

Healthy Clare Newsletter

September 2025

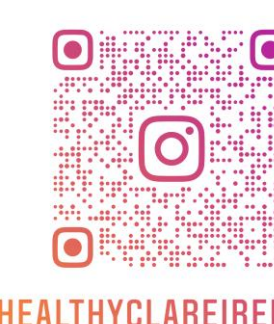
www.clarecoco.ie/services/community/healthy-clare/



healthyclare@clarecoco.ie



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



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



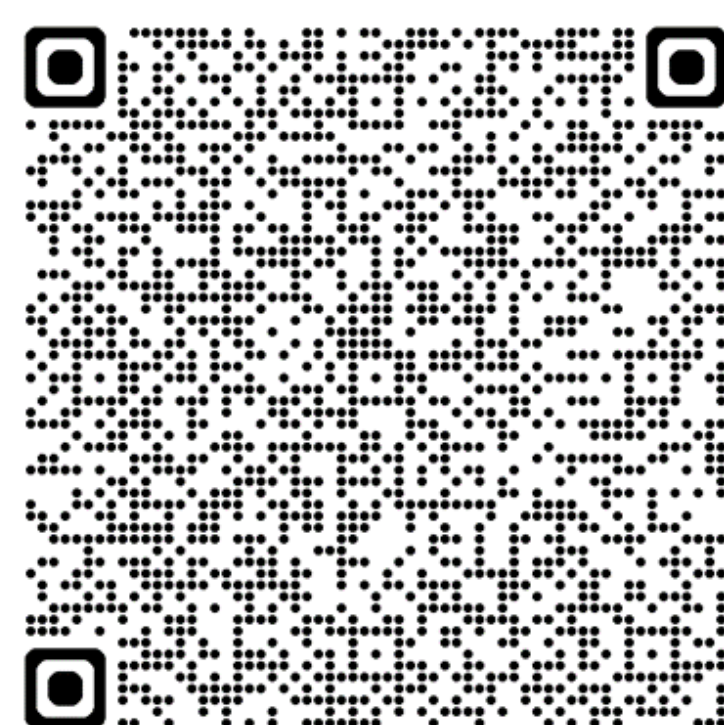
Follow us on Social Media

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 September 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 fact, this is our biggest edition yet, so thank you for all the amazing content. As we move into Autumn, I would like to bring your attention to a number of important dates.

September is **FASD Awareness Month** and FASD Ireland have many education programmes available. FASD Ireland have a special conference coming up on **the 9th of September**, committed to **raising awareness on FASD**. Please visit page 13 & 14 for details.

World Suicide Prevention Day 2025 takes place on the **10th September**. Inside these pages, you will find details of local support services that can assist in times of need. The Weekly Health and Wellbeing page in The Clare Echo, 4th September, will have further information about key support services working across Co. Clare.

Looking ahead, some dates for your diary in October. Further details are inside.

1. **Clare Age Friendly Health and Wellbeing Expo.** 2nd of October.
2. **Let's Talk About Health Literacy Train the Trainer.** 9th October.
3. **Living Well Through the Menopause and Beyond.** 18th of October.

Finally, The Department of Health has published a Public Consultation on a new National Obesity Strategy in Ireland. This consultation provides an opportunity to feed into the development of a new obesity strategy that is being developed by the Department. The Department would be grateful if you could take the time to complete the survey.

<https://ec.europa.eu/eusurvey/runner/NationalObesityStrategyPublicConsultation>

Kind regards, Sam

Physical Activity

Join Ballybathers Swim Club for an Inclusive Swim & Sea Dip



Bring your togs, towel, and good
vibes - we're hosting a social event
for Clare Pride!

Where: Bishop's Quarter Beach, Ballyvaughan
Date: Saturday, September 13th
Time: 9.30am

All are welcome - LGBTQ+ folks and allies!
Come for a dip, stay for the chats.
Tea, coffee & cake afterwards.

No need to book, just come along!



Autumn/Winter Safeguarding Courses

1, 2 and 3



Multiple dates to
choose from



6pm - 9pm



Online Zoom Course

BOOK NOW



€16.50

Clare Sports
Partnership
Autumn/Winter
Safeguarding 1, 2 and
3 courses are now
LIVE on claresports.ie.
Book your place today

[https://claresports.ie/
events/](https://claresports.ie/events/)

Healthy Whitegate Autumn 2025



All Women 18+
Welcome
Saturdays
8-9am
Commencing
Saturday 6
September
Whitegate
GAA Astro

SATURDAYS WITH SARAH WOMENS FITNESS CLASS

Classes will run for 8 Saturday mornings and
will include 3 Nutrition Workshops with Cathy
Kolbohm
E mail - healthywhitegate@gmail.com

Cost €30 - 8 weeks
Register Via Eventbrite -
Healthy Whitegate

Venue Whitegate GAA Astro

*A nutrition talk
will take place
on the 6th and
27th of
September to
compliment the
fitness class.*

Webinar Invitation

Every Move Counts

Let's play our part

Time: 2:00pm - 3:15pm

Date: Wednesday 24 September 2025

Join us to hear about:

- The forthcoming National Physical Activity Framework and Action Plan 2024-2028; and
- How everyone working in healthcare can help promote physical activity and make Every Move Count.



Mental Health

FREE safeTALK Training

safeTALK stands for suicide alertness for everyone.

safeTALK is a 4 hour workshop which prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.

These skills include:

- learning the key steps of Tell, Ask, Listen and Keep safe, which are taught with the hope that the person learning them will use them to help reduce suicide risk in a personal and/or professional capacity.

safeTALK is fully funded by the HSE National Office for Suicide Prevention but **booking is essential**.

safeTALK offers valuable skills to formal and informal participants which requires no formal training or prior experience in suicide prevention. However, we recommend that all those attending have completed the online Let's Talk About Suicide prior to completing safeTALK.

safeTALK (suicide alertness for everyone)

FREE PUBLIC WORKSHOP

Where: Clare Education Centre, Government Buildings, Kilrush Road, Ennis, Co. Clare. V95 F782

When: Wednesday, 24 September '25 @ 5pm - 9pm

Booking Details: To register click on this link.

<https://hsemidwesttraining.bookwhen.com/schedules/240mcxqm2g2q#o>



Suicide Prevention in the Workplace – a new guide for employers

Work in the area of suicide prevention happens in everyday environments – and we all have a role to play in reducing suicide in Ireland.

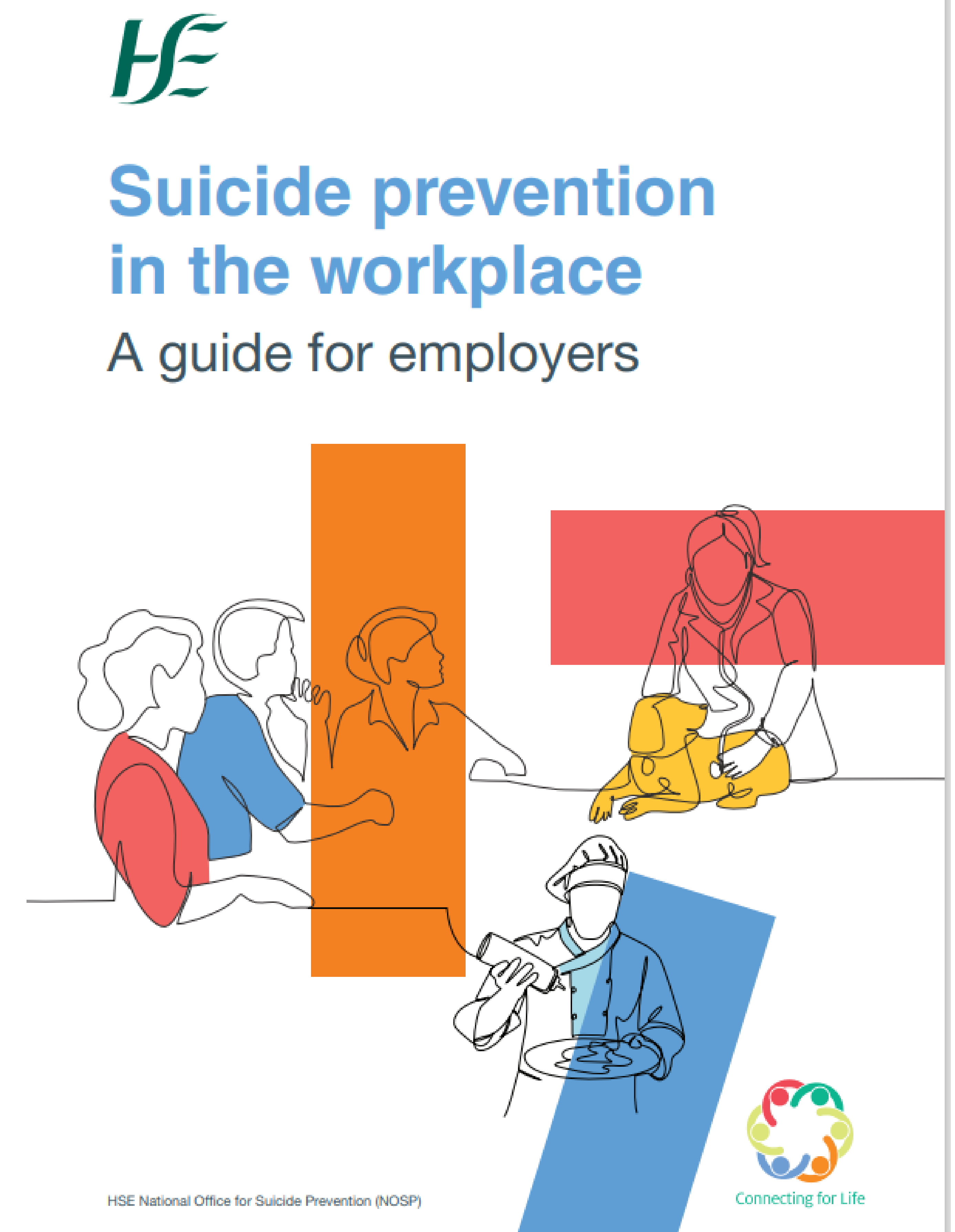
People can spend a significant part of their lives in the workplace. For many the work environment and relationships with colleagues can be an important part of their lives.

Suicide Prevention in the Workplace is a new guide from the HSE NOSP, that:

- provides practical information to support, enhance and build the capacity of workplaces to respond to people experiencing suicidal thoughts and behaviours.

Download Suicide Prevention in the Workplace, a Guide for Employers.

<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/guidancedocuments/suicide-prevention-in-the-workplace-april-2025.pdf>



Mental Health



Safe TALK programme:

Get prepared to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources



Shannon Family Resource Centre opens a call for Expression of Interest within community for participation in a half day (4 hours) suicide prevention training, funded by the HSE National Office for Suicide Prevention.

