

Healthy Clare Newsletter

February 2025

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



healthyclare@clarecoco.ie



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



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



Follow us on Social Media

Dear Readers,

As always, I hope you are all keeping well and safe. Healthy Clare is delighted to bring to you the February edition of the Healthy Clare Newsletter. As always, it is packed full of great information about community and service offerings for wellbeing.

Healthy Clare is pleased to announce the **Healthy Clare Micro Fund 2025**, which will open for submissions on Friday 14th of February.

Clare's Local Community Development Committee (LCDC) will launch the Healthy Clare Micro Fund 2025 on 14th February. This fund is aimed towards recognising the importance of supporting initiatives around the county that promote health and wellbeing across the lifespan. The micro fund is dedicated toward supporting community led, grassroots projects that promote the themes of Healthy Ireland Round 4. The fund will support targeted actions in response to the identified 2 priority outcomes for a Healthier Clare:

1. **Healthy Weight**
2. **Positive Mental Health Promotion**

More details will be made available over the coming weeks.

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 Poverty Campaign at 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>



Physical Activity



PALs (Physical Activity Leader) Training Course

A 6-week initiative which trains individuals how to lead sport and activity sessions for older adults in their local groups and communities.

 St. Joseph's Doorra Barefield,
V95 PD36

 Beginning Monday Feb 10th

 10am - 3pm

If you are interested in participating in a PALs course please contact James Murrhly.

james@claresports.ie
087 962 7696



- 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



SPORTSABILITY DAY

An information day for service providers of people with disabilities and an activity day for their service users

Thursday February 20th

CBS Primary School, Ennis

Please contact James Murrhly 087 962 7696 or email james@claresports.ie for more info.

Physical Activity



FREE WEBINAR

Springtime & Mental Health Connecting with Nature

When? Wednesday, February 26th 2025, 2pm-3pm
Where? Online via Zoom Webinar
Book? Web: <https://midwestaries.ie/events>
Eventbrite: <https://midwestaries.eventbrite.ie>

Join Us!

As spring approaches, join our panel discussion as we explore how connecting with nature can bring hope and meaning to our lives, boost mental health, and enhance overall well-being. We'll also examine how the transition from winter to spring can boost our mood and improve our health.

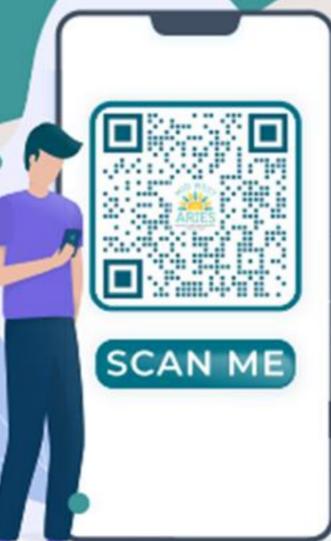
Our Panellists

Mike O'Neill
Manager,
Mid West ARIES
HSE Mid West

Eileen Shine
Recovery Education
Facilitator,
Mid West ARIES

Sylvia Kiely
Recovery Education
Facilitator,
Mid West ARIES

Rosemary Ryan
Area Lead
Mental Health Engagement
HSE Mid West



Need More Information?

Contact: Margaret Keane
Education, Training & Development Officer
Mid West ARIES
margaret.keane9@hse.ie



HSE
Mental Health
Engagement
& Recovery



Mental Health
Ireland

YOGA CLASS MIND & BODY

The Bridge Active Building,
Cappagh Lodge,
Sixmilebridge,
Co. Clare V95 X886

MONDAYS
11.30 - 1PM

€3
a class
PAYG

Feb 10th -
April 14th
*no class during
mid-term break*

Registration
is essential.

To book
contact Suzanne
087-1959101



Made with PosterMyWall.com



Department of Education & Skills
SIXMILEBRIDGE & CLARE
Mental Health & Training Centre

COLLEGE OF FURTHER
EDUCATION & TRAINING



Physical Activity

Ennis Hockey Club: Building Community Through Sport



Ennis Hockey Club is more than just a sports organization, it's a thriving community hub dedicated to inclusivity, fun, and athletic excellence.

