

Healthy Clare Newsletter

January 2025

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



healthyclare@clarecoco.ie



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



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



Clare

Follow us on Social Media

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

We are delighted to continue rolling out Clare County Council's Free Period Products Campaign in Local Authority spaces, libraries and leisure facilities.

We have seen many benefits of supporting these facilities to have a supply of period products that are freely available to members of the public. If your community would like to be involved in this programme we would love to hear from you. For more information about the campaign, please visit Clare County Council's Free Period 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>

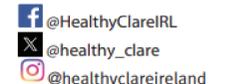


Dear Readers,

I hope you all had a safe Christmas and wishing you all a happy and peaceful 2025. The Healthy Clare calendar is packed with information that emphasizes health and well-being throughout the year. The calendar highlights important health dates, ensuring that key events like World Mental Health Day are never missed. Emergency contacts are displayed at the end of the calendar, providing peace of mind with quick access to vital numbers. The calendar also includes support service contacts, offering a lifeline for those in need of assistance. For ease of reference I have included the numbers on page 9 of this newsletter.

Copies of the Healthy Clare 2025 Calendar are available in each of the Council Municipal District Offices and in the library services. You can also order a copy by emailing healthyclare@clarecoco.ie

Kind regards, Sam



Physical Activity

Healthy Whitegate 2025 What's happening in January ?

TUESDAY NIGHTS 8-9PM	FRIDAY EVENINGS 6-730PM	SATURDAY MORNINGS 8AM-9AM
KETTLE BELLS FOR MEN REGISTRATION VIA CLARE SPORTS PARTNERSHIP	RUNNING MECHANICS FOR CHILDREN REGISTRATION VIA EVENTBRITE (HEALTHY WHITEGATE)	WOMEN'S FITNESS WITH SARAH REGISTRATION (087) 2117262
TUTOR : STEPHEN KILLEEN	TUTOR: DAVID MEEHAN	TUTOR : SARAH SMITH KILLEEN
WHITEGATE GAA ASTRO	WHITEGATE GAA ASTRO	WHITEGATE GAA ASTRO

FOR FURTHER INFORMATION
E MAIL - healthywhitegate@gmail.com



Get Fit with Active Ennis this January Benefits of Strength Training for Bone Health.



Strength training significantly improves bone health by stimulating bone growth and reducing the risk of osteoporosis. Here's how it works:

1. Stimulates Bone Remodeling

Mechanical Load: Strength training applies stress to bones through resistance exercises. This mechanical load stimulates osteoblasts, the cells responsible for forming new bone tissue, increasing bone density. Bones adapt to the forces placed upon them, becoming stronger and denser with consistent resistance training.

2. Increases Bone Mineral Density (BMD)

Weight-bearing and resistance exercises like squats, deadlifts, and push-ups improve BMD, especially in weight-bearing bones such as the hips and spine. This reduces the risk of fractures, particularly in postmenopausal women, who are at higher risk for bone loss.

3. Enhances Muscle Strength and Balance

Stronger muscles provide better support to the skeletal system, reducing strain on bones. Improved balance and coordination from strength training lower the risk of falls, which can lead to fractures.

4. Reduces Bone Resorption

As people age, bone resorption (breakdown) exceeds bone formation. Resistance training slows this process by promoting hormonal changes that favour bone preservation, such as increased testosterone and growth hormone levels. By consistently engaging in strength training, you can build and maintain strong bones, significantly reducing the risk of age-related bone issues.

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

Mental Health

Event for First fortnight Festival 2025



WHAT IS A WELLNESS CAFE?

Find out more- drop in Mon 13th January 10:30am, free tea/coffee with the Peer-Led

Wellness cafe group



Monday Jan 13th 10:30am-11:30am the Wellness cafe in **glór Ennis V95 VHPO** joins Donegal cafes in hosting a promotion on the theme "What is a Wellness Cafe?" as part of the festival in early January.

Complimentary tea/coffee provided for the event by First Fortnight and our partners in the Donegal Wellness cafes. For more information on this national campaign www.firstfortnight.ie

Join our peers group and local organisations for an interactive opportunity to meet and learn about the Wellness Cafes model and the ways in which it can support positive mental health.

Parking is available beside glór in a pay carpark on Causeway Link, first 90min are free, or in the nearby shopping centre carpark by Dunnes Stores, Friar's Walk V95 C893

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.



New in Ennis! The first Wellness Café launched recently and is now ongoing on Mondays 10:30am-12pm on Mondays in glór café, Ennis. This new initiative aims to support our mental health by offering a drop-in space to meet others for a chat over a cup of tea/coffee.

The peer development group involved are made up of people who understand mental health challenges and the importance of social connectedness to personal recovery. The model is based on the motto "Something for us, With us."

Contact Mental Health Engagement Lead Rosemary (0876560854) if you would like more details. It is as simple as dropping in to meet friendly peers. Each week is self-funded by attendees buying their cuppa and sitting together to have a chat, or listen, no pressure.

