

Healthy Clare Newsletter

December 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

Clare County Council Free Period Products Campaign as part of the Dept. of Health Period Poverty Initiative.

We are delighted to continue rolling out 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/councils-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>



Dear Readers,

I hope that everyone is safe, well and warm during this cold spell. As we move into the busy Christmas period, Clare County Council's Fire & Rescue Service have provided some safety tips to support us over the Christmas period on page 10, and summarised below.

12 Tips for Christmas.

1. Check your Christmas lights conform to the European Standards.
2. Never place candles near your Christmas tree.
3. Make a fire escape plan.
4. Decorations can burn easily.
5. Never overload electrical sockets.
6. Celebrate Christmas safely.
7. Remember that most fires start in the kitchen.
8. Make sure cigarettes are completely extinguished.
9. Check your smoke alarm every week.
10. Keep lighters and matches out of reach of children.
11. Take the time to check on elderly residents.
12. Have your chimney cleaned once per year.

I hope you all have a very safe and happy Christmas.
Kind regards, Sam



Clare County Council would like to wish you all a safe happy Christmas and peaceful 2026.

Physical Activity





#ActiveClare

Teen Girls Wellness Event

.....

- FABULOUS PRIZES
- GUEST SPEAKERS
- EXPERT TIPS
- NUTRITION W/SHOP

AND MUCH MORE!

Saturday Dec 7th

1pm - 3pm

Treacys West County Hotel, Ennis

Book your place
claresports.ie

€10

#HERMOVES



Get Fit with Active Ennis this Christmas



Find us on Facebook

1 Month Membership
1st - 31st December
Gym & Pool

€50

"Don't forget Gift Vouchers available here makes the perfect gift"




ACTIVE ENNIS LEISURE COMPLEX

BODY BLAST

COST: €7 STANDARD, €3 MEMBER, €5 SENIOR



- All levels welcome
- For further info or to book your place, call in or phone 0656821604.
- This class combines Strength, HIIT and Cardio Exercises into fun activities for a Full Body Workout

MON, WED, & FRI
10 AM - 11AM
SATURDAY
9AM - 10AM

www.activeennis.com

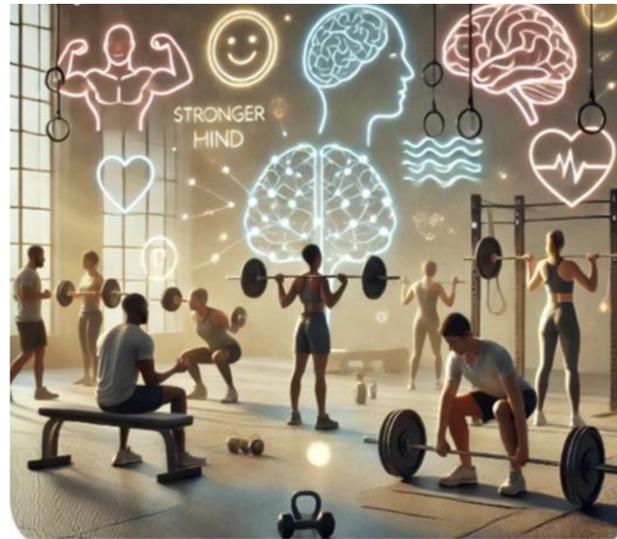


MINDFULNESS WALK

Clare Walks Ltd are organising a guided mindfulness walk on Friday 13th December in Scariff Riverside Park @ 11am - 12pm.
Free and all are welcome.
For bookings, text/WhatsApp 086 358 6293.



Physical Activity



Keep Fit with Jamie from Active Ennis

Benefits of Strength Training for Mental Health

Strength training offers several benefits for mental health. Here are some ways it can positively impact mental well-being:

1. Reduces Symptoms of Depression and Anxiety

Strength training has been shown to lower levels of depression and anxiety, comparable to other forms of exercise. It promotes the release of endorphins, which are natural mood elevators.

Engaging in resistance exercises provides a sense of accomplishment, which can boost self-esteem.

2. Improves Cognitive Function

Regular strength training enhances brain health by improving blood flow and stimulating the production of brain-derived neurotrophic factor (BDNF), which supports neural growth and cognitive function.

It has been linked to better memory, focus, and reduced risk of neurodegenerative diseases like Alzheimer's.