Inclusive Hockey for All: One of our club's standout initiatives is our hockey group for individuals with disabilities, including those who are autistic or have Down Syndrome. This program is completely free of charge and provides a welcoming space where participants can meet friends, enjoy themselves, and feel part of a supportive community.

Opportunities for Everyone: Ennis Hockey Club caters to players of all ages and genders, with dedicated teams for kids, adults, boys, and girls. We're deeply committed to engaging with the broader community, participating in school sports days across Clare to introduce more young people to the joys of hockey.

Ennis Hockey Club continues to bring people together, whether on the pitch, through volunteer opportunities, or at community events. Together, let's keep the spirit of hockey alive in Clare and create a brighter future for sports in our county. For more information visit: <https://www.ennishockeyclub.com/>

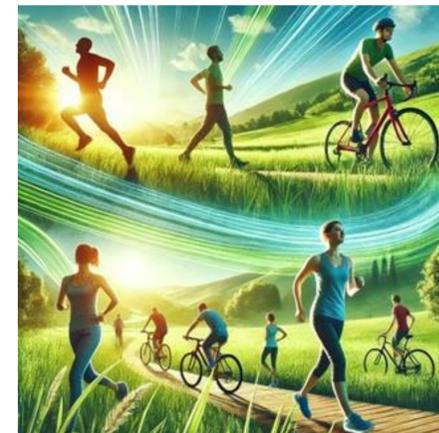


Are you thinking of putting your running shoes on this February.

All proceeds go to a local athletics club which serves its community by promoting a healthy lifestyle in its members through movement and athletics, as well as providing a social network for members, young and old.

There will be tea, coffee and music after the run, so it is a very social event.

Get Fit with Active Ennis this February Benefits of Cardiovascular (Cardio) Training



- 1. Improves Heart Health:** Strengthens the heart muscle, improving its efficiency in pumping blood. Reduces the risk of heart disease, hypertension, and stroke.
- 2. Enhances Lung Capacity:** Increases oxygen intake and improves the efficiency of the respiratory system. Strengthens the diaphragm and other respiratory muscles.
- 3. Supports Weight Management:** Burns calories and helps in reducing or maintaining body weight. Boosts metabolism, aiding in fat loss.
- 4. Boosts Endurance and Stamina:** Increases energy levels and reduces fatigue during physical activity. Improves overall athletic performance.
- 5. Regulates Blood Sugar Levels:** Enhances insulin sensitivity and helps in managing or preventing type 2 diabetes.
- 6. Reduces Stress and Anxiety:** Triggers the release of endorphins, which improve mood and reduce stress. Helps clear the mind and alleviate symptoms of depression.
- 7. Improves Sleep Quality:** Promotes deeper and more restorative sleep by reducing stress and physical tension.
- 8. Enhances Cognitive Function:** Improves memory, focus, and decision-making by increasing blood flow to the brain.
- 9. Strengthens the Immune System:** Stimulates circulation, enabling immune cells to detect and fight infections more efficiently.
- 10. Supports Longevity:** Regular cardio is linked to a longer lifespan and reduced risk of chronic diseases.

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

Mental Health

Peer-Led Wellness Cafe

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

Where: Glór

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



**Wellness Café Peer
Development Model**
"Something for us, with us"

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

Mondays 10:30am - 12pm (except
public holidays closed) Meet in glór Café
Carroway Link, Ennis V95 VHPD



Queries contact Text/Call/Whatsapp:
Rosemary 087 6560854
MidWest Lead Mental Health Engagement



Grow Mental Health Peer Support



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

Venue: Maria Assumpta Hall,
Mondays from 7.30pm to 9.30pm.
Tuesday 2pm Maria Assumpta Hall,
Ennis

Contact Celia on 0861526966 for more
information.



"NEWS: Cillian Keane is the new Development Officer for Mental Health Ireland in Co. Clare and CHO3.

Cillian joined Mental Health Ireland in January 2025 after working in the area of recovery education in mental health for a number of years. Having previously run his own business as a personal trainer and a wellbeing speaker, he has always been motivated to make a positive difference in people's lives. Cillian holds an MA in Leadership in Workplace Health and Wellbeing at TUS Mid West and enjoys continuously upskilling and learning. He enjoys connecting with people and communities around the topic of mental health and wellbeing, making every interaction invaluable.

