

# Healthy Clare Newsletter

## March 2024

[www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)



[healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)



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



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



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



# Clare

Follow us on Social Media

Dear readers,

It has been an incredible 1<sup>st</sup> month for me working with Clare County Council and Healthy Ireland as the Healthy County Coordinator for Clare. Already I have met so many inspiring, committed and motivated individuals, groups and organisations who hold a deep commitment towards enhancing health and wellbeing within their own communities and Clare as a whole.

This March Newsletter gives a glimpse into some of the events that are going on around Co. Clare. This month is a significant month for Cancer Awareness. I met with Bernadette who works as **Senior Health Promotion and Improvement Officer – Cancer Prevention with the HSE** who is doing lots to provide awareness around Cancer prevention. I spoke with Clare Sports Partnership around their work in West Clare supporting individuals through positive mental health initiatives. I visited Ennis Show Grounds where I met with Carmen, a passionate advocate for growing your own food and we chatted about the upcoming 10<sup>th</sup> Anniversary celebrations planned for the Clare Garden Festival. These two services are amongst a number of organisations and groups that receive Healthy Clare funding to develop and promote Health and Wellbeing Initiatives. Keep an eye out on the Health Clare page for an announcement around the launch of the 2024 Healthy Clare Micro Fund.

We at Healthy Clare are always interested in supporting projects that raise awareness around Health and Wellbeing, especially in relation to our main themes of Mental Health and Healthy Weight. If you know of activity in your community that supports these areas of Health and Wellbeing I would be delighted to hear from you. In the meantime, we wish you all good health. A few well wishes in advance – Happy Mothers Day, Happy St. Patrick's Day, Happy Easter, I hope you all can enjoy celebrations on International Women's Day and finally I hope you get some rest on World Sleep Day ☺

Best wishes, Sam



### HEALTH INFORMATION CALENDAR 2024

- Mar 1-31 [Endometriosis Awareness Month Endometriosis Association of Ireland](#)
- Mar 4 [World Obesity Day EASO WODAY](#)
- Mar 4 [International HPV Awareness Day Irish Cancer Society Marie Keating Foundation](#)
- Mar 6 [World Lymphoedema Awareness Day Irish Cancer Society Marie Keating Foundation](#)
- Mar 8 [International Women's Day](#) The National Women's Council
- Mar 14 [World Kidney Day](#) Irish Kidney Association
- Mar 11-17 [Brain Awareness Week](#) Neurological Alliance of Ireland
- Mar 11-17 [Nutrition and Hydration Week](#)
- Mar 14-22 [Anti-Racism and Diversity Week](#) Irish Network Against Racism
- Mar 15 [World Sleep Day](#)
- Mar 21 [World Down Syndrome Day](#) Down Syndrome Ireland
- Mar 21 [International Day for the Elimination of Racial Discrimination](#) UN HSE [National Social Inclusion office](#)
- Mar 22 [World Water Day](#)
- Mar 24 [World Tuberculosis Day](#) Tuberculosis Service

### 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 \(clarecoco.ie\)](#)

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>



Clare County Council extends a warm welcome to all to gather in Ennis to celebrate St Patrick's Day this year. Grand Marshall for this year's parade all the way from Nashville, Tennessee, is Ennis' very own Maura O'Connell of 'Tumbleweed', 'De Dannan' and 'A Woman's Heart' fame.

Read more about St Patrick's Day in Ennis at

[https://www.clarecoco.ie/your-council/\[news\]/celebrate-st-patrick-s-day-2024-in-ennis.html?fbclid=IwAR2I8ybPSpi66an94oSYyOXwLUXgjELel9ZVjuZ218hKbGv07BL-Kz5Ka\\_Q](https://www.clarecoco.ie/your-council/[news]/celebrate-st-patrick-s-day-2024-in-ennis.html?fbclid=IwAR2I8ybPSpi66an94oSYyOXwLUXgjELel9ZVjuZ218hKbGv07BL-Kz5Ka_Q)



# Physical Activity



CLARE SPORTS PARTNERSHIP  
SPORT IRELAND

Lisdoonvarna Fáilte CLG  
CONNECTING NORTH CLARE COMMUNITIES

## WINTER WELLNESS BODY CONDITIONING CLASS

Don't miss out on this awesome opportunity!

8 week programme starting on Tuesdays 20th of February until 9th April, at 7.15pm - 8pm. The conditioning class is 45 minutes. Cost is €2 on the day.



CLARE SPORTS PARTNERSHIP  
SPORT IRELAND

## Banner Marathon 2024

This March, where will your walks take you? Sign up to participate in our 2024 Banner Marathon series.

Choose a distance from 21.2km (half Marathon) to 126.6km (three marathons), and you have 31 days to complete it.

Do it your way; sign up as an individual, with a buddy or family member.

We track your distances using the FREE strava app.

Open to all abilities.

Walk, jog, or push that wheelchair towards your target distance!

To register click on

<https://claresports.ie/the-banner-marathon-2024-2/>



CLARE SPORTS PARTNERSHIP  
SPORT IRELAND

Lisdoonvarna Fáilte CLG  
CONNECTING NORTH CLARE COMMUNITIES

## WINTER WELLNESS DANCE PROGRAMME

The Pavilion, Lisdoonvarna

1.30pm

Friday Jan 26th for 10 weeks

€ 2.00 per class

#ActiveClare

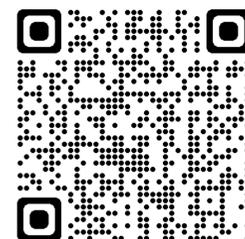


Thinking of getting more active? Why not try out a parkrun, a free weekly timed 5km event held every Saturday morning. You can walk, run or jog the course, it's up to you!  
For more information, to register or to find a parkrun closest to you go to [parkrun.ie](http://parkrun.ie)



Irish Cancer Society

## Register for our 12,000 steps a day challenge



Lace up those runners! Irish Cancer Society's 12,000 Steps a Day Challenge kicks off on March 1st! Tag a friend to join the challenge and  join our Facebook group:  
<https://www.facebook.com/groups/3258607861078937>

Register your fundraiser that you can share with your friends & family:

<https://fundraise.cancer.ie/register/daffodil-day-step-challenge/individual>



CLARE SPORTS PARTNERSHIP  
SPORT IRELAND

HM  
A GLUaiseachtaí HERMOVES

Teen Girls, what type of activity programmes would you like offered?

