

Healthy Clare Newsletter

July 2025

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



healthyclare@clarecoco.ie



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



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



Follow us on Social Media

Dear Readers,

Welcome to the July edition of the Healthy Clare newsletter. As always, this newsletter is packed with lots of great activities for you to enjoy across the county throughout the summer.

Limerick and Clare Education and Training Board and Solas, are offering a great opportunity in the coming months, helping communities to spread the important message of Health Literacy throughout the county.

Let's Talk about Health Literacy **Health Literacy Awareness – Train the Trainer** **Expression of Interest.**

Do you work with groups that need to understand:

- What is Health Literacy?
- What is a Literacy-Friendly Health Service?
- Tips for Using Health Services

If so, you may be interested in attending a Train the Trainer session on Health Literacy Awareness. This training will help you support people to understand and use health information and services.

If you would like to express interest in attending, please contact: Tom Kent, Regional Literacy Coordinator for Limerick and Clare
Email: tom.kent@lcteb.ie or call 087 056 4369

More FREE course options can be seen on page 12.

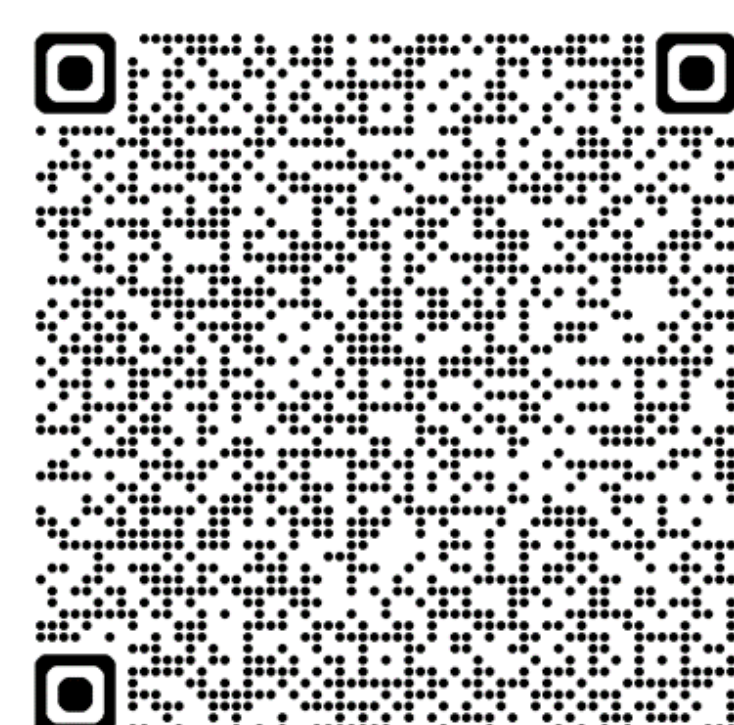
For now, I wish you a wonderful summer and the Healthy Clare newsletter will be back in September.

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

Move Well with Jamie

HOW TO MAINTAIN MUSCLE MASS AS YOU AGE



STRENGTH TRAIN REGULARLY

Aim for at least 2-3 sessions per week



EAT ENOUGH PROTEIN

Include a source of protein at every meal



STAY PHYSICALLY ACTIVE DAILY

Engage in regular physical activity



PRIORITIZE RECOVERY AND SLEEP

Allow time for rest and muscle repair



GET REGULAR HEALTH CHECK-UPS

Monitor your health and manage conditions

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



Family Summer Special

Gym & Pool

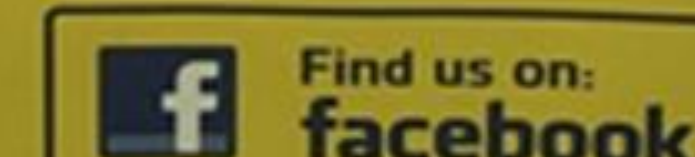
1st July - 31st August

€200



Tel: 065 6821604

www.activeennis.ie



Brand New adult Roller Skating programme starting in July.

Looking for a fun way to get active this summer? Join our 6-week Adult Roller Skating Programme – perfect for beginners or those looking to get back into it! Improve your balance, build confidence on wheels, and have a blast every week with our friendly instructor-led sessions. No experience necessary!

Book your place now -

<https://claresports.ie/event/adult-roller-skate-6-week-programme/>

Mental Health



CSBS are hosting Monthly group support meetings for family members, relatives and friends who have been bereaved by suicide. Thursday 24th of July @7.30pm in the CSBS premises, Roslevan, Ennis.

Clare Suicide Bereavement support are available to offer 1:1 and group support to Individuals, Families and Communities.

Support and Healing in a Caring and Confidential environment

Call /Text 0873698315 or 0860565373 for more information or

Visit claresuicidebereavementsupport.com



GROW MENTAL HEALTH – PEER SUPPORT GROUP

FREE WEEKLY MEETINGS IN Maria Assumpta Hall, Ennis, Co. Clare
Monday 7.30-9.30pm
or
Tuesday 2-4pm

Looking for support with your mental health or simply a space to talk and feel heard?

Join a free, friendly peer support group hosted by Grow Mental Health Ireland. This group is open to anyone aged 18 or over – no registration, no referral, no cost.

Why Join?

- Feel less alone
- Build connection and hope
- Learn practical steps for personal growth and recovery
- Share and listen in a safe, confidential space

What to Expect:

- A welcoming, non-judgmental environment
- Peer-led support guided by lived experience
- Weekly routine with flexible, friendly discussion
- Based on Grow's 12 Steps to Mental Health and Recovery

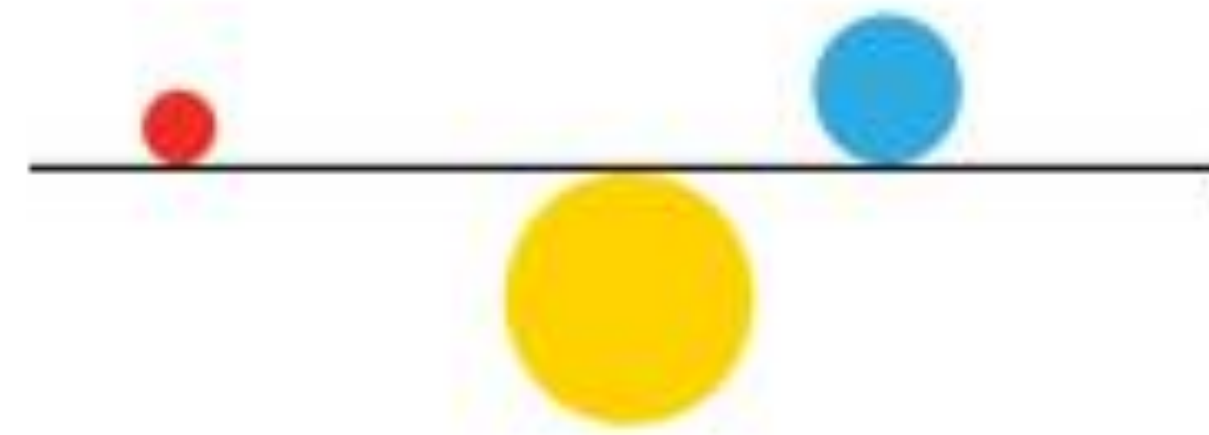
Contact:

Celia 086-1526966

celiabrett@grow.ie

Come as you are. You are not alone.

Grow Mental Health – An Ireland where no one has to navigate mental health challenges alone.



Balancing Stress*

Practical skills to cope with stress



- 1 Understanding stress
- 2 Managing worry
- 3 Managing anxiety
- 4 Managing low mood and depression
- 5 Stress and relationships
- 6 Balancing stress now and into the future



A free HSE online stress management programme

What is it?

Balancing Stress is the HSE's free online programme to manage stress, worry, anxiety, low mood and relationship difficulties.

How do I take part?

www.hse.ie/balancingstress
No registration is required. There are six sessions you can watch anytime, at your own pace.

Presented by:

Dr Niamh Clarke
HSE Principal Psychologist



Mental health recovery is unique for everyone. For some it may be a journey, for others it's a destination. Recovery Education can provide you with the knowledge, tools, and inspiration you need to thrive in your recovery.

LEARN TO RECOVER

Start learning now at MidWestARIES.ie
ONLINE | IN-PERSON | SELF-PACED



CONTACT US

✉ info@midwestaries.ie
✉ bookings@midwestaries.ie



Mental Health

Supporting an Anxious Child or Teen

Digital Mental Health and Wellbeing
Programmes Information for Professionals



childline
by ISPCC

Who is it for?

Space from Anxiety is for 15 – 18 year olds and is designed to empower young people who experience low-to-moderate anxiety. The programme teaches young people techniques they can use every day to help them cope with whatever might come their way.

Supporting an Anxious Child and Supporting an Anxious Teen are for parents or carers and will help them explore anxiety and support their child or young person. These parent/carer programmes are suitable for those with children aged between 5-18 years of age.

How to refer?

To refer a client, please contact our support line on 01 522 4300 between 9am and 1pm Monday to Friday, or email spacefromanxiety@ispcc.ie.

The programmes are supported by the HSE National Office for Suicide Prevention, as part of Connecting for Life, Ireland's National Strategy to Reduce Suicide.

Who is it for?

Space from Anxiety is for 15 – 18 year olds and is designed to empower young people who experience low-to-moderate anxiety.

The programme teaches young people techniques they can use every day to help them cope with whatever might come their way. Supporting an Anxious Child and Supporting an Anxious Teen are for parents or carers and will help you explore anxiety and support your child or young person.

If you are a parent/carer looking to support your 5-11 year old child who experiences low to moderate anxiety, our Supporting an Anxious Child programme is for you.

If you are a parent/carer looking to support your 12-18 year old teenager who experiences low to moderate anxiety, our Supporting an Anxious Teen programme will meet your needs.