For more information about Mental Health Ireland and our work in County Clare, contact Cillian at cillian.keane@mentalhealthireland.ie or 0877122890

+ ASIST

**Applied Suicide
Intervention
Skills Training**



Suicide first aid helps meet some of the
challenges in reducing suicidal behaviour



ASIST training on the
weekend of March 1st &
2nd 2025.

[https://bookwhen.com/
suicidepreventiontrainin-
gmw/e/ev-se49-
20250301000000](https://bookwhen.com/suicidepreventiontrainin-gmw/e/ev-se49-20250301000000)

Eating Well

Eat Well with Jamie



Micro Nutrients Spotlight



Getting enough micronutrients (vitamins and minerals) in your diet is essential for good health. Here are some practical tips to help you meet your micronutrient needs.

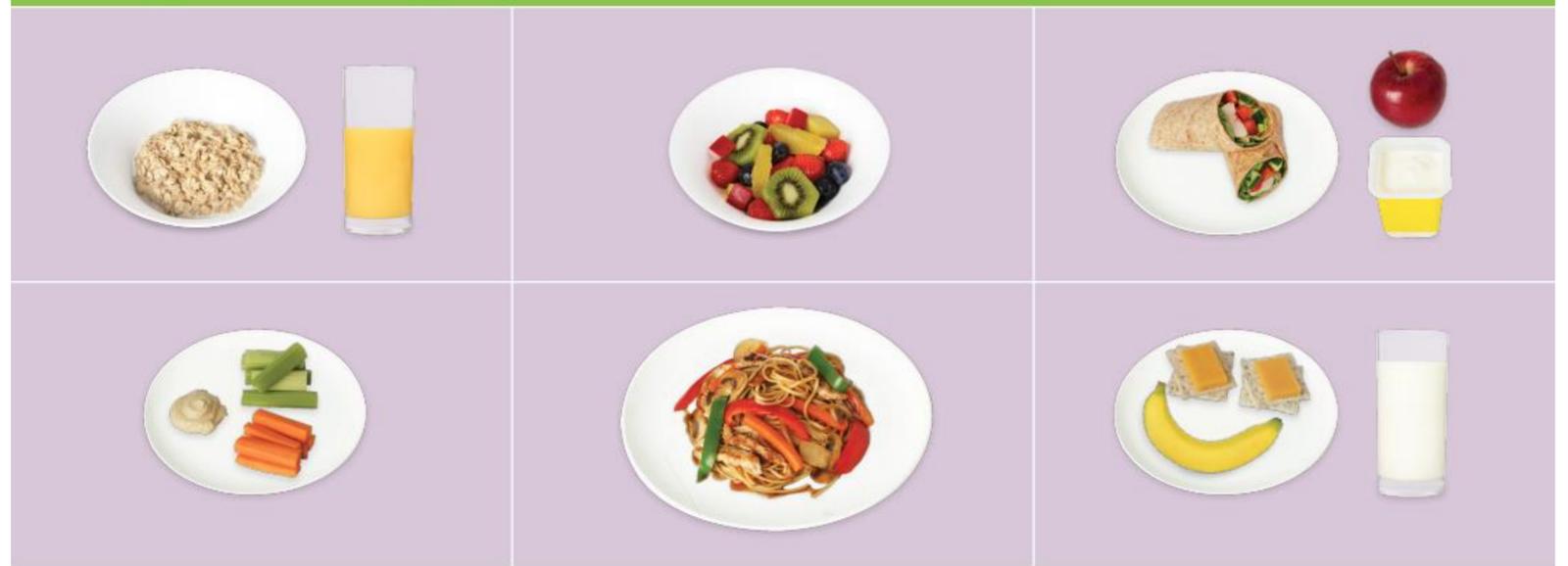
1. Eat a Variety of Foods.
2. Prioritize Whole Foods.
3. Incorporate Leafy Greens.
4. Choose Whole Grains.
5. Snack on Nuts and Seeds.
6. Consume Dairy or Fortified Alternatives.
7. Include Lean Proteins.
8. Don't Skip Fruits.
9. Cook Strategically.
10. Embrace Fermented Foods.

