

# Healthy Clare Newsletter

## June 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)

HEALTHYCLAREIRELAND



# Clare

Follow us on Social Media

Dear readers,

Clare's Local Community Development Committee (LCDC) is reminding community and voluntary groups in Clare that the Healthy Clare Micro Fund for 2024 is open for applications. **The deadline for applications has been extended until 5pm, Friday 14th of June, 2024.**

The fund will support targeted actions in response to the identified two priority outcomes for a healthier Clare:

1. Healthy weight.
2. Positive mental health promotion.

The types of proposals considered for the Healthy Clare Micro Fund 2024 are the following:

1. Support fund for promoting a healthy weight under the following four pillars (max grant €2,000): healthy eating; physical activity; stress management; and sleep hygiene
2. Support fund for promoting positive mental health (max grant €2,000).

To apply for the Healthy Clare Micro Fund 2024, please visit: <https://clarecoco.submit.com/>

Before completing the online application form, please read the grant guidelines carefully.

Closing date for receipt of application forms is Friday, 14th June, at 5:00pm.

For more information on the Healthy Clare Micro Fund please contact the Healthy Clare Co-ordinator, Samantha McCarthy, at [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie) or 087-9878785. The Healthy Clare Micro Fund is supported by the Clare LCDC, Healthy Ireland, the Department of Health, and Pobal.



# Clare

## Healthy Clare Micro Fund 2024

To apply visit: <https://clarecoco.submit.com> or scan the QR Code

For more information contact: [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)



Closing Date: 14th June 2024 at 5pm



Riátas na hÉireann  
Government of Ireland



Clár Éire Idirnách  
Creative Ireland Programme



News



Healthy Clare are hosting a Health and Wellbeing page in the Clare Echo every Thursday, raising awareness of Health and Wellbeing initiatives across the county.

Each week a local organisation is in the spotlight discussing their Health Promoting work and how people in Clare can contact them or get involved in a variety of health and wellbeing activities. Healthy Clare are also featuring local and national initiatives of interests.



Keep up to date with past and future edition on our dedicated webpage

<https://yoursay.clarecoco.ie/weekly-health-and-wellbeing>

Thanks to Clare's Creative Ireland Programme, Healthy Ireland and Clare LCDC for supporting this initiative.

# Physical Activity




Four Week Learn to Cycle,  
Ennis  
Tuesday June, 4th

€10

START 6.30pm



## Family Summer Special

### Gym & Pool

1st July - 31st August

# €200





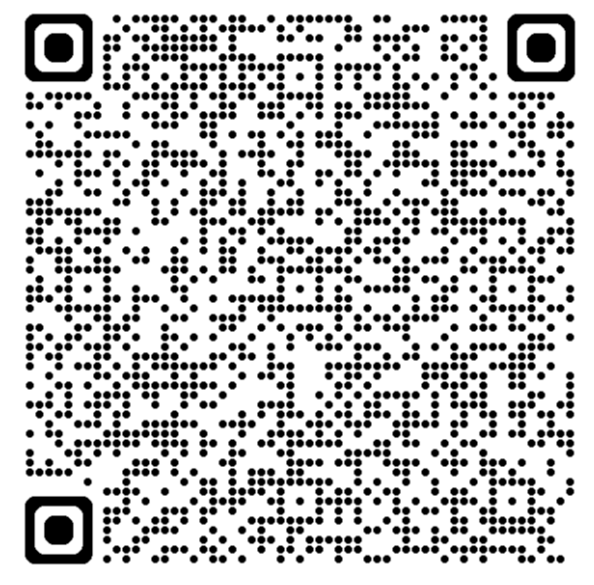


Tel: 065 6821604  
[www.activeennis.ie](http://www.activeennis.ie)

Find us on:  facebook.

For more information on the above offer please check out Active Ennis.

<https://www.activeennis.ie>





Reintroduction 4 Week Cycling Course

Kilrush, County Clare  
Monday, June 10th

€10

START 6.30pm



## Want to build more Confidence in Open Water?

Adult Group Sessions run by experienced professionals over two days

What's included?  
Pool Session  
Land Coaching Session  
Open Water Session  
Live Feedback

Find out more and secure your spot  
Scan the QR Code below **OR** Whatsapp Message

Open Camera on Smart Phone. Click banner on screen



'Open Water' Full Name  
083-8260510

Limited Places  
Dates Available starting from June

# Cycle Skills



Six Week Cycling Programme for Children with disabilities who find cycling difficult  
Disabilities may include Autism, Learning Difficulties, Dyspraxia

Wednesday's 6-7pm on the track @ Clarisford Park  
Starting Wednesday 29th May

This programme is open to Derg AC Members  
Please register on the following link

Places are limited!

For more details you can contact: James @ 087 9627696 or Nicola @ 086 8986138





FULL DETAILS OF SUMMER CYCLING COURSES TO BE FOUND AT <https://claresports.ie/summer-cycling-courses/>




€15 PER ADULT

PRE REGISTRATION ONLY

### WOMEN IN SPORT COUCH TO 5K TRAINING PROGRAMME

YOU WILL BE JOGGING/RUNNING 5KM IN JUST 8 WEEKS

WHEN: SATURDAY 1ST JUNE  
TIME: 8AM  
WHERE: WHITEGATE GAA GROUNDS  
DURATION: 8 WEEKS



#WomenInSportIRE 

# Mental Health



**WEST CLARE  
Mental Health  
Association**

## WRAP

### Wellness Recovery Action Plan

- ❖ Evidence-based wellness program designed to help increase your coping skills, identify wellness tools and manage a mental health crisis.
- ❖ Identify Supports, challenges and strengths to help with everyday struggles.
- ❖ Identify early warning signs and actions that will help to maintain your wellness and promote healthy choices during difficult times.

**Cost:** Free Fully Funded by West Clare Mental Health Association  
**Dates:** 2 Days – Friday June 7<sup>th</sup> & Friday June 14<sup>th</sup> (you must attend both days to receive your WRAP Level 1 Cert)  
**Time:** 10am–4:30pm  
**Venue:** Miltown Malbay Community Centre, V95 W93R  
**To register:** Email [westclaremha@mentalhealthireland.ie](mailto:westclaremha@mentalhealthireland.ie) or phone 085 8559511 (places are limited)

Wellness  
Recovery Action Planning  
Crisis Plan  
Triggers  
Self-advocacy  
HOPE  
Personal Responsibility  
Support  
Education  
Wellness Tools  
Early Warning Signs  
WRAP



Grow Mental Health  
Peer support meetings for anyone experiencing mental health issues  
Maria Assumpta Hall  
Monday at 8-10pm  
Contact Celia 086 1526966



### Connect @THE LIGHTHOUSE

#### Who is Connect for?

Connect is for anyone who is interested in meeting people who have similar shared life experiences around mental wellbeing and are interested in learning from and supporting each other through their experiences.

