

# Healthy Clare Newsletter

## October 2024

[www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)



[healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)



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



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



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



# Clare

**Follow us on Social Media**

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

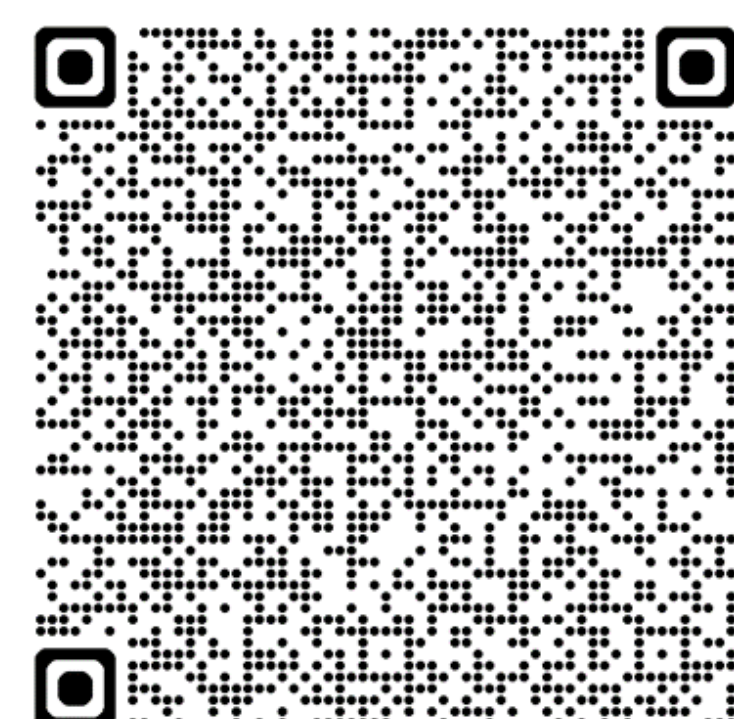
We are delighted to continue rolling out Clare County Council's Free Period Products Campaign in Local Authority spaces, libraries and leisure facilities.

We have seen many benefits of supporting these facilities to have a supply of period products that are freely available to members of the public. If your community would like to be involved in this programme we would love to hear from you. For more information about the campaign, please visit [Clare County Council's Free Period Products Campaign | Clare County Council Community Engagement \(clarecoco.ie\)](https://www.clarecoco.ie)

[Clare County Council's Free Period Products Campaign | Clare County Council Community Engagement \(clarecoco.ie\)](https://www.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,

I hope that everyone is keeping safe, well and warm. As October arrives, bringing with it crisp air, cooler temperatures, changing colours in nature and shorter evenings, for some it can be the perfect time to focus on health and wellbeing. As the summer comes to an end, people are encouraged to keep warm by layering up and eating warm nourishing meals.

This is a great time to attend the Age Friendly Expo which is taking place in Treacy's West County Hotel on Thursday 3<sup>rd</sup> of October. The Health and Wellbeing Age Expo will showcase the supports and services available in County Clare that are aimed at Older People. The Mid-West Community Healthcare support team, the Integrated Care Programme for Older Persons, ComReg, ALONE, Clare Libraries, Local Link and the Healthy Age Friendly Homes Programme are among those displaying at the event. Check out page 7 for more information.

Clare County Councils' HR Department, Creative Ireland programme and Healthy Clare are coming together on the 17<sup>th</sup> October to run an event in Glór, 'Living Well Through the Menopause'. More details can be found on page 6.

Ennis Harvest Festival took place on Sunday 22<sup>nd</sup> of September at the Ennis Show Grounds. This new festival, which is funded through the Healthy Clare Core Fund really brought home how we can all start to cook, grow and eat our own foods, by starting simply. Go to page 10 for details on Healthy Ireland at your Library for details on more sustainable gardening talks as part of the Sustainable Development Goals week.

Check out the inside of our newsletter which is packed full of information about other events running throughout October in Co. Clare.

Kind regards, Sam



# Physical Activity



**Fit4Life -Train as a Midlife person**

**Clarisford Park**

**Sept 2024 – Dec 2024**

**Goal:**

- Set a goal to complete a 5K in Dec 2024
- Improve fitness and strength in a non-competitive environment

**Details:**

- Tues & Thurs 7:15 - Track
- Fri 6pm S&C session with Josh Egan in Clarisford Park Hall
- New members welcome

**Please contact**

**E:info@dergac.ie**

**P:0876838599**

*Derg AC membership applies (2 grace sessions allowed)*



Check out the HSE Health and Wellbeing videos which offer a range of Strength and Conditioning online classes. Strength and Conditioning classes are a great way to exercise as they provide a solid foundation of fitness, helping to improve overall strength, flexibility, balance, bone health and endurance. These classes will support you to exercise safely and promote long-term health and wellness.

<https://www.youtube.com/playlist?list=PLltgannkj2UG4NGmrp0maQdTZm-zdYeTd>



**The Irish Heart Foundation, supported by the Department of Health and the HSE, have launched their Her Heart Matters campaign this September, to help women care for their hearts.**

The good news is that 80% of premature heart disease and stroke is preventable through healthy lifestyles. If you are concerned about your risk of heart disease, talk to your doctor.

**Use the tips on our website to start the conversation.**

## **Symptoms of Heart Attack in Women**

Knowing the symptoms of a heart attack can help you get timely treatment. Common symptoms include:

- Chest pain spreading to the neck, shoulder, and left arm
- Difficulty breathing
- Dizziness
- Vomiting or nausea
- Sweating

Less common symptoms:

- Back pain
- Stomach pain
- Extreme fatigue

These symptoms can also occur in other conditions, so don't ignore them.

## **If You Think You're Having a Heart Attack**

If you think you're having a heart attack, call 112 or 999 immediately. A heart attack is a medical emergency. The faster you get treatment, the less damage there will be to your heart.

Stay as calm as possible while waiting for help. Take deep, slow breaths and do not drive yourself to the hospital.

To learn more about heart attack and how to protect your heart, visit [www.irishheart.ie](http://www.irishheart.ie)



# Mental Health

Free webinar every day



CONNECT

## CONNECT to the Five Ways to Wellbeing

TAKE  
NOTICE

BE ACTIVE

GIVE

KEEP  
LEARNING

Every day in October, including weekends and bank holidays, Mental Health Ireland is offering FREE, live webinars 'Connect to the Five Ways to Wellbeing'. These 45 minute webinars are delivered by our expert trainers and offer you the opportunity to learn tips and tools on how to manage your own wellbeing through **Connect, Take Notice, Be Active, Give and Keep Learning.**

Scan code for  
booking link



For more information email:  
[info@MentalHealthIreland.ie](mailto:info@MentalHealthIreland.ie)

or visit: <https://bit.ly/MentalHealthMonth24>



### Wellness Café at Glór

A wellness café has started up in Glór, meeting every Monday between 10.30am and 12pm to promote social connections and support positive mental wellbeing. This café is for adults who wish to simply meet and chat with others socially. The drop-in café is supported by peers who understand mental health challenges and the importance of a safe and supportive environment in which to connect with others. Come along, get yourself a cuppa and have a chat - a nice way to start the week.

### Grow Mental Health Peer Support

GROW meetings are held in Ennis each week for anyone experiencing mental health issues. Venue: Maria Assumpta Hall, Mondays from 8pm to 10pm. Contact Celia on 0861526966 for more information.





