

Healthy Clare Newsletter

June 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

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/council-community-engagement/free-period-products-campaign)

If you would like to give feedback on the campaign please visit:

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



Dear readers,

It has been another inspirational month here in Healthy Clare. We have been busy highlighting important work through our Health and Wellbeing page in the Clare Echo. This month we reflected on many national and international days such as World No Tobacco Day, Cancer Survivors Week, World No Drugs Day and Mens Health Awareness Week. Each week provided us with an opportunity to speak with amazing services in Co. Clare who are doing wonderful work to support these issues. Slainte An Chlair spoke of their work, we highlighted the importance of the HSE Sun Smart Campaign for cancer prevention. The Mid West Regional Drugs and Alcohol Forum spoke of the importance of drug education programmes and support services in the region and finally James from West Clare Mental Health told the Clare Echo of the many services that are offered to individuals experiencing difficulties. Among these services includes the weekly Woodlands for Health walks. I got to meet with Ennis Mens Shed members as they finalised planting of the beautiful sensory garden beside the Dementia Holly Unit at St. Josephs Hospital. Tim Forde joined Kelly, Mary and I, as Active Ennis became a Tobacco Free campus. Carmel Cronin and I travelled to East Clare Co-op where Jordan and Brian welcomed us into their garden and kitchen as the grow and cook food for their community café. We now turn to the task of going through the applications that were submitted under the Healthy Clare Micro Fund for 2024. Even more reasons to feel inspired. Keep safe everyone, Sam



Kelly Slattery (Clare County Council Age Friendly Coordinator), Tim Forde (General Manager of Sport & Recreation Clare County Council), Mary McMahon (Senior Health Promotion & Improvement officer, HSE Mid-West) and Samantha McCarthy (Clare County Council Healthy Clare Coordinator)

Physical Activity



July
15th

TEEN LEARN TO SWIM LESSONS EVERY DAY AT 16:00 AGE 10-16

For children between the ages of 10 & 16 who are looking to learn to swim. Classes will be fun and engaging delivered by experienced teachers and will be tailored to individual abilities

€75



PROGRAM FEATURES:

- ✓ Small Group - 40 mins
- ✓ Progressive curriculum
- ✓ Safety-focused

CALL TO REGISTER TODAY

061 361 841 | www.shannonleisurecentre.ie



Senior Chair Exercise Classes



Let's dance and stay healthy!

5 euro per class

Reduce joint stiffness Improve mobility

Join our weekly class every Thursday at
11-12 noon

At Shannon Family Resource Centre.
To book your place call 061-707-600

www.shannonfrc.com



Open Water Swim Programmes 2024

Starting in the following locations for six-weeks

- Whitestrand Miltown 9th July @6.30pm
- Kilkee Beach. Monday 15th, July @6.30pm
- Cappa Kilrush, Tuesday 16th, July @6.30pm
- Whitestrand Doonbeg, Wednesday 17th, July @6.30pm

€50

One session weekly
All sessions are 45 minutes
You must be able to swim 50 metres consecutively to enter
Wetsuits are mandatory
A swimming buoy will be used
Over 18's only

Contact Pat@claresports.ie for more details

Clare Sports Partnership are delighted to launch our Open water Swimming Programme for 2024 with our partners Water Safety Ireland - Clare
Four locations, six-week programme, 45-minute sessions
Experience the thrill of open water swimming in the Ocean

For full details and to register please visit

<https://claresports.ie/open-water-swimming-2024/>



Clare Sports partnership were recently involved in Scoil Chríost Rí Ennis kayaking regatta - <https://claresports.ie/kayak-le-cheile-regatta/>

They also have their inclusive camps coming up this summer - <https://claresports.ie/inclusive-camps-2024/>

Her Moves Initiatives - Coming soon! Clare Sports Partnership, in conjunction with the Sport Ireland #HERMOVES initiative, will be offering a range of cool, fun and active programmes specifically aimed at teen girls! Keep an eye on their social media for brand new upcoming programmes!