#### What can you expect at Connect

- A place to drop in for a cup of tea and chat
- A place to meet others with similar life experiences
- A safe, open and friendly atmosphere
- A place to learn from each others experiences and to reduce stigma
- A place that is non-clinical
- A place that is non-judgmental and inclusive for all
- A place that promotes positive mental health
- A place that values the expertise of those with lived experience
- A place of education and training that promotes wellbeing in the community

Open  
Tuesday 7-9pm  
Friday 5-7pm  
For more information

email: [westclaremha@mentalhealthireland.ie](mailto:westclaremha@mentalhealthireland.ie)  
Or Text 085 8559511



CREATE YOUR  
GO YELLOW!  
SUMMER FUNDRAISER



MAKE EVERY MOMENT MATTER ON THE LONGEST  
DAYS OF THE YEAR, JUNE 20TH - 23RD.

1. Create an event around AN ACTIVITY THAT LIFTS YOUR SPIRIT. Get creative!
2. Register your event by SCANNING THIS QR CODE.
3. SHARE your event with those around you.
4. Gather for your event and be sure to WEAR YELLOW.
5. Create a sea of yellow by sharing on social media using #GOYELLOWFORMENTALHEALTH and #GROWMENTALHEALTH.



[WWW.GROW.IE/GOYELLOW](http://WWW.GROW.IE/GOYELLOW)



# Eating Well

Are you interested in becoming a Healthy Food Made Easy tutor. New teacher training programme announced, taking place in Limerick in June. Contact: Clare Flynn for a space or more details: 087 1882727/ [cflynn@paulpartnership.ie](mailto:cflynn@paulpartnership.ie)

The dates for the HFME tutor training are the 14<sup>th</sup>, 17<sup>th</sup> and 21<sup>st</sup> of June (9.30-3pm) in Tait Kitchen on Lord Edward Street (V94 23T8).



**HEALTHY FOOD MADE EASY**

Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget

The course is usually run over 6 sessions (2 and a half hours). The emphasis throughout the course is on group learning and talking rather than formal teaching.

- Prepare, cook and taste healthy recipes
- Learn about healthy eating
- Get tips on food shopping
- Plan meals on a budget
- Relaxed and fun approach
- For all ages and abilities

Further details



Good food habits started 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. Here are some of @safefood.net's tips on how to prepare a healthy lunchbox that your child will eat and enjoy.

1. Include a wide variety of foods. For a balanced diet they need fruit and vegetables, starchy foods, protein and dairy.
2. Vary the types of bread. For example, pitta bread, bagels, wholemeal rolls – keep a stock in the freezer.
3. Cook extra rice or pasta in the evening. These can make great salads. Try a pasta salad or filled tortillas
4. Brightly coloured bottles can make plain water more interesting!
5. Get your child involved in packing lunches. Let them help choose some element of their lunch.
6. Try out new ideas at teatime or the weekend. Children often need to see and taste new foods several times before they accept them, so try them out before including them in a lunchbox
7. Try to offer different foods every day. They may just want to stick with their favorites but encouraging them to eat a variety of foods is really important.

<https://www.safefood.net/family-health/healthy-lunch>  
<https://youtu.be/CuU7OnpBMRk>

**EATING WELL**

**START**

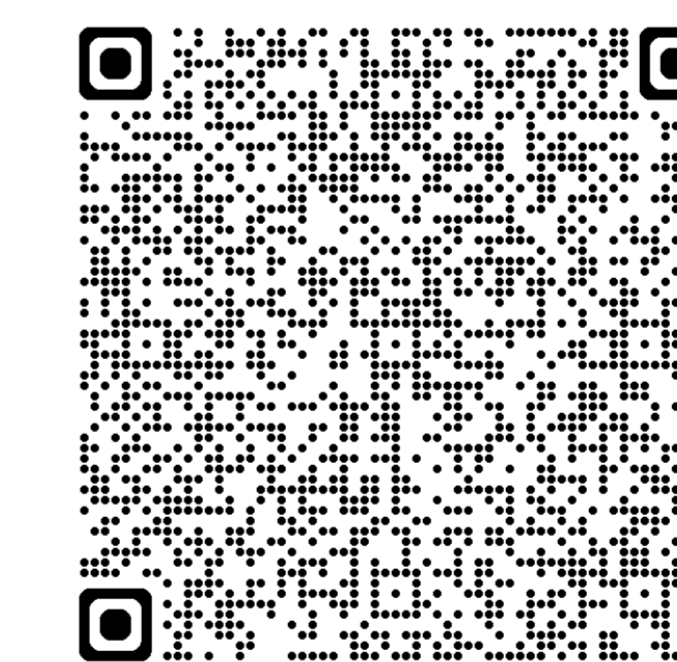
**Healthy Lunchboxes**  
Practical tips for you and your children on how to prepare a healthy lunchbox

**KEEP WELL**

safefood HSE hi

**How to boost your brain power**

With our healthy eating guide

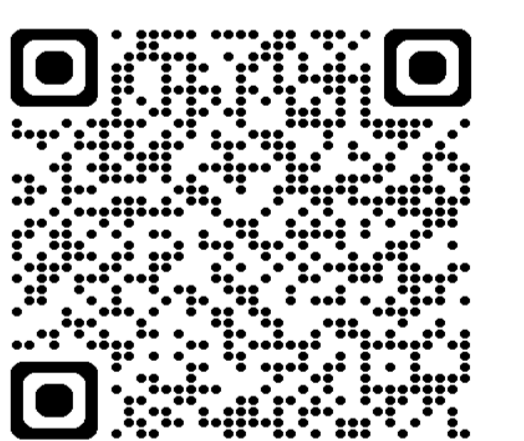


Looking for ways to perform better in exams

Food Safe have a great blog on brain food that can help you study and perform better  
<https://www.safefood.net/Blog/June/Boost-your-brain-power>

**SMALL TUMMIES NEED SMALL SERVINGS**

hi



Young Kids have small tummies and can only eat small amounts at a time. Make sure they have 3 small meals and 2-3 healthy snacks per day. Follow the kidspyramid as your guide. Go to

<https://www.facebook.com/HSEmychild.ie/>

# Tobacco Free, Reducing Drugs & Alcohol Related Harm

Start low and go slow...