# Eating Well

## RESEARCH CONFERENCE

Online | Tues 22nd Oct | 1-3pm (UK/BST)

### Guest Speakers

**Body image & socioeconomic status**  
Sam Hahn, Assistant Professor and Population Health Research,  
Central Michigan University

**Body image and autism**  
Phaedra Longhurst, PhD Researcher & Associate Lecturer,  
Anglia Ruskin University

**Lived experience as a parent**  
Constance Shiridzinomwa

Free to register <https://gck.fm/yfkev>



**edhit**  
Eating Disorder Health Integration Team



The Eating Disorders Health Integration Team (EDHIT) at University of the West of England Bristol (UWE Bristol) is hosting a free online international research conference on Tuesday 22nd October from 1-3pm.

The conference is open to all, including those with lived experience of eating difficulties or disorders, their family, friends and partners, clinicians, academics, students, and voluntary sector workers.

Register here: <https://gck.fm/yfkev>



## Top 5 tips for healthy eating now that the weather is turning cold:

- Eat healthy stews & soups to lift our spirits!
- Try a warm breakfast to start your day! Porridge or Weetabix with warm milk bring lot of healthy fibre to fill you up and keep you warm!
- Tasty one pot meals make life easy!
- Don't feel like cooking? Dust off your Slow Cooker so dinner is ready when you get home!

Check out Autumn/Winter recipes on 101 Square Meals! Link here 101 Square Meals

[https://www.healthpromotion.ie/media/documents/HAL00196\\_101\\_square\\_meals\\_easy\\_recipes\\_for\\_everyday\\_life.pdf](https://www.healthpromotion.ie/media/documents/HAL00196_101_square_meals_easy_recipes_for_everyday_life.pdf)

## Tips on how to prepare a healthy lunchbox



01 Children should have up to 6 cups of fluid each day. Milk and water are the best options for your child's lunchbox.

02 Involve your child in packing lunches.

03 Try out new foods at dinner or the weekend before including them in your child's lunchbox.

04 Cook extra rice or pasta in the evening, these can make great additions to your child's lunchbox.

05 Choose different types of bread - for example, pitta bread, bagels, or wholemeal rolls.

06 Children aged 9 to 12 years need more calcium. Add a portion of cheese, milk, or yoghurt for lunchtime.

### What's In Season? October

[www.YellowTurtleFitness.com](http://www.YellowTurtleFitness.com)

**Pears**  
Supplies up to a 1/4 of your daily Fiber requirement. Quercetin improves immunity; has antihistamine properties. May help with allergies and asthma.

**Grapes**  
Promotes blood sugar balance, increases insulin sensitivity and regulation. High Resveratrol content aids in healthy aging and longevity. \*always buy grapes that are Certified Organic.

**Parsnips**  
Beneficial to those with Anemia - rich in Vitamin K, to help blood clot and heal wounds. Folate content doubles Anemia protection. Especially helpful for pregnant women.

**Pumpkin**  
Lots of filling Fiber, while being super low in calories - great for Weight Loss efforts! Beta-carotene and plant sterols help prevent certain cancers. Pumpkin seeds are excellent as an LDL cholesterol reducing aid.



# Tobacco Free, Reducing Drugs & Alcohol Related Harm

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/quit/)
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](mailto: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://clarecoco.ie)



In January 2022, the Department of Health published Ireland's first National Stop Smoking Clinical Guidelines.<sup>3</sup> They include recommendations for all healthcare professionals on providing good stop-smoking care to the patients and clients they meet on a daily basis. The recommendations can increase a person's chances of quitting smoking up to 4 times compared to quitting alone and can be summarised by 3 simple actions:

1. **ASK** people about their smoking,
2. **ADVISE** them to quit smoking and that there are supports available to help them quit,
3. **ACT** by recommending or prescribing Stop Smoking Medicines and referring them to HSE Stop Smoking Services for behavioural support.

For more information, visit:

<https://hsehealthandwellbeingnews.com/stop-smoking-medicines-and-how-to-use-them-to-help-people-stop-smoking/>

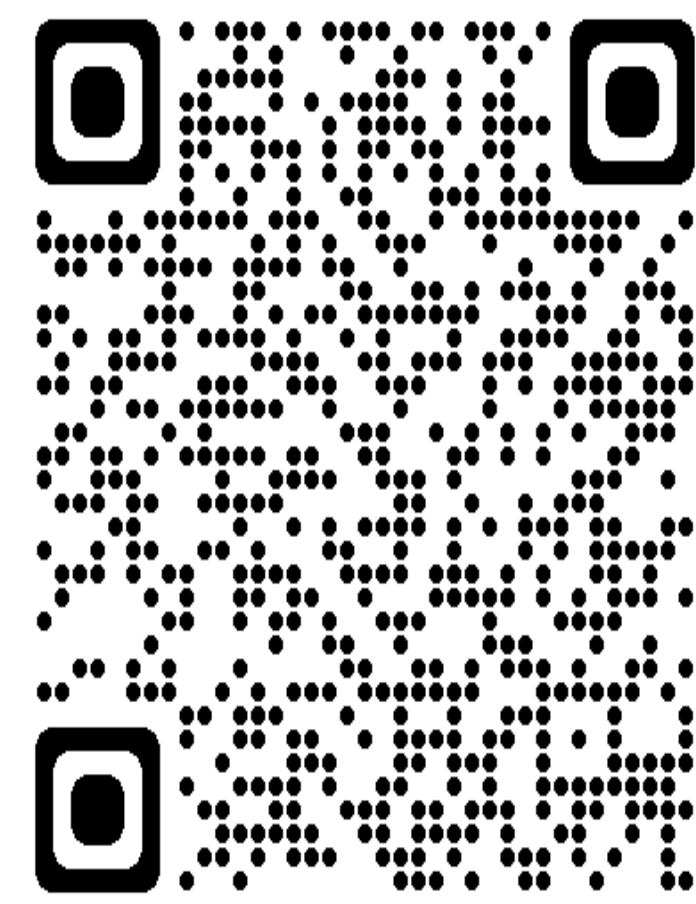


# Sexual Health



sexualwellbeing.ie

Find out more at [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)



## STI testing

No appointment needed – test at home for the most common STIs.

[Order a free STI test](#)

[Learn more about STIs](#) →



During October let's pay attention to our Sexual Health Self Care.

Do you know that the HSE has a free Home STI testing Service, available to anyone aged 17 or older who lives in the Republic of Ireland. This kit tests for;

- Chlamydia
- Gonorrhoea
- HIV
- Syphilis

The provider the HSE uses for this service is called 'SH:24'.

You can order a test kit at [Free Home STI Tests in Ireland | Sexual Health Info & Advice | SH:24 | SH:24 \(sh24.ie\)](#)

You will get a text message once your kit has been sent.

Your test kit will include the following;

- all the equipment you need to collect the samples.
- instructions and links to videos on how to take the samples.

If you have any problems, you can reply to any text from SH:24 and ask for help and a member of their clinical team will help you.

