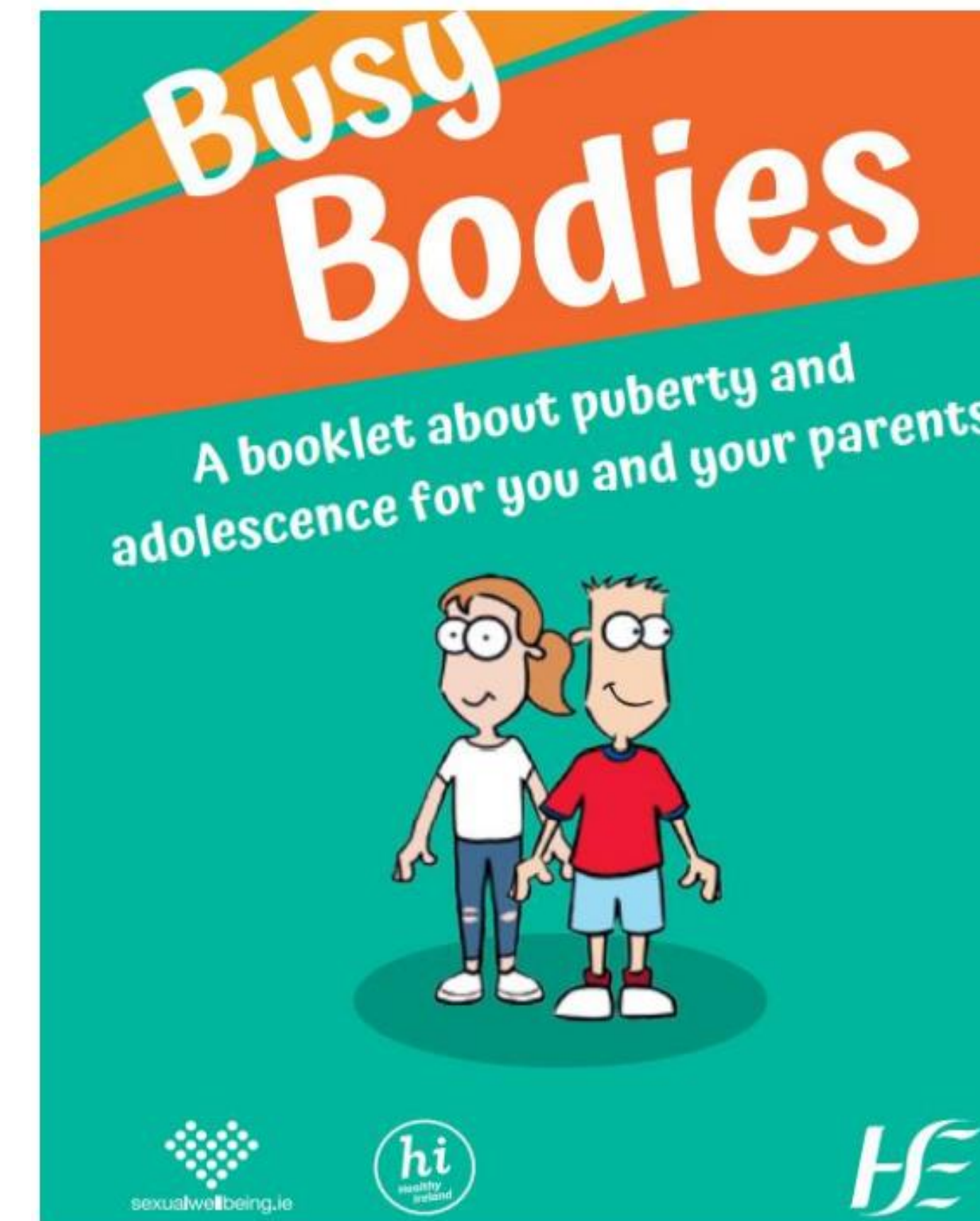
Applications are now being sought for the Foundation Programme in Sexual Health Promotion (FPSHP). The FPSHP will take place in Limerick City in Autumn 2024 and will be jointly facilitated by the HSE Health and Wellbeing and GOSHH.

The aim of the course is to enhance participants' capacity to incorporate sexual health promotion into their work through the development of their confidence, knowledge and skills in relation to sexual health.

This comprehensive six-day Foundation Programme in Sexual Health Promotion (FHSHP) is for health, education, youth and community service providers who wish to develop their confidence, skills and knowledge in the area of sexual health promotion.

For more information, please click on the link below

<https://www.activelink.ie/community-exchange/training/107008-hse-goshh-foundation-programme-in-sexual-health-promotion>



The Busy Bodies booklet provides useful & supportive info. on the physical and emotional changes that children will experience during puberty, the basics of reproduction, and how young people can look after themselves as they grow up.  
View the booklet on <https://www.hse.ie/.../busy-bodies-a-book-about-puberty...>



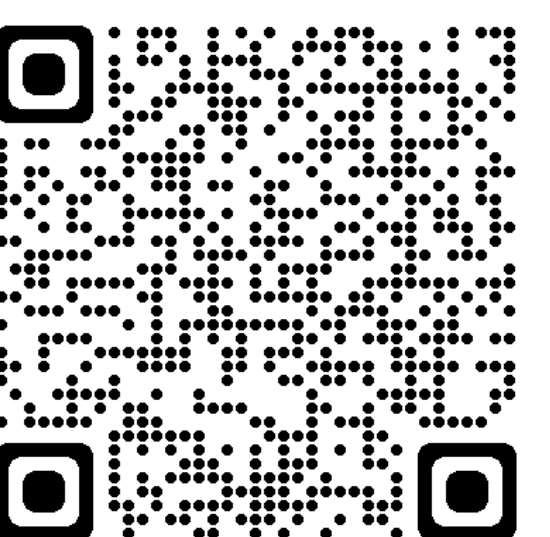
You don't have to be sexually active to learn about your sexual health.  
Learning about sexuality and your sexual health and wellbeing can start at any time.  
Find out about contraception, how to prevent STIs, consent and positive sexual wellbeing on sexualwellbeing.ie: <https://bit.ly/3BWHwt7>



Some unplanned pregnancy services may try to influence your decision.  
You should never feel pressured or frightened by an unplanned pregnancy service. Staff should always be non-judgemental.  
For a list of free HSE unplanned pregnancy services visit [myoptions.ie](http://myoptions.ie) or call the helpline on Freephone 1800 828 010. <https://bit.ly/3laRt90>

