

Healthy Clare Newsletter

June 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,

Welcome to the June edition of the Healthy Clare newsletter. As always, this newsletter is packed with lots of great activities for you to enjoy across the county. In particular, this month I would like to spotlight the coming together of Healthy Clare with our colleagues in Clare County Council, Ennis Medical Center and a host of other partner organisations. Details are below and I can be contacted for further information. I hope to see as many men there as possible on the 12th June at the Buttermarket. Please share widely. Kind regards, Sam

FREE MENS HEALTH EVENT

THURSDAY 12TH JUNE 9.15AM - 1PM
THE BUTTERMARKEET BUILDING, DRUMBIGGLE
 (followed by light lunch and an optional walk)

Shoulder-to-Shoulder

Connecting for Health

SPEAKERS:

<p>MENS HEALTH - GENERAL Dr. Fergus Glynn: Ennis Medical Center, Centric Health</p> <p>MENS HEALTH AND HEALTHY EATING Jamie Fitzgibbon: (Clare Co. Co. Active Ennis)</p> <p>MENS HEALTH AND PHYSICAL ACTIVITY John Carey (Clare Co. Co. Active Ennis) Pat Sexton (Clare Local Sports Partnership Programmes)</p> <p>CONNECTING FOR MENTAL HEALTH John Tracey (Clare Co. Co Staff) (Supporting through Mindfulness) Mick Collins and Cillian Keane.</p>	<p>CANCER AWARENESS AND PREVENTION Tim Forde (General Manager Clare Co. Co Sports and Recreation) Bernadette Mullins (HSE Cancer Prevention)</p> <p>SLEEP HYGIENE Roisin Fouhy Occupations Therapy</p>
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SCAN FOR EVENTBRITE

Physical Activity: Active Ennis

Move Well with Jamie

Benefits of exercise for heart health



Regular exercise offers numerous, well-documented benefits for heart health, both for those seeking to prevent heart disease and for those already managing cardiovascular conditions.

- **Lowers Blood Pressure and Heart Rate**

Exercise, especially aerobic activity, strengthens the heart muscle and improves its efficiency, leading to a lower resting heart rate and reduced blood pressure. Over time, exercise encourages blood vessels to become more flexible and responsive, further lowering blood pressure.

- **Reduces Risk of Heart Disease and Heart Attack**

Engaging in regular physical activity reduces the risk of developing coronary heart disease and suffering a heart attack. For those with existing heart disease, exercise can improve heart function and reduce the risk of further cardiac events.

- **Helps Maintain Healthy Body Weight**

Exercise helps control body weight by burning calories and reducing body fat, which is a significant risk factor for heart disease.

- **Improves Cholesterol and Triglyceride Levels**

Regular physical activity increases high-density lipoprotein (HDL, or "good" cholesterol) and helps lower triglycerides and low-density lipoprotein (LDL, or "bad" cholesterol), all of which are important for reducing heart disease risk.

- **Reduces Inflammation**

Exercise has anti-inflammatory effects throughout the body, which helps protect against the development of atherosclerosis (hardening of the arteries) and other cardiovascular diseases.

- **Enhances Blood Vessel Function**

Exercise promotes the production of nitric oxide, a molecule that relaxes and widens blood vessels, improving blood flow and reducing the risk of vascular problems.

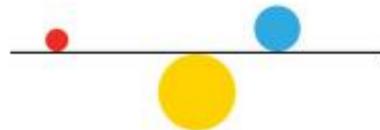
- **Improves Cardiorespiratory Fitness**

Regular aerobic exercise increases the heart's ability to pump blood efficiently and improves the body's ability to use oxygen, which is measured as cardiorespiratory fitness (VO₂ max).

- **Reduces Stress and Improves Mental Health**

Physical activity lowers stress hormones, which can reduce the burden on the heart. It also helps alleviate anxiety and depression, contributing to overall well-being.

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



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



Childline by ISPCC

For young people experiencing from low to moderate anxiety and for parents/carers looking to support their anxious child or teen, Childline by ISPCC can offer a solution – the Digital Mental Health and Wellbeing Programmes service!

Space From Anxiety: aimed at 15 -18-year-old young people with low to moderate anxiety.

Supporting An Anxious Child: aimed at parents/carers looking to support their 5 – 11-year-old who experiences low to moderate anxiety.

Supporting An Anxious Teen: aimed at parents/carers looking to support their 12 – 18-year-old who experiences low to moderate anxiety.

These FREE online programmes have been created by SilverCloud, a leading digital mental health provider, are based on the principles of Cognitive Behavioural Therapy (CBT), incorporate mindfulness practices and are specifically designed to help manage anxiety. The programmes 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 information about the programmes and how to make a referral, please visit <https://www.ispcc.ie/> or email: spacefromanxiety@ispcc.ie

Eating Well

Eat Well with Jamie

NUTRITION HEART-HEALTHY DIETARY CHOICES

Heart disease

Is a major health concern in Ireland. The risk of heart disease can be reduced by making Dietary changes.



Leafy Greens

- Leafy greens such as spinach and Kale are rich in Vitamin K, Nitrates and antioxidants.
- They help reduce blood pressure and improve arterial function

Fibre (Wholegrains)

- Foods such as Brown rice, Oats and Wholegrain bread are rich in Fibre.
- Fibre can help reduce LDL cholesterol and blood pressure



Fatty Fish

- Salmon, Mackerel, Sardines and Tuna are excellent sources of Omega 3 Fatty Acids
- Omega 3 can help lower triglycerides and reduce risk of Heart disease

JAMIE FITZGIBBON MSC IN EXERCISE & SPORT NUTRITION



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



Healthy Eating for Older Adults - Top Tips

(Based on Healthy Ireland's "Healthy Eating for Older Adults")

For older adults in good health, a healthy varied diet can help nourish your body and keep you strong. Aim for 3 meals and 2-3 snacks each day. Remember to drink enough fluids throughout the day.

Make sure each meal has:

- High fibre starchy foods (e.g. brown cereals/bread/rice/pasta or potatoes)
- Plenty of fruit or vegetables
- High quality protein foods (e.g. eggs, meat, poultry, fish, dairy, nuts, pulses)

It is best to limit alcohol, fat, sugar and salt intake. Healthy Eating helps your muscles, brain, weight, bones and gut.