The strength of drugs such as MDMA (pills, powders/crystals) and cocaine can vary. This means you can't be sure how you will react each time you use.

High strength products have been found by the HSE in Ireland. Higher strength drugs increase the risks. It may be easier to quickly take too much too soon.



To find out more information click on the link below:

[https://www.drugs.ie/?fbclid=IwZXh0bgNhZW0CMTAAAR1ORUuyMAxO0mPNuZo0ZqYQnH5a0tCx5M1ddIX0S-0hgq-9RvpYeGA7S8\\_aem\\_AXO6fvVuzfRamEyyaoxNptRdl0liFqCo-GQ4P\\_kkbemlJwftVHtBKrpF1-IFDaKl80e2HEirPceZwkEhAD2H4S1U](https://www.drugs.ie/?fbclid=IwZXh0bgNhZW0CMTAAAR1ORUuyMAxO0mPNuZo0ZqYQnH5a0tCx5M1ddIX0S-0hgq-9RvpYeGA7S8_aem_AXO6fvVuzfRamEyyaoxNptRdl0liFqCo-GQ4P_kkbemlJwftVHtBKrpF1-IFDaKl80e2HEirPceZwkEhAD2H4S1U)

## We Can Quit programme

We Can Quit is a free group programme for people who want support to quit smoking.

The programme runs for 7 to 12 weeks. You get support to quit from a local facilitator, people in your group and a local pharmacist.

You are 5 times more likely to quit for good if you:

- commit to quit for 28 days
- get support to change your behaviour
- use stop smoking medicines

## How the programme works

When you join the We Can Quit programme you get:

- weekly support in a stop smoking group
- 1-to-1 support with a facilitator
- free medicines to help you stop smoking

To help you quit, your facilitator will:

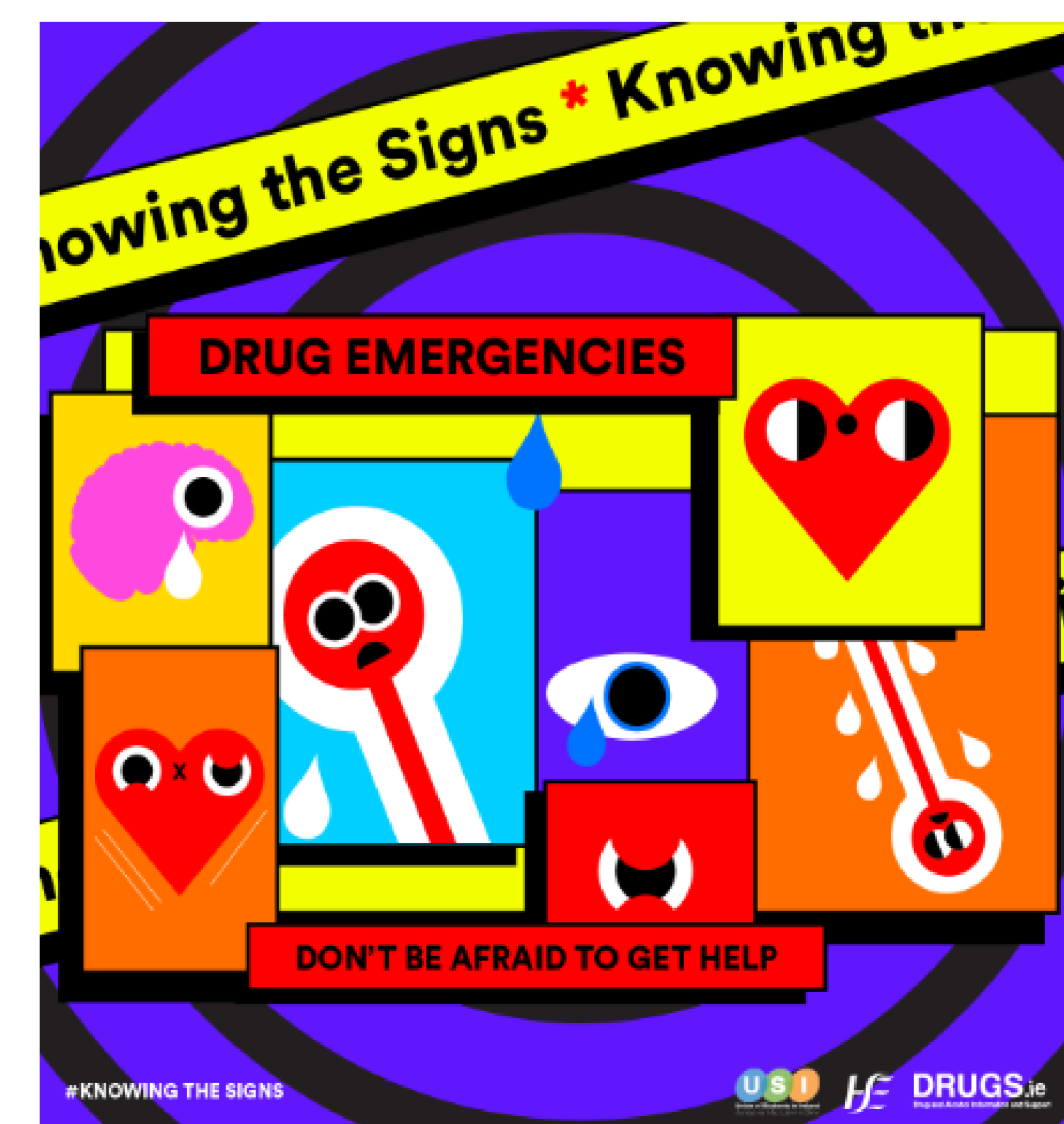
- ask you about your smoking history
- assess your nicotine addiction
- recommend treatment that might work for you.