For more information, email spacefromanxiety@ispcc.ie.

Supporting an Anxious Child or Teen

Digital Mental Health and Wellbeing
Programmes Information for Parents



Childline
by ISPCC

Eating Well

Eat Well with Jamie

NUTRITION HEALTHY DIETARY CHOICES FOR MEN'S HEALTH

DIETARY CHOICES

Play a crucial role in men's health issues such as testosterone production, maintaining muscle mass & to support sleep



Testosterone

- Is a vital hormone for men's health essential in numerous bodily functions, this can decline as men age.
- Foods such as Poultry, Nuts, Avocado Fatty fish & omega 3 can help support testosterone production.

Maintaining muscle mass

- Muscle mass declines as men age. Declining muscle mass can increase risk of falls, injury and lowers metabolic rate
- Along with resistance training men should consume plenty of protein rich food sources such as Eggs, chicken, meat & nuts





Foods to support sleep

- Sleep is vital to overall health.
- Certain foods can help aid a good nights sleep such as Kiwis, Tart cherries, Turkey and nuts
- Avoid caffeine and large meals close to bedtime

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





HEALTHY FOOD MADE EASY

Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget

The course is usually run over 6 sessions (2 and a half hours). The emphasis throughout the course is on group learning and talking rather than formal teaching.

Prepare, cook and taste healthy recipes


Learn about healthy eating

Get tips on food shopping

Plan meals on a budget

Relaxed and fun approach

For all ages and abilities



Further details:

Shannon Family Resource Centre, Community Building Rineanna View, Shannon

Next 6-week term starts from 23 September, 2025, Tuesdays 9:30-12:00.

To book, contact Anna at 061707600 or 0879649948, email: anna.papayan@shannonfrc.ie

Made with PosterMyWall.com

Tobacco Free, Reducing Drugs & Alcohol Related Harm



Need Support to Quit Smoking? Visit HSE Quit Services
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



Freephone the HSE Drugs and Alcohol Helpline on 1800 459 459 for confidential information and support. How alcohol affects your health and wellbeing. Visit Ask About Alcohol at HSE.ie for information and support on alcohol use.



INTRODUCTION TO FOETAL ALCOHOL SPECTRUM DISORDER (FASD)

SUITABLE FOR PARENTS, CARERS AND PROFESSIONALS WORKING WITH PEOPLE LIVING WITH OR SUSPECTED TO BE LIVING WITH FASD.



Intro to Foetal Alcohol Spectrum Disorder (FASD)

We are over the moon to announce that our Introduction to Foetal Alcohol Spectrum Disorder (FASD) is now CPD accredited!
Our next training is on Thursday 17 July from 10am until 1pm.

This 3-hour session will introduce the information on a number of areas, including:

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

You can find more details about the training and how to book here:

www.fasdireland.ie/training

Sexual Health

LGBTI+ COFFEE MEETUP

12 July
11 am



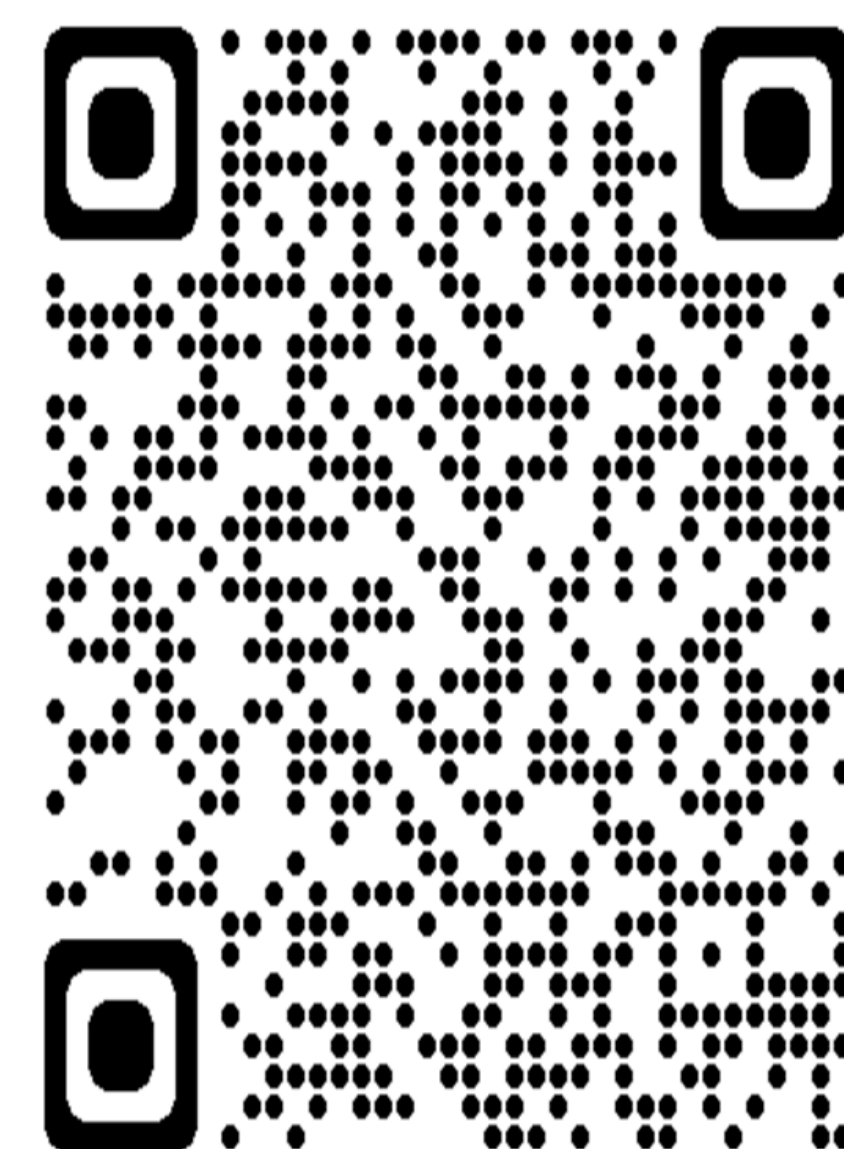
If you are interested in
joining or have any
questions, please contact

communitydev@goshh.ie
or text 086 458 8680



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



50+ LGBTI* Social Groups

Lesbian, gay, bisexual, transgender
and intersex **adults 50+** from the
Midwest and surrounding areas
coming together



Join Us

The 50+ **social groups** in **Limerick City** and
Ennis, Co. Clare, offer a safe and welcoming
space where members of the LGBTI+
community can come together once a month
to enjoy a cuppa, and make new friends in a
relaxed and friendly atmosphere

Contact Us

To find out more details about time and place,
contact David at **communitydev@goshh.ie**
or **(061) 314 354**



Sexual Health

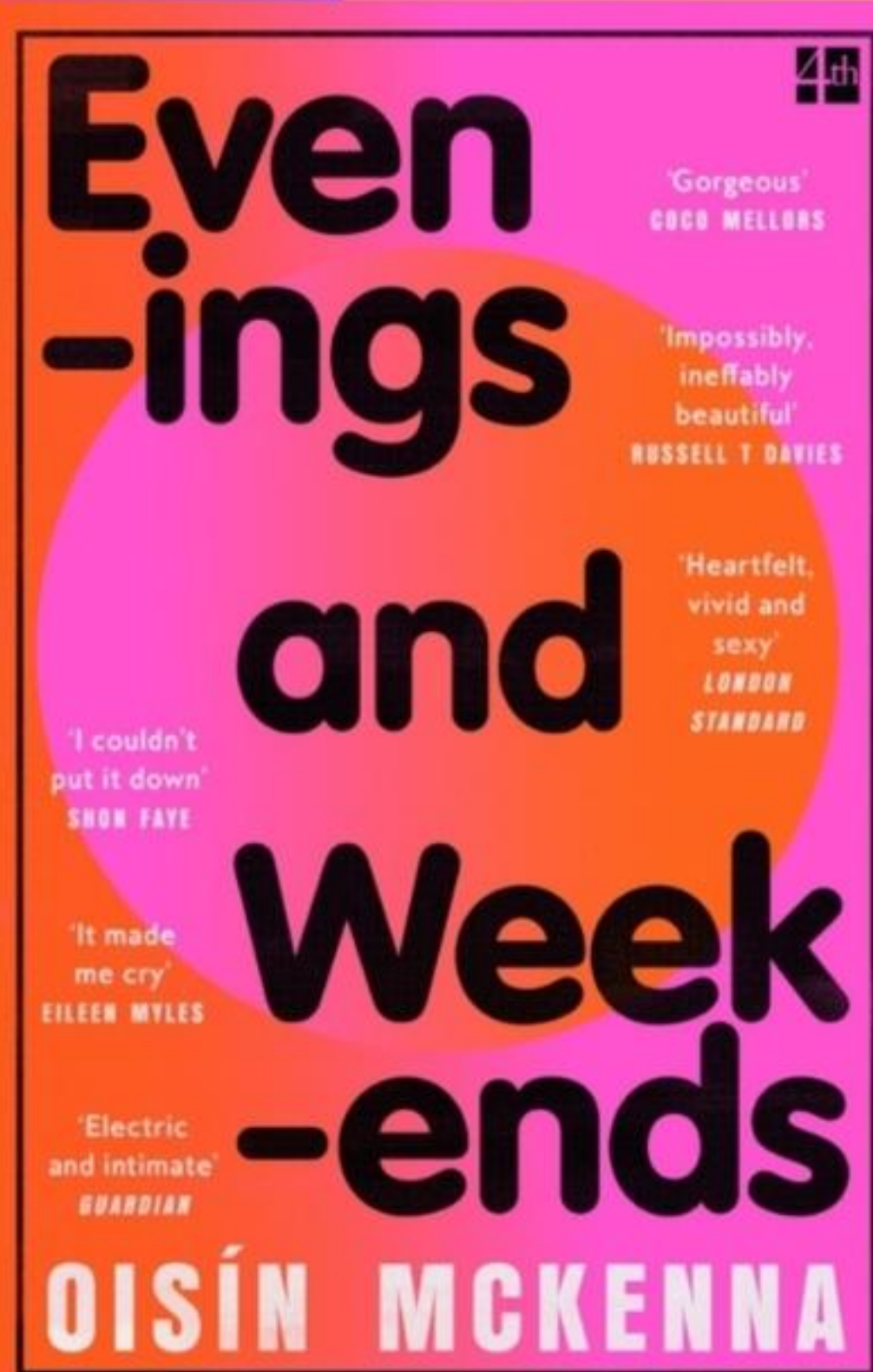
SH:24

Free SH:24 home
STI testing kits,
now available for
pickup at GOSHH.