Share your thoughts and have your say!

@CLARESPTS @HERMOVES.IE

Calling all teen girls, Clare Sports Partnership would love to hear from you directly about what MOVES you?   
Scan the QR code to share your thoughts!   
Find out more about Her Moves

# Mental Health

## WORKING TOGETHER TO PREVENT SUICIDE

**BEHAVIOUR**

- Sudden changes in mood or behaviour
- Abusing alcohol or alcohol
- A suicide attempt or act of self-harm
- Difficulties in school or work
- Dropping out of activities
- Steering or driving difficulties
- High risk activities such as driving a car at high speed

**FEELINGS**

- Depression
- Hopelessness
- Feeling life is meaningless
- Disinterest
- Isolation

**THOUGHTS**

- Gloomy, negative thoughts
- Unable to solve problems
- Very self-critical
- Saying things like:
  - "I won't be needing these things anymore"
  - "I can't do anything right"
  - "I just can't take it anymore"
  - "All of my problems will end soon"

**PHYSICAL SIGNS**

- Neglecting appearance
- Neglecting personal hygiene, or clothing
- Persistent physical complaints like chronic pain
- Weight loss or weight gain due to appetite loss or gain
- Tired or finding it difficult to concentrate

**WARNING SIGNS**

If you are worried about someone the following are some things you can do to support them.

- SHOW YOUR CARE**  
Focus on the person, make eye contact, listen, put away your phone.
- BE PATIENT**  
It may take time and several attempts before a person is ready to open up. Give them space and time.
- USE OPEN QUESTIONS**  
These questions are objective and require the person to pause and think with the hope they will expand and open up.
- SAY IT BACK**  
Repeating something back to someone is a great way to reassure them that they have your undivided attention.
- HAVE COURAGE**  
Listen without being judgemental or offering solutions. Don't be put off by a negative response and don't feel you have to fill a silence.

**SAMARITANS**  
FREEPHONE: 116-123  
TEXT: 087 200 9090 EMAIL: [jo@samaritans.ie](mailto:jo@samaritans.ie)  
EMERGENCY DIAL 112/999

REMEMBER, IF YOU ARE AFRAID SOMEONE IS THINKING ABOUT SUICIDE, DON'T BE AFRAID TO ASK THE QUESTION - ARE YOU SUICIDAL? LISTEN WITHOUT JUDGEMENT OR BLAME. BY ASKING THE QUESTION YOU ARE NOT GIVING SOMEONE THE IDEA. IF THE ANSWER IS YES, DON'T PANIC. LISTEN, GET ADVICE AND ASK FOR HELP.

## Connect @THE LIGHTHOUSE

### Who is Connect for?

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

### What can you expect at Connect

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

Open  
Tuesday 7-9pm  
Friday 5-7pm

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

North West Clare Family Resource Centre  
What's on in March 2024  
Phone us: 065 707 1144  
Parliament Street, Ennistymon, Co. Clare

Private Groups  
Groups hosted by NWCFC  
Closed to new entrants  
Contact us to join  
Feel free to walk-in and meet us

DAY	TIME	ACTIVITY	ORGANISED BY
MONDAY	10-15-12.30	Baby Massage (starting on 25/3)	Barbara, Maureen, Mary
	10.30-12.30	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasiia
	4pm-6pm	Teen Club	Jenny, Anastasiia
TUESDAY	All day	Employability	Deidre
	10.30-12.30	Drop-in Service (Parliament Street)	Joeann
	11.30-1pm	Traveller Playgroup (up to 4 years old)	Eva
	2.40-3.45	Homework Club	Joeann
	1.30-3pm	Wellbeing for Mothers and Babies	Maureen, Mary
	4pm-6pm	Integrated Youth Club	Deiric, Jenny, Anastasiia
	4.30-6pm 7pm-8pm	Youth: bike maintenance Yoga Class	Deiric Kaye
WEDNESDAY	7am-8am	Yoga Class	Kaye
	10-1pm	Textile Crew (Parliament Street)	Joeann
	11-12pm	Food Cloud	Joeann
	1pm-2.30	English Conversation Classes	Jenny, Anastasiia
	2-5pm	Money Advice & Budgeting Service (every 2nd week)	Barbara
	2.40-3.45	Homework Club	Joeann
	4-6pm	Youth: Clare Youth Action	Deiric
	6.45-8pm 7pm	Irish Class Men's Shed	Deiric Deiric, Joeann
6.15-7.15pm	Fitness Class	Killian	
THURSDAY	10am-1pm	Gardening Course (starting on 21/3)	Joeann
	10.30-12.30	Kids Club (Lahinch Leisure Centre)	Jenny, Anastasiia
	2.40-3.45	Homework Club	Joeann
	4-6pm	Youth: Girls Group	Deiric
	6-8pm	Youth Shack Youth Club (Parliament Street)	Deiric
FRIDAY	9.30-12.30	Parent and Toddler Group "Cairde Nua"	Joeann
	All day	Intreo: Employment and Income Supports	Tommy
	10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasiia
	11-12.30pm	Breastfeeding Group (every 2nd week)	Joeann
	1.30-3pm	Youth: Youth Programs / Drop-in	Deiric
	3-4.30	Youth: Football (gender mixed, Parliament Street/The Yard)	Deiric

We also offer:

- Childcare (Little Deers)
- Counselling & Play Therapy

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

## Aware

Your supporting light through depression

### Living Well With Bipolar Disorder Programme

Living Well With Bipolar Disorder is an information and support programme, designed for people with a diagnosis of bipolar disorder. Educational in nature, the aim of the programme is to provide you with opportunities to understand and manage bipolar disorder effectively, equipping you with the knowledge and tools to live well.