**COMHAIRE CONTAE AN CHLÁIR**  
CLARE COUNTY COUNCIL

## Living Well Through the Menopause

**Thursday 17th October 2024**  
Doors Open at 9am - 1.30pm  
Glór, Causeway Link, Ennis, Co. Clare.  
V95VHPO

**Keynote Speaker:**  
**Dr Máire Finn. MB BCH**  
BAO DCH MICGP  
Ennis Medical Centric Health

**Topics covered on the day include:**

- Stages of the menopause
- Signs and symptoms
- Diagnosis and Treatments
- Minding your mental health
- Healthy eating and balancing diet
- Exercising through change and looking after your body
- Yoga for wellbeing (*Spaces Limited*)
- Mindful journaling for wellbeing (*Spaces Limited*)

**A panel discussion will be held between the 3 main speakers**

**Speaker 2:**  
**Muireann Lohan. MSCP, MSc WMA**

**Speaker 3:**  
**Olivia Beck. ANutr, MSc Nutrition**

**Claire Flynn of Mental Health Ireland will facilitate the panel discussion.**

**FREE EVENT**

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

**Booking details:**

Chair yoga delivered by Trish Cleary

Mindful journaling delivered by Geraldine Lyons

Created by Dónal Kavanagh and photographs from the Nourish Project

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.

**LCDC** **An Roinn Sláinte** **Department of Health** **hi** **Claire** **Creative Communities** **Shelagh Aherne** **Ennis** **Local Government Ireland** **Clare County Council** **HSE** **Food Choice** **Mental Health Ireland**



# Other Health & Wellbeing News

## Health & Wellbeing Age Expo 2024

The Clare Older People's Council and the Clare Age Friendly Programme are hosting a Health & Wellbeing Age Expo during Positive Ageing Week to showcase the supports and services available for older people living in County Clare.

**Date:** Thursday, 3rd October 2024

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

**Time:** 11am to 4pm

★ **All are welcome** ★

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

Subsidised  
Lunch Rates

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



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



## FARMERS WINTER RETREAT

### FARM MINDFUL WALK

Sunday 06th Oct @12

*guided by Oliver Nagle*

ALL  
RETREATS  
FREE

### GENTLE YOGA

Tuesday 08th Oct @8pm

Tuesday 22nd Oct @8pm

*guided by Colette*

### BURREN MOUNTAIN HIKE

+bus

Sunday 13th October @12 noon

*guided by Oliver Nagle*

### MUSIC SOUND BATH

Tuesday 15th Oct @8pm

Friday 18th Oct @8pm

*guided by Fiona McDonagh*

booking essential

Contact Colette

0868398008

[www.limestoneyoga.ie](http://www.limestoneyoga.ie)



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine



# Other Health & Wellbeing News

## Stepping Stone

A Personal Development Programme

- This 6 week course is designed to provide a safe space where you can focus on your strengths and skills, while exploring your values and beliefs.
- Starting with where you're at, increased awareness of yourself will allow you to create a plan and manage obstacles that are part of the process of change.
- This leads to personal/professional growth and development.

**Date:** 1st, 8th, 15th, 22nd October & 5th, 12th November 2024

**Time:** 10:00am – 12:00pm

**Venue:** Clare Local Development Company  
Westgate Business Park, Kilrush Road,  
Ennis, V95 PXY3

To check your eligibility & to register, please contact:  
**Helen**  
087 932 8168  
hderham@cldc.ie

**Facilitated by:**  
**Geraldine Lyons**

A Personal Development and Wellness Coach  
and an experienced Facilitator



Rialtas na hÉireann  
Government of Ireland



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



Social Inclusion &  
Community Activation  
Programme



Clare Local  
Development  
Company

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

## Stepping Stone Course

This personal development programme is designed for people facing certain disadvantages and challenges in their lives. For eligibility, or more information, contact

Helen:

087 932 8168

hderham@cldc.ie



Clare Local Development Company  
Comhlacht Forbartha Áitiúil an Chláir

## Improve Your Wellbeing

Six week Programme

Including all aspects of wellbeing & personal development in a holistic way. Delivered in a straightforward, uncomplicated way to provide action steps for use in your everyday lives

### Week One

#### 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.

### 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

### Week Three

#### Eat Well, Feel Better

We will look at "Food for Life" with demonstration of how simple changes that can make a big difference. It will show achievable, affordable, simple basic Skills that can be used in your everyday life

### Week four

#### Move More

Looking at the mind/ body connection, how physical movement can have an effect on the everything. Teaching how to use gentle movements and breathwork as strategies to reduce and cope with stress and anxiety symptoms.

### Week five

#### Next Steps - Guidance

Exploring your options going forwards and accessing other support services. We will bring in guidance from organisations based in Clare

### Week six

#### Next Steps - Planning

Our final week will reflect on what you have learnt about yourself over the course of the programme and looking at a plan for your next step.

Starting on 08/10/24 In Glebe House, Kilrush  
Contact-soloughlin@cldc.ie or call 087 409 5245



Rialtas na hÉireann  
Government of Ireland



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



Social Inclusion &  
Community Activation  
Programme



pobal  
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 under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 - 2027.



# Other Health & Wellbeing News

## WOMEN'S LEADERSHIP WORKSHOPS

Tuesday 1st of Oct 11am to 1.30pm - Workshop with Dr. Cindy Joyce on the importance of women in Leadership Roles.

Tuesday 8th of Oct 10am to 12.30pm – Workshop with Kasia  
-gentle, accessible movement/yoga for all  
-guided meditation  
-easy to follow, fun mindfulness activities  
-creative expression with clay

Tuesday 15th of Oct 11am to 1.30pm – Workshop with Co-ordinator of TRTP Mags Casey on the importance of well being & leadership in the community

Tuesday 22nd of Oct 10am to 12.30 - Halloween themed craft session

29th of October \*Halloween Break\*

Tuesday 5th of Nov 1am to 1.30pm – Maria Joyce Co - ordinator National Traveller Women's Forum  
workshop on the role of Traveller women in politics & community leadership

Tuesday 12th of Nov - 11am to 1.30pm - Helena Power membership worker from the Irish Traveller Movement workshop on the importance of women getting involved in community work

REFRESHMENTS PROVIDED ON THE DAY

Location:

Clon Road Business Park, Ennis V95 KT95  
0872476093



## SOCIAL FARMING AWARENESS WEEK 2024

7TH OCTOBER- 11TH OCTOBER



**Venue:** Michael Callinans farm, Inagh, Co. Clare

**Date:** Monday, 7th October 2024

**Time:** 10.30am-12.30pm

Booking is essential as places are limited!  
Further details will be shared upon registration!

Scan the QR Code to book in  
or contact Caoimhe at  
086 065 4136/071 964 1772  
SOCIALFARMING@LDCO.IE



Social Farming Ireland would love you to join us on the morning of Monday 7th October, for an Open day on the farm of Michael Callinan.

