

Healthy Clare Newsletter

April 2024

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



healthyclare@clarecoco.ie



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



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



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



Clare

Follow us on Social Media

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



HEALTH INFORMATION CALENDAR 2024



APR

- April 1-30 [National Spring Clean programme](#) An Taisce
- April 1-30 [Bowel Cancer Awareness Month](#) [Bowel Screen](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- April 1-30 [Testicular Cancer Awareness month](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- Apr 2 [World Autism Awareness Day](#) [Irish Society of Autism](#)
- Apr 3-10 Adolescent and Young Adult AYA Cancer Awareness week [Irish Cancer Society](#)
- Apr 7 [World Health Day](#)
- Apr 8 [International Traveller and Roma Day](#) HSE [National Social Inclusion Office](#)
- Apr 15-21 [National Arthritis Week](#) Arthritis Ireland
- Apr 20-27 Organ Donation Awareness Week [Irish Kidney Association](#)
- Apr 24-30 [World Immunization Week](#)
- Apr 28 [World Day for Safety and Health at Work](#) 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/services/community/free-period-products/campaign)

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>



Grow to Eat At Clare Garden Festival 2024 28th April 2024

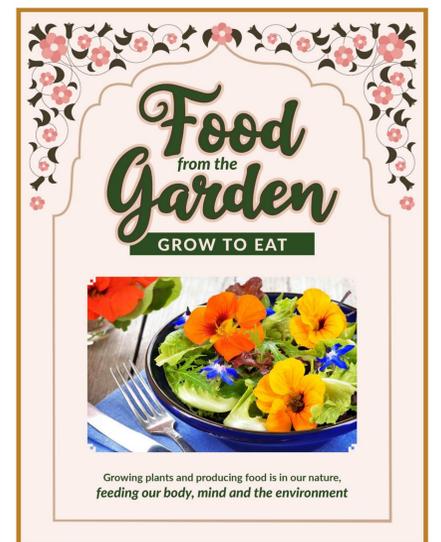
Clare Garden Festival is a treat for Gardeners and a great day out for all the family. For its 10 years anniversary on 28th April at Ennis Showgrounds, the festival wants to inspire the people of Clare and beyond to grow their own healthy food and to enjoy gardening for their health and wellbeing. This 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, 28th April.

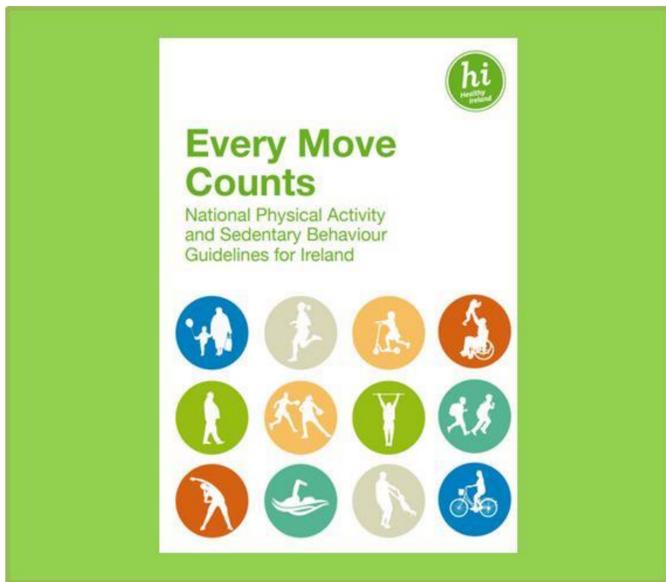
The festival is proudly supported by Fruithill Farm, Bord Bia, Clare County Council, Healthy Clare, Visit Caherhurley Nursery, Clare Echo, Ennis Municipal District, Pobal and LCDC.

For more information see our website

www.claregardenfestival.com 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



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>



PRE REGISTRATION ONLY



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.



