

Healthy Clare Newsletter

September 2024

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



healthyclare@clarecoco.ie



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



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



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



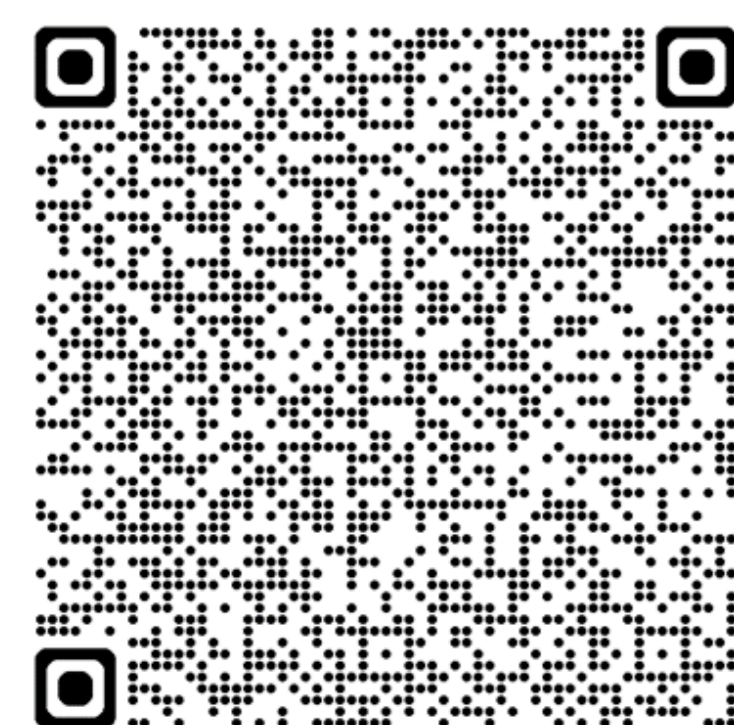
Clare

Follow us on Social Media

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

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

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 all had a lovely Summer and that you are preparing to ease into the Autumn. September can be a really busy time, preparing for kids going back to school, afterschool activities, college moves and much more. While things may seem to get busier, Autumn is a really lovely time to begin to slow down, evenings are getting shorter and the weather begins to change. Nature starts to change it's colours and shed its leaves. It is a time for us to take some lessons from nature and look at ways to keep safe and warm. Check out our back page for some September Self Care Tips.

Healthy Clare will return to our weekly Health and Wellbeing page in the Clare Echo on the 12th of September. September's features will look at highlighting World Suicide Prevention Day, Clare Suicide Bereavement Support Service, The Alzheimer's Society, The HSE Living Well Programme, and also will have details of the Age Friendly Health and Wellbeing Expo.

The Healthy Clare Micro Funded projects have started to run programmes in August. We were delighted to help support Burren Volleyball Club offer a 3-day summer camp for girls and we were also delighted to be part of The Rekindle of Old Skills Festival with Common Knowledge.

Dates for your September diary.

- **Community Information Clinic: Kilrush and Kilkee.** Wednesday 4th September.
- **SafeTalk: Free Suicide Prevention Training,** Thursday 5th September.
- **Irish Cancer Society:** Signs and Symptoms of the 5 Gynaecological Cancers, 9th September.
- **Clare Local Enterprise Office: Women in Business 2024:** Wednesday 11th September.
- **HSE Living Well Programme:** Tuesday 17th September.
- **Autumn Harvest Festival:** Sunday 22nd September.

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

Kind regards, Sam

Physical Activity



MEMORY WALK FACTS

LET'S MAKE 2024 THE BEST

The Memory Walk stands out as a vital fundraiser for The Alzheimer Society of Ireland, generating over €120,000 in 2023.



€120,000
raised in 2023



Over 30
locations



3,500
walkers

The Alzheimer Society are excited to announce Memory Walk 2024, a vital fundraiser for The Alzheimer Society of Ireland.

Sunday 22nd September.

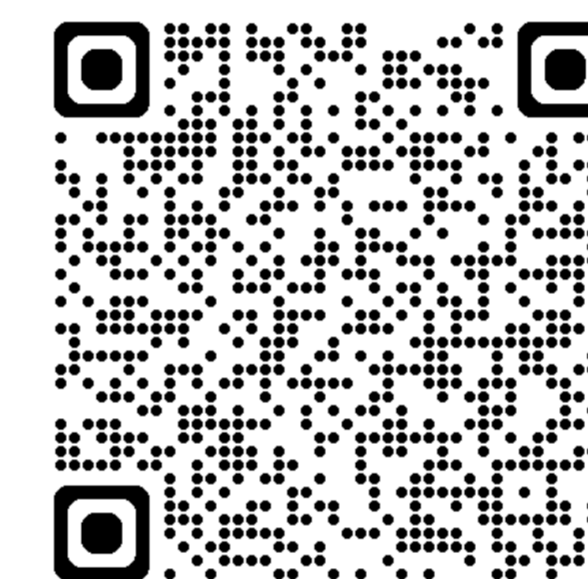
Location: John O' Sullivan Park, Lees Road, Ennis

Start time: 11 am

Distance: 1.5 km and 3.5 km

Meeting Point: Entrance to Woodland Walk beside Astroturf pitch

1.5km walk suitable for buggies, 3.5 km some rough ground.



