

Healthy Clare Newsletter

February 2024

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



healthyclare@clarecoco.ie



Follow us on Social Media



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



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

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



Dear readers,

I am delighted to introduce myself as the Healthy Clare Co-Ordinator with Clare County Council. Growing on the work completed to date by Dena McGrath and the members of the Healthy Clare Working Group, I am delighted to be able to support The Healthy Ireland Vision. The Healthy Ireland vision is an Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.

Together with our colleagues and collaborators we are working toward promoting a range of health activities, initiatives and campaigns both locally and nationally across a range of Healthy Ireland themes which include;

- Mental Health
- Physical Activity
- Healthy Weight
- Sexual Health
- Tobacco Free
- Reducing Drugs and Alcohol Related Harm

Each month, we will produce a calendar showcasing events from around the county and offer information about key national campaigns. If you would like to highlight an initiative that your community or organization are involved in, please reach out to me or Siobhan. We can be contacted by email as follows; healthyclare@clarecoco.ie. I look forward to working with you all as together we work toward helping to support all residents of Co. Clare to enjoy good health at all stages of life. Best wishes, Sam



Clare Older People's Volunteer of the Year Award 2024

The search is on again to recognize those who give their time, energy and skills to help others in the local community. For a nomination form please email: agefriendlyclare@clarecoco.ie or telephone (065) 6846240 or visit www.clarecoco.ie/services/community/age-friendly-programme/age-friendly-county/

Nomination forms must be submitted by Friday 1st March 2024.



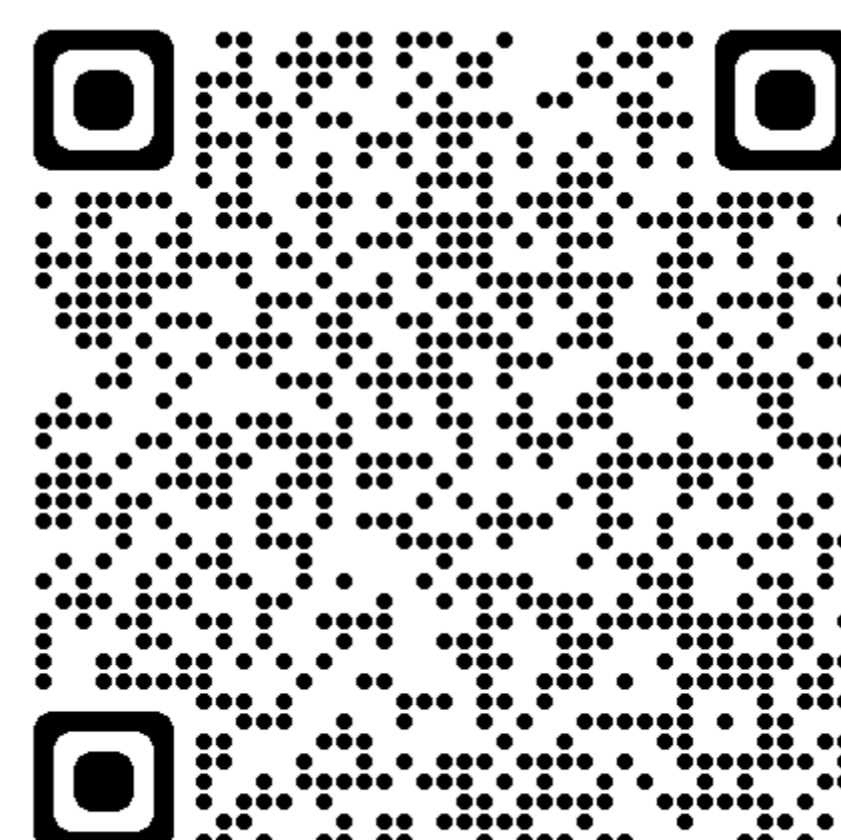
Clare County Council Free Period Products Campaign

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. If you are a member of the public that has availed of the products, we would also love to hear from you. We welcome all feedback and hope to grow this initiative over the coming months. We can be reached at healthyclare@clarecoco.ie

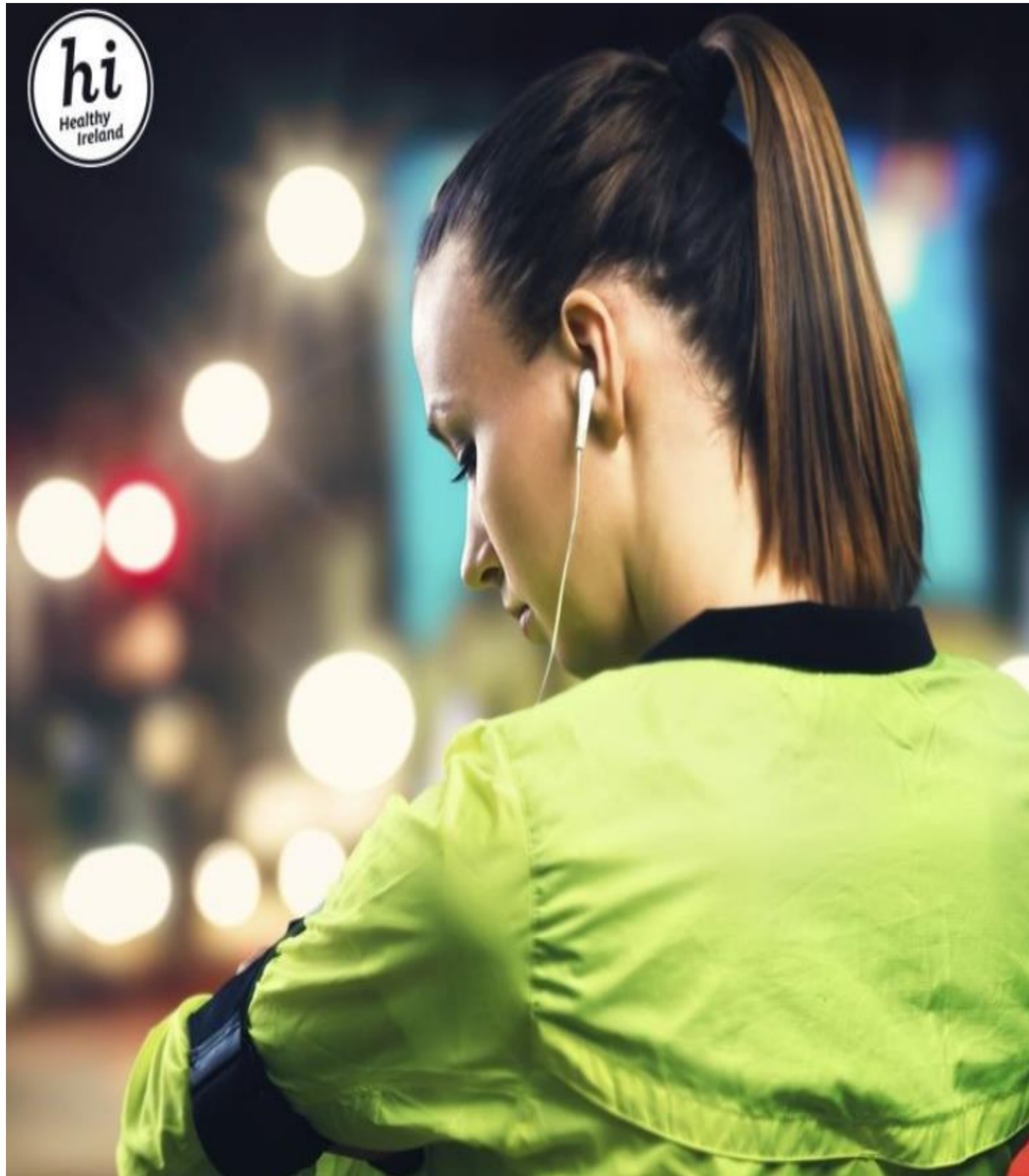
For more information about the campaign, please visit [Clare County Council's Free Period Products Campaign](https://www.clarecoco.ie/services/community/healthy-clare/) | [Clare County Council Community Engagement \(clarecoco.ie\)](https://www.clarecoco.ie/services/community/healthy-clare/)

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>



Physical Activity



We know getting out and getting active is important for our health and wellbeing but remember to wear some hi-vis and #BeSafeBeSeen when out walking or cycling these dark evenings.

WALKING SOCCER

**WOULD YOU LIKE TO TRY A NEW SPORT?
LOW IMPACT ACTIVITY & GREAT FUN**

STARTING FRIDAY 19TH OF JANUARY

- FRIDAY 19TH @ 8PM - 8.45PM**
- SHANNON LEISURE CENTRE**
- €5 PAYABLE ON THE NIGHT**
- ADULTS AGED 50 + OVER**

**CONTACT PAT 087 64 71 671 OR
JIMMY 086 83 49 155
FOR MORE DETAILS**




Walking Soccer starting on Friday, January 19th @8pm in Shannon Swimming & Leisure Centre astro turf.