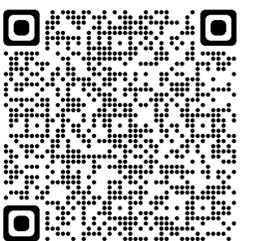
Disability Awareness Training – Apr 22nd

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



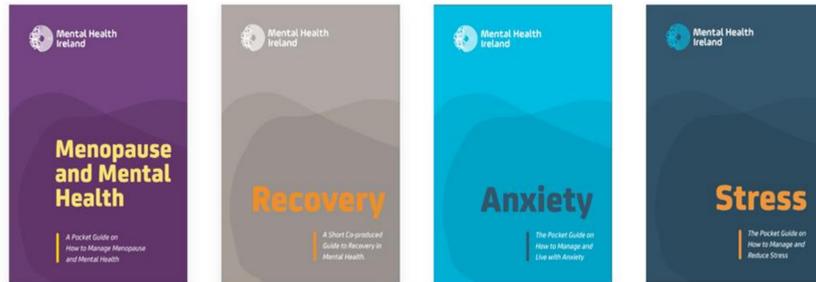
There are over 550 local Active Retirement Ireland Active Retirement associations around the country that help retired people to enjoy a full and active life and to advocate for them. These are independent local groups, run by volunteers, whose members decide the activities on offer. Find your local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

Journaling for Wellbeing

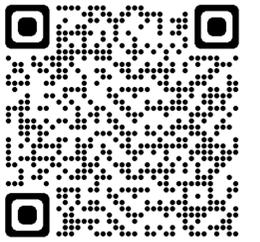
Discover a simple tool to support your wellbeing and mental health

- 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



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.

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



Weekly Woodland Walk

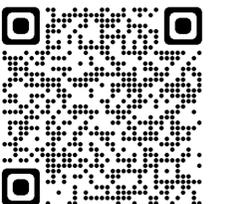
Join us for a group walk around Vandeleur Woods and Gardens

Tuesdays meeting at 10:50am in upper car park
Departing at 11:00am
For more information
Email: westclaremha@mentalhealthireland.ie
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, 28th 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 Caberbridge 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, Visit Clare, LCDC, Fruit Hill Farm, BORD BIA, etc.

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

- 01 Fibre - 6g or more per 100g
- 02 Fat - 3g or less per 100g
- 03 Saturated fat - 1.5g or less per 100g
- 04 Sugar - 5g or less per 100g
- 05 Salt - 0.3g or less per 100g

APRIL SEASONAL PRODUCE GUIDE

YUMMYADDICTION.COM



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



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](#)

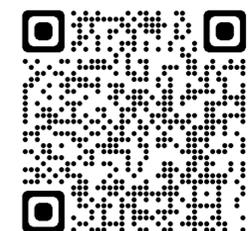
Sancha Power, PhD, Education Officer,

Nicotine Replacement Therapy

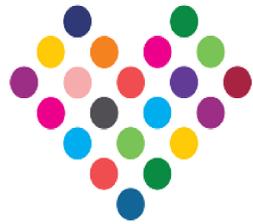


Types of nicotine replacement therapy and how to use it to stop smoking. To get NRT for free, phone our Quitline on 1800 201 203 or talk to a stop smoking advisor

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

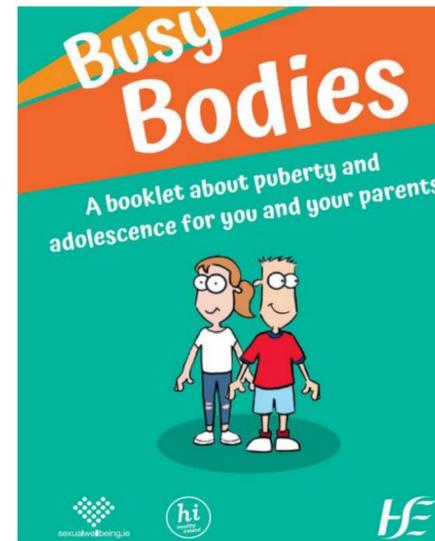
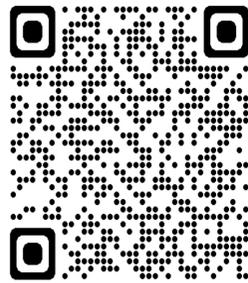


Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



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>



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>

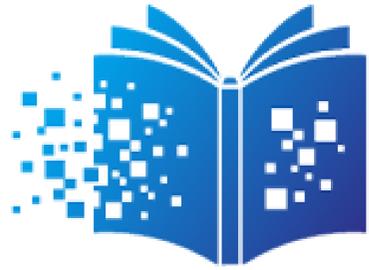


Some unplanned pregnancy services may try to influence your decision. You should never feel pressured or frightened by an unplanned pregnancy service. Staff should always be non-judgemental. For a list of free HSE unplanned pregnancy services visit myoptions.ie or call the helpline on Freephone 1800 828 010. <https://bit.ly/3IaRt90>



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



library_mailbox@clarecoco.ie



<https://twitter.com/clarelibrary>



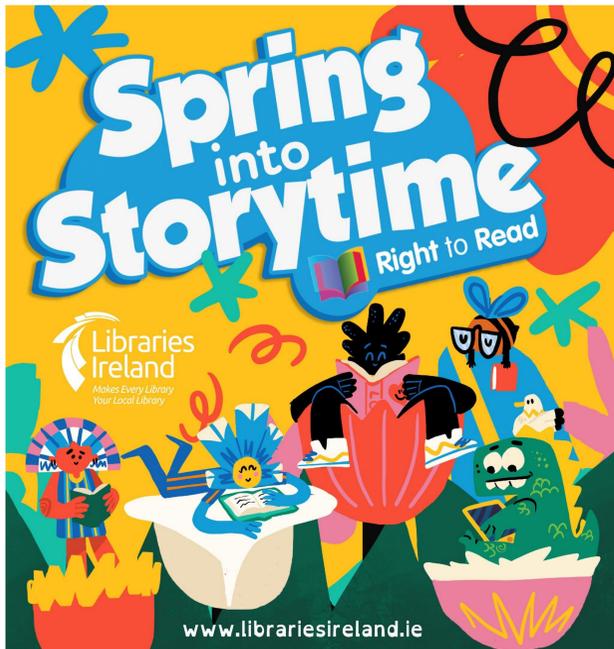
065 6846350



www.facebook.com/clarecountylibrary



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

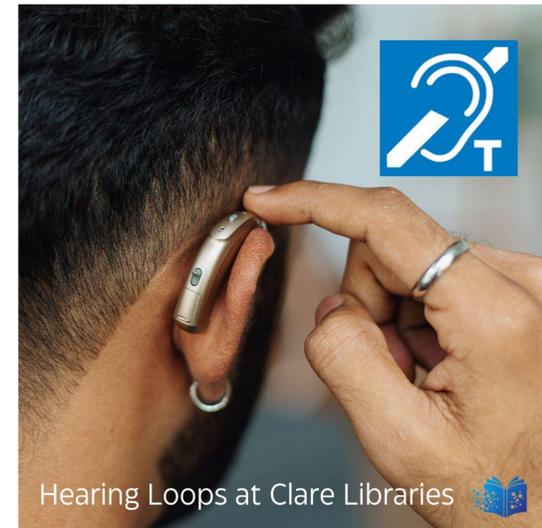
You can browse and search the language courses online or in the Transparent Language app 24 hours a day.