The Burren Ramble

The Burren Ramble in aid of the RNLI Lifeboats this year takes place on **Sunday 1st September.**

The ramble takes people to one of the most precious of places in the Burren Landscape or indeed in the whole wide World. It is to the Famine Road at Rock Forest Tubber. Location on the map for parking is R460 Road from Corofin to Gort; Eir Code parking H91 RH3E. Parking is from 11.00 am to 12.00 noon. The 8km 'approx.' ramble leaves for the famine road at 12 noon. The walk will be led out and would be described as easy to moderate. Bring walking boots and the rain gear, just in case of a shower. There will be the taste of black pudding and brown bread as well. A beautiful feature of all the Burren Rambles down the years has been the 'healing experience' lying on the flat stones of the Burren, this of course will be part of this year's ramble. Info from 0876260301



National Walking Day 2024

We're delighted to announce that our annual National Walking Day is in its' 5th year!

This year as part of **European Week of Sport** we're starting our week of walking celebrations on **Monday 23rd September.**

It is a wonderful opportunity to celebrate the benefits of walking for both wellbeing and physical health and for everyone to celebrate the outdoors and **#WalkHikeRunPushRoll.**

Check out our week of walking celebrations:



National Walking Day Resource pack

Mental Health



Let's Talk About Suicide

Let's Talk About Suicide is a free, online suicide prevention training programme from the HSE. It helps people to develop their skills to keep others safe from suicide – 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. You can start and stop the programme at your own convenience. On average, the programme will take 60 minutes to complete, but you can work at your own pace.

To enrol and complete Let's Talk About Suicide, visit traininghub.nosp.ie.

Let's Talk About Suicide is suitable for anyone over the age of 18, who wants to learn basic suicide prevention skills. It is recommended that anyone recently bereaved, wait 12 months before engaging in this type of suicide prevention training.

<https://youtu.be/rFxzaM6hSq0>

MID WEST ARIES
Recovery & Well-Being Education in Mental Health

SEPTEMBER 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

Thurs. September 19th
10:30am-1:00pm
How Can I Find Meaning in My Life and Feel More Empowered?

In this workshop we will explore what gives us a sense of meaning and purpose in our lives. We will reflect on what empowerment means and explore our understanding and experience of empowerment and disempowerment in mental health.

Thurs. September 26th
10:30am-1:00pm
Managing Wellbeing & Mental Health Recovery

During this workshop we explore different views on wellbeing and recovery in mental health. We discuss what and who can help with managing your wellbeing and mental health. Includes a personal story of recovery.

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

Recovery from Mental Health Challenges is Possible

For More Information or to Book a Place:
<https://www.shannonfrc.com/healthpromotion.html>

HOME SOCIAL PRESCRIBING FAMILY SUPP

Grow Mental Health

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

yourmentalhealth.ie
Information | Support | Services

Visit www.yourmentalhealth.ie for information and support services for your mental health and wellbeing.

safeTALK

Suicide Alertness for Everyone

A half-day suicide prevention programme, this training is FREE to attend and funded by the HSE National Office for Suicide Prevention.

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources

Free Suicide Prevention Training in St Joseph's Doora Barefield GAA Club.

Thursday 5th September 2024. 5.30pm to 9.30pm.

Safe Talk (suicide alertness for everyone).

Public Workshop: St. Joseph's Boora Barefield GAA Club, Ennis, Co. Clare.

To register visit;

<https://bookwhen.com/suicidepreventiontrainingmw/e/ev-soum-20240905173000>

Eating Well



Join us and Celebrate **HARVEST Music & Garden Festival** on **Sunday 22nd September** at **Ennis Showgrounds**.

HARVEST Music & Garden Festival is a Community celebration of music and gardening accessible to families and friends. It is a sister event to Clare Garden Festival celebrating Gardening with the joy of music at the wind-down of the season.

Enjoy the Music, interact with our stalls and hone your skills at our workshops. The Festival will see music for Everyone by 5 bands including Lenka Fairie & Paddy de los Pampas, The FakeMcCoys, Clann Karasu, Kintsugi and Tritone Trio. The Workshops are a mix of Garden, Cookery and Music for young and old, like our Fermenting Workshop with Valerie O' Connor. Stallholders from near and far will join us and we'll be safe from the weather in the great hall at the Ennis Showgrounds.

More details from our Facebook page @harvestmusicfestival and from our website <https://www.claregardenfestival.com/Harvest.html>

BODYWHYS
The Eating Disorders Association of Ireland

HELPLINE: 01 2107906

FREE ONLINE

EATING DISORDER SUPPORT

It helps to talk. We are here to listen...

BodywhysConnect

Online chat groups for adults (18+) weekly. Additional group for students.

Virtual Groups

Video support groups for adults (18+), twice monthly.

YouthConnect

Online chat groups for young people (13-18).

NEED SUPPORT?

WE ARE HERE TO LISTEN. FIND OUT MORE:
WWW.BODYWHYS.IE / ALEX@BODYWHYS.IE



Take the fuss out of fussy eating

In the webinar, Senior Community Dietitians Edel McNamara and Elaine Guinan provide evidence-based information about strategies to manage fussy eating.