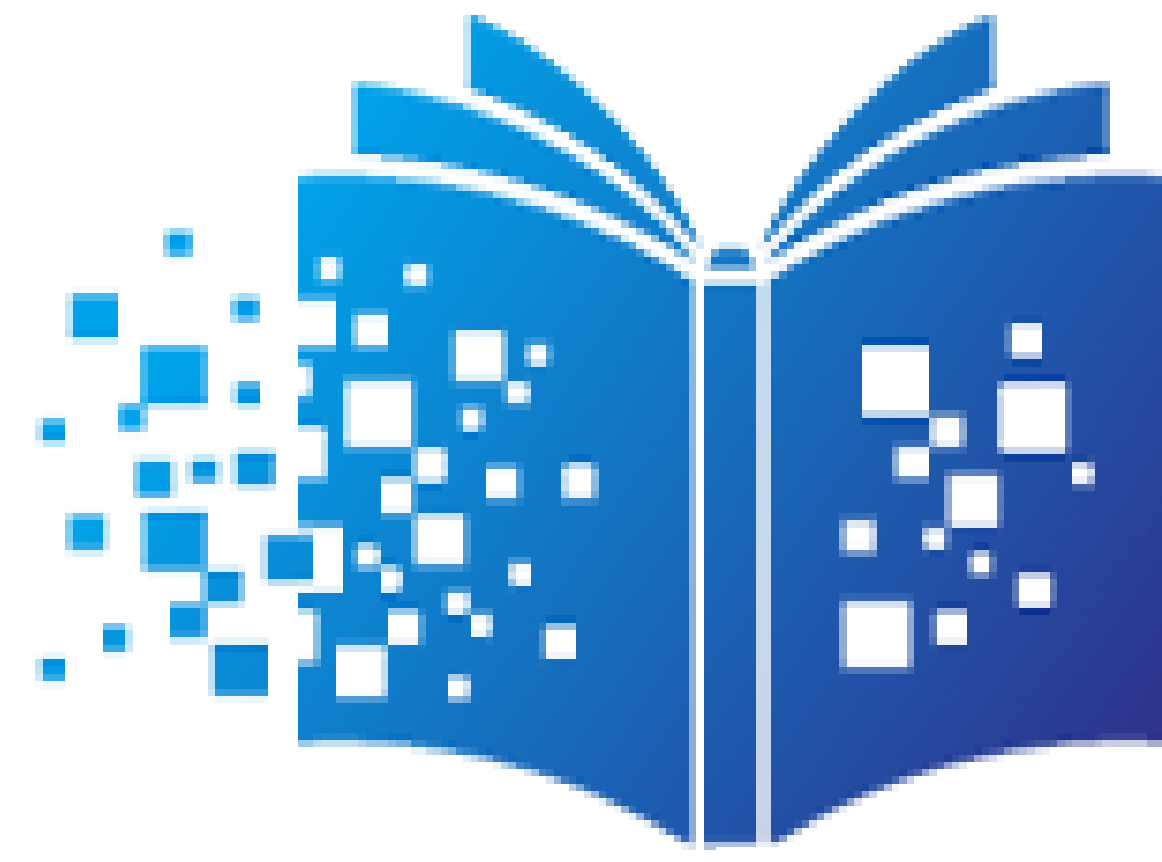


A resource to support parents having conversations with their teenagers aged 13 to 18 about relationships and healthy sexuality development.  
<https://www.sexualwellbeing.ie/for-parents/resources/booklets/booklets.html>





# Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

## Libraries



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



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



<https://twitter.com/clarelibrary>



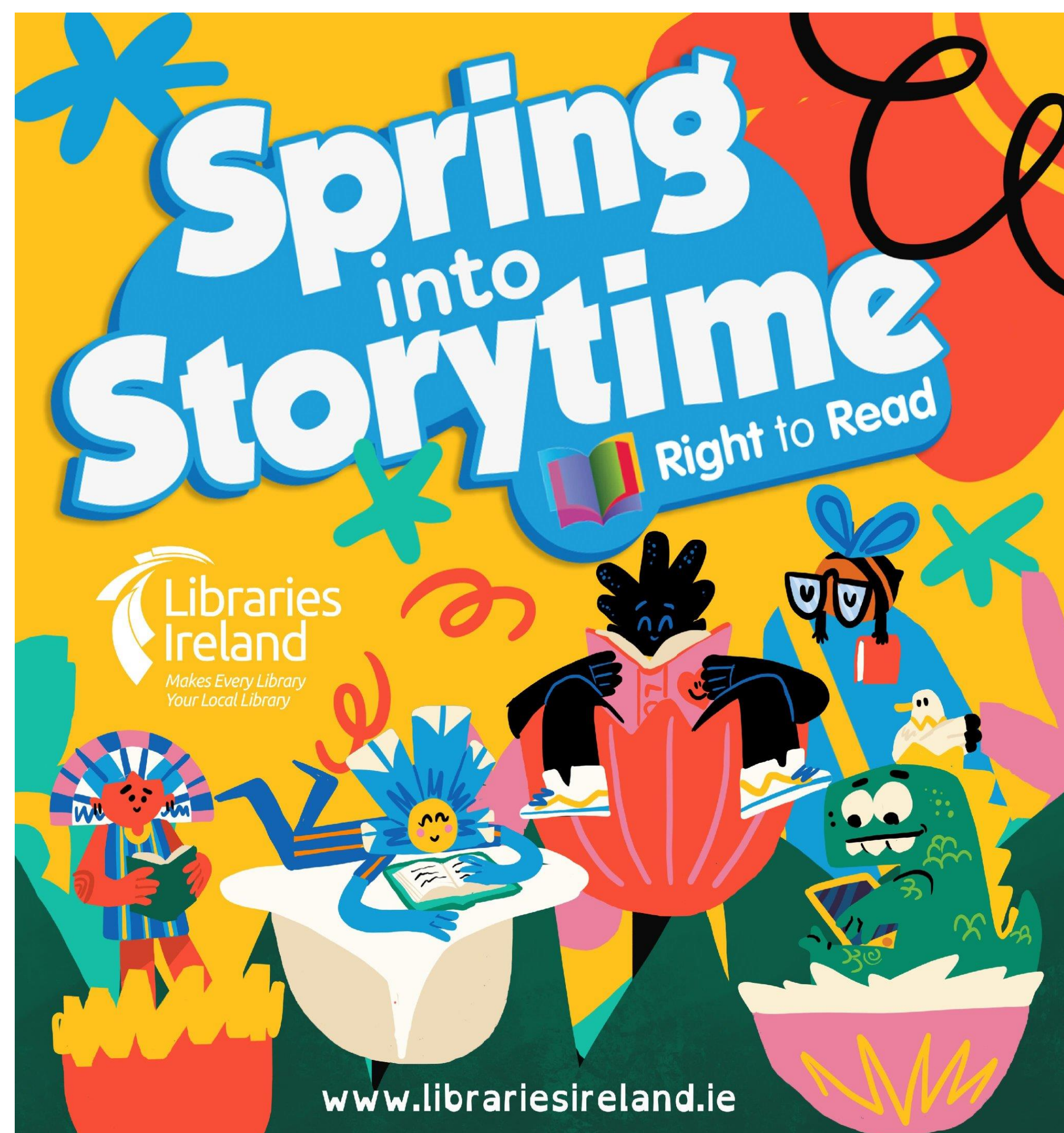
065 6846350



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



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



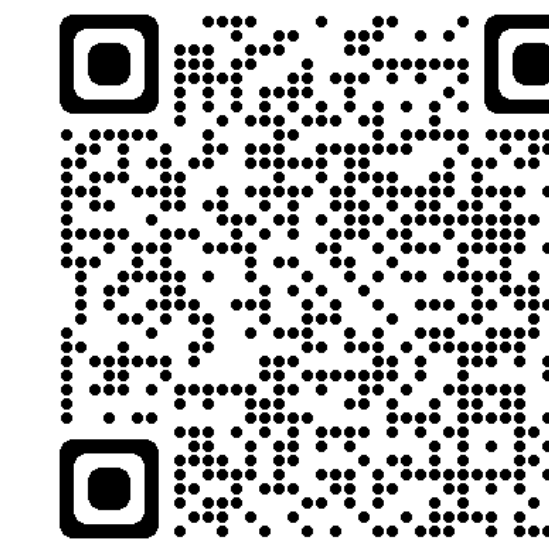
Looking for something to keep the kids entertained?

