

# Healthy Clare Newsletter

## November 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)



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



# Clare

Follow us on Social Media

Dear Readers,

I hope that everyone is keeping safe, well and warm. I am delighted to bring you the November edition of the Healthy Clare newsletter which contains lots of information on how we can support our wellness as we move towards winter. From exercise programmes, to training courses, webinars and gatherings, there is certainly enough options to keep us active and healthy.

As November arrives, bringing with it shorter darker evenings, you will find that there is much happening around the county to lift your mood and keep us all looking on the bright side, and if this is not the case, there is information inside about the services that can support us this November.

The first Clare Wellness Café opened in Glor on the 21<sup>st</sup> of October. If you find yourself out and about on a Monday morning between 10.30am and 12pm, why not pop in for a cuppa and meet peers and services who are supporting each other catching up.

Clare County Council's Healthy Clare programme, Creative Ireland and the Human Resource department were privileged to come together with expert speakers and creative artists on the 17<sup>th</sup> of October for the 'Living Well Through the Menopause' event. If you did not have an opportunity to attend, have a look at the Healthy Clare Facebook page as you will find some HSE Wellbeing resources added which can help during this time of change in life.

Congratulations to everyone involved in the Age Friendly Health and Wellbeing Expo, which took place on the 3<sup>rd</sup> of October. It was an excellent event, filled with relevant information and I am looking forward to next years expo already.

Kind regards, Sam

### 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/services/community/healthy-clare/free-period-products/)

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>



# Physical Activity



## Have Your Say: Shaping the Future of Outdoor Recreation

County Clare is developing a County Outdoor Recreation Plan for the next five years, and we want your input! Whether you're passionate about walking, cycling, water sports, or other outdoor activities, this is your chance to influence the future of recreation in our community. Share your thoughts, ideas, opportunities and challenges. Join us for public consultations and help create spaces where everyone can enjoy the great outdoors.

### Public Consultation

- Kilrush, Wednesday November 13th 2 pm
- Killaloe, Wednesday November 13th 7 pm
- Ennis, Thursday November 14th 2 pm
- Lisdoonvarna, Thursday November 14th 7 pm

Check out [www.claresports.ie](http://www.claresports.ie) for up-to-date information on specific consultation locations.



**SEASON OF RESPECT**

NO RESPECT | NO OFFICIALS | NO GAME

## Season of Respect Level 1 Club Award

This initiative aims to tackle the widespread issue of referee and officials abuse, which manifests in various harmful ways from verbal assaults to threatening behaviours.

To be awarded as a Level 1 Club, your club must attend a 1.5 hour online zoom workshop, that will look at challenging the status quo, foster a culture of respect and inclusion, and create a positive environment for referees.

3 members of your club are required to attend i.e. 1 Club Executive + 1 Head Coach / Manager + 1 adult player / Children's (player) Welfare Officer and be operating in County Clare.

Our next Season of Respect Level 1 Club Award workshop is on Tuesday November 26<sup>th</sup> at 8pm online via zoom.

To book onto this course, please visit our website [www.claresports.ie](http://www.claresports.ie)

A poster for a "Safeguarding" workshop. It features a smiling woman in a grey hoodie. The text includes: "SPÓRT ÉIREANN ETHIC | SPORT IRELAND ETHICS", "Safeguarding", "Child Welfare &amp; Protection Basic Awareness Workshop", "1", "Weds, Nov 6th", "Weds, Nov 20th", "Tues, Dec 10th", "6pm - 9pm", "Online Zoom Course", and a price tag of "€16.50" with a "BOOK NOW" button and a hand cursor icon.

A poster for a "Safeguarding" workshop. It features a smiling man in a blue polo shirt. The text includes: "SPÓRT ÉIREANN ETHIC | SPORT IRELAND ETHICS", "Safeguarding", "Designated Liaison Person", "3", "Tuesday, Nov 12th", "6pm - 9pm", "Online Zoom Course", and a price tag of "€16.50" with a "BOOK NOW" button and a hand cursor icon.

# Physical Activity



ACTIVE ENNIS LEISURE COMPLEX

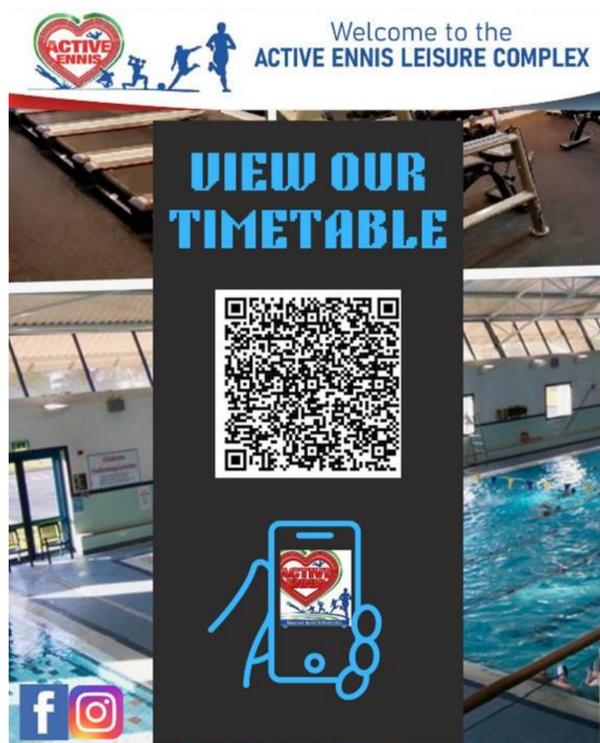
## LUNCH CRUNCH

COST: €5 STANDARD, €3 MEMBERS

- 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**  
1.15PM - 1.45PM

[www.activeennis.com](http://www.activeennis.com)



