

Healthy Clare Newsletter

August 2024

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



healthyclare@clarecoco.ie



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



[@healthy_clare](https://twitter.com/healthy_clare)



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



Clare

Follow us on Social
Media

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

We are delighted to continue rolling out our 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 Products Campaign | Clare County Council Community Engagement \(clarecoco.ie\)](https://www.clarecoco.ie/services/community/healthy-clare/)

To give feedback on the campaign please scan the QR code or visit <https://yoursay.clarecoco.ie/free-period-products/surveys/clare-s-la-free-period-products-campaign-2>



Dear readers,

I hope you are all enjoying the summer months. This month I would like to highlight two of the campaigns that Healthy Clare is involved in. Both are featured on this month's cover page.

1. Free Period Poverty Initiative.
2. 'Not Around Us' campaign.

The aim of the 'Not Around Us' Campaign is to work "Towards a Tobacco and Vape Free Clare".

The purpose of the Not Around Us campaign is to:

1. Help **Protect** children and young people from secondhand smoke
2. Contribute to the **Denormalisation** of smoking for children and young people
3. **Reduce Environmental Nuisance**, the cost of cleaning and damage that discarded tobacco products create
4. **Signpost** to the [HSE Quit services](https://www.hse.ie/eng/health/quit.htm)
5. **Raise Awareness** and **Support** amongst all stakeholders in Clare on tobacco/vape free Ireland and everyone playing a part in supporting it

If your organisation is interested in participating in the campaign, please link with me via email at healthyclare@clarecoco.ie or mail it to:

Healthy Clare,
Rural Development Department,
Clare County Council,
Áras Contae an Chláir,
New Road, Ennis,
Co. Clare
V95 DXP2

For more details, visit: [Not Around Us Campaign | Healthy Clare | Rural and Community Development | Services | Clare County Council \(clarecoco.ie\)](https://www.clarecoco.ie/services/community/healthy-clare/)



Physical Activity



A Lust for life want you to get involved! Why not organise a walk on September 15th and make a donation to support the work their work.

<https://www.alustforlife.com/>

This September, Niall 'Bressie' Breslin and his team embark on "The Rising 2024".
A six-day kayak down the River Shannon
An epic 110 km cycle from Limerick to Killarney
A triumphant climb up Carrauntoohil

All to support A Lust For Life's mission to ensure every child and young person in Ireland gets access to our school's mental health programmes. Over eight difficult days they will journey through Ireland by kayak, by bike, and by foot, collecting and sharing messages from our young people about their wellbeing.



mywaste

There's good news for thousands of sports clubs nationwide today as Ireland's official guide to managing your waste, MyWaste, is launching a free sustainability toolkit to help sports clubs improve their waste management practices and embrace the principles of a circular economy.

For More information, please click on the link below

<https://claresports.ie/game-on-for-green/>



For more information, please click on the link below

<https://claresports.ie/swimwear-safety/>



Clare Sports Partnership are delighted to announce their inclusive summer camps are back this year, offering an exciting array of activities for every child!

They believe every child deserves a summer filled with joy, adventure, and new friendships, which is why our camps are designed to welcome children of all abilities and backgrounds

With a diverse range of activities, there's something for everyone to enjoy

Their dedicated coaches ensure a safe, supportive, and fun environment where every participant can shine and make lasting memories

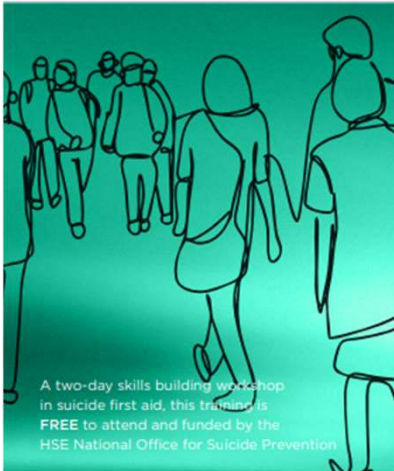
Join them this summer and let your child experience the thrill of sports in an inclusive setting where everyone is welcome and celebrated

Contact James for on 087-9627696

Mental Health



Applied Suicide Intervention Skills Training



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

Suicide first aid helps meet some of the challenges in reducing suicidal behaviour

ASIST training will take place in Ennis on September 17th & 18th. Currently there are some spaces available. To register click on this link <https://bookwhen.com/suicidepreventiontrainingmw/e/ev-stxr-20240917000000>



Connect @THE LIGHTHOUSE

Who is Connect for?