3. Enhances Self-Esteem and Body Image

As strength improves and body composition changes, many people experience a boost in self-confidence and a more positive body image.

Meeting strength goals can provide a sense of mastery and empowerment.

4. Reduces Stress

Strength training helps lower cortisol levels, a hormone associated with stress.

The focus required during lifting sessions can serve as a form of mindfulness, helping to shift attention away from stressors.

5. Promotes Better Sleep

Engaging in regular strength training has been linked to improved sleep quality, which is crucial for mental health. Better sleep helps regulate mood and reduces fatigue.

6. Provides a Sense of Community

Participating in group training sessions or working out with a gym buddy can foster social connections, which are vital for mental well-being.

This sense of belonging can combat loneliness and improve mood.

7. Helps with Resilience and Coping

Overcoming physical challenges in strength training can translate to greater psychological resilience.

It teaches discipline and perseverance, which can help in managing life's challenges.

8. Balances Mood with Hormonal Regulation

Strength training supports hormonal balance, increasing levels of testosterone and growth hormone, which contribute to energy levels and mood stabilization.

In summary, incorporating strength training into your routine can be a powerful tool for improving mental health, offering benefits that extend beyond physical fitness to enhance overall well-being.

Brought to you by Jamie Fitzgibbon (Active Ennis) Msc. Sports Nut)

West Clare Family Resource Center

**OVER 50S
YOGA PROGRAMME**

Beginners community
yoga programme with
Celia O Grady Yoga

West Clare Family
Resource Centre,
Kilrush

Tuesday mornings at
11am

COST: FREE

STARTING TUESDAY DECEMBER 3RD

WEST CLARE FAMILY RESOURCE CENTRE
COMMUNITY SPORTS HUB KILRUSH
Clare Sports Partnership
SPORT IRELAND
hi Healthy Ireland
CLARE O'GRADY HOLISTIC THERAPIES

Mental Health

Grow Mental Health Peer Support



GROW meetings are held in Ennis each week for anyone experiencing mental health issues.

- Venue: Maria Assumpta Halll,
- Mondays from 8pm to 10pm.
- Tuesday 2pm Maria Assumpta Hall, Ennis

Contact Celia on 0861526966 for more information.

Mindfulness Course

Living in the Moment : A Path to Mindfulness

Facilitator

Fergus Barrett

7th December 2024

9.30am - 2pm

Mullagh Sports Field

€10

087 6471671



Supporting an Anxious Child or Teen

Digital Mental Health and Wellbeing Programmes Information for Professionals



In our interactions with young people and families, we often hear of the challenges brought on by the psychological distress associated with anxiety and difficulties around mental and emotional wellbeing. While anxiety is a normal human response to danger or threat, it becomes an issue when it is more severe than it should be relative to the situation, lasts longer than it should, or influences the way we function in our daily lives.

Childline by ISPCC offers FREE online anxiety management programmes, created by SilverCloud, a leading digital mental health provider, that are based on the principles of Cognitive Behavioural Therapy (CBT), incorporate mindfulness practices and are specifically designed to help manage anxiety. The programmes, one aimed at 15 – 18-year old young people and two aimed at parents/carers of 5 – 18-year-old children, include interactive tools, activities, mood monitors and journals to encourage users to apply CBT to their own lives and aim to empower participants to think and feel better. Throughout the duration of the early intervention, 12-week programme, users will be guided by fully trained ISPCC volunteers who provide confidential support. For more details, email spacefromanxiety@ispcc.ie or check out our website: <https://www.ispcc.ie/>

Peer-Led Wellness Cafe

When: Monday
between 10:30am-
12pm (except closed
public holidays).

Where: Glór

Purpose: Drop in and
get yourself a cuppa and
sit for a chat.



Wellness Café Peer Development Model

"Something for us, with us"

Drop in Café to promote and support positive mental wellbeing. Connect in a safe and supportive environment with friendly people who put the WE in Wellness.

Mondays 10:30am - 12pm (except public holidays closed) Meet in glór café Causeway Link, Ennis V95 VHP0



Queries contact Text/Call/WhatsApp:
Rosemary 087 6560854

MidWest Lead Mental Health Engagement



Eating Well

GET WILD THIS CHRISTMAS



Come along and get some great ideas for creating "wild" and wonderful treats this Christmas, such as wild garlic & seaweed salt scones, herb and daisy butter and cranberry sauce with a twist.