For further details on this programme please click on the click below  
<https://www.aware.ie/programmes/livingwellwithbipolar-disorder/>

## Grow Mental Health

Grow Mental Health host a Peer support group for anyone experiencing mental health issues  
Maria Assumpta Hall  
every Monday 8-10pm

For more information, please contact Celia on 086 1526966

# Eating Well

If you have excess weight and want help to look after your health, then this guide is for you.

The guide is not about quickly losing weight, miracle diets or becoming a fitness fanatic.

You can use the guide to: Learn more about your daily eating and activity habits.

Find useful information to help you on your journey to healthy lifestyle habits.

Set your own goals and plan for challenges you might face.

Find ways to keep track of how you are doing.

You can use this guide by yourself or with a healthcare professional. It does not replace specialist services for weight management

For further information click on the link below:

<https://www.hse.ie/eng/about/who/cspd/ncps/obesity/programme-resources/hse-talking-about-weight-guide-final-6.pdf>



## Talking about weight

A guide to developing healthy habits



As we reach our mi-60s and older, we have different nutrition needs to keep us strong and healthy. So if you're in good health, mobile and living at home, here's our 4 tips to healthy eating as we get older:

<https://www.safefood.net/family-health/older-adults>

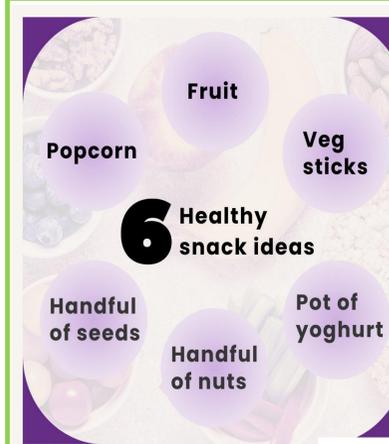


Find lots of great tips from planning your shop, to buying, cooking, and storing your food!

Download the pocket guide here:



<https://stopfoodwaste.ie/.../06/SFW-Pocket-Guide-2-1.pdf>



Snacking helps to keep hunger at bay between meals, and having a selection of healthy snacks at the ready can stop you from reaching for high fat, sugar or salt options.

Find out what makes a healthy snack here:

<https://www.safefood.net/healthy-snack>



## Share your Seed/Seedlings Barter your Garden Books Trade in your Garden Tools

Beginner gardeners are invited to participate even without seeds.



Seed & Garden Share – Saturday, 30th March at Ennis Showgrounds Ahead of its 10-year anniversary celebration at the end of April, with each other- anything that's garden-related goes: Share your Seed & Seedlings, Barter your Garden Books or Trade your Garden Tools. The event is open and free to attend. Clare Garden Festival will hold its annual Seed & Garden Share returning to the Ennis Showgrounds on Saturday, 30th March 3-5pm. Here gardeners and novices share their seed, seedlings and any other left-over garden gear with everyone on the Easter Saturday. People with large items to share can contact the organizers to arrange by emailing [info@claregardenfestival.com](mailto:info@claregardenfestival.com).

On Thursday's Morning Focus Alan Morrissey was joined by Paul Knapps, The Firefighting Chef, from Killaloe. This week Paul makes a vegan sticky toffee pudding.

You can listen to the full interview by clicking on the link below <https://www.clare.fm/podcasts/taste-week-vegan-sticky-toffee-pudding/>




How to wash your hands



Spring cleaning? Your home may be sparkling but are your hands?

Don't forget our steps to perfectly clean hands:

- 🧼 Soap and water
- 🕒 Rub for 20 seconds
- 🚰 Rinse
- 🔥 Dry

More here: <https://www.safefood.net/food-safety/handwashing>

# Tobacco Free, Reducing Drugs & Alcohol Related Harm

## “An Introduction to FASD” (Foetal Alcohol Spectrum Disorder) ONLINE

This 2-hour session will be an introduction into FASD and cover a number of areas, including:

- an overview of FASD
- details of effects of prenatal alcohol exposure
- the impact of FASD on children, young people and their families
- how we can support children and young people living with FASD
- alternative approaches and strategies to parenting/caring
- barriers, signs and symptoms
- navigating education

This session will incorporate an introduction to the NVR (Non-violent Resistance) programme. NVR is designed to empower parents and carers to build a new authority and to resist engaging in conflict with a child/young person – and can often be useful when parenting, caring or supporting a child or young person with FASD.

This session is open to parents and carers who would like to know more about FASD, it is also open to those who work with children and young people – regardless of profession.

Direct link to book: <https://www.eventbrite.ie/e/an-introduction-to-fasd-foetal-alcohol-spectrum-disorder-tickets-771625080387?aff=oddtcreator>



Not everyone uses drugs on nights out and at parties, but for those who choose to, we want to raise awareness of the current risks and encourage people to reduce the harms. To highlight our current concerns, we have launched our new campaign 'If you go, go slow'.



GAMBLINGCARE.ie

GamblingCare.ie was established in March 2019, to broaden public understanding of safer gambling, and to help those that develop gambling problems, and/or their families. GamblingCare.ie is funded by the Gambling Awareness Trust - an independent charity.

The dedicated support services that can be accessed through GamblingCare.ie range from residential programmes, in-person counselling, online counselling, support groups, self-help tools and accredited educational resources - all to overcome the impact of harmful gambling and help people get their lives back on track.

For help:  
Visit [gamblingcare.ie](http://gamblingcare.ie)  
Call our National Helpline on 1 800 936 725



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

### Planning an alcohol-free pregnancy

You might find it hard to give up alcohol while you are pregnant. It can be especially hard if you drink regularly or everyone around you is drinking.

You might feel under pressure to drink, especially if you have not yet told many people you are pregnant.