Connect is for anyone who is interested in meeting people who have similar shared life experiences around mental wellbeing and are interested in learning from and supporting each other through their experiences.

What can you expect at Connect

- A place to drop in for a cup of tea and chat
- A place to meet others with similar life experiences
- A safe, open and friendly atmosphere
- A place to learn from each others experiences and to reduce stigma
- A place that is non-clinical
- A place that is non-judgmental and inclusive for all
- A place that promotes positive mental health
- A place that values the expertise of those with lived experience
- A place of education and training that promotes wellbeing in the community

Open

Tuesday 7-9pm

Friday 5-7pm

For more information

email: westclaremha@mentalhealthireland.ie

Or Text 085 8559511



Weekly Woodland Walk

Join us for a group walk around Vandeleur Woods and Gardens



Tuesdays meeting at 10:50am in upper car park

Departing at 11:00am

For more information

Email:

westclaremha@mentalhealthireland.ie

Or Call 085 8559511/065 9062329

Mental Health



Oifig Náisiúnta an FSS um Phléimharrú a Chosc
Ospidéal Stewart, Baile Phárlair, Baile Átha Cliath 20
HSE National Office for Suicide Prevention (NOSP)
Stewarts Hospital, Palmerstown, Dublin 20
t 01 7785112 e info@nosp.ie



Let's Talk About Suicide

Let's Talk About Suicide is a new, free online suicide prevention training programme from the HSE. It helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.

This introductory programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace.

To enroll and complete Let's Talk About Suicide, visit traininghub.nosp.ie or follow the QR Code.

I am delighted to say our new HSE online suicide prevention training programme – Let's Talk About Suicide is now live. Please follow the link below

<https://traininghub.nosp.ie/>



Suicide Prevention in the Community

Connecting, Communicating, Caring

The HSE have produced a practical guide for Suicide Prevention in the Community. To access a copy please contact www.hse.ie/eng/services/list/4/mental-healthservices/connecting-for-life/publications/suicideprevention-in-the-community.pdf



NEW GROW GROUP OPENING IN ENNIS

Every Tuesday 2:00 - 4:00 pm
MARIA ASSUMPTA HALL
Ennis, County Clare
Contact Celia for more information:
086 1526966

YOUR DESIGN COULD
CHAMPION MENTAL HEALTH
NATIONWIDE!



NATIONAL POSTER COMPETITION

Join our initiative to integrate the importance of mental health into everyday life! Submit your poster design to bring public voices into this vital conversation and create a meaningful resource.

HOW TO GET INVOLVED

To find out more about this competition and how to enter please visit:
www.barbarabrennan.ie

or

The Mental Health Commission website: www.mhcirl.ie

Submissions welcomed under the following categories:

- Universities
- Schools
- Workplaces
- Community groups
- Disability groups

*Individual or group submissions welcome

Submissions now open!

(Closing Date: 5th August 2024)

We're looking for a new national poster design for
WORLD MENTAL HEALTH DAY 2024

Our partners and judges for this exciting campaign:



Join West Clare Mental Health Association every Tuesday evening and connect with people over a cuppa tea and meet people who have similar life experiences in a safe and non-judgmental place

Registration Email: westclaremha@mentalhealthireland.ie

Phone Number: 0858559511

Eating Well

Are you supporting a family member with an eating disorder?

If so, this **free** online 4-week programme for families and friends is for you



Attendance is FREE but booking is essential.

For booking information please contact:
Christopher (pilar@bodywhys.ie)

BODYWHYS
The National Centre for Eating Disorders

First Clinical Programme for Eating Disorders




































Supporting family and parents has always been a core aspect of our work. Part of this is our free four-week PiLaR programme, incorporating both psycho-education and support, as well as practical advice and skills to help you support your family member towards recovery.

The next PiLaR programme will commence on: Thursday, September 12th from 7-9pm online via zoom
Please contact Christopher (pilar@bodywhys.ie) for booking.