Learn more at
www.goshh.ie/sh24



GOSHH LGBTI+ BOOK CLUB




Even-ings and Week-ends
OISÍN MCKENNA

THIS MONTH'S BOOK:
EVENINGS AND WEEKENDS BY OISÍN MCKENNA
WEDNESDAY JULY 23RD
6P.M.-7P.M.
AGES 18+

FOR MORE INFO PLEASE CONTACT
RECEPTION@GOSHH.IE OR 061 314354

50+ LGBTI* SOCIAL GROUPS




Next gatherings:

Limerick
July 16

Ennis, Co. Clare
July 30

If you are interested in joining or have any questions, please contact
communitydev@goshh.ie
or text 086 458 8680



Limerick Pride Event Guide

GOSHH Limerick
Pride Event Guide
2025  

It's that time of year again!
GOSHH are beyond delighted to bring you our full line-up of events for Limerick Pride Week 7th-13th July 2025. Swipe through each event and start marking your calendars!

We will be spotlighting each of these events in more detail over the next two weeks but if you have any questions in the meantime then please don't hesitate to contact 061 314354 or email info@goshh.ie

<https://goshh.ie/limerick-pride-event-guide/>

Other Health & Wellbeing News

Clare Library Services



Little Library at Bedtime

Clare Libraries will have a new Books at Bedtime scheme happening this August. Parents and children can visit their local library to pick up a free bedtime story book and library card wallet—available for all children aged 4 and under—to enjoy and keep, while also having the chance to join the library. Bedtime story books are available in English and Irish. Author and picturebook maker Mary Murphy will also pay a special visit to some of our libraries to read from her book. Pick up a free copy of Mary's book Goodnight Like This and enjoy a special reading from the author on 21 and 22 August. Locations and times can be found at <https://clarelibraries.ie/events> or scan the QR Code.



Summer Stars at Clare Libraries

Summer Stars is the free national reading programme for children that takes place in all public libraries and online each summer from June to the end of August. Register your child at your local library today and collect fun rewards as they read, including: a free activity books, a plantable seeded bookmark, bags, and pencils. Libraries will also offer free workshops, clubs, and story times during July and August. Reading even one book/e-book completes the program. Find out what's happening at your library by visiting www.clarelibraries.ie/events or scan the QR Code.



Other Health & Wellbeing News

Clare Library Services



FREE HEALTH CHECKS AT THE LIBRARY

Blood pressure, diabetes checks & advice around heart health

JULY-11 2025 | 10.30 – 12.00
De Valera Library, Ennis

Contact De Valera Library for more details at tel: 065 6891317 or email ennislibrary@clarecoco.ie



Tá mála 'Mo Leabharlann Bheag' ann do gach páiste!
Píoc suas Mála Leabhar **SAOR IN AISCE** 'Leabharlann na nÓg' dóibh sa leabharlann i do cheantar féin





There's a Little Library Bag for every child!
Pick up their **FREE** Little Library Book Bag at your local library



My Little Library bag scheme is back!

All children aged 4, 5 or 6 who are due to start school in September 2025 are invited to visit their local library to collect their free **My Little Library Bag** and sign up for library membership.

Each bag includes books, a glossary of terms for the Irish-language titles, a selection of information leaflets, along with a wallet to hold your new library card.

All families are welcome to join the library too, if they aren't already members.

Visit: <https://clarelibraries.ie/>

Other Health and Wellbeing News

Limerick and Clare Education and Training Board
have the following
FREE WORKSHOPS/COURSES
on offer to parents, grandparents, carers of children:

Once off Summer Course

Free Fun Summer Parent and Child workshop in College of FET, Clonroad Business Park, Ennis 9.30-12.30 or 1.30-4.30 on Wednesday 16th July. Book now or by 4th July. Parent/guardian stays with child aged 5- 8 years of age.

For Autumn Term

- **Introduction to Beauty workshops** 6-8pm Mondays
Autumn term
- **Hairdressing Level 3 QQI** starts 19th Sept to end May. 9am -1pm every Friday.
- **Supporting Your Primary School Child Level 3 QQI.** Useful for parents and those interested in Childcare, Homework clubs, etc. County wide
- **Supporting the Emotional Growth of your Primary aged Child.** Evenings Ennis/Ennistymon
- **Supporting your Teenage Child.** Evenings Ennis/Shannon
- **Money Management workshop/course.** Daytime in Kilrush/Shannon/Ennistymon/Ennis/Scarriff.
- **Understanding Maths in Post Primary School for Parents.** Ennis/Kilrush.

We need 8 learners registered a week in advance to run a course. Once off workshops have a sign in sheet.

Contact Mary Flanagan, 065 6897645 or
mary.flanagan@lcetb.ie to book a place.

Try our short free online courses

Let's talk about literacy

A course to become literacy aware and respond sensitively to unmet literacy needs

- **Who: People who deal with the public**
- **Length of course: 45 minutes**



Let's talk about health literacy

A course to introduce health literacy

- **Who: People who use health and social care services**
- **Length of course: 25 minutes**



Let's talk about a literacy friendly approach in health care

A course about being literacy friendly in health and social care

- **Who: Health and social care professionals**
- **Length of course: 40 minutes**



Let's talk about plain language

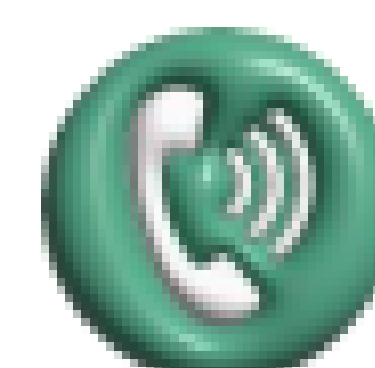
A course to introduce plain language

- **Who: People who communicate with the public**
- **Length of course: 95 minutes**



<https://www.adultliteracyforlife.ie/aware/>

Contact your Regional Literacy Coordinator Tom Kent
for questions, literacy awareness training and supports.



087 056 4369





tom.kent@lcebt.ie



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR
LIMERICK & CLARE
Education & Training Board

COLLEGE OF FURTHER
EDUCATION & TRAINING

Other Health & Wellbeing News





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

Week One	Week Two
Confidence Building Personal Development Focusing on Identifying blockages in your current situation. Building confidence through identifying strengths, talents, and skills. Work on communication and self awareness.	Stress Management 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
Week Three Eat Well, Feel Better 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	Week four Move More 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.
Week five Next Steps - Guidance Exploring your options going forwards and accessing other support services. We will bring in guidance from organisations based in Clare	Week six Next Steps - Planning 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.




Venue & Dates to be confirmed
Contact: jduffy@cldc.ie
Workshops can be designed to suit

Eligibility & Registration Apply




This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement 101019715. The Clare Local Development Company is a community enterprise registered with the Companies Act 2006. It is a member of the European Association of Community Enterprises (EACE) and the European Association of Community Enterprises (EACE).



SuperValu Tidy Towns

Be a **Super** volunteer
Valu your town



Join us at **Ennis Tidy Towns** and volunteer to make a difference to your town and community

We meet every Monday at Abbey Street Carpark at 6.45pm
(Tuesday at 6.45pm, if the Monday is a bank holiday)

Other Health & Wellbeing News



Mind Matters with Type 1 Diabetes

Free Mini Thriveabetes Event
September 27th
10:30 AM – 2 PM
The Old Ground Hotel, Ennis

KEYNOTE SPEAKER DR. MARK DAVIES

Consultant Clinical
Psychologist at
Belfast City Hospital

LIVED EXPERIENCE PANEL

Discussions by people
with Type 1 Diabetes



REGISTER NOW

thriveabetes.ie/mini-thriveabetes



LOO4U-CLARE

Having a safe, clean place to access a toilet is a human necessity. **LOO4U-CLARE** aims to increase mental well-being and social participation by providing information on toilets available in communities and raising awareness of toilet urgency thereby decreasing stigma and providing individuals with the confidence and peace of mind to enjoy their community's amenities, retail, hospitality, and events.

THE PROBLEM

There is a lack of public toilets and shops/cafes opening their toilets to the public.

THE NEED

Many life situations can cause a person to need a toilet urgently when out. Additionally, access to disabled toilets is often discouraged unless one has a very visible disability. Regardless of one's situation humans need to use the toilet, sometimes urgently and inconveniently.

People can experience toilet urgency for many reasons from simply having one too many cups of coffee to more challenging issues such as Inflammatory Bowel Disease (over 50,000 people living with Crohn's or Colitis in Ireland), Overactive Bladder (more than 350,000 adults over age 40 live with this in Ireland), or a disconnect between one's brain and body which is common in differently wired brains.

For example, in a 2024 Crohn's and Colitis Ireland survey of persons with Inflammatory Bowel Disease (a hidden disability), 100 percent of respondents from County Clare who felt public shops and spaces could do more to support them indicated access to toilets as the best way to provide that support.

THE SOLUTION

- ✓ Indicate your business's willingness to allow members of the public to use your toilet facilities by placing a Loo4U-Clare sticker visibly near your entrance.
- ✓ Increase education and awareness yourself and your employees of the need for those with hidden disabilities or visible disabilities to use a toilet without question or delay.