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



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

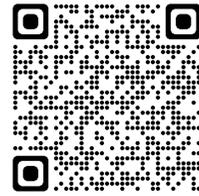
https://clarelibraries.ie/services/hearing-loops/?fbclid=IwAR0mN4NPylp93tXK7bF37CfJXbtsyWZykvcA1DIPyB6Lk5rdfr_i1Tltirc



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=IwAR1PMDu16ud2leITYlvv7TJVvXDw_o4o3GNrCQ_FyiMOWFDOu1KQQzJuhisc



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

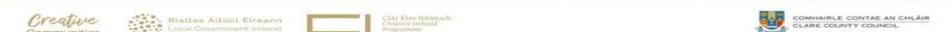
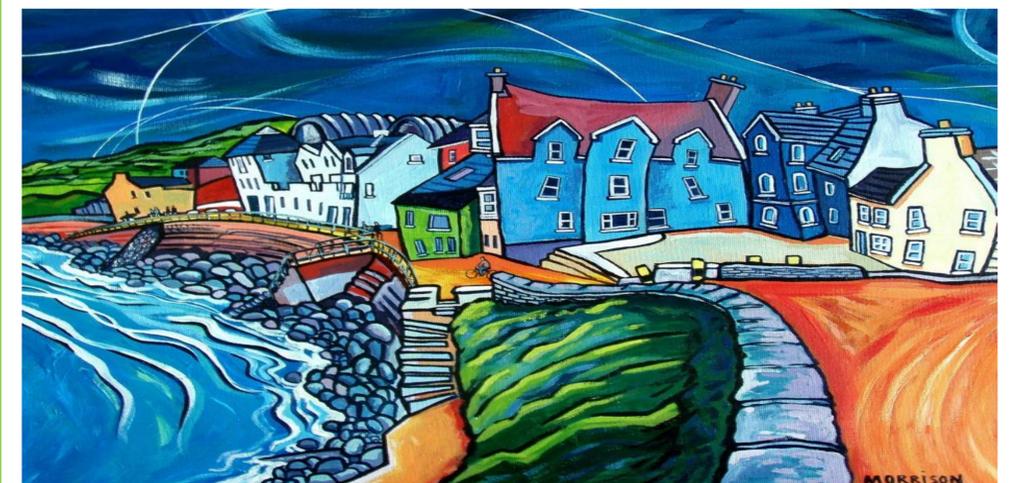
Spot prizes, music and fun on the night

Monies raised will be spent to improve your community

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

parteenresidents@gmail.com / 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 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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parteenresidents@gmail.com / 085 2520650

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.



North West Clare



Family Resource Centre

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



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:

An Roinn Leanaí, Comhionannais, Micheimais, Lánpháiríochta agus Oige
Department of Children, Equality, Disability, Integration and Youth
Made with PosterMyWall.com

Cethal 087 1232489
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	Wellbeing for Mothers and Babies	Joeann
	10.30 - 12.30	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasiia
	4pm - 6pm	Teen Club	Jenny Anastasiia
Tuesday	10.30 - 12.30	Drop-in Service (Parliament Street)	Joeann
	11.30 - 1pm	My Family And Me Programme	Eva
	2.40 - 3.45	Homework Club	Joeann
	4pm - 6pm	Integrated Youth	Deiric, Jenny, Anastasiia
	4.30 - 6pm	Youth Bike Maintenance	Deiric
	7pm - 8pm	Yoga Class	Kaye
Wednesday	7am - 8am	Yoga Class	Kaye
	9am - 4pm	Employability	Jennifer
	10 - 1pm	Textile Crew (Parliament Street)	Joeann
	11 - 12pm	Food Cloud	Joeann
	1pm - 2.30	English Classes "Fáilte isteach"	Jenny, Anastasiia
	2pm - 5pm	Money Advice & Budgeting Service	Barbara
	2.40 - 3.45	Homework Club	Joeann
	4pm - 6pm	Youth: Clare Youth Action	Deiric
	6.45 - 8pm	Irish Class	Deiric
	7pm	Men's Shed	Deiric, Joeann
6.15 - 7.15pm	Fitness Class	Killian	
Thursday	9am - 2pm	Employability	Jennifer
	10 - 1pm	Gardening Course	Joeann
	10.30 - 12.30	Kids Club (Lahinch Leisure Centre)	Jenny, Anastasiia
	2.40 - 3.45	Homework Club	Joeann
	4pm - 6pm	Youth Girls Group	Deiric
6pm - 8pm	Youth Shack Youth Club (Parliament St)	Deiric	
Friday	9.30 - 12.30	Parent & Toddler Group "Cairde Nua"	Joeann
	9am - 5pm	Intreo: Employment and Income Supports	Tommy
	10 - 12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasiia
	11 - 12pm	Breastfeeding Group (every 2nd week)	Joeann
	1.30 - 3pm	Youth: Youth Programs / Drop-in	Deiric
3pm - 4.30	Youth: Soccer (gender mixed)	Deiric	