Bodywhys is now offering New Maudsley Carer Skills workshops and post-PiLaR support groups for parents who have completed our PiLaR programme. To register your interest, please contact pilar@bodywhys.ie

STOP FoodWaste.ie

What is in season in August?

| | | | | |
|--|--|--|--|---|
|  AUBERGINES |  BEETROOT |  BROAD BEANS |  BROCCOLI |  CABBAGE |
|  CARROTS |  CAULIFLOWER |  FRENCH BEANS |  MUSHROOMS |  MARROWS |
|  ONIONS |  PAK CHOI |  PARSNIPS |  PEAS |  RHUBARB |
|  SHALLOTS |  RUNNER BEANS |  SPINACH |  SWEETCORN |  TURNIPS |
|  BLACKBERRIES |  BLUEBERRIES |  RASPBERRIES |  STRAWBERRIES |  CELERIAC |
|  COURGETTES |  CUCUMBERS |  LETTUCE |  PEPPERS |  RADISHES |
|  SCALLIONS |  TOMATOES |  FENNEL |  CHIVES |  CORIANDER |

#StopFoodWaste

 safe food

Wash your hands Rufus!



Have you read our Rufus handwashing storybook to your kids – it helps teach them how to wash their hands properly. It's available in libraries or free to download or order here:
<https://www.safefood.eu/./Handwashing-tools-for-parents...>

Apply for funding

Online projects to develop cooking skills and healthy eating

 safe food



Is your community group involved in developing life skills?
We are funding online projects to support families develop their cooking skills & healthy eating habits.
Read details and how to apply here:
<https://www.healthycommunities.ie/applying-for-cfi-at...>

Good food for sport

Our guide



If you're all about staying strong, building muscle and bouncing back after a training session or workout, check out our guide on the best foods for sport and recovery.

Read it here:
<https://www.safefood.net/gg/teen-sports>

Tobacco Free, Reducing Drugs & Alcohol Related Harm

⚠ HSE festival update ⚠

Higher strength MDMA can increase risks for people at events this weekend

MDMA has changed, there are bigger pills containing from 143mg to 222mg of MDMA. This is double an average dose.

Appearance

Purple, pink, blue, and green MDMA (ecstasy) pills

Recommendation

It's safer not to use drugs at all. All MDMA has risk, you can't be sure of the contents or purity.

Treat MDMA pills, powders and crystals with caution, start low, go slow.



Don't be afraid to get medical help if you or a friend feels unwell after using drugs.



#ReduceTheHarms

DRUGS.ie

HE DRUGS.ie
Drug and Alcohol Information and Support

Talk to your child about drugs use.

Use our parent's guide to start the conversation.

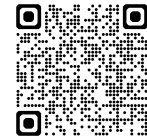


Substance use can be a tricky topic for parents or carers to approach with young people

If your child is heading to parties and festivals this season, check-in, open the conversation about drugs, let them know they can talk to you.

Here's a quick guide on how to start a conversation about drugs and alcohol with your child:

https://www.drugs.ie/drugs_info/for_parents_carers/dont Lose the head/



QUIT.ie

Health benefits of quitting smoking.



Did You Know the benefits of quitting smoking are as immediate as 20 minutes after you stop? Within 20 minutes, blood pressure drops, and your pulse and body temperature of hands and feet return to normal.

Read more about the health benefits of quitting:

<https://www2.hse.ie/living-well/quit-smoking/reasons-to-quit/health-benefits/>

**ODDS ARE,
PROBLEM GAMBLERS
HAVE MORE TO LOSE THAN MONEY**



CALL 1800 936 725

FOR SUPPORT

 **GAMBLINGCARE.ie**

If you are a Problem Gambler, you stand to lose more than money. Financial security, jobs, relationships with families can be lost if gambling is becoming an uncontrollable compulsion in your life.