For more information or to get involved, please contact Jan at loo4uclare@gmail.com or go to [LOO4U-CLARE Website](#) or [LOO4U-CLARE Facebook Group](#).

Other Health & Wellbeing News

Hop Aboard the Free Burren and Cliffs Explorer Bus



Free Hop-On, Hop-Off Shuttle Bus Now Running Across North and West Clare

Looking for a simple, flexible—and completely free—way to get around Clare this summer? The Burren and Cliffs Explorer Bus runs daily until the end of August, with a possible extension into September. Seven hop-on, hop-off routes connect towns, villages, scenic spots, and visitor attractions across North and West Clare.

The service gives you the freedom to travel between places at your own pace—without needing the car. Several routes stop at or connect to the Cliffs of Moher Experience, making it easier than ever to include it in your day out.



HOW IT WORKS

- The service is free, but you'll need to book your ticket online.
- There are seven different routes, each with its own timetable.
- Not every route goes directly to the Cliffs of Moher Experience—some involve a change of bus.
- Admission to the Cliffs of Moher Experience is free when you use the shuttle bus, however other attractions you choose to visit incur admission charges.
- Don't wait for the last shuttle of the day—if it's full, you may need to make other arrangements.
- You can view route details, download timetables, and book by scanning the QR code opposite.

THE 7 ROUTES AT A GLANCE

- **Miltown Malbay - Lahinch - Liscannor - Cliffs of Moher Experience - Return:** Runs regularly throughout the day, with stops along the route including the Cliffs of Moher Experience.
- **Kilfenora - Lisdoonvarna - Cliffs of Moher Experience - Return:** A route linking Burren villages to the Cliffs.
- **Doolin - Cliffs of Moher Experience - Return:** Frequent service ideal for combining a visit to Doolin and the Cliffs of Moher Experience.
- **Liscannor - Cliffs of Moher - Return:** A short, scenic route running roughly every 30 minutes between Liscannor and the Cliffs.
- **Ballyvaughan - Aillwee Burren Experience-Poulnabrone - Caherconnell Stone Fort & Sheepdog Demonstrations- Kilfenora - Return:** This route links some of the Burren's most popular heritage and nature stops.
- **Corofin - Michael Cusack Centre - Carran - Slieve Carran - Kilfenora - Return:** A scenic inland route rich in history and walking options. Connects in Kilfenora to reach the Cliffs.
- **Corofin - Burren National Park (Kenny's Cross Trailhead) - Return:** A dedicated shuttle into the heart of the park—ideal for walkers heading out on the Burren's marked trails.

PLAN YOUR DAY AND BOOK YOUR FREE SEAT



SCAN ME

Scan the QR code to view route details, download timetables, and book your free seat.



www.cliffsofmoher.ie



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 Causeway Link, Ennis V95 VHP0



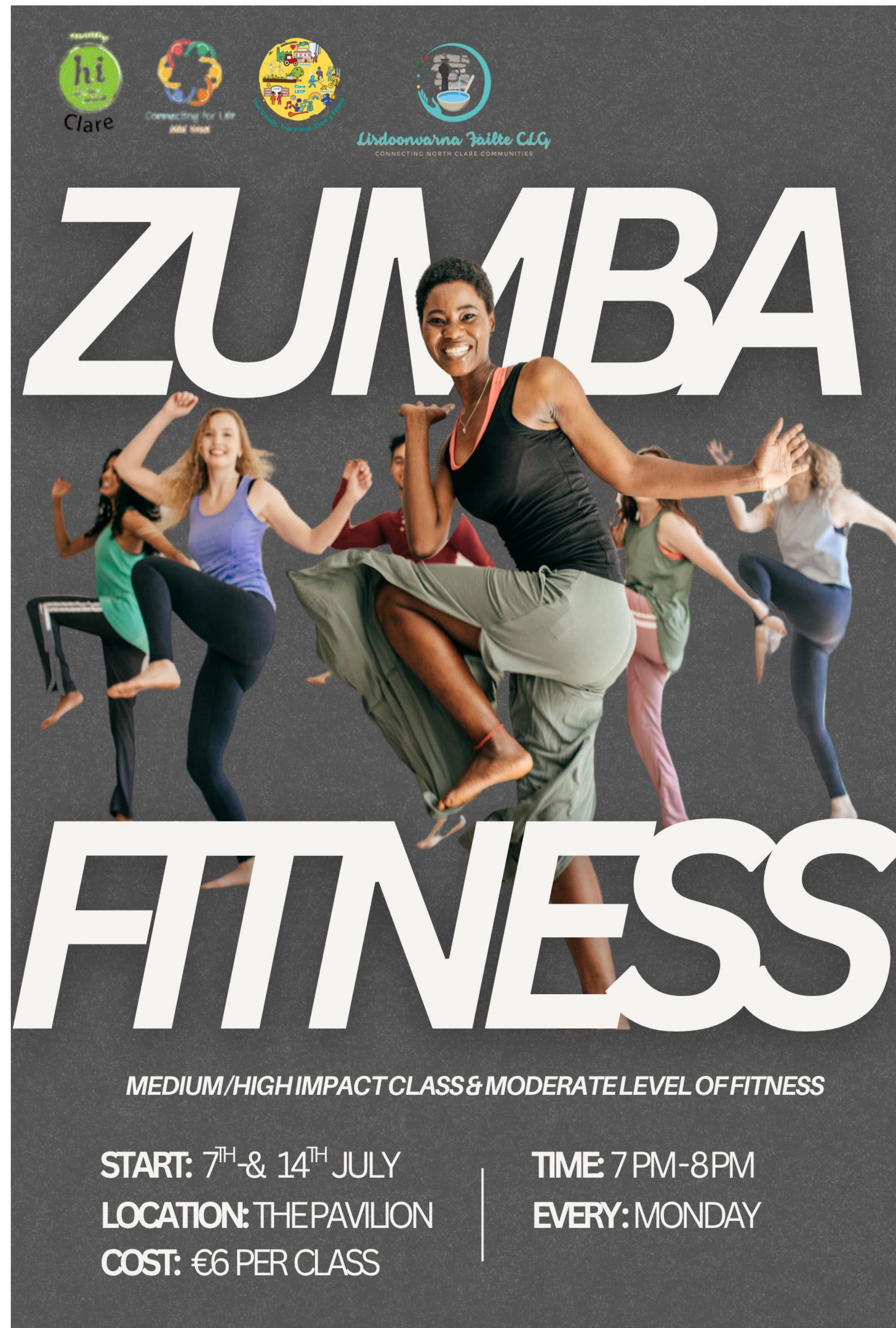
Queries contact Text/Call/WhatsApp:

Rosemary 087 6560854

MidWest Lead Mental Health Engagement

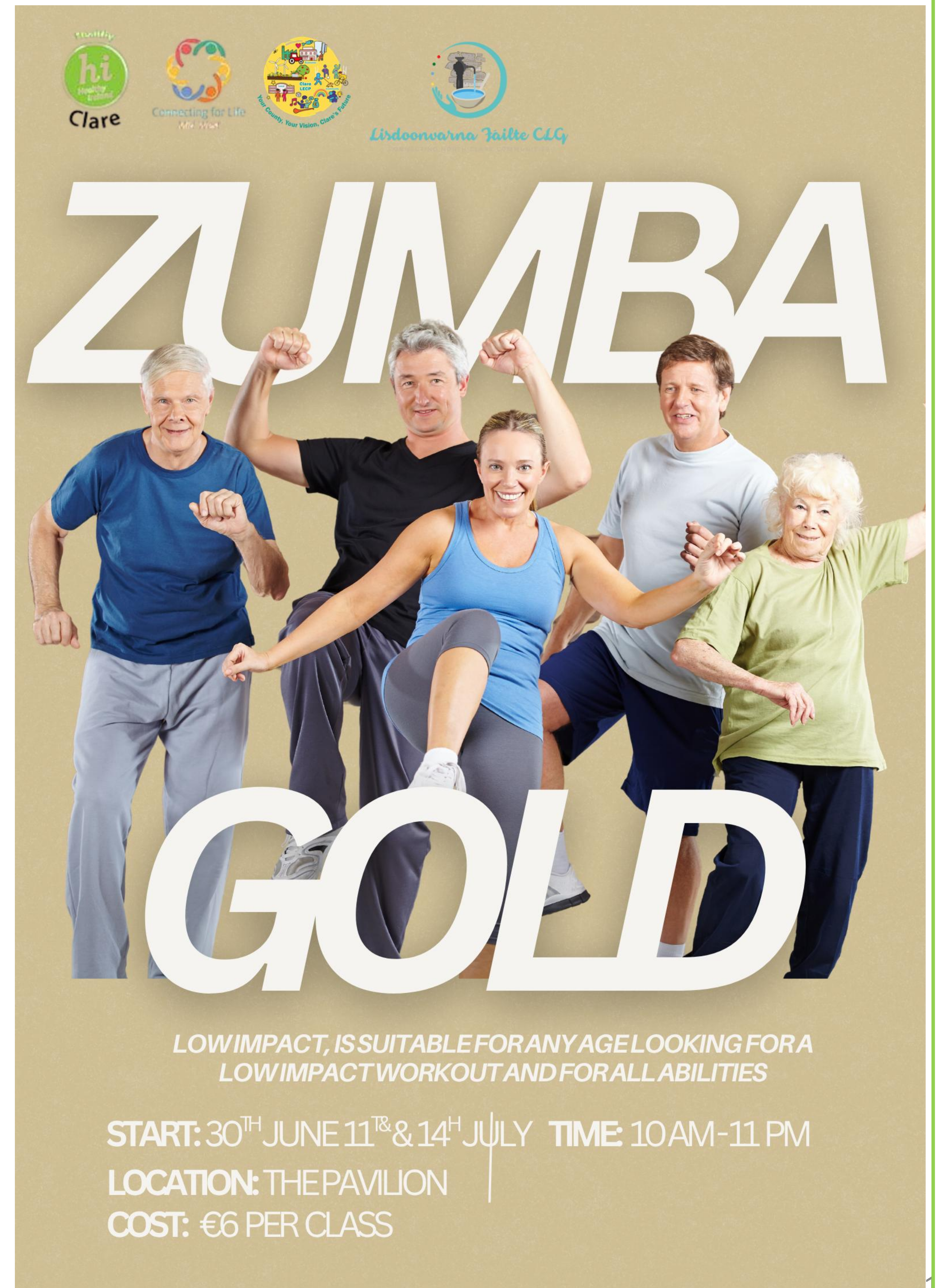


Other Health & Wellbeing News



A poster for Zumba Fitness. At the top, there are four logos: 'hi Clare', 'Connecting for Life', 'Your County, Your Vision, Clare's Future', and 'Liridoonvarna Fáilte CLG'. The word 'ZUMBA' is written in large, white, bold letters. Below it, a group of people are shown in various Zumba dance poses. The word 'FITNESS' is written in large, white, bold letters at the bottom. Below the title, it says 'MEDIUM/HIGH IMPACT CLASS & MODERATE LEVEL OF FITNESS'. At the bottom, there is a table with details about the class.

