

Healthy Clare Newsletter

March 2025

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



healthyclare@clarecoco.ie



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



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



Follow us on Social Media

Dear Readers,
As always, I hope you are all keeping well and safe. Healthy Clare is delighted to bring to you the March edition of the Healthy Clare Newsletter. It is packed full of great information about community and service offerings for wellbeing. A reminder below about the Healthy Clare Micro Fund for 2025. Kind regards, Sam

Closing Date for Applications: 14th March 2025 @ 5pm

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

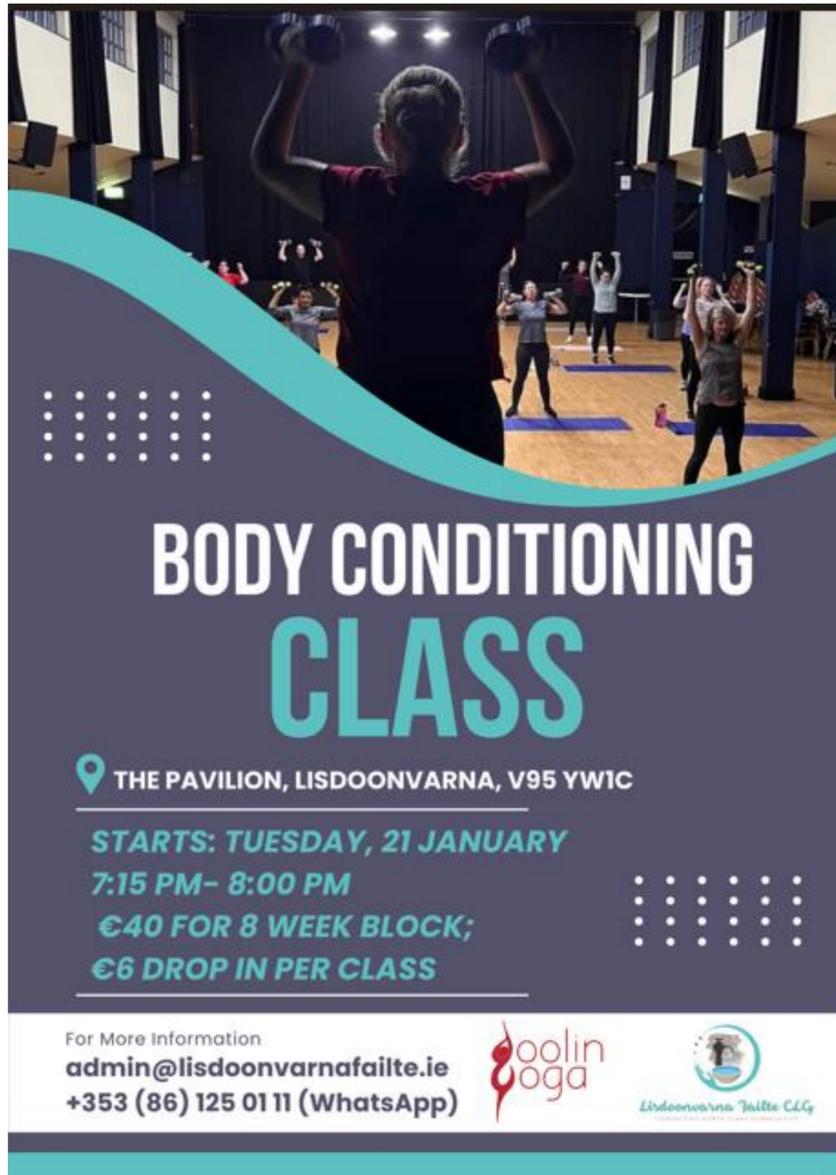
We are delighted to continue rolling out Clare County Council's Free Period Products Campaign in Local Authority spaces, libraries and leisure facilities. We have seen many benefits of supporting these facilities to have a supply of period products that are freely available to members of the public. 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

Continuing Through March in Lisdoonvarna



BODY CONDITIONING CLASS

THE PAVILION, LISDOONVARNA, V95 YWIC

STARTS: TUESDAY, 21 JANUARY
7:15 PM - 8:00 PM

€40 FOR 8 WEEK BLOCK;
€6 DROP IN PER CLASS

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

oolin oga Lisdoonvarna Fáilte CLG



@lisdoonfailte

Lisdoonvarna Fáilte CLG

Chair Yoga

with Tricia McDonnell

Starts: From 19th February on Wednesdays
Time: 1 PM - 1.45 PM
The Pavilion, Lisdoonvarna, V95 YWIC
Cost: €6 drop in & U16's €2 per class

Register Now

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

oolin oga



Lisdoonvarna Fáilte CLG

WALK, JOG OR RUN YOUR WAY TO 5K IN LISDOONVARNA PARK

STEPS TO 5K

Starts: Saturday, 1st February
Time: 9.30 AM - 10.15 AM

The Pavilion, Lisdoonvarna, V95 YWIC

Cost: €40 for 8 week block;
€6 drop in & U16's €2 per class

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



Walking Football at Lisdoonvarna Failte

What is Walking Football?