Check out:

<https://hsehealthandwellbeingnews.com/free-fussy-eating-webinar-for-parents-take-the-fuss-out-of-fussy-eating/>

Ways to drink more water

- ✓ Have a jug of water on the table at mealtimes
- ✓ Always leave home with a reusable bottle of water
- ✓ Add some chopped fruit for flavour



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 or mail it to:

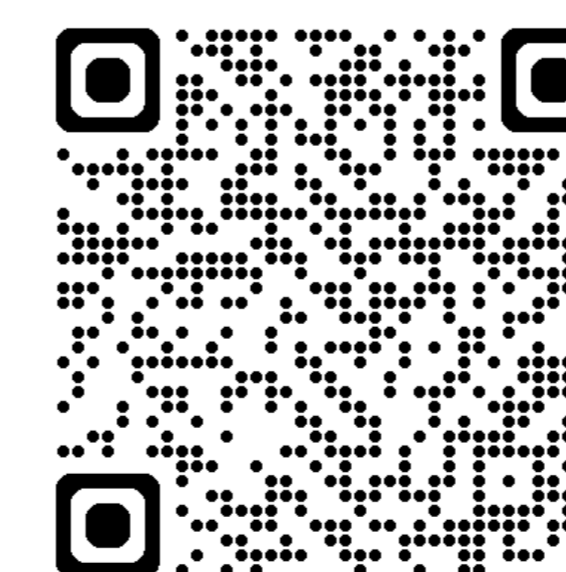
Healthy Clare,
Rural Development Department,
Clare County Council,
Áras Contae an Chláir,
New Road, Ennis,
Co. Clare
V95 DXP2

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



DRUGS.ie
Drug and Alcohol Information and Support

Not feeling yourself after attending a festival? Check in with how you and your friends are feeling. If you have concerns for your physical or mental health, don't be afraid to get professional support with Drugs.ie. Get more information and harm reduction advice at: <http://www.services.drugs.ie/>

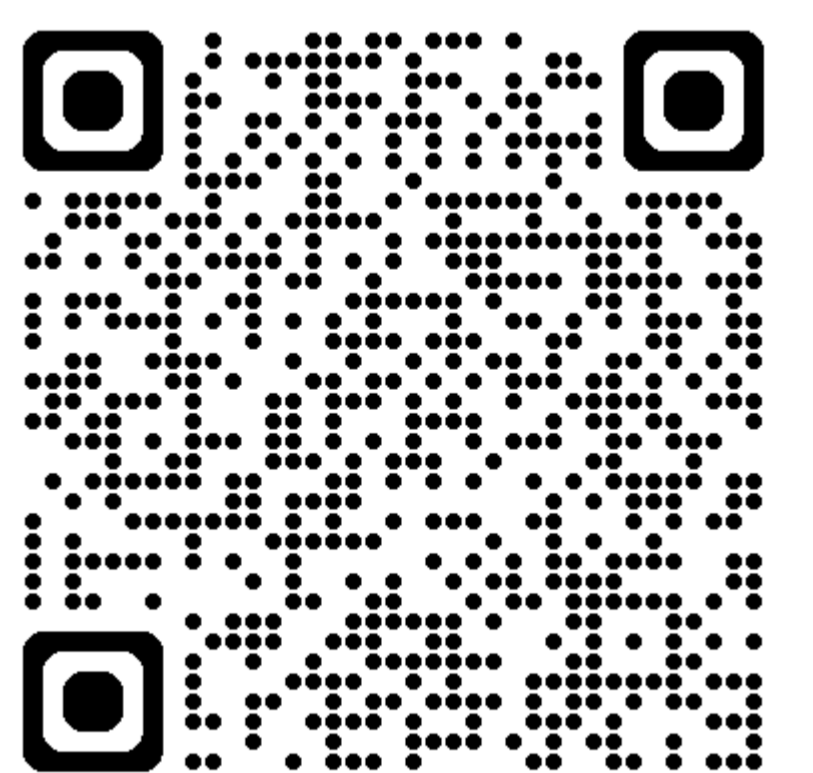


What kind of drinker are you?

Self-assessment tool to check out the effect alcohol may be having on your physical and mental health and how small changes can make a big difference. Take the test here



<https://www2.hse.ie/wellbeing/alcohol/self-assessment-tool/#Start>

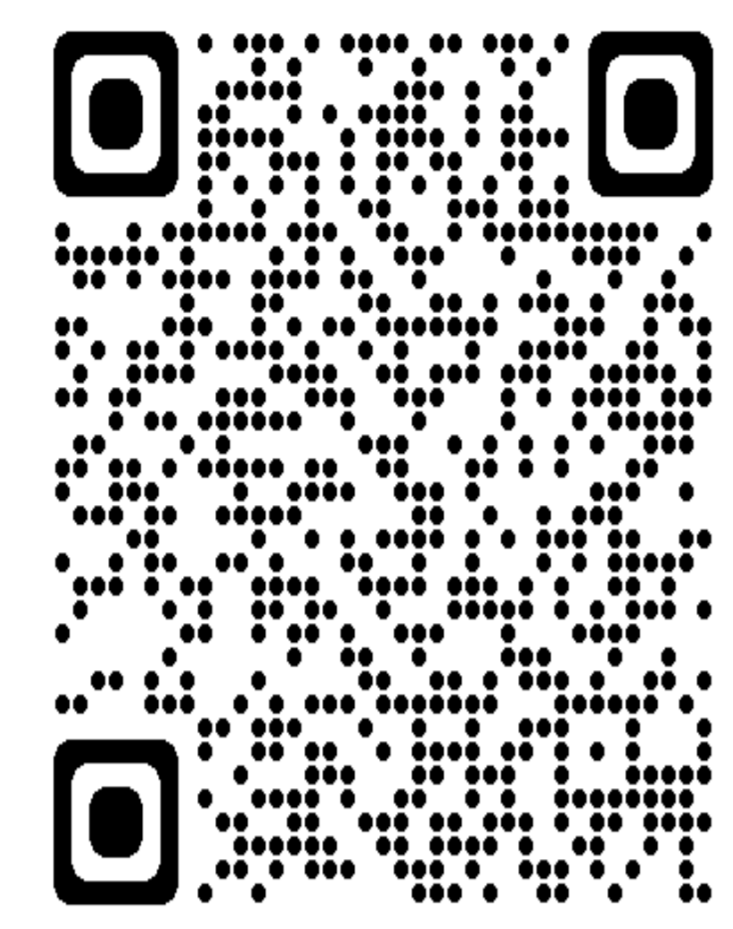


Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



STAND UP WEEK

4TH - 8TH NOVEMBER 2024

THIS IS A SAFE SPACE

PROUD to be ME!