### Tips for an alcohol-free pregnancy

Plan and try to avoid triggers ( people and places) which remind you of drinking.

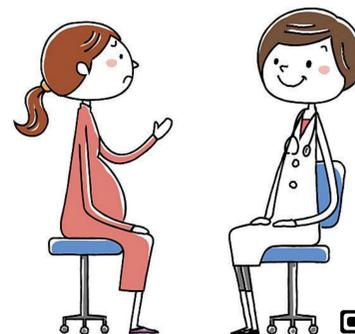
If it feels right for you, tell people close to you why you're not drinking.

Plan and prepare for alcohol-free activities.

Check the labels on alcohol-free or low-alcohol drinks as they can contain alcohol.

For more information, please click on the link below:

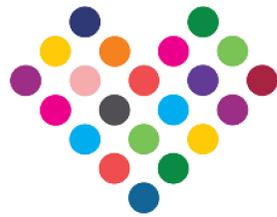
<https://www2.hse.ie/pregnancy-birth/keeping-well/food-drink/alcohol/>



Do something for yourself and give up cigarettes for good. For free support to quit smoking and for free nicotine replacement therapy, contact Quit Mid West on 065 6865841 or email [quit.midwest@hse.ie](mailto:quit.midwest@hse.ie).

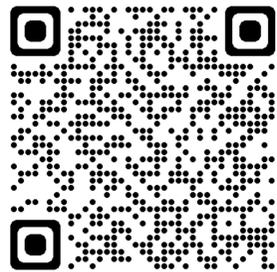
People who sign up to our quit Programme, can avail of free nicotine replacement therapy (or from the GP, if you have a medical card). Remember, the benefits of quitting start straight away, and Quit Mid West can support you throughout your first year of quitting.

# Sexual Health



sexualwellbeing.ie

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



**Understanding HIV in 2023**  
Episode #34 - Talking Health & Wellbeing

'Because my partner was diagnosed a few weeks before me, I knew it was an easily treatable illness. I would take my tablets and live my life.'  
- Aoife Commins



In this episode of the HSE Ireland Talking Health & Wellbeing Podcast, we discuss HIV with Aoife Commins, a practicing nurse living with HIV and Prof Fiona Lyons.

They talk about the progress made in HIV treatment, the importance of early intervention, as well as the challenges of stigma and discrimination.

Listen to learn about HIV here  
<https://www.bing.com/videos/riverview/relatedvideo?&q=understanding+hiv+in+2023&mid=3B00AA64F96C54A933BC3B00AA64F96C54A933BC&FORM=VRDGAR>

**5 THINGS YOU SHOULD KNOW ABOUT HPV**

The more we learn about the health risks associated with HPV infection the more we can do to help protect ourselves. It's important to get the facts about Human Papillomavirus (HPV). Take action today and talk to your doctor, nurse or pharmacist about HPV prevention and treatment.

- 1 HPV stands for Human papillomavirus.**  
It is a group of very common viruses. Nearly everyone will get HPV at some point in their lifetime.<sup>1</sup>
- 2 HPV can cause genital warts and certain pre-cancers and cancers.<sup>2</sup>**  
Cancer usually takes years to develop after a person gets HPV. There is no way to know who will develop cancer or other health problems from HPV.<sup>3</sup>
- 3 Both males and females can get an HPV infection.<sup>3</sup>**  
Most HPV infections go away by themselves within 2 years.<sup>4</sup> But sometimes, HPV infections will last longer and can cause certain types of HPV related cancers. HPV infections can cause cancers of the:  
- Cervix - Anus - Vagina  
- Penis - Vagina
- 4 HPV is spread through intimate skin to skin contact.<sup>1</sup>**  
You can get HPV by having vaginal, anal, or oral sex with someone who has the infection, even if they don't have any signs or symptoms.
- 5 If you are sexually active you can get HPV, even if you've only had sex with one person.<sup>2</sup>**  
You can't always tell if a person has HPV as most HPV infections don't have signs or symptoms.<sup>5</sup> However, you can develop symptoms years after having sex with someone who has the infection.<sup>6</sup> HPV that persists can cause health problems such as genital warts and cancer.<sup>7</sup>

## Protect yourself against certain HPV-related cancers and diseases later in life.

HPV is so common that almost everyone who is sexually active will get HPV infections at some point in their lifetime.<sup>1</sup>

HPV causes **99%** of cervical cancer cases.<sup>2</sup>

Every year there are over **1,000** cases of genital warts in Ireland.<sup>3</sup>

Each year in Ireland approximately **6,500** women require treatment for pre-cancer of the cervix.<sup>4</sup>

Over **150 people** in Ireland die each year from HPV-related cancers.<sup>5</sup>

HPV infection is spread through intimate skin-to-skin contact.<sup>1</sup>

There is no treatment for the virus itself. However, there are some prevention methods and treatment options for the health problems that HPV can cause.<sup>6</sup>

Each September the HPV National Immunisation Programme offers vaccination to first year boys and girls in secondary school. HPV immunisation is most effective before a person becomes sexually active.<sup>7</sup>

Empower yourself with knowledge about HPV and make informed decisions to protect your health.

REFERENCES:  
1. HPV Infection | Human Papillomavirus (HPV) | CDC (Accessed June 2023)  
2. STD Facts - Human papillomavirus (HPV) (cdc.gov) (Accessed June 2023)  
3. Cancers Caused by HPV | Human Papillomavirus (HPV) | CDC (Accessed June 2023)  
4. <https://www.nccrs.ie/healthcare/reports/HPV.pdf> (Accessed June 2023)  
5. Wang K. Human papillomavirus and vaccination in cervical cancer. Taiwan J Obstet Gynecol. 2022;66(4):282-292.  
6. About HPV - HSE.ie  
7. Anal-genital warts in Ireland 2018 (excludes latest trends).pdf (hpa.ie)

#HPVAware

Brought to you by MSD

Supported by Irish Cancer Society, Marie Keatinge, and VIVA O2

HPV infection is preventable through the HPV vaccine, which is going out to first year students, boys and girls, all over the country in the coming weeks. If you have any questions about it you can call our Support Line, 1800 200 700 or contact [supportline@irishcancer.ie](mailto:supportline@irishcancer.ie).