Mental Health

Mental Health Supports and Services over Christmas 2024



Are you, or someone you know, in crisis or in need of someone to talk to?

If so, it is important to get help as soon as possible. Please do not be alone. Everyone needs help from time to time, asking for help is a sign of personal strength.

Your GP/Mental Health Team	Contact your GP or Mental Health Team and let them know what's on your mind.
Shannondoc GP / Urgent out of hours	0818 123500 6pm - 8am Mon-Fri, 24 hours weekends and public holidays
Emergency Services	999/112
Domestic abuse services:	Adapt Limerick: 1800 200504, 24/7 Clare Haven: 065 682 2435, throughout Christmas Ascend, Tipperary: Helpline 1800 200 504 24/7, closed 24 th Dec - 2 nd Jan
Local HSE Mental Health out of hours	Clare: 065 686 3208/087 799 9857, 4.30pm - 3.30am Limerick: Contact Shannon Doc. 0818 123500 or go to emergency department Tipperary: 086 830 6663, 4.30pm - 3.30am, current service users only
Pieta	Helpline 1800 247 247, 24/7 throughout Christmas Text HELP to 51444 and a qualified psychotherapist will respond For appointments: 0818 111 126
Suicide Bereavement Support:	Clare Suicide Bereavement Support: 087 369 8315 / 086 056 5373 Pieta Suicide Bereavement Liaison Service: Helpline 1800 247 247 HUGG (Healing Untold Grief Group) 01 513 4048, email info@hugg.ie
General Bereavement	Irish Hospice Foundation 1800 807 077
Samaritans listening service	24/7 Freephone helpline 116 123 for Ireland/UK email jo@samaritans.ie
ISPCC Childline	24/7 Freephone helpline 1800 66 66 66 Text Talk to 50101 Listening service for children up to 18 years old
50808	Free 24/7 text service providing everything from a calming chat to immediate support Text YMH to 50808 to begin
National LGBT+ Helpline	Freephone 1800 929 539 Mon -Thurs, 6.30pm - 10pm Fri, 4pm - 10pm, Weekends, 4pm - 6pm
HSE Drugs and Alcohol Helpline support service	1800 459 459, email helpline@hse.ie
Website	See yourmentalhealth.ie, call 1800 111 888 for information about services and mental health
Counselling MyMind low cost	0818 500 800, mymind.org



Grow Mental Health Peer Support



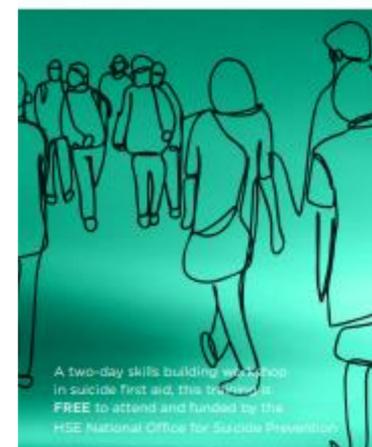
GROW meetings are held in Ennis each week for anyone experiencing mental health issues.

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

Contact Celia on 0861526966 for more information.



Applied Suicide Intervention Skills Training



A two-day skills building workshop in suicide first aid, this training is FREE to attend and funded by the HSE National Office for Suicide Prevention.

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/suicidepreventiontrainingmw/e/ev-se49-20250301000000>



Eating Well

What does healthy food mean?



Healthy food is food that gives you all the nutrients you need to stay healthy, feel well and have plenty of energy.

The best way to ensure you're eating healthily is to eat a wide variety of different kinds of food. Have vegetables, salad or fruit with every meal – they are packed with vitamins, minerals and fibre that are good for your health, help you feel full, and protect you from chronic diseases. Eat a variety of colours for the best mix of protective nutrients. At least five servings of vegetables, salad and fruit is recommended for a healthy diet.

It's easy to forget that drinks make up a big part of our diets. Water and milk are the healthiest options, and sugary drinks are best avoided.

Variety is the key. Your body needs lots of different nutrients to stay healthy - no one food or food group can provide all these. You don't have to get the balance right at every meal: try to balance out over the day or even the week. Food planning can help you see what you're eating and make healthier choices than you can make under pressure. Read our top tips on meal planning and learn how to create a healthy meal plan.

Check out Safefood Ireland for more information on eating well. <https://www.safefood.net/healthy-food/what-it-means>

What Are Macro and Micronutrients?

Your body needs two main types of nutrients to function: macronutrients and micronutrients. Here's a simple breakdown.



Macronutrients are needed in large amount.

1. Carbohydrates

What they do: Provide energy. Think of them as your body's main fuel source.

Sources: Whole grains (brown rice, oats), fruits, vegetables, legumes, and dairy products.

Tips: Focus on complex carbs like whole grains and vegetables over sugary or processed foods.