START: 7 TH & 14 TH JULY	TIME: 7 PM-8 PM
LOCATION: THE PAVILION	EVERY: MONDAY
COST: €6 PER CLASS	



A poster for Zumba Gold. At the top, there are four logos: 'hi Clare', 'Connecting for Life', 'Your County, Your Vision, Clare's Future', and 'Liridoonvarna Fáilte CLG'. The word 'ZUMBA' is written in large, white, bold letters. Below it, a group of people, including older adults, are shown in various Zumba dance poses. The word 'GOLD' is written in large, white, bold letters at the bottom. Below the title, it says 'LOW IMPACT, IS SUITABLE FOR ANY AGE LOOKING FOR A LOW IMPACT WORKOUT AND FOR ALL ABILITIES'. At the bottom, there is a table with details about the class.

START: 30 TH JUNE 11 TH & 14 TH JULY	TIME: 10 AM-11 PM
LOCATION: THE PAVILION	
COST: €6 PER CLASS	

Other Health and Wellbeing News

Movement & Mobility

With
Tricia McDonnell

A class for any age and physical level to improve strength, flexibility, balance, and overall well-being while boosting metabolism and lowering cortisol.

EVERY WEDNESDAY

1 PM - 1.45 PM

📍 THE PAVILION,
LISDOONVARNA, V95
YW1C

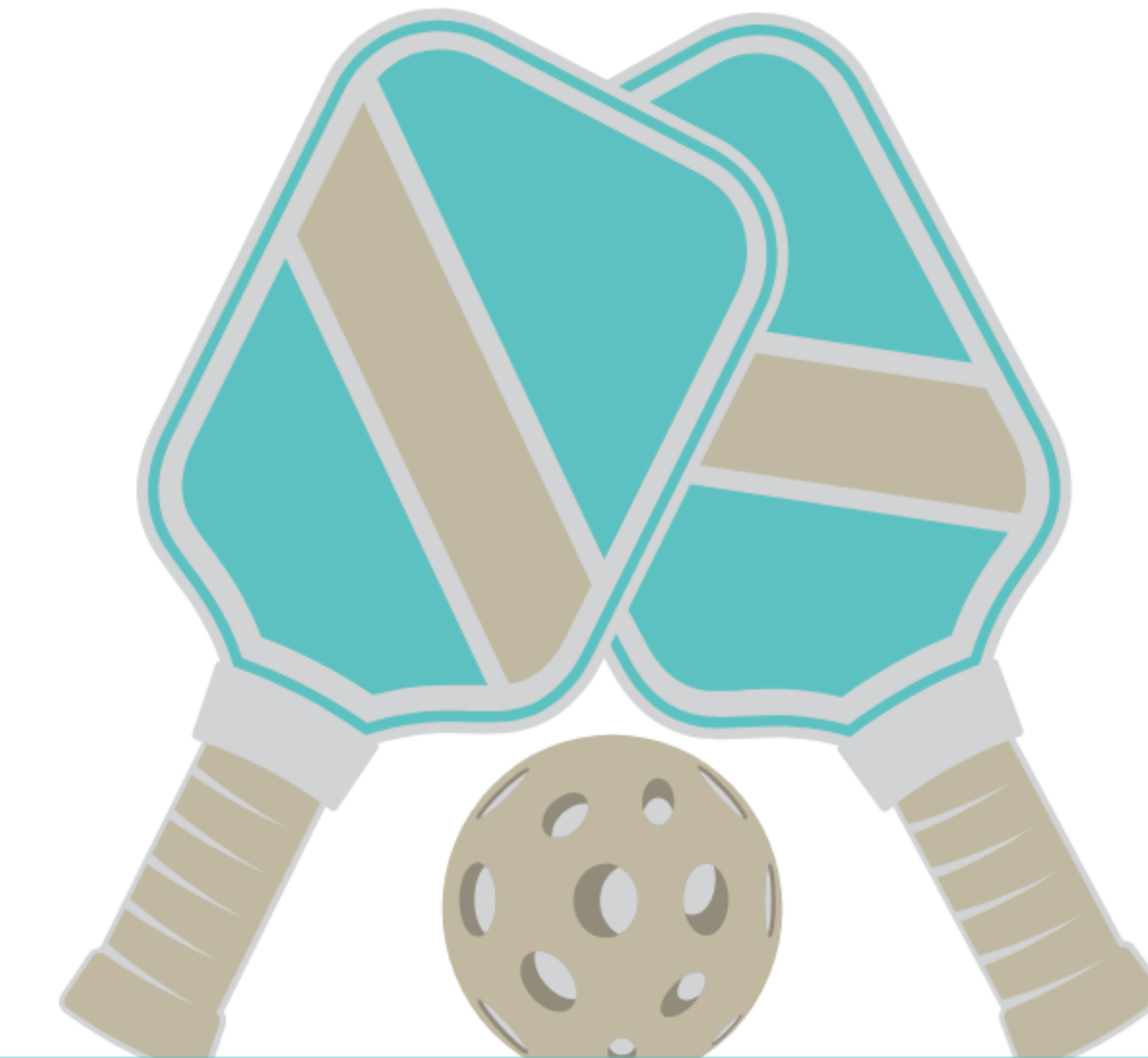
Contact us:
admin@lisdoonvarnafailte.ie



Lisdoonvarna Failte CLG
CONNECTING NORTH CLARE COMMUNITIES



Lisdoonvarna Failte CLG
CONNECTING NORTH CLARE COMMUNITIES



PICKLEBALL FITNESS

TUESDAY, 1ST – 29TH JULY

FROM 7 PM – 8:30 PM

📍 MUGA (MULTI USAGE GAME AREA,
BEHIND THE PAVILION)

€6 per class

LIMITED CLASS – 12 PEOPLE
Booking Essential

Other Health and Wellbeing News



PARENT CARER ONLINE SURVEY

AN OPPORTUNITY TO TELL US HOW WE CAN DEVELOP
OUR PEER SUPPORT FOR PARENTS AND CARERS.



Parents & Carers Survey

Parents & Carers - here is your chance to help us develop our Peer Support!

This brief online survey is now live and we would appreciate people taking a few minutes to complete it. The responses received will help shape the future services that we offer. This is your opportunity to influence the direction of a service designed for you and the community around you.

Please complete the survey here:

<https://forms.gle/xmu1VZZ6jn3bsm3PA>

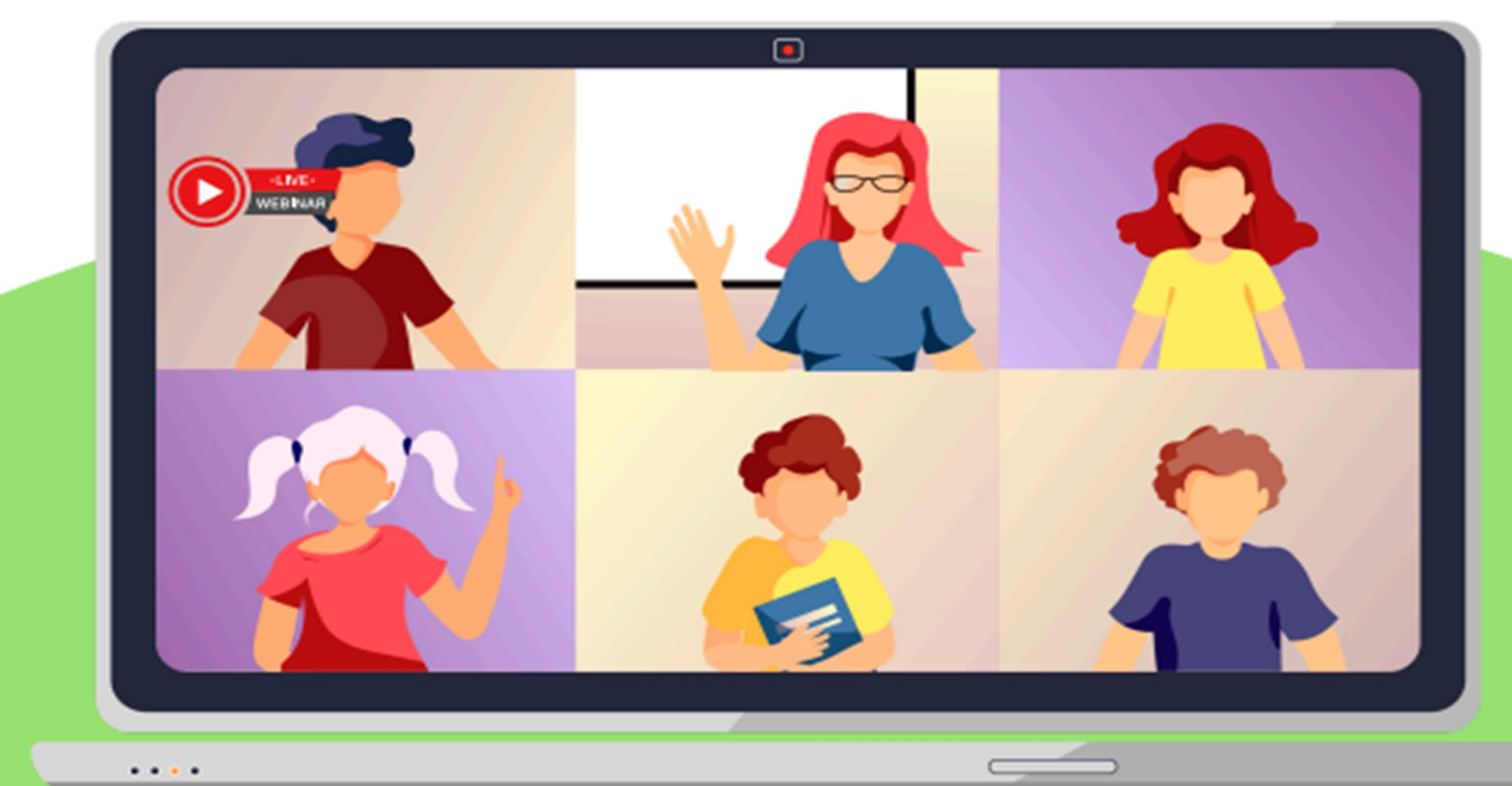
Your feedback will help us better understand what's working, what's missing, and how we can evolve our offerings to better meet your needs.