The training is FREE, can be arranged both daytime and evening depending on availability of registered people.

To register your interest please follow the link and fill the form via our website. We will get back to you in September.

Community Building, Rineanna View, Shannon, Co. Clare V14XV97
Phone 061 707600

Made with PosterMyWall.com



10th
September
2025

The five key messages we are sharing with our patients, service users, colleagues and the people of the Mid West region this year are:

- 1. Reach Out and Check In** – Take time to connect with people around you. A simple check-in can bring hope and make a real difference.
- 2. Your Words Matter** – Speak with kindness and empathy when talking about suicide. Everyone affected – whether they've lost someone or struggled themselves – deserves dignity and respect.
- 3. Be Safe Online** – Share information about suicide or self-harm responsibly and supportively. Help create a safer, more sensitive online space for everyone.
- 4. Let's Talk About Suicide** – Build your suicide prevention skills. Learn how to spot signs and support someone – you could help save a life.
<https://www.traininghub.nosp.ie>
- 5. Know Where to Get Help** – Familiarise yourself with local and national supports and services. Knowing where to turn can make a meaningful difference.

Mental Health

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

Heads Up Clare
W: www.headsupclare.ie

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

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

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

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

Text About It Text 50808

Mental Health

Join Cillian from Mental Health Ireland for the '**Connect to the 5 Ways to Wellbeing**' talk in Seán Lemass Public Library, Shannon on Tuesday the 23rd of September from 7pm. Spaces are limited.

Bookings are through the library branch.



**Mental Health
Ireland**

Building Wellbeing Step By Step

Connect to the Five Ways to Wellbeing

An overview talk of the Five Ways to Wellbeing Model

Workshop Aim

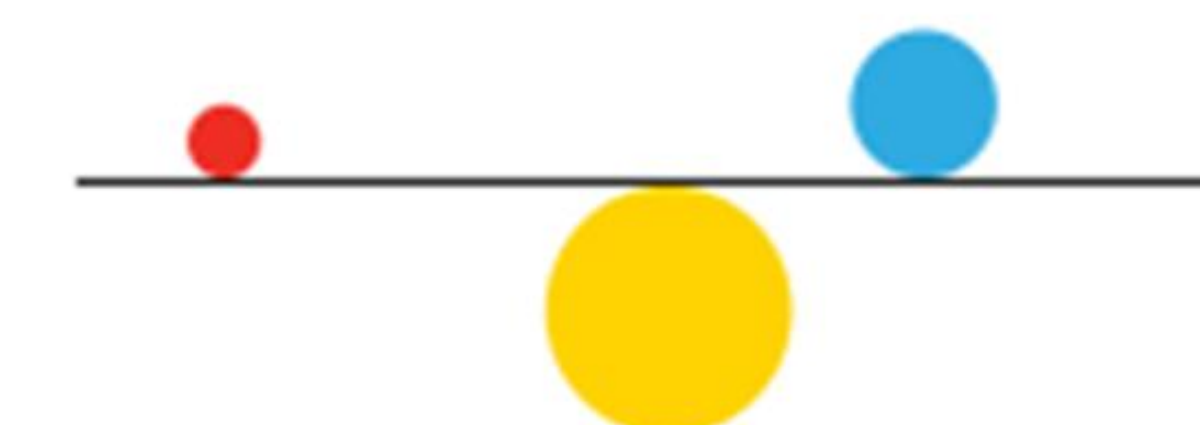
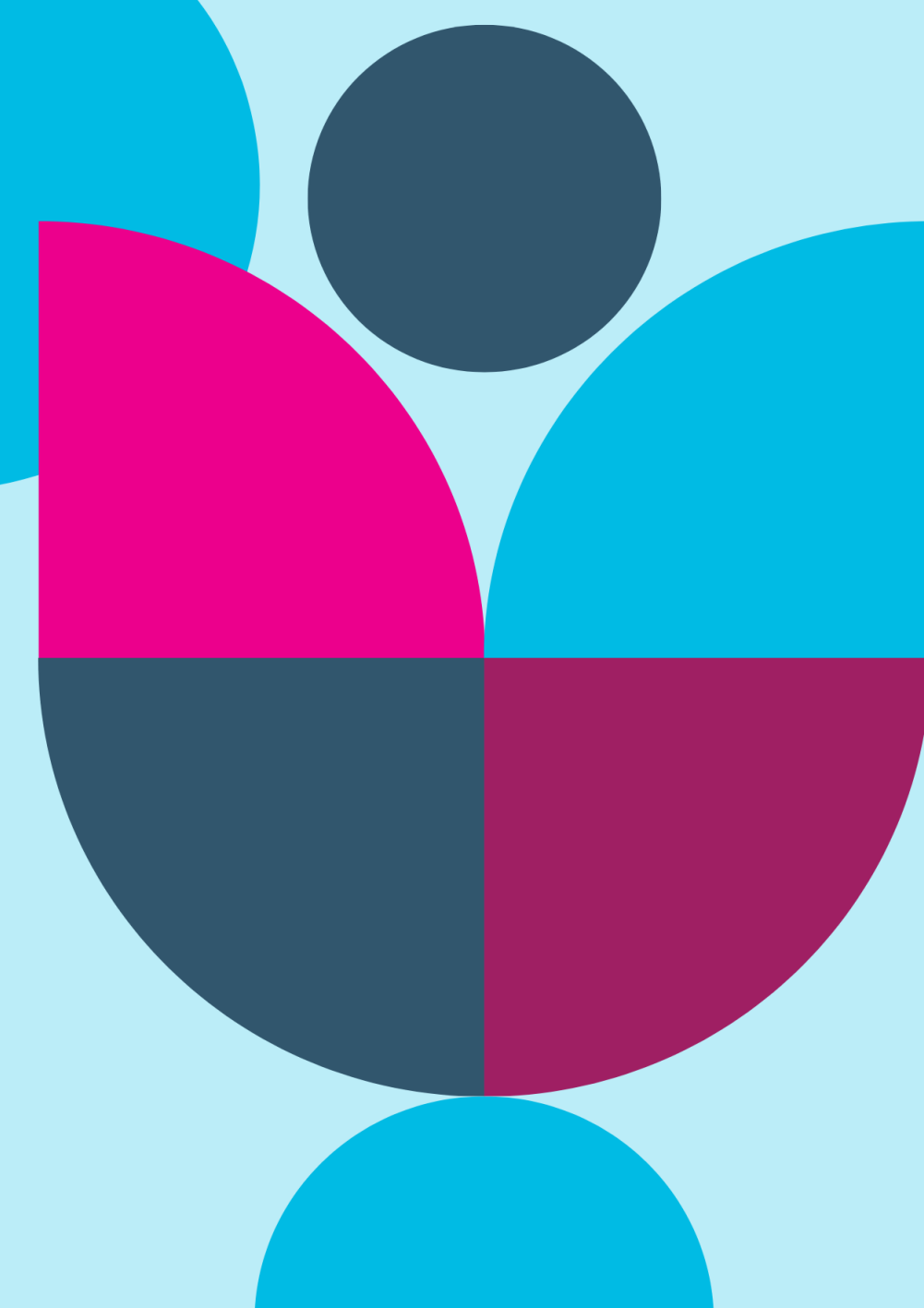
To equip ourselves with the knowledge and the attitude required to understand and implement actions to support our mental health and wellbeing.

Location: Seán Lemass Public Library, Town Centre, Shannon, Co. Clare, V14 WK50

Facilitator: Cillian Keane, Development Officer, Mental Health Ireland

Register: Phone: 061 364266

**Tuesday, Sept 23
19:00–20:00**



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?

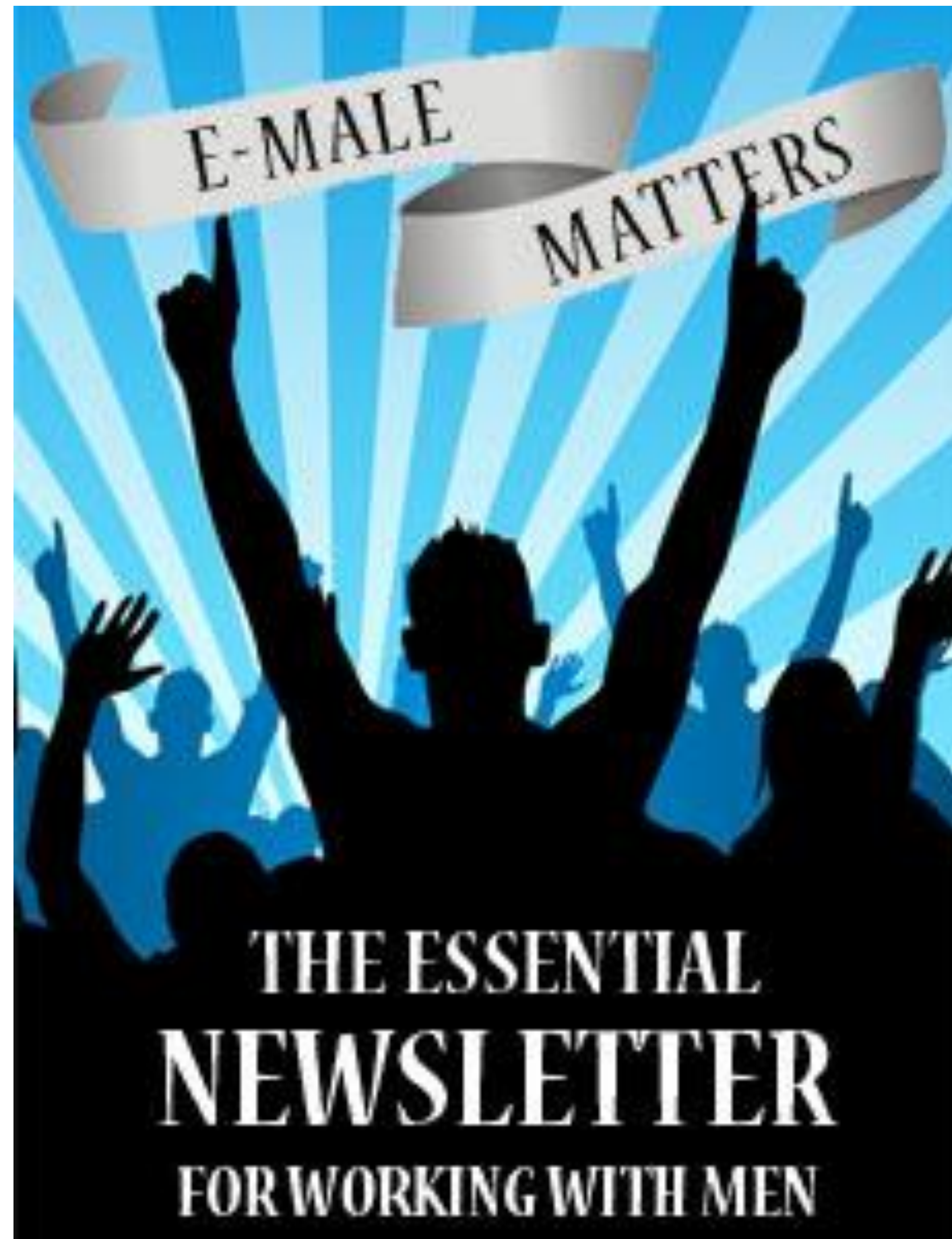
www.hse.ie/balancingstress
No registration is required. There are six sessions you can watch anytime, at your own pace.