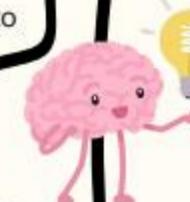
1 Mind your muscles

- It is important to eat foods which are a good source of protein to maintain muscle mass
- Good protein sources are: eggs, milk, cheese, yoghurt, meat, poultry, fish, nuts, peas, beans, lentils
- Include these foods with each main meal and after exercising to help repair your muscles



2 Boost the brain

- B vitamins can boost brain function
- Choose fruit & vegetables and high quality protein foods (e.g. meat, poultry, fish, eggs, beans, peas, lentils, nuts, dairy)
- Also, opt for foods that are "fortified" with B Vitamins such as some milks and cereals
- Aim to consume oily fish once per week such as salmon, trout, mackerel



3 Maintain your best weight

- Keeping a healthy body weight helps to reduce your risk of developing diseases such as diabetes and heart disease
- Limit foods high in fat, sugar and salt e.g. cake, biscuits, crisps & alcohol. Be mindful of portion sizes



Visit the Irish Nutrition and Dietetic Institute for more information.

Tobacco Free, Reducing Drugs & Alcohol Related Harm



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.

TUESDAY 19 JUNE



BOOK ONLINE:
WWW.FASDIRELAND.IE/WORKSHOPS



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



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.

Tobacco Free, Reducing Drugs & Alcohol Related Harm

DRUG & ALCOHOL SERVICES IN THE MID-WEST

Support is available



Scan Me



MID WEST REGIONAL
DRUGS & ALCOHOL FORUM
Clare • Limerick • N Tipperary

CO-ORDINATING &
SUPPORTING A
REGIONAL RESPONSE
TO SUBSTANCE MISUSE

COINNIGH UAINN É



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



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

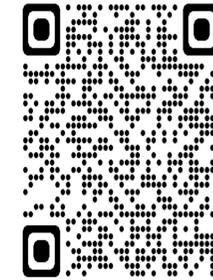
Sexual Health



A colorful poster for a 'Meet and Greet Brunch' event. At the top left is a rainbow graphic and a coffee cup icon. The main text 'Meet and Greet Brunch' is in large, bubbly, pink-outlined letters. Below it, 'Sunday 29th June' is written in a cursive font. Further down, 'Tea and Tones' and 'Wolfe Tones GAA' are written in pink cursive, with '12pm-2pm' underneath. At the bottom, 'Financial assistance available' is written in a cursive font. In the bottom left corner is a circular logo with a rainbow background and the text 'QUARE CLARE' and 'LGBTQ+ CLARE'. A crossed spoon and fork icon is on the right side.



sexualwellbeing.ie



Find out more at www.sexualwellbeing.ie

Parenting courses and support

- National Parents Council: npc.ie

Runs workshops for parents on talking to your child about relationships and sex. Call 01 8874475 or 01 8874481 for more information. They also have a helpline number: 01 887 4477.

- Irish Family Planning Association: IFPA.ie

Runs Speakeasy - a course for parents on talking to your child about relationships and sex. Speakeasy Plus - for parents of children with a disability.

- Parentline.ie

Runs courses about parenting teenagers in schools, community groups or places of employment. They also have a confidential helpline offering support, guidance and information for parents and guardians. Information and support for all age groups

- Webwise.ie

To promote the safer use of the internet by children and young people through providing information and awareness to them, their parents and their teachers.

- Belongto.org

National organisation supporting young LGBTI people and their parents.

Sexual Health

50+
LGBTI*
SOCIAL
GROUPS



Next gatherings:

Limerick
June 11

Ennis, Co. Clare
June 18

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

communitydev@goshh.ie
or text 086 458 8680



LGBTI+ COFFEE MEETUP

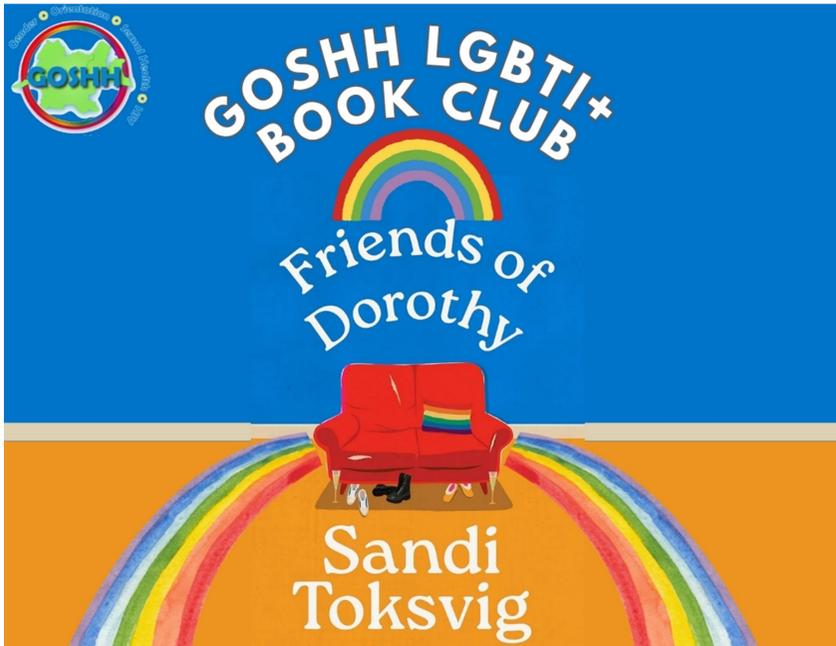
14 June
11 am

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



GOSHH LGBTI+ BOOK CLUB

Friends of Dorothy



Sandi Toksvig

THIS MONTH'S BOOK:
FRIENDS OF DOROTHY BY SANDI TOKSVIG
WEDNESDAY JUNE 25TH
6P.M.-7P.M.
AGES 18+

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

Other Health & Wellbeing News

Clare Library Services



Na Chéad 5 Libraries

Tá mála 'Mo Leabharlann Bheag' ann do gach páiste!

Pioc suas Mála Leabhar **SAOR IN AISCE** 'Leabharlann na nÓg' dóibh sa leabharlann i do cheantar féin

Mo Mhála Leabharlann Bheag

Leabharlanna Eireann, Rialtas na hÉireann, An Ceart chun Léitheoireachta og do Leabharlann, Rialtas Áitiúil Éireann, Safefood

First 5 Libraries

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

Libraries Ireland, Rialtas na hÉireann, Right to Read at your Library, Rialtas Áitiúil Éireann, Safefood

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.



O'Dea Clan Exhibition at Clare Local Studies Centre

Clare Local Studies Centre is delighted to host a special exhibition in partnership with the O'Dea Clan Convention, taking place from 13–16 June.