Summer Camps,
Activities and Swimming
Lessons at Shannon
Leisure Centre. 🥰

- ◆ Fun n Games Camp
- ◆ Girl Power Camp
- ◆ Fit Kids Camp
- ◆ Intensive Swimming Lessons
- ◆ Water Safety Week

For more details check out our website

www.shannonleisurecentre.ie

Mental Health



Grow Mental Health's 'Go Yellow' event will take place later this month

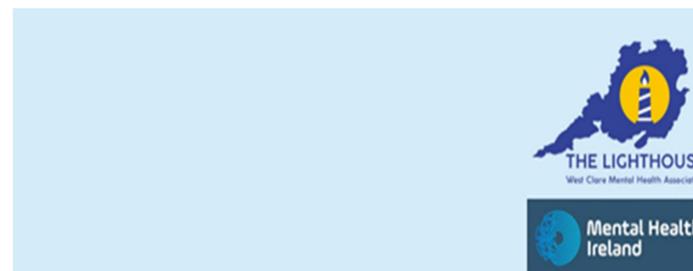
To shed some light on Grow Mental Health, as well as outlining the reason behind Go Yellow, Alan Morrissey was joined by Celia Brett, Integrated Professional Counsellor and Psychotherapist Specialising in Addiction and Midwest Area Coordinator with Grow Mental Health.

You can listen to the full interview below

<https://www.clare.fm/podcasts/morningfocus/grow-mental-healths-go-yellow-event-take-place-month/>



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



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

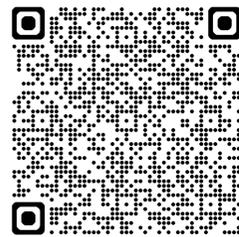
Email: westclaremha@mentalhealthireland.ie

Or Call 085 8559511/065 9062329



Suicide Prevention in the Community

Connecting, Communicating, Caring



The HSE have produced a practical guide for Suicide Prevention in the Community. To access a copy please contact www.hse.ie/eng/services/list/4/mental-healthservices/connecting-for-life/publications/suicideprevention-in-the-community.pdf

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
Or Text 085 8559511



Reconnecting is Good for our Health

Loneliness is bad for our health. Building social connections is one key thing we can all do to improve our physical and mental wellbeing.

Find out more at

<https://www.gov.ie/en/campaigns/6c10f-social-connections/>

Eating Well



Children see around 1,000 ads for unhealthy food every year and can identify unhealthy food brands before they can say their ABCs, Safefood's Director of Nutrition Dr Aileen McGloin has said.

Watch RTE News coverage about our new campaign to build a healthier food environment and protect children's health. The aim is to make people aware of how unhealthy food surrounds us and to ask is this how it should be?

<https://www.rte.ie/.../2024/0617/1455112-food-obesity/>

BODYWHYS
The Eating Disorders Association of Ireland

New Group

Binge Eating Disorder Virtual Support Group (18+)

Monday 22nd July at 7.30pm

We are pleased to announce our new dedicated virtual support group for those living with Binge Eating Disorder. This group will take place in a virtual capacity, over Zoom video call.

Spaces are limited.
Email Niamh on: info@bodywhys.ie to save your space

Did you know that you can request a physical copy of our free resources?

Including and not limited to:

- ▶ Eating Disorders - A Guide for Families
- ▶ Eating Disorders - Speaking to your Doctor
- ▶ Eating Disorders - A Treatment Guide
- ▶ Binge Eating: Breaking the Cycle. A self-help guide towards recovery.

Leaflets and posters also available on various topics.

Email Niamh on: info@bodywhys.ie for more information

BODYWHYS
The Eating Disorders Association of Ireland

Eating Disorder Support Free Resources Available

Did you know that you can request a physical copy of our free resources?

Email Niamh on: info@bodywhys.ie for more information.

EATING DISORDERS
A Guide for Families
Supporting, coping, understanding treatment and recovery

EATING DISORDERS
Speaking to your GP
A guidance document for visiting Practitioner (GP) for supporting to discuss during this visit.



<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>



The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. Check out Safefood 101 square meals recipe book which provides recipes for easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

<https://bit.ly/4bGOKRx>

Did you know, food poisoning bacteria can survive on smart devices for over 24 hours

Read more at [safefood.net](https://www.safefood.net)

Use your phone when cooking 🤖

One in 3 of us don't wash our hands after touching raw chicken and before touching a smart device, our research found. It also found that food poisoning bacteria survives on smart devices for over 24 hours 🤖

So best to wash your hands with warm soapy water before and after you touch your phone 🤖

<https://www.safefood.net/.../prepa.../screens-in-the-kitchen>

Tobacco Free, Reducing Drugs & Alcohol Related Harm



Addiction Studies
 QQI Level 5

This fully-funded course is open to everyone and aims to support individuals, families and local community volunteers to become better equipped to understand drug and alcohol issues in their local area.