Presented by:

Dr Niamh Clarke
HSE Principal Psychologist



Mental Health



E-Male Matters

Summer 2025

The newsletter of the Men's Health Forum in Ireland

<https://mhfi.org/emale120.pdf>



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

Contact: Celia 086-1526966 or email. 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.

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 – our Digital Mental Health and Wellbeing Programmes.

Space From Anxiety

for 15 to 18-year-old young people with low to moderate anxiety.

Supporting An Anxious Child:

for parents/carers looking to support their 5 to 11-year-old who experiences low to moderate anxiety.

Supporting An Anxious Teen

for parents/carers looking to support their 12 to 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, visit:

www.ispcc.ie

The delivery of these programmes by Childline is supported by:



Rialtas na hÉireann
Government of Ireland

MIDWEST RECOVERY WALK 2025

Join us in Limerick City on
Saturday 6th September
TO HIGHLIGHT THERE IS ALWAYS A PATH TO RECOVERY

 Walk Begins at **2pm** (returning for 3pm)
 From **Arthurs Quay Park**, Limerick
Walking the 3-Bridges



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

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

Tobacco Free, Reducing Drugs & Alcohol Related Harm



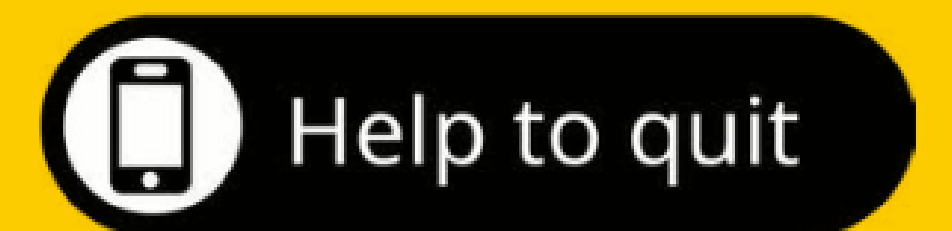
Need Support to Quit Smoking? Visit HSE Quit Services
HSE QUIT Mid West is your free, local QUIT service. From setting a QUIT date until you are 12 months smoke free QUIT Mid West offers in-person, telephone / telehealth support and free NRT if you sign up to the programme. Everyone who uses the QUIT 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](https://www.hse.ie) for information and support on alcohol use.



**I'm not
ready
to quit
smoking**



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

**Inhalers and other Nicotine
Replacement Therapies can help.**
Find out how to get them for free at [Quit.ie](https://quit.ie)

QUIT.ie

Eating Well



Cooking on a Budget

4 week course 10am to 1.30
Eligibility & registration apply
Location: Cloughleigh Ennis
October 1st 8th 15th 22nd



For More Information and to Book
Contact
Jackie: jduffy@cldc.ie
087 4219473
Stacey: soloughlin@cldc.ie
087 4095245



A 4 week workshop to help you Cook meals at home
from scratch for yourself or the family,



Instead of buying ready meals and processed foods
you could have huge savings on your weekly shopping
bill

Plan your meals for the week using a meal planner
and learn how to use up leftovers store food,
so it lasts longer and keep your store cupboard
stocked with healthy essentials
so you can whip up a tasty meal



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.



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

Sexual Health

New FREE home test now available for Hepatitis C

The HSE has expanded its free home testing service for hepatitis C to include a new rapid oral swab test.

The new test delivers results in just 20 minutes and can be ordered online to your home. It offers a quick, simple and confidential way to test for hepatitis C.

It complements the existing lab-based test, which has also been expanded to include optional testing for hepatitis B and HIV. All tests are free and available to order from

www.hse.ie/hepc

The HSE's National Hepatitis C Treatment Programme has already treated over 7,000 people, with a 95% cure rate. The programme is on track to meet the World Health Organization's targets for elimination.

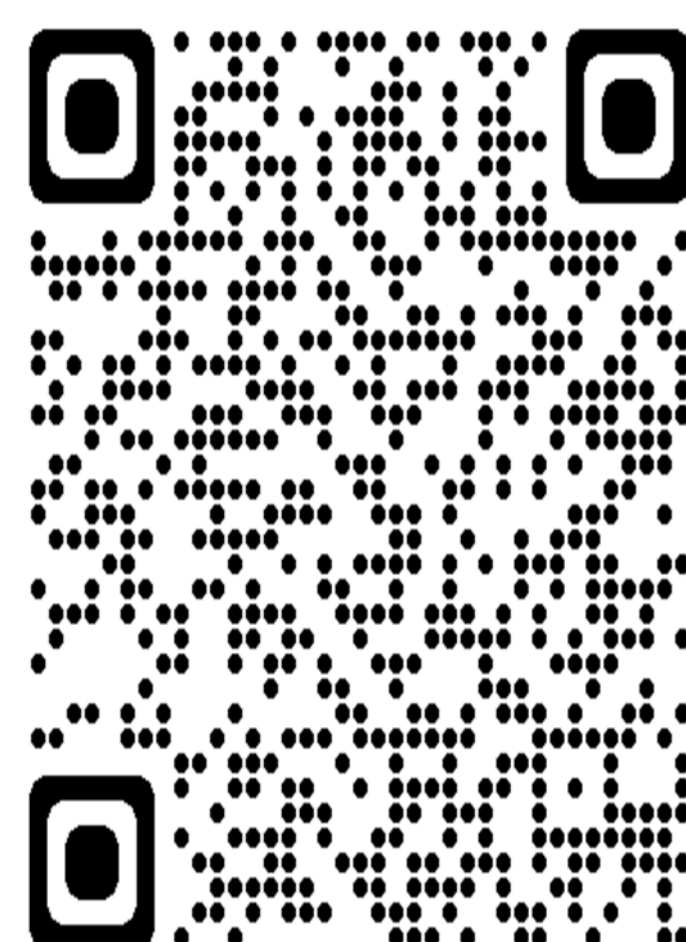
If your test result is reactive, you will be supported in accessing free confirmatory testing and treatment.

Hepatitis C is a virus that affects the liver and can cause serious illness if left untreated. It is spread through blood-to-blood contact.

Please support the campaign by sharing the link to the free home test: www.hse.ie/hepc



Find out more at www.sexualwellbeing.ie



SH:24

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

**Learn more at
www.goshh.ie/sh24**



Other Health & Wellbeing News

Clare Library Services



Kilkee Library Open Day

Join us for a vibrant Open Day packed with activities and information for all ages!

11:00 AM - 1:00 PM
9 SEPTEMBER

KILKEE LIBRARY
(065) 905 6034
kilkee@clarelibrary.ie

COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Skills For Life
Give the skills you need at your local library

COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

KILKEE LIBRARY OPEN DAY

Tuesday 9 September 2025, 11:00am – 1:00pm

To celebrate International Literacy Awareness Day, Kilkee Library are hosting an Open Day packed with activities and information for all ages! There will be a Pop-Up Shop, Literacy Event, Free Health Checks, AI Information Workshop, Local Information Stalls from: LCETB, Citizens Information, Clare County Council, Clare Arts Office, Library Services, Kilkee First Responders, CLDC. Come along, bring a friend, and discover local supports, services, and opportunities – all under one roof! No need to book, all welcome.

oooo National Literacy Day 2025

BE MEDIA LITERATE

Sorting Fact from Fiction

DE VALERA LIBRARY

TUESDAY 9 SEPTEMBER 6.30 PM - 7.30 PM

TAKING ON DISINFORMATION IN THE DIGITAL AGE WITH AIDAN O'BRIEN FROM THE EUROPEAN DIGITAL MEDIA OBSERVATORY (EDMO) IRELAND.

What is disinformation and why is it on the rise in Ireland and around the world and what can we do to challenge it? The aim of this talk is to equip you with the tools and mindset to look at media and social media more critically and to empower you to become a smart media consumer.

For bookings - please email your name and contact details to: ennislibrary@clarecoco.ie.

Skills For Life
Give the skills you need at your local library

COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

BE MEDIA LITERATE: SORTING FACT FROM FICTION

De Valera Library, Ennis
Tuesday 9 September, 6.30pm - 7.30pm
Taking on Disinformation in the Digital Age with Aidan O'Brien from the European Digital Media Observatory (EDMO) Ireland. Please email ennislibrary@clarecoco.ie and provide your name and contact details to book your place.

HARVESTING SUSTAINABILITY AT A BRANCH NEAR YOU!

Join us for a hands-on celebration of Sustainable Lifestyles and develop Skills For Life! Talks & workshops on beekeeping, beeswax candle making, wild foraging, herbs for health & much more...

Talks and workshops are taking place in: Shannon Library.....6 September
Ennis Library.....13 September
Kilrush Library.....20 September
Ennistymon Library.....27 September
Scariff Library.....4 October

Visit Clare Libraries website at www.clarelibraries.com for event details or scan the QR code

COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

Skills For Life
Give the skills you need at your local library

SDG
Sustainable Development Goals

HARVESTING SUSTAINABILITY AT A BRANCH NEAR YOU!

September / October 2025

Join us for a hands-on celebration of Sustainable Lifestyles and develop Skills For Life!

Talks & workshops on beekeeping, beeswax candle making, wild foraging, herbs for health & much more...