All throughout April, free story time events for pre-school and primary school aged kids will be happening in libraries all over.

Check your local library to find out what is happening near you and #SpringIntoStorytime!

For more information click on the link below

<https://www.librariesireland.ie/services/right-to-read/spring-into-storytime>



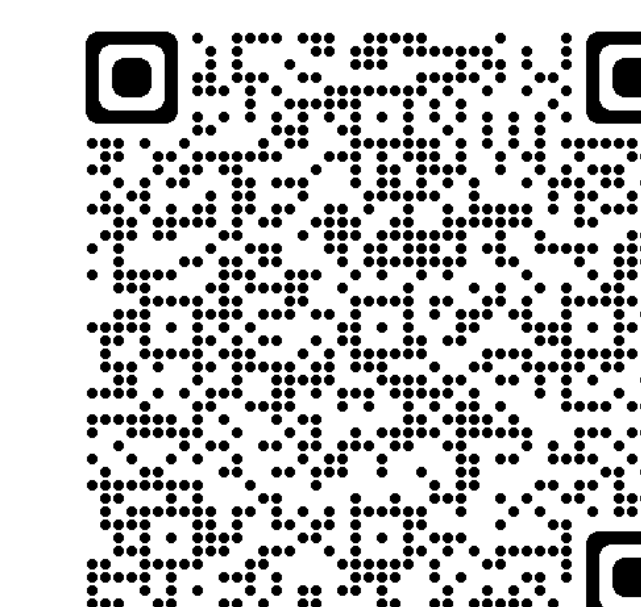
Learn a new language online anytime anywhere. All courses can be accessed on a computer, tablet or smartphone.

Your library card gives you free access to over one hundred language courses. These courses are available for both adults and children.

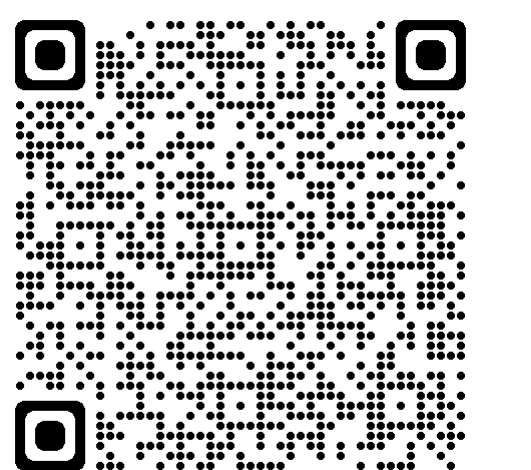
You can download the Transparent Language app from the Apple and Android app stores. You can also access Transparent Language through your web browser on a desktop or laptop computer.

How it works

You can browse and search the language courses online or in the Transparent Language app 24 hours a day. It is a fun and engaging experience for all learners. You can learn as many languages as you would like. If you are having difficulties with using the service, please contact [support@transparent.com](mailto:support@transparent.com)



Hearing Loops at Clare Libraries



All our libraries have Hearing Loops installed at the library service desk.

A hearing loop is a special type of sound system for use by people with hearing aids.

The hearing loop provides a magnetic, wireless signal that is picked up by the hearing aid when it is set to 'T' (Telecoil) setting.

For more information, please visit the link here

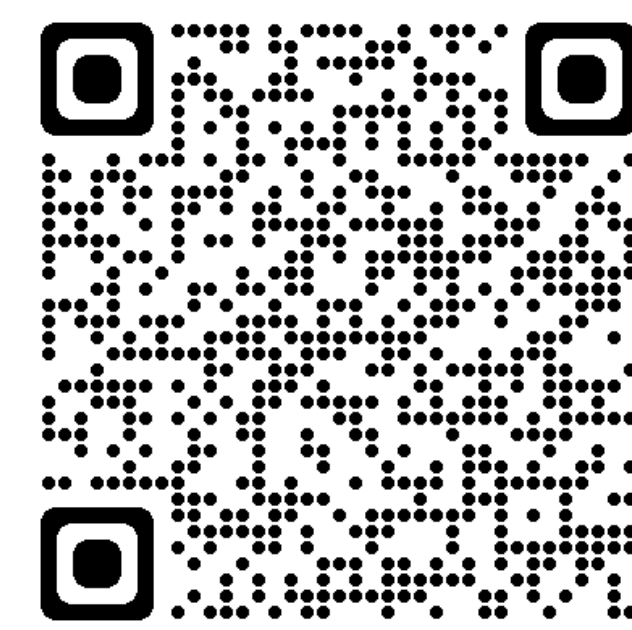
[https://clarelibraries.ie/services/hearing-loops/?fbclid=IwAR0mN4NPylp93tXK7bF37CfJXbtsyWZykvcA1DIPyB6Lk5rdfr\\_i1Tltirc](https://clarelibraries.ie/services/hearing-loops/?fbclid=IwAR0mN4NPylp93tXK7bF37CfJXbtsyWZykvcA1DIPyB6Lk5rdfr_i1Tltirc)



Learning new things or developing new skills can really help build self confidence, improve self esteem, and can also help you get to know others with similar interests. Libraries.ie has over 400 online courses available, that you can access for free with your library card.

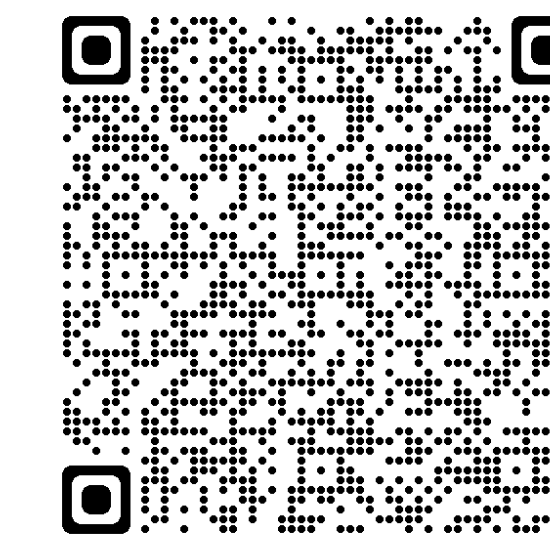


# Other Health & Wellbeing News



In episode, host Noreen Turley talks openly about menopause with two women's health experts, Dr. Cliona Murphy, a Gynaecologist and Clinical Director at the HSE National Women & Infants Health Programme, and Dr. Caoimhe Hartley, a General Practitioner and Clinical Lead of the Complex Menopause Clinic at Rotunda Hospital. It becomes clear early in the discussion that the menopause journey is very personal, with experiences varying among women. The conversation explores a range of symptoms and treatment options, including an examination of the benefits and risks associated with Hormone Replacement Therapy (HRT). Both experts stress the importance of seeking medical guidance early, particularly if a woman's quality of life is being impacted. They explain that early intervention, education, and open discussion about the menopause, can relieve anxiety and empower women to seek assistance ultimately promoting women's overall health and wellbeing.