College of FET, Ennis Campus,
 Clonroad Business Park,
 Ennis, County Clare, V95 KT95
 T: 065 689 7644 E: michael.j.ryan@coltts.ie

Apply online: collegeofFET.ie/ennis

This course is organised in conjunction with the Mid-West Regional Drugs and Alcohol Forum

Programme co-funded by the Government of Ireland and the European Union.

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](http://www2.hse.ie/weellb/quit-smoking)



HSE MID WEST COMMUNITY HEALTHCARE hi QUIT

STOP SMOKING MEDICINE
 increases your chances of quitting for good

FREE STOP SMOKING MEDICINE NOW AVAILABLE

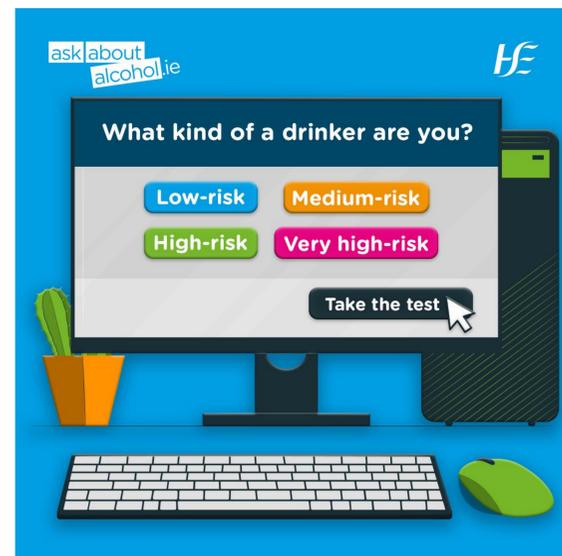
Contact Quit Mid West to learn more
065 6865841
quit.midwest@hse.ie



Supporting individuals and families
 365 Days of the year: 1 800 936 725



#GamblingCare



ask about alcohol.ie

What kind of a drinker are you?

Low-risk Medium-risk
 High-risk Very high-risk

Take the test

Do you ever wonder how much alcohol affects your wellbeing?

Take our online Self-Assessment test to find out:

<https://www2.hse.ie/weellb/eng/alcohol/self-assessment-tool/#Start>




HSE DRUGS.ie

Leave the Mixing to the DJ

Mixing drugs can increase the effects that you feel, but you may not be aware of the additional effects or strain this is putting on your body internally.

If you decide to mix drugs, you can reduce harm by:

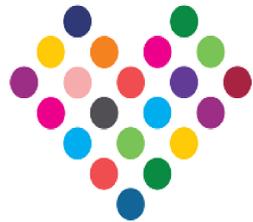
- Limiting the number of drugs used per session,
- Limit how much you use, and
- Limit how often you use

Be mindful of the effects and seek support if needed.

<https://bit.ly/3yJ8pSF>

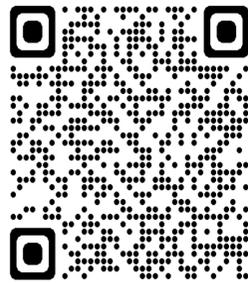


Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Rape and sexual assault can happen to **anyone**



Free home STI tests

The HSE has introduced a free at-home STI testing service through the website www.sh24.ie.

People aged 17 or over can access this from most locations in Ireland. You need an address and a contact mobile number and to answer a few questions and the pack will be sent to you with a free return envelope.