2. Proteins

What they do: Help build and repair muscles, tissues, and enzymes.

Sources: Meat, fish, eggs, dairy, beans, lentils, tofu, and nuts.

Tips: Include a lean protein source in every meal, such as chicken breast or legumes.

3. Fats

What they do: Provide energy, support cell function, and aid in absorbing vitamins.

Sources: Healthy fats like avocados, nuts, seeds, olive oil, and fatty fish.

Tips: Limit unhealthy fats (fried foods, processed snacks) and prioritize unsaturated fats.

4. Water

What it does: Keeps your body hydrated, regulates temperature, and helps with digestion.

Sources: Drinking water, fruits, vegetables, and soups.

Tips: Drink at least 8 glasses of water daily and adjust based on activity levels.

Micronutrients are needed in smaller amounts. Micronutrients include vitamins and minerals, which are essential for overall health.

1. Vitamins

Examples: Vitamin A (good for vision and skin): Found in carrots, sweet potatoes, and spinach. Vitamin C (boosts immunity): Found in citrus fruits, peppers, and strawberries.

Vitamin D (supports bones): Found in sunlight, fatty fish, and fortified milk.

Tips: Eat a variety of fruits and vegetables to cover your vitamin needs.

2. Minerals

Examples: Calcium (for bones): Found in dairy, leafy greens, and fortified plant-based milk.

Iron (for energy and oxygen transport): Found in red meat, beans, and fortified cereals.

Magnesium (for muscle function): Found in nuts, seeds, and whole grains.

Tips: Include a mix of whole foods like nuts, seeds, and leafy greens.

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

January is 'quit smoking' month – give it a go!

Quitting is hard but the HSE Quit Mid West team makes it easier, having supported hundreds of smokers since October 2020.

Being able to say 'I've quit' is fantastic and each Stop Smoking Advisor proudly supports the journey from setting a quit plan until 12 months after you quit. Advisors guide you through the HSE stop smoking programme, arrange free nicotine replacement (if no medical card) and check your carbon monoxide level to keep you motivated. Nicotine replacement therapy lessens cravings and doubles your chances of quitting.

Some quit on their first attempt and others need practice. If you quit for 28 days, you are five times more likely to quit for good so call 065 6865841 for free support.

Quit supports

- Call Quit Mid West 065 6865841
- Use an online Quit plan
- Text message 50100 or Freephone the Quitline 1800 201 203
- Visit <https://www2.hse.ie/living-well/quit-smoking/order-a-quitkit/> A free Quit Kit to help you prepare
- Visit <https://www2.hse.ie/living-well/quit-smoking/order-a-quitkit/> Advice on Nicotine Replacement Therapy (NRT) and stop smoking medication
- Visit the You Can Quit Facebook page

I can't quit smoking

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

Tobacco Free, Reducing Drugs & Alcohol Related Harm



Sam to add Further Information

“Not Around Us” is another step Towards a Tobacco and Vape Free Clare by promoting environments where it is easier for those who smoke to quit and stay quit and to help denormalise smoking for the next generation. The campaign is in response to the government’s national target for a less than 5% smoking prevalence in Ireland by 2025.

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



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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.

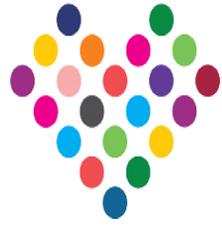
What can you do to support Not Around Us?

- 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.



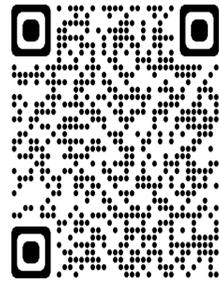
For more information contact **Healthy Clare**
healthyclare@clarecoco.ie | [@healthyclare](https://www.facebook.com/healthyclare)

Sexual Health: Training



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



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



This revised comprehensive six-day foundation training programme is for health, education, youth and community service providers who wish to develop their confidence, skills and knowledge in the area of sexual health promotion. In the mid-west it is delivered by HSE Health Promotion and Improvement, HSE Health and Wellbeing in partnership with GOSHH (Gender Orientation Sexual Health HIV).

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

Application process:

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

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

Certification

This course is certified by HSE Health and Wellbeing.

Course location:

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

Contact: MaireadA.Kelly@hse.ie

Gender • Orientation • Sexual Health • HIV



**YOU ARE
ALWAYS
WELCOME
AT
GOSHH**



**SOCIAL GROUPS
CONSELLING & PERSONAL SUPPORT
TRAINING & EDUCATION WORKSHOPS
CONFIDENTIAL HELPLINE - 061 316 661
FREE RAPID TESTS - HIV, SYPHILIS, HEPATITIS C,
CHLAMYDIA AND GONORRHEA
INFORMATION & ADVOCACY
FREE LUBE AND CONDOMS
FREE PERIOD PACKS**