Walking football is a fun, non-contact sport. It offers significant physical and mental health benefits. As a team-based activity Walking Football is a great way to socialise and meet others. The game has simple rules designed with health and safety in mind. Only non-contact tackling is allowed and the ball must never go above head height. Walking football is played on small pitches with small goals and five, six or even seven-a-side teams. It can be played on natural grass, on 3G/4G artificial pitches. Lisdoonvarna Fáilte CLG - North Clare Sports & Amenity Park are hoping to start a 'Walking Football' group for men aged 40+.

If you are interested please complete the form below or contact Marie on admin@lisdoonvarnafailte.ie Here is the link - <https://docs.google.com/forms/d/1G7Ib-R2-WrTOXPT1yVUe9LmWYen8I6gDmAiqUz0UhrI/edit>

Physical Activity



Women In Sport Week 2025

WIS Week 2025 takes place from March 3rd to 9th, 2025, with International Women's Day on March 8th encapsulating the week. One of the aims of WIS week is to celebrate every woman and girl who plays, coaches, officiates, volunteers, works in, and leads on Women in Sport! We at Clare Sports Partnership, deliver several different Women In Sport programmes and workshops throughout the year. To celebrate Women in Sport Week, we have also teamed up with a number of clubs and organisations to deliver taster sessions in different venues around the county, for women and girls to try out new sports and physical activities in fun, social settings! Please see www.claresports.ie for more information.

Safeguarding 2

This course is for a person appointed to the Club Children's Officer position in a club. You must have Completed Safeguarding 1 in order to complete this course.

Visit <https://claresports.ie/event/safeguarding-2-march-4th/> to book your place.

SPORT ÉIREANN ETHIC | SPORT IRELAND ETHIC

CLARE SPORTS PARTNERSHIP

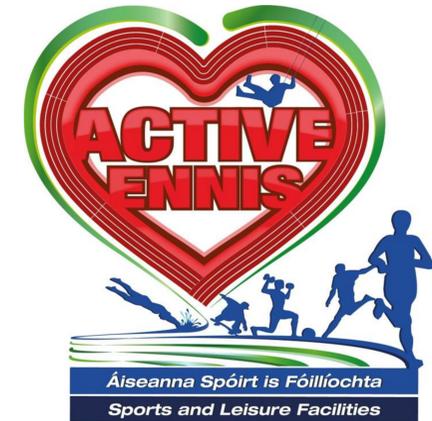
Safeguarding
Club Children's Officer

Tuesday, Mar 4th
6pm - 9pm
Online Zoom Course

€16.50

BOOK NOW

Get Fit with Active Ennis this March Exercise for Immune Health



Exercise boosts your immune system in several ways, helping your body fight off illnesses more effectively. Here's how:

1. Increases Circulation of Immune Cells

Physical activity helps immune cells move more efficiently throughout the body, improving their ability to detect and fight infections.

2. Reduces Inflammation

Regular exercise lowers chronic inflammation, which can weaken the immune response. It helps the body regulate inflammation more effectively.

3. Boosts White Blood Cell Activity

Exercise enhances the function of white blood cells (WBCs), which are essential for fighting infections.

4. Reduces Stress Hormones

Physical activity lowers cortisol and adrenaline levels, which, when too high, can suppress immune function.

5. Improves Sleep Quality

Quality sleep is crucial for immune function, and exercise helps regulate sleep patterns, leading to better rest and recovery.

The Right Balance

Moderate exercise (like brisk walking, cycling, or strength training) enhances immunity.

Overtraining or extreme exercise can temporarily weaken the immune system, making you more susceptible to illness.

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

Mental Health



CHIME

Stands for **C**onnectedsness, **H**ope, **I**dentify, **M**eaning and purpose, and **E**mpowerment.