STAND UP AWARENESS WEEK IS A TIME FOR POST-PRIMARY SCHOOLS, YOUTH SERVICES, AND YOUTHREACH CENTRES IN IRELAND TO JOIN TOGETHER AND TAKE A STAND AGAINST HOMOPHOBIC, BIPHOBIC AND TRANSPHOBIC BULLYING.

FOR ANY STAND UP WEEK REQUESTS, PLEASE CONTACT YOUTHWORKER@GOSHH.IE

GOSHH
Gender • Orientation • Sexual Health • HIV
www.goshh.ie

My Options
All the information and support you need in an unplanned pregnancy

myoptions.ie
Call 1800 828 010

HE

Don't Stress, Get a Test!

Chlamydia and Gonorrhoea testing now available!
Appointment only.

To Book:
Call 061 314354 or email knownow@goshh.ie

GOSHH

Making the 'Big Talk' many small talks

Encouraging informed conversations between parents and children about relationships, sexuality and growing up.

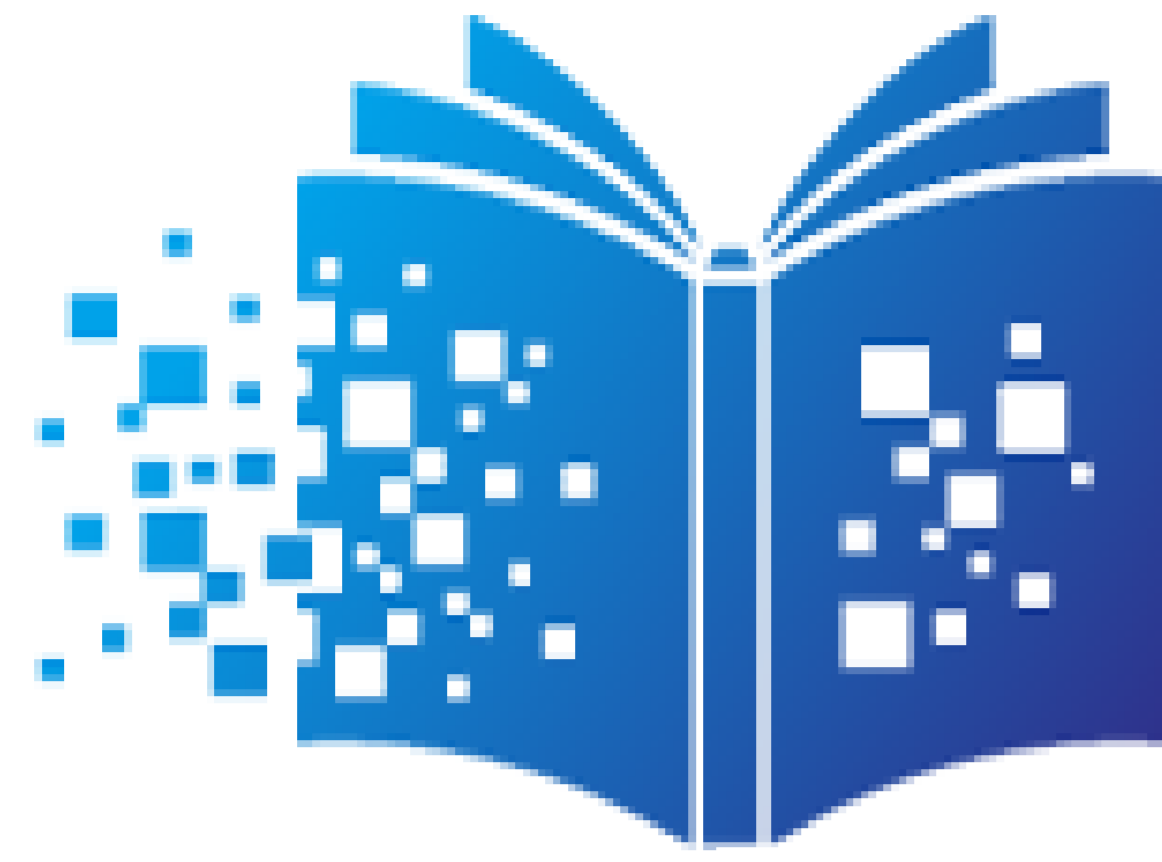
sexualwellbeing.ie **hi** **Healthy Ireland** **HE**

HE

Talk to your GP or pharmacist about free prescription and emergency contraception

Find out more at sexualwellbeing.ie **sexualwellbeing.ie**

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

Calling all aspiring writers! Are you ready to take the first step towards becoming a wordsmith?

Our Creative Writing Workshops are the perfect opportunity to explore your passion for storytelling in a supportive and inspiring environment.

Join us at Clare Libraries for a series of workshops for various levels starting in September. There will be six workshops at each location, spots are limited so please contact the library to book your place.