Healthy Clare Calendar

Support Numbers

Promotion & Prevention Services

Supports & Services

Healthy Eating

Safefoods
www.safefood.net
P: 0818 404 567

HSE Healthy Eating guidelines & resources
W: www.hse.ie/eng/about/who/
healthwellbeing/our-priority-programmes/
heal/healthy-eating-guidelines/

Bodywhys (Eating Disorders Associations of Ireland)
W: www.bodywhys.ie E: alex@bodywhys.ie P: 01 210 7906

Healthy Ireland Healthy Weight Campaign
W: www.gov.ie/en/campaigns/healthy-ireland

Institute of Nutrition and Dietetics (INDI)
Food Fact Sheets: www.indi.ie/all-food-facts-and-fact-sheets.html
Recipes: www.indi.ie/get-cooking-all-recipes.html

Mental Health

YourMentalHealth.ie
W: www.yourmentalhealth.ie
P: 1800 111 888

Mental Health Ireland
W: www.mentalhealthireland.ie
P: 01 284 1166

Samaritans
P: 116 123 W: www.Samaritans.ie E: joe@samaritans.ie

Heads Up Clare
W: www.headsupclare.ie

Grow Mental Health
W: www.grow.ie
P: 0818 474474 / 086 1526966

Pieta Suicidal Distress /Self Harm
W: www.pieta.ie P: 1800 247 247

Text About It Text 50808

Physical Activity

Clare Sports Partnership
W: www.claresport.ie P: 065 686 5434

Clare Get Sidetracked Walks
W: www.clare-getsidetracked.ie/walks/
P: 065 686 6800

FitLine
W: www.ageandopportunity.ie/active/fitline/

Active Ennis
W: www.activeennis.ie P: 065 682 1604

HSE Strength and conditioning videos for beginners and up:
https://www.youtube.com/playlist?list=PLltgannkj2UG4NGmrp0maQdTzm-zdYeTd

Institute of Public Health
W: www.publichealth.ie P: 028 906 48494

Active Kilrush
W: www.activekilrush.ie P: 065 682 1604

Sport Ireland
W: www.sportireland.ie P: 01 860 8800

Tobacco & Vape Free

Quit Mid West - HSE Smoking Cessation Team
P: 065 686 5841 E: quit.Midwest@hse.ie

Quit.ie
W: www2.hse.ie/living-well/quit-smoking/

Drugs & Alcohol Related Harm

HSE Ask About Alcohol
P: 1800 459 459 E: helpline@hse.ie
HSE Integrated Alcohol Service
P: 061 492016

Mid-West Regional Drugs & Alcohol Forum
W: www.mwrdf.ie/supports/

Sexual Health

Sexual Wellbeing
W: www.sexualwellbeing.ie

Healthy Ireland - Menopause Campaign
W: www.gov.ie/en/campaigns/menopause/

Sexual Health Services
W: www.hse.ie/eng/health/hl/yoursexualhealth/
P: 1800 700 700

GOSHH
W: www.goshh.ie P: 061 314 354

Rape Crisis
W: www.rapecrisis.ie P: 1800 311 511

Free Home STI Kits
W: www.sexualwellbeing.ie/sexual-health/sexuallytransmitted-infections/sti-testing/home-sti-test/

Other Health & Wellbeing News



Suicide Bereavement Liaison Service

SUICIDE BEREAVEMENT SERVICES
SUICIDE AND SELF-HARM CRISIS SERVICE

24/7 Helpline 1800 247 247
Text HELP to 51444

GET IN TOUCH

The Suicide Bereavement Liaison Service is available in the following areas:

Cavan/Monaghan 085 870 6591	Meath/Louth 085 738 0444
Cork/Kerry 085 870 6714	Midlands 086 418 0088
Donegal 087 911 5498	North Dublin 085 870 6574
Galway City/ Galway County 085 856 8082	Sligo/Leitrim 087 911 5498
Kildare/West Wicklow/ Dublin West/ Dublin South City/ Dublin South West 085 870 6606	Wexford/Waterford/ Kilkenny/Carlow/ South Tipp 085 807 3040
Limerick/Clare/ North Tipp 085 856 8081	Dublin South East/ Dun Laoghaire/ East Wicklow 085 870 6712

www.pieta.ie



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
Online programme	Tuesday	6.30pm-9pm	14 th January 2025	18 th February 2025
Island Road, Limerick City	Wednesday	10.30am-1pm	15 th January 2025	19 th February 2025
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






Let's Talk Dementia

Wednesday 22nd January 2025
11.00am – 12.15pm

Booking Details

<https://www.eventbrite.ie/e/lets-talk-dementia-webinar-tickets-1115319955009?aff=oddtcreator>



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

Other Health & Wellbeing News



What's on in January 2025

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



We also offer:

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



FREE WEBINAR CHIME for Teams Taking Care of Each Other.

When? Wednesday, January 29th 2025
Where? 2pm-3pm Online via Zoom Webinar
Book? Email: bookings@midwestaries.ie or
<https://midwestaries.eventbrite.ie>
<https://midwestaries.ie/events>

Join Us!