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



Healthy Food for Life

The Food Pyramid guide to every day food choices for adults, teenagers and children aged five and over



Do you want to feel good and have more energy?



The Food Pyramid shows how much of what you eat overall should come from each shelf to achieve a healthy, balanced diet.

The shape of the Food Pyramid shows the types of foods and drinks people need to eat most for healthy eating. It is divided into six shelves and each provides you with the range of nutrients and energy needed for good health. Healthy eating is all about choosing the right amounts from each shelf.

For more information on the Food Pyramid and Eating Well, visit <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/heal-docs/food-pyramid-leaflet.pdf>

‘Your cancer prevention questions answered’

Covering healthy eating, melanoma, alcohol, tobacco and vaping

Date 4th February 2025
Time 12:00-13:15

Visit www.hse.ie/cancerprevention to register

Brought to you by the Irish Cancer Prevention Network

Irish Cancer Prevention Network



COMMUNITY ADDICTION STUDIES

ABOUT THIS COURSE

This course aims to create awareness of drug/alcohol related issues and impacts on the individual, families and local communities while developing a shared understanding of effective, evidence based community responses.

PROGRESSION ROUTES

On successful completion of this component applicants may work in a range of community development work settings, using some initiative and independence while under general direction.

APPLICANTS WHOSE FIRST LANGUAGE IS NOT ENGLISH

A minimum English language proficiency of B2 on the Common European Framework of Reference for Languages (CEFR) is required at entry to QQI Level 5 for those whose first language is not English.

THIS COURSE IS:

- Evening course
- Part-Time
- QQI accredited.

May include 2 x Saturday classes.

Start Date: 18/02/2025. End Date: 27/05/2025. 14 Weeks

For more information, visit:

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=464397>

Tobacco Free, Reducing Drugs & Alcohol Related Harm



COINNIGH
UAINN É



What is Not Around Us?

Not Around Us is about promoting an environment where it is easier for those who smoke to quit, and stay quit, and to help de-normalise smoking for the next generation.

The purpose of Not Around Us

- Help to protect children and young people from second-hand smoke exposure.
- Contribute to the de-normalisation of smoking for children and young people.
- Reduce the environmental nuisance, cost of cleaning and damage that discarded tobacco products create.
- Signpost to HSE QUIT services.

What can you do to support Not Around Us?

- Don't smoke in places where children and young people are likely to be.
- Support participating organisations and be a positive role model for children and young people.
- Spread the Not Around Us message with family and friends.



For more information contact **Healthy Clare**
✉ healthyclare@clarecoco.ie | [@healthyclare](https://twitter.com/healthyclare) [f](https://www.facebook.com/healthyclare)

QUIT for good this January with free Nicotine Replacement Therapy (NRT) from the HSE

HSE QUIT Mid West is your free, local QUIT service. From setting a QUIT date until you are 12 months smoke free, QUIT Mid West offers in-person, telephone / telehealth support and free NRT if you sign up to the programme. Everyone who uses the QUIT service is given a stop smoking advisor to guide them on their QUIT journey. QUIT Mid West can be contacted on 065 6865841 / Email quit.midwest@hse.ie

I can't quit smoking

HSE

Help to quit

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

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

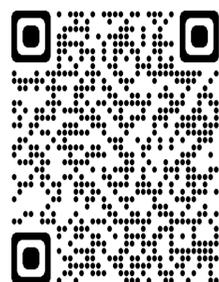
QUIT.ie

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Menopause and Me

“The many ways to manage your Menopause”