FASD IN THE CLASSROOM

SUITABLE FOR ANYONE WORKING IN
AN EDUCATIONAL SETING IN IRELAND
FREE TO ATTEND

TUESDAY 16 SEPTEMBER



**BOOK ONLINE:
WWW.FASDIRELAND.IE/WORKSHOPS**

Our 'FASD in the Classroom' training is back after the summer with our first event of the new term on Tuesday 16 September at 6pm.

Free to attend and available to anyone working in education in Ireland.

In this 2-hour workshop, we will cover:

- An overview of FASD
- Recognising symptoms of FASD in the classroom
- How to support children and young people living with FASD to maintain education
- Alternative approaches and strategies to help with teaching.
- What it is like to experience education in Ireland living with FASD
- Best practice when challenges arise
- Where to go for additional help
- Question and Answer Session

You can find more details about the training and how to book here:
www.fasdireland.ie/training

Other Health & Wellbeing News

Invitation

Health & Wellbeing Expo 2025

The Clare Older People's Council and the Clare Age Friendly Programme are hosting a "Health & Wellbeing" Expo during Positive Ageing Week to showcase the supports and services available for older people living in County Clare. We would like to invite your organisation to host an information stand at the event. It is an opportunity for you to network and raise awareness of your services while engaging directly with attendees.

Date: Thursday, 2nd October 2025.

Location: Treacy's West County, Ennis, V95 CPCT

Time: 11am to 4pm

Register your interest in hosting a stand by completing the form in the link below:-

[Registration Form](#)

before 29th August 2025

space
is
limited

space
is
limited



Scan Me



☀ Celebrate Positive Ageing Week with Us! ☀

The Clare Older People's Council, in collaboration with the Clare Age Friendly Programme, is thrilled to present the "Health & Wellbeing" Expo, a cornerstone event of Positive Ageing Week! This exciting expo aims to shine a spotlight on the incredible supports and services available for older adults throughout County Clare.

We are delighted to invite your organisation to host an information stand at this event. It's a unique chance to:

- Showcase your services and resources to an engaged audience.
- Network with other organisations and build meaningful connections.
- Raise awareness of the impact you make in the community.
- Engage directly with attendees who could benefit from your support.

Join us in making this day an unforgettable celebration of health, happiness, and community spirit. Let's work together to empower the older generation in County Clare! If you are interested in hosting a stand at the Expo please register before 29th August 2025.

FraudSMART!

The June edition of the Age Friendly Ireland newsletter, has highlighted the risk of using incorrect websites. 'Consumers advised to use scamchecker.ie to verify if websites and links are legitimate before making any bookings as the summer holiday season gets into full swing, FraudSMART, the fraud awareness initiative developed by Banking & Payments Federation Ireland (BPFI), is warning consumers to be on high alert for a seasonal rise in scams linked to last-minute travel deals.

Fraudsters are targeting holidaymakers with offers, particularly touting 'recent cancellations' or 'limited time offers' at discounted prices, through highly convincing fake websites, online adverts and social media links'. More information can be viewed at

<https://agefriendlyireland.ie/news/holidaymakers-urged-to-be-on-high-alert-for-travel-scams-as-fraudsters-ramp-up-activity-over-the-summer-months/>

Other Health and Wellbeing News

What's On July 2025

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



TUES 01

Journaling for Wellbeing

In this workshop, we will explore how journaling can support our wellbeing and mental health. We will discuss different ways to journal and learn tips and techniques to keep you motivated. We will also start our journaling journey with simple journaling prompts.

🕒 **2pm - 4pm**

WEDS 02

My Mental Health - Looking After Me

In this workshop, we will explore how we can look after and support our mental health. We will discuss tips and tools for managing our mental health on a daily basis and learn who can help us in managing our wellbeing particularly at times of stress.

🕒 **10am - 12pm**

TUES 22

ANXIETY SERIES: Part 1 Exploring Anxiety

During this workshop we will examine and reflect on our understanding of anxiety. We will discuss a range of topics including the causes of anxiety. The session ends with a grounding exercise to help you to manage anxiety.

🕒 **2pm - 3pm**

TUES 29

ANXIETY SERIES: 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.

🕒 **2pm - 3pm**

BOOK NOW

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



For More Information Contact:
bookings@midwestaries.ie



North West Clare
Family Resource Centre



What's on in July 2025

Phone us: 065 707 1144

Parliament Street, Ennistymon, Co. Clare

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

DAY	TIME	ACTIVITY	ORGANISED BY	
Monday	2pm-4pm	Teen Club	Anastasiia, Jenny	●
Tuesday	10.30 - 12.30 2pm-4pm 7pm-8pm	Drop-in Service (Parliament Street) Teens: Driving Theory Test Preparation Yoga Class	Jenny Anastasiia, Jenny Kaye	● ●
Wednesday	7am-8am 9am - 4pm 10am - 1pm 11am - 12pm 11am - 1pm 1pm - 2.30 7pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud Community Garden Group Fáilte isteach (English classes) Men's Shed	Kaye Jennifer Jenny Barbara Barbara Jenny Jenny	● ● ● ● ●
Thursday	9am - 2pm 10.30 - 12.30	Employability Kids Club (Parliament Street, Ennistymon)	Jennifer Anastasiia, Jenny	●
Friday	9am - 5pm 9.30-12.30 11am - 1pm 1.20pm-3pm 3pm-4pm	CLDC: Employment and Income Supports Parent & Toddler Group "Cairde Nua" 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

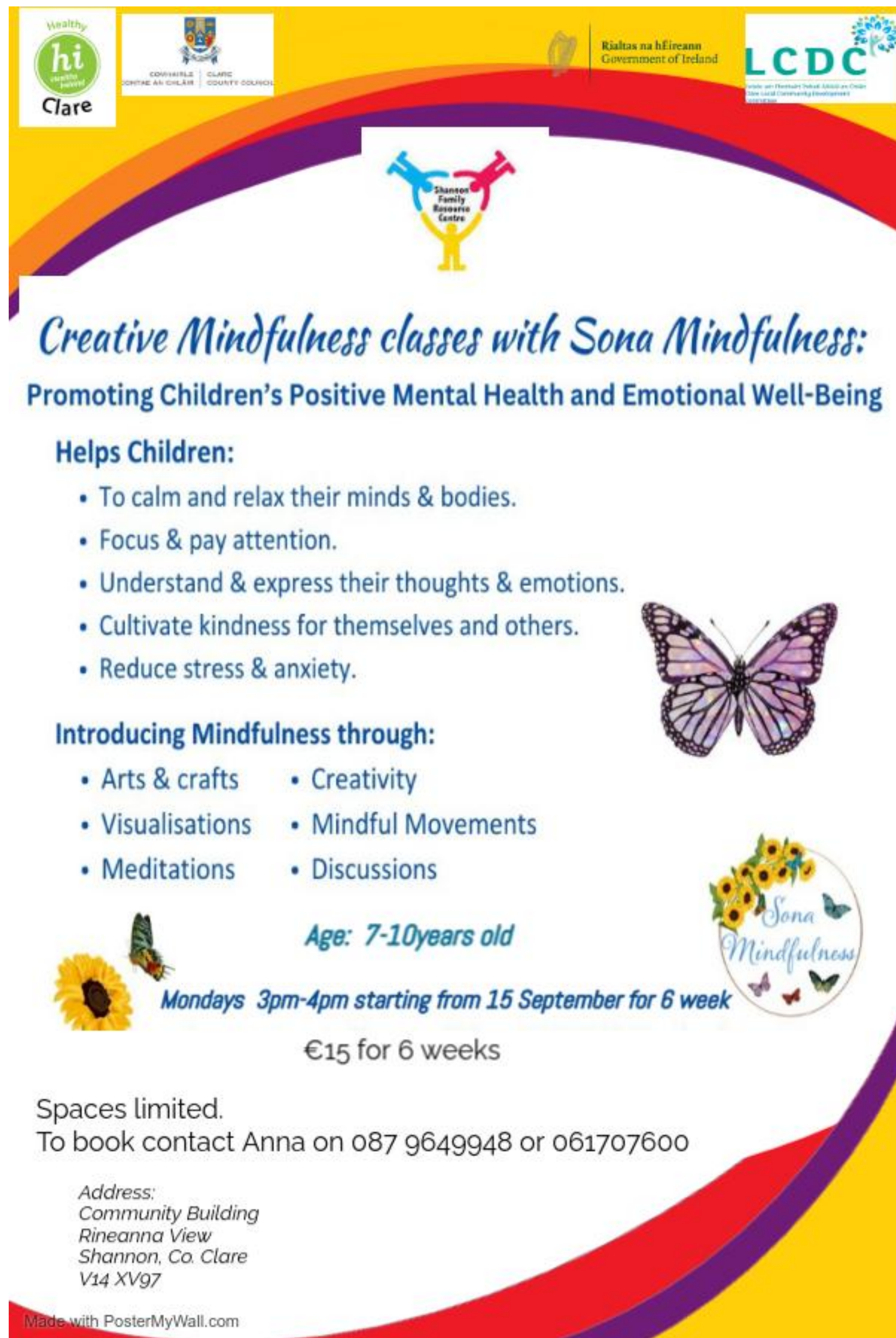


WE ARE HIRING

**A Counsellor/Psychotherapist
(Gambling)**

More information on our website:
<http://www.northwestclarefamilyresourcecentre.com/job-opportunities.html>