This low-impact, fun activity is aimed at adults aged 50 and above.

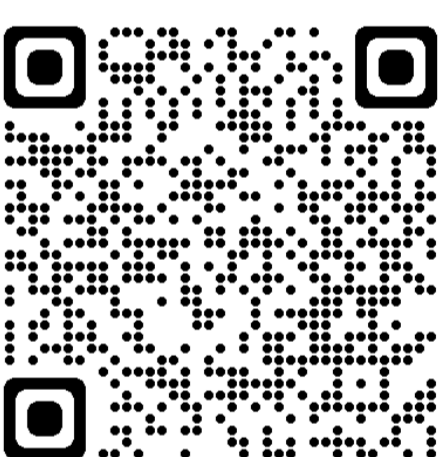
Costing just €5 to attend. All equipment provided, balls & Bibs etc.

Just wear comfortable clothing and runners/trainers.



Get Ireland Walking initiative:

To register for your shed's FREE walking toolkit, you can visit www.getirelandwalking.ie/registeryourmenshed (link is external) and complete a short form. If you would rather phone us on 016251109 or email us at emer@getirelandwalking.ie (link sends e-mail) please do so. We will ask you a few simple questions about the number of shedders in your shed. We will then pack up your toolkit with all of your free goodies and send to your men's shed.



SPÓRT ÉIREANN SPORT IRELAND

12 February 2024

Disability Awareness Training - Feb 12th

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 [...] badge.

Free

19 February 2024

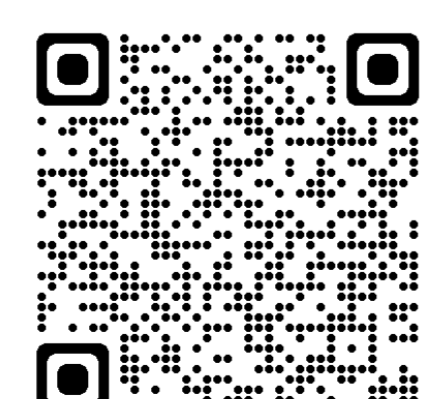
SPORT IRELAND ETHICS

Safeguarding 1 - Feb 19th

This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport and will be delivered online through Zoom. You must be 18yrs [...]

€16.50

Sports Ireland have workshops on Disability Awareness & Safeguard occurring during February. To register go to : Clare Sports Partnership - Clare Sports



LauraLynn Children's Hospice is inviting you to take part in our 150K in February Challenge.

Join hundreds of others who'll be completing the 150K in February Challenge. By taking part you will be supporting children with life-limiting conditions in LauraLynn, Ireland's only Children's Hospice.

To register go to [150K in February - #TeamLauraLynn | LauraLynn](https://www.facebook.com/150KInFebruary)

CROÍ WEAR RED TO WORK
In support of Croí
Wednesday, February 14th (Valentines Day)
Turn your workplace red on Valentine's Day and Help us to Help others!

CONTACT MIKE@CROI.IE TO REGISTER YOUR WORKPLACE

Turn your workplace red on Valentine's Day, Wednesday, the 14th of February, and help Croí to help others! Individuals and community groups are also welcome to take part.

Simply wear red, share, and tag us in your photos on social media – @croiheartstroke. If you would like to fundraise, you can email Mike@croi.ie, and we can send you out buckets and balloons. Raise awareness of the importance of well-being and heart health this Valentine's Day in support of Croí

Croí Heart & Stroke Centre, Newcastle, Galway, H91 FF68
091 544310 | fundraising@croi.ie | www.croi.ie
@croiheartstroke | RCN: 20016616



Mental Health



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:

westclaremba@mentalhealthireland.ie

Or Call 085 8559511/065 9062329



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

What's on in FEBRUARY

BOOKING ESSENTIAL!

Weekly Activities

065 9052173

Day	Time	Activity	Venue
Tues	10am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	11am	Sit Fit - Kilkee	<u>Kilkee Comm Centre</u>
	12.45pm	Bingo for Fun	Kilrush Comm Centre
Wed	2pm	Cards	Kilrush Comm Centre
	10am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Sit Fit - Kilrush	Kilrush Comm Centre
	12pm	Go for Life/Active Fit	Kilrush Comm Centre
	10.30am	Mindful Gardening	Kilrush Comm Centre
	2.30pm	Bingo for Fun - Kilkee	<u>Kilkee Comm Centre</u>
Thurs	2.30pm	The Kettle's On!	Kilrush Comm Centre
	10.30am	Singalong	Kilrush Comm Centre
	11am	Peninsula Social Club	<u>Old Schoolhouse Querrin</u>
	12pm	Tai Chi	Kilrush Comm Centre

February Monthly Activities

Tues	06 Feb	2.30pm	Quiz Time!	Kilrush Comm Centre
Thurs	08 Feb	2 to 4.30pm	Tea Dance: PJ Murrhiy	Kilrush Comm Centre
Thurs	22 Feb	2pm	Movie Club: Julie and Julia (starring Meryl Streep & Amy Adams)	Kilrush Comm Centre

Save the Date!

Upcoming Activities - March

Thurs	14 March	2 to 4.30pm	Tea Dance: Minus Two	Kilrush Comm Centre
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O'Gorman St., Kilrush, Co. Clare T: 065 9052173



Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



February 2024



Thurs. February 1st
10.00am-12.00pm
Self Care - Building My Resilience



In this module we will explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.

Tues. February 6th
2.00pm-4.00pm
Family Recovery in Mental Health



During this workshop, we will discover the meaning of family recovery in mental health and what people can do to support themselves while supporting others. Especially beneficial for family members, carers and supporters.



Weds. February 14th
10.00am-12.00pm
How Can I Find Meaning in My Life and Feel More Empowered?



In this workshop we will explore what gives us a sense of meaning and purpose in our lives. We will reflect on what empowerment means and explore our understanding and experience of empowerment and disempowerment in mental health.



Tues. February 20th
2.00pm-4.00pm
Pt. 1 Exploring Anxiety



In this workshop we explore our understanding of anxiety. We discuss a range of topics including "what is anxiety?", "what causes anxiety?" and "is anxiety normal?"



Eating Well

BODYWHYS
The Eating Disorders Association of Ireland

Eating Disorders Awareness Week

26th Feb - 3rd March 2024

An eating disorder develops and functions differently for each individual person. Over time it can become a part of a person's identity, and can become intertwined with the person's sense of self.

We recognise that what it means to recover is unique to each person. A person-centred approach is crucial to validate and recognise these individual experiences and to ensure that each person feels heard and supported, every step of the way.

#EDAW2024 Eating disorder recovery and beyond:
Respecting individuality and identity

BODYWHYS
The Eating Disorders Association of Ireland

Supporting People With Eating Disorders

In this talk from Bodywhys, you will learn:


- What an Eating Disorder is
- How to support someone if they have an Eating Disorder
- What treatment options and supports are available

libraries.fingal.ie

online

Tuesday, the 27th February at 7pm Online

Register on Eventbrite



safefood



New blog post

Too many cooks: Your guide to cooking in a shared house

safefood.net/blog

Safefood knows how hard it is to navigate healthy cooking in a shared house with limited free time between work and social lives. So, they have put together their top 10 tips for happy healthy cooking in their latest blog.