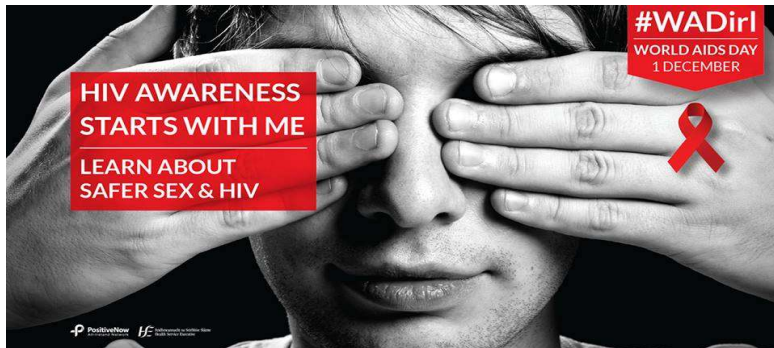
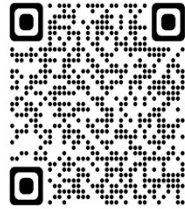
Increase your odds of quitting successfully by availing of our professional support. Learn about what we can do to help you, through our website at gamblingcare.ie, or call the National Helpline on 1 800 936 725 to speak to a professional today

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



S.A.L.T. is a programme that supports people who feel that they are engaging in any sexual activity that has a negative effect on their life with concerns in relation to problematic sexualised behaviour in adults. This therapy is based on the work of Paula Hall, a leading expert in the area of compulsive sexual behaviour in the UK.

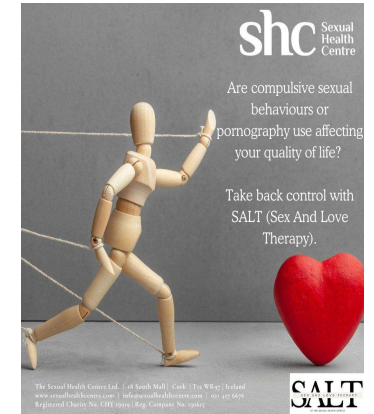
It helps you regulate your sexual behaviour and accept your feelings about who you are, aiming to eliminate shame and isolation. It covers problems such as:

- Sexual behaviour that has a negative effect on your life,
- Problematic pornography use,
- Patterns of unhealthy relationships.

Any of these can lead to issues with other areas of your life such as relationships, friendships, work or substance misuse.

S.A.L.T. is mainly run as group therapy, with groups separated by gender. The group setting encourages trust and provides a safe space to deal with your issues with the help of other people in a similar situation.

If you'd like to find out whether S.A.L.T. is for you, call our advice line on 021 427 6676 to book an assessment.



The HSE Free Contraception Service has now been expanded to include ages 32 to 35.

If you have questions about contraception, find out more at sexualwellbeing.ie

Free contraception service expanded to include 32 to 35 year olds.

Free prescription and emergency contraception service is now available to 17 to 35 year olds. The service includes:

- consultations with your GP or doctor
- prescriptions given by a GP or doctor
- a wide range of prescription contraception
- fittings and removals of implants and coils
- check-ups or other follow-up care needed for an implant or coil
- emergency contraception (morning after pill)



Effective treatment of HIV means you can't pass on the virus to partners.

Help keep yourself and your partners healthy by seeking treatment. Undetectable equals Untransmittable.

Learn more at sexualwellbeing.ie:

<https://bit.ly/3JYttqk>

Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



www.clarelibrary.ie



library_mailbox@clarecoco.ie



<https://twitter.com/clarelibrary>



065 6846350



www.facebook.com/clarecountylibrary



www.instagram.com/clarecountylibrary

Each My Little Library book bag includes:

Books about starting school, making friends, and being happy in yourself.
A library card and a special Little Library card wallet.

Why This Matters

The initiative aims to build strong connections between young children, their families, and their local libraries. Over the past two years, it has encouraged tens of thousands of families to collect their book bags and join their local libraries, fostering a love of reading and a sense of community.

How to Get Your Book Bag

Starting 21 June 2024, all children completing the ECCE programme and starting primary school in September are invited to visit their local library to pick up their My Little Library book bag. The bags are available in both Irish and English and will be in libraries throughout the summer.

Parents will need to sign a consent form and show valid ID for their child to join the library. Library membership is free for everyone, making it a perfect opportunity for the whole family to join!

Join Us in Promoting Literacy!

This initiative is more than just a gift; it's an invitation to a lifelong love of reading. We hope this small gesture will inspire your child to explore the magical world of books and regularly visit the library.

For more information, visit the First 5 website:

<https://www.gov.ie/en/campaigns/5d81e-about-first5/?referrer=https://www.first5.gov.ie/>

Interested in learning a new language? Your library card gives you access to over 110 free online Transparent Language courses!