Thursday 5th December
11:30am - 1:30pm
Quin Community Centre

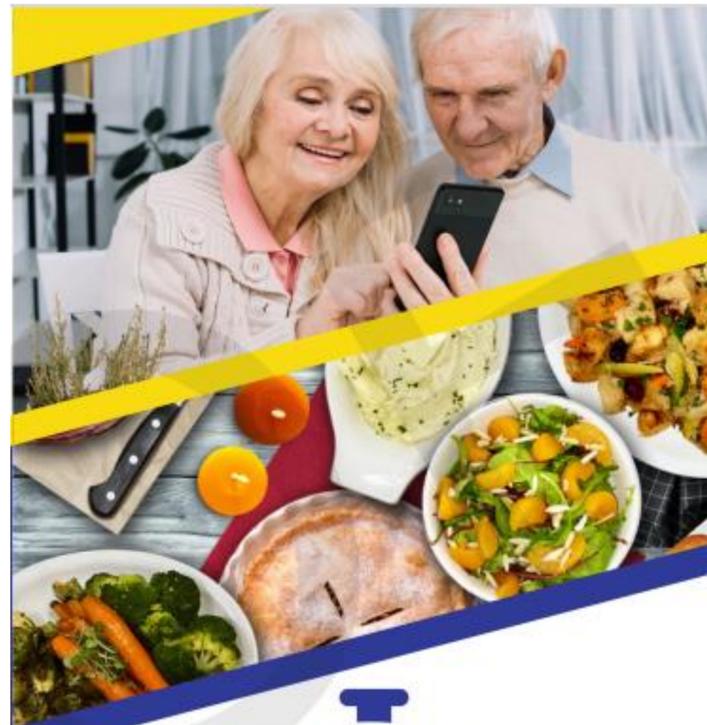
Admission FREE



Booking Essential.
To book your place, text or
Whatsapp: 086 358 6293



Meals on Wheels Service



MEALS ON WHEELS

SCAN QR CODE & ORDER



BAIR
Meals on Wheels Service

- Meals on wheels service is now in Kilrush, Inagh, Kilfenora and Tulla as well as all our original routes.
- Seeking volunteer drivers and co pilots for these new places
- Service is running everyday over christmas except Christmas day



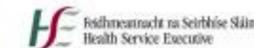
Contact:
www.obair.org

Call us:
086 785 1620 or (061) 368030

Email:
mealsonwheels@obair.org

Address:

Obair Office
Ennis Road,
Newmarket on Fergus,
Co. Clare,
V95 X0NY



Tobacco Free, Reducing Drugs & Alcohol Related Harm



Mid West Community Addiction Studies Course January 2025

The next Community Addiction Studies Course which will be starting in Ennis, Co Clare on 22nd January 2025.

The course is an evening course and is free of charge, and of interest to anyone who has a personal, professional, volunteering interest in this topic.

The Mid West Regional Drugs and Alcohol Forum is partnering with Limerick and Clare Education and Training Board on this course. For more details contact Rionach Power, MWRDAF at rpower@mwrdf.ie or visit www.fetchcourses.ie for more information.



The image shows a podcast cover for 'Talking Health & Wellbeing'. The cover is dark green with white and yellow text. At the top left, it says '1:00:03' and 'HSE'. The main title is 'TALKING HEALTH & WELLBEING'. Below that, it says '#3 Tobacco Free Ireland with Sarah Halpin, Dr. Paul Kavanagh & Noreen Turley'. On the right side, there is a photograph of three people sitting around a table in a recording studio, with a play button icon overlaid on the photo. At the bottom, it says 'Episode 3 of the HSE Talking Health and Wellbeing Podcast: Tobacco Free Ireland'.

<https://www.bing.com/videos/riverview/relatedvideo?q=HSE+Talking+Health+and+Wellbeing+Episode+3&mid=1AB9BC889F2DDEAD32911AB9BC889F2DDEAD3291&FORM=VIRE>



The aim of the 'Not Around Us' Campaign is to work "Towards a Tobacco and Vape Free Clare".