Welcome to the  
ACTIVE ENNIS LEISURE COMPLEX

### VIEW OUR TIMETABLE



## The Benefits of Strength Training

Strength training is more than just building muscle, it's a powerful tool for improving overall health and well-being. Incorporating strength training into your routine offers numerous benefits:

- 1. Builds Lean Muscle Mass:** Strength training helps increase lean muscle, which boosts your metabolism. This means your body burns more calories, even at rest, aiding in weight management.
- 2. Improves Bone Health:** Resistance exercises stimulate bone growth, increasing bone density and reducing the risk of osteoporosis, especially as we age.
- 3. Enhances Mental Health:** Strength training releases endorphins, which can help reduce stress, anxiety, and symptoms of depression. It also promotes better sleep and improves overall mood.
- 4. Increases Strength and Endurance:** Consistent training leads to stronger muscles, which makes everyday activities easier. This can improve balance and reduce the likelihood of injuries.
- 5. Supports Heart Health:** Strength training lowers blood pressure, improves cholesterol levels, and boosts circulation, reducing the risk of heart disease. Incorporating just 2-3 strength training sessions per week can be of great benefit, helping you feel stronger, healthier, and more confident.

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

# 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.

## Space from Anxiety for Young People

Digital Mental Health and Wellbeing Programmes Information for Young People



Children, young people and families often talk with us about how they can experience anxiety and challenges to their mental and emotional wellbeing. Anxiety is a normal human response to danger or threat, but 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.

To support, we offer FREE digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. If there is a young person in your life that you think might benefit from Space from Anxiety, you can refer them by filling out a simple form. For more details email [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)

## Let's Talk About Suicide

Let's Talk About Suicide is a free, online suicide prevention training programme that can help you to keep others safe from suicide. The programme will help you learn how to identify people who might be at risk of suicide, confidently ask them about it, and connect them with resources to help them stay safe. Our campaign encourages everyone who wants to learn basic suicide prevention skills to complete the training and to do their part in reducing the stigma associated with speaking openly about our mental health, and suicide.

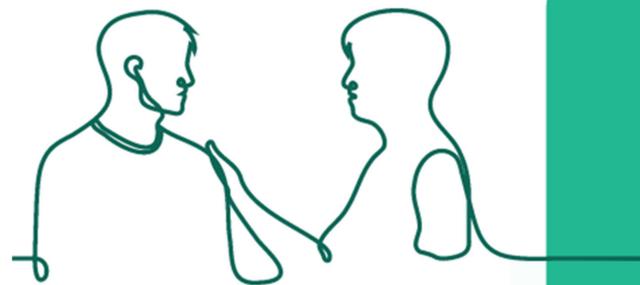
Sign up for the training at [hse.ie/letstalk](https://hse.ie/letstalk)



## Let's Talk About Suicide



A free, online suicide prevention training programme, from the HSE.  
[traininghub.nosp.ie](https://traininghub.nosp.ie)



HSE National Office for Suicide Prevention (NOSP)

[training@nosp.ie](mailto:training@nosp.ie)



Community Talk with:

**Dr Harry Barry**  
Author and Mental Health Expert

**Emotional Healing:**

A talk on understanding & managing emotional distress.

**November 7<sup>th</sup>, 2024 at 7pm**

**Temple Gate Hotel, Ennis**

All Welcome: **Free Admission**



# Eating Well



## ARE YOU AN ADULT LIVING WITH TYPE 2 DIABETES?

To book a place on a **FREE** HSE Diabetes Support Course near you or for more information:

Discuss with your GP / Practice nurse for referral

OR

Scan



### ABOUT THE COURSES:

- Group courses
- Run in local community or HSE venues
- Flexibility to attend a venue that suits you
  - Relaxed and enjoyable
- Free booklets and information to keep
- A family member, carer or friend is welcome to attend with you

'Very beneficial course and great atmosphere. Good group engagement.'  
Clare Participant

This HSE service is **FREE** to all

'I found all aspects of the course helped me. I would recommend that others with diabetes do this course.'  
Clare Participant

'I found the course very informative and beneficial, especially regarding how glucose is broken down in the body, how diabetes impacts the body, and the role of carbohydrates.'  
Clare Participant

Clare Participant

## Are you supporting a family member with an eating disorder?

NOVEMBER  
7

If so, this **free** online 4-week programme for families and friends is for you



**When:** Thursday November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>  
(4 Thursday Evenings)

**Time:** 7.00pm - 9.00pm  
(Evening Programme online via zoom)

Attendance is **FREE** but booking is essential.

For booking information please contact:  
Christopher ([pilar@bodywhys.ie](mailto:pilar@bodywhys.ie))



**BODYWHYS**  
The Eating Disorders Association of Ireland

## Upcoming PiLaR programme: November 2024

The next [PiLaR programme](#) for family members and friends begins on: **Thursday, November 7th from 7-9pm online via zoom**

Following sessions will be on November 14th, 21st and 28th.