For more information visit <https://www2.hse.ie/conditions/menopa...> or <https://rotunda.ie/menopause-clinic/>



The National Advocacy Service Ireland has launched 'My Money, My Rights, My Options', an easy-to-read leaflet which aims to build the capacity of people with disabilities to access and manage their own finances. Easy-to-read formats can support people to make key decisions about their lives. Better understanding of money matters can create greater financial awareness and improve money management skills. Click to read more

[https://advocacy.ie/app/uploads/2024/02/NAS-Easy-to-Read-Leaflet-My-Money-My-Rights-My-Options-Final-Web.pdf?fbclid=IwAR1PMDu16ud2lelTYlvv7TJVVXDw\\_o4o3GNrCQ\\_FyiMOFWDOu1KQQzJuhisc](https://advocacy.ie/app/uploads/2024/02/NAS-Easy-to-Read-Leaflet-My-Money-My-Rights-My-Options-Final-Web.pdf?fbclid=IwAR1PMDu16ud2lelTYlvv7TJVVXDw_o4o3GNrCQ_FyiMOFWDOu1KQQzJuhisc)



An inclusive community initiative that supports all local people to grow, share and eat fresh food, with no one left out.

**We meet on the first Saturday of every month from 11am - 12.30 at Ennistymon Community Centre, Parliament Street. All welcome!**

Please bring seeds, plants, freshly grown produce, spare compost, surplus tools, pots, books, skills, advice, friendship and chat

Donations welcome towards the cost of the venue

Search on FB / Telegram for The Growing Network (Ennistymon)  
Feel free to contact me (lucy) via the FB or Telegram group if you would like to discuss setting up a TGN in your area



## An introduction to FASD

(Foetal Alcohol Spectrum Disorder)

Online For Parents, Carers and Professionals  
Thursday 18th April at 10am

An opportunity to learn more about FASD with tips and strategies to support those living with the condition.

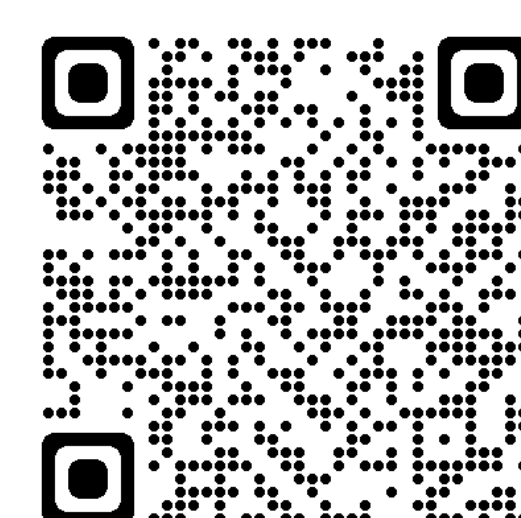
### Recent participant and carer Siobhan said:

"This workshop is a must for anyone who cares for or works with children where there are unknowns. As someone looking after a number of children, the strategies will be useful for all of them, but mainly with the young person we look after who we suspect to be living with FASD."



To book your place today please click on the link below

<https://www.fasdireland.ie/workshops>



## Parteen Community Quiz and Fun Night

Parteen Quiz and Fun Night

**Friday 12th April 2024 at 8pm**

Venue Tail Race Function Room

Doors open at 7.15pm Quiz starts at 8pm Sharp

Table of four €40

Spot prizes, music and fun on the night

Monies raised will be spent to improve your community

**Book your table now by contacting us either by email or phone**

[parteenresidents@gmail.com](mailto:parteenresidents@gmail.com) / 085 2520650

Please support us so that we can improve the areas we live in



The inaugural Lahinch Traditional Music Festival celebrates the life of Lahinch fiddler Susan O' Sullivan (1892-1981) & the contribution she made to Irish music in Co. Clare. Taking place from the 19th - 21st April at various Locations across Lahinch.

Email [lahinchfestival@gmail.com](mailto:lahinchfestival@gmail.com) for more information.



# Other Health & Wellbeing News

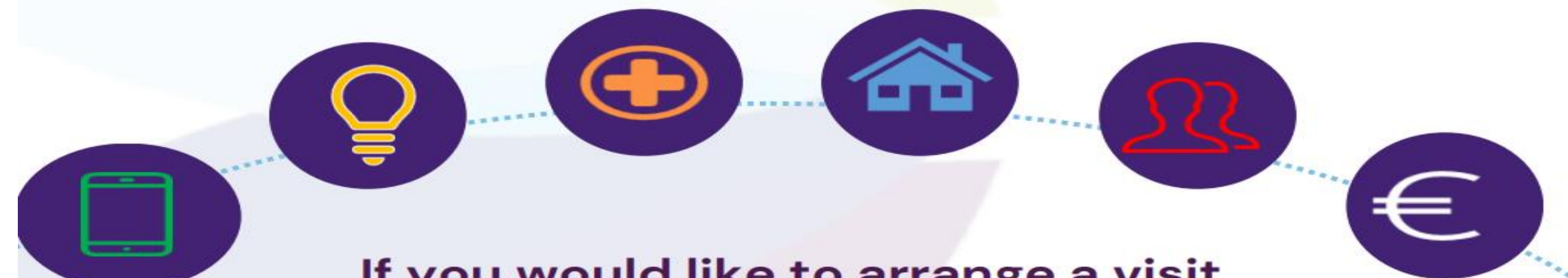


Age Friendly  
**IRELAND**  
Healthy Age Friendly Homes

To support older people to live in their own home with dignity and independence for as long as possible.

What we can do for you:

- Conduct a home based needs assessment
- Case manage a support package for you
- Link you to supports in your area
- Provide information on available grants



If you would like to arrange a visit from your Local Coordinator, please contact our National Office.

046 924 8899

healthyagefriendlyhomes@meathcoco.ie

www.agefriendlyireland.ie

comhairle chontae na mí  
meath county council

An Roinn Sláinte  
Department of Health



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Please support us so that we can improve the areas we live in



Clarecare Over 65's Clubs are now open to taking in New Members, on selected days of the week. Please call the location managers to discuss availability.

- ✓ Safe and Stimulating Environment
- ✓ Qualified Multi Task Assistants
- ✓ High Quality Care
- ✓ Daily activities



**Enquire Now**

**Ennis 086-4183535**

**Ennistymon 086-1448957**

**Killaloe 086-1448962**

## DROP-IN SERVICE

Tuesdays

10.30 am - 12.30 pm

North West Clare Family Resource Centre,  
Parliament Street (V95 NX86).

**Supports offered:**

- General Inquiries.
- Assistance with form filling.
- Support around MyGovID.ie.
- Advice and signposting to other services.
- Information on activities, groups and services of North West Clare Family Resource Centre.
- Assistance with CV's, letters and photocopying.



For more information contact the FRC office at  
**065 707 1144**  
Joeann / Muireann

## 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,  
April 10th  
11am - 12.30pm

**How much?**

€10 per person

**BOOK NOW**

087 68 65 825

[davnet.l3mireland@gmail.com](mailto:davnet.l3mireland@gmail.com)



Shannon Parenting Peer Support Group

**Parenting Peer Support Group**

Supporting Each other in Parenting at Shannon Family Resource Centre, eircode: V14 XV97

**Next Meeting**  
10th April  
9:30am-11am

**TOPICS OF DISCUSSION**  
Parenting struggles, problem solving, sharing local information, parenting workshops on identified topics such as self care and much more beside....