The purpose of the Not Around Us campaign is to:

1. Help **Protect** children and young people from secondhand smoke
2. Contribute to the **Denormalisation** of smoking for children and young people
3. **Reduce Environmental Nuisance**, the cost of cleaning and damage that discarded tobacco products create
4. **Signpost** to the [HSE Quit services](#)
5. **Raise Awareness** and **Support** amongst all stakeholders in Clare on tobacco/vape free Ireland and everyone playing a part in supporting it

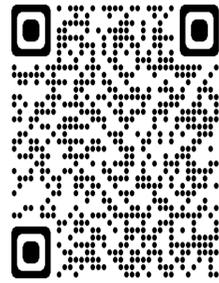
If your organisation is interested in participating in the campaign, please link with Samantha McCarthy, Healthy Clare Coordinator via email at healthyclare@clarecoco.ie.

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



LGBTI+ COFFEE MEETUP

14 December
11 am

If you are interested in joining or have any questions please contact

communitydev@goshh.ie
or text 086 458 8680



JOIN US FOR HIV INFORMATION DAY

DECEMBER 2, 2024

TIME
11:00AM - 13:00PM

Redwood Place 18
Davis Street
Limerick

EVENT HIGHLIGHT

- Free, Confidential HIV Testing
- Educational Talks

MORE INFO:

061 314354

info@goshh.ie

ftclimerick@gmail.com



THIS PROJECT IS SUPPORTED BY THE DEPARTMENT OF JUSTICE
An Roinn Dlí agus Cúir
Department of Justice

Doras GOSH

LGBTI+ MIGRANTS WINTER GATHERING

FRIDAY 13 DECEMBER 7 PM

TRANSPORT CAN BE ARRANGED. CONTACT US!

A welcoming, safe, and social space for LGBTI+ people (18+) with diverse experiences, backgrounds, and journeys to the Mid-West of Ireland

BEVERAGES AND SNACKS INCLUDED

MORE INFO: COMMUNITYDEV@GOSHH.IE OR 086 458 8680

world AIDS DAY
01 DECEMBER 2024

LGBTI-MEDIA RECOMMENDATIONS

BISexual VISIBILITY

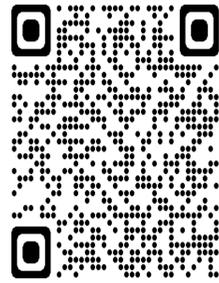
<p>BOOK</p>	<p>MOVIE</p>	<p>TV SHOW</p>
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Sexual Health: Training



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Working safely and effectively in sexual health promotion – Considerations for policy development. 10th December 2024, Limerick



The aim of this training is to give professionals the knowledge and tools to ensure that they are working safely and effectively in sexual health promotion. Sexual health promotion encompasses a range of topics within the broad area of sexuality wellbeing, which is to do with the healthy understanding and expression of all aspects of a person as a sexual being. This includes but is not limited to relationships, sexual activity, gender, gender identity and sexual orientation.

By the end of the training, in relation sexual health promotion/sexuality wellbeing participants will have:

- Increased awareness of what needs to be considered to work safely and effectively,
- Increased awareness of the rationale and benefits for policy/guidelines development,
- Identified the proactive and reactive aspects of their work;
- An awareness of relevant legislation in relation to sexual health promotion,
- An understanding of the process required in planning to develop policy/guidelines.

Closing date for receipt of applications is next Tuesday December 3rd. Contact: MaireadA.Kelly@hse.ie

Foundation Programme in Sexual Health Promotion (FPSHP): 2025 Training



This revised comprehensive six-day foundation training programme 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. In the Mid-West it is delivered by HSE Health Promotion and Improvement, HSE Health and Wellbeing in partnership with GOSHH (Gender Orientation Sexual Health HIV).

The aim of the Foundation Programme in Sexual Health Promotion (FPSHP) is:
- To enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health.

Application process:

As places are limited on each course there is a two-step application process.

- Step 1: Application Form (which requires a signature from your manager)
- Step 2: Telephone interview .

Certification

This course is certified by HSE Health and Wellbeing.

Course location:

The 6 day course is due to be delivered in Limerick City, venue to be confirmed.