Cúram Sláinte Pobail Thoir
Cill Mhantáin | Baile Átha Cliath Theas |
Baile Átha Cliath Thoir Theas
Community Healthcare East
Wicklow | Dublin South | Dublin South East

A HEALTH SERVICE FOR ALL
WOMEN IN THE SEX INDUSTRY,
**WE'RE HERE
TO HELP YOU!**

WOMEN'S HEALTH SERVICE

- ✓ Free and confidential
- ✓ Available for Trans and Cisgender Women
- ✓ Interpreting services provided
- ✓ Testing for sexually transmitted infections (STIs) and referrals
- ✓ Condoms, contraception and PrEP
- ✓ Advice on safer sex and guidance on personal safety
- ✓ Hepatitis vaccines
- ✓ Cervical smear check
- ✓ GP clinic
- ✓ Help for your mental health
- ✓ Legal and immigration information
- ✓ Referral to other services

If you are a victim of a crime contact the local police station An Garda Síochána, in an emergency call 999/112.

Scan for more information



WOMEN'S HEALTH SERVICE

The Meath Primary Care Centre,
1-9 Heytesbury Street, Dublin 8,
D08 Y1TW, T: 01-7958280

CONTACT US

087-3302584 WhatsApp or phone to make an appointment
Clinic times Monday 14:00-16:30 and Thursday 13.30-15.30

My Options
Abortion Information and Listening Support

Freephone 1800 828 010
Webchat available at myoptions.ie



GOSHH FREE RAPID TESTING HOURS

FREE TESTS FOR SYPHILIS, HIV, AND HEPATITIS C

RESULTS IN 10 MINUTES

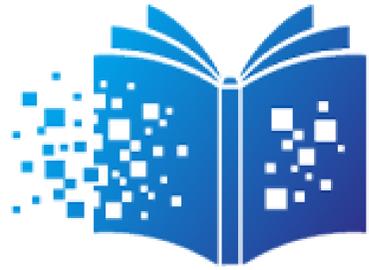
Monday	9:30 - 16:00
Tuesday	9:30 - 16:00
Wednesday	11:30 - 16:00
Thursday	9:30 - 16:00



PLEASE CHECK GOSHH'S SOCIAL MEDIA FOR UP TO DATE INFO REGARDING LATE NIGHT TESTING AND SPECIAL TESTING EVENTS.
LINKTR.EE/GOSHH.IE

FOR MORE INFO PLEASE CONTACT **KNOWNOW@GOSHH.IE** OR CALL **061 314354**
GOSHH, REDWOOD PLACE, 18 DAVIS STREET, LIMERICK, V94K377

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

We are
ALMOST READY



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



www.clarelibraries.ie



SERVICES AND RESOURCES



Ennistymon Library



Shannon Library

SENSORY GARDENS STARTING TO BLOOM

Clare Libraries has three sensory gardens located at Kilkee, Shannon and Ennistymon libraries. Seating and wheelchair accessible ramps are installed in Shannon and Ennistymon libraries. All welcome to enjoy the blooms!



Storytime in your language

Libraries

OTE4Kids is an online database of digital books in World Languages HUGRNL.

It allows children and families to enjoy the magic of books in LOTE (Languages Other Than English)

OTE4Kids has thousands of digital picture books in 65+ languages, including English and American Sign Language, all for free with your library card.

Ask at your local library for more details about LOTE4Kids or follow the link here

<https://clarelibraries.ie/services/lotte-for-kids/>



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.

ONLINE NEWSPAPERS AND MAGAZINES NOW AVAILABLE THROUGH BORROWBOX

ONLY ON BORROWBOX
ALL FORMATS, ONE APP.



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

This means that you'll be able to get eBooks, eAudiobooks, newspapers and magazines all in one place

If you're already a BorrowBox user, you'll see a new ePress section in the app, and that's where you'll find magazines and newspapers.

If you're not already using Borrowbox, it's really easy to start and you'll love it! Just download the app, log in with your library details and start to browse, borrow and read.

More titles will be added over the coming weeks!

Other Health & Wellbeing News

FASD Hub Ireland® operates with YOUR generosity.

Please help us to support people living with FASD and their families by contributing - scan the QR code.



Thank you for your support.



Open Monday to Friday 10am - 4pm

065 670 3098

fasdhub.ie

hub@fasdireland.ie



Oifig Náisiúnta an FSS um Fhéinmharú a Chosc
Ospidéal Stewart, Baile Phámar, Baile Átha Cliath 20
HSE National Office for Suicide Prevention (NOSP)
Stewarts Hospital, Palmerstown, Dublin 20
t 01 7785112 e info@nosp.ie



Let's Talk About Suicide

Let's Talk About Suicide is a new, free online suicide prevention training programme from the HSE. It helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.