Each week, the Peer-Led Wellness Café in Ennis brings CHIME into action by making a welcoming space in the beautiful surroundings of glór café. Mondays 10:30am-12pm. Drop in and join the friendly conversations in a supportive space, with adults from all backgrounds who understand mental health difficulties and the value of connection with others. For more details, contact Rosemary on 087-6560854, HSE Mid West Mental Health Engagement Lead.

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.



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

April 2nd 2025
10.30am - 1.00pm

Shannon FRC
Respond Community Building
Rineanna View,
Shannon, Co. Clare
Eircode: V44 XV97

BOOK NOW:
<https://www.shannonfrc.com/healthpromotion>



+ ASIST

Applied Suicide
Intervention
Skills Training



ASIST (Applied Suicide Intervention Skills Training);

To see Upcoming Training Dates visit
<https://bookwhen.com/suicidepreventiontrainingmw/e/ev-se49-20250301000000>



Eating Well

Eat Well with Jamie



Benefits of Hydration

Proper hydration is essential for overall health and well-being. Here's why it's important to hydrate correctly:

1. Supports Physical Performance
2. Boosts Brain Function
3. Aids Digestion and Nutrient Absorption
4. Regulates Body Temperature
5. Supports Immune Function
6. Improves Joint and Muscle Health
7. Promotes Healthy Skin
8. Prevents Kidney Stones and UTIs

How to Hydrate Properly

- Drink consistently throughout the day, not just when you're thirsty.
- Aim for at least 8 glasses (2 liters) daily, or more if you're active or in a hot climate.
- Include hydrating foods like fruits and vegetables in your diet.
- Limit dehydrating drinks like excessive caffeine and alcohol.

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

HSE: How to eat well



Eating a wide variety of nourishing foods gives you the energy and nutrients you need to stay healthy.

Benefits of eating healthily

Eating well helps you feel your best and can reduce your chance of developing certain diseases. If you have children, you're also more likely to pass on good eating habits to them.

Good eating habits can help you to have:

- a healthier body weight
- a reduced risk of type 2 diabetes,
- heart disease and cancer
- a healthy cholesterol level
- an improved sense of wellbeing

For more information visit: <https://www2.hse.ie/living-well/healthy-eating/how-to-eat-well/>



Tobacco Free, Reducing Drugs & Alcohol Related Harm



LIVE WEBINAR

FASD Ireland

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 18 MARCH

BOOK ONLINE:
WWW.FASDIRELAND.IE/WORKSHOPS



FASD IN IRELAND

DOCTOR JOLANTA BURKE
SPEAKER

PROFESSOR RAJA MUKHERJEE
SPEAKER

PROFESSOR FARHANA SHARIF
SPEAKER

22nd May 2025
9.45am - 4.30pm

Hotel Woodstock
Ennis, County Clare

Our first ever conference - FASD in Ireland - will bring together parents, carers and professionals under one roof.

Hear from respected speakers who are working to develop services and supports for people who are living with FASD in Ireland.

There is something for everyone during the day:

- Research Panel
- Experts by Experience Panel
- Break out sessions
- Parent & Carer sessions

Book online:
www.fasdireland.ie/conference

FASD Ireland

MWRDAF GRANTS SCHEME 2025

The Mid West Regional Drugs & Alcohol Forum invites applications for its 2025 Grant Schemes:

- Small Grants for projects up to €2,000
- Education & Prevention Initiatives & Courses over €2,000
- Treatment Initiatives over €2,000

The details of the grants schemes and application forms are available on the MWRDAF website www.mwrdf.ie

Projects must be based in the Mid-West area (Clare, Limerick City & County and North Tipperary) and should be directly relevant to the MWRDAF as per the National Drugs Strategy – Reducing Harm Supporting Recovery 2017 - 2025.

Due to past demand and limits on funding, support for drug & alcohol-free events may be limited by the appraisal committee.

For application forms please log onto: www.mwrdf.ie or contact the Administrator, MWRDAF, P.O Box 486, Corporate House, Mungret Street, Limerick V94 PV34 Phone: 061-607242 or 086-1408696

Closing Date: Monday March 31st 2025 before 5pm



Tobacco Free, Reducing Drugs & Alcohol Related Harm



COINNIGH
UAINN É



What is Not Around Us?

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

The purpose of Not Around Us

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

What can you do to support Not Around Us?