Read it here:

<https://www.safefood.net/blog/the-big-shop>

WEST CLARE FAMILY RESOURCE CENTRE
West Clare Family Resource Centre
Activities for the over 55's

Mindful Gardening

Connect with your garden
Feel the soil
Smell the air
Love nature

STARTS JAN 17 WEDNESDAYS 10.30AM
KILRUSH COMMUNITY CENTRE



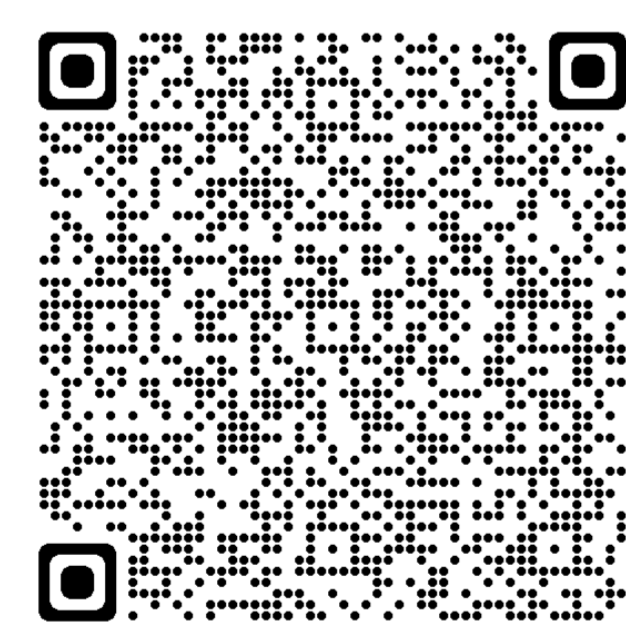
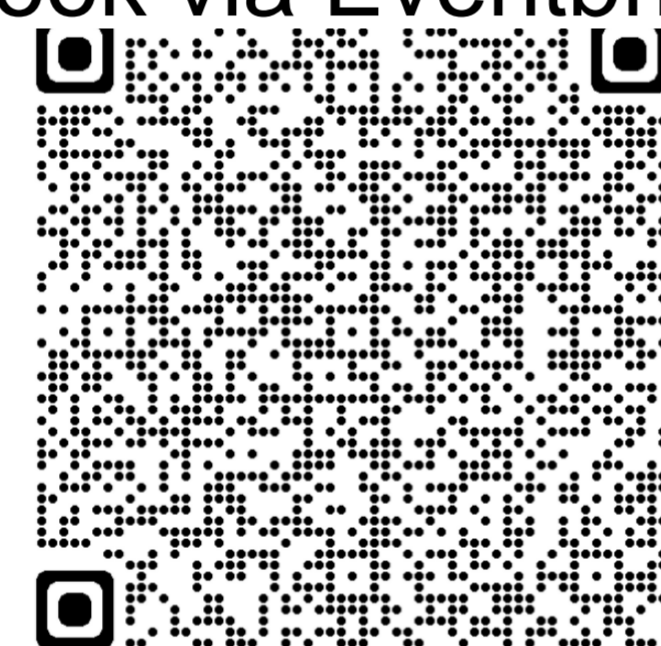
O'Gorman St., Kilrush, Co. Clare T: 065 9052173



Bodywhys are delighted to announce they will be hosting an online talk during #EDAW2024 (Eating Disorder Awareness Week 2024) titled 'Supporting People with Eating Disorders'.

The online talk will take place on Tuesday 27th February at 7pm. Book via Eventbrite here:

<https://www.eventbrite.ie/.../supporting-a-person-with-an-...>



Safefood have a segment regarding 'Storing Food in your Fridge' The segment is knowing how to get the best out your Fridge helps with meal planning and avoiding food waste.

To find out more go to : <https://www.safefood.net/food-storage/refrigeration>

Simply the best banana pancakes

- 1 large over-ripe banana, mashed
 - 1 cup wholemeal flour
 - 1 egg
 - milk
 - 2 tbsp extra virgin olive oil
- Mash banana in a large bowl. Mix in flour and egg. Add enough milk to make the desired consistency. Heat pan and add extra virgin olive oil. Pour in mixture in batches and cook until golden on both sides. Enjoy simply on their own, or with your favourite topping.

WWW.NOURISHINGPERFORMANCE.COM.AU



Batch cooking is a great way to get tasty nutritious meals on the table every day in the least amount of time.

Setting aside time each week to cook a few meals, or simply making double the amount when you do cook and freezing whatever is leftover can save you time and money later in the week.

Safefood have some great tips on batch cooking here <https://bit.ly/3UAQ1Sq>

Tobacco Free, Reducing Drugs & Alcohol Related Harm

5 Tips for Quitting Smoking

1. **Take one day at a time:** Each day without a cigarette is good news for your health, your family and your bank account.
2. **Keep active:** Being more active can take your mind off cigarettes and keep your head happy.
3. **Temptations:** There's no such thing as "just one cigarette". Don't fall for it again. If you are celebrating or under stress, remind yourself why you quit.
4. **Reward yourself:** Smoking 20 cigarettes a day costs over €3,000 a year. Use the money you save to reward yourself.
5. **Stay positive:** If you feel tempted, remember why you decided to quit and how much progress you've made. Stay strong.



irishheart.ie



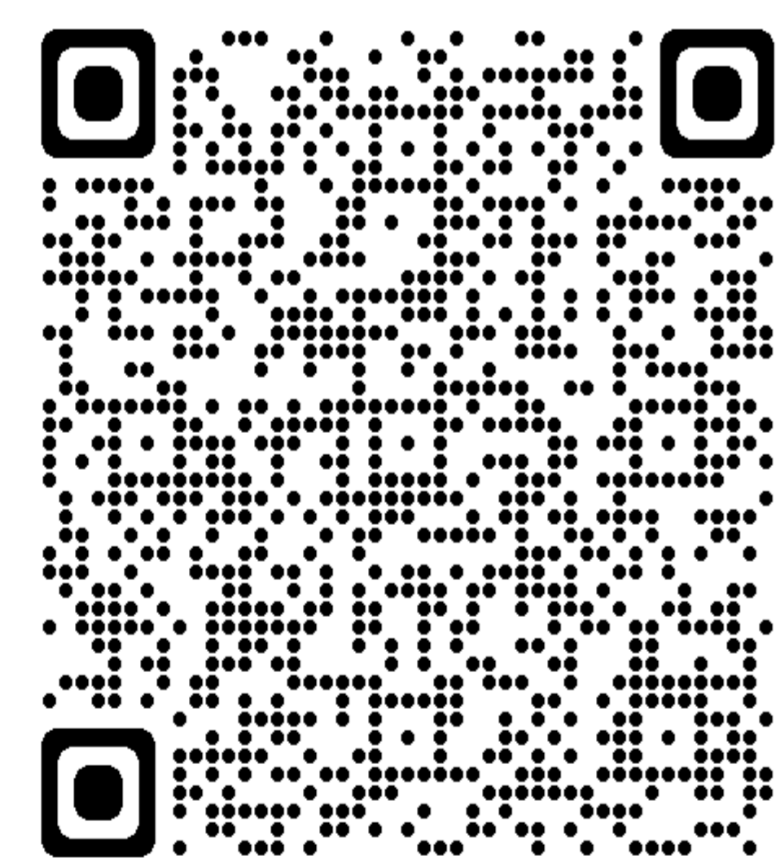
Are you curious about how much alcohol is in your favourite drink? Use the HSE's drinks calculator to find out how many standard drinks are in your beverage of choice, as well as the alcohol content and calorie count, in just a few simple steps.

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



A campaign to address the issue of Cigarette Butt Litter has recently been initiated. Cigarette butt litter is a big environmental issue and is extremely unsightly, particularly on our footpaths and beaches.

All assets are free to download and use by Community Groups, Tidy Towns groups, Businesses and any other voluntary or business group or network.



If you know someone who could benefit from support for gambling issues/problems in the Shannon, Newmarket on Fergus and Sixmilebridge area or if you need support yourself Feel free to contact Eamonn for advice and support. 086 1763061

The service is FREE of charge and a range of supports are available:

<https://www.shannonfrc.com/gamblingsupport.html?fbclid=IwAR3UT4xSyrt2m-RSnrzMqaQ5KKn9TYF7yJXMVBkmpSonAwvm-0MTBDgNEOQ>

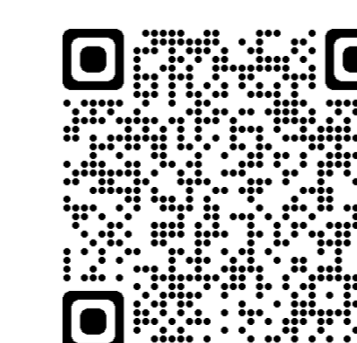


Thinking of quitting cigarettes in 2024?

'You Can Quit' have helped thousands of people give up smoking for good.