For more information check out: [We Can Quit - a programme to quit smoking - HSE.ie](#)

## HSE Talking Health and Wellbeing Podcast, Episode 49 – Alcohol Support Services



In this episode of the HSE Talking Health and Wellbeing Podcast, host Noreen Turley speaks with Dr. Colin O'Driscoll, Clinical Lead Psychosocial Services, and Eleanor Keogh, Project Worker, both with the Mid-West Alcohol Service, about the HSE Integrated Alcohol Service. We hear about this service, how it works with community agencies to offer personalised support for those with alcohol concerns, ranging from mild to severe. They discuss the high level of alcohol consumption in Ireland, emphasising the service's collaborative, non-judgmental approach and stress the importance of early intervention and community awareness to combat stigma. For further information and supports visit [www.hse.ie/alcohol](http://www.hse.ie/alcohol) or call Mid-West Integrated Alcohol Services on 061 492016



A drug overdose is when your body has too much of a drug or combination of drugs. No matter what drug or combinations of drugs have been used, look out for the common signs of #overdose and don't be afraid to get medical help if you or a friend need it. Learn more at the link below <https://www.drugs.ie/KnowingtheSigns>

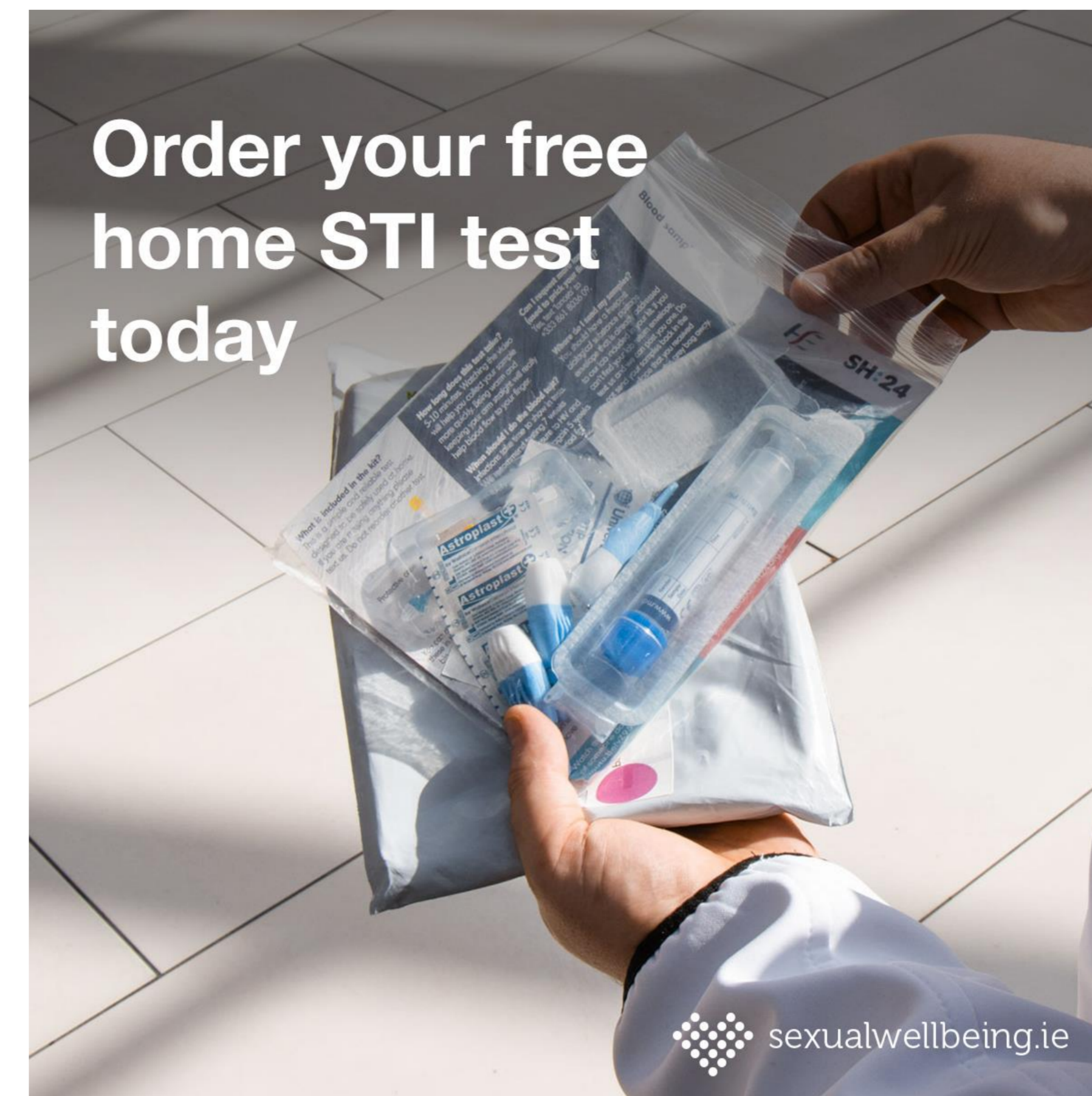
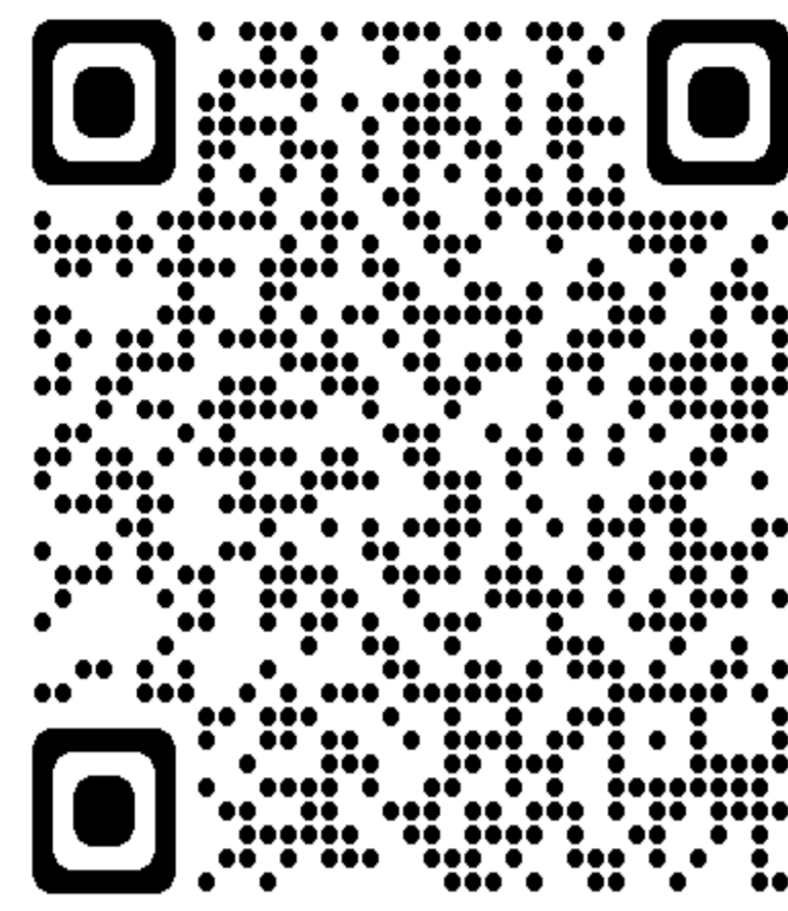


# Sexual Health



sexualwellbeing.ie

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



Order your free home STI test today

sexualwellbeing.ie

In 2023 there were 119,000 free home STI tests ordered in the Republic of Ireland.