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



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

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

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

I can't quit smoking

HSE

YOU CAN QUIT

Help to quit

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

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

QUIT.ie

Sexual Health

50+
LGBTI*
SOCIAL
GROUPS



Next gatherings:

Limerick
March 5th

Ennis, Co. Clare
March TBC

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

communitydev@goshh.ie
or text 086 458 8680



LGBTI+
COFFEE
MEETUP

📅 15 March

🕒 11 am

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

communitydev@goshh.ie
or text 086 458 8680



MEMBERS' GROUP

SUPPORT GROUP FOR PEOPLE
LIVING WITH HIV.

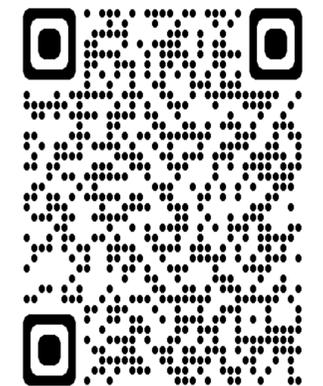
FOR FURTHER INFORMATION AND QUERIES
ABOUT JOINING THE GROUP REACH OUT TO
US VIA,

EMAIL: PERSONALSUPPORT@GOSHH.IE
PHONE: 061 314354



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Other Health & Wellbeing News

Clare Library Services



WILDFLOWER TALKS with Aedín Ní Thiarnaigh



Seachtain
na Gaeilge
Le enérgia

We are delighted to welcome broadcaster and writer, Aedín Ní Thiarnaigh to Ennistymon and Kilrush libraries on 13 March 2025. Aedín will give a talk on the Irish names for the flowers on the Aran Islands and the Burren.

13 MARCH 2025

Free events but bookings are required.

ENNISTYMON LIBRARY AT 11 AM

Please contact Ennistymon Library at (065) 707 1245 or email ennistymon@clarelibrary.ie.

KILRUSH LIBRARY AT 2 PM

Please contact Kilrush Library at (065) 905 1504 or email kilrush@clarelibrary.ie.



EYE LEVEL READING RULERS AND PAGE OVERLAYS

Dyslexia Friendly

EYE LEVEL READING RULERS AND PAGE OVERLAYS

Eye Level Reading Rulers
Coloured tints reduce visual stress, helping you read faster and for longer without tiring. They feature two windows:

- **Narrow Window:** For line-by-line reading.
- **Wide Window:** For larger sections of text.

Page Overlays
Coloured Page Overlays

- Dyslexia-friendly and designed to reduce glare and improve focus.
- Helps increase reading speed, accuracy, and comprehension.

Both Eye Level Reading Rulers and Coloured Page Overlays are available to borrow from the library desk for use in the library only.

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TALKING BOOKS Free Service

The Talking Book Collection is a special collection of books on CDs that can be sent to your home and returned via An Post at no cost.

There is no fee to register for this service, and each borrower is entitled to four Talking Books at a time.

To access this service contact Kilrush Library on (065) 9051504 or email kilrush@clarelibrary.ie.

Contemporary Fiction - Detective - Romance - Thriller - Biography - History - Travel

Talking Books

The Talking Book Collection is a special collection of books on CDs that can be sent to your home and returned via An Post at no cost.

There is no fee to register for this service, and each borrower is entitled to four Talking Books at a time.

To access this service contact Kilrush Library on (065) 9051504 or kilrush@clarelibrary.ie.

Other Health & Wellbeing News

Clare Library Services



Creativity for Wellbeing



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



Thurs, May 15th 2025
10.30am-1.00pm



De Valera Public Library
Causeway Link
Ennis
Co.Clare
V95 CTN0

BOOK NOW:

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



Journaling for Wellbeing



Discover a simple tool to support your wellbeing and mental health

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



Tues, April 15th 2025
10.30am - 1.00pm



Ennistymon Public Library
The Square
Ennistymon
Co. Clare
V95 V99D

BOOK NOW:

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



Other Health & Wellbeing News



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

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

Supported Conditions Include:

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



helium.ie



funding the arts



Clár Éire-Ídánach Creative Ireland Programme



Creative Health & Wellbeing

Clare Type 1 Diabetes meet-up



The Old Ground Hotel, Ennis

Wednesday, 26 March

7:30pm - 9:30pm

More information from:
DiabetesinClare@gmail.com



Get SunSmart! Children's Art Competition



Prizes: Overall winners will have their artwork featured as part of the 2025 SunSmart Campaign and also win an OPW Family Heritage Card, a Family Day Pass to Dublin Zoo and a National Book Token

Runner up prizes also up for grabs

More info at www.gov.ie/getsunsmart



Closing date:
28th March 2025

Other Health & Wellbeing News

Support Your Staff & Service Users with Health Literacy



Let's talk about health literacy

A course to introduce health literacy.