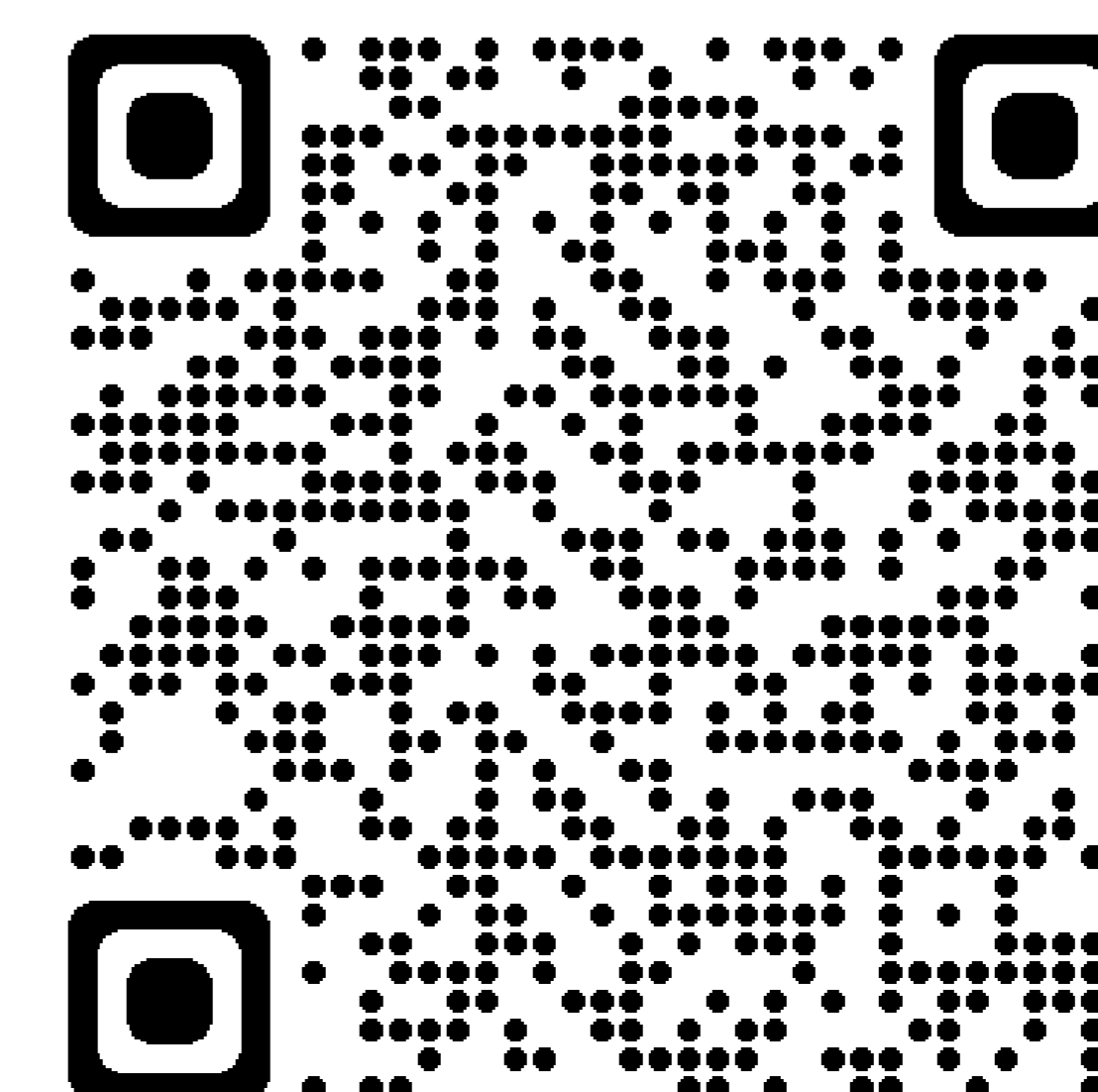
Take the first step by signing up to the Quit Plan today:

<https://quit.hse.ie/apps/startplan/startplansignup.aspx#?form-Step-1-1>



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

CO-ORDINATING &
SUPPORTING A
REGIONAL RESPONSE
TO SUBSTANCE MISUSE

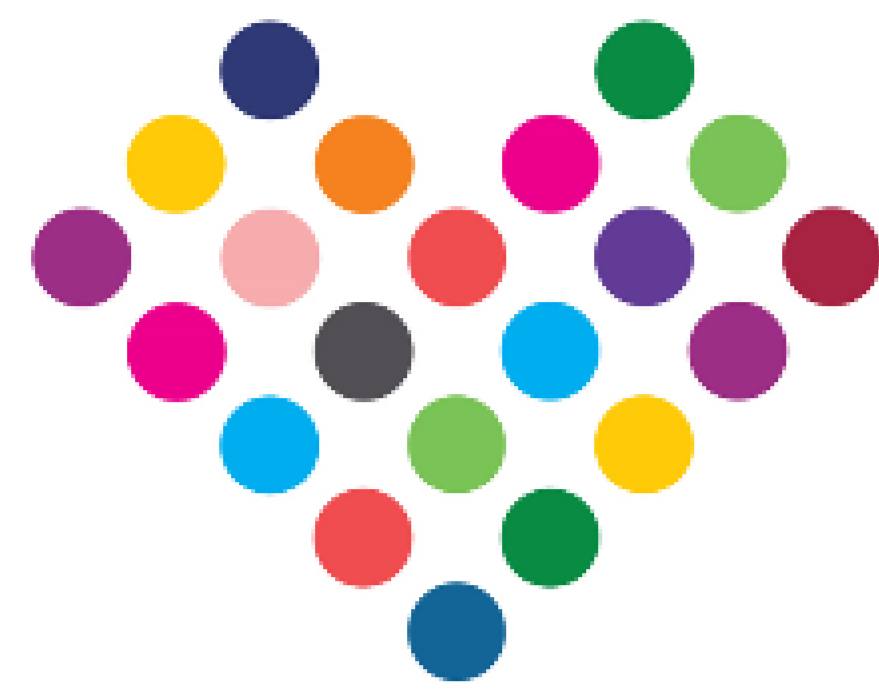


Visit

<https://www.mwrdf.ie/supports/>

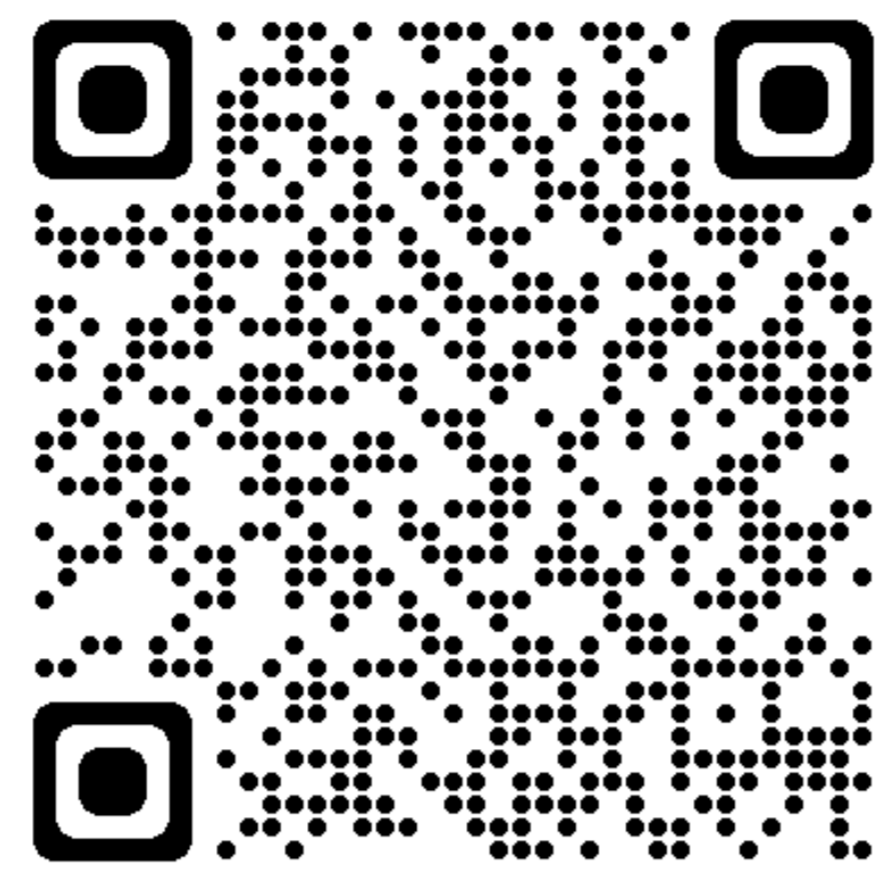
for a list of local supports and services in Co. Clare

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie

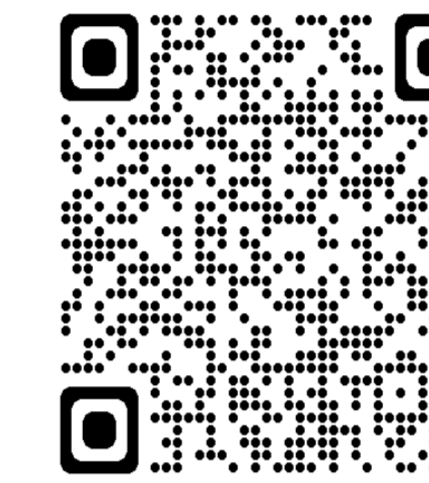


17 to 26 year-olds can now get emergency and prescription contraception for free.