Remember it's easy, free and discrete. Order yours today at [sexualwellbeing.ie](http://sexualwellbeing.ie)

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

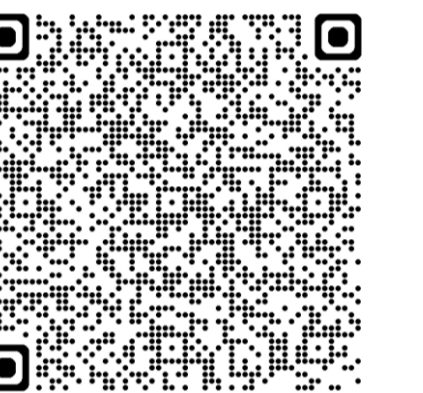


Giving consent and asking for consent is all about setting your own personal boundaries and respecting those of the other person

sexualwellbeing.ie

The only sure way to know if the other person has consented to a sexual act is if you talk about it and they agree to have sex.

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



## 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](http://LINKTR.EE/GOSHH.IE)

FOR MORE INFO PLEASE CONTACT [KNOWNOW@GOSHH.IE](mailto:KNOWNOW@GOSHH.IE) OR CALL 061 314354

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

## IRISH AIDS DAY

Show you care. Wear the Red Ribbon.

# 15<sup>TH</sup> JUNE

## 50+ LGBTI\* SOCIAL GROUP

Lesbian, gay, bisexual, transgender and intersex adults 50+ from the Midwest and surrounding areas coming together

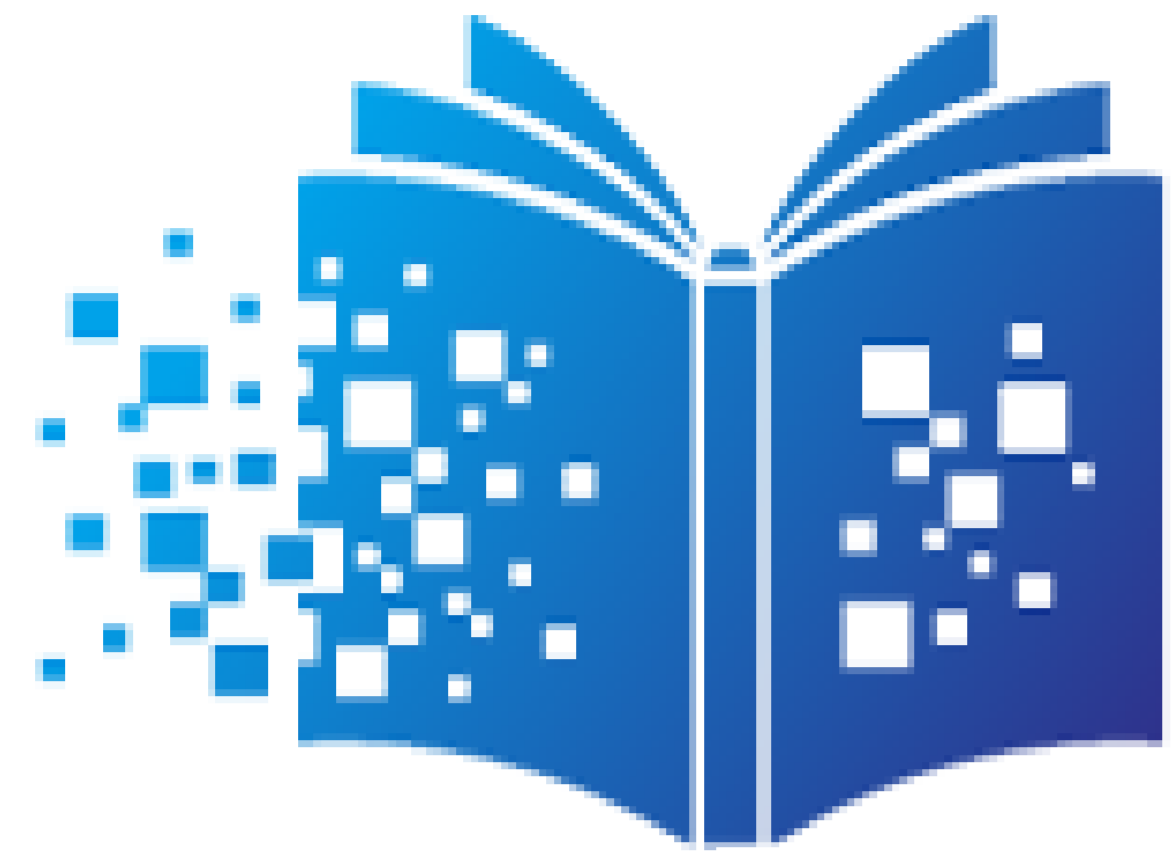
**JOIN US**

The 50+ social group in Limerick city provides a safe and welcoming space for members of the LGBT+ community to come together once a month, enjoy a cuppa, and make new friends in a relaxed atmosphere

**JOIN US**

To find out more details or to register please contact David at [communitydev@goshh.ie](mailto:communitydev@goshh.ie) or (061) 314 354

# 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)



Clare County Council is delighted to announce that it has secured funding from the Department of Rural and Community Development to launch a new Mobile Library Service.

The announcement was made by Heather Humphreys TD as part of a major investment of over €25 million in Public Library Services in Ireland.

We are  
**ALMOST READY**



LIBRARY

Are you?



We can't wait to show you our new library in Ennis.

Everyone is welcome, but if you want to borrow something or use a computer, you will need a library card.