Talks and workshops are taking place in:

- Shannon Library - 6 September
- Ennis Library - 13 September
- Kilrush Library - 20 September
- Ennistymon Library - 27 September
- Scariff Library - 4 October

Other Health & Wellbeing News

Clare Library Services

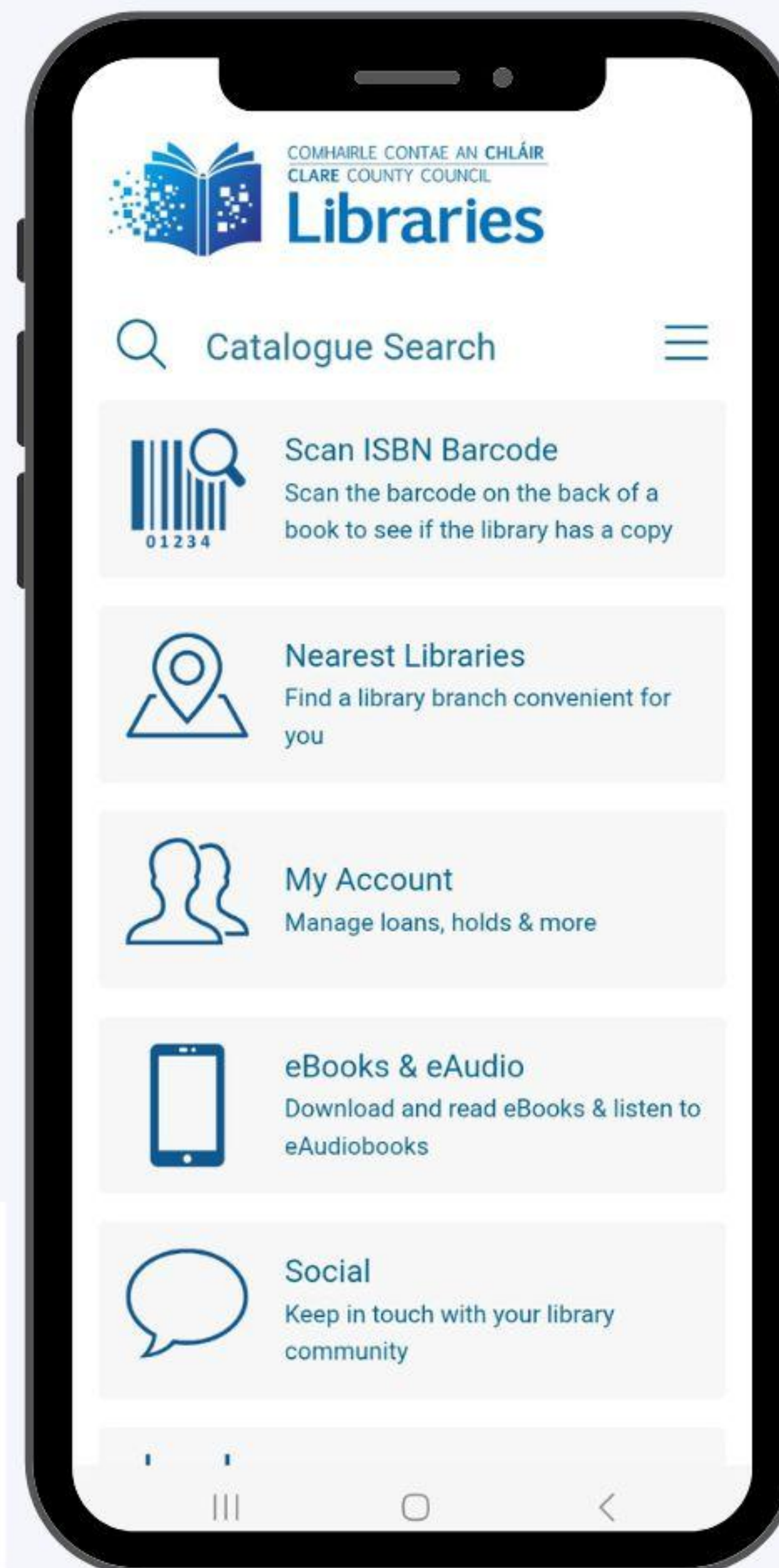


CLARE LIBRARIES APP

The Clare County Library app is available to download from your preferred app store. The app gives access to library services from your smartphone or tablet. Library members can use the app to:

- Access and manage your library account
- Search the library catalogue and reserve items
- Find your nearest library
- Connect to the library's social media pages and online resources
- Connect to our library events page

Scan the QR code to find out more or contact your local library for details.



CLARE LIBRARIES APP

The Clare County Library app is available to download from your preferred app store. The app gives access to library services from your smartphone or tablet. Library members can use the app to:

- Access and manage your library account
- Search the library catalogue and reserve items
- Find your nearest library
- Connect to the library's social media pages and online resources
- Connect to our library events page

Contact your local library for details.

ON YOUR BIKE...

CELEBRATE CYCLING & SUSTAINABILITY



Get practical tips and advice on basic bike maintenance.

Saturday 27 September 2025

- | | |
|-------------------|---------------|
| • Shannon Library | 10:30 - 11:30 |
| • Kilrush Library | 12:45 - 1:45 |
| • Ennis Library | 2:30 - 03:30 |

Please do not bring your bike.

Free event - booking required.

Contact branch for further information & booking



Other Health and Wellbeing News

September is FASD Awareness Month



International Foetal Alcohol Spectrum Disorder (FASD) Awareness Day Special Event - Buttermarket, Ennis, County Clare 9th September - 10am until 1pm

Whether you're living with FASD, supporting someone who is, are an employer/HR professional, working in health, social care, or education, or just have a keen interest in the local community this session will offer real insights and lived experiences for navigating adulthood with FASD.


Free to attend – registration is essential!

www.fasdireland.ie/training



FASD Ireland (the national organisation based in Ennis supporting people across Ireland living with FASD) warmly invites you to a special in person event in honour of World FASD Awareness Day 2025, celebrating the lives and contributions of adults living with Foetal Alcohol Spectrum Disorder (FASD):

FASD in Adulthood: Celebrating Lives, Building Inclusive Communities

 Date: Tuesday, 9th September 2025

 Time: 10am until 1pm

 Location: Buttermarket, Drumbiggle, Ennis, County Clare

 BOOK:

<https://www.eventbrite.ie/e/1484587845209?aff=oddtcreat>

or

This event is a celebration of the individuals who live with FASD and a call to action for businesses, employers, community leaders and anyone with an interest to join us in creating more inclusive, supportive environments for neurodiverse adults.

What to Expect:

- Personal stories from adults with FASD that highlight their journeys and achievements
- Expert insights into how workplaces and communities can better support neurodiversity
- Practical tools for improving Diversity, Equity, and Inclusion (DEI)
- Networking opportunities with advocates, professionals, and changemakers

Whether you're an employer seeking to enhance your DEI practices, a service provider, or a community member passionate about inclusion, this event offers a meaningful opportunity to learn, connect, and celebrate.

Let's come together on World FASD Awareness Day to honour the voices of those with Foetal Alcohol Spectrum Disorder and build a future where everyone belongs.

Other Health & Wellbeing News

FASD
Hub Ireland™

FASD
Ireland

FREE & CONFIDENTIAL INFORMATION, SUPPORT AND ADVICE

OUR PHONE LINE IS OPEN
MONDAY TO FRIDAY
10AM UNTIL 4PM



065 670 3098



fasdhub.ie



FASD
Ireland

INTRODUCTION TO NON VIOLENT RESISTANCE (NVR) FOR PRACTITIONERS

SUITABLE FOR PRACTITIONERS WORKING
DIRECTLY WITH FAMILIES AND SUPPORTING
PARENTS AND CARERS.



This session will enhance your professional understanding of the NVR model, its practical tools, and its potential to bring meaningful change within family systems. Whether you're new to NVR or seeking to build on existing knowledge, this training provides a thoughtful and accessible starting point.

Book online: www.fasdireland.ie/training



FASD
Ireland

FASD IN THE CLASSROOM

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



BOOK ONLINE: WWW.FASDIRELAND.IE/TRAINING

CPD
MEMBER
The CPD Certification
Service

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.



BOOK ONLINE: WWW.FASDIRELAND.IE/TRAINING

Mind Matters with Type 1 Diabetes: A Mini Thriveabetes Event

Saturday, September 27, 2025

Ennis, Co. Clare

From: 10:30 am - 2 pm

Thriveabetes is a conference that focuses on the psychological well-being and emotional resilience of people living with type 1 diabetes. This Mini Thriveabetes is a half-day version of our full Thriveabetes conference.

Our keynote speaker, Dr Mark Davies, Consultant Clinical Psychologist, from Belfast City Hospital, is well-known in diabetes circles and has previously spoken at Thriveabetes and some Diabetes Ireland events. We will also feature a lived experience panel and a Diabetes Technology Exhibition with some of the CGM and Insulin Pump companies.

Ticket Information

This event is **FREE** to attend, however, space is limited and advance registration is required to access the event.

Register at

<https://thriveabetes.ie>



Mind Matters
with Type 1 Diabetes

A Mini Thriveabetes Event

Saturday, September 27, 2025

Ennis, Co Clare
10:30 am - 2 pm



Featuring:

- **Keynote Speaker:** Dr Mark Davies, Consultant Clinical Psychologist
- Diabetes Technology Exhibition
- Diabetes Lived Experience Panel

Learn more and Register at:
thriveabetes.ie/mini-thriveabetes
Or use the QR Code



Other Health and Wellbeing News

'COROFIN'S POSITIVE AGEING & WELLNESS FAIR'

An enjoyable day of health, nutrition and information for the over 55's



Saturday 6th September
10am to 4pm
St. Patrick's Hall Corofin



Guest Speaker topics to include:

Physical Wellbeing
Healthy Eating as we Age
Optimising Brain Health

Useful Advice & Guidance:

Networking/ Community Support
Knowing Your Rights
Safety & Security

Information Stands from Clare Age Friendly Programme, statutory services, community & voluntary sector on the day

Refreshments & Light Lunch Provided

Booking Essential on:

www.corofinnorthclareshow.org
(Open from August 6th)

or

Complete the booking form on the back of this flyer,
scan & email to corofinshow@gmail.com or
post to our Show Secretary :
Ms Marian Darcy 4A Laghtagoona, Corofin, Co.Clare
Telephone: 086-1723019

THIS
IS A
FREE
EVENT

This event is organised by Corofin North Clare Agricultural Show in association with Clare Age Friendly Programme

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.

Date: Thursday, 2nd October 2025.

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

Time: 11am to 4pm

★ **All are welcome** ★

For more information please contact
agefriendlyclare@clarecoco.ie or telephone (065) 6846240

Subsidised
Lunch Rates



- Free Health Checks
- Guest Speakers
- Themed Breakout Rooms
- Cooking Demo



Other Health & Wellbeing News

Coffee Morning

Pop in for a cuppa
and a chat

Actively Retired & Senior Citizens



4th September and
18th September
Time: 10:30 to 12:00

Where: Tulla Courthouse,
Main St., Tulla



Tulla / An Tulach
Town Team / Foireann Bhaile

☀️ Invitation to come together for connection,
conversation, and community at
O'Gonnelloe Community Center

Join us for an engaging Information Afternoon hosted by the Clare Older People's Council, with support from the Clare Age Friendly Programme. Monday, 9th September 2:00–4:00 PM in O' Gonnelloe Community Centre. Enjoy informative talks and uplifting moments with guest speakers from: Select Hotels, Clare Older People's Council, Healthy Clare and poetry reading by Siobhán Mungovan. Whether you're looking for helpful resources, community updates, or simply a warm afternoon of connection, this event is for you!