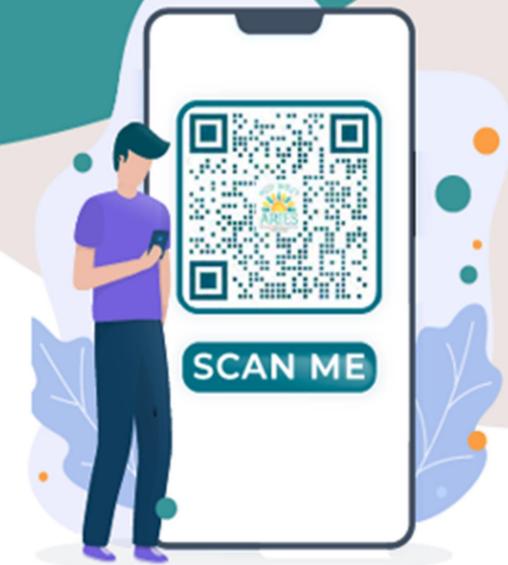
Join us for our panel discussion as we learn how the CHIME framework (Connectedness, Hope, Identity, Meaning and Empowerment) can help teams support each other and build stronger connections. The panel discussion will focus on practical ways to care for each other and create a positive and supportive work environment.

Our Panellists

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

Eileen Shine
Recovery Education
Facilitator
Mid West ARIES
HSE Mid West
Community Healthcare

Laura Carey
Recovery Education
Facilitator
Mid West ARIES
HSE Mid West
Community Healthcare



Need More Information?

Contact
Mid West ARIES
bookings@midwestaries.ie



Other Health & Wellbeing News

What's On January 2025



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



WEDS 08 My Mental Health - Empowerment & Self-Advocacy
In this workshop we will explore what empowerment means to you and discuss what we can do to empower ourselves. We will also explore what advocacy means to you and discuss and share ways we can prepare to advocate for ourselves.
🕒 10am - 12pm

TUES 14 Self-Care: Building My Resilience
In this module we will 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 15 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.
🕒 10am-12pm

TUES 21 Part 1: Exploring Anxiety
In this workshop we explore our understanding of anxiety. We discuss a range of topics including "what is anxiety?", "what causes anxiety?" and "is anxiety normal?"
🕒 2pm - 4pm



WEDS 22 Part 2: Managing Anxiety
This second workshop in the series focuses on managing anxiety. We explore practical tips and tools that you can put into practice when anxiety strikes. In particular we will discuss who or what can help when managing anxiety.
🕒 10am - 12pm

TUES 28 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



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

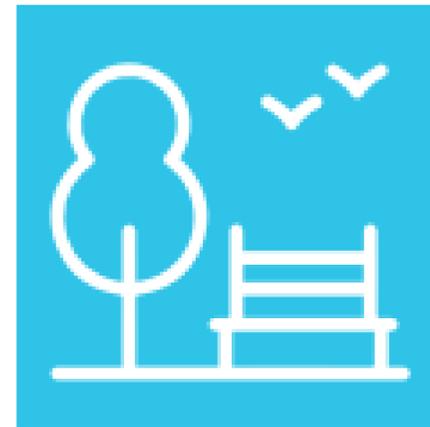
<https://midwestaries.ie/events/>
<https://midwestaries.eventbrite.ie>

For More Information Contact:
bookings@midwestaries.ie



Other Health & Wellbeing News

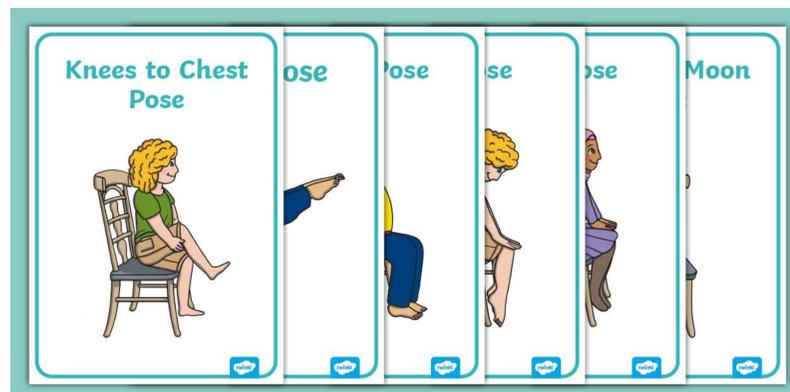
Clare Library Services



Development of Outdoor Spaces in Libraries

Outdoor spaces were created in libraries at Kilkee, Ennistymon & Shannon by adding seating, developing garden spaces and walking trails for use by staff and members of the public. The recreational areas have also been used to hold outdoor events.

The new library premises in Ennis has installed a cubbie, which is an immersive multi-sensory space that reduces anxiety and encourages participation. It is especially beneficial for those with additional sensory requirements.