Contact: MaireadA.Kelly@hse.ie

Other Health & Wellbeing News



West Clare Family Resource Centre
Activities for over 55s



NUTRITION TALK + COOKING DEMO
for Over 55's
Grainne Travers Nutritionist

Cooking for 1 or 2,
Nutrition needs as we age,
Cooking Demo, Handouts
Take Home Samples

Mon 9th Dec 10.30am - 1pm
In Glebe House, Grace Street, Kilrush. V15DT67

BOOKING ESSENTIAL
Phone 0659052173 to book your place

West Clare Family Resource Centre O'Gorman St., Kilrush Co.Clare
065 905 2173

This event was made possible thanks to the support of the Clare County Council through the Healthy Clare Micro Fund

Well-Being Coaching Workshop



with Geraldine Lyons
Making little changes that lead to big differences
Mon 16th Dec
10.00am - 12.00pm
In Kilrush Community Centre

West Clare Family Resource Centre
for bookings and enquiries, please contact us on 065 905 2173
O'Gorman St., Kilrush Co.Clare

This event was made possible thanks to the support of the Clare County Council through the Healthy Clare Micro Fund

Healthy Eating Tips with Jamie Fitzgibbon

Tips for Maintaining a balanced diet

Maintaining a balanced diet is key to overall health and well-being.

1. Follow the Plate Method

Fill half your plate with vegetables and fruits. Reserve one-quarter for lean protein sources (chicken, fish, beans, tofu). Use the final quarter for carbohydrates (brown rice, quinoa, whole-grain bread).

2. Incorporate All Food Groups

Proteins: Choose lean meats, eggs, beans, and nuts. Carbohydrates: Opt for whole grains, fibrous carbs and limit refined carbs. Fats: Include healthy fats like olive oil, avocados, and nuts. Vitamins and Minerals: Ensure variety with colourful fruits and vegetables.

3. Portion Control

Use smaller plates to help with portion sizes. Avoid eating directly from large packages to prevent overeating.

4. Stay Hydrated

Drink plenty of water throughout the day. Limit sugary beverages and high-calorie drinks.

5. Limit Processed Foods

Reduce intake of high-sugar, high-salt, and high-fat processed foods. Opt for fresh, whole foods whenever possible.

6. Read Food Labels

Check for added sugars, unhealthy fats, and high sodium in packaged foods. Look for foods high in fibre and nutrients.

7. Plan Your Meals

Prepare meals at home to control ingredients and portion sizes. Batch-cook and meal-prep to avoid relying on fast food.

8. Practice Mindful Eating

Eat slowly to enjoy your meal and recognize when you're full. Avoid distractions like TV or phones during meals.

9. Snack Smart

Choose nutrient-dense snacks like nuts, yogurt, or fruit. Avoid junk food and sugary treats.

Bonus: Regularly Adjust!!!

Reassess your diet as your lifestyle and nutritional needs change. Consult a nutritionist or dietitian if you need personalized advice. *Brought to you by Jamie Fitzgibbon (Active Ennis) Msc. Sports Nut*



Other Health & Wellbeing News



Clare County Fire and Rescue Service "The 12 tips for Christmas"

The 1st tip for Christmas: *Check your Christmas tree lights conform to the European Standards.*

The 2nd tip for Christmas: *Never place candles near your Christmas Tree, Cards, Decorations or Furnishings.*

The 3rd tip for Christmas: *Ensure guests staying for the festive period know what to do in an emergency. Make a fire escape plan.*

The 4th tip for Christmas: *Decorations can burn easily - don't attach them to lights, heaters, candles or place around a fireplace.*

The 5th tip for Christmas: *Never overload electrical sockets, switch Christmas lights off and unplug them before you go to bed.*

The 6th tip for Christmas: *Celebrate Christmas safely. The risk of accidents, especially in the kitchen, is greater after alcohol.*

The 7th tip for Christmas: *Most fires start in the kitchen - never leave a cooker unattended.*

The 8th tip for Christmas: *Make sure cigarettes are completely extinguished before going to bed.*

The 9th tip for Christmas: *Test your smoke alarm every week and use Christmas as a reminder to clean it and remove dust.*

The 10th tip for Christmas: *Keep, lighters and matches out of the reach of children. Never leave burning candles unattended.*

The 11th tip for Christmas: *Take the time to check on elderly relatives and neighbors this Christmas, make sure they are fire safe.*

The 12th tip for Christmas: *Have your chimney cleaned once a year.*

Have a safe and relaxing festive season, full of joy and happiness.

Happy Christmas from all at Clare County Fire and Rescue Service



West Clare Mid-Winter Support Day

Kilballyowen Development Association in collaboration with Clare County Council and Clare Age Friendly are hosting a Mid Winter Support Day to showcase the supports and services available for older people living in West Clare.