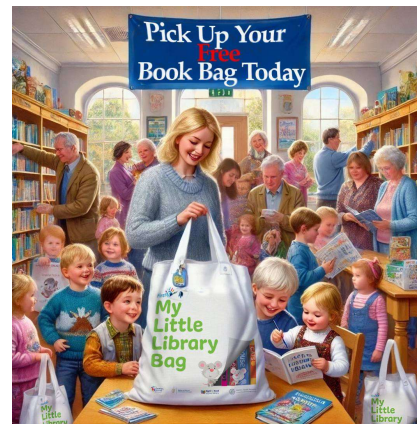
110+ languages

Learn essential skills

Available on any device

Find out more and get started at

<https://zurl.co/zkas>



REKINDLE Festival of Lost Skills

16 + 17 AUGUST 2024 | ENNISTYMON, CO. CLARE

Interested in taking part? Calling all...

PEOPLE OF ALL AGES WITH
LOST SKILLS TO SHARE

LOCAL BUSINESSES WITH
TRADITIONAL PRODUCTS

STALL HOLDERS WITH
TRADITIONAL PRODUCTS

FESTIVAL VOLUNTEERS
AVAILABLE 16 + 17

EmployAbilityClare

Supporting Inclusive Employment



An Roinn Coimircíe Sóisialaí
Department of Social Protection

EmployAbility Clare's goal is to support people who have an illness, disability or an extra support need to return to work and maintain employment.

This may include people who have physical, sensory, mental health, intellectual, hidden, ASD, or an acquired brain injury for example.

Our Employment Coaches are there to support you :

- a. if you wish to get a job, possibly after a period of unemployment
- b. to return to work after illness or injury
- c. if you have an extra support need which needs accommodating within the work environment.

Why not contact EmployAbility Clare to see what they can do for you ? Phone us on 065 684 4007 for an appointment.



Open Heart Meditation & Reiki Tummo

Killaloe Ballina Community & Family Resource
Centre,

The Green, Killaloe Co Clare

Monday evenings 7 to 8pm

Fee by Donation (Suggested 5 euro)

Contact Fíona Ryan 086 8820180

Email: otfionaryan@gmail.com

All Welcome



New weekly Open Heart Meditation with Occupational Therapist Fiona Ryan at Killaloe/Ballina Community & Family Resource Centre, every Monday at 7pm. Please contact Fiona for further information on 0868820180/otfionaryan@gmail.com or drop in this evening at 7, all welcome! ❤️

Other Health & Wellbeing News

COUNSELLING FREE PHONE SUPPORT

FOR MEN
FOR WOMEN
FOR 16+ YEARS
FOR 14-16 YEARS
FOR YOU

When you're ready to talk about what happened, we're here to listen!

Rape Crisis Midwest provides a free confidential counselling service for survivors of sexual violence. The service is open to anyone who has survived any form of sexual violence - whether that's childhood abuse, sexual harassment, assault, or rape.

Our trained and accredited counsellors will listen and offer emotional support. We also provide SATU, court and Garda accompaniment services for survivors.

Call us anytime on 1800 311 51.



Lisdoonvarna Fáilte CLG
CONNECTING NORTH CLARE COMMUNITIES

MEET YOUR GUIDE
Keelan McMahon

BOOK NOW

New Guided Tours launching at Lisdoonvarna Fáilte

As part of our Heritage Trail App with Great Visitor Experiences, Keelan will now offer a guided tour of the historical sites in Lisdoonvarna.

You or your guests can book directly online Here

<https://greatvisitorexperiences.com/book-tickets>

What to expect:

Tour starts at 12 noon at The Pavilion (Free parking)

Tour will visit many historic sites in Lisdoonvarna

Tour lasts approx 1 hour

Weekly Tours every Saturday at 12 Noon

Advise guests to wear comfortable & appropriate footwear

€15 per person, €10 Senior, €5 per child (>5)



Lisdoonvarna Town Centre Healthcheck Survey

Give us Your Views On Lisdoonvarna

Clare County Council invites everyone connected with Lisdoonvarna to complete a short online survey on what's good about the town and what needs improvement.