👉 For Beginners:

📍 Sean Lemass Public Library, Shannon

📅 Starting Thursday 12 September for 6 weeks

🕒 5.45pm - 7.45pm

☎ Bookings: 061 364266 or email: shannonlibrary@clarecoco.ie

👉 For beginners and those with some writing experience:

📍 Sweeney Memorial Public Library, Kilkee

📅 Starting Wednesday 18 September for 6 weeks

🕒 2pm - 4pm

☎ Bookings: 065 9056034 or email: kilkee@clarelibrary.ie

📍 Kilrush Library

📅 Starting Wednesday 18 September for 6 weeks

🕒 11am - 1pm

☎ Bookings: 065 905 1504 or email: kilrush@clarelibrary.ie

📍 De Valera Public Library

📅 Starting Monday 23 September for 6 weeks

🕒 10.30am - 12.30pm

☎ Bookings: 065 6824207 or email: ennislibrary@clarecoco.ie

👉 Suitable for fiction and memoir writers.

📍 Edna O'Brien Library, Scariff

📅 Starting Thursday 12 September for 6 weeks

🕒 6pm - 8pm

☎ Bookings: 061 922893 or email: scariff_library@clarecoco.ie

We are ALMOST READY



We can't wait to show you our new library in Ennis.

Everyone is welcome, but if you want to borrow something or use a computer, you will need a library card.

To save time please make sure your library membership is up-to-date before you visit us.

You can do this by phone, email or by visiting any of our libraries in Clare.

- ✓ It's free to join the library
- ✓ No fees for lost children's books
- ✓ No late fees for overdue items



065 682 4207 / 689 1317 ennislibrary@clarecoco.ie



www.clarelibraries.ie



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@lcteb.ie.

*Courses will start subject to numbers.



COLLEGE OF FURTHER
EDUCATION & TRAINING



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: Elliot Centre, Smyths Gardens, Kilkee, V15 YR65

Time: 10.30am - 12.00pm


Date: Wednesday 4th September

All are welcome to attend






Kilkee Community & Leisure Centre




local link




Clare Volunteer Centre



EmployAbility Clare




Intreo



Clare Community & Leisure Centre



Clare Community & Leisure Centre



Clare Community & Leisure Centre

A second information clinic will be held in West Clare Family Resource Center, O' Gorman Street, Kilrush, V15VK31 on Wednesday 4th September, between 1.30pm and 3pm.

50+ LGBTI* Social Group

Lesbian, gay, bisexual, transgender
and intersex **adults 50+** from the
Midwest and surrounding areas
coming together


Join Us

The 50+ social group in **Ennis, Co. Clare**
provides a safe and welcoming space for
members of the LGBTI+ community to come
together once a month, enjoy a cuppa, and
make **new friends** in a relaxed atmosphere

Join Us

To find out more details about time and place,
contact David at **communitydev@goshh.ie**
or **(061) 314 354**





Shannon Family Resource Centre

Tel: 061 707600 Email: admin@shannonfrc.ie

Some of whats happening in the Autumn

Smart Phone / Digital Skills	6 week course 2 hours per week contact us for more details
Yoga Classes	New 6 week class Monday mornings 10am to 11.15am contact us to book a place
Ukrainian Programmes	We offer various Ukrainian Programmes & Supports Contact us for more details
Healthy Food Made Easy	Healthy Cooking Programme Nutrition and cooking on a budget currently taking expressions of interest
Parent Peer Support	1st & 3rd Tuesday of every month 9.30am to 11am
Sit n Knit	Every Tuesday evening 7.30pm to 9.30pm
Toddler Group	Every Friday morning 10am to 12 noon Starting September 13th - All Welcome
Homework Club	Monday to Wednesday 2.45pm to 4.15pm
SIT N FIT CHAIR YOGA	Thursdays 11am to 12noon contact us to book a place
Alcoholics Anon	Sunday 11am & Monday 8.30pm
Narcotics Anon	Sunday & Wednesday 8.30pm-10pm

For more details on our other services visit www.shannonfrc.com

Explore the Irish Newspaper Archives

The Irish Newspaper Archive is a vast online database of digitalised Irish newspapers, accessible by library members on library computers. It offers access to hundreds of publications dating from 1700's to the present.

You can read newspapers as they appeared in print, including national papers like the Irish Independent and local publications like Clare Champion editions from 1950 to 2020. Users can download, print, or save articles to their account.

Connect - This service can be accessed in any library in Co Clare by using a library computer with a library membership card. Library membership is free. Go to www.irishnewsarchive.com to get started.