Date: Monday, 9th December 2024

Location: Digital Hub, Cross, Kilrush, Co. Clare V15 TW83

Time: 11:00pm to 3:00pm

- * **Property marking service available at this site provided by Clare County Council**
- * **Guest Speakers**



List of stall holders:

- * Alzheimer Society of Ireland
- * West Clare Family Resource Centre
- * Task Community Care
- * Healthy Age Friendly Homes
- * Croí
- * Diabetes Ireland
- * Teagasc
- * Healthy Clare
- * Chime

Presentations from:

- * Healthy Age Friendly Homes
- * Revenue

Also attending on the day:

- * An Garda Síochána
- * Clare County Council—Property Marking Service



Other Health & Wellbeing News

ONLY ON BORROWBOX
ALL FORMATS, ONE APP.



Borrow free eBooks, eAudiobooks, eMagazines and eNewspapers for free using the BorrowBox app.

Free access with your library membership. Just download the app, log in with your library card details and start to browse, borrow and read.



Clare Library Services

HOME ENERGY SAVING KIT



The aim of the Home Energy Saving Kit is to help householders to make sense of the energy they use every day.

These kits contain five practical energy-saving tools so that you can carry out a mini energy audit of your home and find the easiest and most important areas to save energy.



Fridge/ Freezer Thermometer

Measures the temperature of your fridge and freezer so that you can adjust if not at the right setting.



Thermal Leak Detector

Detects energy leaks in your home by showing you the temperature differences with a coloured LED light. This helps to spot thermal air leaks and identify areas for additional insulation and/or draught proofing.



Temperature & Humidity Meter

To identify both the temperature as well as the humidity levels in the home.



Plug-In Energy Monitor

To understand how much energy the applications in the home use and help calculate their running costs.



Radiator Key

To bleed radiators and release any trapped air so that your radiators run more efficiently.



MANUAL for the Home Energy Saving Kit

The MANUAL provides very simple and visual instructions on how to use each tool in the kit.

FREE to borrow from your local library.

Scan the QR Code for more details.



www.clarelibraries.ie



Events — Clare Libraries

Visit:

<https://clarelibraries.ie/events/>
to see a full list of events happening throughout the county.



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

Family Time at Your Library

Right to Read



Free family events and activities take place in all libraries during the month of December to support the involvement of the whole family in children's reading.

Scan the QR Code to find out what events will be happening at a library near you.



My Little Library Bag

We are delighted to advise that the My Little Library Bag initiative for children who started school in September 2024 has been extended until January 2025.

The Little Library Bag is available in Irish or English and includes:

- A book to help children navigate starting school.
- A wallet
- Their first library card.

To join the library, parents/guardians will need to:

1. Sign a consent form, and
2. Present valid ID.

You can pick up a My Little Library Bag at your local library.

Library membership is free for everyone.



There's a Little Library Bag for every child!
Pick up their **FREE** Little Library Book Bag at your local library



Other Health & Wellbeing News



Free admission to County Clare Residents 01/12/24 – 05/01/25

All residents of County Clare are being offered complimentary admission to the Cliffs of Moher Experience as part of the world-famous attractions Christmas offering for the month of December. Our team will also be hosting fundraisers for community-based charities throughout the month. Keep an eye on the Cliffs of Moher Experience social media channels for more details!

If you are a County Clare resident and would like to avail of your free admission, book online using the promo code: 'CLARE24'

CTA: Book Now ----- Link: www.cliffsofmoher.ie

A Guide to Christmas and New Year Events and Gifts in Clare for 2024

Your key to festive fun events across Clare, packed with everything happening this season!

- Chance to win a family breakfast with Santa at Bunratty Castle on Friday morning, December 20th!
- Chance to win a family membership for 2025 to the Vandeleur Walled Garden & Visitor Centre!
- Make this Christmas unforgettable with Clare's Christmas Crackers 2024!

For more, see:

www.VisitClare.ie/Christmas >

TUESDAY 10TH OF DECEMBER FROM 10AM TO 2.00PM

You are invited to host an information stand at the

WOMENS WELLNESS EVENT

WEST CLARE WOMENS SHED

RSVP: clairef@mentalhealthireland.ie or 085 8768522

information Sharing and Demonstrations

Limerick and Clare Education and Training Board (LCETB), announced that the Adult Literacy for Life (ALL) fund will be opening in December 2025 and closing in January 2025. This funding stream aims to foster partnerships between organisations, prioritising initiatives for adults that enhance literacy, numeracy, digital, health, environmental and financial literacy across communities.