The survey link is provided in this post.

Lár Bialte ar dTús
Town Centre First

The Lisdoonvarna Town Centre Healthcheck Survey is designed to gather thoughts on the health of Lisdoonvarna. All information collected will be entirely anonymous and will feed into a Collaborative Town Centre Health Check for Lisdoonvarna.

Survey link:

<https://docs.google.com/.../17Ua46GXTLPoehCssEq1UagG9MnxJ..>



Grow Mental Health
Peer support meetings for anyone experiencing mental health issues
Maria Assumpta Hall
Monday at 8-10pm
Contact Celia 086 1526966

Other Health & Wellbeing News



Seirbhís Sláinte
Níos Fearr
á Forbairt | Building a
Better Health
Service

Breastfeeding

Advice and support on starting breastfeeding

Breastfeeding advice and support on starting breastfeeding in Co Clare

Please click on the link below for more information

https://www2.hse.ie/services/breastfeeding-support-search/?service_area=Clare



COVID-19

For information and advice, please go to <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>

Clinical and professional guidance relating to COVID-19 is available on www.hpsc.ie.



National
Heritage Week
A Heritage Council programme

17th - 25th
August 2024



Connections,
Routes and
Networks

Click on the link below to find some interesting events happening in our beautiful county during National Heritage Week 2024

<https://www.heritageweek.ie/event-listings?q=&where%5B%5D=clare#listings>

Think Measles It isn't just a little rash

Measles can be dangerous, especially for babies and young children, pregnant women and people with a weak immune system.

Measles is very contagious. Measles spreads through the air when an infected person coughs or sneezes. It can spread very quickly and easily in busy or crowded places.

Measles symptoms typically include:

- > High fever which may reach around 40 degrees Celsius
- > Cough and runny nose
- > Sore/red eyes
- > Loss of appetite
- > Tiredness, irritability and a general lack of energy
- > Rash – usually appears on head and neck first and spread to rest of the body



You have the power to protect yourself and your family.

Get safe and long-lasting protection against measles by making sure that you and your family have had the two recommended doses of measles-mumps-rubella (MMR) vaccine. It's never too late to catch up – talk to your doctor or HSE healthcare worker about getting your free catch-up MMR vaccine. Further information about measles and MMR vaccination is available at hse.ie/measles



Find your nearest MMR Vaccination Clinic by scanning the code or by visiting our website:
<https://www2.hse.ie/services/mmr-vaccine/>



Adapted for Ireland from an original infographic created by CDC, AAP, AAFP

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@lcebt.ie.

*Courses will start subject to numbers.



West Clare Community & Culture
Limerick & Clare
Education & Training Hub

COLLEGE OF FURTHER
EDUCATION & TRAINING



Other Health & Wellbeing News

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 Q3 2024

| Venue | Day | Time | Start date | Finish date |
|---------------------------|---------|--------------|---------------------------------|-------------------|
| Online | Monday | 6.30pm – 9pm | 16 th September 2024 | 21st October 2024 |
| Ennis Primary Care Centre | Tuesday | 10.30am-1pm | 17 th September 2024 | 22nd October 2024 |

To book your place contact

**Philip Hennessy Tel: 087-1799396,
Email: philip.hennessy2@hse.ie**

www.hse.ie/LivingWell



*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.



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

LASRAÍ

gathering around the flames



An evening of traditional music and dance to open Rekindle Festival of Lost skill 2024

Citadel

Kateryna Cherniak
Mohammad Syfkan
Ultan O'Brien & Stephanie Keane
Louise O'Connor & Aindrias De Staic

FRIDAY 16TH 2024, 7 - 11PM
ENNISTYMOM COMMUNITY CENTRE

FINALLY SUPPORTED BY:
arts funding festivals
COMMUNITY CENTRE AN CLAIR CLARE COUNTY COUNCIL
An Chomhairle Oidhreacht The Heritage Council

Drawing with Laura

Four classes in August - Join one or all sessions



Tues 13th Aug, 11am-12.30pm

Thurs 15th Aug, 11am-12.30pm

Tues 20th Aug, 11am-12.30pm

Thurs 22nd Aug, 11am-12.30pm

Laura Freinate is an online art coach with 15 years' experience in higher art education.