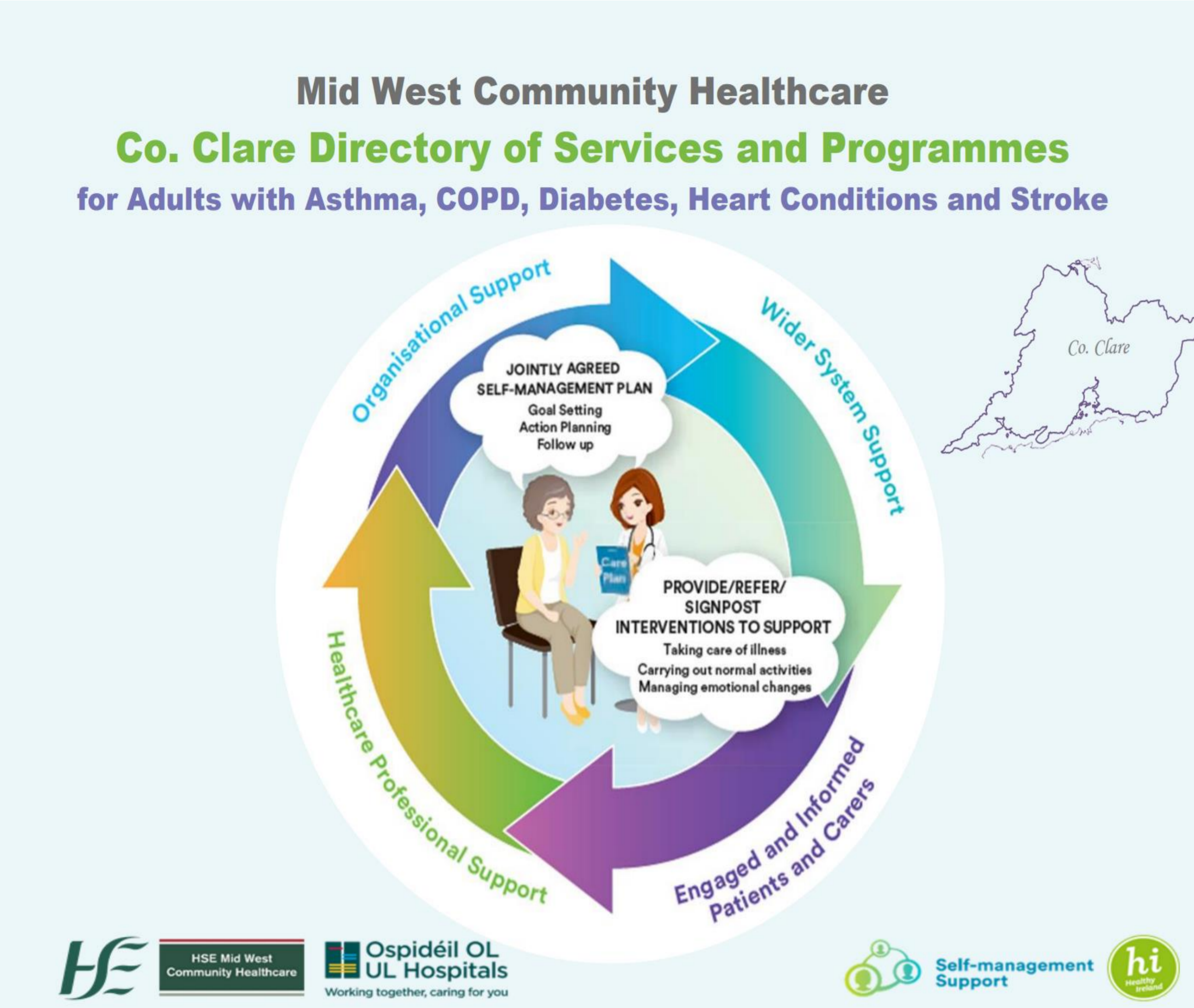
Search - Users can search newspapers by keyword or publication. Or simply browse year by year. Filter your results by date, or sort by relevance to get a more accurate result.

Save - Users can save and print articles or whole pages as .pdf documents to read later.

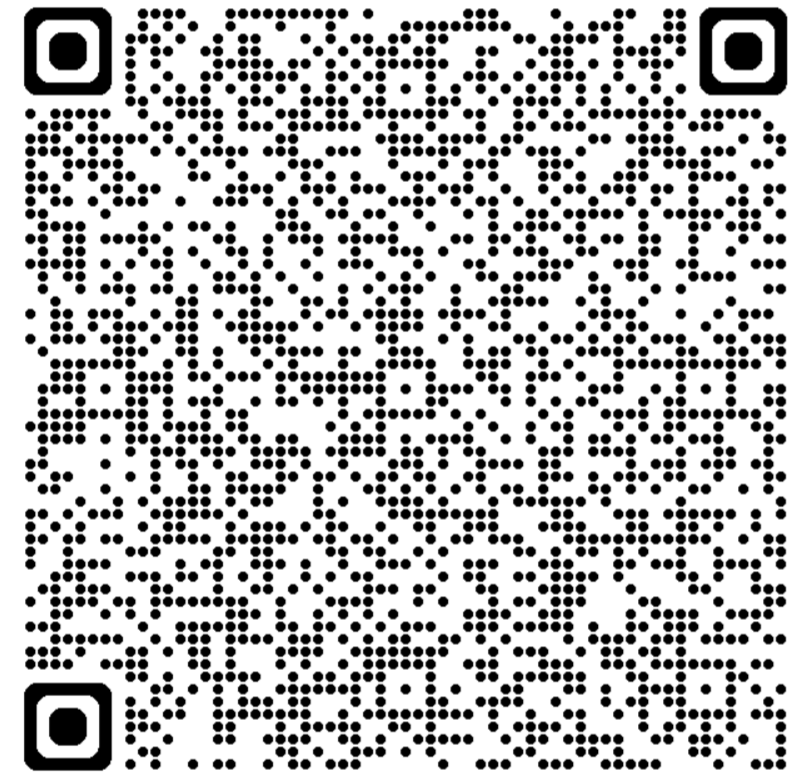
For more information visit our website at www.clarelibraries.ie.