For bookings, please contact: [pilar@bodywhys.ie](mailto:pilar@bodywhys.ie)

## Tips for Maintaining a Healthy Weight.

Maintaining a healthy weight is key to overall well-being, reducing the risk of chronic diseases like heart disease, diabetes, and hypertension. It doesn't have to be about strict diets but rather creating sustainable habits. Here are some practical tips:

- 1. Balanced Diet:** Focus on whole, nutrient-dense foods. Include plenty of fruits, vegetables, lean proteins, and whole grains. Avoid highly processed foods that are high in sugar, unhealthy fats, and refined carbs.
- 2. Portion Control:** Eating smaller portions can prevent overeating. Using smaller plates, eating slowly, and listening to your body's hunger signals can help you stop when full.
- 3. Stay Active:** Regular physical activity, such as walking, cycling, or strength training, helps burn calories and build muscle. Aim for at least 150 minutes of moderate exercise per week.
- 4. Stay Hydrated:** Sometimes, thirst is mistaken for hunger. Drinking water regularly not only keeps you hydrated but can also help with weight management.
- 5. Sleep Well:** Poor sleep can lead to weight gain by disrupting hormones that regulate hunger. Aim for 7-9 hours of sleep per night to keep your metabolism and appetite in balance.
- 6. Mindful Eating:** Avoid distractions like TV or phones during meals. Focus on your food, savour each bite, and pay attention to how much you're eating. This can prevent overeating.
- 7. Consistency Over Perfection:** It's not about being perfect but making healthy choices consistently. Allow yourself flexibility without guilt and remember that long-term habits yield lasting results.

By incorporating these tips into your daily routine, you can maintain a healthy weight and improve your overall health in the long run.

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

# Tobacco Free, Reducing Drugs & Alcohol Related Harm

## HSE Quit supports available

- An online-personalised Quit plan where you can track your progress.
  - Text message 50100 or phone support from the Freephone Quitline 1800 201 203
  - A free Quit Kit to help you prepare
  - Advice on Nicotine Replacement Therapy (NRT) and stop smoking medication
  - Daily tips and support from people who have quit and who are trying to quit on the You Can Quit Facebook page.
- HSE Quit services are free and available all year round. Your local service is Quit Mid West, call 065 6865841 to book an appointment.



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

Inhalers and other Nicotine Replacement Therapies can help.  
Find out how to get them for free at Quit.ie

QUIT.ie

## Webinar: HSE Health and Wellbeing Tobacco Free Ireland Update

Date and time: Tuesday 26 November, 11am to 12:30pm

Register:

- Learn about the ongoing strategies and initiatives aimed at reducing smoking rates across Ireland.
- Quit Campaign: Hear about the national Quit Campaign, including resources and support services available for those who want to stop smoking.
- Free Nicotine Replacement Therapy: Find out how to access free nicotine replacement products, which are proven to help people quit smoking.
- E-cigarettes and Vaping: Get informed about the latest research, health guidance, and policies regarding e-cigarettes and vaping.



The Healthy Clare calendar reminds us to 'Mind Your Body' as winter draws in. Alcohol and illicit substances can impact negatively on our bodies and in different ways.

Reducing the intake of harmful substances can be done in the following ways - using the example of alcohol – drinking less on a night out, having fewer nights when you take a drink, using a measure when pouring spirits, or switching over to non-alcohol beverages. Any and all of these actions can reduce the negative impact the substance has on the body. There are many positives to cutting down or giving up alcohol – it can mean better relationships with the people you care about, more quality time together, less arguments, more money to spend on positive things and waking up with a clear head to make the most of free time.

Alcohol has almost the same calories per gram as pure fat. If you're trying to lose weight, cutting back on alcohol will help. The HSE AskAboutAlcohol.ie site clearly lays out the benefits of taking a break from alcohol to improve your health, from lower blood sugars and blood pressure to better sleep, skin, more energy and fewer injuries. If you are worried or want to reduce your drink or drug intake, there is free support available on [www.mwrtdf.ie/supports/](http://www.mwrtdf.ie/supports/)



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 McCasrthy, Healthy Clare Coordinantor via email at [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie).

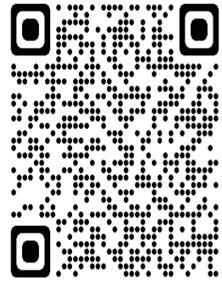
For more details, visit: [Not Around Us Campaign | Healthy Clare | Rural and Community Development | Services | Clare County Council \(clarecoco.ie\)](#)

# Sexual Health



sexualwellbeing.ie

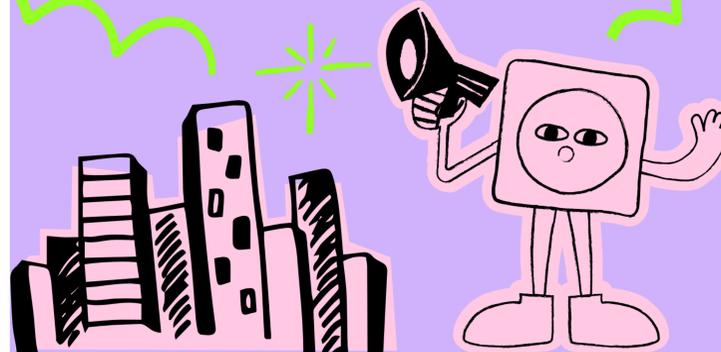
Find out more at [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)



## Don't Stress, Get a Test!

Chlamydia and Gonorrhoea  
testing now available!  
Appointment only.

To Book:  
Call 061 314354 or  
email [knownow@goshh.ie](mailto:knownow@goshh.ie)



# STAND UP WEEK

4TH - 8TH  
NOVEMBER 2024

Gender • Orientation • Sexual Health  
www.goshh.ie

THIS IS A SAFE SPACE

PROUD to be ME!

STAND UP AWARENESS WEEK IS A TIME FOR POST-PRIMARY SCHOOLS, YOUTH SERVICES, AND YOUTHREACH CENTRES IN IRELAND TO JOIN TOGETHER AND TAKE A STAND AGAINST HOMOPHOBIC, BIPHOBIC AND TRANSPHOBIC BULLYING.