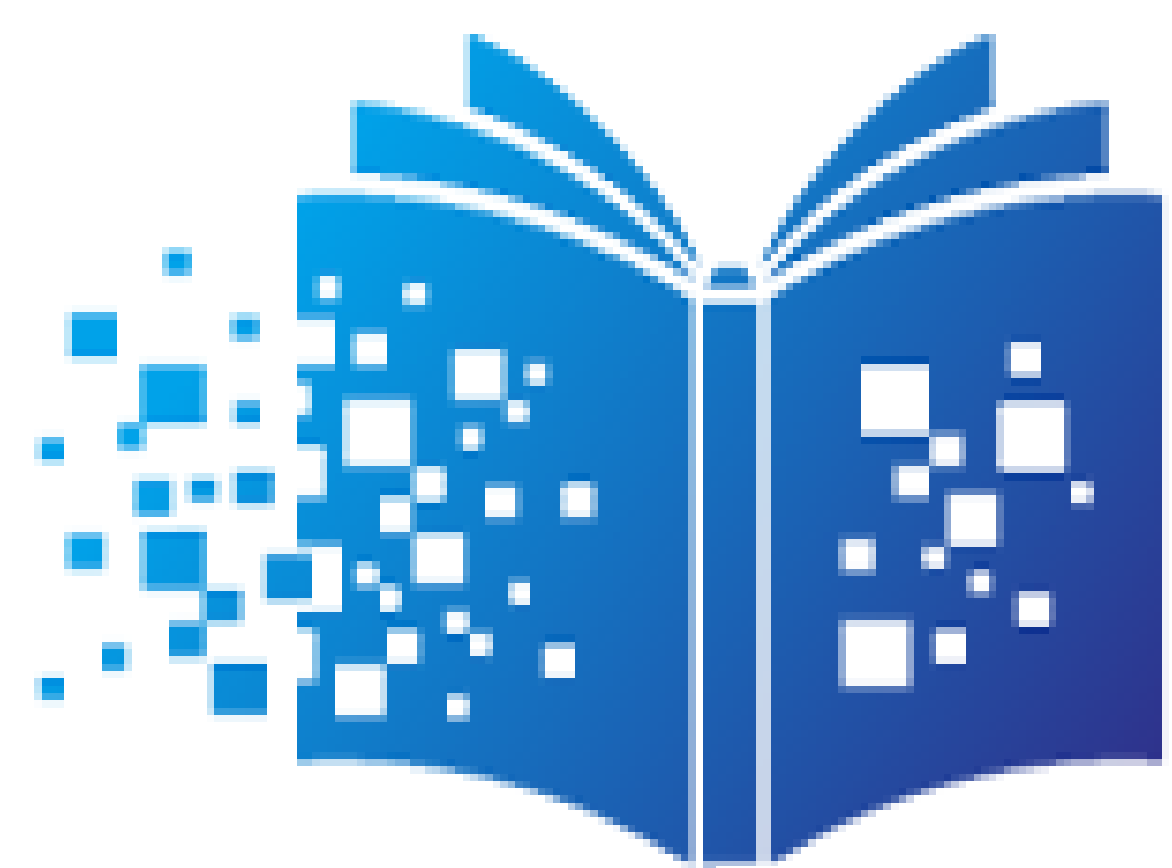
Social Farming is the practice of offering activity on family farms as a form of social support service. In Social Farming the farm remains a working farm at its core but invites people to participate in the day-to-day activities on the farm. Social Farming provides people who use services with the opportunity for inclusion, to increase self-esteem and to improve health and well-being. The farm is not a specialised treatment farm; rather it remains a typical working farm where people in need of support can benefit from participation in farm activities in a non- clinical environment.

RSVP by clicking here to book in: Social Farming Awareness Week Booking Form/scan the QR Code below or contact Caoimhe at  
[0860654136/socialfarming@LDCO.ie](mailto:0860654136/socialfarming@LDCO.ie)





# Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

## Libraries



[www.clarelibrary.ie](http://www.clarelibrary.ie)



[library\\_mailbox@clarecoco.ie](mailto:library_mailbox@clarecoco.ie)



<https://twitter.com/clarelibrary>



065 6846350



[www.facebook.com/clarecountylibrary](http://www.facebook.com/clarecountylibrary)



[www.instagram.com/clarecountylibrary](http://www.instagram.com/clarecountylibrary)

### **Sustainable Parenting Talk with Olwen Roe**

Join babywearing consultant Olwen Roe for a baby sling and cloth nappy information session and demo. Phone Scariff Library (061) 922 893 or email [scariff\\_library@clarecoco.ie](mailto:scariff_library@clarecoco.ie)  
Scariff Library Tuesday 01 October 10:30am - 11:30 am.

### **Sustainable Gardening on a Budget with Fergal Smith.**

Fergal has a background in horticulture from growing up on his parents market garden outside Westport in Co. Mayo where Fergal's dad was a pioneer in small scale horticulture. He is now fast becoming a pioneer in regenerative farming himself. All welcome, no booking required.  
Ennistymon Library, Tuesday 1st October 6:30pm - 7:30 pm



### **Sustainable Gardening with Brian Mulhall**

Bryan has been gardening professionally for over three decades and specialises in low-impact/low-cost ornamental and edible methods that every gardener can use in their gardening projects. Join Brian for this free talk on how to garden more sustainably. All welcome, no booking required.  
Scariff Library, Thursday 3rd October 6:30pm - 7:30 pm

### **Sewing and Repair Workshop**

Breathe new life into your clothes and stuffed toys with a free workshop on basic sewing techniques, taught by Nicola Barnes. Free but booking required as places are limited. To book contact Shannon Library on (061) 364 266 or email [shannonlibrary@clarecoco.ie](mailto:shannonlibrary@clarecoco.ie)  
Shannon Library, Tuesday 1st October 6:00pm - 7:45 pm.

### **Book launch of On the Boards, Music in Ennis & Co Clare, 1950 to the Present**

The book will be a comprehensive history of the music of the town of Ennis and beyond. Every genre is covered in detail, including the evolution of Irish traditional music from the 1950's where the author's home also served as Comhaltas HQ in Ennis. Hundreds of interviews were conducted, hundreds of hours of research carried out. The book will feature important photographs which have never been published before.  
Old Ground Hotel, Ennis, Thursday 10th October, 7:00 pm - 9:00 pm

## SUSTAINABLE DEVELOPMENT GOALS (SDG) WEEK



### **Healthy Ireland at Your Library**

#### **Sustainable Gardening**

Ennistymon Library, Tuesday 01st Oct at 6.30pm

Expert speaker: Fergal Smyth  
Talk title: Sustainable Gardening on a Budget

Scariff Library, Thurs 03rd Oct at 6.30pm

Expert speaker: Brian Mulhall  
Talk Title: Sustainable Gardening



# Other Health & Wellbeing News

**AN INTRODUCTION TO FASD**

**FASD**  
Ireland

THIS 2-HOUR SESSION WILL BE AN INTRODUCTION INTO FASD AND COVER A NUMBER OF AREAS

**ONLINE**

**10TH OCTOBER 2024**  
**10:00 UNTIL 12:30**  
**PRESENTED BY TRISTAN CASSON-RENNIE (CEO)**

THIS WORKSHOP WILL PROVIDE YOU WITH THE ESSENTIAL INFORMATION YOU NEED TO KNOW ABOUT FOETAL ALCOHOL SPECTRUM DISORDER (FASD), INCLUDING:

- AN OVERVIEW OF FASD
- DETAILS OF EFFECTS OF PRENATAL ALCOHOL EXPOSURE
- THE IMPACT OF FASD ON CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES
- HOW WE CAN SUPPORT CHILDREN AND YOUNG PEOPLE LIVING WITH FASD
- ALTERNATIVE APPROACHES AND STRATEGIES TO PARENTING/CARING
- BARRIERS, SIGNS AND SYMPTOMS
- NAVIGATING EDUCATION

THIS SESSION WILL INCORPORATE AN INTRODUCTION TO THE NVR (NON-VIOLENT RESISTANCE) PROGRAMME. NVR IS DESIGNED TO EMPOWER PARENTS AND CARERS TO BUILD A NEW AUTHORITY AND TO RESIST ENGAGING IN CONFLICT WITH A CHILD/YOUNG PERSON – AND CAN OFTEN BE USEFUL WHEN PARENTING, CARING OR SUPPORTING A CHILD OR YOUNG PERSON WITH FASD.