Other Health & Wellbeing News



<https://www.hse.ie/eng/about/who/healthwellbeing/selfmanagement/resources-for-healthcare-professionals/clare-directory-of-services-and-programmes-for-adults-with-asthma-copd-diabetes-heart-conditions-and-stroke.pdf>



North West Clare Family Resource Centre

What's on in September 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	Baby Massage (start date to be confirmed) Kids Club (Ballyvaughan, Village Hall) Teen Club	Joeann Jenny, Anastasiia Jenny, Anastasiia	
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 Yoga Class	Hilary Joeann Joeann Jenny, Anastasiia Kaye	
Wednesday	7am-8am 9am - 4pm 10am - 1pm 11am - 12pm 1pm-2.30 2.40-3.45 2pm - 5pm 7pm	Yoga Class Employability Textile Crew (Parliament Street) Food Cloud English Classes "Fáilte isteach" Homework Club Money Advice & Budgeting Service Men's Shed	Kaye Jennifer Joeann Joeann Jenny, Anastasiia Joeann Barbara Joeann	
Thursday	9am - 2pm 10.30 - 12.30 2.40-3.45 6pm-8pm 6pm - 7pm	Employability Kids Club (Lahinch Leisure Centre) Homework Club Youth Club Ukrainian Language Classes	Jennifer Jenny, Anastasiia Joeann Emma Anastasiia	
Friday	9am - 5pm 9.30-12.30 10am - 12pm 11am - 1pm	Intro: Employment and Income Supports Parent & Toddler Group Kids Club (The Pavilion, Lisdoonvarna) Breastfeeding Group (every 2nd week)	Tommy Joeann Jenny, Anastasiia Joeann	

We also offer:

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



Women in Business 2024

Save the date

Local Enterprise Office Clare organizes several events during the year for women in business in Co. Clare that focus on bringing businesspeople together. These networks are geared specifically at start-ups and smaller businesses.

Other Health & Wellbeing News



Circle of Security Parenting Programme 2024

9 weeks:

Tuesdays (9:30-11:30am weekly)
17th September to 19th November.
Shannon Family Resource Centre.



Contact Cathal 087 1232489
for further information.

You can register your interest and
find out more information by
checking out the weblink below.

www.shannonfrc.com/cosp

Made with PosterMyWall.com



Know Your Numbers

Healthy Ireland Know Your Numbers

The Know Your Numbers Card is a useful reminder for adults to get to know more about key numbers that influence their health and wellbeing (blood pressure, cholesterol, blood sugars, body mass index, waist measurement, alcohol, healthy eating and active living). The numbers in this card are important indicators of general health and knowing them can help prevent the onset of chronic health conditions. The card also includes sign posting to evidence based websites for further information on maintaining these evidence based key numbers. For more information, visit: <https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/national-policy-priority-programmes/know-your-numbers.html>

LOOKING FOR AN ALTERNATIVE WAY TO SUPPORT YOUR CHILD?



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
DAY 2 - ONLINE - CONFIRMED AT IN-PERSON SESSIONS

COST: **NO CHARGE**

THIS TRAINING IS PROVIDED BY EXPERIENCED NVR PRACTITIONER AL COATES. AL IS AN ADVANCED LEVEL NVR PRACTITIONER AND ACCREDITED BY PARTNERSHIPPROJECTS. PARTNERSHIPPROJECTS IS AN ACCREDITED TRAINING PROVIDER REGISTERED WITH THE NVR ASSOCIATION (NVRA).

APPLICATIONS ARE NOW OPEN. TO APPLY PLEASE VISIT: WWW.FASDIRELAND.IE/NVR TO COMPLETE THE INITIAL FORM. SUCCESSFUL APPLICANTS WILL BE CONTACTED DIRECTLY.

WWW.FASDIRELAND.IE/NVR



POETRY READINGS AT THE LIBRARY

Sean Lemass Public Library,
Shannon

Tuesday, 24 September
6.30PM - 7.30PM

Read your own work,
read poems by your
favourite author or just
come along and listen.

This is a Clare
Libraries/
Poetry Collective event.
Clare Libraries

Other Health & Wellbeing News

Clarecare Family Support Service Parenting Programmes Autumn 2024



Circle of Security Programme

Circle of Security gives parents a map to understand their children's emotional needs. The reflective nature of the programme supports parents to tune in and respond to the emotional needs of their children in ways that promote secure attachment and enhance relationship experiences. This programme is starting in Ennis, **Autumn 2024** for 8 weeks.



Parenting When Separated

This programme is for all parents who are preparing for, going through or who have gone through a separation or divorce. It aims to help parents to solve co-parenting problems whilst staying focused on the needs of the children. This programme begins in Ennis in **Autumn 2024** for 6 wks.



Parents Plus Early Years Group

This Early Years programme is practical solution-focused and draws on parents' strengths and is suitable for parents of children aged 1-6yrs. Parent Plus Early Years programme will begin in Ennis **Autumn 2024** for 6 weeks.



ParentsPlus Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11-17yrs. The parents plus adolescents programme considers how parents can build good relationships with their teenage children while also being firm and influential in their life. This programme begins in Ennis in **Autumn 2024** for 8 weeks.

For more information on any of the parenting programmes offered by Clarecare please contact parentingsupport@clarecare.ie Or phone 065 68 94200

Entry Fee is €10 per course

Join Us

9th Annual Golf Classic

Saturday September 21st 2024

€120 per team of 4 players

Where: Castle Course, Lahinch Golf Club

Prizes: Two best scores count
*Prize for women only team

In aid of: **North West Clare Family Resource Centre**

WHS Handicap system applies—using Course Handicap

Call Lahinch Golf Course 065-7081003 to book a tee time

North West Clare Family Resource Centre
Parliament Street, Ennistymon, Co Clare
065-7071144/info@northwestclarefrc.ie

LIFE COACHING FOR MEN

PROMOTING POSITIVE CHANGE



KASIA KOWALSKA

Life Coach, Fitness Instructor & YOGA Teacher

Programme Details:

2024 Life Coaching Dates

Workshop 1: Thursday 26th September (7-9pm)

Workshop 2: Thursday 24th October (7-9pm).