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

Job Vacancy: Manager for Little Deers Childcare
 Email 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+

Good Vibrations **MOVEMBER FUNDED PROJECT** **age NI**

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

Sheds for Life
 An initiative by Irish Men's Sheds Association

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



GIFT OF LIFE DONOR
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ORGAN DONOR AWARENESS WEEK

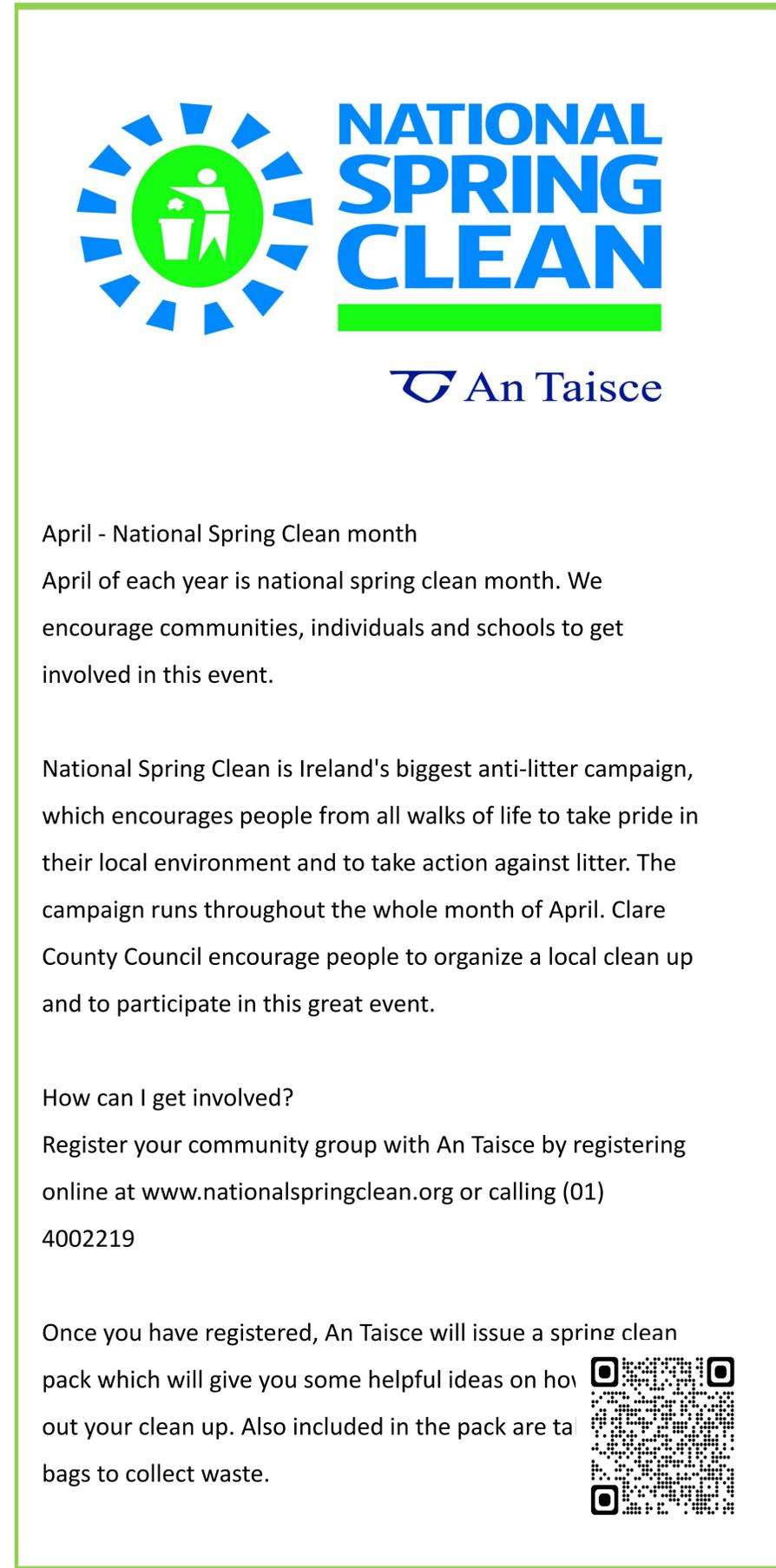
SATURDAY 20th – SATURDAY 27th MAY 2023

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 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 carry out your clean up. Also included in the pack are talking bags to collect waste.



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

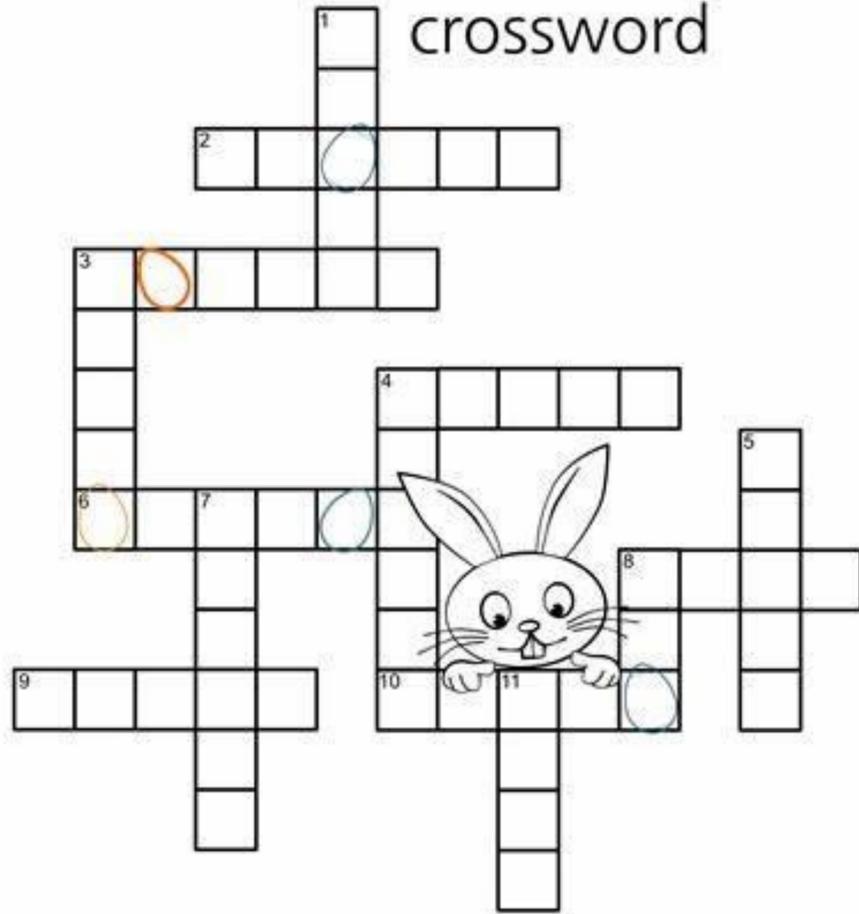
Don't be scared Don't delay Call your GP today