FOR ANY STAND UP WEEK REQUESTS, PLEASE CONTACT [YOUTHWORKER@GOSHH.IE](mailto:YOUTHWORKER@GOSHH.IE)

## 50+ LGBTI\* SOCIAL GROUPS

Next gatherings:

Ennis, Co.Clare  
November 1st

Limerick  
November 13th

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

[communitydev@goshh.ie](mailto:communitydev@goshh.ie)  
or text 086 458 8680



TRANSGENDER  
DAY OF REMEMBRANCE  
NOVEMBER 20

## LGBTI+ MEDIA RECOMMENDATIONS

TRANS DAY OF REMEMBRANCE

<p>BOOK</p>	<p>MOVIE</p>	<p>TV SHOW</p>
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# Other Health & Wellbeing News

## Living Well

A programme for adults with long-term health conditions



**Living Well** is a free group programme for adults living with any long-term or chronic condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

### Upcoming Living Well Programmes: Clare & North Limerick City region

Venue	Day	Time	Start date	Finish date
Island Road, Limerick City	Tuesday	10.30am-1pm	5th November 2024	10th December 2024
Ennis Primary Care Centre	Wednesday	10.30am-1pm	6th November 2024	11th December 2024
Online programme	Tuesday	6.30pm-9pm	14th January 2025	18th February 2025
Island Road, Limerick City	Wednesday	10.30am-1pm	15th January 2025	19th February 2025
Ennis Primary Care Centre	Tuesday	10.30am-1pm	4th March 2025	8th April 2025

To book your place contact

Philip Hennessy Tel: 087 1799396

Email: [philip.hennessy2@hse.ie](mailto:philip.hennessy2@hse.ie)

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



\*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management Support

Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.



JOIN SAMBA SASTA, OUR  
COMMUNITY SAMBA BAND

LEARN THE LIVELY RHYTHMS OF  
BRAZIL'S STREET CARNIVAL!

ALL WELCOME. NO EXPERIENCE NEEDED

CLOUGHLEIGH COMMUNITY CENTRE  
ENNIS, V95 K31X

EVERY WEDNESDAY 8 - 9PM



# Other Health & Wellbeing News

An Roinn Coimisce Sóisialaí  
Department of Social Protection

Clare Local Development Company  
Comhlacht Forbartha Áitúil an Chláir

EmployAbility Clare  
Supporting Inclusive Employment



## EAST CLARE JOBS FAIR

**COME AND SEE WHY CLARE IS A GREAT PLACE TO VISIT, LIVE, AND WORK – REMOTE, HYBRID AND ONSITE!**

**FRIDAY 1ST NOV, 10:30AM-12:30PM**  
**@ DERG ACTIVE ALLIANCE HALL, SCARIFF, V94 CA47**

Employment and training opportunities in  
Healthcare, Manufacturing, IT,  
Customer service, Retail & More

Please book early to avoid disappointment

REGISTER ON EVENTBRITE

[HTTPS://WWW.EVENTBRITE.IE/E/EAST-CLARE-JOBS-FAIR-TICKETS-1012759630317?AFF=ODDtdtcreator](https://www.eventbrite.ie/e/east-clare-jobs-fair-tickets-1012759630317?aff=ODDtdtcreator)






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

[https://www.eventbrite.com/e/east-clare-jobs-fair-tickets-1012759630317?aff=oddtcreator&lang=en-us&locale=en\\_US&status=30&view=listing](https://www.eventbrite.com/e/east-clare-jobs-fair-tickets-1012759630317?aff=oddtcreator&lang=en-us&locale=en_US&status=30&view=listing)

North West Clare  
Family Resource Centre

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

**We also offer:**

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




## Clare Type 1 Diabetes meet-up



World Diabetes Day

14 NOV

The Old Ground Hotel, Ennis

Thursday, 14th November

7:30pm - 9:30pm

More information from: [DiabetesinClare@gmail.com](mailto:DiabetesinClare@gmail.com)



Supported by  
**Diabetes Ireland**



## Зустріч із діабетом 1 типу Клер



Всесвітній Діабету День

Готель The Old Ground, Енніс

Четвер, 14 листопада

19:30 - 21:30

Детальнішу інформацію можна отримати за адресою: [DiabetesinClare@gmail.com](mailto:DiabetesinClare@gmail.com)



За підтримки  
**Diabetes Ireland**



# Other Health & Wellbeing News



## Social Prescribing

Shannon Family  
Resource Centre

**Improve your health  
and well-being**



### Social Prescribing Services

contact

**Suzanne Slattery**

Phone: 087 1959101

Email: [suzanne.slattery@shannonfrc.ie](mailto:suzanne.slattery@shannonfrc.ie)

Web: [www.shannonfrc.com](http://www.shannonfrc.com)

## What is social prescribing?

The aim of social prescribing is to connect people with community groups, organisations and statutory services for practical and emotional support via the support of a social prescribing link worker, with the overall purpose of improving health and wellbeing.

**Social prescribing is a free service in a non-judgemental, inclusive and a supportive environment for adults over 18 including but not limited to the following people:**

- with one or more long-term conditions
- who need support with their mental health
- who are lonely or isolated
- who are frequent GP/ED attendees and may benefit from other social supports outside of clinical services
- who have complex social needs which affect their health and wellbeing.

Social Prescribing is now available in over 40 locations.

Please see the All Ireland Social Prescribing Map online for Social Prescribing Services in your area.

Visit

[www.allirelandsocialprescribing.ie/services-map](http://www.allirelandsocialprescribing.ie/services-map)  
or scan QR code.



**It is important to highlight that social prescribing is not a replacement for adequate clinical services, nor is it a social work or counselling service.**

# Other Health & Wellbeing News



## FASD IN THE CLASSROOM

SUITABLE FOR: SET'S, SNA'S, LSA'S, SENCO'S, TEACHERS AND SCHOOL LEADERSHIP TEAM WORKING IN IRELAND OR NORTHERN IRELAND.