**My Options**  
**Abortion Information and Listening Support**

The My Options helpline provides information on how to access abortion services. Not all GPs provide abortion care. The helpline can provide contact details of GPs and family planning clinics that do. Staff can also provide listening support to anyone experiencing an unplanned pregnancy.

Freephone 1800 828 010  
Webchat available at [myoptions.ie](http://myoptions.ie)

If you have had an abortion and need medical advice, you can speak to a nurse 24 hours a day, 7 days a week.

My Options is a HSE service that provides information on how to access abortion services. Staff can also provide listening support to anyone experiencing an unplanned pregnancy.

Visit [myoptions.ie](http://myoptions.ie) for more information  
<https://www2.hse.ie/services/unplanned-pregnancy/support-services/my-options-freephone/>



sexualwellbeing.ie

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

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

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



**Did you know?**  
**Many HSE sexual health services are available for free?**

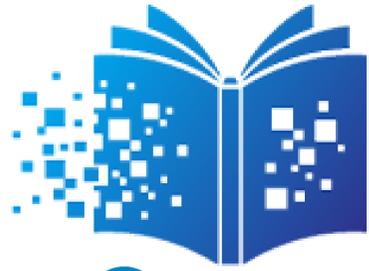


**What sexual health services are free?**  
Did you know that many HSE sexual health services are available for free?

- These include:
- Free home STI testing
  - Free contraception service – this includes prescription and emergency contraception
  - Free condoms in sexual health clinics or third level campuses
  - Free My Options information helpline for unplanned pregnancy

Visit [sexualwellbeing.ie](http://sexualwellbeing.ie) to find out more about who can access these services, and what they include  
<https://www.mysexualhealth.ie/sexualwellbeingie>

# Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL  
**Libraries**



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



[library\\_mailbox@clarecoco.ie](mailto:library_mailbox@clarecoco.ie)



<https://twitter.com/clarelibrary>



065 6846350



[www.facebook.com/clarecountylibrary](http://www.facebook.com/clarecountylibrary)



[www.instagram.com/clarecountylibrary](http://www.instagram.com/clarecountylibrary)

## Events at the library



### POETRY READINGS AT THE LIBRARY

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

KILRUSH LIBRARY ON THE 1ST TUESDAY OF THE MONTH 6 – 7.30PM

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

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

These are Clare Libraries/Poetry Collective events.

**Scariff Library - Tuesday, 12 March at 7.00 PM** - Seachtain na Gaeilge le Energia 2024 Event  
Teach / House - Bilingual music & poetry event with Emer O'Flaherty - I've attached their poster for this event.

**Scariff Library - Each Friday during March at 11.00 PM** - Seachtain na Gaeilge le Energia 2024  
Beginners Conversational Irish - Join Bernadette Murphy's informal group for board games and a chat using your cúpla focail.  
Contact Scariff Library for more details at tel: (061) 922 893.

**Ennis, Kilrush, Scariff libraries** – see days and times below  
Poetry Readings at the Library - These are Clare Libraries/Poetry Collective events.  
Ennis on the 1st Friday of the month 1 – 2 PM  
KILRUSH on the 1st Tuesday of the month 6 -7.30 PM  
SCARIFF on the 3rd Thursday of the month 7 PM

**Kilrush Library – Wednesday 7 & 14 March - 10:00 AM to 12:00 PM**  
'Hug Your Book'

This non-certified course is for all parents who want to make reading fun and learn new ways to support their children's literacy skills through fun and rewarding activities. This course will help to support children's language and literacy development as well as social and emotional needs. Participants will develop confidence, personal qualities and strengths.  
Contact Kilrush Library for more information and to book your place at tel: (065) 905 1504

**Scariff Library - Each Tuesday from 10.30 AM to 1.00 PM**

Age Friendly Morning  
Reconnect with others in the comfortable, warm and inviting space of Scariff Library. Enjoy a friendly game of cards with tea, a chat and plenty of laughs.



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

## What's on in MARCH

BOOKING ESSENTIAL! Weekly Activities ☎ 065 9052173			
Day	Time	Activity	Venue
Mon	10.30am	Drama Course	Kilrush Comm Centre
Tues	10am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	11am	Sit Fit - Kilkee	<b>Kilkee Comm Centre</b>
	12.45pm	Bingo for Fun	Kilrush Comm Centre
Wed	2pm	Cards	Kilrush Comm Centre
	10am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Sit Fit - Kilrush	Kilrush Comm Centre
	12pm	Go for Life/Active Fit	Kilrush Comm Centre
	10.30am	Mindful Gardening	Kilrush Comm Centre
	2.30pm	Bingo for Fun - Kilkee	<b>Kilkee Comm Centre</b>
Thurs	2.30pm	The Kettle's On!	Kilrush Comm Centre
	10.30am	Singalong	Kilrush Comm Centre
	10.30am	Meditation & Self-care	Kilrush Comm Centre
	11am	Peninsula Social Club	<b>Old Schoolhouse Querrin</b>
12pm	Tai Chi	Kilrush Comm Centre	

March Monthly Activities			
Thurs 07 March	2.30pm	Quiz Time!	Kilrush Comm Centre
Thurs 14 March	2 to 4.30pm	Tea Dance: Minus Two	Kilrush Comm Centre
Wed 20 March	11am to 3pm	Marie Keating Mobile Unit	Kilrush Comm Centre
Wed 20 March	2pm	Marie Keating Information Talk	Kilrush Comm Centre
Thurs 21 March	2pm	Movie Club: Nomadland	Kilrush Comm Centre