**For More Information Call:**  
Cethal 087 1232489  
[www.shannonfrc.com](http://www.shannonfrc.com)



# Other Health & Wellbeing News

**North West Clare Family Resource Centre** **What's on in April 2024**  
 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 - 11.30 10.30 - 12.30 4pm - 6pm	Wellbeing for Mothers and Babies Kids Club (Ballyvaughan, Village Hall) Teen Club	Joeann Jenny, Anastasiia Jenny Anastasiia
Tuesday	10.30 - 12.30 11.30 - 1pm 2.40 - 3.45 4pm - 6pm 4.30 - 6pm 7pm - 8pm	Drop-in Service (Parliament Street) My Family And Me Programme Homework Club Integrated Youth Youth Bike Maintenance Yoga Class	Joeann Eva Joeann Deiric, Jenny, Anastasiia Deiric Kaye
Wednesday	7am - 8am 9am - 4pm 10 - 1pm 11 - 12pm 1pm - 2.30 2pm - 5pm 2.40 - 3.45 4pm - 6pm 6.45 - 8pm 7pm 6.15 - 7.15pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud English Classes "Fáilte isteach" Money Advice & Budgeting Service Homework Club Youth: Clare Youth Action Irish Class Men's Shed Fitness Class	Kaye Jennifer Joeann Joeann Jenny, Anastasiia Barbara Joeann Deiric Deiric Deiric, Joeann Killian
Thursday	9am - 2pm 10 - 1pm 10.30 - 12.30 2.40 - 3.45 4pm - 6pm 6pm - 8pm	Employability Gardening Course Kids Club (Lahinch Leisure Centre) Homework Club Youth Girls Group Youth Shack Youth Club (Parliament St)	Jennifer Joeann Jenny, Anastasiia Joeann Deiric Deiric
Friday	9.30 - 12.30 9am - 5pm 10 - 12pm 11 - 12pm 1.30 - 3pm 3pm - 4.30	Parent & Toddler Group "Cairde Nua" Intro: Employment and Income Supports Kids Club (The Pavilion, Lisdoonvarna) Breastfeeding Group (every 2nd week) Youth: Youth Programs / Drop-in Youth: Soccer (gender mixed)	Joeann Tommy Jenny, Anastasiia Joeann Deiric Deiric

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

**Job Vacancy: Manager for Little Deers Childcare**  
 Email [info@northwestclarefrc.ie](mailto:info@northwestclarefrc.ie) for job description and application form.  
 Deadline is 12pm on April 26th.

**Men's Health Guide**  
 Feel good through life's ups and downs.

FREE GUIDE  
 Age 50+



Age NI's 'Good Vibrations' programme recently launched their new health guide for men aged 50+. This offers simple, practical and realistic everyday choices that men can make to invest in their health and vitality in older age.

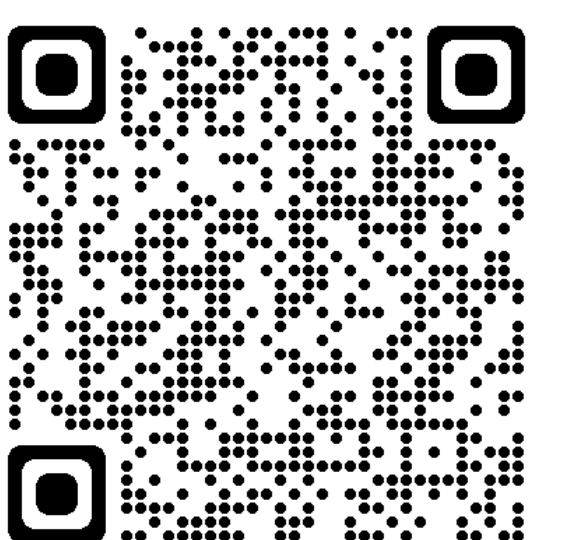
View a copy of this booklet online at:  
[https://issuu.com/.../docs/age\\_ni\\_mens\\_health\\_guide\\_online](https://issuu.com/.../docs/age_ni_mens_health_guide_online)



Sheds for Life Programme is taking place across Clare county from March to May. It invites Sheds to be part of our flagship Health & Well Being programme. They work with national partners such as the Irish Heart Foundation, Diabetes Ireland, Irish Cancer Society and local partners to bring a targeted programme built in consultation with Men to Men directly to them in their Sheds. It includes exercise, Health Checks, Workshops and Healthy Food Made easy. Men in Sheds across Clare are taking part including Clare Castle, Doonbeg, Ennis, Sixmilebridge, Caherdavin, Seanchóill Parteen.

Here are details of the programme and a short video about it.

<https://youtu.be/snxUwoYAcEE>



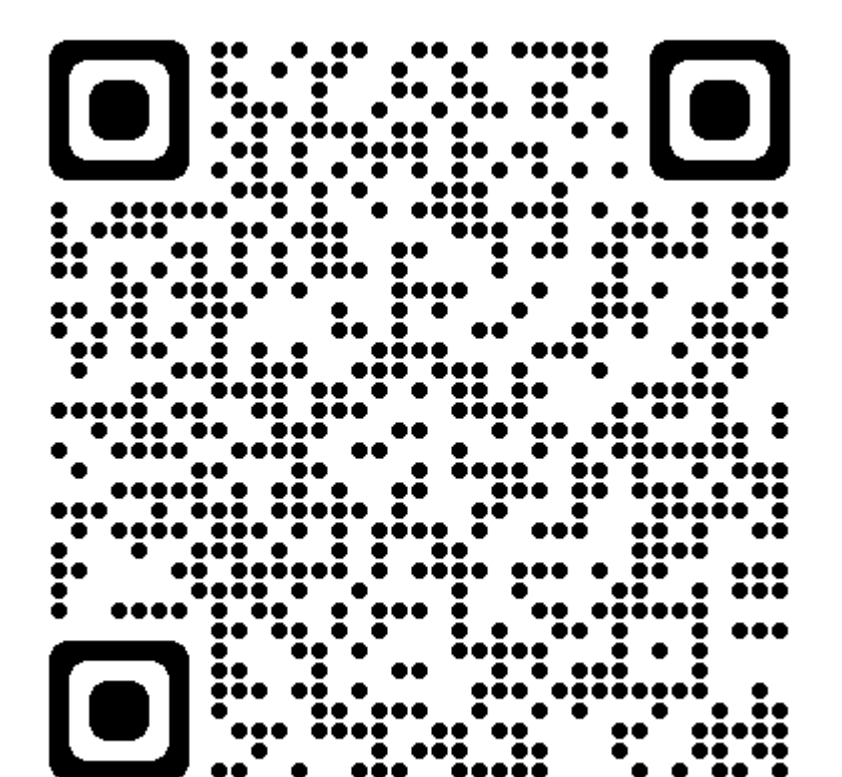
Learn with NALA from the comfort of your own home, at your own pace!

We can help with:

- ✓ Reading, writing and spelling
- ✓ Everyday maths
- ✓ Using computers and technology

Find out more or register by clicking on the link below

<https://www.learnwithnala.ie>





# Other Health & Wellbeing News



## ORGAN DONOR AWARENESS WEEK

**SATURDAY 20th – SATURDAY 27th MAY 2023**

[www.ika.ie/donorweek](http://www.ika.ie/donorweek)

**#LeaveNoDoubt**

**DON'T  
LEAVE YOUR  
LOVED ONES IN  
DOUBT.**



Share Your Wishes About Organ Donation.