The Age Friendly Ireland logo, featuring a stylized flower with multiple colors (red, orange, yellow, green, blue, purple) and the text 'Age Friendly IRELAND' below it.

**ONLINE CONSULTATION |
AN AGEING WORKFORCE |
ENGAGEMENT & PLANNING
FOR THE FUTURE**

Age Friendly Ireland to host a special consultation session to hear from you! We want to gather insights from people who have recently retired or are planning to in the near future. The goal of this session is to understand your experiences & perspectives on the retirement process.

DATE: 11TH SEPTEMBER 2025
TIME: 10AM – 11.30AM

**FOR FURTHER INFORMATION CONTACT
MARY.FITZSIMONS@FINGAL.IE**

REGISTER NOW

AGE FRIENDLY IRELAND SHARED SERVICE

CCMA **comhairle chontae na mí
meath county council**

Other Health and Wellbeing News

arts | active | engage



Changing Gears

Building Resilience and Managing Transitions in Mid to Later Life

Age & Opportunity is delighted to offer Changing Gears, in person this October in Ennis Digital Hub. Designed to boost wellbeing and resilience for those aged 50+ years, it is a five-session course which focuses on managing transitions in mid to later life.

Do you want to discover more about yourself and your capacity to meet different challenges? Would you like to take stock of your skills and experiences and plan your next steps in life?

What is Changing Gears?

Changing Gears supports people in dealing with transitions or significant life-challenges in mid to later life. It focuses on how we can build resilience, take stock, make changes, and bounce forward in life.

How does it work?

Changing Gears offers participants time to:

- Develop skills and techniques to build resilience and confidence in managing life-changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

The course invites participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way, strategies for building resilience and managing change draw on personal experience to lay the foundations for a more positive and fulfilling future.

arts | active | engage



"I am really enjoying the presentation, the interaction, the musical content and the general dynamic of the class. I look forward to attending the class in The Lexicon every Wednesday. Wishing you every success in your important work in Age & Opportunity"
Teresa, Dublin. Changing Gears participant, March 2025

"I want to thank the HSE for funding this wonderful course " Changing Gears". I enjoyed the 4 weeks and was sorry when it came to an end. Everyone I spoke to afterwards had enjoyed it too. The course was very well presented by Brian, each week brought something new to think about". Again, many thanks".
Vivienne, Dundalk, Co. Louth. Changing Gears participant, March 2025.

"The Changing Gears Programme has been thought provoking, enjoyable, life changing, and a valuable resource for future reference. Many thanks to all involved."
Mary, Galway. Changing Gears participant June 2025

How can I get involved?

This course is delivered in 2 ½ -hour sessions once a week over 5 weeks.

Venue: Ennis Digital Hub, Quinn Road Business Park, Ennis, Co. Clare V95 VW74

Dates: Thursdays 2, 9, 16, 23 October (gap of week) and 6 November 2025

Times: 10.30 am – 1.00 pm (which includes a comfort break with tea and coffee)

To book a place on this course, please e-mail Fiona at engage@ageandopportunity.ie or call (01) 913 3922.

Please note that this course has been funded by the HSE and is free of charge.

Participation requires attendance at each of the five sessions (please do not book a place if you cannot attend on these dates).

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Our aim is to enable the best possible quality of life for us all as we age, where we are more active, more visible, more creative, more connected and more confident.

Age & Opportunity is funded by



Age & Opportunity is funded by



Other Health and Wellbeing News

LOO4U-CLARE

Asking for the loo is not taboo.
Scan for Loo4U-Clare locations.



Need a loo? Scan this QR code!
Know of a loo? Email loo4uclare@gmail.com
Find out more at www.loo4uclare.com

Webinar Invitation

HSE Health & Wellbeing
2024 Annual Report Webinar

TIME: 2pm - 3pm
DATE: Thursday 11th September



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

Family Carers Ireland
No one should have to care alone

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	Week Four
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	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	Week six
Next Steps - Guidance Exploring your options going forwards and accessing other support services. We will bring in guidance from organisations based in Clare	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.

Starting on 16/09/25 in Ennis 11am - 1:30
Contact: Deirdre 086 774 9838
Email: training@familycarers.ie

Eligibility & Registration Apply



Other Health & Wellbeing News



Health Literacy Train the Trainer

9th October 2025 @ Clare Education Center

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.

Scan the QR Code to sign up!

Logos: Bord Oideachais & Oiliúna LUIMNIGH & AN CHLÁIR LIMERICK & CLARE Education & Training Board, ALL Adult Literacy for Life, hi Clare, Limerick & Clare County Council, LCDL, and various European Union and local development logos.

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

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 ETB.
Email: tom.kent@lcteb.ie or call 087 056 4369

FREE Literacy Awareness Course

This online Literacy Awareness course explores how understanding literacy can be a powerful tool for personal and social change.

Participants will learn how to become literacy aware and how to respond sensitively to unmet literacy needs.

The course is designed for anyone who interacts with the public in their work.

Date: Tuesday; 2nd of September 2025 from 14.00 to 16.00

Location: Online

To book: Contact regional Literacy Coordinator: Tom Kent
tom.kent@lcteb.ie 087 056 4369



**COLLEGE OF FURTHER
EDUCATION & TRAINING**



Other Health & Wellbeing News



Whats on?

Sign up for fun family courses starting September*.

My Baby and Me, Parent and child 0-18 months attend together.

Cuddle and Read, Parent and 18 months to 3 year old child.

Getting Ready for Primary School and Helping your Primary School Child.

Irish Conversation and Homework Help

Settling into Second Level.

Sharing Our Stories - Grandparents and Grandchildren together.

Support Yourself as a Parent –mindfulness, well-being topics.

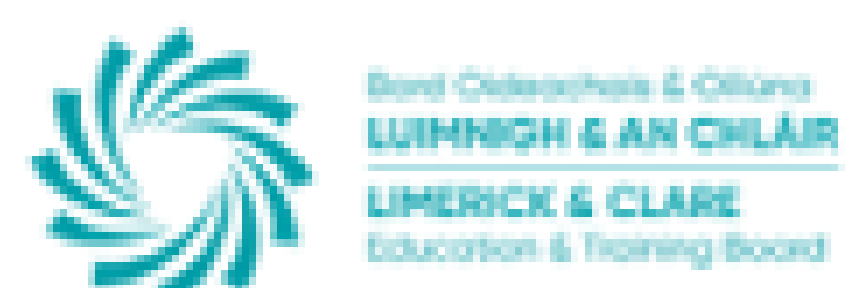
Time for Yourself: Choose from Gardening, Cookery, Art, Beauty Tips, Hairdressing Tips.

If you are interested in any of these short **FREE** courses in Co. Clare please Contact:

Mary Flanagan at

065 6897645 or mary.flanagan@lcetb.ie.

*Courses will start subject to numbers.



COLLEGE OF FURTHER
EDUCATION & TRAINING



COLLEGE OF FURTHER
EDUCATION & TRAINING

FREE Plain Language Training Online and In Person

Plain language makes your message easier to understand and more accessible to everyone. The course is designed for anyone who interacts with the public in their work.

These sessions are particularly relevant for those who support

- learners,
- clients, or
- service users in their roles.

This **Online Plain Language course** is designed to help you communicate in more literacy friendly ways. Whether you're speaking with the public, writing emails, or preparing documents.

Date: Tuesday; 30th of September 2025 from 14.00 to 16.00

This **In Person Plain Language course** is designed to help you communicate in more literacy friendly ways. Whether you're speaking with the public, writing emails, or preparing documents. Plain language makes your message easier to understand and more accessible to everyone. The course is designed for anyone who interacts with the public in their work.

Date: Monday; 29th of August 2025 from 10.00 to 12.00

Location: Kilmallock Road Campus Limerick City V94 Y6H3

Contact Regional Literacy Coordinator: Tom Kent

tom.kent@lcetb.ie 087 056 4369 to book any of the courses.

Other Health and Wellbeing News



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

MINDFULNESS WORKSHOP

Location: Ennis
Date 23rd Sep
10.30 - 1pm
Eligibility & registration apply

Contact:

Jackie: jduffy@cldc.ie
087 4219473

Stacey: soloughlin@cldc.ie
087 4095245



**Stress
Management
Techniques**

The focus will be 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



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir



JOURNEY to Employment

4 week course 10.30 to 1.30
Eligibility & registration apply
Location: Ennis

Dates: Sep 30th, Oct 7th, 14th, & 21ST

An engaging 4 week programme
to build your confidence,
Develop essential job-seeking
skills to open the door to new
employment opportunities
Open to people 16 or over

Wk 1 Confidence Building Rethink challenges

Find your next job with renewed self-assurance. Shift your mindset for success, use tools to change limiting beliefs, Develop a growth mindset, & embrace new opportunities

Wk 2. Goal Setting

Define and achieve your career objectives. Create a personal roadmap, use reflective techniques to clarify goals and take steps toward your goals.

Wk 3. Skills & Strengths CV Writing

Skills review – Identify transferable skills & personal strengths
CV writing – craft a compelling CV, understanding the structure of an effective CV, & tailoring towards roles

Wk4. From Application to Interview

Job searching techniques – where to find opportunities, strategies for effective job searching

Interview Skills – introduction to STAR format for interviews & preparing for interviews

For More Information & to book Contact

Jackie: jduffy@cldc.ie

087 4219473

Stacey: soloughlin@cldc.ie

087 4095245

Free Certified Training Courses

Participants can Complete following
Certified Courses free of charge.

- Safe Pass,
- Manual /Patient Handling
- Security Guard,
- First Aid,
- HACCP / Barista Training
- Abrasive Wheels working at Heights,
- Clean Pass



Rialtas na hÉireann
Government of Ireland



Ára 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.



Rialtas na hÉireann
Government of Ireland



Ára 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 & Wellbeing News



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

**Oct 23rd
Week One**

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.

**Oct 30th
Week Two**

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

**Nov 6th
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

**Nov 13th
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.

**Nov 20th
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

**Nov 27th
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.

Starting 23/10/25 Venue: Ennis, 10am - 1:30

Email Stacey: soloughlin@cldc.ie Phone 087 409 5245

or Jackie: jduffy@cldc.ie Phone 087 421 9473

Eligibility &
Registration Apply



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

Living Well Through the Menopause & Beyond

Keynote Speaker:
Dr Máire Finn, MB BCH
BAO DCH MICGP

Ennis Medical Centric Health

SPEAKERS

WORKSHOPS

TOPICS COVERED ON THE DAY INCLUDE:

- Understanding perimenopause and menopause.
- Recognising the stages, signs and symptoms.
- Diagnosis and treatments.
- Thriving through the menopause and in the years beyond.
 - Physical Activity (Building Strength)
 - Eating well for a balanced life.
 - Looking after our mental health for life.
- Specialised workshops:
 - Prioritising Selfcare.
 - Prioritising Sleep.