THIS SESSION IS OPEN TO PARENTS AND CARERS WHO WOULD LIKE TO KNOW MORE ABOUT FASD. IT IS ALSO OPEN TO THOSE WHO WORK WITH CHILDREN AND YOUNG PEOPLE – REGARDLESS OF PROFESSION

**WWW.FASDIRELAND.IE/WORKSHOPS**

**FASD IN THE CLASSROOM**

**FASD**  
Ireland

SUITABLE FOR: SET'S, SNA'S, LSA'S, SENCO'S, TEACHERS AND SCHOOL LEADERSHIP TEAM WORKING IN IRELAND OR NORTHERN IRELAND.

**ONLINE**

**22ND OCTOBER 2024**  
**6PM UNTIL 8PM**  
**PRESENTED BY TRISTAN CASSON-RENNIE (CEO)**

THIS 2-HOUR WORKSHOP FOCUSES ON FASD IN THE CLASSROOM. THERE IS NO REQUIREMENT TO HAVE A CHILD OR YOUNG ADULT IN YOUR CLASS, SCHOOL OR COLLEGE TO BE ABLE TO ATTEND THE WORKSHOP.

WE WILL COVER:

- AN OVERVIEW OF FASD
- HOW TO RECOGNISE FASD IN THE CLASSROOM
- TRANSITION FROM PRIMARY TO SECONDARY AND BEYOND.
- HOW WE CAN SUPPORT CHILDREN AND YOUNG PEOPLE LIVING WITH FASD INTO EDUCATION, RATHER THAN OUT OF IT.
- ALTERNATIVE APPROACHES AND STRATEGIES TO HELP WITH TEACHING.
- WHEN IT ALL GOES WRONG.
- WHERE TO GO FOR HELP.

**WWW.FASDIRELAND.IE/WORKSHOPS**



## Field Good Fridays

Weekly on Fridays from 10am-4pm

If you're living in Clare, you can join our Permaculture team any Friday from 10am-4pm to learn and work together with our local community, with great food and company provided. With support from Rethink Ireland. Book your place weekly by joining the Field Good Friday WhatsApp group here:

## 13 October: Heritage Open Day - Apple Day at Common Knowledge

We will kick off the day at 10am with an apple pressing workshop followed by a walk and talk as we discuss all things heritage and biodiversity on our 50 acre site in Kilfenora, including: Live music, song and lots of Apples! This event is perfect for anyone interested in sustainable practices, nature, biodiversity, heritage and history. It's also a great opportunity to meet like-minded people and connect with others in the community.

<https://www.ourcommonknowledge.org/>

**FASD**  
Ireland

**TRANSFORM YOUR PARENTING: JOIN OUR NON-VIOLENT RESISTANCE (NVR) TRAINING COURSE**

FULLY FUNDED BY HEALTHY CLARE MICRO FUND, WE ARE DELIGHTED TO BE OFFER PARENTS, CAREGIVERS AND GUARDIANS OF CHILDREN AND YOUNG PEOPLE WITH CHALLENGING BEHAVIOURS LIVING IN COUNTY CLARE THE OPPORTUNITY TO ATTEND THIS TRAINING.

ARE YOU STRUGGLING TO MANAGE CHALLENGING BEHAVIOURS IN YOUR CHILD? DO YOU WANT TO STRENGTHEN YOUR RELATIONSHIP WITH YOUR CHILD WHILE MAINTAINING CALM AND CONTROL?

NON-VIOLENT RESISTANCE (NVR) PARENT TRAINING COURSE IS HERE TO HELP. TRAINING HIGHLIGHTS:

- **EMPOWER YOUR PARENTING:** LEARN EFFECTIVE STRATEGIES TO ASSERT YOUR AUTHORITY WITHOUT ESCALATING CONFLICTS.
- **BUILD STRONGER CONNECTIONS:** DISCOVER TECHNIQUES TO MAINTAIN A LOVING AND RESPECTFUL RELATIONSHIP WITH YOUR CHILD.
- **PRACTICAL TOOLS AND TECHNIQUES:** GAIN HANDS-ON EXPERIENCE WITH DE-ESCALATION TACTICS, REFUSAL STRATEGIES, AND RECONCILIATION GESTURES.
- **EXPERT GUIDANCE:** BENEFIT FROM THE SUPPORT AND EXPERTISE OF TRAINED PROFESSIONAL EXPERIENCED IN NVR METHODS.

**WHY CHOOSE NVR?**

NON-VIOLENT RESISTANCE (NVR) IS A PROVEN APPROACH THAT EMPOWERS PARENTS TO HANDLE DIFFICULT SITUATIONS CALMLY AND ASSERTIVELY. WHETHER YOUR CHILD IS DEALING WITH ANXIETY, AGGRESSION, OR DEFIANCE, NVR OFFERS TOOLS TO HELP YOU CREATE A PEACEFUL AND RESPECTFUL HOME ENVIRONMENT.

THIS IS A 2 DAY TRAINING COURSE, ONE DAY IN-PERSON AND THE SECOND ONLINE. YOU CAN SELECT YOUR CHOICE OF DAY FOR THE IN-PERSON DAY.:

DAY 1 - IN-PERSON - ENNIS - 24TH OR 25TH OCTOBER (YOU WILL ONLY ATTEND ONE)

DAY 2 - ONLINE - CONFIRMED AT IN-PERSON SESSIONS

COST: **NO CHARGE**

## **TRANSFORM YOUR PARENTING: JOIN OUR NON-VIOLENT RESISTANCE (NVR) TRAINING COURSE.**

Fully funded by Healthy Clare micro fund, we are delighted to offer parents, caregivers and guardians of children and young people with challenging behaviours living in County Clare the opportunity to attend this training.

Applications are now open. To apply please visit <https://ow.ly/aFhw50TgoNl> to complete the initial form.

Successful applicants will be contacted directly.