**NATIONAL  
SPRING  
CLEAN**

**An Taisce**

April - National Spring Clean month

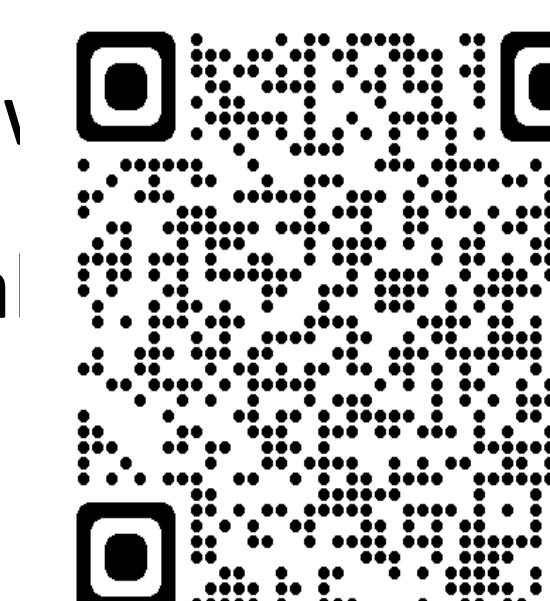
April of each year is national spring clean month. We encourage communities, individuals and schools to get involved in this event.

National Spring Clean is Ireland's biggest anti-litter campaign, which encourages people from all walks of life to take pride in their local environment and to take action against litter. The campaign runs throughout the whole month of April. Clare County Council encourage people to organize a local clean up and to participate in this great event.

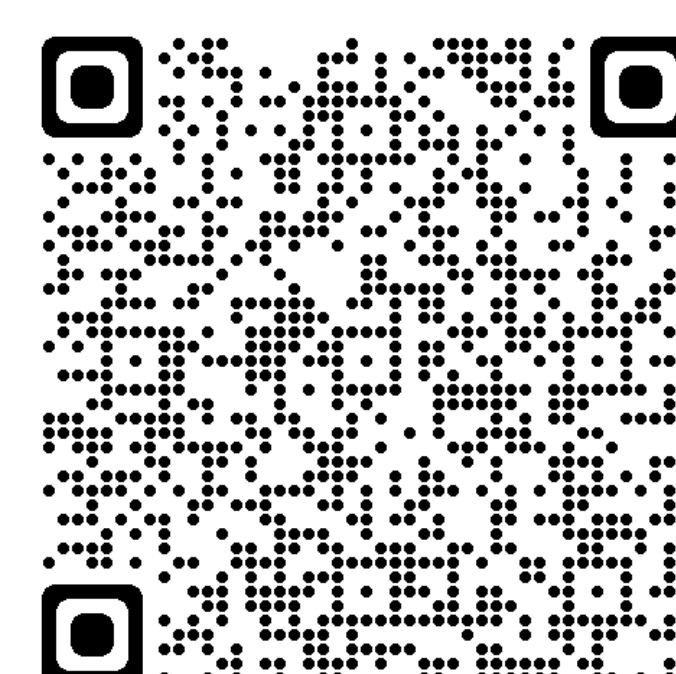
How can I get involved?

Register your community group with An Taisce by registering online at [www.nationalspringclean.org](http://www.nationalspringclean.org) or calling (01) 4002219

Once you have registered, An Taisce will issue a spring clean pack which will give you some helpful ideas on how to do your clean up. Also included in the pack are tags to collect waste.



**WORLD  
HEALTH DAY  
7<sup>th</sup>  
APRIL**



### World Health Day 2024

The theme for World Health Day 2024 is 'My health, my right'.

This year's theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

<https://www.who.int/news-room/events/detail/2024/04/07/default-calendar/world-health-day-2024-my-health-my-right>

### Know the signs Find Bowel Cancer Early

**nccp**  
National Cancer  
Control Programme

Approximately 2,700 people are diagnosed with bowel cancer each year in Ireland.

Treatment options and survival rates are better than ever – especially when bowel cancer is found early.



Call your GP TODAY if you notice any of the following



A change in your bowel habit for more than 6 weeks, such as looser poo, pooing more often or constipation



Feeling like you need to pass a bowel motion even when you know your bowel is empty



Unexplained bleeding from your back passage



Unexplained pain in your tummy or back passage



Unexplained lump or swelling in your tummy



Unexplained weight loss



Feeling very tired all the time, more than is normal for you



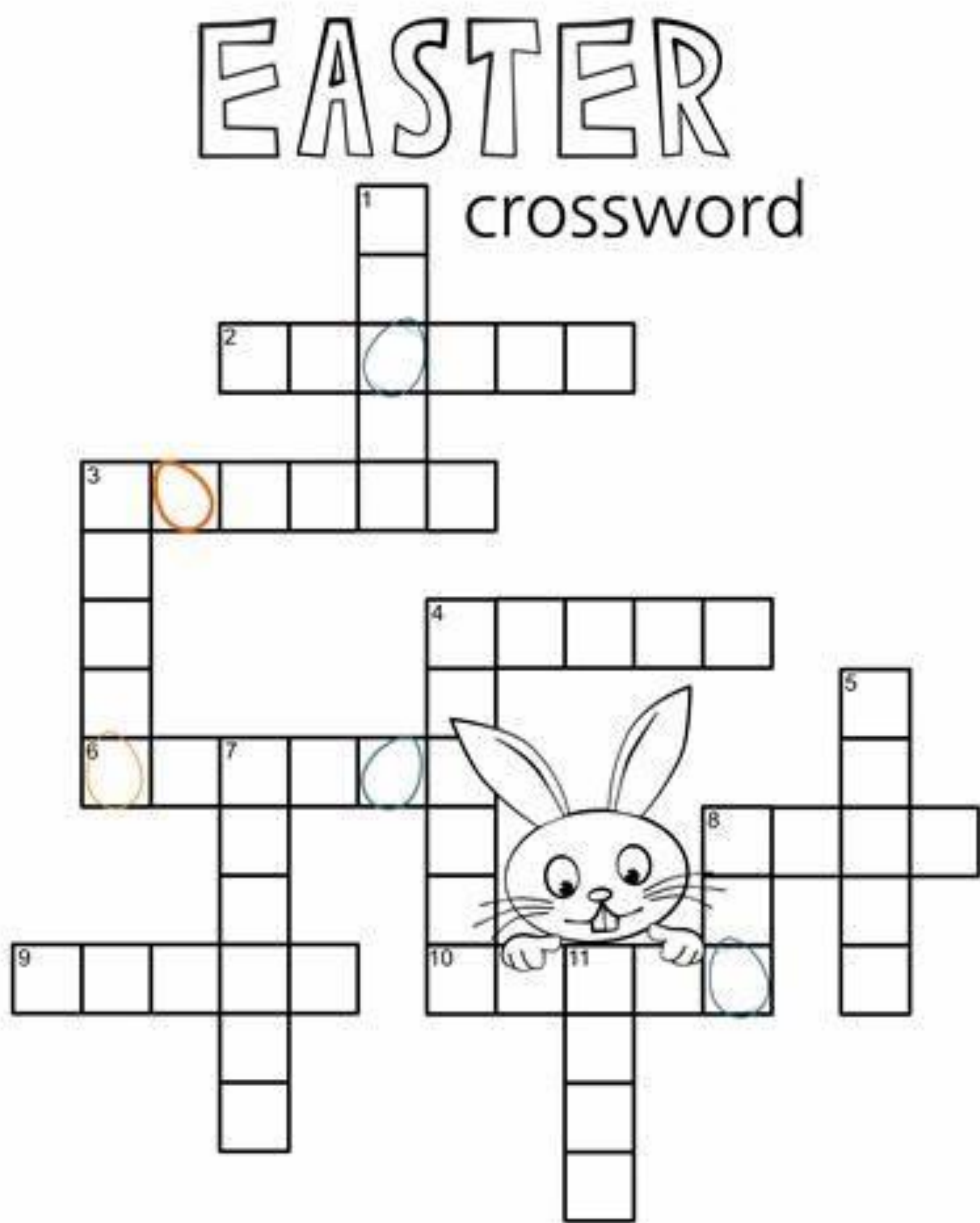
Breathlessness more than is normal for you