To save time please make sure your library membership is up-to-date before you visit us.

You can do this by phone, email or by visiting any of our libraries in Clare.

- ✓ It's free to join the library
- ✓ No fees for lost children's books
- ✓ No late fees for overdue items



065 682 4207 / 689 1317 [ennislibrary@clarecoco.ie](mailto:ennislibrary@clarecoco.ie)



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



## POETRY READINGS AT THE LIBRARY

ENNIS LIBRARY ON THE 1ST FRIDAY OF THE MONTH 1 - 2PM

KILRUSH LIBRARY ON THE 1ST & 2ND TUESDAY OF THE MONTH 6 - 7.30PM

SCARIFF LIBRARY ON THE 3RD THURSDAY OF THE MONTH 7PM

Read your own work, read poems by your favourite author or just come along and listen.

These are Clare Libraries/  
Poetry Collective events.



**Dementia Café Network**

**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

**Last Tuesday of every month • 6.30pm to 8.30 pm**  
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](mailto:reception@kbfrc.ie) or 061374741



# Other Health & Wellbeing News

## Taking Action for Whole Health & Wellbeing

**NEW Taking Action for Whole Health and Wellbeing workshop helps people make a plan to improve and maintain their well-being and lifestyle.**

- Learn ideas that help you become stronger and support your well-being.
- Create wellness tools, plans, and strategies to take care of yourself.

*Copeland Centre certificate on completion*



Rona McBrierty  
Wellbeing Mentor



Cheryl Sharp  
Wellbeing Mentor

**Tuesday 4th June, 9:30 - 16:30**  
**Free workshop. Limited places**  
**Located in Ennis**

**BOOK your place by**  
**Fri 24th May**  
**Email: [mnolan@cldc.ie](mailto:mnolan@cldc.ie)**



Clare Local Development Company welcomes the Copeland Center to Ennis on Tuesday, 4th June, 9:30 - 16:30.

Facilitated by Wellbeing Mentors Rona McBrierty and Cheryl Sharp, they will share their new 'Taking Action for Whole Health and Wellbeing.' This workshop helps people make a plan to improve and maintain their well-being and lifestyle.

- Learn ideas that help you become stronger and support your well-being.
- Create wellness tools, plans, and strategies to take care of yourself.

Participants will receive a certificate from the Copeland Center and learn about opportunities to join the Taking Action Co-Facilitation training. All are welcome to attend. Please see the attached poster for promotion. Book your place by Friday 24th May.

## Wellness Workshops

3 Standalone Workshops, Thursdays 10am - 12 noon

Venue: CLDC, Unit 1, Westgate Business Park, Kilrush Rd, Ennis

Facilitator: Fionnuala Ni Mhairtín

A Nutritional Therapist, a Yoga Teacher and a Consciousness Medicine Practitioner



Stress is evident in all of our lives. It shows up in many different ways and can affect all aspects of our being. In these up and coming workshops you shall find out how stress impacts your health and wellbeing, as well as ways to help bring more joy and vitality into your life!

3. **De-Stress; Eat Well, Feel Better**

6th June 2024

For further information and to register contact Helen at M: 087 932 8168 or E: [hderham@cldc.ie](mailto:hderham@cldc.ie)



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union, through the European Social Fund Plus.

## THE GROW MENTAL HEALTH PODCAST



RECOVERY THROUGH COMMUNITY

HOPE

Talk all things hope with Jenny, Paul and Lucy. Join Grow Mental Health to hear about how hope changed the lives of Their guests and the role that a Grow group played as the source of that hope.

Learn about the ways we can find hope when we need it and share it when others do. Listen now <https://grow.ie/grow-mental-health-podcast-hope-2/>



# Other Health & Wellbeing News



## The Stories of the Earth

Listening to, learning from and loving our home.

An observation and experience based workshop offering ways to write the natural world in these times.



Kerri ní Dochartaigh is a mother, writer and grower. Her work currently explores ideas of emergency, interconnectedness and ecologies of care.

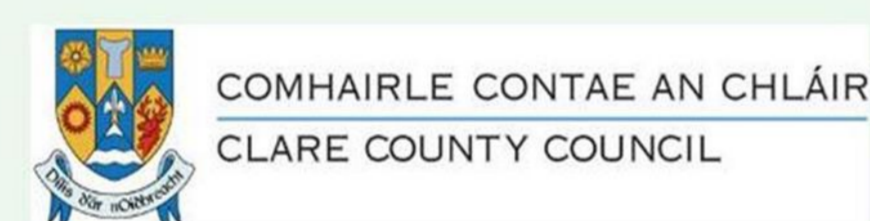
Her first book, *Thin Places*, was published by Canongate in Spring 2021, for which she was awarded the Butler Literary Award 2022, highly commended for the Wainwright Prize for Nature Writing 2021, and shortlisted for the Ireland Francophonie Ambassador's Literary Award in 2024. It is longlisted for the Prix Nicolas Bouvier currently. *Cacophony of Bone* was published by Canongate in May 2023 and was longlisted for the Wainwright Prize for Nature Writing 2023. She mentors and teaches worldwide. She lives in Clare with her family.



This workshop is funded by the Creative Communities program and is a free event.

June 13th  
10 am - 12pm

To book please contact the East Clare Community Coop on 061921536 or by emailing Eastclarecoop@gmail.com



Kerri ní Dochartaigh will be running at East Clare Community Co-op Scariff as part of the fantastic Creative Communities initiative.

This workshop is funded by Creative Ireland Clare CreativeIrl and is free of charge to attend. Places are limited to 12.

Call us on 061921536 or email us on eastclarecoop@gmail.com to book your spot.

This event is on Thursday 13th June 10am to 12pm.



## Levels 1-3 Basic everyday maths

learnwithnala.ie



Feel like numbers are holding you back?

NALA free online courses can help you improve your everyday maths skills

Find out more and register



<https://www.learnwithnala.ie/product...>

## Mindfulness: Weekly Online Sessions

Are you interested in attending guided mindfulness sessions as and when you can? Taking place on Friday mornings via Zoom, the sessions feature a mindfulness practice followed by a short discussion.