County Librarian, Helen Walsh will welcome the Clan Chief during a meet and greet on Friday 13 June. That same day Clare Local Studies and Archives staff will be available for general assistance for those researching genealogy, or to look through the O'Dea archives, from 11:00 am to 1:00 pm

For more information about the O'Dea Clan Convention, visit <https://odeaclan.org/>.

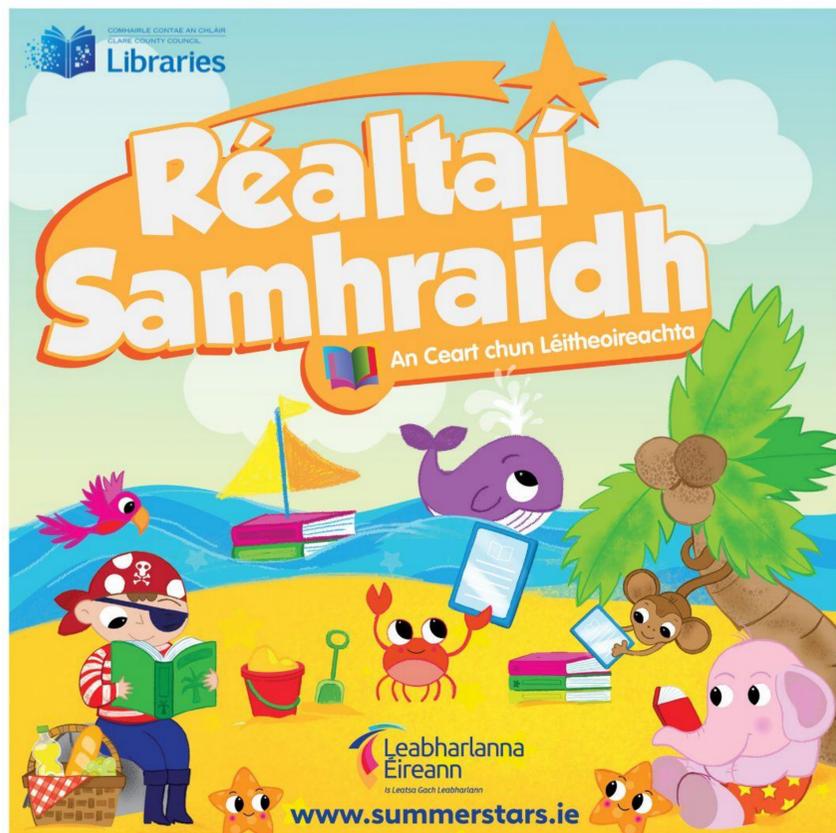
Other Health & Wellbeing News

Clare Library Services



Join us for Cruinniú na nóg 2025 Saturday 7 June 2025

A day of free creativity for young people. Ireland is the first, and only, country in the world to have a national day of free creativity for children and young people under 18. Cruinniú na nÓg is a flagship initiative of the Creative Ireland Programme's Creative Youth Plan to enable the creative potential of children and young people. Workshops will take place in libraries at Ennis, Ennistymon, Kilrush, Scariff and Shannon. Scan the QR code for details or visit <https://clarelibraries.ie/events/>



Get ready for Summer stars 2025 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 the library starting June 1 to receive free activity books, a plantable seeded bookmark, bags, and pencils. Libraries will also offer free workshops, clubs, and story times during July and August. Schools are invited to bring their classes to the library to hear about the programme and sign up. Reading even one book/e-book completes the program. Find out what's happening at your library by visiting ww.clarelibraries.ie/events.



Other Health & Wellbeing News

Mid West Aries in the Community



Kilkee Library Journaling for Wellbeing, June 5th



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 June 5th 2025
10.30am - 1.00pm

Kilkee Public Library
Sweeney Memorial Public Library
O'Connell Street
Kilkee
Co. Clare, V15 P960



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



West Clare Family Resource Center Creativity for Wellbeing, June 10th



Learn How to
Get Creative for Wellbeing!

- ✓ What does creativity mean to you?
- ✓ How does creativity support wellbeing and mental health?
- ✓ What are the barriers to starting your creative journey?
- ✓ Start your personalised Creativity Planner

Weds, June 18th 2025
10.30am-1.00pm

West Clare Family Resource Centre,
Community Centre,
O'Gorman Street, Kilrush,
Co. Clare, V15 VK31



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



Other Health and Wellbeing News

Men's Health Week 2025 – Men's Health Webinar

HE hi
INVITATION
Men's Health Week Webinar
Shoulder to Shoulder: Connecting for Health
Guest speakers: Bernard Jackman and Michael Darragh McAuley

Date Monday 9th June 2025
Time 12pm to 1pm

REGISTER HERE

FORUM SE TU Men's Development Network

Grow Mental Health



Peer support groups for anyone experiencing mental health issues, with community recovery through friendship, support and encouragement

Grow meetings are held in Ennis each week

Venue- Maria Assumpta Hall, Ennis

Monday 7-30pm to 9-30pm

Tuesday 2-4pm

Communication and human interaction is the key to mental wellness

Contact Celia 086 1526966 for more information

You are invited to attend our upcoming webinar, Men's Health Week 2025 – Men's Health Webinar, which will mark the beginning of Men's Health Week, Monday, June 9th – Sunday June 15th.

Men's Health week is about shining a light on Men's Health and encouraging all men to think and talk about their health in a positive way. This year's theme "Shoulder to Shoulder - Connecting for Health" is all about the importance of connectivity and helping each other. Reminding everyone about the importance of not going it alone, that there are supports available and that it is important to take action. Be it, personal action relating to your own health or reaching out and connecting to a service or group to help in your journey towards maintaining both a healthier physical and mental lifestyle.

Hosted by Lorcan Brennan, Men's Development Network, featuring;

- Bernard Jackman - Former Irish International and Leinster Rugby Player, Coach and Sports Commentator,
- Michael Darragh Macauley - Former Dublin GAA Senior Football player, GAA/GPA Footballer of the Year and CEO Sanctuary Runners,
- Sean Blake - living with anorexia,
- Joe Grogan - BowelScreen champion.

Join us to hear some very engaging conversations, insights and advice from our guest.