This introductory programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace.

To enroll and complete Let's Talk About Suicide, visit traininghub.nosp.ie or follow the QR Code.

I am delighted to say our new HSE online suicide prevention training programme – Let's Talk About Suicide is now live. Please follow the link below

<https://traininghub.nosp.ie/>



Special Olympics Ireland

Episode #59 - Talking Health & Wellbeing

with Dr. Kathy Fulcher & Jonathan Deering



Listen to episode 59 of the HSE Talking Health and Wellbeing Podcast as host Fergal Fox speaks with Kathy Fulcher and athlete Health Messenger Jonathan Deering from Special Olympics Ireland. Jonathan shares his story of having been a participant to now being a volunteer and advocate. Kathy, the Health and Wellbeing Coordinator, talks about the organisation's year-round sports programs and highlights the health and wellbeing programme, which includes health screenings and education to address health disparities.

Special Olympics Ireland's health and wellbeing programmes are crucially supported by HSE Ireland and in Northern Ireland by the Northern Ireland Executive

Listen and share wherever you get your Podcasts or watch on the HSE Health and Wellbeing YouTube channel at <https://youtu.be/ptftYPGv9Yc>

HM HERMOVES

Experience Freedom & Adventure This Summer!

€15

Teen Girls Surfing Programme

» JULY 1ST – JULY 5TH, 10AM TO 12PM
SPANISH POINT BEACH

» OPEN TO TEEN GIRLS (13 – 17 YEARS)

» REGISTER YOUR INTEREST
WWW.CLARESPORTS.IE

WHITewater SURF COMPANY SPANISH POINT CO - CLARE

CLARE SPORTS PARTNERSHIP

SPORT IRELAND

Calling all teen girls! Dive into the waves and make a splash this summer with our exciting surfing programme!

No experience needed - learn new skills and boost your confidence in a supportive and fun environment.

Don't miss out—register your interest today!

<https://claresports.ie/her-moves-programme-spanish-point/>



RAPE CRISIS MIDWEST ANNUAL KAYAK EVENT

17TH AUGUST 2024

RAPE CRISIS MIDWEST

IN ASSOCIATION WITH LIMERICK KAYAKING ACADEMY

Other Health & Wellbeing News

YOUTH WORK IRELAND

Be Well Workbook

Irish Second-level Students' Union

The Be Well workbook provides guidance on managing stress, optimising your performance and improving your wellbeing. Scan the QR Code to get yours.
Take the wellbeing quiz and be in a draw for a pair of Beats Solo 4.

Youth Work Ireland

The Be Well Workbook a great resource to help young people manage stress and improve their wellbeing. Download the workbook at <https://bewell.youthworkireland.ie/>



Whats on?

Sign up for fun family courses starting September*.

- My Baby and Me, Parent and child 0-18 months attend together.
- Cuddle and Read, Parent and 18 months to 3 year old child.
- Getting Ready for Primary School and Helping your Primary School Child.
- Irish Conversation and Homework Help
- Settling into Second Level.
- Sharing Our Stories - Grandparents and Grandchildren together.
- Support Yourself as a Parent –mindfulness, well-being topics.
- Time for Yourself: Choose from Gardening, Cookery, Art, Beauty Tips, Hairdressing Tips.

If you are interested in any of these short **FREE** courses in Co. Clare please Contact:

Mary Flanagan at
065 6897645 or
mary.flanagan@lcteb.ie.

*Courses will start subject to numbers.



COLLEGE OF FURTHER EDUCATION & TRAINING



18+ GOSHH SOCIAL GROUPS



Book Club

Monthly Book Club focusing on books with LGBTIQ+ characters and themes, primarily by LGBTIQ+ authors.



Coffee Meetups

Saturday Meetups for members of the Community to socialise over coffee in the Limerick area.



Migrants Social Gatherings

Social space to connect with other members of the LGBTIQ+ migrant community.



50+ Meetups

50+ social group to come together once a month, enjoy a cuppa, and make new friends in a relaxed atmosphere.



Young Adults Group

Weekly LGBTIQ+ Young Adults Group. Tuesday evenings. Ages 18-24.