**ONLINE**

**19TH NOVEMBER 2024**  
**6PM UNTIL 8PM**  
**PRESENTED BY TRISTAN CASSON-RENNIE (CEO)**

THIS 2-HOUR WORKSHOP FOCUSSES ON FASD IN THE CLASSROOM. THERE IS NO REQUIREMENT TO HAVE A CHILD OR YOUNG ADULT IN YOUR CLASS, SCHOOL OR COLLEGE TO BE ABLE TO ATTEND THIS WORKSHOP.

WE WILL COVER:

- AN OVERVIEW OF FASD
- HOW TO RECOGNISE FASD IN THE CLASSROOM
- TRANSITION FROM PRIMARY TO SECONDARY AND BEYOND.
- HOW WE CAN SUPPORT CHILDREN AND YOUNG PEOPLE LIVING WITH FASD INTO EDUCATION, RATHER THAN OUT OF IT.
- ALTERNATIVE APPROACHES AND STRATEGIES TO HELP WITH TEACHING.
- WHEN IT ALL GOES WRONG.
- WHERE TO GO FOR HELP.

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



## An Introduction to FASD

(Foetal Alcohol Spectrum Disorder)

**Online For Parents, Carers and Professionals**  
**Thursday 21st November at 10am**  
**To book: [www.fasdireland.ie/workshops](http://www.fasdireland.ie/workshops)**

**An opportunity to learn more about FASD with tips and strategies to support those living with the condition.**

**Recent participant and carer Siobhan said:**

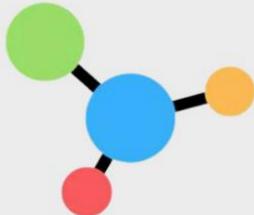
*"This workshop is a must for anyone who cares for or works with children where there are unknowns. As someone looking after a number of children, the strategies will be useful for all of them, but mainly with the young person we look after who we suspect to be living with FASD."*



### In this workshop, we will cover:

- An overview of FASD
- Details of symptoms of prenatal alcohol exposure
- The impact of FASD on children, young people and their families
- Share strategies of how to support people living with FASD
  - What it is like to live with FASD
- Alternative approaches and ideas to parenting/caring
  - Navigating education
- Challenges with the Justice System
  - Where to go for additional help.

For more information visit: [FASD Ireland - Workshops](http://FASD Ireland - Workshops)



## Peer Groups

for Parents & Carers of people living with FASD  
(Foetal Alcohol Spectrum Disorder)

**Thursday December 12th 2024**

[www.fasdireland.ie/peergroups](http://www.fasdireland.ie/peergroups)  
to register



# Other Health & Wellbeing News

## BLOOD DONORS URGENTLY NEEDED

GIVE BLOOD IN YOUR COMMUNITY

### ENNIS WEST COUNTY HOTEL

Monday 25th & Tuesday 26th November  
4:50 - 8:10pm

### SHANNON OAKWOOD HOTEL

Wednesday 27th & Thursday 28th November  
4pm – 7.20pm

CALL 1800 222 111 TO BOOK NOW

A<sup>+</sup> A<sup>-</sup> B<sup>+</sup> B<sup>-</sup> AB<sup>+</sup> AB<sup>-</sup> O<sup>-</sup> O<sup>+</sup>

Check your eligibility and  
learn more at:

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



## EMBRACE

Arts & Disability  
Residency Applications  
Are Now Open!



Visit [clarearts.ie/news-announcements](https://clarearts.ie/news-announcements) for more details



2024/2025

**Clare Arts Office are now inviting applications for the Embrace for Arts and People with Disabilities Scheme 2024/2025.**

There are 2 strands to this award:

- Artists Project Residencies
- One to One Residencies

Organisations can select artists from the Embrace Artists Panel(External link) only for the purpose of making the application.

Residency application must be developed and written JOINTLY with the artist of choice and organisation coordinator. It must be submitted by one party but a copy will be sent to both Artist and Coordinator there after.

**The deadline for receipt of applications is the 12 November.**

The Embrace Residency Programme has been designed to create the following opportunities for artists with disabilities at all levels in their arts practice and to support artists who facilitate projects and teach creative workshops in the area of arts & disability.

# Other Health & Wellbeing News

## New eLearning Courses on Health Literacy Now Available!

“When health services use a literacy friendly approach, it is better for everyone.”



**Catherine**

Healthy Communities Project Coordinator

“When you do not understand health information, it can really impact a person’s wellbeing.”



**Michael**

Literacy Ambassador

“We cannot assume people understand everything we tell them.”



**Catriona**

HSE Mid-West

“Health literacy is about using simple language.”



**Austin**

Family doctor



The Adult Literacy for Life (ALL) team, supported by the National Framework Strategy for Adult Literacy, has launched two new eLearning courses aimed at creating awareness of health literacy awareness across Ireland.

These courses are designed to support the vision of creating “an Ireland where every adult has the necessary literacy, numeracy, and digital literacy to fully engage in society and realise their potential.”

### Course 1: "Let's talk about Health Literacy?"

This course invites everyone—whether a health and social care professional or a patient—to engage in a conversation around health literacy. Participants will explore the principles of health literacy and learn about the importance of using a literacy-friendly approach in healthcare settings. By increasing awareness and promoting understanding, the course seeks to improve communication between healthcare providers and patients.

- Audience: General public, health, and social care professionals
- Duration: 25 minutes

Link:

### Course 2: "Let's talk about a Literacy Friendly Approach in Healthcare “

Targeted specifically at healthcare practitioners, this course offers a deeper dive into literacy-sensitive practices within the health sector. Participants will learn how to recognise unmet literacy needs among patients and respond with care and effectiveness. The course aims to build a health workforce that is both literacy-aware and equipped to provide inclusive, patient-centred care.