Self Care Workshop:
Introduction to Journaling with Mid West Aries.

The Art of Sleep:
Reclaiming Sleep to Thrive in Menopause & Beyond with Roisin Fouhy.

Speakers:

- Speaker 2: Muireann Lohan, MSc, WHA
- Speaker 3: Christine Cummins, COBU registered dietitian 0108560
- Speaker 4: Claire Flynn or Mental Health Ireland

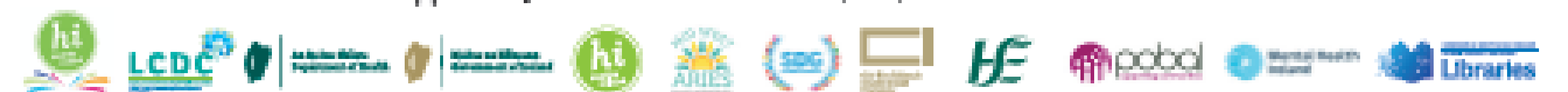
Booking details:

FREE EVENT

<https://glor.ie/events/living-well-through-the-menopause-thriving-through-the-years-beyond/>

QR Code

This event is supported by Human Resource Department, Clare County Council, Creative Clare and Healthy Clare. Also supported by Ennis Medical Centric Health, HSE, and Mental Health Ireland.



<https://glor.ie/events/living-well-through-the-menopause-thriving-through-the-years-beyond/>

Other Health & Wellbeing News



A poster for Creative Mindfulness classes. At the top, there are logos for 'Healthy hi Clare', 'Clare County Council', 'Rialtas na hÉireann Government of Ireland', and 'LCDC'. Below these is a rainbow arching over a central logo for 'Shannon Family Resource Centre' which shows two stylized figures holding hands. The main title is 'Creative Mindfulness classes with Sona Mindfulness: Promoting Children's Positive Mental Health and Emotional Well-Being'. Below this, a section 'Helps Children:' lists five bullet points. To the right of the list is a butterfly illustration. Another section 'Introducing Mindfulness through:' lists six activities in two columns. Below this is a small sunflower and butterfly illustration, the text 'Age: 7-10years old', and a circular logo for 'Sona Mindfulness' with a butterfly. The schedule 'Mondays 3pm-4pm starting from 15 September for 6 week' and price '€15 for 6 weeks' are listed. At the bottom, it says 'Spaces limited. To book contact Anna on 087 9649948 or 061707600' and provides the address: 'Community Building, Rineanna View, Shannon, Co. Clare, V14 XV97'. A footer note says 'Made with PosterMyWall.com'.

Healthy hi Clare

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: 7-10years old

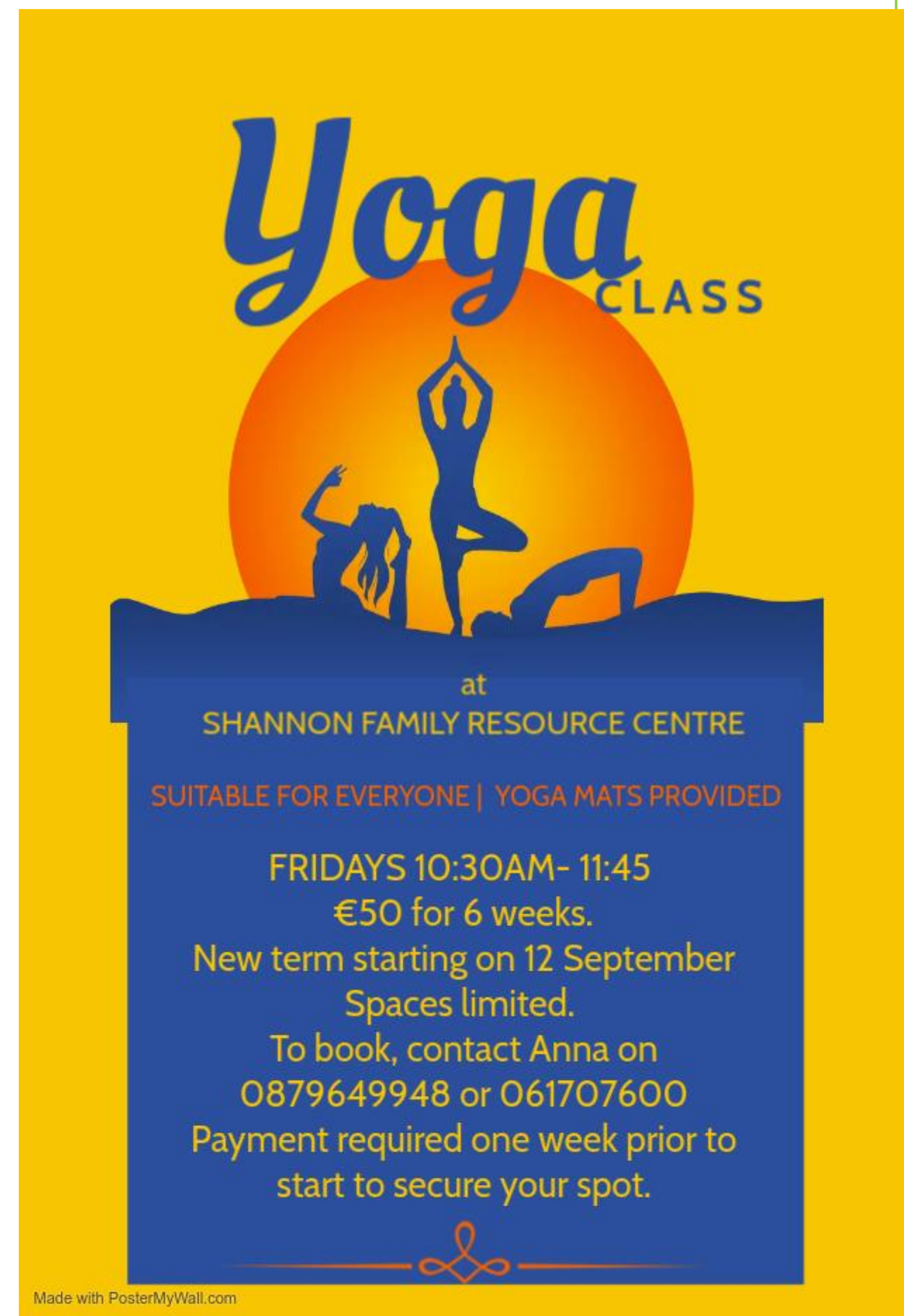
Mondays 3pm-4pm starting from 15 September for 6 week

€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



A 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 title 'Yoga CLASS' is in large blue letters. Below the title, it says 'at SHANNON FAMILY RESOURCE CENTRE'. Then, 'SUITABLE FOR EVERYONE | YOGA MATS PROVIDED'. The schedule 'FRIDAYS 10:30AM- 11:45' and price '€50 for 6 weeks.' are listed. It also says 'New term starting on 12 September' and 'Spaces limited.' For booking, it says 'To book, contact Anna on 0879649948 or 061707600' and 'Payment required one week prior to start to secure your spot.' At the bottom, there is a decorative orange line with a knot-like symbol. A footer note says 'Made with PosterMyWall.com'.

Yoga CLASS

at
SHANNON FAMILY RESOURCE CENTRE

SUITABLE FOR EVERYONE | YOGA MATS PROVIDED

FRIDAYS 10:30AM- 11:45
€50 for 6 weeks.

New term starting on 12 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

What's On September 2025

Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



Join us in September to share and learn about the **CHIME Framework for Mental Health Recovery**, when we explore the five key processes of mental health recovery - **Connection, Hope, Identity, Meaning and Empowerment**.

WEDS 03 My Mental Health - Staying Connected

🕒 10am-12pm

In this workshop we will explore the importance of having healthy social connections to support our mental health and wellbeing. Together, we will examine the challenges of maintaining these connections and explore strategies to overcome potential barriers.

TUES 09 My Mental Health - Having Hope

🕒 2pm-4pm

In this workshop, we will discuss what hope means to us as individuals. We will explore where we find hope and how having hope can benefit our mental health and sense of wellbeing.

TUES 16 My Mental Health - Exploring My Identity

🕒 2pm-4pm

In this workshop we will explore the relationship between identity and mental health. We will discuss how mental health influences our sense of self and discuss ways to enhance our wellbeing. Together, we will identify, share, and celebrate our unique strengths and talents.

THURS 18 My Mental Health - Finding Meaning

🕒 10am-12pm

In this workshop we will explore the importance of finding meaning and purpose in life. We will discuss ways to cultivate a true sense of fulfilment and purpose, identify potential challenges, and discuss strategies to overcome them.

THURS 25 My Mental Health - Empowering Me

🕒 10am - 12pm

In this workshop we will explore what empowerment means to us as individuals and discuss what we can do to empower ourselves and self advocate in our everyday lives. We will also discuss the barriers to empowerment and how to overcome these challenges.



All of our workshops are **free** to attend.

Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.