Delivery Online

Who is this course for Everyone who uses health and social care services

Length of course 25 minutes

Do you need help introducing the **Let's Talk About Health Literacy** course to staff and service users in your organisation? This free course is designed to improve understanding of health information, support better communication, and empower people to make informed decisions about their health.

By rolling out this course in your organisation, you can help reduce health inequalities and ensure that everyone can access to and understands the information they need for their well-being.

To get started, contact Tom Kent, Regional Literacy Coordinator for Limerick and Clare, at tom.kent@lcteb.ie or 087 056 4369.

Find out more at: www.adultliteracyforlife.ie/aware/lets-talk-about-health-literacy-course



Scan QR Code with your Smartphone

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 March to July 2025

Venue	Day	Time	Start date	Finish date
Ennis Primary Care Centre	Tuesday	10.30am-1pm	4 th March 2025	8 th April 2025
Shannon Family Resource Centre	Wednesday	10.30am-1pm	23 rd April 2025	28 th May 2025
Ennis Primary Care Centre	Tuesday	10.30am-1pm	10 th June 2025	15 th July 2025

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

To book your place contact

Philip Hennessy Tel: 087 1799396

Email: philip.hennessy2@hse.ie

www.hse.ie/LivingWell



Self-management Support

Sláintecare.

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

Other Health & Wellbeing News



North West Clare
Family Resource Centre

What's on in March 2025

Phone us: 065 707 1144

Parliament Street, Ennistymon, Co. Clare

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

DAY	TIME	ACTIVITY	ORGANISED BY	
Monday	10:15-12:15	Baby Massage	Jenny	● ● ●
	4pm-6pm	Teen Club	Anastasiia	
	7pm-8pm	Irish Class	Kate	
Tuesday	10am-12pm	Kids Club (Lisdoonvarna)	Anastasiia	● ● ● ● ● ●
	10.30 - 12.30	Drop-in Service (Parliament Street)	Jenny	
	11.30 - 1pm	Traveller Play Group	Joeann, Jane	
	2.40-3.45	Homework Club	Jane	
	4pm-6pm	Cultural Teen Club	Anastasiia, Jenny	
	7pm-8pm	Yoga Class	Kaye	
Wednesday	7am-8am	Yoga Class	Kaye	● ● ● ● ● ● ● ● ● ●
	9am - 4pm	Employability	Jennifer	
	10am -12pm	Ukrainian Drop-in	Anastasiia	
	10am - 1pm	Textile Crew (Parliament Street)	Jenny	
	11am - 12pm	Food Cloud	Barbara	
	1pm - 2.30	English Classes "Fáilte isteach"	Jenny, Anastasiia	
	2.40 - 3.45	Homework Club	Jane	
	2pm - 5pm	Money Advice & Budgeting Service	Barbara	
	4pm - 6pm	Traveller Teen Girls Group	Emma	
	7pm	Men's Shed	Jenny	
Thursday	9am - 2pm	Employability	Jennifer	● ● ● ● ● ● ● ●
	10am - 1pm	Gardening Course	Barbara	
	10.30 - 12.30	Kids Club (Lahinch Leisure Centre)	Anastasiia	
	2.40-3.45	Homework Club	Jane	
	4pm-6pm	Youth Club Leaders Group	Emma	
	6pm-8pm	Youth Club	Emma	
	6pm - 7pm	Ukrainian Language Classes	Anastasiia	
	7pm - 9pm	Women's DIY Woodcraft	Barbara	
Friday	9am - 5pm	Intreo: Employment and Income Supports	Tommy	● ● ● ● ● ●
	9.30-12.30	Parent & Toddler Group "Cairde Nua"	Jenny	
	10am - 12pm	Kids Club (The Pavilion, Lisdoonvarna)	Anastasiia	
	11am - 1pm	Breastfeeding Group (every 2nd week)	Jenny	
	1.20pm-3pm	Teen Drop-in	Emma	
	3pm-4pm	Youth: Soccer	Emma	



We also offer:

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





Bord Oideachais & Ollscoolaí
LÚIMNIGH & AN CHLÁIR
LIMERICK & CLARE
Education & Training Board