For those interested in learning more contact Tom and he will provide a brief overview of the fund and address questions.

087 056 4369

tom.kent@lcetb.ie

Adult Literacy for Life National Framework Strategy

Other Health & Wellbeing News

Age-Friendly University

Event Schedule

Event Schedule Times

12.30 - 12.35  **WELCOME**
Dr Marie Connolly
Director Human Rights - Equality, Diversity & Inclusion, University of Limerick

12.35 - 12.40  **OFFICIAL LAUNCH OPENING**
Professor Shane Kilcommins
Provost and Acting President, University of Limerick

12.40 - 12.55  **ONLINE GUEST SPEAKER**
Mrs Alix McDonald
Head of the Centre for Lifelong Learning, University of Strathclyde. Talk title: *'The Age-Friendly University: reflections and opportunities'*.

12.55 - 13.10  **GUEST SPEAKER**
Dr Christine O'Kelly
Age-Friendly University Coordinator, Dublin City University. Talk title: *'The Intersectionality of Age-Friendly Universities: Advancing Equality, Diversity, and Inclusion'*.

13.10 - 13.55  **KEYNOTE SPEAKER**
Rose Anne Kenny
Regius Professor of Physic, Professor of Medical Gerontology Trinity College Dublin. Director of the Mercer's Institute for Successful Ageing (MISA) St James's Hospital Dublin. Talk title: *'Research Opportunities for Ageing Demographics'*.

13.55 - 14.00  **CONFERENCE CLOSE**
Professor Rose Galvin
Co-chair of the Age-Friendly University Committee, UL

**The School of Medicine
Lecture Theatre
GEMS0-016**
Main floor of SOM (front entrance)

**Friday 6th December
12 noon – 2pm**

 **UNIVERSITY OF LIMERICK**
OLLSCOIL LUIMNIGH








Clare Leader Forum cordially invites you to

From margins to leadership A future for disability justice

Temple Gate Hotel
Ennis, Co. Clare, V95 HOXK5

Join us as we chart a course towards justice equality and community

“Human rights are inscribed in the hearts of people they were long before lawmakers drafted their first proclamation”
Mary Robinson

**THURSDAY 5TH DECEMBER 2024
11AM TO 2PM**

RSVP By 28th November 2024 to
clareleaderforum@gmail.com

Our expert are: John Lonergan, retired governor Mount Joy.
Dr. Rosaleen McDonough, award winning playwright and activist.
Derval McDonagh and Self-Advocate Inclusion Ireland. Alison Curtain, Project Leader Bedford Row Family Project
Ann Marie Flanagan, activist and editor of “we are Human Too”









The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) programme 2021-2027.

Other Health & Wellbeing News



Improve your health & well-being with the West Clare FRC

MON 2 DEC 9.30 AM - 12	NUTRITION TALK & COOKING DEMO FOR FAMILIES WITH GRAINNE TRAVERS, NUTRITIONIST GLEBE HOUSE, GRACE STREET, KILRUSH	BOOKING ESSENTIAL
MON 9 DEC 10.30 AM - 1 PM	NUTRITION TALK & COOKING DEMO FOR OVER 55'S WITH GRAINNE TRAVERS GLEBE HOUSE, GRACE STREET, KILRUSH	BOOKING ESSENTIAL
MON 16 DEC 10 AM- 12 NOON	WELL-BEING COACHING WORKSHOP WITH GERALDINE LYONS, KILRUSH COMMUNITY CENTRE	

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

These events were made possible thanks to the support of the Clare County Council through the Healthy Clare Micro Fund



Healthy Whitegate '24

What's Happening In December?

Tuesday 8pm	Gaa Astro	Kettlebells for men	18+ All Welcome
Wednesday 7.30pm	Pitch Walkway	Walk & Talk	All Welcome
Saturday 8am	Pitch Walkway	Walk & Talk	All Welcome
Saturday 8am	GAA Clubhouse	Fitness Pilates	Booked Out