BOOK NOW

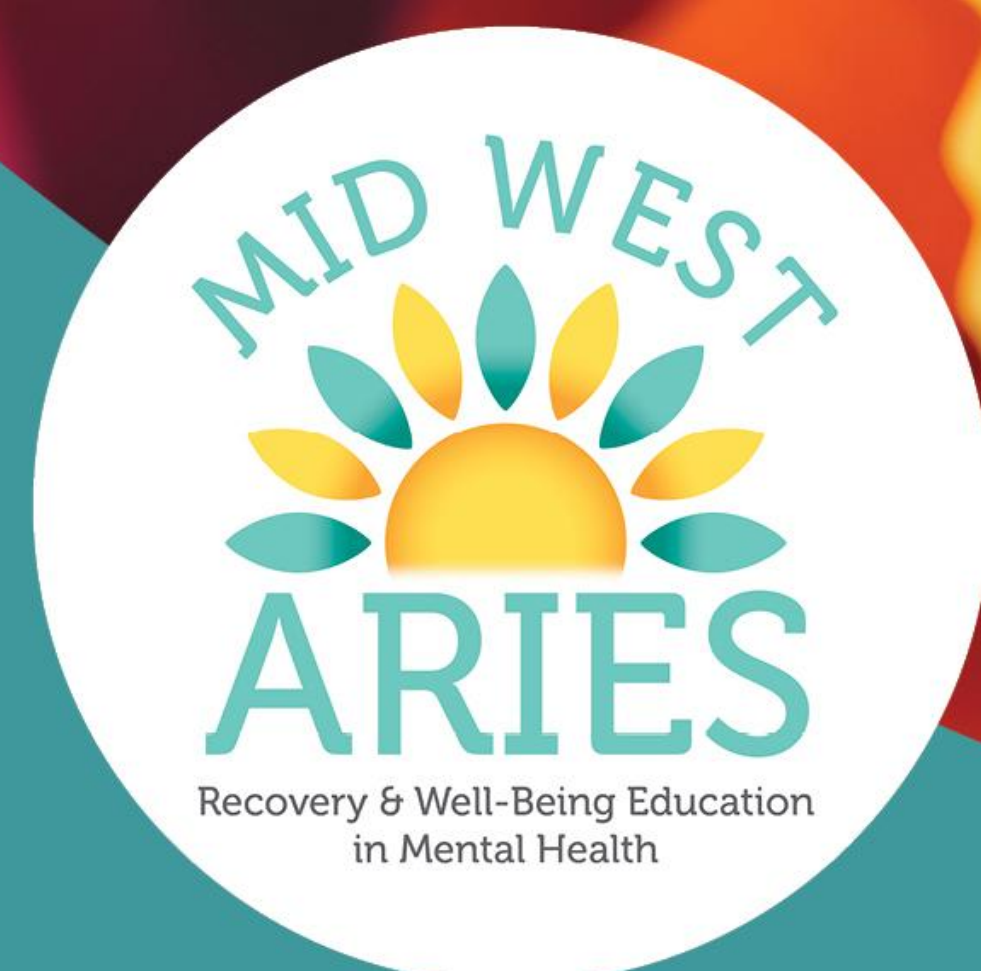
<https://midwestaries.ie/events/>
<https://midwestaries.eventbrite.ie>



For More Information Contact:
bookings@midwestaries.ie



Other Health and Wellbeing News



FREE WEBINAR

CHIME SERIES

Let's Talk Identity & Mental Health Recovery

When? Wednesday, October 28th 2025, 2pm-3pm
Where? Online via Zoom Webinar
Book? Web: <https://midwestaries.ie/events>
Eventbrite: <https://midwestaries.eventbrite.ie>

Join Us!

Our October webinar focuses on identity and mental health recovery, a key component of the CHIME framework. Our panellists will explore how rediscovering and redefining identity plays a vital role in personal recovery journeys. Whether you're a mental health professional, a person with lived experience, or a supportive ally, this webinar offers valuable perspectives to inspire hope.

Our Panellists

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

TBD
Recovery Education
Facilitator,
Mid West ARIES

TBD
Therapeutic & Recreational
Co-Ordinator
Ennis Acute Psychiatric Unit

TBD
Clinical Nurse Specialist
Recovery & Wellbeing
Acute Psychiatric Unit 5B



Need More Information?

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



Calling All Parents!



Join Clarecare Family Support Service & Mid West ARIES for a series of free wellbeing workshops

Self Care Workshop Series



Learn How to Prioritise & Practice Self Care



- Part 1 Exploring Self Care**
Wednesday, Sept. 10th, 10.30am-1.00pm
- Part 2 Building My Self Care Toolkit**
Wednesday, Sept. 17th, 10.30am-1.00pm
- Part 3 Building My Self Care Toolkit**
Wednesday, Sept. 24th, 10.30am-1.00pm



Clarecare
Harmony Row,
Lifford,
Ennis,
Co. Clare,
V95 F8CN

BOOK YOUR PLACE

Call: 065 6894200 | Email: FSSreferrals@clarecare.ie

Other Health and Wellbeing News



Free Mental Health & Wellbeing Workshop in partnership with Healthy Clare

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?



October 23rd 2025
10.30am–1.00pm



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

LIMITED PLACES AVAILABLE – BOOK NOW!

<https://midwestaries.eventbrite.ie>

<https://midwestaries.ie/events>

Email: bookings@midwestaries.ie



Shannon Gaels GAA Club
are partnering with Mid West ARIES to provide the following free
workshop as part of the
Healthy Clubs Programme.



Journaling for Wellbeing



Discover a simple tool to support your wellbeing and mental health in this fun workshop!

- ✓ 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, Sept. 11th 2025
10.30am – 1.00pm



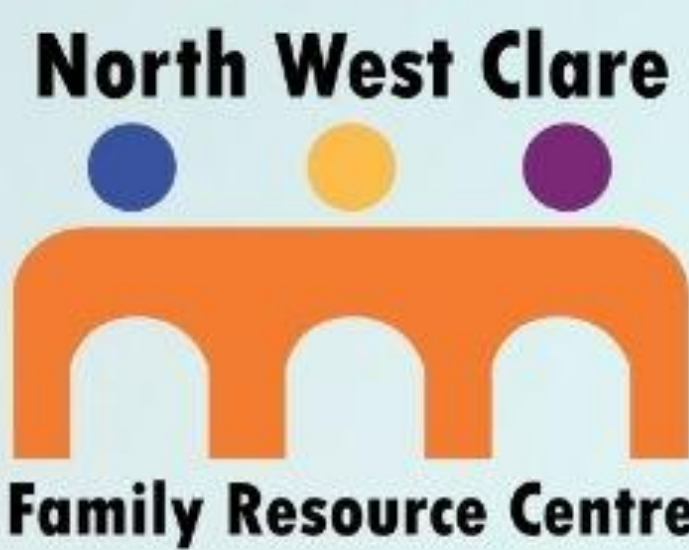
Labasheeda Community Hall,
Labasheeda,
Kilrush,
Co. Clare,
V15 CF85



BOOK YOUR PLACE NOW:
Email: shannongaelshealthyclub@gmail.com



Other Health and Wellbeing News



North West Clare
Family Resource Centre

What's on in September 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	10.30-12.30 2pm-4pm	Baby Massage (starting 22/9) Teen Club	Jenny Anastasiia, Jenny	<div><div></div><div></div></div>
Tuesday	10.30 - 12.30 11.30-1.00 2.40-3.45 7pm-8pm	Drop-in Service (Parliament Street) Traveller Play Group Homework Club Yoga Class	Jenny Jane, Joeann Anastasiia Kaye	<div><div></div><div></div><div></div><div></div></div>
Wednesday	7am-8am 9am - 4pm 10am - 1pm 11am - 12pm 11am - 1pm 1pm - 2.30 2.40-3.45 7pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud Community Garden Group Fáilte isteach (English classes) Homework Club Men's Shed	Kaye Jennifer Jenny Barbara Barbara Jenny Anastasiia Jenny	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Thursday	10.30-12.30 9am - 2pm 2.40-3.45	Kids Club (Lahinch Leisure Centre) Employability Homework Club	Jenny, Anastasiia Jennifer Anastasiia	<div><div></div><div></div></div>
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 Anastasiia Jenny Emma Emma	<div><div></div><div></div><div></div><div></div><div></div></div>

We also offer:

- Childcare (Little Deers)
- General Counselling, Gambling Counselling
- Play Therapy



Annual
Golf Classic
20th September 2025



Are you living in County Clare and have a disability 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.

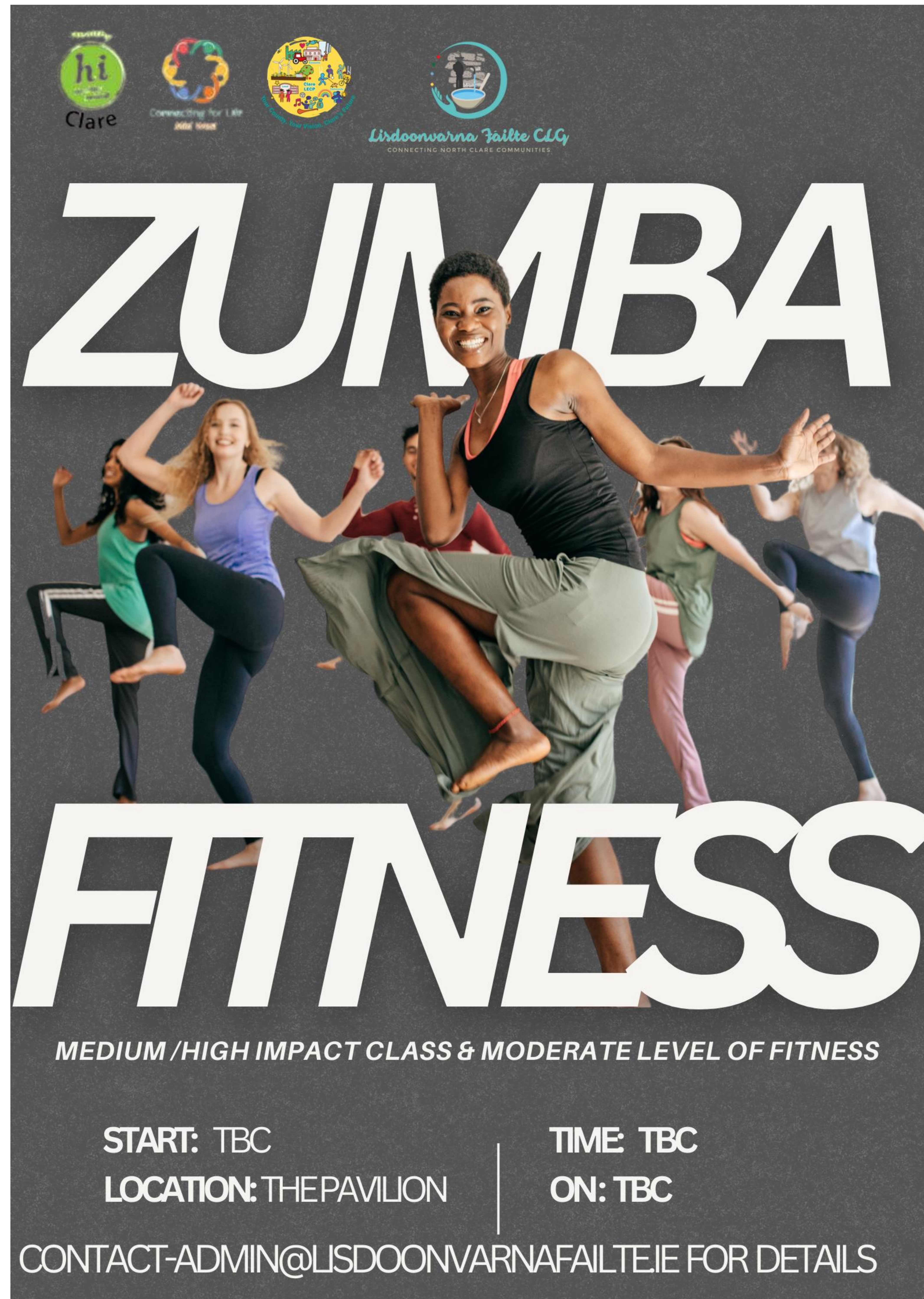
We understand that it can be difficult to initiate contact with a service you don't know anything about, so we created a video on what to expect in your first meeting with us, we hope it encourages you to text, call or email us.