www.familycarers.ie/events



Artist Laura Freinate will facilitate four online drawing classes for family carers starting Tuesday 13th August. You're welcome to join any or all classes that suit you. Register at

<https://www.eventbrite.ie/e/946290689927>

North West Clare



What's on in August 2024

Phone us: 065 707 1144

Parliament Street, Ennistymon, Co. Clare

Private Groups
Groups hosted by
NWCRC
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 | Kids Club (Ballyvaughan, Village Hall, 19th and 26th) | Jenny, Anastasiia | ● |
| Tuesday | 10.30 - 12.30 | Drop-in Service (Parliament Street) | Joeann | ● |
| Wednesday | 9am - 4pm 10am - 1pm 11am - 12pm 2pm - 5pm 7pm | Employability Textile Crew (Parliament Street) Food Cloud Money Advice & Budgeting Service Men's Shed | Jennifer Joeann Joeann Barbara Deiric, Joeann | ● ● ● ● ● |
| Thursday | 9am - 2pm 10.30 - 12.30 6pm - 7pm | Employability Kids Club (Lahinch Leisure Centre, 1st, 22nd and 29th) Ukrainian Language Classes | Jennifer Jenny, Anastasiia Anastasiia | ● ● ● |
| Friday | 9am - 5pm 10am - 12pm 11am - 1pm | Intro: Employment and Income Supports Kids Club (The Pavilion, Lisdoonvarna, 2nd, 16th, 23rd and 30th) Breastfeeding Group (every 2nd week) | Tommy Jenny, Anastasiia Joeann | ● ● ● |

We also offer:

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



EMPOWERING YOUNG PEOPLE THROUGH CREATIVITY

FREE Creative Workshops for Ages 6-16 Living with Lifelong Physical Health Conditions

What We Offer:

- FREE in-person and online workshops, tailored to different age groups
- Safe and accessible spaces
- On-site medical care
- Professional artists
- Volunteer support

Beyond Health Conditions:

- Meet people with similar life experiences
- Spark friendships
- Unlock new skills and interests
- Grow in confidence through creativity

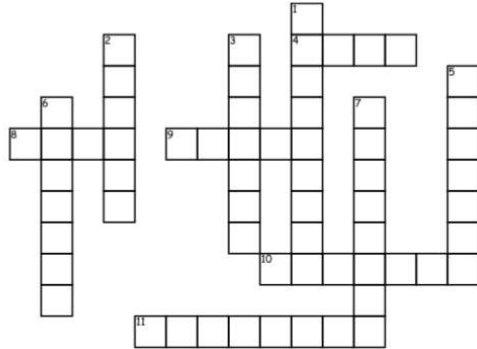
95% of parents indicate that Helium Arts has improved their child's physical health & wellbeing (Helium Arts Creative Health Hub 2023 Evaluation Report, 10/10/2023)



Special Days in August

Name: _____

Autumn Crossword Puzzle



autumn

Across

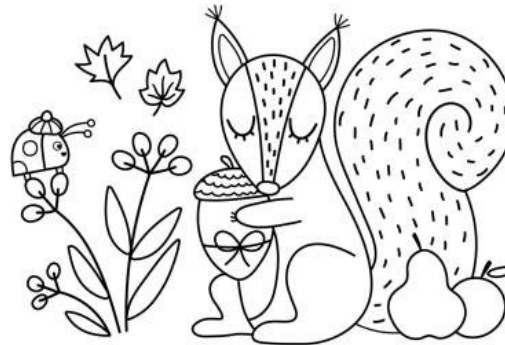
4. A tasty yellow vegetable with kernels.
8. Another word for autumn.
9. A crisp, red fruit.
10. Something people wear during the autumn.
11. The way trees look during the autumn.

Down

1. Used to scare birds away from the corn.
2. One of the colors leaves turn in autumn.
3. A large orange squash that people carve faces into.
5. The middle month of autumn.
6. Another word for gathering crops before winter.
7. A sport that starts in autumn.



Spot 10 differences



Autumn Leaves

Little leaves fall softly down
Red and yellow, orange and brown
Whirling, twirling round and round
Falling softly to the ground
Little leaves fall softly down
To make a carpet on the ground.
Then, swish, the wind comes whistling by
And sends them dancing to the sky.

Anon