# Other Health & Wellbeing News



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

**Positive  
Ageing  
Week**

**Come along and join us to celebrate  
Positive Ageing Week 2024**



**OCT**  
**Tues 01  
to  
Fri 04**

**Kilrush  
Community  
Centre**



**Tues 01 Oct  
2pm**

**Afternoon performance**

Claire Watts - Singer/Songwriter



**Wed 02 Oct  
2.30pm**

**September/October Birthday Party**

Is your birthday in Sept/Oct?  
Join us and we'll celebrate together  
All welcome



**Thurs 03 Oct  
2.30pm**

**Special Screening**

Featuring Michael McMahon,  
Gowerhass



**Fri 04 Oct  
11am**

**Ceol agus Tae**

Join us to celebrate the end of  
Positive Ageing Week 2024

**Bring your own instruments  
for a few tunes**



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



**WEST CLARE  
Mental Health  
Association**

**Mental Health Week 2024**

Day	Time	Where	Event
Thursday Oct 3rd	7:00pm	Kilrush Community Centre	John Lonergan Talk Finding Happiness & Contentment in our lives
Friday Oct 4 <sup>th</sup>	10:30am	Kilrush Community Centre	Laughter Yoga with Ciaran Ennis
Saturday Oct 5 <sup>th</sup>	11:30am	Vandeleur Woods Cafe	Soundbathing with Fiona Guiheen
Sunday Oct 7 <sup>th</sup>	2:00pm	Banner books	Breda Latham Talk Problem Solving "My Plan"
Tuesday Oct 8 <sup>th</sup>	11:00am 7:00pm	Vandeleur Woods Kilrush Library	Woodland for Wellbeing Walk Mindful Crochet
Thursday Oct 10 <sup>th</sup>	11:00am	Curtins Farm Lacken	Farm Walk & Breakfast

**Enquiries to: Email: [westclaremha@mentalhealthireland.ie](mailto:westclaremha@mentalhealthireland.ie)  
Phone: 085 8559511**



**Mental Health  
Ireland**



# Other Health & Wellbeing News

## COMMUNITY INFORMATION CLINIC



### Advice on:

- Education & Training
- Finding Work/Designing a CV
- Supporting Inclusive Employment
- English Classes
- Immigration Information
- Sport & Physical Activity
- Volunteering
- Bus Services

**Venue:** Pavilion Centre, Lisdoonvarna, V95 WF68

**Time:** 12.30pm - 2.30pm

**Date:** Wednesday 16<sup>th</sup> October

**All are welcome to attend**



### Upcoming CONNECT CAFÉS in your Area

**09/10/24** – Milltown FET Campus, Ballard Road, Milltown Malbay, V95 R2EP (10.30am to 1pm)

**10/10/24** – Edna O'Brien Library, Mountshannon Road, Scariff, V94 NY33 (10.30am to 1pm)

**16/10/24** – Shannon FRC, Community Building, Rineanna View, Shannon, V14 XV97 (10am to 12pm)

ISL Interpreter at all events - Tea/Coffee at all events

In partnership with:



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



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL  
**Libraries**



An Roinn Coimirce Sóisialaí  
Department of Social Protection

**EmployAbilityClare**



Relove Fashion is a sustainable fashion competition open to young people of secondary school age in Ireland.

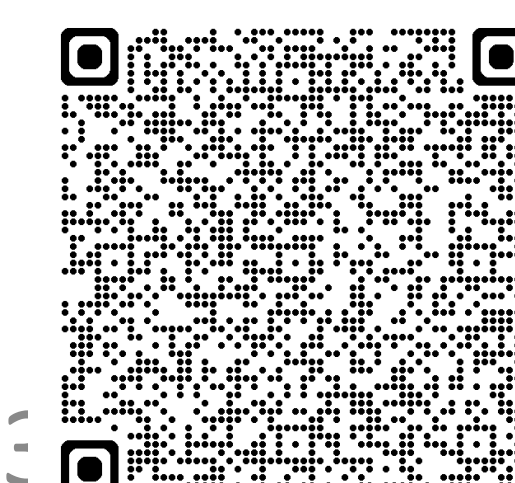
To enter the competition, young people are challenged to explore their creative design skills to create a sustainable and wearable outfit using clothing from the treasure troves of charity shops, swap shops, or reused items already available at home.

Throughout the competition, online inspiration sessions will be held by the Rediscovery Centre's in-house designer Arran Murphy, showcasing innovative ideas for techniques and materials.

Stay in the loop with key dates, inspiration and resources from the Relove Fashion team!

By completing this form you agree to receive updates and information about the Relove Fashion Competition. You can unsubscribe at any time.

Learn more at  
[www.relorefashion.ie](http://www.relorefashion.ie)





# Other Health & Wellbeing News



OCTOBER 2024

## Free Mental Health & Wellbeing Workshops in Shannon

For anyone aged 18+ with an interest in mental health

### Join us for our Recovery Education Workshops



Shannon Family Resource Centre  
Respond Community Building  
Rineanna View,  
Shannon, Co. Clare  
V14 XV97

Thurs. October 10th  
10.30am - 1.00pm  
**Family Recovery in  
Mental Health**



During this workshop, we will discover the meaning of family recovery in mental health and what people can do to support themselves while supporting others. Especially beneficial for family members, carers and supporters.



Mid West ARIES

**Family & Carers**

Mental Health Recovery Month  
OCTOBER 2024

## Recovery from Mental Health Challenges is Possible

For More Information or to Book a Place:

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

Tel: 061 707600



## What's On October 2024



### Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health

TUES 8

🕒 2pm - 4pm

#### Self Care: Building My Resilience - Supporting Limerick Mental Health Week

In this workshop, we will explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.

TUES 22

🕒 2pm - 4pm

#### My Mental Health - Looking After Me

In this workshop, we will explore what looking after me means to you in relation to mental health. We will explore tips and tools for managing our mental health on a daily basis and learn who can help us in managing our mental health.

THURS 24

🕒 10am - 12pm

#### Creativity for Wellbeing

In this workshop, we will discuss how we can each tap into our creativity to enhance our daily lives and improve our wellbeing. We will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.

TUES 29

🕒 2pm - 4pm

#### My Mental Health - Exploring My Identity

In this workshop, we will explore identity and how it relates to mental health. We will look at how our mental health can impact on our identity and explore things that can help us improve our sense of self and wellbeing. We will identify, share and celebrate our unique strengths, interests and skills.