North West Clare Family Resource Centre

What's on in December 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 4pm-6pm 7pm-8pm	Baby Massage Teen Club Irish Class	Jenny Anastasiia Kate	● ●
Tuesday	10am-12pm 10.30 - 12.30 2.40-3.45 4pm-6pm 7pm-8pm	Kids Club (Lisdoonvarna) Drop-in Service (Parliament Street) Homework Club Teen Club (Master Chef) Yoga Class	Anastasiia Jenny Jane, Joeann Anastasiia, Jenny Kaye	● ● ● ●
Wednesday	7am-8am 9am - 4pm 10am - 1pm 11am - 12pm 1pm-2.30 2.40-3.45 2pm - 5pm 4pm-6pm 7pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud English Classes "Fáilte isteach" Homework Club Money Advice & Budgeting Service Traveller Teen Girls Group Men's Shed	Kaye Jennifer Jenny Joeann, Barbara Jenny, Anastasiia Jane Barbara Emma Jenny	● ● ● ● ● ● ● ●
Thursday	9am - 2pm 10am-1pm 10.30 - 12.30 2.40-3.45 4pm-6pm 6pm-8pm 6pm - 7pm	Employability Sewing Course Kids Club (Lahinch Leisure Centre) Homework Club Youth Club Leaders Group Youth Club Ukrainian Language Classes	Jennifer Jenny Anastasiia Jane, Joeann Emma Emma Anastasiia	● ● ● ● ● ●
Friday	9am - 5pm 9.30-12.30 10am - 12pm 11am - 1pm 1.20pm-3pm 3pm-4pm	Intreo: Employment and Income Supports Parent & Toddler Group Kids Club (The Pavilion, Lisdoonvarna) Breastfeeding Group (every 2nd week) Teen Drop-in Youth: Soccer	Tommy Jenny Anastasiia Jenny Emma Emma	● ● ● ● ●

We also offer:

- Childcare (Little Deers)
- General Counselling & Play Therapy

December 5th is INTERNATIONAL VOLUNTEER DAY

Thank you!

Thank you to all our volunteers!

Other Health & Wellbeing News

What's On December 2024



Free Online Mental Health & Wellbeing Workshops
For anyone aged 18+ with an interest in mental health

TUES 3 Creativity For Wellbeing

🕒 2pm - 4pm

In this workshop, we will discuss how we can each tap into our creativity to enhance our daily lives and improve our wellbeing. We will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.

THURS 5 My Mental Health - Finding Meaning

🕒 10am - 12pm

In this workshop, we will explore what meaning is in relation to mental health. We will discuss how we can find meaning in our own lives. We will identify some of the possible challenges in finding meaning and discuss how we can overcome these challenges.

TUES 10 Journaling For Wellbeing

🕒 2pm - 4pm

In this workshop, we will explore how journaling can support our wellbeing and mental health. We will explore different ways to journal and learn tips and techniques to keep you motivated. Also we will get started with simple journaling prompts.

TUES 17 Let's Talk Resilience At Christmas

🕒 2pm - 4pm

In this workshop we will discuss our understanding of resilience and why it is important for our mental health and wellbeing. We will explore personal tools and strategies that can help to develop and support our resilience at Christmas and in to the New Year.



WEDS 18 My Mental Health - Staying Connected

🕒 10am - 12pm

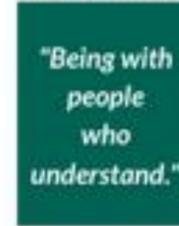
In this workshop, we will explore what connections means in relation to mental health. We will discuss how connection can support our mental health and wellbeing. We will identify the challenges to staying connected and discuss how we can overcome these challenges.



"I loved it all, the ideas from the groups, the co-production, the facilitators."



"It was inclusive, fun with clear expectations."



All of our workshops are **free** to attend.

Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.

BOOK NOW ON EVENTBRITE
<https://midwestaries.eventbrite.ie>

For More Information Contact:
Cillian Keane | Cillian.Keane@hse.ie



Special Days in December

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ___ to the world!



MERRY CHRISTMAS

K F A M I L Y T R N K B J L H
 Y M U T J C O R B S X G O J H
 Y U P L R C A R O L S I Y I F
 Y C M R R E Q N W E E V E N N
 L H F E E P E H D N D I J G O
 S R B T D S C S S Y W N G L R
 Y I Q M T Y E R C M C G S E T
 U S T O C K I N G S J A E I H
 U T L I G H T S T G S D N W P
 L M F L I O V S M S N J S E O
 K A V F X B I Z G I I G D T L
 B S R E B Z S L E I G H X C E
 F K Y O L Q H R N S N O W R U
 X N L R J F Z C D N D E X X V
 H S T A R W S A N T A T L V M

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

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