Save the Date! Upcoming Activities - April			
Thurs 11 April	2 to 4.30pm	Tea Dance: Outback	Kilrush Comm Centre
Wed 17 April	2.30pm	March & April Birthday Party	Kilrush Comm Centre
Wed 24 April	2.30pm	Information Talk: Róisín Horgan from Citizens Information	Kilrush Comm Centre

**West Clare Family Resource Centre**  
Activities for over 55s

### INFORMATION TALK

We Welcome  
*The Marie Keating Foundation*

Free, confidential information  
Our friendly nurses is here to help

**WED 20 MARCH**  
11am to 3pm  
Visit The Mobile Information Unit  
2pm to 3pm  
Information talk with Nurse Kathryn  
**Kilrush Community Centre**

The Marie Keating Foundation's work focuses on raising awareness of all of the common cancers affecting men and women in Ireland and the healthy lifestyle choices that reduce the risk of cancer

**ALL WELCOME**

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

**West Clare Family Resource Centre**  
Activities for over 55s

## WHATSAPP FOR BEGINNERS

### Coming Soon!

A MESSAGING APP FOR SMARTPHONES THAT ALLOWS YOU TO SEND TEXT MESSAGES & PHOTOS MAKE VOICE & VIDEO CALLS USING YOUR PHONE'S INTERNET CONNECTION.

**065 9052173**  
to book a place

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

# Other Health & Wellbeing News



## WHITEGATE MENTAL HEALTH PROJECT SPRING 2024

Biweekly series of talks/ workshops in the area of mental health and nutrition in our community



05

### Nutrition and balance for young women in our community

Focus Group: Young women in the community from teenage years upwards.  
Cathy Kolbohm BSc, MSc, PhD(c)  
Friday March 8th Clubhouse 7.30 PM

06

### Nutrition and healthy ageing for adults in our community

Focus Group: Any adults in the community from the age of 40 + but of course open to all!  
Cathy Kolbohm BSc, MSc, PhD(c)  
Thursday March 21st Clubhouse 8.30 PM

Kindly supported by  
Local Clare Development Committee  
Healthy Clare Micro Fund



LCDC

## INTRODUCING A

## HOLISTIC RETREAT FOR LGBTQ+ WOMEN & NON BINARY COMMUNITY

FRIDAY MARCH 15TH TO MONDAY MARCH 18TH

THE COMMON KNOWLEDGE CENTRE,  
KILFENORA,  
CO. CLARE



A WEEKEND OF CONNECTION WITH LIKE MINDED FOLK THAT OFFERS HIKING, TRAD MUSIC, OPEN MIC, YOGA, AMAZING VEGETARIAN FOOD AND MUCH MORE!



FOR MORE INFORMATION VISIT [WWW.KMURRAY.IE](http://WWW.KMURRAY.IE)

@CONSCIOUSCONNECTIONSIE

CONSCIOUS CONNECTIONS

LGBTQIA+ QuareClare

## 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,  
February 14th  
11am - 12.30pm

How much?

€10 per person

BOOK NOW

087 68 65 825

[davnet.l3mireland@gmail.com](mailto:davnet.l3mireland@gmail.com)

L3 Ireland  
Enjoyable Life Long Learning

ea Endometriosis Association of Ireland  
enabling your everyday

## EAI Information Day 2024

Saturday 30th March

Attend in-person at  
Clayton Hotel Cardiff Lane,  
Dublin 2  
OR  
Take part virtually

March is Endometriosis Awareness Month. Endometriosis Association of Ireland is hosting their Annual Information Day. This is a hybrid event which will be held in person in Dublin or can be accessed live online at the same time. To book your place today please click on the links to the tickets are below:

Attend online:

<https://www.eventbrite.ie/e/825102562977?aff=oddtcreator>

Attend in person:

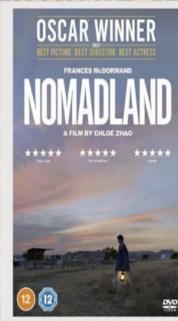
<https://www.eventbrite.ie/e/825102562977?aff=oddtcreator>



## West Clare Family Resource Centre Activities for over 55s

### MOVIE CLUB Nomadland

BAFTA & Academy Awards winner  
BEST PICTURE - BEST DIRECTOR - BEST ACTRESS



THURS MARCH 21  
@2PM

Kilrush  
Community  
Centre

065 9052173  
To Book

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



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



### Thursday Tea Dance

MAR 14  
KILRUSH  
COMMUNITY  
CENTRE  
@2pm

Minus Two

€5 ENTRY

MUSIC  
SINGING  
DANCING  
REFRESHMENTS  
& RAFFLE  
All Welcome

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



## West Clare Family Resource Centre Activities for over 55s

### QUIZ TIME!

CHALLENGE YOUR GENERAL KNOWLEDGE AND MEMORY WHILE HAVING FUN.

TUESDAY  
MAR 00 2024

KILRUSH  
COMMUNITY  
CENTRE  
@2.30PM

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

# Other Health & Wellbeing News



COLLEGE OF FURTHER EDUCATION & TRAINING

## Mums, Dads, Carers

Join us for fun and friendly

4 weeks

### Hug Your Book Course: (Young Ballymun)

- Free book for your baby
- Cup of tea
- Creative ideas when reading
- Time to meet other parents



10 am - 12 Wednesdays  
Starting 28<sup>th</sup> January, 2024

In Scout Hall, Station Road, Ennis (next to Cathedral)



For more information or to book your place, contact  
Mary Flanagan at 065 6897654

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



## 10 years anniversary of Clare Garden Festival

Preparations for the big day on 28th April are already in full swing and we are fully booked out at our huge Garden, Plant, Craft & Food Fair.

Ennis Showgrounds, Co Clare



10 YEARS ANNIVERSARY  
Sunday, 28<sup>th</sup> April 2024

Our festival highlights will include

Just in case you havent heard yet... this year will be our

### 10 YEARS ANNIVERSARY of Clare Garden Festival!

And its only 2 month now to the 28th April!