This includes GP appointments, prescriptions, contraception and more.

Find out what costs are covered at:

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



You don't have to be sexually active to learn about your sexual health. You can start learning about your sexual health and wellbeing at any time.

Find out about contraception, how to prevent STIs, consent and positive sexual wellbeing at sexualwellbeing.ie

Public Health Survey

Title: Sexual and Reproductive health and well-being of migrant women in the Midwest of Ireland: Exploring experiences of access to and knowledge of supportive services.

SURVEY INFORMATION

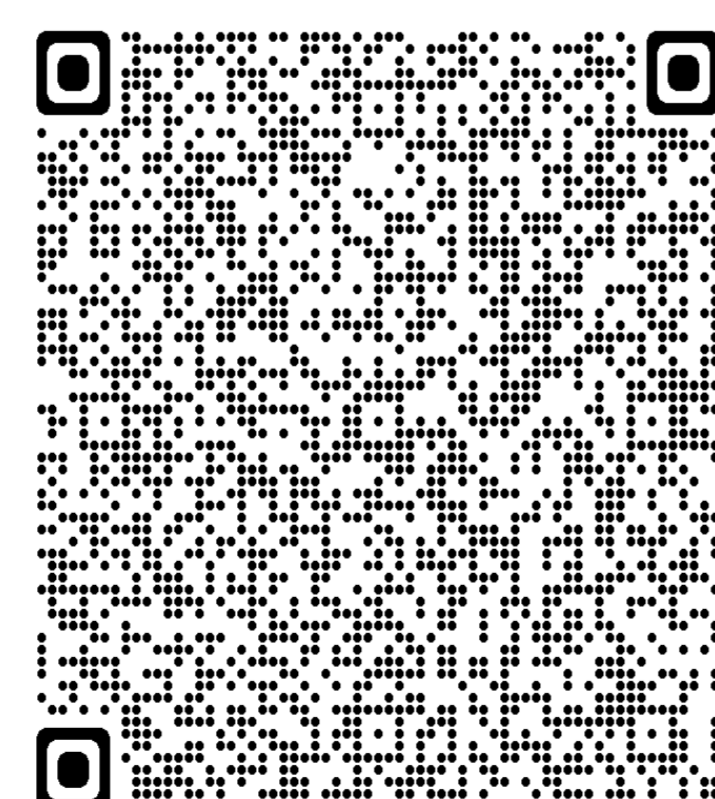
This project aims to explore issues around sexual and reproductive health of African migrant women, focusing on access to services, experiences of service use, shame, stigma and lack of communication and information within their communities. Funding for this project is provided via the International Protection Integration Fund, by The Department of Justice, Ireland. This survey is only for African migrant women who are 18 years and older. Please adhere to this guidance.

Project coordinators:
This project is a collaboration between Midwest Migrant Community Network (MMCN) HOME | MMCN (mmcnireland.com) and Gender Orientation, Sexual Health HIV (GOSHH) GOSHH Ireland - GOSHH Ireland CLG.

Survey Links
<https://forms.gle/H3ebdADdmubr1sdQ6>

Mid-West Migrant Community Network, GOSHH Ireland and Mary Immaculate College have launched a survey which aims to explore experiences of access to and knowledge of supportive services on the Sexual and Reproductive health and well-being of migrant women in the Midwest of Ireland.

For more information, please click on the link below
<https://mailchi.mp/6ef895599a5e/mid-west-migrant-community-network-goshh-ireland-mary-immaculate-college-research-survey?fbclid=IwAR2OpA1zSuy7Zc-SJxp65QbPZn49Y2rOUPi0IC74UYekrT21UUUitYbSiy4>

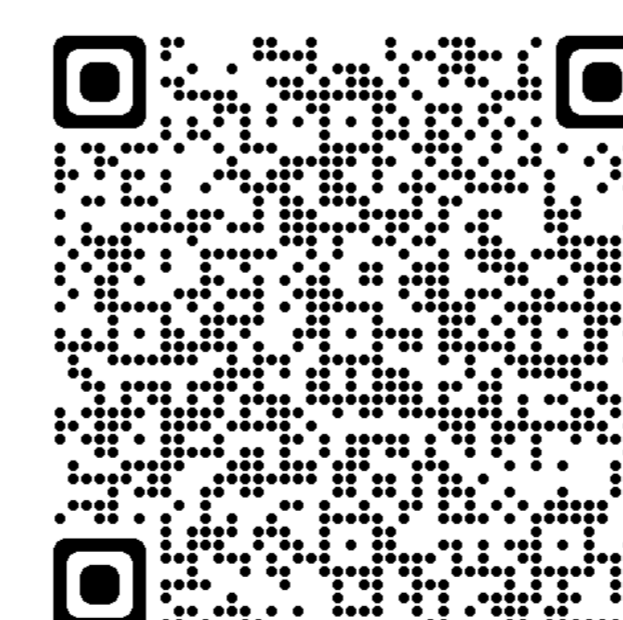


sexualwellbeing.ie

Find out more about at sexualwellbeing.ie

You can order a free home STI test in a few simple steps. Take the first step at

<https://www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/>



FREE CONDOMS

Gender • Orientation • Sexual Health • HIV

GOSHH

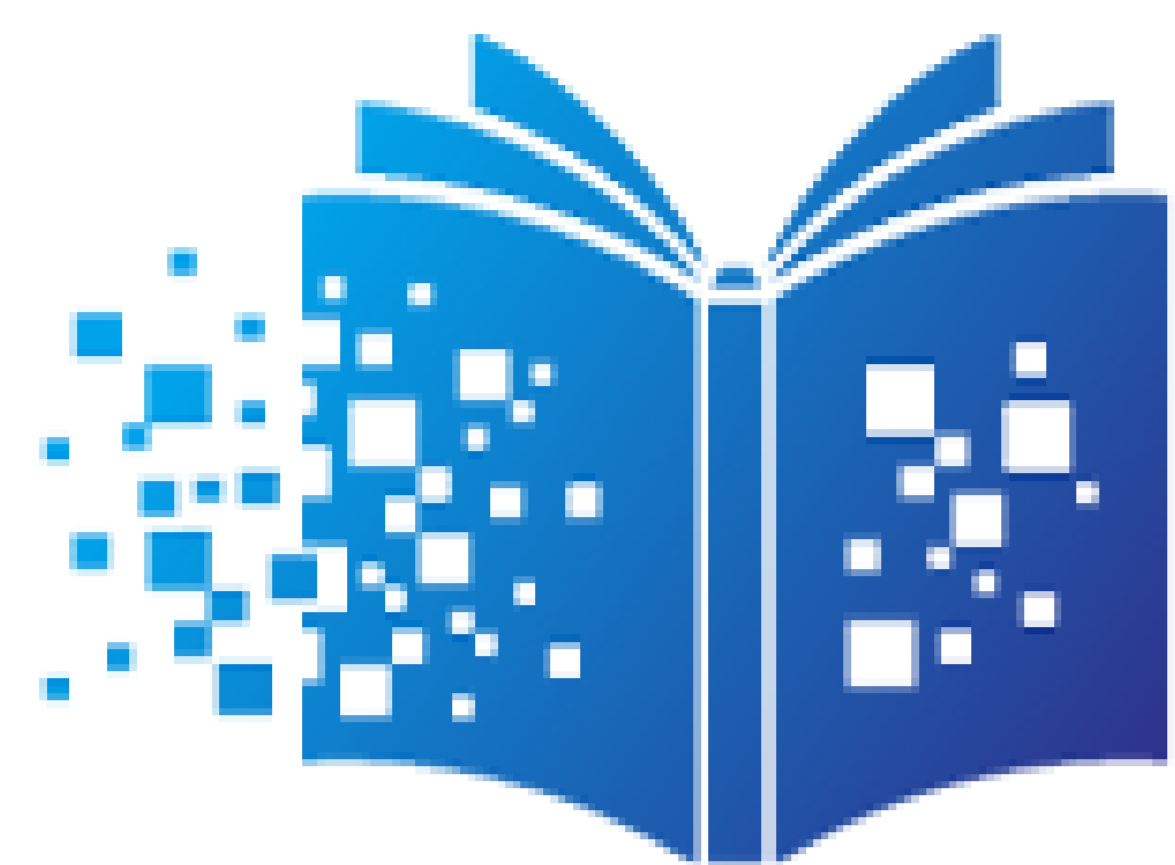
www.goshh.ie

WWW.GOSHH.IE/CONDOMS

Free Condoms are available to order online or at Goshh 18, Davis Street, Limerick.