**Don't be scared Don't delay  
Call your GP today**

Visit [www.hse.ie/cancerearlydetection](http://www.hse.ie/cancerearlydetection) for more information



# Special Days in April



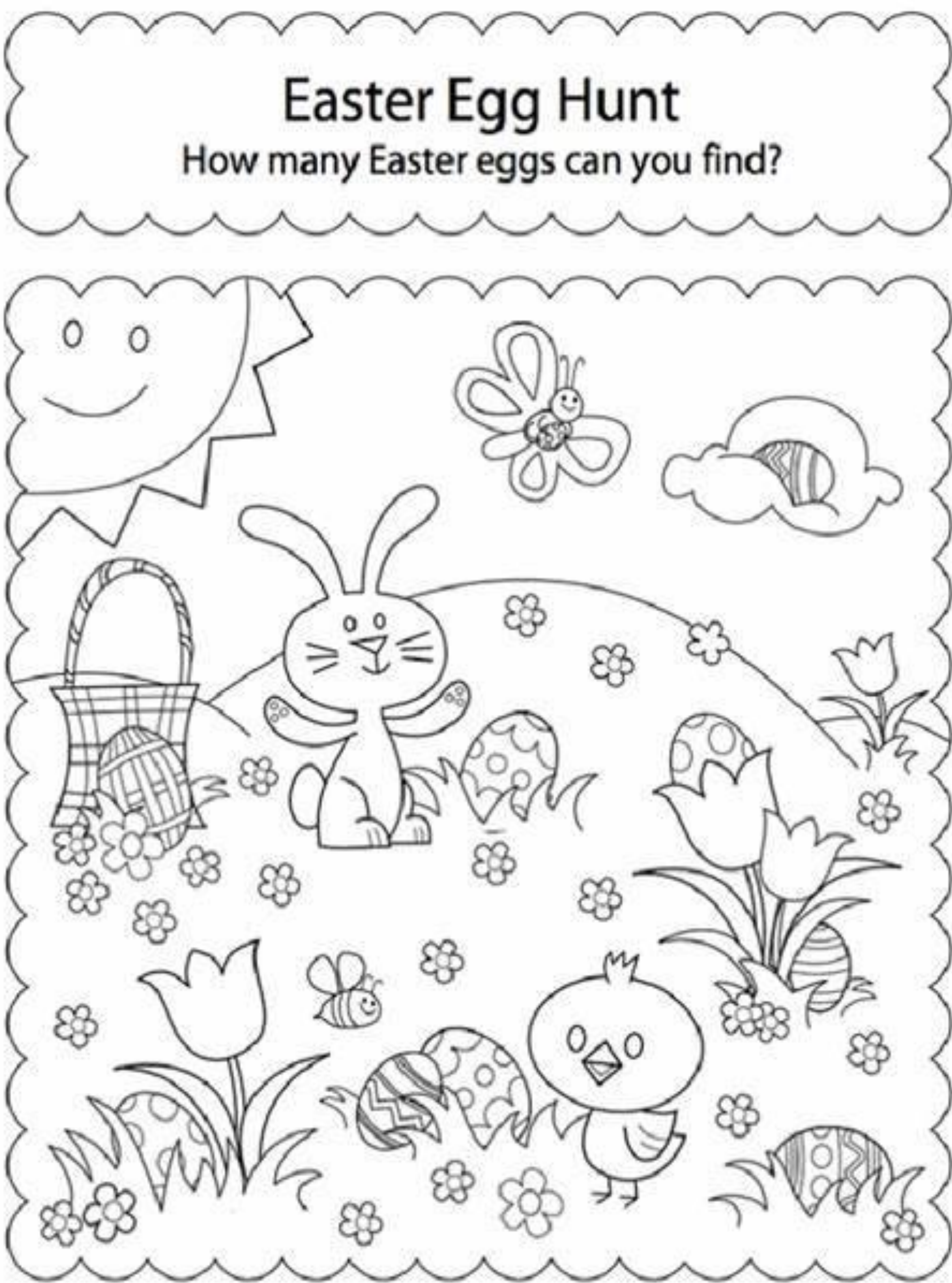
- Down**
- 1. Jesus has \_\_\_\_\_
  - 3. They rolled away the \_\_\_\_\_
  - 4. What a rabbit likes to eat
  - 5. A baby rabbit
  - 8. A Bunny may not walk but he can \_\_\_\_\_
  - 11. A baby sheep
- Across**
- 2. What you carry to gather eggs
  - 3. The season we celebrate Easter
  - 4. A newly hatched bird
  - 6. The day we celebrate the resurrection of Jesus
  - 8. An Easter Egg \_\_\_\_\_
  - 9. A tasty treat you may find in Easter eggs
  - 10. A flower that grows from a bulb