Free online Chair Yoga classes: Kilrush Library

Kilrush Library are hosting a series of 4 online Chair Yoga classes, with yoga instructor, Trish Cleary. Chair yoga is a fantastic way for people to practice yoga without the need to get on the floor. By sitting on a chair, or standing to use the chair for support, these yoga sessions will help improve flexibility, strength and mobility. These classes will take place on the following dates: Thursday 9th, 16th, 23rd & 30th January 2025 from 11am – 12pm. Contact Kilrush Library at 065 9051504 or email kilrush@clarelibrary.ie to get the zoom link to participate.

Other Health & Wellbeing News

Clare Library Services



Clare Libraries have recently installed a Cubbie and a Changing Places bathroom in the new De Valera library in Ennis. It is an immersive multi-sensory space that reduces anxiety and encourages participation in less than 15 minutes especially beneficial for those with additional sensory requirements. Cubbie.

Mums, Dads, Carers
Join us for fun and friendly

13 weeks
Hug Your Book Course

- Free for parent and baby (3 years and under)
- Cup of tea/coffee
- Creative ideas when reading
- Time to meet other parents

10 am - 12 Wednesdays
Starting 15th January, 2025

In De Valera Library, Ennis

Contact Mary Flanagan 065 6897645 or email mary.flanagan@lcefb.ie
Book a week in advance please.

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

Events @ Clare Libraries

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

- ❖ Book Clubs
- ❖ Kids Clubs
- ❖ Stories and Songs
- ❖ Arts and Crafts
- ❖ Magic
- ❖ Knitting
- ❖ Chair Yoga
- ❖ Chess

Other Health & Wellbeing News

Funding Opportunities



COMHAIRLE
CONTAE AN CHLÁIR | CLARE
COUNTY COUNCIL

Clare Local Area Grant Scheme (CLAGS) 2025 Clare County Council

Clare County Council is pleased to announce that the Clare Local Area Grant Scheme will open for applications on January 10th 2025.

The purpose of the Council's Local Area Grant Scheme is to encourage and assist community and voluntary groups to take an active part in the development of their communities and to improve the quality of life experience in their areas.

The following is the list of support schemes included within this grant scheme:

1. Public Realm Initiatives & Amenity Projects
2. Maintenance of Open Spaces in Private Housing Developments
3. Burial Ground Maintenance, Boundary Repair and Provision
4. Scéim Deontais na Gaeilge. Support for the Irish Language
5. Christmas Lighting
6. Maintenance and Upkeep of Local Authority Estates
7. Tourism Promotion
8. Sustainable Tourism
9. Community Playgrounds
10. Support for the Arts
11. Community Project Development
12. Age Friendly Initiatives (new for 2025)

For 2025, **only online applications** will be accepted.

Online applications can be made from 9am, Friday 10th January 2025.

The Closing Date for submission of online applications is **4pm, Thursday 30th January 2025**

The Online Application system and scheme guidelines can be accessed from the website at <https://www.clarecoco.ie/services/community/grants/clarelocalareagrantscheme/>

Enquiries can be made by email clags@clarecoco.ie.



Clare Local Community Development Committee (LCDC) Local Enhancement Programme 2025

Clare Local Community Development Committee (LCDC) as a statutory committee of Clare County Council is pleased to announce that the Local Enhancement Programme will open for applications on **Friday 20th December 2024**.

The Local Enhancement Programme will support groups, particularly in disadvantaged areas to carry out necessary repairs and improvements to their facilities, and/or to purchase equipment. This funding will help communities, community groups and committees to continue to provide valuable services to the people in their area, and in the process strengthen the bonds that tie communities together.

Clare LCDC has been awarded **€181,0616**. Funding is available in two streams.

- Stream one consists of capital funding with €155,195.00 available. Grants up to €5,000 are permissible in this stream.
- Stream Two is for current day to day funding with €25,866.00 available towards supporting groups, particularly in disadvantaged areas with their non-pay running costs for example energy costs (electricity costs, refuse charges, heating charges) or other non-pay operating costs for example rental/lease costs, insurance bills.

Both streams are open to community groups and voluntary organisations.

The fund is strategically aligned with the Clare Local Economic and Community Plan 2024 – 2030 which will be a key reference document for funding schemes and opportunities. Further information on the Local Economic and Community Plan 2024 -2030 can be found at <https://clarecoco.ie/services/community/lecp/>

For an application form and scheme guidelines please visit <https://www.clarecoco.ie/services/community/grants/communityenhancement/> or email cep@clarecoco.ie

The closing date for receipt of applications is **4pm on Friday 31st January 2025**



Ár dTodhchaí
Tuaithe
Our Rural
Future



Other Health & Wellbeing News

Levelling Access Bursary for Artists with Disabilities.