Video link: <https://employabilityclare.ie/>

☎ 065-6844007 / 087 0621163

Manager: Marie Killeen mariek@employabilityclare.ie
Address: Head Office: Unit 7C, Elevation Business Park, Ennis, V95 VR7V

Other Health and Wellbeing News



Logos at the top: Clare, Connecting for Life, Your County, Your Vision, Clare's Future, Liridoonvarna Fáilte CLG, Connecting North Clare Communities.

ZUMBA

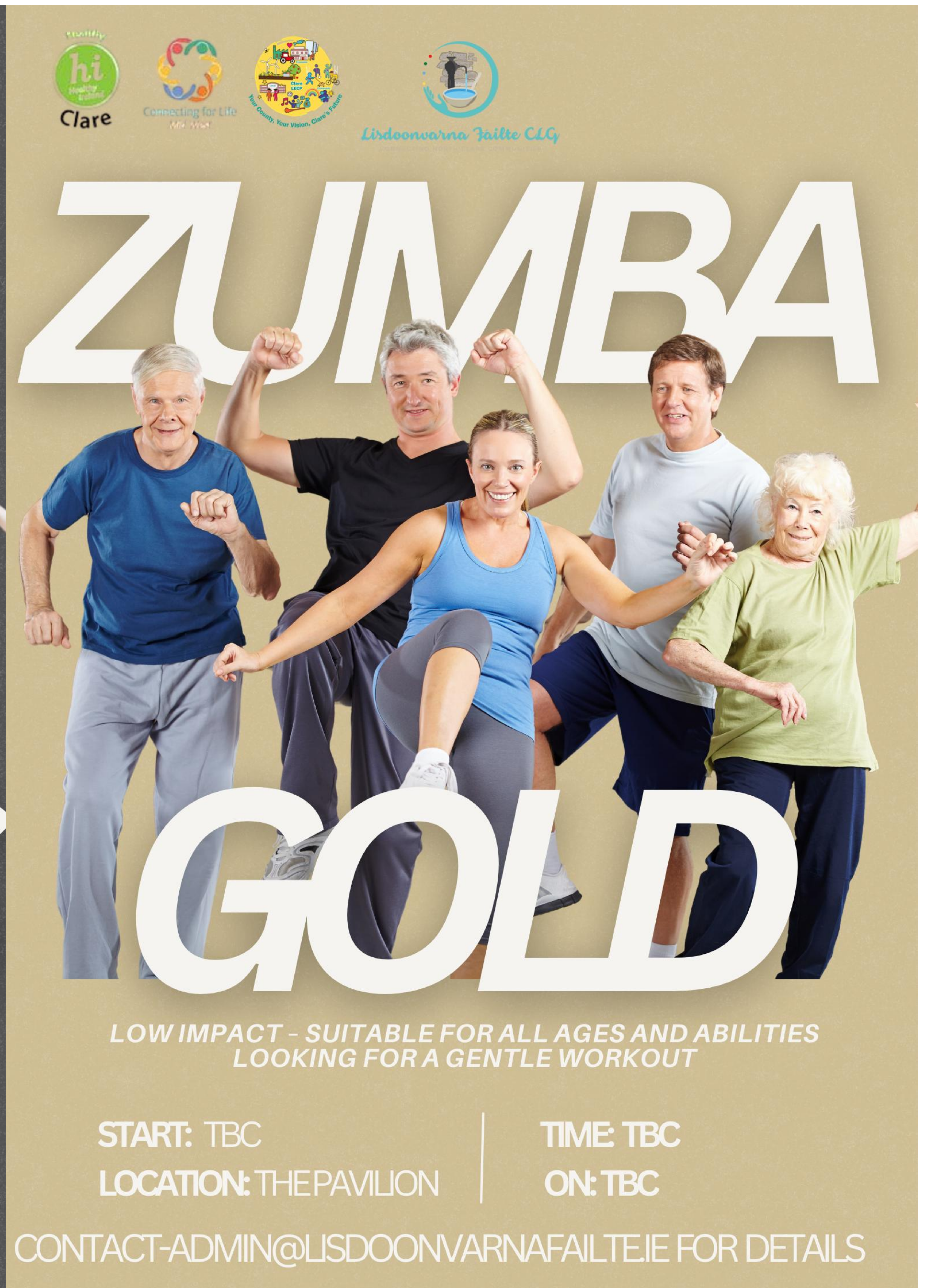
FITNESS

MEDIUM /HIGH IMPACT CLASS & MODERATE LEVEL OF FITNESS

START: TBC
LOCATION: THE PAVILION

TIME: TBC
ON: TBC

CONTACT-ADMIN@LISDOONVARNFAILTE.IE FOR DETAILS



Logos at the top: Clare, Connecting for Life, Your County, Your Vision, Clare's Future, Liridoonvarna Fáilte CLG, Connecting North Clare Communities.

ZUMBA

GOLD

LOW IMPACT - SUITABLE FOR ALL AGES AND ABILITIES
LOOKING FOR A GENTLE WORKOUT

START: TBC
LOCATION: THE PAVILION

TIME: TBC
ON: TBC

CONTACT-ADMIN@LISDOONVARNFAILTE.IE FOR DETAILS

Other Health and Wellbeing News



SEPTEMBER 19
11:30 - 12:30

BUILDING BONDS

ART & CRAFT

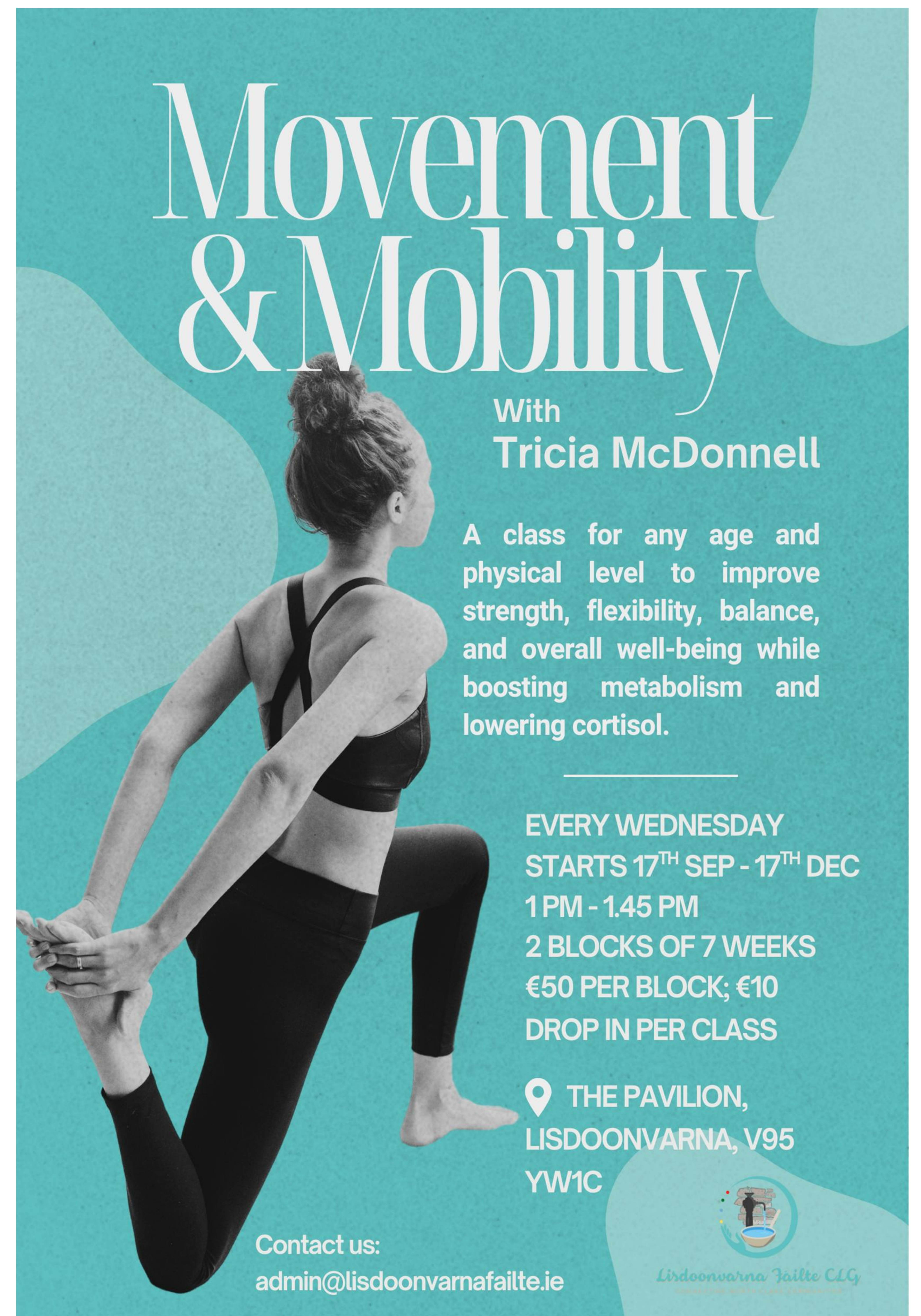
WITH LEIGH O'CONNEL

Unleash your creativity through Art and Craft. Join us for a class where you'll discover various crafting techniques and create personalized, unique items to adorn your home or give as gifts -

- **EVERY FRIDAY**
- **FOR 8 WEEKS**
- **2 BLOCKS - 4 WEEKS EACH**
- **2 DIFFERENT ART CLASSES**
- **LIMITED SPACES**

Supported by **ReachFund**

SOLAS learning works
Lisdoonvarna Failte CLG
Government of Ireland



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
STARTS 17TH SEP - 17TH DEC
1 PM - 1.45 PM
2 BLOCKS OF 7 WEEKS
€50 PER BLOCK; €10 DROP IN PER CLASS

THE PAVILION,
LISDOONVARNA, V95 YW1C

Contact us:
admin@lisdoonvarnafailte.ie

Lisdoonvarna Failte CLG
CONNECTING NORTH CLARE COMMUNITIES

September 2025: Creative Spaces



September Word Fill In



Write the words in the correct place on the grid based on the number of letters. Spaces included in answers.

HELLO FALL





SEPTEMBER




4 letters mums rake fall	6 letters sports school orange apples yellow leaves gourds	7 letters hayride flannel pencils foliage equinox harvest	8 letters pumpkins	10 letters tailgating homecoming sunflowers	12 letters grandparents
--	--	--	------------------------------	---	-----------------------------------



© Puzzle Cheer





Fall spot the difference

Find the 7 differences between these 2 pictures.