**COLLEGE OF FURTHER
EDUCATION & TRAINING**





CAMPUS OPEN WEEK

10th - 14th MARCH




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

Full-time and part-time courses include;

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

Register on

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

Other Health & Wellbeing News

MARCH COURSES AT COMMON KNOWLEDGE



1st - 2nd	DIY Tiling
1st - 2nd	Spoon Carving Workshop
1st - 2nd	Wood Turning - Level 2
8th - 9th	DIY Kitchen Cabinets
8th - 9th	Dry Stonewalling for Beginners
8th - 9th	Introduction to Fermentation
10th - 14th	Build Your Own Sauna
22nd - 23rd	DIY Concrete Countertops
22nd - 23rd	Lime Plastering and Rendering
24th - 29th	Build School - Level 1
29th - 30th	Cooking With Confidence
29th - 30th	DIY & Repair At Home



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

Invitation

Free 6 step Climate Course for the over 60s

(2 hours a week over 6 weeks)

with
Jacinta Barrins



**Six climate conversations on different
climate issues over a cup of tea....**

Preparation

- Step 1: Understanding the Basics**
Discuss basic climate related terms like greenhouse gas emissions, targets, Paris Agreement, the relationship between the cup of tea and climate change
- Step 2: Changing Behaviour**
Discuss the barriers holding us back from taking climate action.
- Step 3: Carbon Footprint**
Learn how to calculate your Carbon Footprint for your household consumption actions, (i.e housing, transport, food, waste, other).

Action

- Step 4: One Action**
Choose ONE action to do to help the planet and get expert support
- Step 5: Plan**
Discuss the barriers that might hold you back from implementing the ONE action.
- Step 6: Share Progress**
Do the ONE action. Share progress, amongst peers, enjoy benefits and tell family and friends about climate change.

Venue: Buttermarket Building, Drumbiggle Road, Ennis, V95RR72

Date: March 25th for six weeks

Time: 10.30am -12.30pm

**To reserve a place contact Dara Dever at 087-9129977
or communityclimate@clarecoco.ie**



Other Health & Wellbeing News

From Conflict to Conversation
info and skills for parents and caregivers

YES NO YES YES

Kilrush Family Resource Centre Mar 26th 11-1pm

Parents/caregivers - learn how to turn the **conflicts** in your home into **conversations** + see how restorative practice can work for you

tea/coffe and scones will be provided

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

Logos: Clare Local Government, Clare Youth Service, Restorative Practice, and others.

Unlock Your Potential with Our Employment Support Service!



An Roinn Coimirce Sóisialaí
Department of Social Protection

Are you living in County Clare and have a disability, an extra support need or health condition? We are here to help you reach your full potential in employment! At EmployAbility, we offer discreet and respectful support tailored to your needs.

Here's how we work: Identify Your Ideal Job: We help you discover the type of job you want and can do.
Job Search & Analysis: We help you find suitable jobs, analyze them, and contact potential employers.

Explore Job Options: We help to look for the best job opportunities for you.

Workplace Support & Coaching: We help to provide the necessary support in the workplace.

Ongoing Support: We support both you and your employer throughout the process.

Our support decreases over time as you gain the skills and confidence needed to thrive in your job. There are many pathways to employment, and we are here to help you, find yours!

Interested in a no-commitment chat? Contact Marie Killeen at mariek@employabilityclare.ie to set up a 30-minute meeting. We can meet at our central office in Ennis or at one of our local branches in Scarriff, Ennistymon or Kilrush.

Other Health & Wellbeing News



Free Mental Health & Wellbeing Workshops
in Shannon Family Resource Centre

For anyone aged 18+ with an interest in mental health



Journaling for Wellbeing



Discover a simple tool to support your
wellbeing and mental health

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

 **April 2nd 2025**
10.30am - 1.00pm

 **Shannon FRC**
Respond Community Building
Rineanna View,
Shannon, Co. Clare
Eircode: V14 XV97

BOOK NOW:

<https://www.shannonfrc.com/healthpromotion>



Free Mental Health & Wellbeing Workshops
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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?