Join us for a free webinar on
Wednesday, 12 February 2025,
7pm - 8.30pm



Aisling Mulcahy
Clinical Nurse
Specialist



Dr Brian Kennedy
GP & BMS
Menopause Specialist



Dr Cathy Casey
Consultant
Gynaecologist &
Obstetrician



Dr Elmear Farrell
Senior Clinical
Psychologist



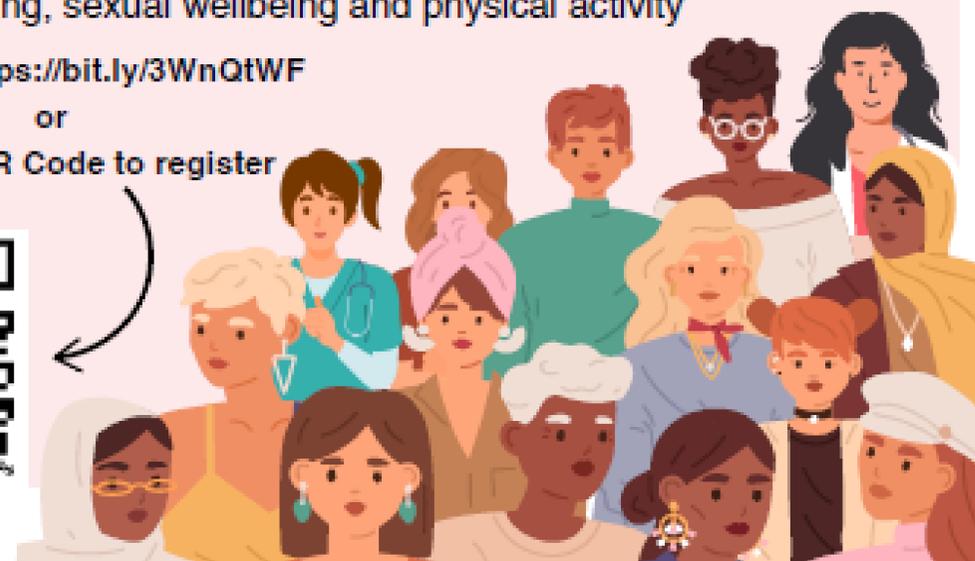
Charlene Hyland
& Michelle Maher
Clinical Specialist Pelvic
Health Physiotherapists

- ✓ Perimenopause & Menopause
- ✓ The Complex Menopause Clinic and who is it for?
- ✓ What your GP can do to support you
- ✓ Minding ourselves through menopause
- ✓ Menopause and your pelvic floor
- ✓ Health resources including how to stop smoking, alcohol use, healthy eating, sexual wellbeing and physical activity

Click here, <https://bit.ly/3WnQtWF>

or

Scan the QR Code to register



Sexual Health

LGBTI+ COFFEE MEETUP

📅 22 February
🕒 11 am

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

communitydev@goshh.ie
or text 086 458 8680



GOSHH Volunteer Information Evening

When: Wednesday, February 5th, 6pm -7.30pm

Where: GOSHH office, 18 Davis Street, Limerick

50+ LGBTI* SOCIAL GROUPS

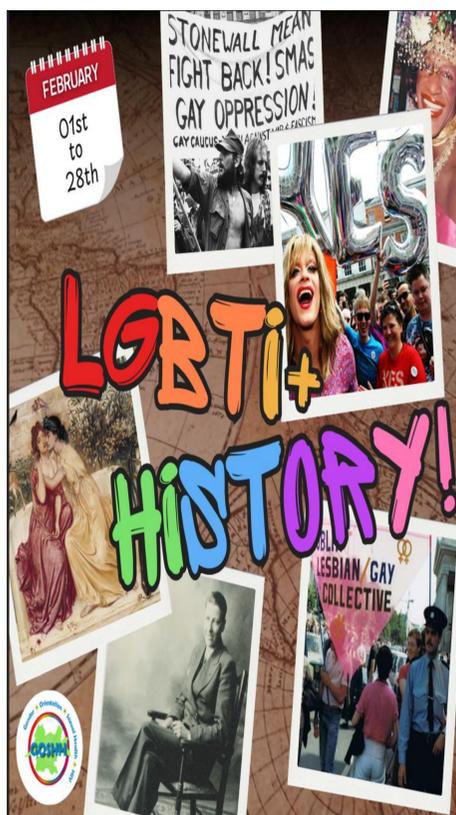
Next gatherings:

Limerick
February 4th

Ennis, Co. Clare
February TBC

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

communitydev@goshh.ie
or text 086 458 8680



- 🕒 Come learn about our work
- 🕒 Get involved and volunteer
- 🕒 Make a difference in your community!