Reister at: https://zoom.us/webinar/register/WN_XkmyffvTS4e5TfeNjQcGew#/registration

Other Health & Wellbeing News

What's On June 2025



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

**TUES 03 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 - 4pm

**WEDS 04 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.

THURS 19 Let's Talk Depression
This workshop provides a space to discuss the impact of depression. We will explore practical tips that can be used when managing depression and reflect on the personal and individual nature of depression.
🕒 10am - 12pm

WEDS 25 Self Care - Building My Resilience
In this workshop we will explore how we can build our resilience through the practice of simple daily self care routines. We will discuss how we can support the four basic areas of wellness - Physical, Emotional, Social & Intellectual.
🕒 10am - 12pm

BOOK NOW

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



For More Information Contact:
bookings@midwestaries.ie



Comhairle Cathrach
& Contae Luimnigh
Limerick City
& County Council



For anyone aged 18+ with an interest in mental health

Self Care - Building My Resilience



Learn How to Prioritise & Practice Self Care

- ✓ What does self care mean to you?
- ✓ How does self care help us to support our wellbeing and be resilient?
- ✓ What are the barriers to practicing daily self care?
- ✓ What can you add to your self care toolkit?



Tues. June 17th 2025
10.30am-1.00pm



City Library
Limerick City & County Council
Barrow House
Michael Street
Limerick, V94 RF63

Book Now on the Limerick City Library Website
<https://tinyurl.com/Limerick-Lib-Bookings>



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 here.



Join Toddles and Waddles, two lovable penguins, on a heartwarming adventure that teaches love and understanding. This touching story about dementia is perfect for children of all ages, and a wonderful resource for parents and educators.

By Lindsay Martin-Fenlon

Other Health & Wellbeing News



Bord Oideachais & Oiliúna
LIMERICK & CLARE
Education & Training Board



An Roinn Coimisce Sóisialaí
Department of Social Protection

HEALTHCARE/ CHILDCARE RECRUITMENT EVENT



- Meet Employers from the Healthcare & Childcare Sectors and find out about current vacancies available.
- Information will be available on Certified courses within the Healthcare / Childcare areas.

Location:

College of Further Education & Training,
Ennis Campus, Ennis, V95 KT95

Date:

10th June 2025

Time:

10.00am - 12pm



Explore the Wild:

A Must for Nature Lovers!

Clare Local Development Company presents
Citizen Science Training Series 2025-2026



Clare Local
Development
Company

**FREE Biodiversity Training at
Flagmount, Co. Clare | Eircode V94 YW70.**

Step into science and help protect the natural
heritage of your community!



Pre-Booking Essential
3.5hr workshop

Date: June 7th | Time: 2pm-5.30pm

Join us for a hands-on, immersive Land Biodiversity Training on the topic of **Citizen Science** (identifying and gathering information about the natural world around us). At this training session, you will:

- Learn what citizen science is and how it works
- Discover local projects in biodiversity, water quality and wildlife monitoring
- Get hands-on training in spotting and recording species, using simple tools and apps
- Connect with local experts and like-minded nature enthusiasts

For Further Information | Email: dmorrissey@cldc.ie

Ticketing by **BOOK TODAY**

What to Bring: Sturdy footwear, waterproofs, notebook and lots of curiosity!



Connect with like-minded nature enthusiasts in the beautiful surroundings of Flagmount, Co. Clare for FREE!
Join us for an engaging few hours, Sat, June 7th from 2-5.30pm for a stand-alone training session to explore practical tools for spotting, recording and monitoring wildlife species.
To get your free ticket click here <http://bit.ly/43HgTFF> or contact Deirdre at dmorrissey@cldc.ie

Other Health & Wellbeing News



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

SUMMER SERIES WELLNESS WORKSHOPS

CONTACT:

JDUFFY@CLDC.IE

PHONE: 087 421 9473

ELIGIBILITY &
REGISTRATION APPLY

**BUILDING CONFIDENCE &
PERSONAL DEVELOPMENT**
ENNIS LIBRARY: JUNE 11TH
10:30AM - 1

Building Confidence & Personal Development

1. Building confidence through identifying strengths, talents, and skills.
2. Focus on identifying blockages in your current situation.
3. Work on communication skills and self awareness



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



Social Inclusion &
Community Activation
Programme



government supporting communities

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



Family
Carers
Ireland
No one should have to care alone

Carers Week Woodland Walk Vandeleur Kilrush

Wednesday 11 June,
10am-12



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

Contact: Deirdre - 086 7749838

Email: training@familycarers.ie

OR: Jackie 087 421 9473

Email: Jduffy@cldc.ie

Registration Required

**An event to celebrate and recognise those
caring for people at home. Guided woodland
walk in Vandeleur woods, entry to Vandeleur
walled garden, & Light refreshments**



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



Social Inclusion &
Community Activation
Programme



government supporting communities

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

Other Health and Wellbeing News



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir



Clare Growing Communities GARDEN WORKSHOP

**Growing under Cover
(in Polytunnels)
With Rebecca Hussey**



**Thursday, 19th June
11am-12.30pm**



Rebecca Hussey has been growing vegetables, herbs and flowers for many years. She delights in helping people transform spaces in to productive, beautiful gardens. Once you have tasted food straight from your own garden there will be no turning back

WHERE?

Ennis Mens Shed, free of charge



This project is co-funded by the Government of Ireland and the European Union.

HYDRATE & REFILL DRAWING COMPETITION

WIN €200
(Overall Winner)

WIN €50
(Category Winners)

Design a poster to promote the benefits of Hydration and Bottle Reuse for the individual and our environment.

Competition is open to primary schools in Clare.

There will be a 1st, 2nd and 3rd prize across the following categories:

- Category 1: Junior, Senior and First Class
- Category 2: Second, Third and Fourth Class
- Category 3: Fifth and Sixth Class

There will be one overall winner announced also.

THE COMPETITION OPENS ON 6TH MAY & CLOSES ON 2ND JUNE.

Winners will be invited to attend the launch of Clare County Council's new Water Refill Stations at Active Ennis Facilities.

For further information on how to enter, competition rules and prizes email: samccarthy@clarecoco.ie



Other Health & Wellbeing News

STRIKING THE BALANCE:

The art of being Firm + Fair to kids and teenagers

Parent/Caregiving is not about doing things TO or FOR kids, it's about working WITH them

Info/skills session for parents + caregivers

Kilrush Community Centre
24th June 10am-12pm

tea/coffee provided on arrival

For more information contact: Brian McManus Clare Youth Service
bmcmamus@clareyouthservice.org or 086 6090051 or Joe Power
Restorative Trainer powerjoseph1@gmail.com or 087-2879679



Kilrush Parenting/Caregiver Workshop

Parents/caregivers in the Kilrush/Kilkee area are invited to attend a free workshop in Kilrush Community Centre on 24th June between 10am and 12pm. This is the fourth such workshop organised by Clare CYPSC as part of a restorative initiative in the area and will focus on giving parents and caregivers some practical ideas and skills in a relaxed setting. The session will be facilitated by Joe Power (powerjoseph1@gmail.com, 087-2879679)



The Clare Parenting website launched in February 2025 aims to inform parents about the various ages and stages of children's development, as well as provide information for parents on local services offering help and support to families in Co. Clare.