March 12th 2025
10.30am-1.00pm



Shannon FRC
Respond Community Building
Rineanna View,
Shannon, Co. Clare
Eircode: V14 XV97

BOOK NOW:

<https://www.shannonfrc.com/healthpromotion>



Other Health & Wellbeing News



What's On

March 2025

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

TUES 04 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 key questions including "does anxiety have a function?" and "what causes anxiety?". The session ends with a grounding exercise to help you to manage anxiety.
🕒 2pm - 4pm

WEDS 05 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.
🕒 10am - 12pm

TUES 18 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.
🕒 2pm - 4pm

TUES 25 Let's Talk Depression
This workshop provides a space to discuss the impact of depression. We will explore practical tips that can be used when managing depression and reflect on the personal and individual nature of depression.
🕒 2pm - 4pm

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



For More Information Contact:
bookings@midwestaries.ie



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

Other Health & Wellbeing News



West Clare Family Resource Centre
Activities for the over

What's on in MARCH

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

March Monthly Activities

Thurs 06 Mar	2.30pm	Quiz Time!	Kilrush Comm Centre
Fri 07 Mar	11am	Ceol agus Tae <i>(Bring your own Instrument)</i>	Kilrush Comm Centre
Thurs 13 Mar	2 to 4.30pm	Tea Dance: Minus Two	Kilrush Comm Centre
Thurs 13/27 Mar	11.30am	Book Club!	Kilrush Comm Centre
Thurs 20 Mar	2pm	Movie Club!	Kilrush Comm Centre
Thurs 27 Mar	2.30pm	March/April Birthday Party!	Kilrush Comm Centre

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




West Clare Family Resource Centre

Save the Date - March 2025

Quiz Time!
Thursday 06 March @ 2.30pm
Kilrush Community Centre

Ceol agus Tae!
Friday 07 March @ 11am
Kilrush Community Centre

Tea Dance: Minus Two
Thursday 13 March, 2 - 4.30pm
Kilrush Community Centre

Book Club
Thursday 13 & 27 March @ 11.30am
Kilrush Community Centre

Movie Club
Thursday 20 March @ 2pm
Kilrush Community Centre

March/April Birthday Party!
Thursday 27 March @ 2.30pm
Kilrush Community Centre

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



Other Health & Wellbeing News



West Clare Family
Resource Centre
Activities for the over 55s

QUIZ TIME!

CHALLENGE YOUR GENERAL
KNOWLEDGE AND MEMORY WHILE
HAVING FUN.

THURSDAY 06 MARCH
@ 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

CEOL AGUS TAE

Bring your own instruments
for a few tunes



● **Friday Mar 07**
@ 11am

● **Kilrush**
Community
Centre

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



Other Health & Wellbeing News



West Clare Family
Resource Centre
Activities for over 55s

MOVIE CLUB

THURS MAR 20
@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 the over 55s

Thursday Tea Dance

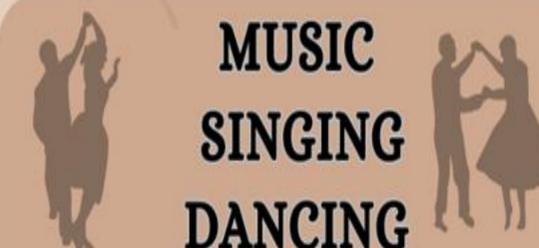


MAR
13

KILRUSH
COMMUNITY
CENTRE
@2pm

**Minus
Two**

€5 ENTRY



REFRESHMENTS
& RAFFLE

All Welcome

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



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

JOIN OUR NEW BOOK CLUB

Thursday
13 & 27 March
@11.30am

Kilrush Community Centre



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



Clare Garden Festival

Festival Date – Sunday, 27th April 2025

Presents

SEED & GARDEN SHARE

Saturday, 29th March 3-5pm

Ennis Showgrounds, Drumbiggle Road, Ennis, Co. Clare

ALL WELCOME

Gardeners of all levels are invited to bring saved or leftover vegetable, flower, and herb seed packets to share.

**Share your Seed
Barter your Books
Trade your Tools**

Beginner gardeners are invited to participate even without seeds.