The Arts Services in Clare County Council, Galway City Council and Mayo County Council published the Levelling Access Report in 2023. This report mapped Arts & Disability Provision in Clare, Galway City & Mayo. Following on from this report, in October of this year, the three partners invited professional artists with a disability, working in any artform and at any career stage, to apply for the Levelling Access Artists Practice Bursary, which is supported by The Arts Council.

The bursary aligns with the Arts Councils Equality, Diversity, and Inclusion (EDI) Implementation Plan, and delivered in partnership with local authorities, aims to provide specific support to an artist who has experienced barriers in their career development.

Clare Arts are delighted to announce that the County Clare based recipient of the Levelling Access €5000 bursary is Graham Bulger, Musician from Miltown Malbay. Graham will use the bursary to help him complete his debut album. We look forward to hearing from Graham in the future.

The report can be viewed at https://clarearts.ie/wp-content/uploads/2024/10/MappingArts-Disability_Report-2_1.pdf



2025

Collaboration and Innovation Fund

Guidelines and information on how to apply.

Application form: available [here](#)

<https://adulteracyforlife.submit.com/> from 17 December 2024

Closing date: 5pm on Friday 7 February 2025



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union

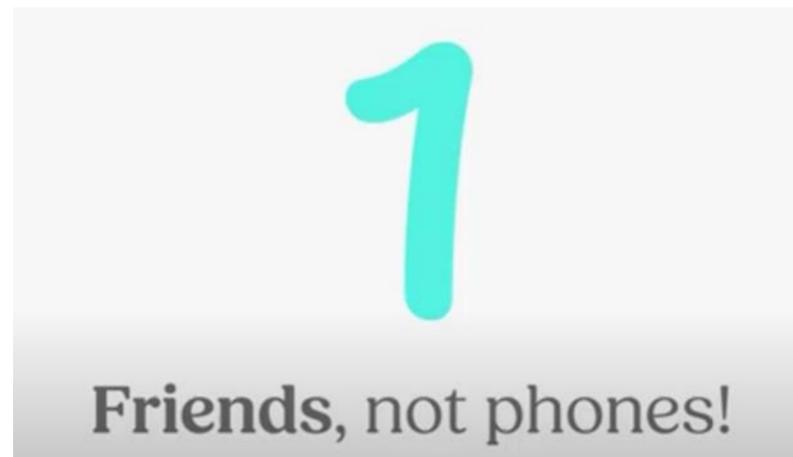


Fund guidelines are available at https://www.adulteracyforlife.ie/f/120607/x/8d774ded8e/2025_cif-guidelines.pdf



Other Health & Wellbeing News

Online Safety Ten Golden Rules. For Kids, by Kids.



Transition Year students from St Flannan's College Ennis, Colaiste Muire Ennis, Gaelcolaiste an Chlár and Ennis Community Collage participated in Group and facilitation skills workshops for 6 weeks with Glen Guilfoyle to enable them to work with groups of 6th class kids from Gaelscoil Mhichil Ciosog, Holy Family and Clarecastle NS to come up with their tips for staying safe online!

Clare Local Development Company SICAP and Tusla - Child and Family Agency PPFs led this programme. Funded by SICAP.

Copy the link below is the animation of their results.

https://youtu.be/uRfMDOiUr0k?si=8O23_zf9213dNnVM



Mid West Community Addiction Studies Course January 2025

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

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

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



Other Health & Wellbeing News



Clare Garden Festival
Sunday, 27th April 2025

A TREAT FOR GARDENERS AND A GREAT FAMILY DAY OUT!

Extending the Season Ennis Showgrounds

facebook.com/claregardenfestival
www.claregardenfestival.com



EmployAbility Clare
Supporting Inclusive Employment

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 how we can help you? Phone us on 065 684 4007 to make an appointment.



Clare Type 1 Diabetes meet-up

The Old Ground Hotel, Ennis
Wednesday, 22nd January
7:30pm - 9:30pm

More information from:
DiabetesinClare@gmail.com

Supported by
Diabetes Ireland



Зустріч із діабетом 1 типу Клер

The Old Ground Hotel, Ennis
середа, січня 22-й
19:30 - 21:30

Детальнішу інформацію можна отримати за адресою: DiabetesinClare@gmail.com

За підтримки
Diabetes Ireland



Other Health & Wellbeing News



An Introduction to FASD

(Foetal Alcohol Spectrum Disorder)

Online For Parents, Carers and Professionals

Thursday 14th January at 10am

To book: 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."



Clare's Jim Lillis tell his story in Changing Ireland. A Clare native features prominently in the Winter edition of 'Changing Ireland' magazine.



• p15-16

CLARE TO COOLOCK

• Jim Lillis - hurler, hillwalker, and chair for 20+ years unimpressed by new rules

It features an interview with Jim

Lillis, formerly of Aer Lingus, grew up in West Clare and in his spare time was a hurler, hillwalker and chair for over 20 years of an award-winning social enterprise in Coolock, Dublin.