The website was funded and developed over two years as an action under the auspices of the Clare CYPSC (Children and Young People's Services Committee) Safe and Protected from Harm subgroup. The project was also informed by Tusla's Parenting Support Strategy 2022-2027, along with parents' voices, and the vast experience of child and family support professionals who work with families in Co. Clare.

In developing the website, parents and services were consulted (via surveys and focus groups) to gather their views on what they believe is most helpful for parents.

Feedback from parents included a desire for reliable and dependable local information related to parenting support services, as well as comprehensive and practical guidance on a wide range of parenting-related subjects. Parents also wanted this presented in a user-friendly and visually engaging format.

The website will be of great help to professionals working with children and families, who felt there was a need for a co-ordinated, interagency communication mechanism to advertise, collaborate, and communicate with each other about parent supports and services.

The online information service now means that agencies, practitioners, and parents can access and update vital information.

If you are seeking advice on parenting, looking for support, or information on local events, Clare Parenting offers a one-stop support for parents, families and caregivers on local support services and parenting events in the area.

The agencies involved in developing the website are: Clare CYPSC, Tusla, Clarecare, ISPCC, Clare County Co Childcare Committee and HSE Primary Care Psychology.

You can check out the site, here www.clareparenting.ie

Other Health & Wellbeing News



Join us for a **FREE Drop-In Workshop**

Celebrate creativity with Helium Arts on 7th June at Súil Gallery Ennis as part of Cruinniú na nÓg.

Art, stories & fun for all ages!

helium.ie

Helium Arts
CREATIVITY CHANGES LIVES

FREE Drop-in Workshop – Ennis!

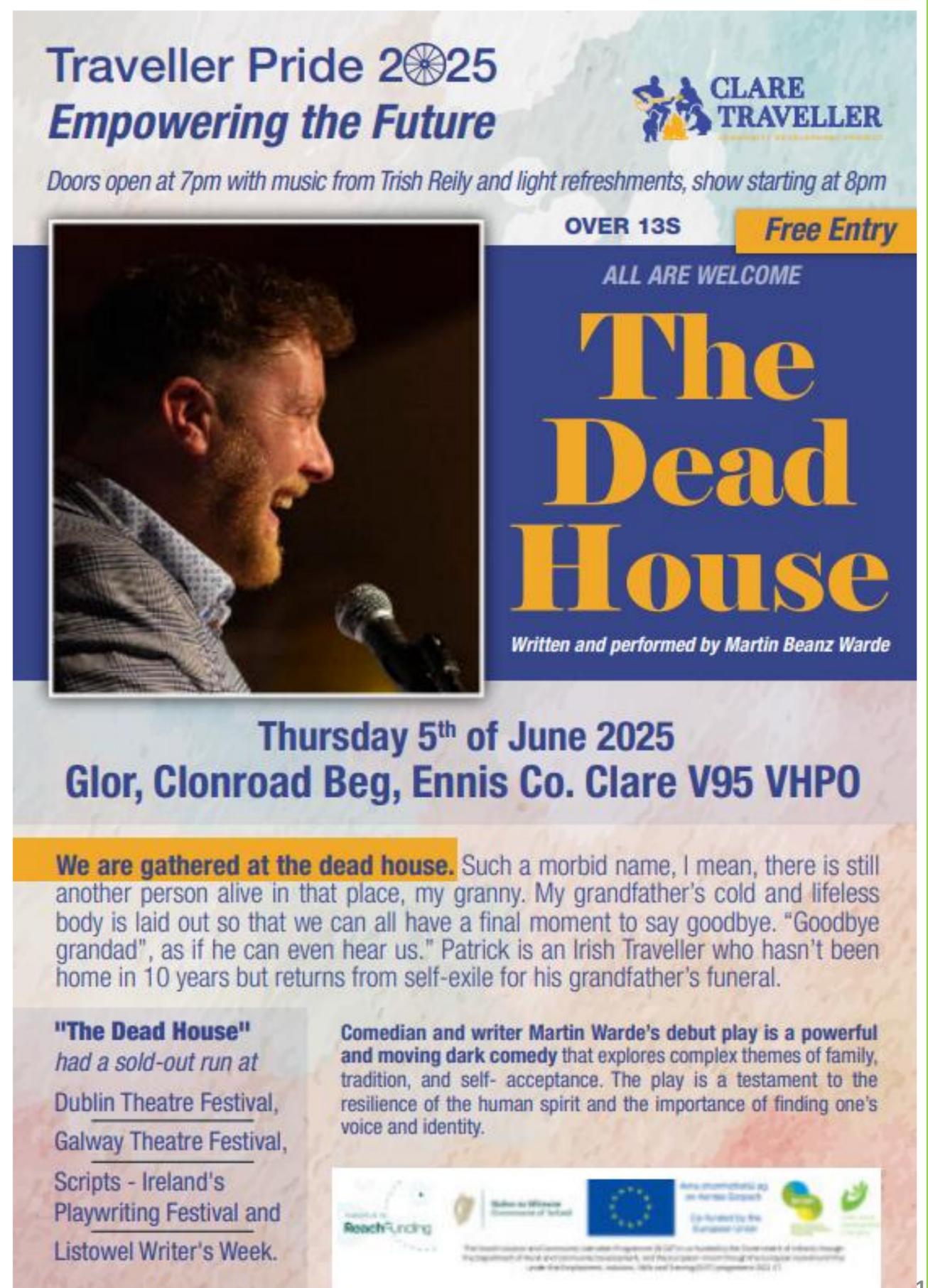
Join Helium Arts at **Súil Gallery** on **7 June, 2-3:30pm**, for an inspiring art taster with a professional artist – as part of **Cruinniú na nÓg**.

- . Art, stories, and free fun for all ages!
- . Don't miss this special drop-in workshop.
- . Súil Gallery, Ennis.
- . FREE ENTRY – Everyone welcome!

Visit www.helium.ie for more information!