Other Health & Wellbeing News

Clare Library Services

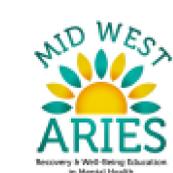


LapSafe

CLARE LIBRARIES PROVIDES FREE ACCESS TO LAPTOPS WITH YOUR LIBRARY CARD.



The laptops are available at De Valera Library, Ennis and can be used within the library premises for up to 3 hours at a time. One Laptop per library card can be borrowed. For more information, please ask at the library desk in Ennis.



Journaling for Wellbeing



Discover a simple tool to support your wellbeing and mental health

- ✓ Learn how journaling can support wellbeing and mental health
- ✓ Explore different ways to journal
- ✓ Learn tips and techniques to keep you motivated
- ✓ Get started with simple journaling prompts

Thursday 6th February
10.30am - 1.00pm

De Valera Public Library
Causeway Link
Ennis
Co.Clare
V95 CTNO

BOOK NOW:
<https://midwestaries.eventbrite.ie>
<https://midwestaries.ie/events>
Email: bookinas@midwestaries.ie



Other Health & Wellbeing News

Clare Library Services



Ireland Reads Saturday 22 February

Throughout February, and especially on Ireland Reads Day, 22 February, we're encouraging everyone in Ireland to enjoy a good book. It doesn't matter what, where, or how you read—just read.

Reading helps you relax, lowers your heart rate, eases muscle tension, and can reduce stress by up to 68%, improving your mental health. Ireland Reads, supported by Healthy Ireland, public libraries, and other organisations, celebrates the joy of reading. So take a moment—whether it's a few minutes or longer—and lose yourself in a story. Go on, get lost!

Find out more at www.irelandreads.ie

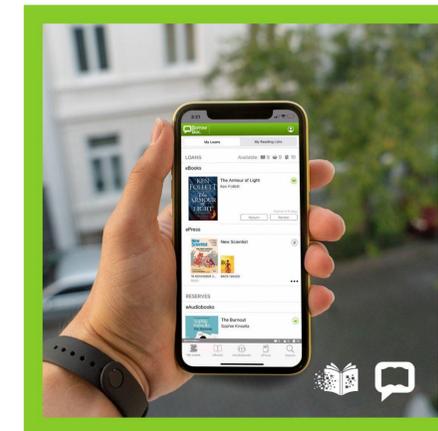


LULLABY WORKSHOP with Ciara Thompson

**Edna O'Brien Library
Wednesday 5 February at 10.30 am**

Lullaby Workshop and Performance at the Edna O'Brien Library in Scariff, designed for toddlers (ages 3-5) and their parents! Enjoy soothing melodies, storytelling, and interactive musical play led by singer, researcher and teacher, Ciara Thompson.

Discover traditional and contemporary lullabies, learn tips for bedtime routines, and bond with your little one through the power of song. Perfect for fostering creativity, relaxation, and parent-child connection.



Learn to Use the BorrowBox Library App at Kilrush Library

If you would like to know how to download and use the BorrowBox Library App, drop in to Kilrush Library any Friday morning between 11am – 1pm. Bring your phone, table or iPad and staff will show you how to use it. Enjoy reading eBooks, eMagazines & eNewspapers or listen to eAudiobooks all free of charge. Contact Kilrush Library at tel: 065 9051504 or email: kilrush@clarelibrary.ie for more information.

Other Health & Wellbeing News

What's On February 2025



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

TUES 04 Creativity for Wellbeing
In this workshop, we will discuss how we can each tap into our **creativity** to enhance our daily lives and improve our wellbeing. We will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.
🕒 2pm - 4pm

TUES 11 Part 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.
🕒 2pm - 4pm

WEDS 12 Part 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.
🕒 10am - 12pm

THURS 13 Part 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.
🕒 10am - 12pm



WEDS 19 My Mental Health - Staying Connected
In this workshop we will explore the importance of having healthy social connections to support our mental health and wellbeing. Together, we will examine the challenges of maintaining these connections and explore strategies to overcome potential barriers.
🕒 10am - 12pm