Other Health and Wellbeing News



Posters for Creative Mindfulness classes. The top section features logos for 'hi Clare', 'COMHAIRLE CONRÁD AN CHLÁIR CLARE COUNTY COUNCIL', 'Rialtas na hÉireann Government of Ireland', and 'LCDC'. A rainbow arches over the Shannon Family Resource Centre logo. The main title is 'Creative Mindfulness classes with Sona Mindfulness: Promoting Children's Positive Mental Health and Emotional Well-Being'. A list of benefits for children is provided, followed by a list of activities. The poster also includes the age range (7-10 years old), the schedule (Mondays 3pm-4pm), the duration (6 weeks), and the cost (€15). It mentions that spaces are limited and provides contact information for Anna. The address is also listed. The bottom of the poster features a butterfly and a circular logo for Sona Mindfulness.

hi Clare

COMHAIRLE CONRÁD AN CHLÁIR CLARE COUNTY COUNCIL

Rialtas na hÉireann Government of Ireland

LCDC

Shannon Family Resource Centre

Creative Mindfulness classes with Sona Mindfulness:

Promoting Children's Positive Mental Health and Emotional Well-Being

Helps Children:

- To calm and relax their minds & bodies.
- Focus & pay attention.
- Understand & express their thoughts & emotions.
- Cultivate kindness for themselves and others.
- Reduce stress & anxiety.

Introducing Mindfulness through:

- Arts & crafts
- Creativity
- Visualisations
- Mindful Movements
- Meditations
- Discussions

Age: 7-10 years old

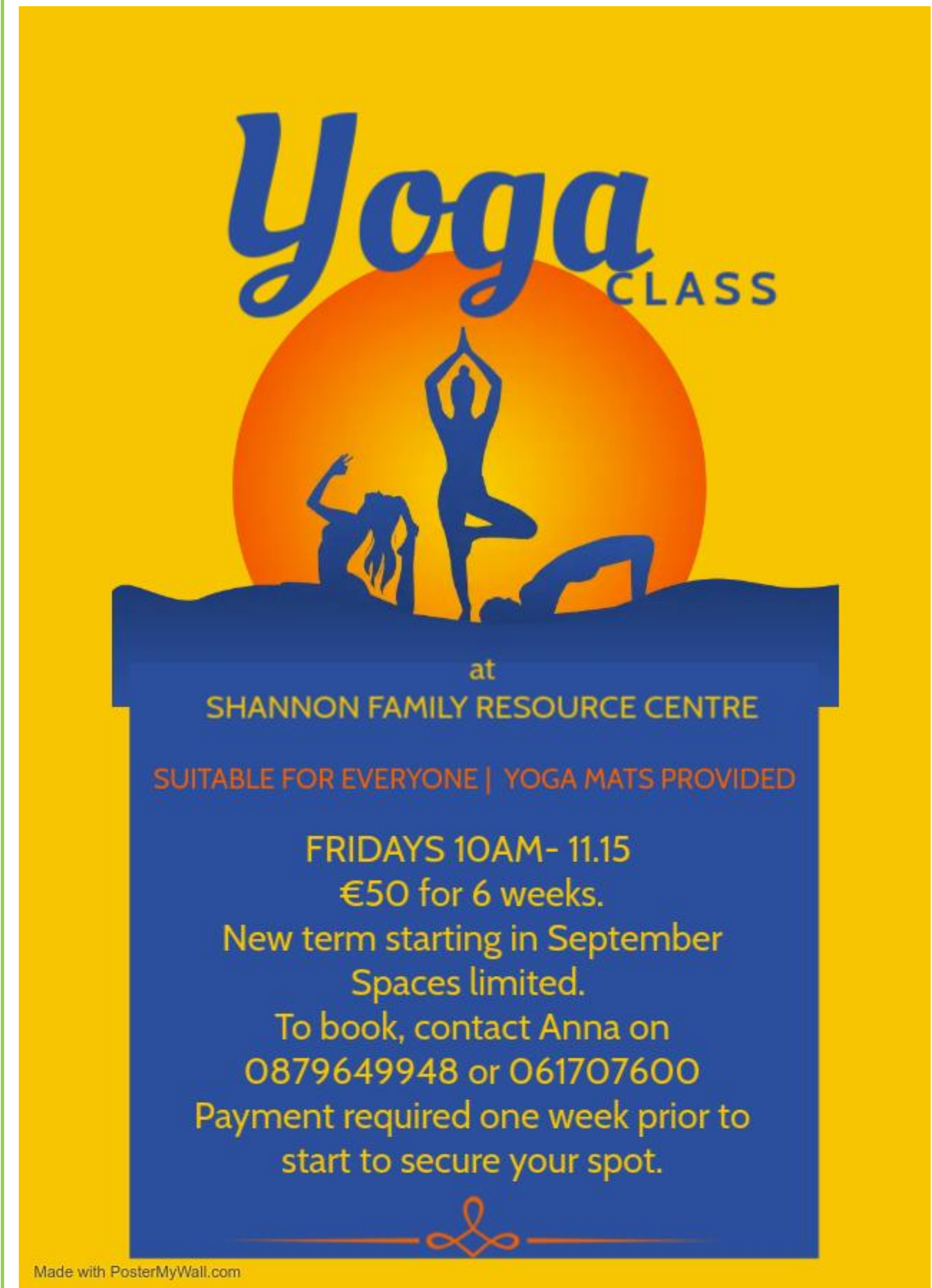
Mondays 3pm-4pm starting from 15 September for 6 week

€15 for 6 weeks

Spaces limited.
To book contact Anna on 087 9649948 or 061707600

Address:
Community Building
Rineanna View
Shannon, Co. Clare
V14 XV97

Made with PosterMyWall.com



Poster for a Yoga Class. The background is yellow with a large orange sun. Silhouettes of three people in yoga poses are shown against the sun. The text 'Yoga CLASS' is at the top. Below the sun, it says 'at SHANNON FAMILY RESOURCE CENTRE'. Further down, it says 'SUITABLE FOR EVERYONE | YOGA MATS PROVIDED'. The schedule is 'FRIDAYS 10AM- 11.15' and the cost is '€50 for 6 weeks.' It mentions 'New term starting in September' and 'Spaces limited.' It provides contact information for Anna: 'To book, contact Anna on 0879649948 or 061707600'. It also states 'Payment required one week prior to start to secure your spot.' The bottom of the poster features a decorative orange line.

Yoga CLASS

at
SHANNON FAMILY RESOURCE CENTRE

SUITABLE FOR EVERYONE | YOGA MATS PROVIDED

FRIDAYS 10AM- 11.15
€50 for 6 weeks.
New term starting in September
Spaces limited.

To book, contact Anna on
0879649948 or 061707600
Payment required one week prior to
start to secure your spot.

Made with PosterMyWall.com

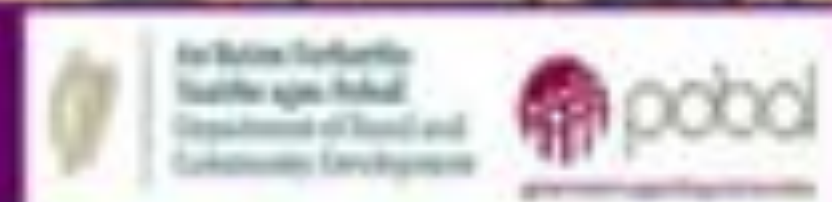
Other Health and Wellbeing News



BOOKING ESSENTIAL! Weekly Activities 065 9052173			
Day	Time	Activity	Venue
Tue	10 am	Phone/Tablet/Laptop Assistance	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	11am	Sit Fit - Kilkee	<u>Kilkee Comm Centre</u>
	12.45pm	Bingo for Fun	Kilrush Comm Centre
	2pm	45 Cards Game	Kilrush Comm Centre
Wed	10am	Phone/Tablet/Laptop Assistance	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	<u>Elliott Centre Kilkee</u>
	2.30pm	The Kettle's On!	Kilrush Comm Centre
Thurs	10.30am	Singalong	Kilrush Comm Centre
	11am	Peninsula Social Club	<u>Elliott Centre Kilkee</u>
	12pm	Tai Chi	Kilrush Comm Centre

July Monthly Activities			
Thurs 03 July	2.30pm	Quiz Time!	Kilrush Comm Centre
Thurs 03 July	11.30am	Book Club!	Kilrush Comm Centre
Thurs 10 July	2 to 4.30pm	Tea Dance: Frank & Pat	Kilrush Comm Centre
Thurs 24 July	2pm	Movie Club!	Kilrush Comm Centre

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



West Clare Family Resource Centre
Activities for the over 55s

QUIZ TIME!