We hope you can join in the celebration!

Catch '**Journeys: Everything Begins Somewhere**', an art exhibition by young Helium Arts creators, **24 May-7 June, Súil Gallery, Ennis**.



Traveller Pride 2025
Empowering the Future

CLARE TRAVELLER

Doors open at 7pm with music from Trish Reily and light refreshments, show starting at 8pm

OVER 13S **Free Entry**

ALL ARE WELCOME

The Dead House

Written and performed by Martin Beanz Warde

Thursday 5th of June 2025
Glor, Clonroad Beg, Ennis Co. Clare V95 VHPO

We are gathered at the dead house. Such a morbid name, I mean, there is still another person alive in that place, my granny. My grandfather's cold and lifeless body is laid out so that we can all have a final moment to say goodbye. "Goodbye grandad", as if he can even hear us." Patrick is an Irish Traveller who hasn't been home in 10 years but returns from self-exile for his grandfather's funeral.

"The Dead House" had a sold-out run at Dublin Theatre Festival, Galway Theatre Festival, Scripts - Ireland's Playwriting Festival and Listowel Writer's Week.

Comedian and writer Martin Warde's debut play is a powerful and moving dark comedy that explores complex themes of family, tradition, and self-acceptance. The play is a testament to the resilience of the human spirit and the importance of finding one's voice and identity.

ReachFunding
Galway Office
Department of Social Protection
European Union
Supported by the European Union
Department of Health and Children, Equality, Disability and Integration
Unit 100, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193, 194-195, 196-197, 198-199, 200-201, 202-203, 204-205, 206-207, 208-209, 210-211, 212-213, 214-215, 216-217, 218-219, 220-221, 222-223, 224-225, 226-227, 228-229, 230-231, 232-233, 234-235, 236-237, 238-239, 240-241, 242-243, 244-245, 246-247, 248-249, 250-251, 252-253, 254-255, 256-257, 258-259, 260-261, 262-263, 264-265, 266-267, 268-269, 270-271, 272-273, 274-275, 276-277, 278-279, 280-281, 282-283, 284-285, 286-287, 288-289, 290-291, 292-293, 294-295, 296-297, 298-299, 300-301, 302-303, 304-305, 306-307, 308-309, 310-311, 312-313, 314-315, 316-317, 318-319, 320-321, 322-323, 324-325, 326-327, 328-329, 330-331, 332-333, 334-335, 336-337, 338-339, 340-341, 342-343, 344-345, 346-347, 348-349, 350-351, 352-353, 354-355, 356-357, 358-359, 360-361, 362-363, 364-365, 366-367, 368-369, 370-371, 372-373, 374-375, 376-377, 378-379, 380-381, 382-383, 384-385, 386-387, 388-389, 390-391, 392-393, 394-395, 396-397, 398-399, 400-401, 402-403, 404-405, 406-407, 408-409, 410-411, 412-413, 414-415, 416-417, 418-419, 420-421, 422-423, 424-425, 426-427, 428-429, 430-431, 432-433, 434-435, 436-437, 438-439, 440-441, 442-443, 444-445, 446-447, 448-449, 450-451, 452-453, 454-455, 456-457, 458-459, 460-461, 462-463, 464-465, 466-467, 468-469, 470-471, 472-473, 474-475, 476-477, 478-479, 480-481, 482-483, 484-485, 486-487, 488-489, 490-491, 492-493, 494-495, 496-497, 498-499, 500-501, 502-503, 504-505, 506-507, 508-509, 510-511, 512-513, 514-515, 516-517, 518-519, 520-521, 522-523, 524-525, 526-527, 528-529, 530-531, 532-533, 534-535, 536-537, 538-539, 540-541, 542-543, 544-545, 546-547, 548-549, 550-551, 552-553, 554-555, 556-557, 558-559, 560-561, 562-563, 564-565, 566-567, 568-569, 570-571, 572-573, 574-575, 576-577, 578-579, 580-581, 582-583, 584-585, 586-587, 588-589, 590-591, 592-593, 594-595, 596-597, 598-599, 600-601, 602-603, 604-605, 606-607, 608-609, 610-611, 612-613, 614-615, 616-617, 618-619, 620-621, 622-623, 624-625, 626-627, 628-629, 630-631, 632-633, 634-635, 636-637, 638-639, 640-641, 642-643, 644-645, 646-647, 648-649, 650-651, 652-653, 654-655, 656-657, 658-659, 660-661, 662-663, 664-665, 666-667, 668-669, 670-671, 672-673, 674-675, 676-677, 678-679, 680-681, 682-683, 684-685, 686-687, 688-689, 690-691, 692-693, 694-695, 696-697, 698-699, 700-701, 702-703, 704-705, 706-707, 708-709, 710-711, 712-713, 714-715, 716-717, 718-719, 720-721, 722-723, 724-725, 726-727, 728-729, 730-731, 732-733, 734-735, 736-737, 738-739, 740-741, 742-743, 744-745, 746-747, 748-749, 750-751, 752-753, 754-755, 756-757, 758-759, 760-761, 762-763, 764-765, 766-767, 768-769, 770-771, 772-773, 774-775, 776-777, 778-779, 780-781, 782-783, 784-785, 786-787, 788-789, 790-791, 792-793, 794-795, 796-797, 798-799, 800-801, 802-803, 804-805, 806-807, 808-809, 810-811, 812-813, 814-815, 816-817, 818-819, 820-821, 822-823, 824-825, 826-827, 828-829, 830-831, 832-833, 834-835, 836-837, 838-839, 840-841, 842-843, 844-845, 846-847, 848-849, 850-851, 852-853, 854-855, 856-857, 858-859, 860-861, 862-863, 864-865, 866-867, 868-869, 870-871, 872-873, 874-875, 876-877, 878-879, 880-881, 882-883, 884-885, 886-887, 888-889, 890-891, 892-893, 894-895, 896-897, 898-899, 900-901, 902-903, 904-905, 906-907, 908-909, 910-911, 912-913, 914-915, 916-917, 918-919, 920-921, 922-923, 924-925, 926-927, 928-929, 930-931, 932-933, 934-935, 936-937, 938-939, 940-941, 942-943, 944-945, 946-947, 948-949, 950-951, 952-953, 954-955, 956-957, 958-959, 960-961, 962-963, 964-965, 966-967, 968-969, 970-971, 972-973, 974-975, 976-977, 978-979, 980-981, 982-983, 984-985, 986-987, 988-989, 990-991, 992-993, 994-995, 996-997, 998-999, 1000-1001

Other Health & Wellbeing News



Call for participants for Citizen Curator Panel for *Bealtaine Festival 2026*

Bealtaine Festival

An Age & Opportunity **arts** initiative

Open Call: Citizen Curator Pilot for Bealtaine 2026

Deadline: 23rd June, 12 noon

We are currently seeking **individuals aged 50+** to join a pilot **Citizen Curator Panel for Bealtaine Festival 2026**. This voluntary group will help shape one event in the 2026 Bealtaine Festival by offering ideas and input on its programming. Panel members will meet in **June/July** and possibly again in **September 2025** to collaborate, brainstorm, and learn. All work will be guided by the Festival Curators and Director, and participants will have the opportunity to gain hands-on experience in arts programming.