WEDS 26 My Mental Health - Finding Meaning
In this workshop we will explore the importance of finding meaning and purpose in life. We will discuss ways to cultivate a true sense of fulfilment and purpose, identify potential challenges, and discuss strategies to overcome them.
🕒 10am - 12pm

THURS 27 My Mental Health - Exploring My Identity
In this workshop we will explore the relationship between identity and mental health. We will discuss how mental health influences our sense of self and discuss ways to enhance our wellbeing. Together, we will identify, share, and celebrate our unique strengths and talents.
🕒 10am - 12pm

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

<https://midwestaries.ie/events/>
<https://midwestaries.eventbrite.ie>

For More Information Contact:
bookings@midwestaries.ie



Other Health & Wellbeing News



Free art workshops for children with lifelong physical health conditions



"Looking forward to the workshop lasts all week"
Parent

"I get to be myself and make new friends"
Participant

We're nationwide!

Castlebar, Cork, Dublin, Ennis, Galway, Limerick, Mallow, Nenagh and Online!



Sign up today!

Professional artists | Onsite medical support
Meet new friends | Learn new skills | Ages 6-16

helium.ie

Supported Conditions Include:
Diabetes, epilepsy, asthma, juvenile arthritis, heart conditions, spina bifida, cystic fibrosis, allergies, rare conditions & more.



Registered Charity No. 20075200

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

Venue	Day	Time	Start date	Finish date
Ennis Primary Care Centre	Tuesday	10.30am-1pm	4 th March 2025	8 th April 2025
Shannon Family Resource Centre	Wednesday	10.30am-1pm	23 rd April 2025	28 th May 2025

*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.

To book your place contact
Philip Hennessy Tel: 087 1799396

Email: philip.hennessy2@hse.ie
www.hse.ie/LivingWell



Self-management Support

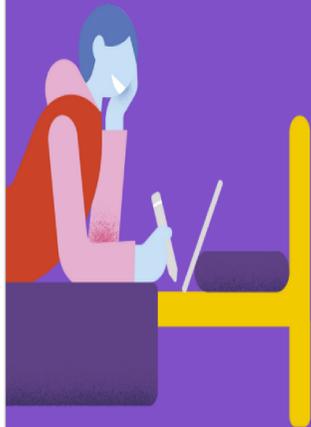
Sláintecare.

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

Other Health & Wellbeing News

Supporting an Anxious Child or Teen

Digital Mental Health and Wellbeing Programmes Information for Parents



In our interactions with young people and families, we often hear of the challenges brought on by the psychological distress associated with anxiety and difficulties around mental and emotional wellbeing. While anxiety is a normal human response to danger or threat, it becomes an issue when it is more severe than it should be relative to the situation, lasts longer than it should, or influences the way we function in our daily lives. Childline by ISPCC offers FREE online anxiety management programmes, created by SilverCloud, a leading digital mental health provider, that are based on the principles of Cognitive Behavioural Therapy (CBT), incorporate mindfulness practices and are specifically designed to help manage anxiety. The programmes, one aimed at 15 – 18-year old young people and two aimed at parents/carers of 5 – 18-year-old children, include interactive tools, activities, mood monitors and journals to encourage users to apply CBT to their own lives and aim to empower participants to think and feel better. Throughout the duration of the early intervention, 12-week programme, users will be guided by fully trained ISPCC volunteers who provide confidential support. For more details, email spacefromanxiety@ispcc.ie or check out our website: <https://www.ispcc.ie/>

COLLEGE OF FURTHER EDUCATION & TRAINING
CAMPUS OPEN WEEK
10th - 14th MARCH

College of FET Ennis Campus will hold an open day on Tuesday, March 11th.

Full-time and part-time courses include;

- Health Care, Nutrition,
- Sports and Recreation,
- Food Science,
- Mindfulness,
- Healthy Food, Cookery and much more.