Visit www.goshh.ie/condoms to order online.

Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



www.clarelibrary.ie



library_mailbox@clarecoco.ie



<https://twitter.com/clarelibrary>



065 6846350



www.facebook.com/clarecountylibrary



www.instagram.com/clarecountylibrary

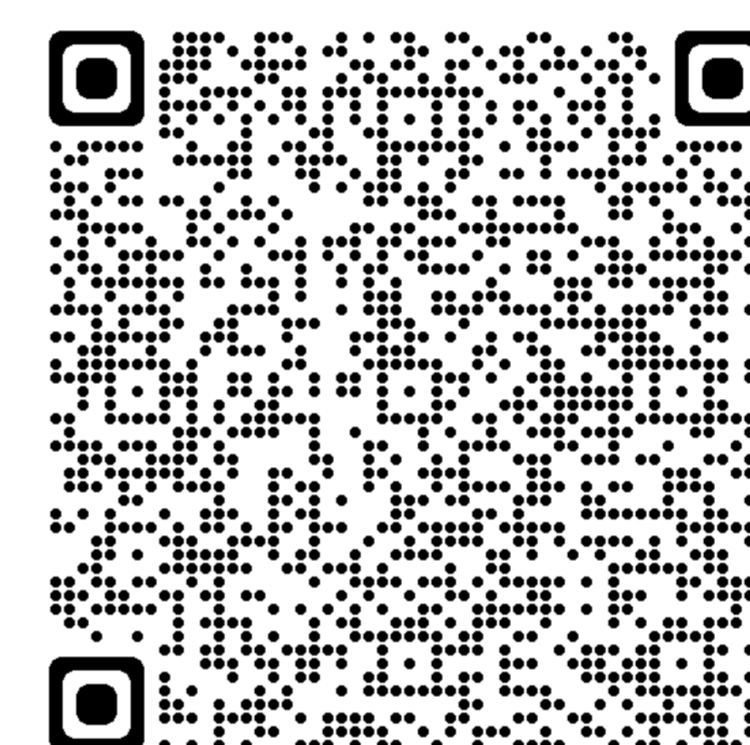
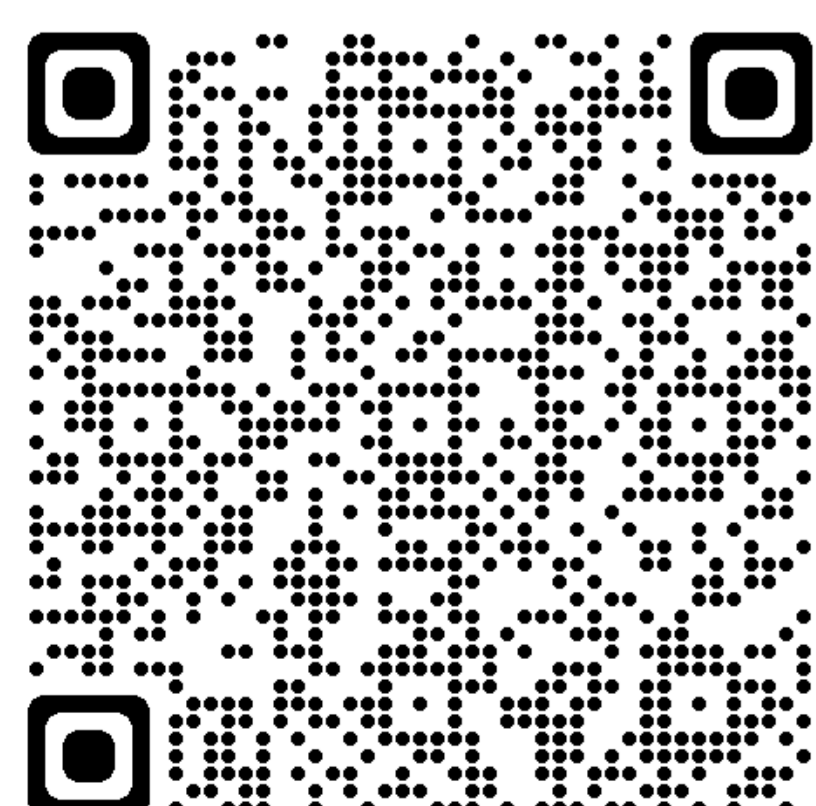
Events at the library



Clare Libraries have numerous events occurring throughout the County.

They have many facilities including Borrow Box, and numerous services and a link to Cultural Services.

To find out more go to [Clare County Library \(clarelibrary.ie\)](http://Clare County Library (clarelibrary.ie))



A reader pen is a convenient portable tool to support independent reading and literacy

Users can scan text with the pen to have words read out with natural speaking voices, or to learn the meaning of words in an instant.

The reading pen can also be used with headphones preventing any distraction to others and promoting inclusion in the general education setting.

Reader pens are designed to promote active independent reading, understanding, and learning. They are suitable for all ages and particularly good for Dyslexic readers.

C-Pen reader pens are available to borrow, or use in the library in Ennis, Ennistymon, Kilrush, Shannon and Scariff Libraries.

Find contact details for these libraries at the link here

<https://www.clarelibrary.ie/eolas/library/branches/points.htm?fbclid=IwAR0qSNolh-VcfiApAEVdkByxgJLnHAS5iLUYcdQr4HRpIXWZXk21li0Wm3s>

WEBINAR



TOPIC:
ADHD & Anxiety in Adults

Dr. Stephanie Sarkis
PhD NCC LMHC

THURSDAY
8 FEBRUARY AT 7-9PM

ADHD



ADHA Ireland are delighted to have Dr. Stephanie Moulton Sarkis PhD back this February ! Her talks are brilliant, helpful and so informative! Get your free ticket for our next webinar

https://www.eventbrite.ie/e/adhd-adhd-and-anxiety-in-adults-with-drstephanie-sarkis-phd-ncc-lmhc-tickets-779368691737?aff=oddtcreator&utm_content=_buffer591dc&utm_medium=social&utm_so



West Clare Family Resource Centre
Activities for over 55s

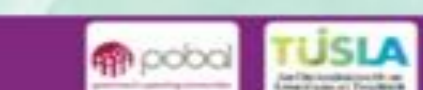
THE KETTLE'S ON!

*Call in for a chat,
help with your phone,
information sharing...*

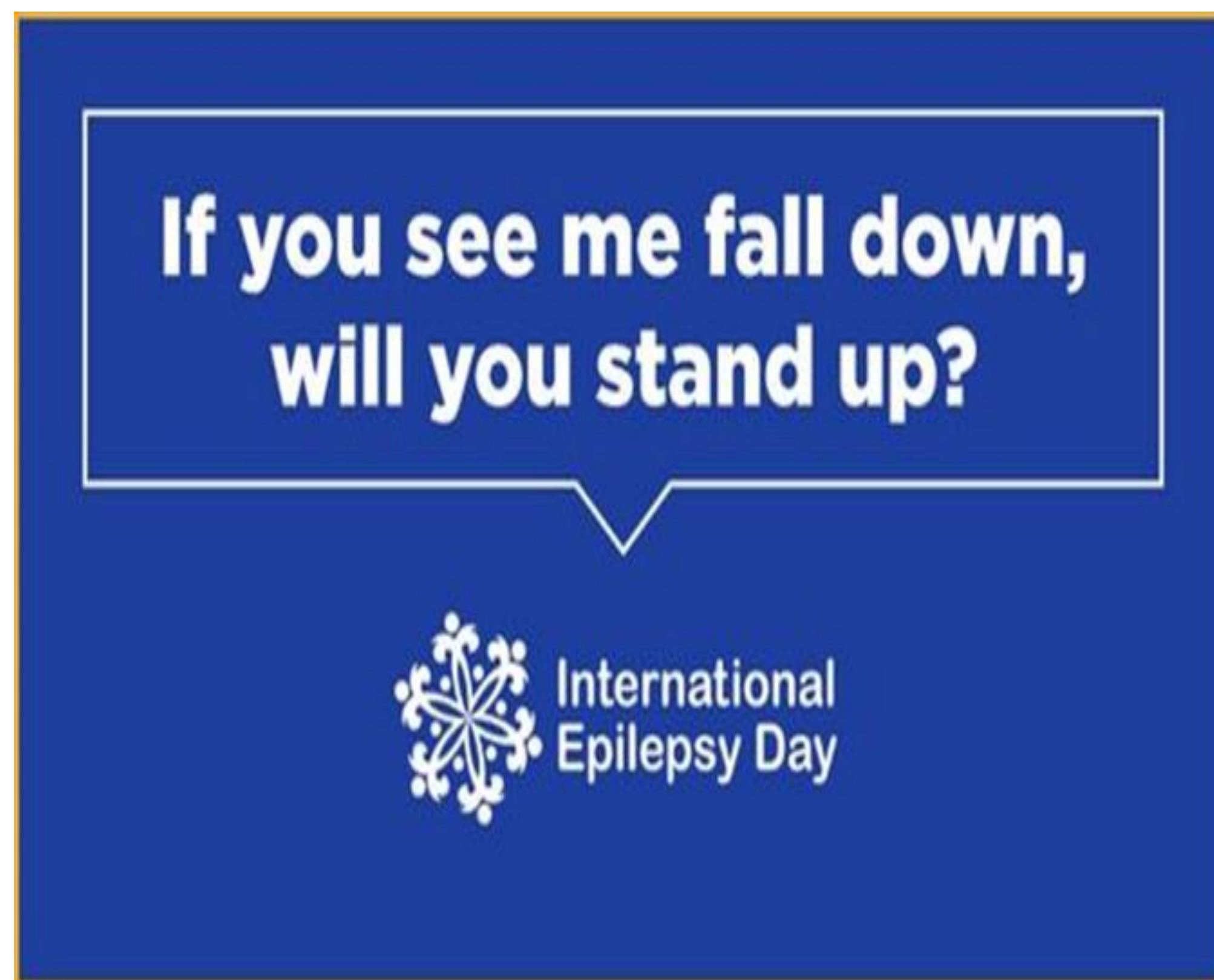
EVERY
WEDNESDAY
@2.30PM
Kilrush
Community
Centre