- Audience: Health and social care practitioners
- Duration: 40 minutes

Both courses align with Ireland’s “Adult Literacy for Life” strategy, which seeks to address unmet literacy needs across Ireland and are available online at [Adult Literacy for Life National Framework Strategy](#)

Contact: Tom Kent Regional Literacy Coordinator with Limerick and Clare ETB: [tom.kent@lcteb.ie](mailto:tom.kent@lcteb.ie) 087 056 4369

# Other Health & Wellbeing News

## What's On November 2024



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

**TUES 5**

### Let's Talk Depression

This workshop provides a space to discuss the impact of depression. We will explore practical tips that can be used when managing depression and reflect on the personal and individual nature of depression.

🕒 2pm - 4pm

**TUES 12**

### My Mental Health - Looking After Me

In this workshop, we will explore what looking after me means in relation to mental health. We will explore tips and tools for managing our mental health on a daily basis and learn who can help us in managing our mental health.

🕒 2pm - 4pm

**THURS 14**

### My Mental Health - Staying Connected

In this workshop, we will explore what connection 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.

🕒 10am - 12pm

**TUES 19**

### My Mental Health - Having Hope

In this workshop, we will discuss what hope means to us. We will explore where we find hope and how having hope can benefit our mental health. We will discuss what steps can help us build hope for the future.

🕒 2pm - 4pm



**TUES 26**

### My Mental Health - Exploring My Identity

In this workshop, we will explore identity and how it relates to mental health. We will look at how our mental health can impact on our identity and explore things that can help us improve our sense of self and wellbeing. We will identify, share and celebrate our unique strengths and skills.

🕒 2pm - 4pm



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



"It was inclusive, fun with clear expectations."



"Being with people who understand."



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](mailto:Cillian.Keane@hse.ie)



# Other Health & Wellbeing News



PERINATAL WORKSHOP

## Self Care BUILDING MY RESILIENCE



Are you pregnant or in the first year of motherhood?

Then join us for a fun, interactive wellbeing workshop where we explore practical ways to build our resilience and prioritise self care.

Babies Welcome!

**21st  
NOVEMBER**

9.45am – 1.00pm

Registration 9.30am-9.45am

Castletroy Park Hotel  
Eircode V94 YOAN

**BOOK YOUR PLACE**

Contact Margaret Keane  
Education, Training & Development Officer  
Mid West ARIES

✉ [margaret.keane9@hse.ie](mailto:margaret.keane9@hse.ie)  
☎ 086 287 3526



NOVEMBER 2024

## Free Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health

## Learn How to Self Care

Killaloe/Ballina Community and Family Resource Centre

The Green  
Killaloe  
Co. Clare  
V94 W7X6



Weds, 6th November  
10.30am – 1.00pm  
**Pt. 1 Exploring Self Care**



In this workshop we explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.

Weds, 13th November  
10.30am – 1.00pm  
**Pt. 2 Building My Self Care Toolkit**



In this second workshop we will explore how we can look after our **Physical** and **Emotional** health. Using worksheets as prompts we will start to build our own personalised Self Care Toolkit to fit our own unique needs and self care goals.

Weds, 20th November  
10.30am – 1.00pm  
**Pt. 3 Building My Self Care Toolkit**



In this final workshop we will explore how we can look after our **Social** and **Intellectual** health. By exploring these two wellness dimensions we will then complete our own personalised Self Care Toolkit.

**Recovery from  
Mental Health  
Challenges is  
Possible**

**For More Information or to Book a Place:**

Contact: Marie Moroney - Family Support Worker

Email: [marie@kbfrc.ie](mailto:marie@kbfrc.ie)

Phone: 061-374741



# Other Health & Wellbeing News



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!

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

AVAILABLE  
NOW  
**24/7**  
Laptop, Tablet  
or Mobile

## 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, UMH-L

Contact SPMHT: Pauline Walsh  
ANP Perinatal Mental Health  
Email: paulinewalsh1@hse.ie

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



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



## AUDIOBOOK

### My Perinatal Self Care Workbook

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

\*\* Audiobook version of "My Perinatal Self Care Workbook".  
Listen or download in full to your device or choose to listen chapter by chapter.

LISTEN NOW  
OR DOWNLOAD  
**24/7**  
Laptop, Tablet  
or Mobile

## Listen & 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 LISTENING NOW?

Scan the QR Code or go to:  
<https://tinyurl.com/Perinatal-Self-Care-Audiobook>

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

Contact SPMHT: Pauline Walsh  
ANP Perinatal Mental Health  
Email: paulinewalsh1@hse.ie

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



# Other Health & Wellbeing News



FREE WEBINAR

## My Mental Health Looking After Me At Christmas

**When?** Wednesday, November 27th 2024, 2pm-3pm  
**Where?** Online via Zoom Webinar  
**Book?** Email: [cillian.keane@hse.ie](mailto:cillian.keane@hse.ie) or Eventbrite: <https://midwestaries.eventbrite.ie>

### Join Us!

Join us for our panel discussion where we will discuss how we can look after ourselves during the Christmas period. The holiday season can be joyful but it can also bring stress, loneliness and emotional challenges for many. In this webinar we will explore tips and tools to mind our mental health, how to maintain balance and set boundaries.

### Our Panellists

**Mike O'Neill**  
 Manager,  
 Mid West ARIES  
 HSE Mid West  
 Community Healthcare

**Laura Carey**  
 Recovery Education  
 Facilitator  
 Mid West ARIES

**Barbara Keating**  
 Clinical Nurse Specialist  
 Recovery and Wellbeing  
 Programme  
 Acute Psychiatric Unit UHL

More Panellists to be announced soon..