# Other Health & Wellbeing News



## Let's Talk About Suicide



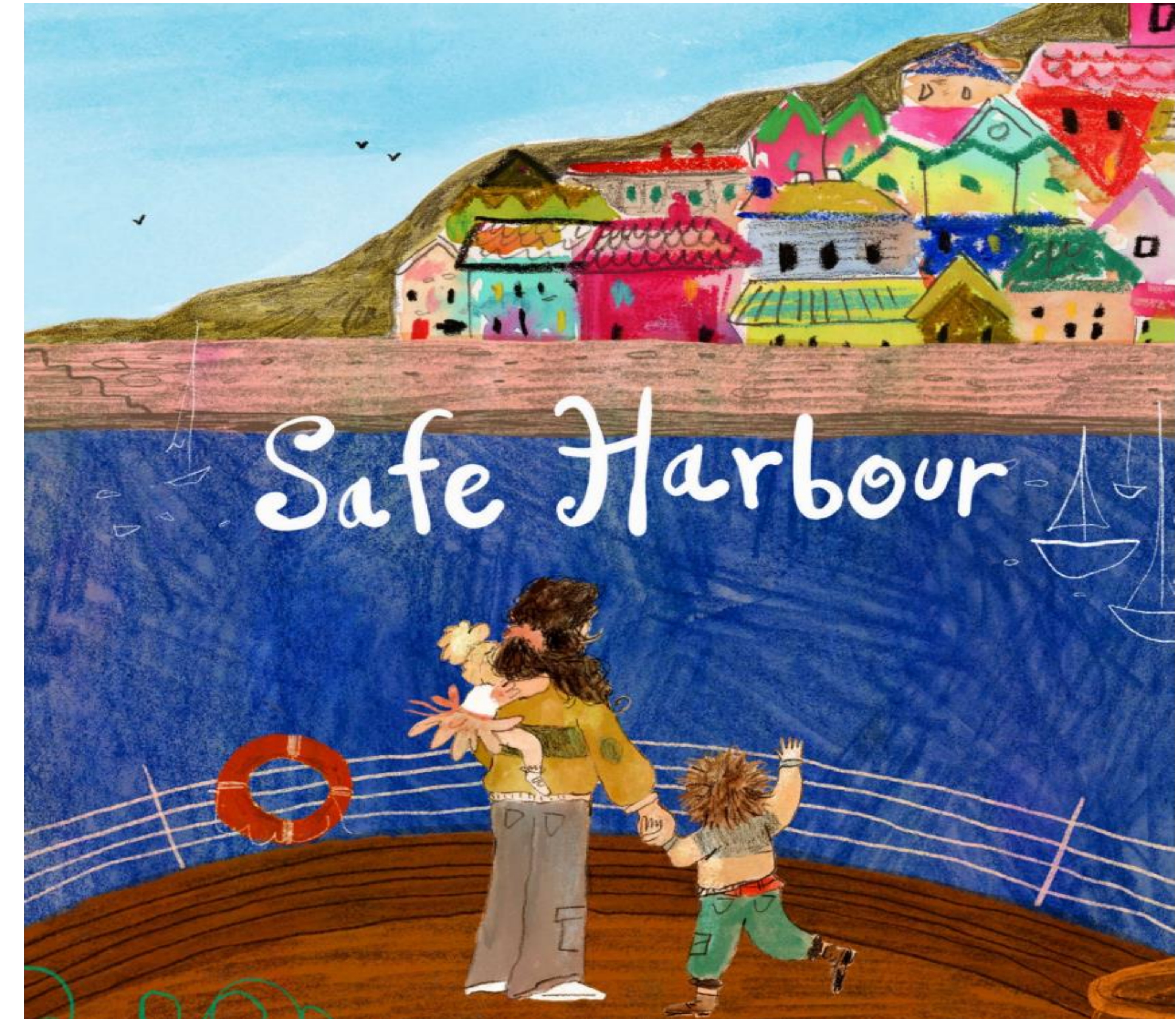
A free, online suicide prevention training programme, from the HSE.  
[traininghub.nosp.ie](https://traininghub.nosp.ie)



**HSE National Office for Suicide Prevention (NOSP)**  
[training@nosp.ie](mailto:training@nosp.ie)

Have you ever worried that someone you know may be thinking about suicide, but you didn't know how to start the conversation?

Clare FM discussed 'Let's Talk About Suicide' a free, online suicide prevention training programme from the HSE with Michael Collins. If you missed the interview, you can listen back here;  
<https://www.clare.fm/.../hse-suicide-prevention.../>



Safe Harbour is an illustrated storybook for children who have been bereaved by suicide.

It has been developed by bereavement experts- including professionals and people with lived experience – to help a child with their grief by encouraging conversation and developing their understanding of death and suicide.

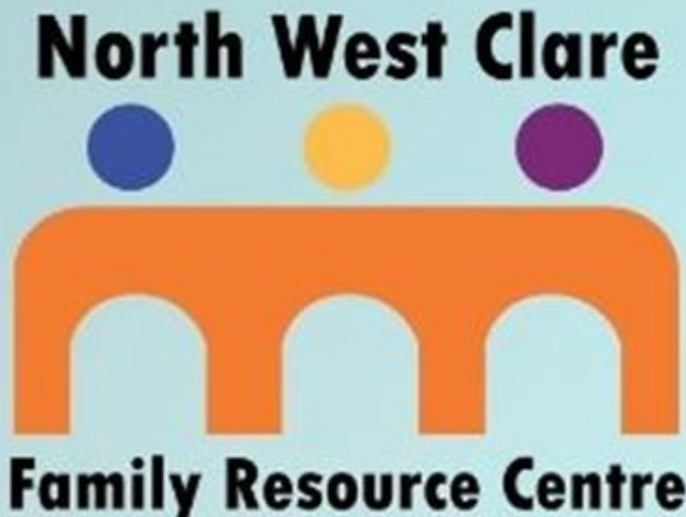
Safe Harbour is a story told by a young child whose Dad has died by suicide. It contains words and illustrations that a child can relate to, and that describe what that journey was like for them.

The storybook comes with a guide that will help parents and carers to read Safe Harbour with their child and empower them to have these difficult conversations.

There is also an audiobook, podcast series and activities for children available on this webpage.  
<https://www.childhoodbereavement.ie/safeharbour/>



# Other Health & Wellbeing News



**North West Clare**  
Family Resource Centre

## What's on in October 2024

**Phone us: 065 707 1144**

Parliament Street, Ennistymon, Co. Clare


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

DAY	TIME	ACTIVITY	ORGANISED BY	
Monday	10.15-12.15 10.30 - 12.30 4pm-6pm 7pm-8pm	Baby Massage Kids Club (Ballyvaughan, Village Hall) Teen Club Irish Class	Joeann Jenny, Anastasiia Jenny, Anastasiia Kate	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%;"></div> </div>
Tuesday	10am-4pm 10.30 - 12.30 2.40-3.45 4pm-6pm 7pm-8pm	Employment Support CLDC Drop-in Service (Parliament Street) Homework Club Teen Club (Master Chef) Yoga Class	Hilary Joeann Joeann Jenny, Anastasiia Kaye	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%;"></div> </div>
Wednesday	7am-8am 9am - 4pm 10am - 1pm 11am - 12pm 1pm-2.30 2.40-3.45 2pm - 5pm 4pm-6pm 7pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud English Classes "Fáilte isteach" Homework Club Money Advice & Budgeting Service Traveller Teen Girls Group Men's Shed	Kaye Jennifer Joeann Joeann Jenny, Anastasiia Joeann Barbara Emma Joeann	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%;"></div> </div>
Thursday	9am - 2pm 10am-1pm 10am-1pm 10.30 - 12.30 2.40-3.45 4pm-6pm 6pm-8pm 6pm - 7pm	Employability Gardening Course Sewing Course Kids Club (Lahinch Leisure Centre) Homework Club Youth Club Leaders Group Youth Club Ukrainian Language Classes	Jennifer Joeann Joeann Jenny, Anastasiia Joeann Emma Emma Anastasiia	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: red; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%;"></div> </div>
Friday	9am - 5pm 9.30-12.30 10am - 12pm 11am - 1pm 1.20pm-3pm 3pm-4pm	Intreo: Employment and Income Supports Parent & Toddler Group Kids Club (The Pavilion, Lisdoonvarna) Breastfeeding Group (every 2nd week) Teen Drop-in Youth: Soccer	Tommy Joeann Jenny, Anastasiia Joeann Emma Emma	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: orange; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%; margin-bottom: 2px;"></div> <div style="width: 10px; height: 10px; background-color: green; border-radius: 50%;"></div> </div>



We also offer:

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





## SANCTUARY RUNNERS

### GLOBAL SOLIDARITY RUN

# Saturday 19th October 2024

### What?

Run/Jog/Walk/Roll  
any distance  
(suggested 5km)

### Why?

In solidarity with  
those living through  
forced displacement  
and extreme poverty

### Wear?

Anything Blue



### On the Day

Take a picture or  
video of yourself  
taking part and post  
online with the hashtag  
**#GlobalRun2024**  
and tag **@sanctuaryrunners**

Link to the QR code for more information



**Irish Aid**  
An Roinn Gnóthaí Eachtracha  
Department of Foreign Affairs


50 YEARS



**THE IRELAND FUNDS**



# Other Health & Wellbeing News



**Welcome**

**Ennis Information Café**


**JOIN US** →

Wednesday 16<sup>th</sup> October  
11.30-13.30  
This month's Topic :  
Keeping Safe at Home,  
Winter Safety Tips and Driving  
With Guest Speaker  
Ennis Community Garda

**Venue :**  
The Alzheimer Society, Cuan An Chalir, Cahercalla, Ennis,  
Co Clare, V95P9V9  
Contact Linda Murphy 0879152151,  
[linda.murphy@alzheimer.ie](mailto:linda.murphy@alzheimer.ie) for more information.