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



Other Health & Wellbeing News



Stand up for Epilepsy Awareness this #EpilepsyDay 2024!

International Epilepsy Day is an annual event. It takes place on the 12th of February 2024. As part of the day, Epilepsy Ireland will be devising a new campaign aimed at increasing public understanding and awareness of epilepsy, as well as promoting knowledge of seizure first aid and the key words of Time, Safe, Stay. Check out our website www.epilepsy.ie for more details about the campaign!

Epilepsy is a condition affecting more than 45,000 people in Ireland today. We offer a range of services to support people with epilepsy and their families. Your Community Resource Officer in the Mid-West is here for you to provide support and information for people with epilepsy, their families, their carers, and the wider community – including supporting schools and employers with Epilepsy Awareness sessions. Please contact Margaret Dixon at mdixon@epilepsy.ie if you would like to arrange or learn more.



Clare County Library Services and the Clare Child and Family Support Networks in collaboration with the Tusla led Parenting Support Champion's Initiative, Co. Clare are holding a free Parent Wellbeing Event in Ennistymon Library on the 20th of February 10 a.m. – 12.30 p.m. This drop in event offers Parents, Carers and Grandparents the opportunity to familiarize themselves with local parent, child and family supports while experiencing a morning of self-care with a wellbeing focus. Free goody bags available on the day. For any further information, please contact Ennistymon Library 065-7071245 or Northwest Clare Family Resource Centre 065-7071144



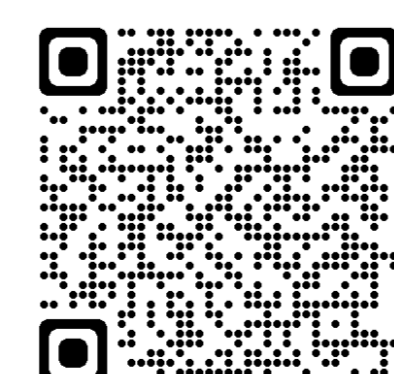
Ennis Voices for Autism will be running a monthly lego brick building session on the last Saturday of each month for EVA kids and their siblings.

The cost is 10 euro and EVA will subsidise 5 euro towards our Autistic children attending.

Please contact Louise on 0861381874 for more information.

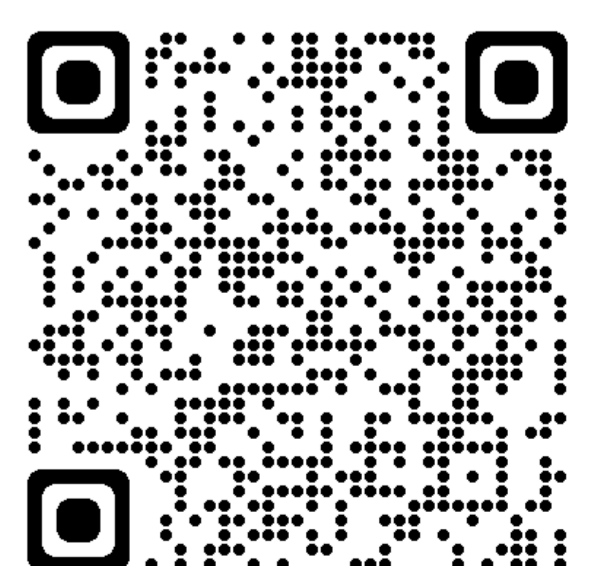


Webwise are planning to celebrate Safer Internet Day 2024 on Tuesday, February 6th!! Visit the [#SID2024](https://www.webwise.ie/saferinternetday/submit-sid-event/) Hub for ideas and resources, and to order your free wristbands: <https://www.webwise.ie/saferinternetday/submit-sid-event/>



In this episode host Fergal Fox, with Senior Health Promotion and Improvement Officers, Dr Michelle Hardie-Murphy and Aisling Doherty, discuss ten tips to kick start the New Year. They talk about setting realistic goals, the importance of enjoying healthy activities and celebrating small victories. The episode emphasizes the need for flexibility, self-care, and regular reflection in the face of setbacks. They highlight the HSE's quit smoking services and other free resources on the Health and Wellbeing YouTube channel and in the community through the likes of Park Run and Local Sports Partnerships. They underscore the value of getting support for your behavior change while recognizing that many things influence people's health outside of their lifestyle behaviors.

To find out more go to [Episode 28 HSE Talking Health and Wellbeing Podcast: Dementia - Understand Together – YouTube](#)



Other Health & Wellbeing News

SHANNON FAMILY RESOURCE CENTRE

Are you living with a lung condition?

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

JOIN OUR SUPPORT GROUP

**Every Wednesday
11am- 12pm**

- * 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

BALLINA-KILLALOE Connect Café

A free, safe and supportive space for people living with dementia and their family and friends, providing an opportunity to make connections with services.

Support Information Community Atmosphere

**Starting Tuesday 30th January 2024
6.30pm to 8.30 pm • Last Tuesday of every month
at Killaloe Ballina Community & Family Resource Centre
The Green, Killaloe, Co. Clare, V94 W7X6
Café Co-ordinator: Aifric Devane**

For enquiries contact reception@kbfrc.ie or 061374741

Killaloe/Ballina Community & Family Resource Centre would like to welcome you to their new Connect Cafe! - a free, safe and supportive space for people living with dementia and their family and friends. The Connect Café will run monthly on the last Tuesday of every month. All welcome!
For more information, please contact coordinator Aifric Devane

OB AIR Meals on Wheels West Clare

**Information Evening at CLDC, Glebe House, Kilrush (Near Cairde Beag) V15 DT67
THURS 8TH FEB 6PM TO 7.30PM**

Obair are bringing their Meals on Wheels Service to Kilrush!
Come along to an Informal Information Session:
How to become a Volunteer
How to apply for the service in your area
Meals demonstration

This project was approved by Government with support from the Pobal Dormant Accounts Fund and HSE Older Persons Services

North West Clare What's on in February 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	10-15-12.15	Baby Massage	Barbara, Maureen, Mary
	10.30-12.30	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasia
	10.30-12.30	Drop-in Service (Parliament Street)	Barbara
	12.45-1.30	Fitness Class (starting on 22/1)	Eva
	4pm-6pm	Teen Club	Jenny, Anastasia
TUESDAY	All day	Employability	Deidre
	11.30-1pm	Traveller Playgroup (up to 4 years old)	Eva
	2.40-3.45	Homework Club	Joeann
	1.30-3pm	Wellbeing for Mothers and Babies	Maureen, Mary
	4pm-6pm	Integrated Youth Club	Deiric, Jenny, Anastasia
	4.30-6pm	Youth: bike maintenance	Deiric
	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
	2pm	Money Advice & Budgeting Service (every 2nd week)	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
	6.15-7.15pm	Fitness Class	Killian
THURSDAY	10.30-12.30	Garden Course	Deiric
	10am-1pm	Stained Glass Course	Barbara
	10.30-12.30	Kids Club (Lahinch Leisure Centre)	Jenny, Anastasia
	10.30-12.30	Baby Massage	Eva
	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
	All day	Intro: Employment and Income Supports	Tommy
	10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasia
	11-12.30pm	Breastfeeding Group (every 2nd week)	Joeann
	1.30-3pm	Youth: Youth Programs / Drop-in	Deiric
	2.40-3.45	Homework Club (Art & Craft)	Joeann
3-4.30	Youth: Football (gender mixed, Parliament Street/The Yard)	Deiric	