To join, contact Norah at nduffy@familycarers.ie or 086 1037456

[familycarers.ie](https://familycarers.ie)



## Do you need Employment Support?

**WHERE: North West Clare Family Resource Centre  
Ennistymon V95 NX86**

**WHEN: Every Tuesday  
10am to 4pm**

- Individual support
- CV (Resume) tailoring

For Appointments contact Hilary Gleeson hgleeson@cldc.ie or 087 6009607



Arna chomhchistiú ag an Aontas Eorpach  
Co-funded by the European Union

4 Weeks to Go

## IMPACT SYMPOSIUM

"INTERAGENCY TRAINING SAVES LIVES"

A DOMESTIC ABUSE AND COERCIVE CONTROL SYMPOSIUM

13 DAY 06 MONTH 24 YEAR

Time: 8:45 - 13:30

Millennium Theatre  
Moylish Campus, Limerick  
Register on [eventbrite](https://www.eventbrite.com)



# Other Health & Wellbeing News



An Roinn Coimirce Sóisialaí  
Department of Social Protection

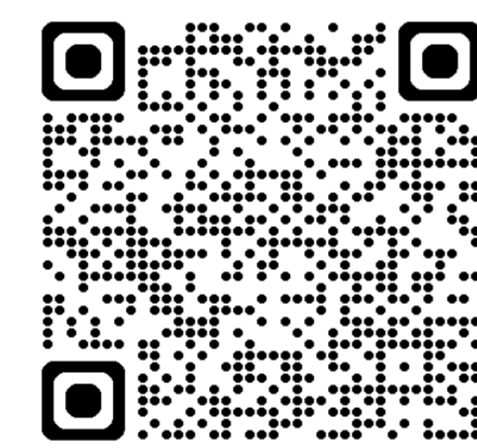
EmployAbility Clare's goal is to support people who have an illness, disability or an extra support need to return to work and maintain employment.

This may include people who have physical, sensory, mental health, intellectual, hidden, ASD, or an acquired brain injury for example.

Our Employment Coaches are there to support you :

- a. if you wish to get a job, possibly after a period of unemployment
- b. to return to work after illness or injury
- c. if you have an extra support need which needs accommodating within the work environment.

Why not contact EmployAbility Clare to see what they can do for you ? Phone us on 065 684 4007 for an appointment.



## **World Blood donor day 2024 - June 14th!**

Every year on the 14th of June we celebrate World Blood Donor Day and thank our donors for giving blood, platelets and bone marrow to help save lives. The theme for 2023 is "Give blood, share life, share often" which focuses on patients requiring life-long transfusion support and underlines the role every single person can play, by giving valuable blood.

We take the time to thank voluntary, unpaid blood donors for their life-saving gifts of blood and also to raise awareness of the need for regular blood donations.

For information on where in Co Clare you can donate, please click on the link below <https://www.giveblood.ie/find-a-clinic/clinic-finder/clinics/clare/>



## Resources for carers supporting someone with a life-limiting condition



### Palliative Care Booklet

FAQs on palliative care for people who have been diagnosed with a life-limiting condition and the people close to them



### I have dementia: How do I plan for the future?

This booklet is for people with dementia. It provides information to help them plan for the future.



### Bereavement Support Line

Whether you're experiencing anticipatory grief or grieving a loss, the Bereavement Support Line is there to provide connection, comfort, and support

## AN INTRODUCTION TO FASD



SUITABLE FOR: PARENTS, CARERS  
AND PROFESSIONALS LIVING OR  
WORKING WITH PEOPLE WHO HAVE  
OR ARE SUSPECTED TO HAVE FASD

**THURSDAY 27TH JUNE 2024**  
**10AM UNTIL 1230PM**

**ONLINE**

FOETAL ALCOHOL SPECTRUM DISORDER (FASD) RESULTS WHEN PRENATAL ALCOHOL EXPOSURE AFFECTS THE DEVELOPING BRAIN AND BODY. FASD IS A SPECTRUM. EACH PERSON WITH FASD IS AFFECTED DIFFERENTLY. WHILE MORE THAN 400 CONDITIONS CAN CO-OCCUR, FASD IS AT ITS CORE A LIFE LONG NEURO-DEVELOPMENTAL CONDITION. ALL PEOPLE WITH FASD HAVE MANY STRENGTHS. EARLY DIAGNOSIS AND APPROPRIATE SUPPORT ARE ESSENTIAL, ESPECIALLY FOR EXECUTIVE FUNCTIONING.

FASD IRELAND IS ONE OF THE FIRST ORGANISATIONS OF ITS KIND IN THE COUNTRY, PROVIDING AWARENESS, EDUCATION AND SUPPORT WITH FOETAL ALCOHOL SPECTRUM DISORDER. OUR ORGANISATION EXISTS TO SUPPORT EVERYONE WITH A CONNECTION (WHETHER DIAGNOSED OR NOT) TO FASD, AND WE PROVIDE A SUPPORTIVE ENVIRONMENT FOR THIS TO HAPPEN.

THIS 2.5 HOUR SESSION WILL BE AN INTRODUCTION INTO FASD AND COVER A NUMBER OF AREAS, INCLUDING:

- AN OVERVIEW OF FASD
- DETAILS OF EFFECTS OF PRENATAL ALCOHOL EXPOSURE
- THE IMPACT OF FASD ON CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES
- HOW WE CAN SUPPORT CHILDREN AND YOUNG PEOPLE LIVING WITH FASD
- ALTERNATIVE APPROACHES AND STRATEGIES TO PARENTING/CARING
- BARRIERS, SIGNS AND SYMPTOMS
- NAVIGATING EDUCATION

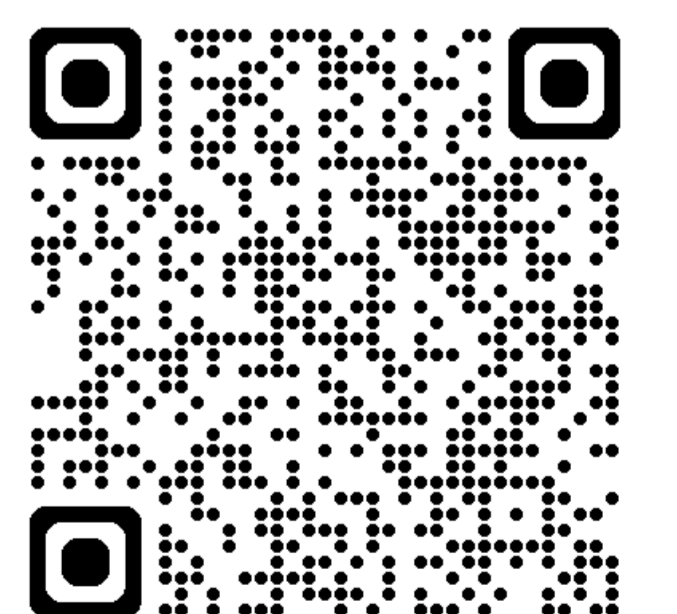
THIS SESSION WILL INCORPORATE AN INTRODUCTION TO THE NVR (NON-VIOLENT RESISTENCE) PROGRAMME. NVR IS DESIGNED TO EMPOWER PARENTS AND CARERS TO BUILD A NEW AUTHORITY AND TO RESIST ENGAGING IN CONFLICT WITH A CHILD/YOUNG PERSON – AND CAN OFTEN BE USEFUL WHEN PARENTING, CARING OR SUPPORTING A CHILD OR YOUNG PERSON WITH FASD.