Eligibility:

To apply, you must:

- . Be aged 50 or over
- . Have previously attended or participated in a Bealtaine Festival
- . Demonstrate an interest in the arts
- . Be willing to contribute time to this initiative

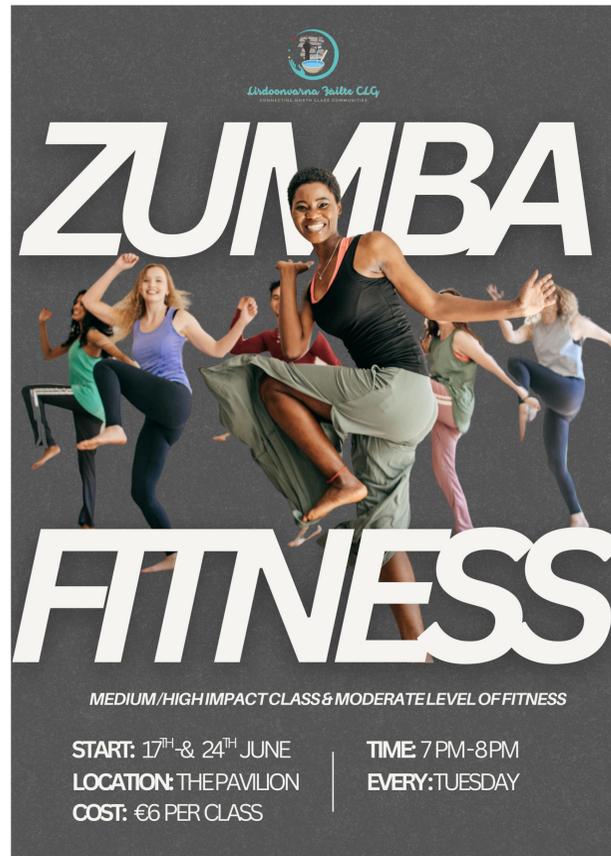
Please note that while this is a **voluntary role**, a stipend will be provided to cover travel and subsistence for in-person meetings.

To Apply:

Visit our website to read the full guidelines and download the application form:

<https://bealtaine.ie/open-call-citizen-curator-pilot-for-bealtaine-festival-2026/>

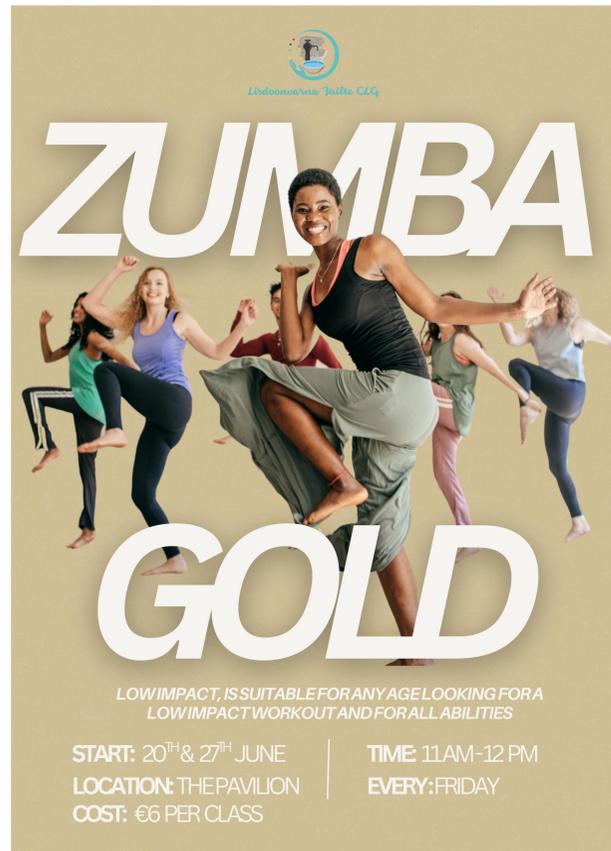
Other Health & Wellbeing News



ZUMBA
FITNESS

MEDIUM/HIGH IMPACT CLASS & MODERATE LEVEL OF FITNESS

START: 17TH & 24TH JUNE | TIME: 7 PM - 8 PM
LOCATION: THE PAVILION | EVERY: TUESDAY
COST: €6 PER CLASS



ZUMBA
GOLD

LOW IMPACT, SUITABLE FOR ANY AGE LOOKING FOR A LOW IMPACT WORKOUT AND FOR ALL ABILITIES

START: 20TH & 27TH JUNE | TIME: 11 AM - 12 PM
LOCATION: THE PAVILION | EVERY: FRIDAY
COST: €6 PER CLASS



Lisdoonvarna Fáilte CLG
CONNECTING NORTH CLARE COMMUNITIES

@lisdoonfailte

Chair Yoga

with Tricia McDonnell

Starts: 2nd April
Every Wednesday
Time: 1 PM - 1.45 PM
📍 The Pavilion, Lisdoonvarna, V95 YWIC
Cost: €6 drop in & €40 for 8 week block

Register Now

For More Information
admin@lisdoonvarnafailte.ie
+353 (86) 125 01 11 (WhatsApp)



Lisdoonvarna Fáilte CLG
CONNECTING NORTH CLARE COMMUNITIES

PICKLEBALL FITNESS

TUESDAY 3RD & 10TH JUNE

FROM 7 PM - 8 PM

📍 **MUGA (MULTI USAGE GAME AREA, BEHIND THE PAVILION)**
€6 per class

LIMITED CLASS - 12 PEOPLE
Booking Essential

Other Health & Wellbeing News



West Clare Family Resource Centre
Activities for the over

What's on in JUNE

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	Kilkee Comm Centre
	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	Elliott Centre Kilkee
	2.30pm	The Kettle's On!	Kilrush Comm Centre
Thurs	10.30am	Singalong	Kilrush Comm Centre
	11am	Peninsula Social Club	Elliott Centre Kilkee
	12pm	Tai Chi	Kilrush Comm Centre