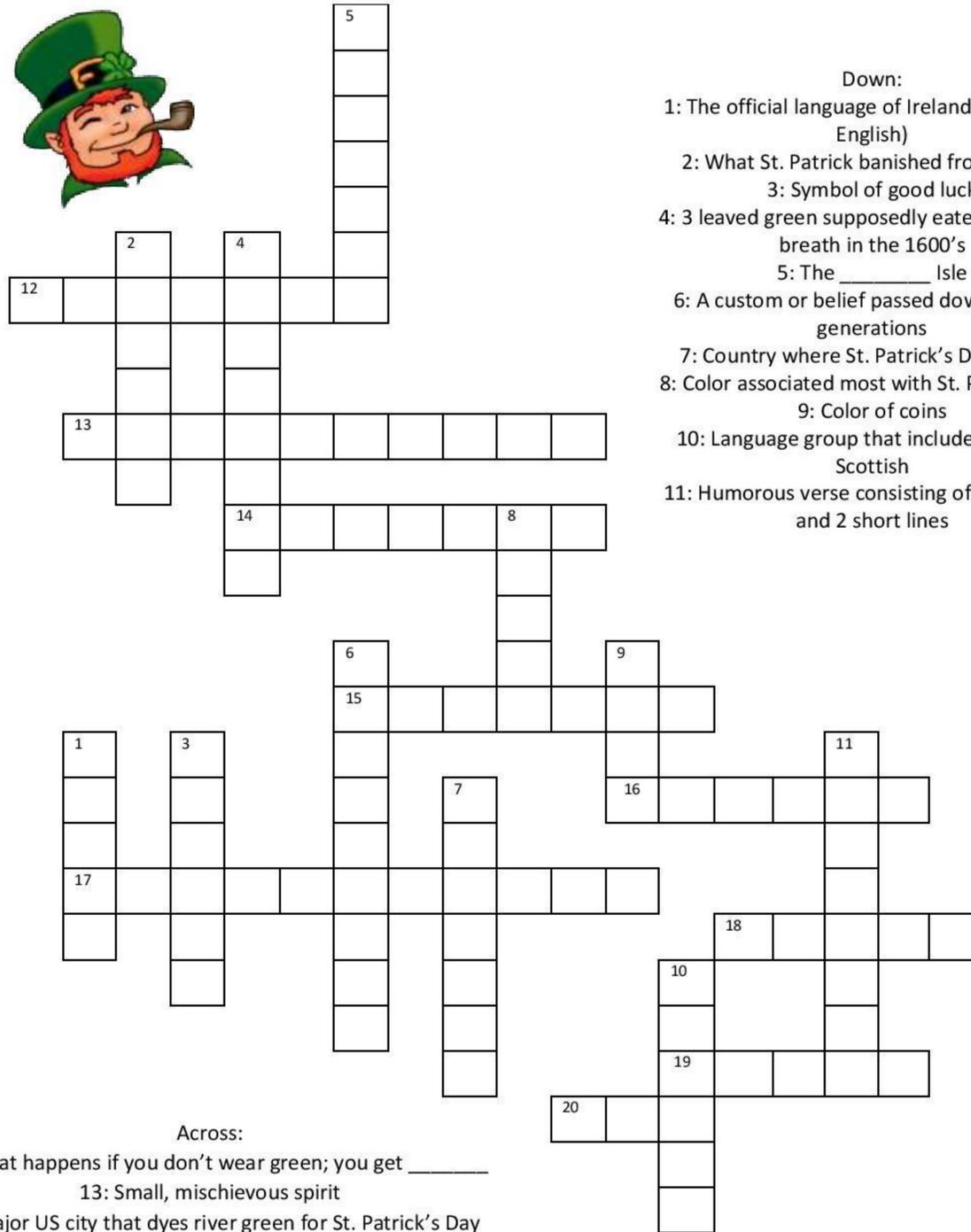
FREE ENTRY FOR ALL

www.claregardenfestival.com

FB/ Insta @claregardenfestival

March 2025: Creative Spaces

St. Patrick's Day Crossword



- Down:
- 1: The official language of Ireland (along with English)
 - 2: What St. Patrick banished from Ireland
 - 3: Symbol of good luck
 - 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
 - 5: The _____ Isle
 - 6: A custom or belief passed down through generations
 - 7: Country where St. Patrick's Day started
 - 8: Color associated most with St. Patrick's Day
 - 9: Color of coins
 - 10: Language group that includes Irish and Scottish
 - 11: Humorous verse consisting of 3 long lines and 2 short lines

- Across:
- 12: What happens if you don't wear green; you get _____
 - 13: Small, mischievous spirit
 - 14: Major US city that dyes river green for St. Patrick's Day
 - 15: What you follow to get to the pot of gold
 - 16: Capital of Ireland
 - 17: Day of the month that St. Patrick's Day falls on
 - 18: Month that St. Patrick's Day is in
 - 19: Having good luck
 - 20: What you find at the end of the rainbow; ____ of gold

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

St. Patrick's Day Word Search

Words to Find:

rainbow	luck	green	pot
shamrock	jig	gold	Irish
leprechan	lucky		

Happy
St. Patrick's
Day!