Register on

<https://collegeoffet.ie/open/#:~:text=Join%20us%20on%20Wednesday%2028th%20February%202024%20from,Clonroad%20Business%20Park%2C%20Ennis%2C%20Co.%20Clare%2C%20V95%20KT95.>



Free Easter art camp in Clare for children with lifelong physical health conditions

Professional artists | Onsite medical support
Meet new friends | Learn new skills | Ages 8-12

Supported Conditions Include:

Diabetes, epilepsy, asthma, juvenile arthritis, heart conditions, spina bifida, cystic fibrosis, allergies, rare conditions and more.



helium.ie



Other Health & Wellbeing News



FEBRUARY COURSES AT COMMON KNOWLEDGE

8th - 9th	Introduction to Steel Fabrication & Welding
15th - 16th	Furniture Making & Design
15th - 16th	Introduction to Weaving
15th - 16th	Woodturning for Beginners
22nd - 23rd	Cooking with Confidence
22nd - 23rd	A Weekend of Willow Weaving



5 MINUTES FROM KILFENORA - EIRCODE V95DK38
FOR COURSE LISTINGS SCAN QR CODE OR VISIT
OURCOMMONKNOWLEDGE.ORG
info@ourcommonknowledge.org / t:085 129 7601

Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

Improve Your Wellbeing

Six week Programme

Including all aspects of wellbeing & personal development in a holistic way. Delivered in a straightforward, uncomplicated way to provide action steps for use in your everyday lives

<p>Week One</p> <p>Confidence Building Personal Development</p> <p>Focusing on identifying blockages in your current situation. Building confidence through identifying strengths, talents, and skills. Work on communication and self awareness.</p>	<p>Week Two</p> <p>Stress Management</p> <p>We will focus on practical stress management, techniques to decrease anxiety and stress. Participants will gain focus and clarity to manage change, improve sleep hygiene, to improve life balance and happiness levels</p>
<p>Week Three</p> <p>Eat Well, Feel Better</p> <p>We will look at "Food for Life" with demonstration of how simple changes that can make a big difference. It will show achievable, affordable, simple basic skills that can be used in your everyday life</p>	<p>Week Four</p> <p>Move More</p> <p>Looking at the mind/ body connection, how physical movement can have an effect on the everything. Teaching how to use gentle movements and breathwork as strategies to reduce and cope with stress and anxiety symptoms.</p>
<p>Week Five</p> <p>Next Steps - Guidance</p> <p>Exploring your options going forwards and accessing other support services. We will bring in guidance from organisations based in Clare.</p>	<p>Week six</p> <p>Next Steps - Planning</p> <p>Our final week will reflect on what you have learnt about yourself over the course of the programme and looking at a plan for your next step.</p>

Starting on 06/02/25 In East Clare Coop, Scariff
10am - 1:30 Contact-info@cldc.ie

Eligibility & Registration Apply



Other Health & Wellbeing News

North West Clare Family Resource Centre

What's on in February

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

We also offer:

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

ENGLISH CONVERSATION CLASSES ENNISTYMON

Local people engage in everyday English with Newcomers

Every Wednesday 1-2.30pm
@ North West Clare Family Resource Centre,
Parliament Street, Ennistymon V95 NX86

**All welcome,
but please book a place!**



CONTACT: Jenny:086-152-5843, Anastasiia:086-152-5846



fáilte isteach
Welcoming Migrants through Conversational English Classes

February 2025: Creative Spaces

Spring Crossword Puzzle

Across

5. A spectrum of color in the sky when it rains.
7. A colorful plant with leaves and petals.
8. A circular device that keeps the rain off your head.
11. The month in which we celebrate moms.
12. A winged insect that comes in many colors.

Down

1. One of the earliest birds to appear in spring.
2. _____ showers bring May flowers.
3. A sport played with a bat and ball.
4. The early bird gets the _____.
6. The month in which spring starts.
9. When snow and ice turn into water.
10. The color of grass once it comes back to life.

Name: _____

It's Spring Time!

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

- | | | |
|-----------|---------|--------------|
| APRIL | FLOWERS | RAINBOW |
| BASEBALL | GARDEN | SPRING BREAK |
| BLOSSOMS | KITE | SUNSHINE |
| BUNNY | LAMB | TULIP |
| BUTTERFLY | MARCH | UMBRELLA |
| CANDY | | WINDY |
| CHICK | | |
| EARTH DAY | | |
| EASTER | | |
| EGGS | | |
| | | MAY |
| | | MOTHERS DAY |
| | | NEST |
| | | RAIN |