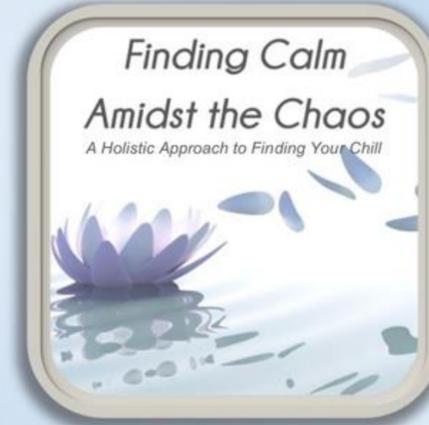
### Need More Information?

Contact: Cillian Keane  
 Peer Education, Training & Development Officer  
 Mid West ARIES  
[cillian.keane@hse.ie](mailto:cillian.keane@hse.ie)



Clare Local Development Company  
 Comhlacht Forbartha Áitiúil an Chláir

## Cool it Down!



Are you ready to reclaim your life and live a life with more ease?

To check your eligibility and to register: contact Helen  
 087 9328168  
[hderham@cldc.ie](mailto:hderham@cldc.ie)

Join us for an empowering morning designed for those looking to reduce daily stress and find greater balance

**VENUE:** Edna O'Brien Public Library  
 Mountshannon Road, Scariff,  
 V94 NY33  
**DATE:** Tuesday 7th November 2024  
**TIME:** 10am-12noon

Facilitated by:  
**Geraldine Lyons**  
 A Personal Development and Wellness Coach and an experienced Facilitator



## Shining Bright in the Darker Days

In this session we will look at ways to keep ourselves bright and feeling good by addressing thought patterns, lifestyle changes and diet as well as explore a variety of tools to assist you in the winter months when energy, mood and motivation are sometimes affected.

DATE: Thursday, 14th November 2024, 10am – 12 noon  
 VENUE: CLDC, Unit 1, Westgate Business Park, Kilrush Rd, Ennis  
 FACILITATOR: Fionnuala Ni Mhairtin  
 A Nutritional Therapist, a Yoga Teacher and a Consciousness Medicine Practitioner

To check your eligibility and register, contact Helen at M: 087 932 8168 or E: [hderham@cldc.ie](mailto:hderham@cldc.ie)



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

# Other Health & Wellbeing News



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

## What's on in NOVEMBER

**BOOKING ESSENTIAL!**      *Weekly Activities*      **065 9052173**

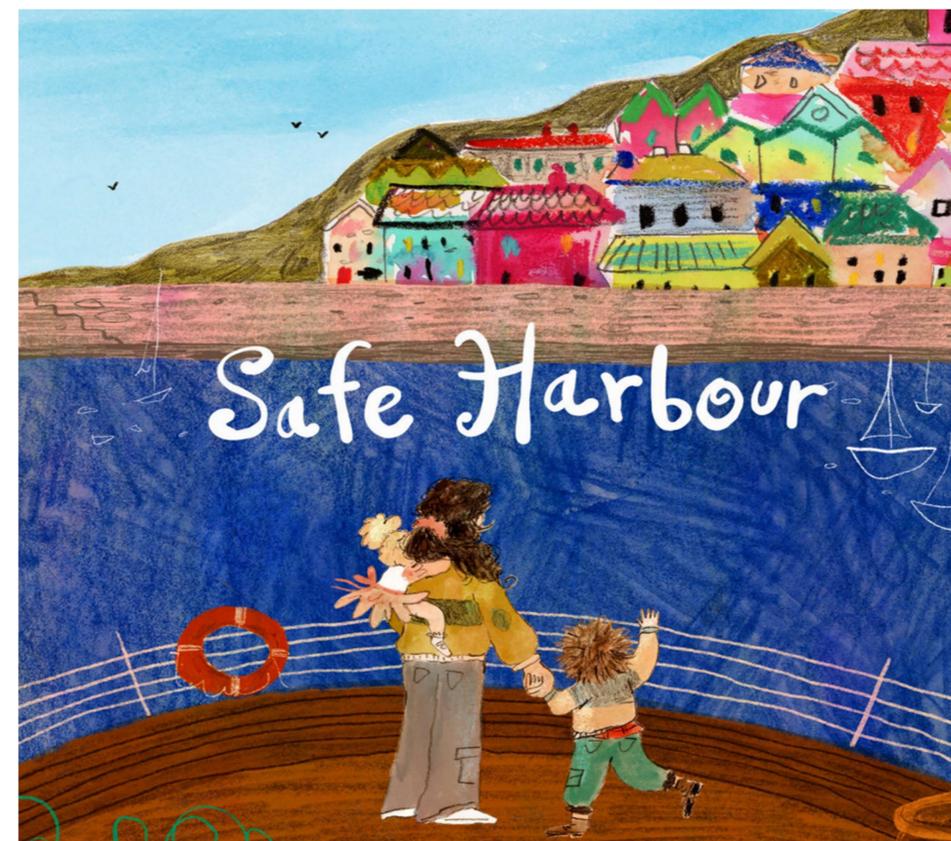
Day	Time	Activity	Venue
<b>Tue</b>	10am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	11am	Sit Fit - Kilkee	<b>Kilkee Comm Centre</b>
	12.45pm	Bingo for Fun	Kilrush Comm Centre
	2pm	45 Cards Game	Kilrush Comm Centre
<b>Wed</b>	2.30pm	Walking Group	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
	3pm	Bingo for Fun - Kilkee	<b>Elliott Centre Kilkee</b>
	2.30pm	The Kettle's On!	Kilrush Comm Centre
<b>Thurs</b>	2.30pm	Drama Class	Kilrush Comm Centre
	10.30am	Singalong	Kilrush Comm Centre
	11am	Peninsula Social Club	<b>Old Schoolhouse Querrin</b>
	12pm	Tai Chi	Kilrush Comm Centre