Visit www.hse.ie/cancerearlydetection for more information

Special Days in April

EASTER

crossword



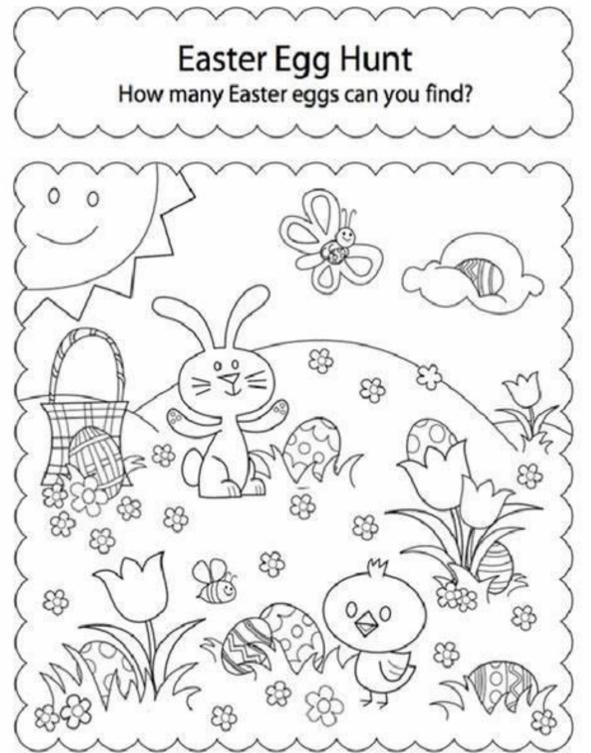
- Down**
- Jesus has _____
 - They rolled away the _____
 - What a rabbit likes to eat
 - A baby rabbit
 - A Bunny may not walk but he can _____
 - The day of the week we celebrate Easter
 - A baby sheep
- Across**
- What you carry to gather eggs
 - The season we celebrate Easter
 - A newly hatched bird
 - The day we celebrate the resurrection of Jesus
 - An Easter Egg _____
 - A tasty treat you may find in Easter eggs
 - A flower that grows from a bulb

sunshineandrainydays.com

Health and Wellbeing

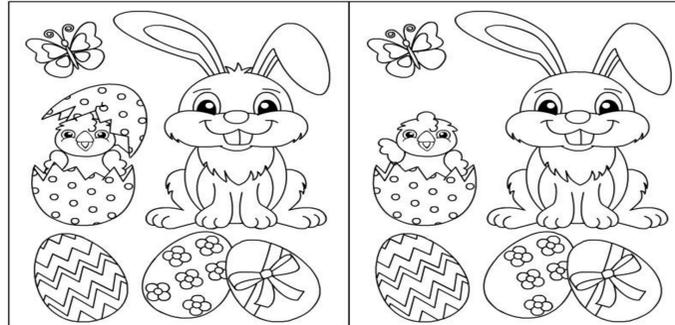
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 ELALNNDNMERNRHTROLY
 GESEIMTCRFEYCNRLGAIIS
 CYCLINGEOYIMSGEASGGN
 SFTLASA OOPYPPNIETGRT
 RLLMESDSOLREPSYHI IOP
 CGYAESABPTPAYTAIPMYG

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

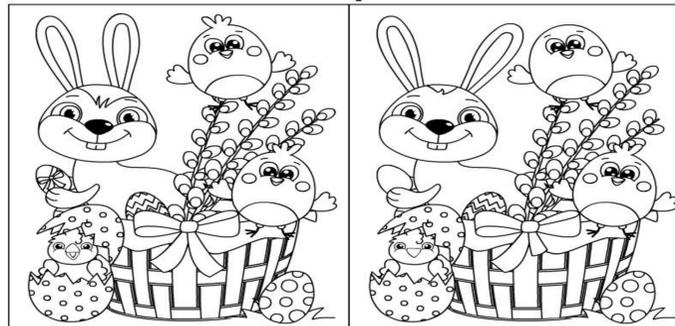


Easter

Spot 5 differences!



Spot 10 differences!



123kidsfun.com