We also offer:

- Childcare (Little Deers)
- Counselling & Play Therapy

MEN WANTED

Men on the Move
The best MOVE you'll ever make

#Activeclare

COMMUNITY SPORTS HUB SHANNON
Clare Sports Partnership
SPORT IRELAND

Calling all Men - Particular over 35's

Want to start exercising?
Do you want to feel fitter, have more energy? Returning to fitness

We are delivering a 8 week **MEN ONLY**, Beginners Gym programme in Shannon
Starting January 29th 2024
Just €35 per participants

WHAT WE ARE OFFERING

- Strength based programme
- Educational Talks
- Healthcare professionals
- Step meters
- T-Shirts

Supported by: **SPORT IRELAND**

For Further Details
www.claresports.ie/menonthemove
pat@claresports.ie or 087 6471671

PROGRAMME FORMAT
Starting 29th January
Monday @8pm
Wednesday @8pm

BUT THE MATCH WON'T WATCH ITSELF

Other Health & Wellbeing News

Clare Local Development Company
Community Development Agency Ltd

Unlock Funding Opportunities

for Clare community groups and Social Enterprises



Join our online Grant Writing workshop.
28th Feb
10 AM - 12:30

This training will help you develop the skills and knowledge to write successful grant proposals. It will cover the basics of grant writing, how to identify funding sources, and tips for crafting a compelling proposal. Learn the opportunities and pitfalls of using ChatGBT. Training delivered by trustgrantwriting.ie

Limited slots available.
Register now by email - mnolan@cldc.ie



Clare Local Development Company are holding an Online Grant Writing workshop for community groups and social enterprises.

Wednesday 28th Feb, 10 - 12:30pm.

This training will help individuals and community groups to develop the skills and knowledge to write successful grant proposals. Covering:

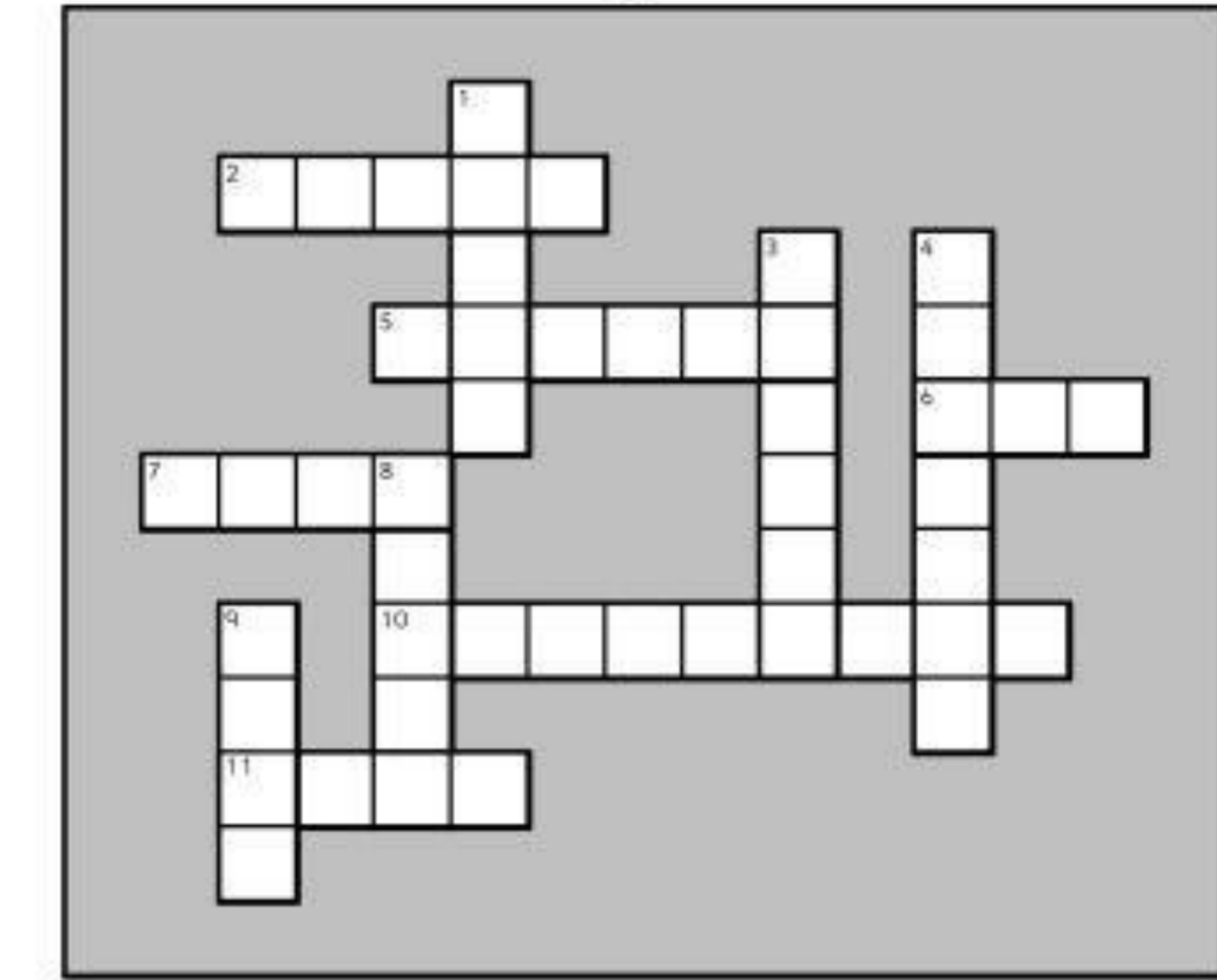
- how to tell the story
- link your story with the objectives of grant funding
- where to find grants
- opportunities and pitfalls of ChatGPT
- tips and tricks.

For information or book your place email Michelle;
mnolan@cldc.ie



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Pancake Day Crossword

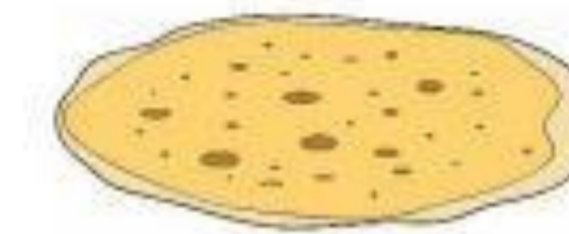


Across

2. Pancake ingredient ground in a mill.
5. Uncooked pancake mix is known as _____.
6. Ingredient you need to crack.
7. You mix the ingredients in this.
10. In some parts of the world Shrove Tuesday is celebrated with a carnival called _____.

Down

1. Sprinkle this on your pancakes to sweeten them.
3. You cook a pancake in this type of pan.
4. Pancake Day is sometimes called Shrove _____.
8. Squeeze the juice of this fruit on to your pancakes.
9. Pancake ingredient that comes from cows.



11. Pancake Day marks the start of this fast.

© www.ActivityVillage.co.uk - Keeping Kids Busy

Activity Village

Pancake Day



- icecream
- syrup
- lemon
- flour
- eggs
- strawberry

c	j	a	m	i	g	m	t	p	n	f	y	k	j	f
s	o	z	r	p	s	b	m	c	k	f	o	d	g	j
p	w	w	k	a	s	t	r	a	w	b	e	r	r	y
r	o	j	a	n	s	u	b	f	d	j	s	q	v	h
i	l	b	g	c	o	g	g	b	o	n	x	o	u	s
n	l	k	w	a	v	s	p	a	a	m	r	h	a	v
k	w	l	n	k	d	w	f	g	r	n	i	z	l	i
l	a	j	s	e	c	m	z	n	i	o	a	l	z	c
e	t	h	v	g	g	i	n	n	k	i	s	n	k	e
s	n	w	f	m	f	l	o	u	r	p	r	e	a	c
o	b	s	e	g	g	s	q	s	y	r	u	p	w	r
s	t	b	l	q	t	k	d	a	s	h	r	o	v	e
c	k	l	e	m	o	n	h	k	w	x	l	z	c	a
o	s	v	q	m	c	x	n	b	p	q	j	d	n	m
v	t	u	e	s	d	a	y	g	k	y	x	v	t	b



- sugar
- pancake
- oil
- banana
- shrove
- sprinkles
- milk
- jam
- tuesday

Find the words in the grid.