sunshineandrainydays.com

## Health and Wellbeing

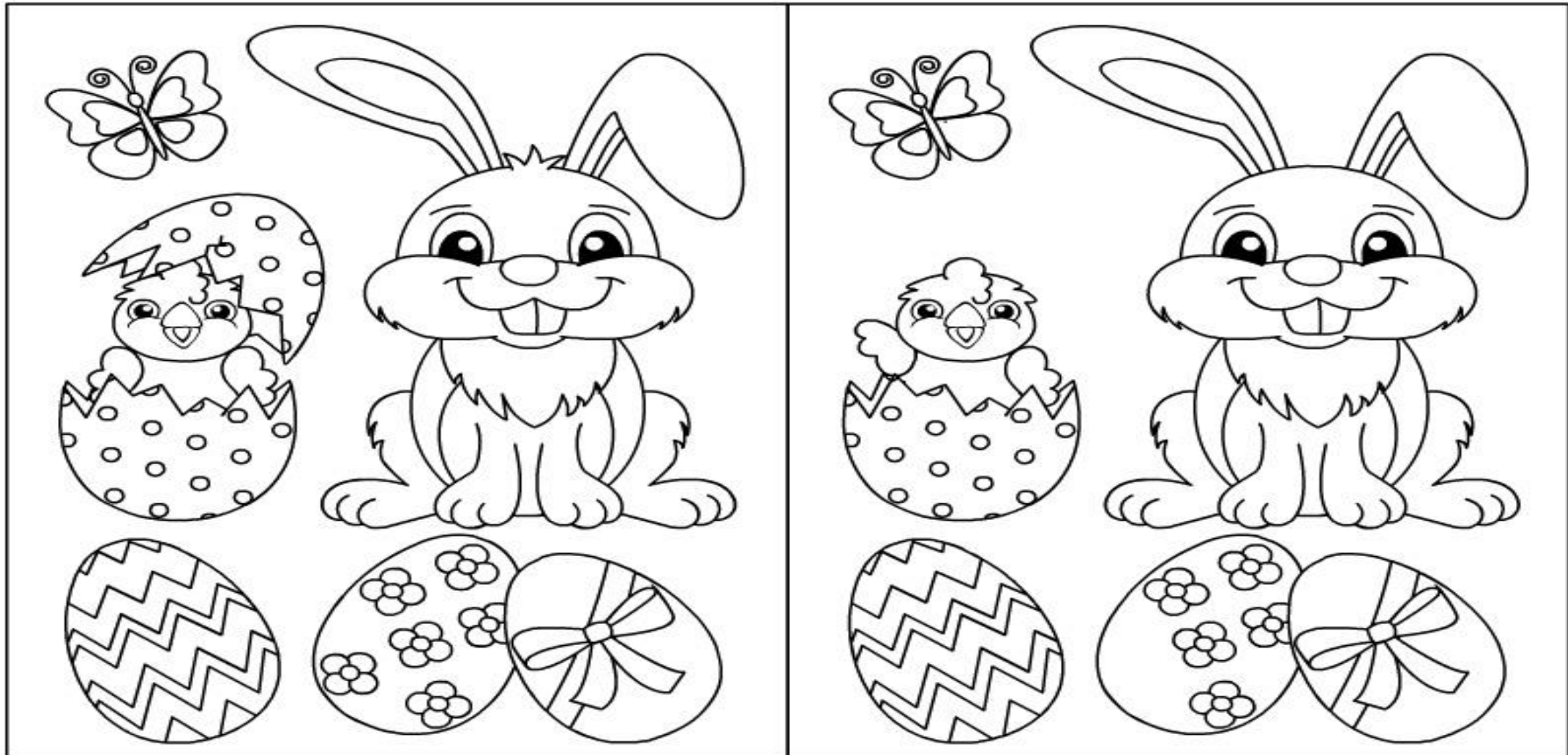
OPNLGFIP EELSENLOMTIT  
CFNOYSELSSMOSMSRTOAI  
EIEEVEGUTOLELSNMEPB  
CVANLTEO OESLBEDATDRS  
EEODCAYTLIALNYOBPEOE  
EAOLELHG CYTYRMAEMOCL  
LDRIAIDRAO OMESNB TMCB  
DAYE EPEOTO ODN NH LA OA  
SYELHX LIMNIPTFR OGS LT  
IPPBEERMRTNANTEAISIE  
DPOGNPSSARTLXRSMAAGG  
AEGRN IETORPSAUSGHGOE  
TTAITTILEOHIPNIOIEOV  
CHLHIOTAIIECEGNHHEMYD  
ELALNNDN MERNRIHTROLY  
GESEIMTCRFEYCNRLGAIS  
CYCLINGEOYIMSGEASGGN  
SFTLASA OOPYPPNIETGRT  
RLLMESDSOLREPSYHI IOP  
CGYAESABPTPAYTAIPMYG

- |            |           |             |            |
|------------|-----------|-------------|------------|
| EXERCISE   | SPORT     | SMOOTHIE    | SLEEP      |
| APPLE      | TREADMILL | CYCLING     | PROTEIN    |
| HEALTH     | PILATES   | BROCCOLI    | GYM        |
| YOGA       | MASSAGE   | SUPER FOODS | VEGETABLES |
| MEDITATION | RUNNING   | FIVE A DAY  |            |

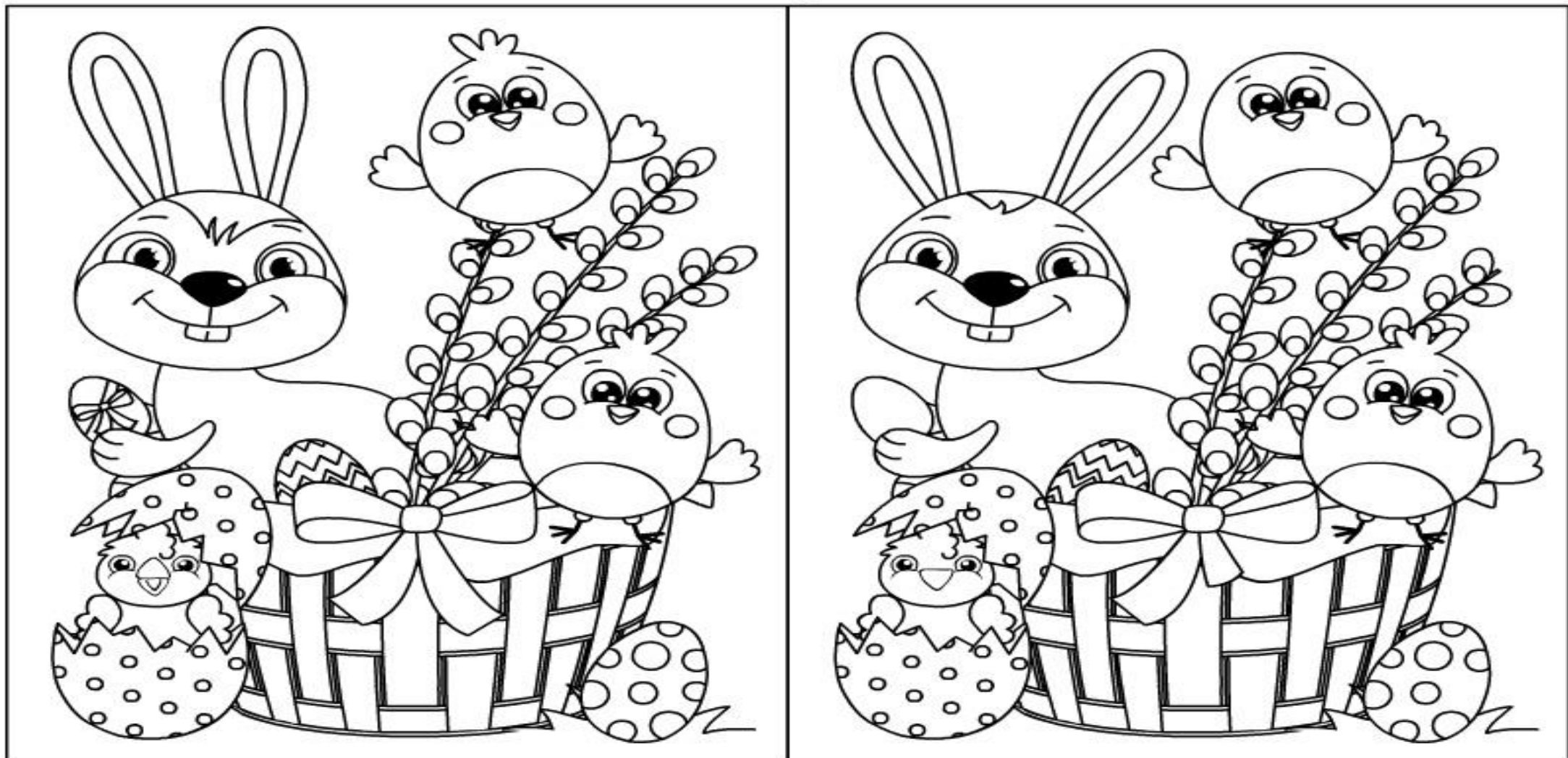


## Easter

Spot 5 differences!



Spot 10 differences!



123kidsfun.com