REDWOOD PLACE, 18 DAVIS ST, LIMERICK - V94 K377
INFO@GOSHH.IE 061 314 354

Men's Heart Health (Reboot your Life)

Our Reboot your Life booklet is designed to help men improve their heart health

Reboot' is a campaign to support and empower men aged 40-55 to be more active or discover new passions that will benefit their health. To download a copy Booklet contact Irish Heart Foundation

<https://irishheart.ie/campaigns/reboot/>

I AM WHAT I AM

JULY 8TH - 14TH

LIMERICK PRIDE PARADE SATURDAY 13TH

Other Health & Wellbeing News

EmployAbility Clare
Supporting Inclusive Employment



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 :

- if you wish to get a job, possibly after a period of unemployment
- to return to work after illness or injury
- 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.



EMPOWERING YOUNG PEOPLE THROUGH CREATIVITY

FREE Creative Workshops for Ages 6-16 Living with Lifelong Physical Health Conditions

What We Offer:

- FREE in-person and online workshops, tailored to different age groups
- Safe and accessible spaces
- On-site medical care
- Professional artists
- Volunteer support

Beyond Health Conditions:

- Meet people with similar life experiences
- Spark friendships
- Unlock new skills and interests
- Grow in confidence through creativity

93% of parents indicate that Helium Arts has improved their child's physical health & wellbeing.

(Helium Arts Creative Health Hubs 2022 Evaluation Report, S3 Solutions)



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 WTX6
Café Co-ordinator: Aifric Devane

For enquiries contact reception@kbfrc.ie or 061374741



HE
Mid West ARIES
in partnership with
Specialist Perinatal Mental Health
Mid West Community Healthcare

ONLINE COURSE
My Perinatal Self Care
"Taking Care of Me"

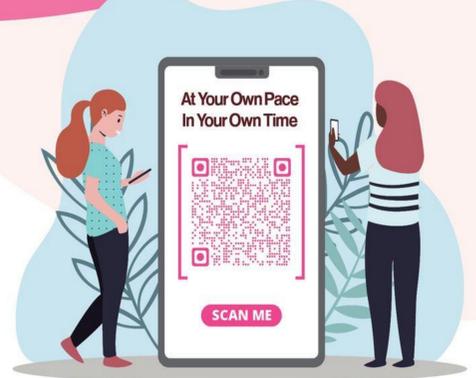
Are you pregnant or had a baby in the last year?
Are you finding it challenging sometimes to self care?
Then this online self-paced course is for you!

AVAILABLE NOW
24/7
Laptop, Tablet or Mobile

** Companion Course to the "My Perinatal Self Care Workbook"

Build Your Own Personalised Self Care Toolkit

- 01 Physical Wellness**
» Taking Care of Your BODY
- 02 Emotional Wellness**
» Taking Care of Your MIND
- 03 Social Wellness**
» Taking Care of Your RELATIONSHIPS
- 04 Intellectual Wellness**
» Taking Care of Your BRAIN



WANT TO START LEARNING NOW?
Scan the QR Code or go to:
<https://tinyurl.com/Perinatal-Self-Care-Course>



A Mid West Community Healthcare Mental Health Initiative
Mid West ARIES in Partnership with
Specialist Perinatal Mental Health Team, UMFH

Contact SPMHT: Pauline Walsh
ANP Perinatal Mental Health
Email: pauline.walsh1@hse.ie

Course Contact: Margaret Keane,
Mid West ARIES
Email: margaret.keane9@hse.ie

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

CYS SUMMER CAMP

Fun • Interactive • Creative

SUMMER CAMPS FOR 7-12 YEAR OLDS



SHANNON: 8th- 12th July **ENNIS:** 15th - 19th July

HOW CAMP WILL WORK

Youth Leaders will be teaching songs, activities and games during these times.