Below some hints and updates re our festival, and I hope to see you at our

Seed & Garden Share on 30th March 3-5pm at Ennis Showgrounds where much more will be revealed.

Dont forget also that: Limerick Garden Festival will be back at the Milk Market on Sunday, 16th June 2024.

Sunday, 28th April - Clare Garden Festival at Ennis showgrounds,  
[www.claregardenfestival.com](http://www.claregardenfestival.com)

More information on the Share Your Seed/Seedlings Event to be found under Eating Well, page 4.

Clare Local Development Company  
Comhlacht Forbartha Áitiúil an Chláir

SICAP  
Social Inclusion & Community Activation Programme

## EMPOWERED WOMEN: LIMITLESS POTENTIAL

### INTERNATIONAL WOMEN'S DAY

YOU ARE WELCOME TO JOIN US IN LEARNING MORE ABOUT WOMEN IN TECH EDUCATION, SPORTS AND EMPLOYMENT

12 PM-2 PM, 8TH MARCH

FOR BOOKING YOUR PLACE, PLEASE EMAIL [IHRYSHKANYCH@GMAIL.COM](mailto:ihryshkanych@gmail.com)

CLDC, UNIT 1, WESTGATE BUSINESS PARK, KILRUSH RO, ENNIS, V95 PX3

Rialtas na hÉireann Government of Ireland  
Cómhaoinithe ag an Aontas Eorpach Co-funded by the European Union  
pobal government supporting communities

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the

## Brain Awareness Week: March 11th to 17th 2024

Last Updated: Wed, 24/01/2024 - 21:56

nai NEUROLOGICAL ALLIANCE of IRELAND

## Brain Awareness Week 2024

March 11th - 17th

Love YOUR BRAIN #BRAIN AWARENESS WEEK2024

Brain Awareness Week takes place this year from March 11th to 17th and is currently supported by 35 patient organisations and research groups. It is an annual awareness initiative which aims to promote greater awareness of the brain and brain conditions, as well as the need for more investment in services, research and prevention.

The Neurological Alliance of Ireland has led the way in promoting and co-ordinating the week throughout Ireland since 2005.

The week provides us with an opportunity to highlight the need for investment in services for people with neurological conditions as well as promoting preventative approaches to neurological diseases. It provides a wealth of opportunities to highlight current advocacy campaigns, profile specific at risk groups or promote awareness of individual services or

initiatives aimed at meeting the needs of people with neurological conditions.

Follow the conversation on our social media pages at [#brainawarenessweek2024](https://twitter.com/brainawarenessweek2024)

WEST CLARE FAMILY RESOURCE CENTRE

West Clare Family Resource Centre  
Activities for over 55s

## 12 WEEK DRAMA COURSE

STARTING MONDAY 19 FEB  
10.30AM TO 12-NOON

KILRUSH COMMUNITY CENTRE

ACTING TECHNIQUES  
IMPROVISATION  
VOICE PROJECTION  
BUILD CONFIDENCE WHILE HAVING FUN

## Chronic Kidney Disease affects 1 in 10 people

Could it be you?

WE'RE COUNTING ON YOU  
EARLY TREATMENT = EARLY PREVENTION

For more information on Chronic Kidney Disease (CKD) please visit:  
[ika.ie/kidneyhealth](http://ika.ie/kidneyhealth)

Produced by the Irish Kidney Association in association with the HSE National Renal Office  
Irish Kidney Association  
Registered Charity No. 20011200

# Other Health & Wellbeing News



## 3<sup>rd</sup> ANNUAL ONLINE GATHERING SATURDAY MARCH 2ND, 11am-1pm



On Saturday 2nd March 2024 at 11am, Community Gardens Ireland and Social Farms and Gardens Northern Ireland are organising our 3rd annual online gathering of community growers!

This is always an incredibly popular event and is the largest online event for anyone interested in allotments, community gardens and community growing across the Island of Ireland.

The 2024 theme is Food Education!

Community Gardens Ireland & Social Farms & Gardens Northern Ireland are together organising our 3rd annual online gathering and forum! The event starts at 11am on Saturday 2nd March.

This free event takes place online and will include speakers from allotments, community gardens & groups across Ireland.

The link to find out more information is here:

<https://cgireland.org/3rd-annual-online-gathering-of-community-growers-2nd-march/>



### The Parenting Platform:

**A one stop destination for raising happy, healthy children.**

The purpose of the Parenting Platform, funded by HSE Health & Wellbeing, is to provide parents with a platform where videos, webinars and podcasts can be accessed on parenting related issues. Parents can easily access information, tips and strategies, as well as availing of links to other supports in their community or county.

There are 27 Videos currently online, including the Sligo Leitrim Home Youth Liaison Service (HYLS) videos on 'Healthy v's Unhealthy Relationship Programme', HYLS Internet Safety Series, the Lifestart Growing Child, *The importance of play in relationships and attachment*, *Toilet Training*, *Weaning and Fussy Eating*, *Supporting your child to sleep well*, to name a few. Other organisations who have contributed relevant webinars, including the ISPCC.

Many of the videos and webinars were produced by Lifestart Donegal and Parent Hub Donegal who developed and delivered the Parenting Platform. These topics were identified by parents across Donegal, Sligo, Leitrim, Cavan and Monaghan, in a parents' survey, conducted at the start of the initiative in 2023. The Children and Young People's Services Committees across Cavan Donegal Monaghan and Sligo Leitrim supported the development of the platform. View the Parenting Platform on YouTube or follow the link, [www.youtube.com/@theparentingplatform](http://www.youtube.com/@theparentingplatform). There is also a QR code to access the Parenting Platform.