There is a strong focus on wellbeing and primary health care in the Winter edition as well as features on podcasting support, PPNs after 10 years, positivity around climate action and much more. The magazine is published quarterly and you can read it here for free:

<https://bit.ly/ChangingIRLWinter2024-25>

If interested in subscribing to the print edition (also free) email your name and address to: editor@changingireland.ie

What's In Season? JANUARY

www.yellowturtlefitness.com



Grapefruit Lycopene in pink and red varieties helps prevent tumor activity in the body. While Lycopene helps prevent prostate cancer, glucarates + limonoids in all varieties have been shown to help prevent breast cancer.

Manganese content helps produce healthy body tissue, bones, and hormones. Low calorie spaghetti squash also helps to regulate blood sugar and functions of the nervous system. High in fiber to reduce cholesterol.

Turnips Glucosinolates help the liver process toxins and potential carcinogens, while inhibiting tumor growth. Chewing well will increase the absorption of these nutrients and make them more available to the body. Folate promotes cardiovascular health.

Supplies 116% of the Daily Value for Vitamin C, which is instrumental in fighting damage to the DNA due to Free Radicals. Anti-inflammatory effect is positive for sufferers of chronic diseases such as Asthma and Arthritis.



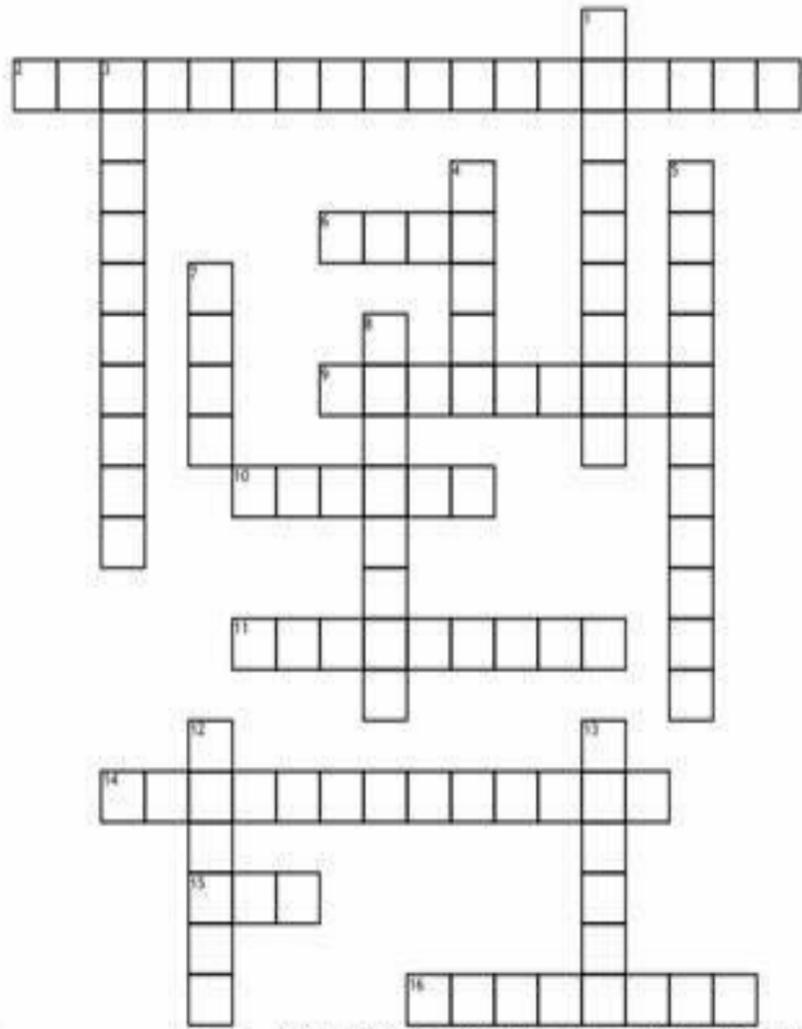
8 TIPS FOR WINTER WELLNESS



January 2025: Creative Spaces

Name: _____ Date: _____

January Crossword



- Across**
- 2. I have a dream
 - 6. All eyes are on this to drop
 - 9. These light up the night sky
 - 10. The clinking of glassware
 - 11. 5,4,3,2,1 is a
- Down**
- 1. Ryan Seacrest took over for his Rockin New Years Eve
 - 3. New Year's change, or wish
 - 4. Musical Instrument & type of Glass
 - 5. New Yorkers gather in
 - 7. MMXXI
 - 8. The time is not the same in every
 - 12. January birthstone
 - 13. Last US State to ring in the New Year
14. Eat these for Good Luck
15. Abbreviation for New Year's Eve
16. The ball drops at

JANUARY

WORD SEARCH

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

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JANUARY BUCKET LIST
 FAMILY HAPPINESS

HEALTH BLESSINGS

WWW.MOMGENERATIONS.COM