Places are limited so contact us soon to secure your place. Through activities and workshops participants will be able to make new creations in art, stem, dance and share with each other at the end of the day

Camp costs

€50 pp

(Sibling discount applied)
 (covers all materials needed to take part in activities and build creations)

TO BOOK A PLACE ON THE CAMP CONTACT

SHANNON: Emma on 085-8019666 or email ywshannon@dareyouthservice.org

ENNIS: Helena on 085-8047580 or email hi@dareyouthservice.org



Clarecare Family Support Service Parenting Programmes Autumn 2024

Circle of Security Programme

Circle of Security gives parents a map to understand their children's emotional needs. The reflective nature of the programme supports parents to tune in and respond to the emotional needs of their children in ways that promote secure attachment and enhance relationship experiences. This programme is starting in Ennis, **Autumn 2024** for 8 weeks.

Parenting When Separated

This programme is for all parents who are preparing for, going through or who have gone through a separation or divorce. It aims to help parents to solve co-parenting problems whilst staying focused on the needs of the children. This programme begins in Ennis in **Autumn 2024** for 6 wks.

Parents Plus Early Years Group

This Early Years programme is practical solution-focused and draws on parents' strengths and is suitable for parents of children aged 1-6yrs. Parent Plus Early Years programme will begin in Ennis **Autumn 2024** for 6 weeks.

Parents Plus

An evidence based parenting course promoting effective communication and positive relationships in families with adolescents aged 11-17yrs. The parents plus adolescents programme considers how parents can build good relationships with their teenage children while also being firm and influential in their life. This programme begins in Ennis in **Autumn 2024** for 8 weeks.

For more information on any of the parenting programmes offered by Clarecare please contact parentingsupport@clarecare.ie Or phone 065 68 94200

Entry Fee is €10 per course



What's on in July 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	10.30 - 12.30	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasiia
Tuesday	10.30 - 12.30 7pm - 8pm	Drop-in Service (Parliament Street) Yoga Class	Joeann Kaye
Wednesday	7am - 8am 9am - 4pm 10am - 1pm 11am - 12pm 1pm - 2.30 2pm - 5pm 7pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud English Classes "Fáilte isteach" Money Advice & Budgeting Service Men's Shed	Kaye Jennifer Joeann Joeann Jenny, Anastasiia Barbara Deiric, Joeann
Thursday	9am - 2pm 10.30 - 12.30 6pm - 7pm	Employability Kids Club (Lahinch Leisure Centre) Ukrainian Language Classes	Jennifer Jenny, Anastasiia Anastasiia
Friday	9am - 5pm 10am - 12pm 11am - 12pm	Intreo: Employment and Income Supports Kids Club (The Pavilion, Lisdoonvarna) Breastfeeding Group (every 2nd week)	Tommy Jenny, Anastasiia Joeann



We also offer:

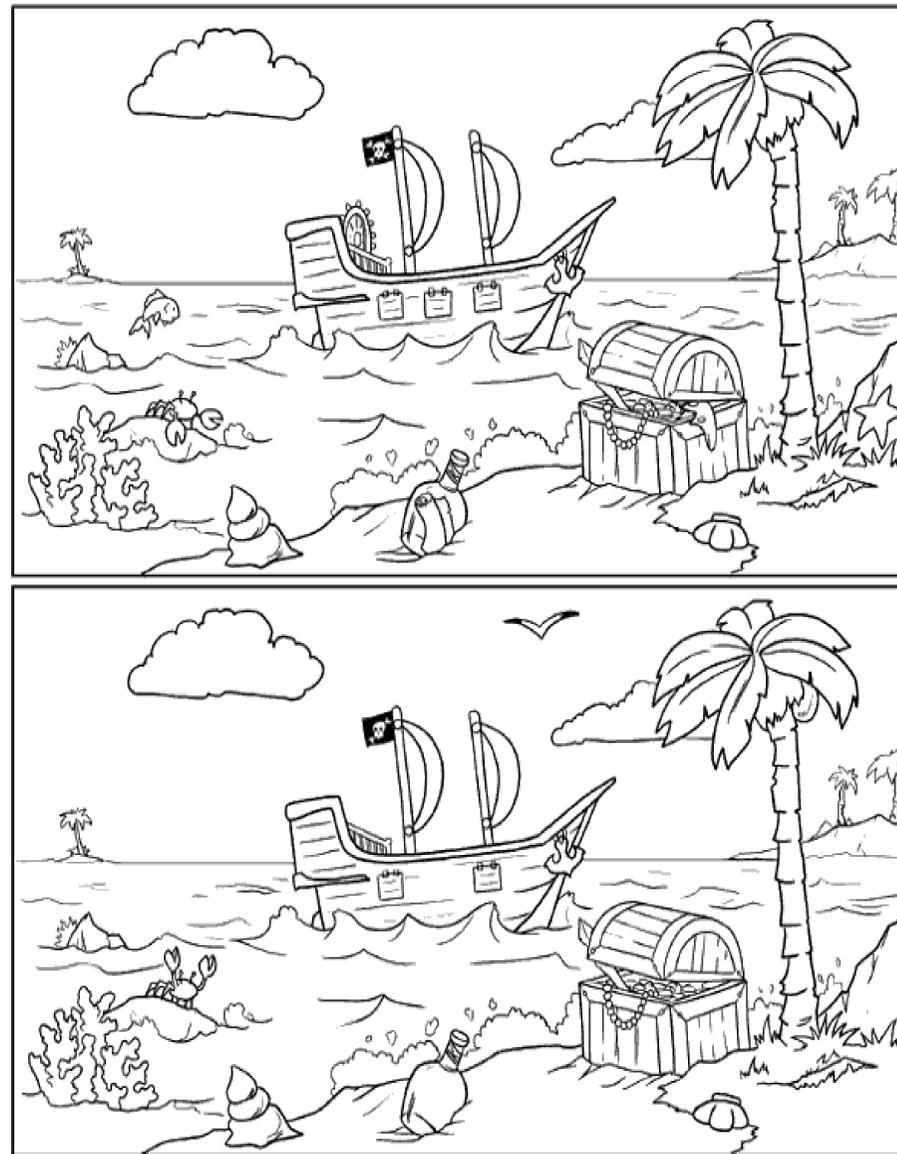
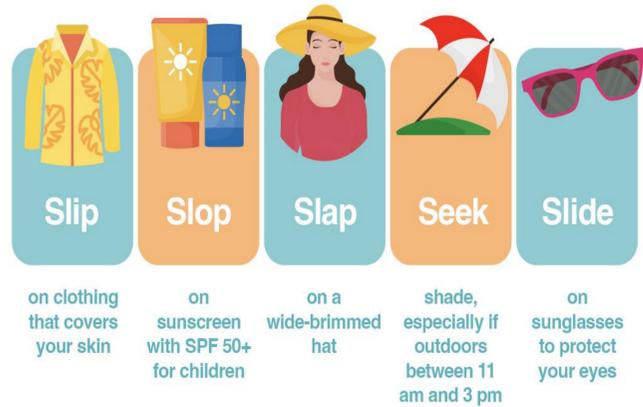
- Childcare (Little Deers)
- General Counselling, Gambling Addiction Counselling & Play Therapy



Various Summer Activities are being organised for children and teenagers

Other Health and Wellbeing News

The 5 S's for protection against skin damage



Find 10 differences between pictures.

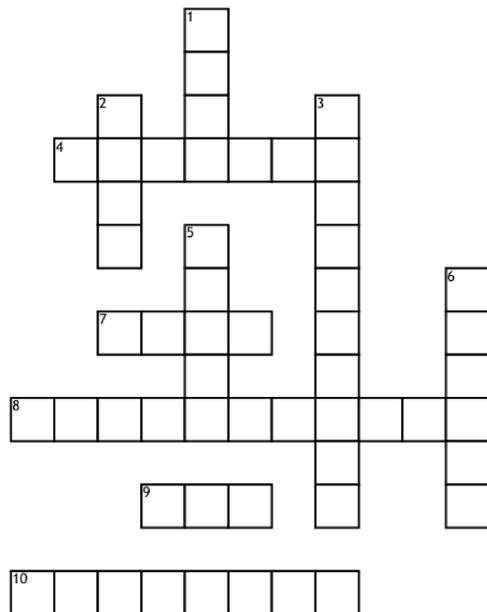


International Friendship Day 30th July



Name: _____

Friendship Crossword



- Across**
- The Last F in BFF
 - Starts With K
 - Never Leaves You
 - Best Friends Forever
 - Gives You Anything You Need

- Down**
- Is Also a Biscuit
 - Starts With C and Ends With L
 - What This Whole Thing is About
 - Makes You Laugh
 - Never Lies