The café provides a warm welcoming place for people to meet others  
also living with dementia/cognitive impairment, their carers and health  
& social care professionals.

For more info: [www.alzheimer.ie](http://www.alzheimer.ie)  
The Alzheimer Society of Ireland, National Office,  
Temple Road, Blackrock, Co.Dublin Charity Number: CHY7868



## ISPCC Digital Mental Health and Wellbeing Programmes



Children, young people and families often talk with us about how they can experience anxiety and challenges to their mental and emotional wellbeing. Anxiety is a normal human response to danger or threat, but it becomes an issue when it is more severe than it should be relative to the situation, lasts longer than it should, or influences the way we function in our daily lives.

To support, we offer FREE digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. If there is a young person in your life that you think might benefit from Space from Anxiety, you can refer them by filling out a simple form.

For more details email [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)



**Clare Youth Center. Open House**  
**Youth Centre, Carmody Street, Ennis.**  
**Monday October 14th from 4 to 7 p.m.**

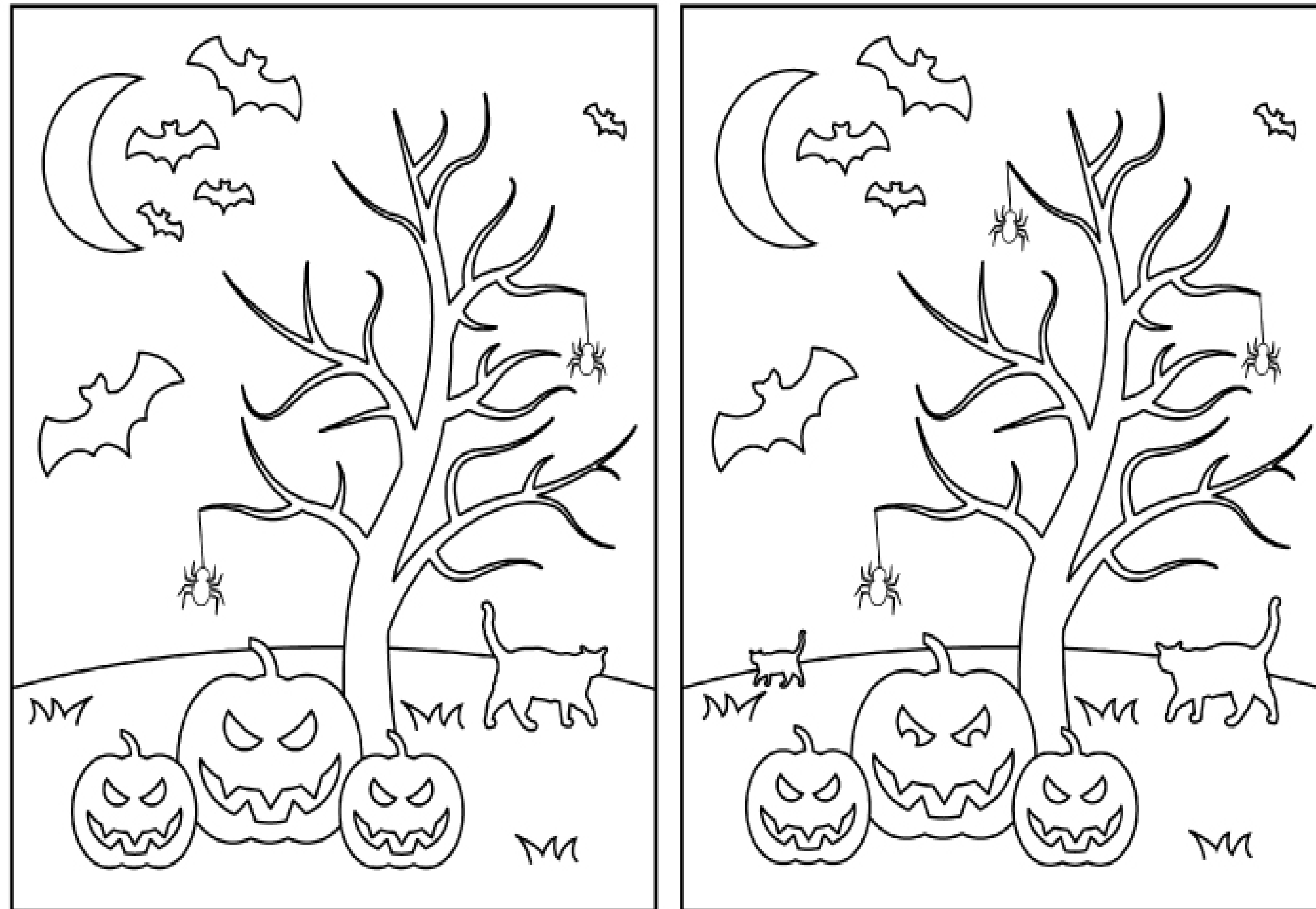
- ❑ Have you driven passed this building and wondered what goes on in there? Maybe you smelt the bar-b-ques, heard the laughter or the music.
- ❑ Perhaps you went to school there before the Boys National School was built across the road. Maybe you helped restore the building in the 70's..
- ❑ Maybe your teenager made you drop them off around the corner. Perhaps you hung out there as a young person – the green door in the 80's or Elmo's Attic in the 90's?
- ❑ Maybe you played a gig there or attended a Youth Club. Perhaps you completed your Leaving Certificate or achieved Level 3 or 4 certification, Whatever your story we would like to invite you to come to our Open House. We are opening our doors on Monday October 14th from 4 to 7. Drop in have a look – see what we do – tour the building – have a cuppa. We would love to welcome you in for a look.



# Special Days in October

## SPOT THE DIFFERENCE

Can you find 5 differences between these two pictures?



WWW.PJSANDPAINT.COM



coloringpagesonly.com

## TRICK OR TREAT SAFETY HALLOWEEN WORD SEARCH PUZZLE

BUCKET  
CANDY  
COSTUME  
DISPLAY  
DOGS  
DOOR  
FAMILY  
FEET  
FLASHLIGHT  
FRIEND  
GLOW STICK  
GRASS  
HALLOWEEN  
KIDS  
KNOCK  
MASK  
PARENTS  
PATH  
PHONE  
PHOTOS  
PUMPKIN  
REFLECTIVE  
RING  
ROUTE  
SHOES  
SIDEWALK  
SIGNAL  
STREET  
TALK  
WALK  
WATCH

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.



## october SELF-CARE

@POSITIVELYPRESENT