### November Monthly Activities

<b>Fri</b>	<b>1 Nov</b>	11am	<b>Ceol agus Tae</b> <i>(Bring your own Instrument)</i>	Kilrush Comm Centre
<b>Thurs</b>	<b>7 Nov</b>	2.30pm	<b>Nov/Dec Birthday Party</b>	Kilrush Comm Centre
<b>Thurs</b>	<b>14 Nov</b>	2 to 4.30pm	<b>Tea Dance: Outback</b>	Kilrush Comm Centre
<b>Thurs</b>	<b>21 Nov</b>	2pm	<b>Movie Club</b>	Kilrush Comm Centre
<b>Thurs</b>	<b>28 Nov</b>	2.30pm	<b>Quiz Time!</b>	Kilrush Comm Centre

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





Safe Harbour is an illustrated storybook for children who have been bereaved by suicide.

It has been developed by bereavement experts- including professionals and people with lived experience – to help a child with their grief by encouraging conversation and developing their understanding of death and suicide.

Safe Harbour is a story told by a young child whose Dad has died by suicide. It contains words and illustrations that a child can relate to, and that describe what that journey was like for them.

The storybook comes with a guide that will help parents and carers to read Safe Harbour with their child and empower them to have these difficult conversations.

There is also an audiobook, podcast series and activities for children available on this webpage.

<https://www.childhoodbereavement.ie/safeharbour/>

# Other Health & Wellbeing News

## EmployAbility Clare

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

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

Our Employment Coaches are there to support you :

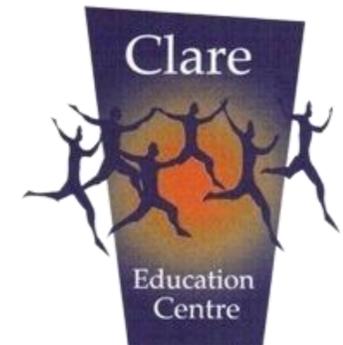
- a. if you wish to look for work, possibly after a period of unemployment
- b. to return to work after illness or injury
- c. if you have an extra support need which needs accommodating within the work environment.

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

**EmployAbility Clare**  
Supporting Inclusive Employment



An Roinn Coimirce Sóisialaí  
Department of Social Protection



Clare Youth Service in partnership with The Clare Education Support Centre are delighted to bring renowned speaker Shane Martin, Chartered Psychologist to speak with parents in Clare.

A leader within the area of education, he has visited hundreds of schools throughout the island of Ireland working with management teams, teachers, students and parents promoting a psychology of health, happiness and resilience. He has been a keynote speaker at numerous national education conferences including NAHTNI, NAPD, ACCS, IPPN, INTO, JMB and PDA. Shane addressed the Oireachtas Joint Committee on Education and Skills on the important topic of Positive Mental Health in Schools. An inspiring speaker he structures his presentation to allow for parents to ask questions and explore the content to insure it is both relevant and practical.

### The theme of the presentation is:

The Resilience Toolbox: How to cultivate resilience in our children, teenagers and ourselves.

The event will take place in The Clare Education Support Centre on Tuesday evening November 12th from 7 to 8.30 pm. Places are limited so please book through: <https://www.clareed.ie/cpd-courses-2/post-primary-courses/3688-face-to-face-the-resilience-toolbox-how-to-cultivate-resilience-in-our-children-teenagers-and-ourselves-p-pp.html>

Further information available from Margaret Slattery on 087 6341042 or by emailing [info@clareyouthservice.org](mailto:info@clareyouthservice.org)

This event is supported by Clare Local Development Company under the SICAP programme.



**Wellness Café at Glór: Peer Led Wellness Café drop in each Monday morning in Glór between 10.30am and 12pm. A chance to chat and socialise over a cuppa to support mental health recovery.**



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

# Special Days in November

Name: \_\_\_\_\_ Date: \_\_\_\_\_

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## November Word Search Puzzle

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

Celebrations	Yam	Dinner	Feast
November	Holiday	Maize	
Nuts	Squash	Pilgrims	Meal
Election	Meal		

## November

- Across**
- 2. Thanksgiving bird
  - 3. local red fruit
  - 8. famous ship
  - 11. place to cook
  - 12. Indian's method of travel
- Down**
- 1. made from cooked meat
  - 4. horn of plenty
  - 5. large plate
  - 6. gratitude
  - 7. not pumpkin pie
  - 9. a drink
  - 10. orange vegetable
  - 15. made with bread
- Across**
- 13. another name for corn
  - 14. part of the bird
  - 16. America's favorite hometown
  - 17. local Indians

### NOVEMBER SELF-CARE

@moonlightandmindfulness

- 1. ENJOY A CUP OF TEA
- 2. PRACTICE GRATITUDE
- 3. WRITE DOWN WHAT YOU'RE GRATEFUL FOR, REFLECT ON THE PAST YEAR
- 4. READ A BOOK OR WATCH HOLIDAY MOVIES
- 5. TAKE A NATURE WALK, ADMIRE THE FALLEN LEAVES AS THEY CRUNCH BENEATH YOUR FEET
- 6. BAKE OR COOK COMFORT FOOD USING AUTUMNAL INGREDIENTS
- 7. IMPLEMENT A SKIN CARE ROUTINE, MOISTURIZE, PAMPER YOURSELF
- 8. GET COZY UNDER A WARM BLANKET & TAKE A NAP OR PUT ON YOUR FAVORITE SHOW