CHALLENGE YOUR GENERAL KNOWLEDGE AND MEMORY WHILE HAVING FUN.

THURSDAY 03 JULY
@ 2.30 PM
KILRUSH COMMUNITY CENTRE

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

West Clare Family Resource Centre
Activities for the over 55s

JOIN OUR NEW BOOK CLUB

Thursday 03 July @11.30am

Kilrush Community Centre

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

West Clare Family Resource Centre
Activities for the over 55s

Thursday Tea Dance

JULY 10 KILRUSH COMMUNITY CENTRE @2pm

Frank & Pat

€5 ENTRY

MUSIC SINGING DANCING REFRESHMENTS & RAFFLE
All Welcome

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



West Clare Family Resource Centre
Activities for over 55s

MOVIE CLUB

THURS 24 JULY
@2PM

Kilrush Community Centre

 **065 9052173**
To Book

Movie Title
Simply join the club(€5 per year) to be informed of movie being shown

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



West Clare Family Resource Centre
Activities for over 55s

THE KETTLE'S ON!

Call in for a chat & a cuppa,

EVERY WEDNESDAY
@2.30PM
Kilrush Community Centre



Everyone's Welcome ..

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



Free Summer Art Camp in Ennis

Who? Ages **8-12** with **lifelong physical health conditions**

When? 22-24 July

Where? CBS Primary School, Ennis

Professional artists | Onsite medical support
Meet new friends | Learn new skills

Supported Conditions Include:

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



helium.ie

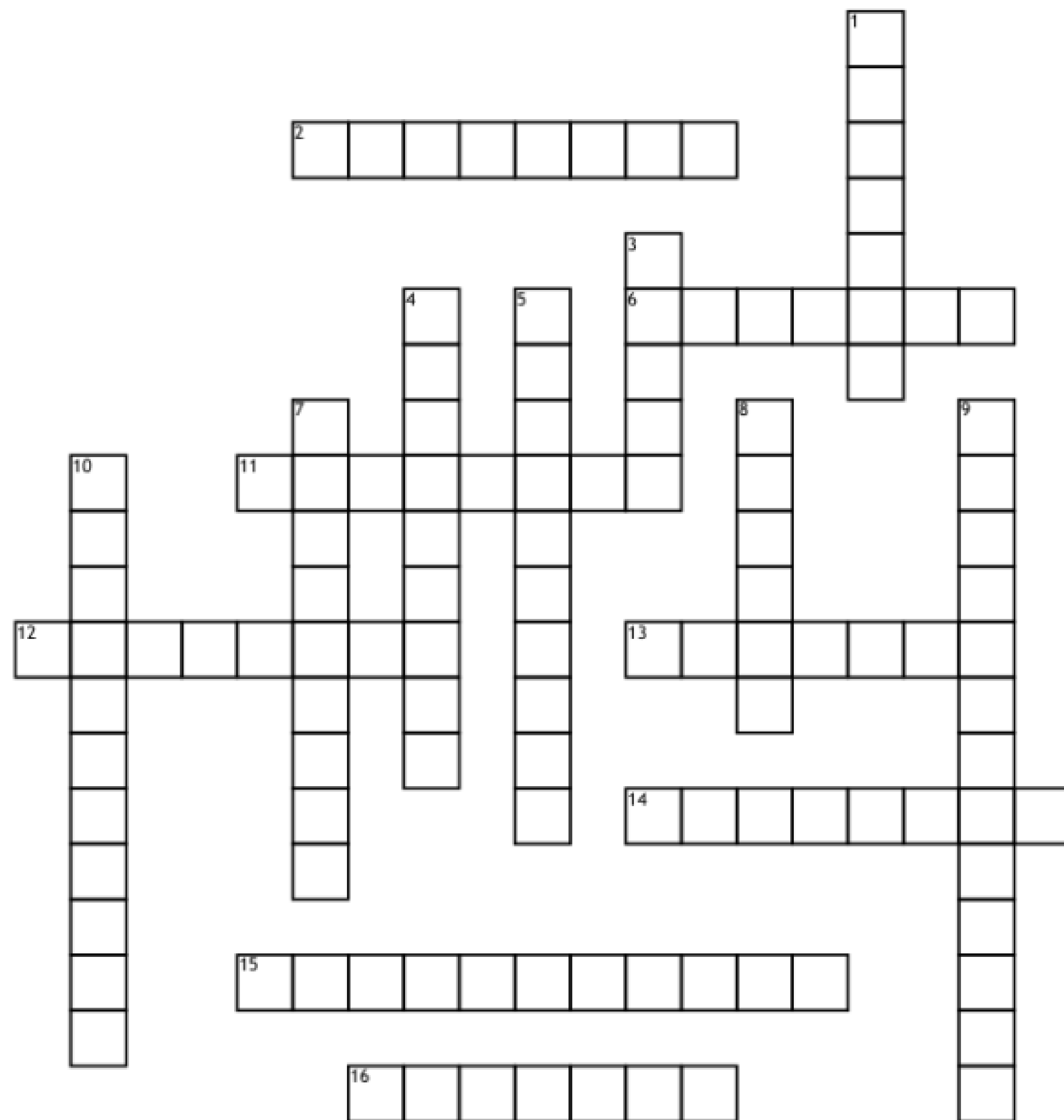


Questions?
Email us at hello@helium.ie
or call us at 083 010 3240 –
we're happy to help!

July 2025: Creative Spaces

Name: _____ Date: _____

All Summer In A Day



Across

- 2. wrap or cover
- 6. large or great
- 11. Brutally
- 12. to recoil
- 13. to shake
- 14. displaying excitement or energy
- 15. loud noise
- 16. loosen

Down

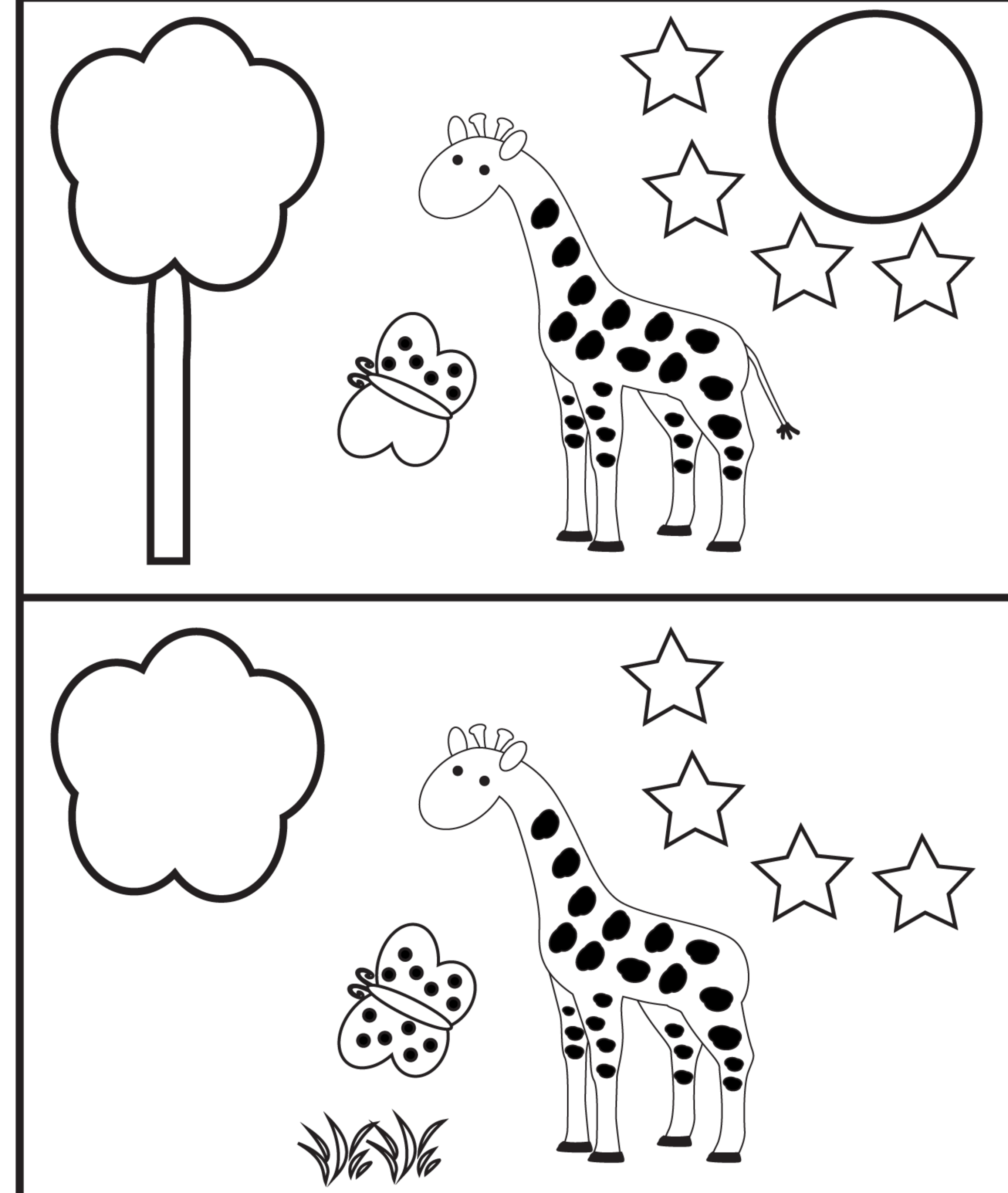
- 1. knotting sound
- 3. lightly lit
- 4. organization
- 5. mix together
- 7. Repeated light tapping sound
- 8. moving suddenly
- 9. occurs after event

10. To remember something

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Spot the difference

Find 5 differences.



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