June Monthly Activities

Thurs 05 June	2.30pm	Quiz Time!	Kilrush Comm Centre
Thurs 05&19 June	11.30am	Book Club!	Kilrush Comm Centre
Fri 06 June	11am	Ceol agus Tae <i>(Bring your own Instrument)</i>	Kilrush Comm Centre
Thurs 12 June	2 to 4.30pm	Tea Dance: Outback	Kilrush Comm Centre
Thurs 19 June	2pm	Movie Club!	Kilrush Comm Centre
Wed 25 June	11am to 2.30pm	The Marie Keating Foundation Mobile Unit	Kilrush Comm Centre
Wed 25 June	2.30pm	Information Talk by The Marie Keating Foundation	Kilrush Comm Centre
Thurs 26 June	2.30pm	May/June/July Birthday Party	Kilrush Comm Centre

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





West Clare Family Resource Centre

Save the Date - June

Quiz Time!
Thursday 05 June @ 2.30pm, Kilrush Community Centre

Book Club
Thursday 05 & 19 June @ 11.30am, Kilrush Community Centre

Ceol agus Tae!
Friday 06 June @ 11am, Kilrush Community Centre

Tea Dance: Outback
Thursday 12 June, 2 - 4.30pm, Kilrush Community Centre

Movie Club
Thursday 19 June @ 2pm, Kilrush Community Centre

The Marie Keating Foundation Mobile Unit
Wednesday 25 June - 11am to 2.30pm,
Kilrush Community Centre

Information Talk by The Marie Keating Foundation
Wednesday 25 June @ 2.30pm, Kilrush Community Centre

May/June/July Birthday Party
Thursday 26 June @ 2.30pm,
Kilrush Community Centre

Other Health & Wellbeing News

Shannon Family Resource Centre

Whats on in June

Monday	10am	Reflexology Classes
	11am	Walking Group (Sixmilebridge GAA)
	3pm	Afterschool Club
	8.30pm	Alcoholics Anonymous
Tuesday	10am	Baby Massage
	3pm	Afterschool Club
	7pm	Sit n Knit Group
Wednesday	2pm	Painting & Drawing Classes (Mens Shed)
	2pm	Horticulture Classes
	3pm	Afterschool Club
	7pm	Mna le Chelle (womens shed)
	8.30pm	Narcotics Anonymous
Thursday	9am	Ukrainian Cooking Programme
	10am	Arts & Crafts Class (Sixmilebridge)
	11am	Sit n Fit Chair Yoga
	11am	Carers Support Group (June 12th)
Friday	9.30am	Citizens Information
	10am	Parent & Toddler Group
	10am	Horticulture Classes
Sunday	11am	Alcoholics Anonymous
	8.30pm	Narcotics Anonymous

Contact us for more information

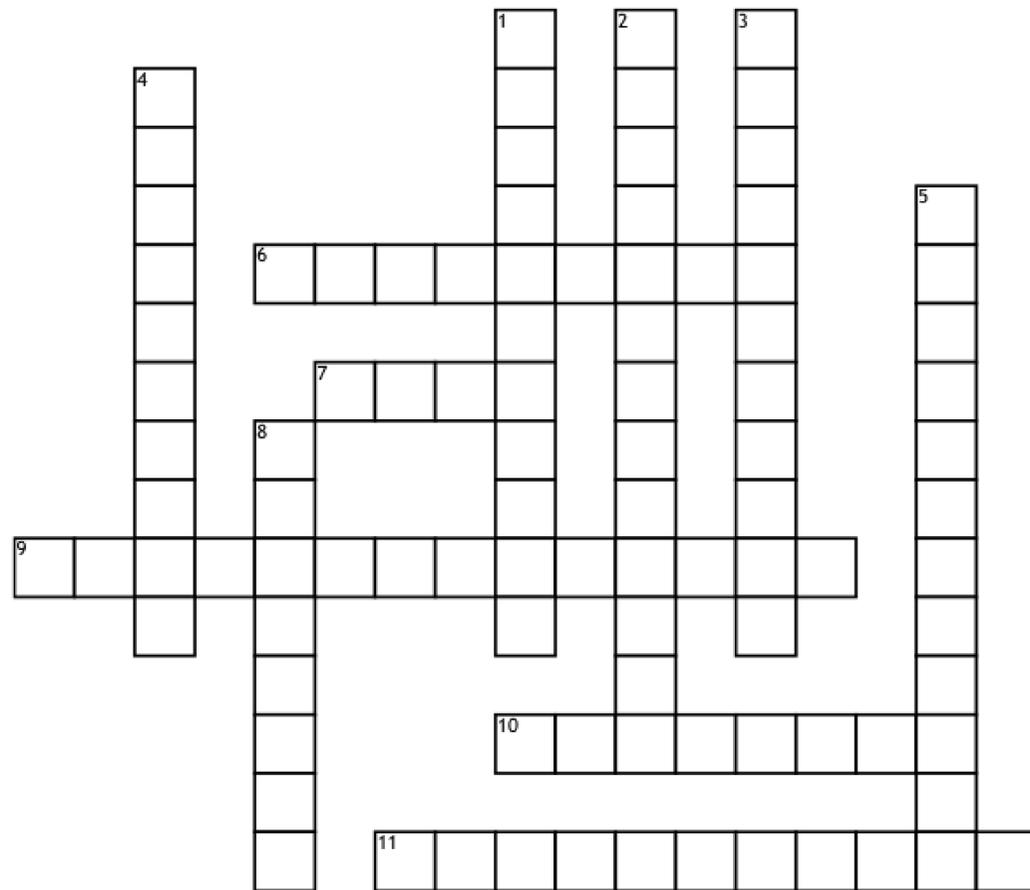
Tel: 061 707600 or email: admin@shannonfrc.ie



Made with PosterMyWall.com

June 2025: Creative Spaces

JUNE



Across

- 6. thankfulness or grateful
- 7. expectation of positive outcome
- 9. achieved successfully
- 10. to accept or tolerate
- 11. prepared to do something

Down

- 1. let go of negative emotions

- 2. give support, confidence or hope

- 3. emotional state of satisfaction

- 4. consent to receive or undertake

- 5. concerned with needs and wishes of others

- 8. being humble