THIS SESSION IS OPEN TO PARENTS AND CARERS WHO WOULD LIKE TO KNOW MORE ABOUT FASD, IT IS ALSO OPEN TO THOSE WHO WORK WITH CHILDREN AND YOUNG PEOPLE – REGARDLESS OF PROFESSION.

**[WWW.FASDIRELAND.IE/WORKSHOPS](http://WWW.FASDIRELAND.IE/WORKSHOPS)**

For more information, please click on the link below

[WWW.FASDIRELAND.IE/WORKSHOPS](http://WWW.FASDIRELAND.IE/WORKSHOPS)



# Other Health & Wellbeing News



We are **Adult Literacy for Life**

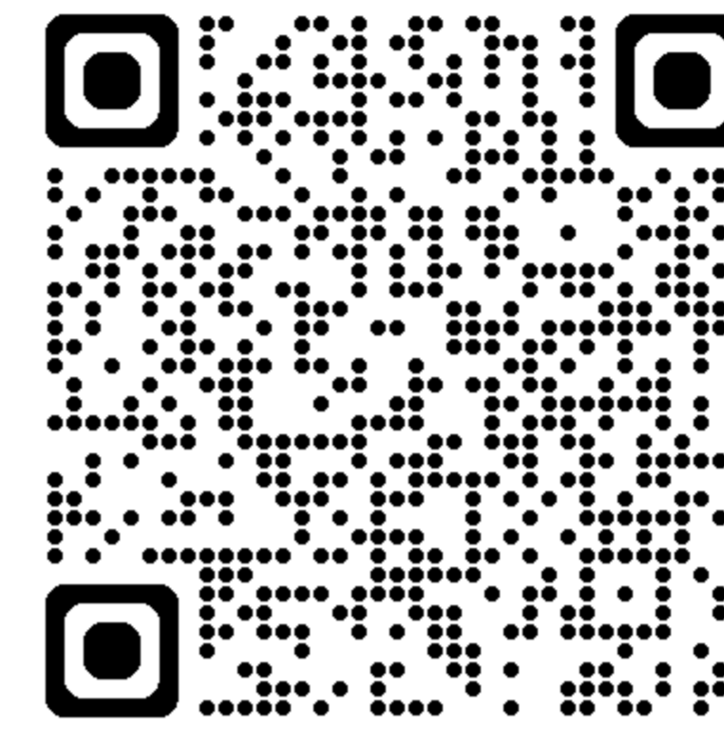
We believe everyone should have the literacy, numeracy and digital literacy to participate in society and succeed in life.



Adult Literacy for Life believe everyone should have the literacy, numeracy and digital literacy to participate in society and succeed in life.

For information, please click on the link below  
[What is ALL? | Adult Literacy for Life](#)

Ennis 065 6897641  
 Kilrush 065 9052131  
 Miltown Malbay 065 7085637  
 Scarrif 061 640760  
 Shannon Town 061 365495



## Men's Sheds in Clare learning about healthy eating habits

The month of May 2024 meant Healthy Food Made Easy Program for 7 Men's Sheds groups in County Clare. The program was facilitated by Smaranda Maier of Authentic Health who is a Nutrition Health Coach in County Clare.

The goal of the program is to reduce the risk of chronic diseases among elderly population in Clare. The program combined a mix of learning strategies to support the participants to understand and get familiar with the Food Pyramid concept and to teach them how to incorporate those healthy guidelines in a simple yet effective way of cooking and eating.

During this six-week program, Men's sheds in Clare got their questions about nutrition answered and they had the chance to cook and taste healthy meals together. For some of them it was "the best course I ever attended" as they stated in the evaluation form. Healthy Food Made Easy Community Cooking Program is part of Sheds for Life – Health and Wellbeing Program run by Irish Shed Association.

There are seven Men's Sheds in county Clare: Ennis, Sixmilebridge, Clarecastle, Shannon, Doonbeg, Parteen and Caherdavin. If you are not part of one yet, please do get in touch with them. The groups are a great way to stay active and connected as we age, and we could feel lonelier and more isolated. And they are having a lot of great activities that keep your mind and body going and helping you to stay healthy mentally and physically.

**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](mailto:westclaremba@mentalhealthireland.ie)  
 Or Call 085 8559511/065 9062329



## Summer Stars at Clare Libraries Summer Reading Programme

Children are invited to keep reading all Summer long by signing up to the programme at the library from 1 June. Every child that joins will get a free activity book and other rewards for taking part.

Libraries will have free workshops, clubs and Storytimes to keep children active during the holidays.

Summer Stars is non-competitive and every child who reads even one book/e-book is regarded as having completed the programme.

Find out what's happening at your library by visiting [www.clarelibraries.ie/events](http://www.clarelibraries.ie/events)

# Special Days in June



As summer arrives why not pop into Clare County Council to pick up a copy of our Blue Health and Wellbeing Passport. This guide takes you on a journey through Clare to visit its many beaches and playgrounds. Copies are available at reception in the Arás Building in Ennis and many of the Municipal District offices throughout the county.

Crossword: Summertime

**Across**

4. wear these on your feet to be cool

6. use this to fish for crabs in the pools

8. place with lots of sand

10. a body of water with a beach

11. a game people like to play at the beach

13. little creatures used to live in them

14. you can find lots of creatures hiding here

15. what you wear to go in the sea

**Down**

1. you need to blow air into this to play

2. build using lots of sand and shells

3. it moves sideways along the beach

5. season after spring

7. green, brown, slimy

9. use this to put sand in bucket

12. put sand in

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Find 10 differences.

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## 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://yoursay.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>