Ionad | Venue : Leabharlann na Scairbhe, An Scairbhi Scariff Library, Scariff. Cathain | When 12.03.2024, 19:00 Tuilleadh Eolais | Further info: 061 922893



FREE Workshop For Parents, Guardians, and Anyone Working With LGBTQIA+ Youth

## CREATING INCLUSIVE HOMES & SPACES FOR LGBTQIA+ YOUTH IN COUNTY CLARE

**SATURDAY, MARCH 9TH  
9:30AM - 12:30PM  
ENNIS, CO. CLARE**



COMHAIRLE CONTAE AN CHLAIR  
CLARE COUNTY COUNCIL

Sign-Up at:  
[www.QuareClare.ie/events](http://www.QuareClare.ie/events)

A workshop that aims to empower parents, guardians, and anyone who works with LGBTQIA+ youth of Clare by helping them understand the challenges faced by LGBTQIA+ youth today. Adults only please. If you have any questions, please reach out to [education@quareclare.ie](mailto:education@quareclare.ie).

## Oifig Fiontair Áitiúil Local Enterprise Office

### Women in Business Workshop: Building a Brand with Style

**Venue:** The Armada Hotel, Spanish Point  
**Date:** 07/03/2024  
**Time:** 12.00pm-3.00pm

**Category:** Enterprise Week

Join us for a powerful afternoon of connection and inspiration at our Women in Business Network event, celebrating International Women's Day. Connect with fellow female entrepreneurs & learn from our very special guest speaker, Sinead O'Brien of Sineads Curvy Style.

Book your place by clicking on the link below:

[Women in Business Workshop: Building a Brand with Style - Local Enterprise Office - Clare](#)

Small daily actions for big positive changes

We all want to look after our mental wellbeing, but this can be hard to do - especially in challenging times. This program helps you learn simple daily actions which are proven to give you a boost and help you feel happier.

Click on the link below to find out more

<https://10daysofhappiness.org/>

# Other Health & Wellbeing News

**CAN YOU SPARE 20 MINUTES... IT COULD SAVE YOUR LIFE**

**BREAST CANCER IRELAND**  
researching a cure

**Breast Health**  
Education & Awareness

*Awareness saves lives*

**EVERY 29 SECONDS**  
SOMEONE IN THE WORLD IS DIAGNOSED WITH BREAST CANCER

BREAST CANCER IRELAND WILL BE VISITING US WITH THEIR BREAST HEALTH AWARENESS PRESENTATION ON:

**CLG Éire Óg Inis Clubhouse**  
March 13th at 20:00

Hi, are you coming to the Coffee Morning this Friday?

Certainly, can't wait to chat with a cup of warm coffee ☺☺

## Coffee Morning

Every Friday at 11 am  
in the Pavilion, Lisdoonvarna



Feel free to join us for a good chat with coffee or tea, play board games, try new craft, or share your skills

Lisdoonvarna Fáilte CLG

Helium are an award-winning Irish children's charity that aims to improve the well-being of children and young people living with **lifelong physical health conditions** by providing **free creative workshops in-person and online**, tailored to different age groups from **ages 6-16**.

### Why?

They support children to realise their potential. Beyond lifelong health conditions. We use creativity and art to **build community**, spark **friendships**, unlock **skills and new interests** that can help children to **overcome adversity**.

We believe that **creativity empowers children to feel confident, worthwhile and respected and this helps them to become more prepared and capable in daily life**.

[Register Your Interest to participate in our workshops at any time.](#)

**Registrations are now OPEN for our FREE Spring Workshops in Limerick / Ennis and online.**

### Ages 6-8

- 1) [Online Spring Saturdays](#)  
Every Saturday from 6 Apr - 11 May

### Ages 8-12

- 1) [In-Person Ennis Easter Camp](#)  
26-28 Mar

- 2) [In-Person Spring Saturdays](#)  
Starts 13 April!

- 3) [Online Spring Saturdays](#)  
Every Saturday from 6 Apr - 11 May

### Ages 13-16

- 1) [In-Person Saturday Meet Ups](#)  
Starts 23 March!

All of their in-person workshops are supported by professional artists, volunteers and on-site medical care.



## Know the signs Find Cancer Early



National Cancer Control Programme

1 in 2 people in Ireland will develop cancer in their lifetime.

Treatment options and survival rates are better than ever – especially when cancer is found early.



Call your GP TODAY if you notice any of the following



A new lump/bump on your body



A changing lump/bump on your body



Unexplained bleeding



Changes on your skin, e.g. a new or changing mole



Unexplained weight loss



Feeling very tired all the time, more than is normal for you



A new cough lasting for more than 3 weeks



A change in your bowel habit for more than 6 weeks, such as looser poo, poeing more often or constipation



Persistent heartburn or indigestion

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

Visit [www.hse.ie/cancerearlydetection](http://www.hse.ie/cancerearlydetection) for more information

**Co. Galway**  
**Co. Clare**  
**Co. Limerick**

**Atlantic Ocean**  
**Newmarket on Fergus**

**Contact:**  
**www.obair.org**  
Call us: 086 785 1620 or (061) 368030  
Email: [mealsonwheels@obair.org](mailto:mealsonwheels@obair.org)  
**Address:**  
Obair Office  
Ennis Road,  
Newmarket on Fergus,  
Co. Clare,  
V95 X0NY

**FOOD 4U**  
MEALS ON WHEELS

SCAN QR CODE & ORDER

**OB AIR**  
Meals on Wheels Service

**pobal**  
Government Supporting Communities

**HE**  
Institiúid na nGairí Síle  
Health Service Executive

**COMHAIRLE CONTAE AN CHLÁIR**  
CLARE COUNTY COUNCIL

**RETHINK IRELAND**

**SAVE THE DATE** **Wednesday 13th March 2024** **SunSmart for Outdoor Workers**

'Why integrating UV protection into workplace practice is important' an in person event

A National Cancer Control Programme event for outdoor worker organisations

Visit [www.hse.ie/sunsmart](http://www.hse.ie/sunsmart) to register

Brought to you by: **HE** **nccp** **hi** **SunSmart**

Time: 11am to 1pm  
Venue: NCCP, 3rd Floor, Kings Inn House, 200 Parnell St, Dublin 1, D01 A3Y8