Workshop 3: Thursday 21st November (7-9pm)

Workshop 4: Thursday 12th December (7-9pm)

Men participating must attend a minimum of four 1:1 life Coaching sessions with kasia.

Cost €50

Register via the online link below.
www.shannonfrc.com/lifecoaching4men

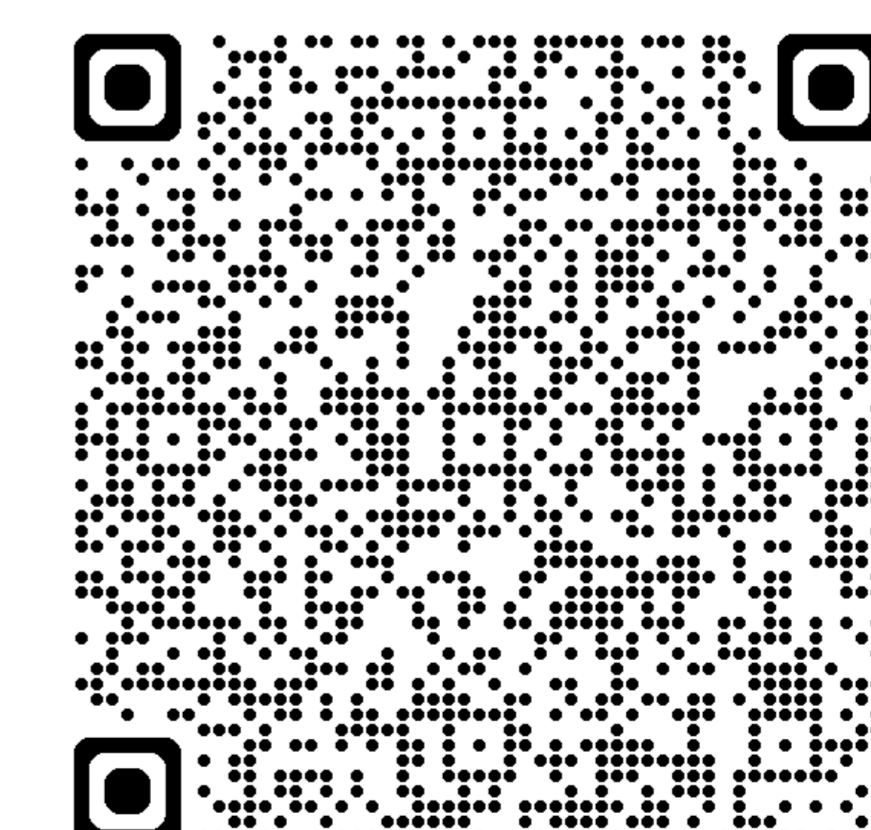


Made with PosterMyWall.com



EpiLearn is a digital resource offered by Epilepsy Ireland that delivers a range of interactive bite-sized learning resources to help aid a person's understanding and awareness of epilepsy - be they a person with epilepsy themselves; a carer or family member of a person with epilepsy; or a member of the general public.

The app - which can be accessed via desktop; downloaded as a desktop app; and on Apple or Android - is a additional digital resource to add to the array of resource about epilepsy.



Want to learn more about epilepsy in your own time, on your device and at your leisure? Download EpiLearn today!!

Other Health & Wellbeing News



Institute of
Public Health



**#HowWeAge
Photography
Competition**

**Enter by
1 October**

IPH is seeking images of older
people in our lives and
communities who are engaged in:

- Volunteering
- Paid and unpaid work
- Teaching
- Learning

www.publichealth.ie/photo

Online Support Groups at FCI

**CARING FOR THOSE WITH
SEVERE ID AND COMPLEX
NEEDS**

Every second Wednesday at
10am. Connect with others in
a similar caring situation.

**CARING WITH ADDITIONAL
HEALTH NEEDS OF YOUR OWN**

On the third Tuesday of each
month at 2pm, meet other
carers who understand the
added complexity of caring
when you have your own health
needs too.

**CREATIVE
WRITING**
Author and
Psychologist Patricia
McAdoo hosts an
evening of expressive
writing on the 4th
Thursday of the
month at 7.30pm.



No one should have to care alone

**PARENTS CARING FOR
A CHILD WITH A
HIDDEN DISABILITY**

On the second Wednesday
(7pm) and last Thursday
(10am) of each month,
connect with other parents-
share ideas and resources.

MEN CARERS

Expressions of interest
being taken for a new
men's connect group.

COFFEE MORNING

On the first Friday of each month at
11am, join to connect and chat with
other family carers.

YOUNG ADULT CARERS

On the first Thursday of each month
at 7pm, 18-24 year olds in a full-time
or part-time caring role meet and chat
with others who get what it's like.

Contact Norah: nduffy@familycarers.ie



Four 5km parkruns in County Clare, which are the following events:

- Clarisford parkrun, Clarisford/Killaloe - <https://www.parkrun.ie/clarisford/>
- Illaunmanagh parkrun - <https://www.parkrun.ie/illaunmanagh/>
- Lees Road parkrun, Ennis - <https://www.parkrun.ie/leesroad/>
- Vandeleur parkrun, Kilrush - <https://www.parkrun.ie/vandeleur/>

These community events take place every Saturday at 9.30, and are free for everyone taking part. You can walk, jog, run, volunteer or even spectate. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

Other Health & Wellbeing News

Invitation

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. We would like to invite your organisation to host an information stand at the event. It is an opportunity for you to network and raise awareness of your services while engaging directly with attendees.

space
is
limited

Date: Thursday, 3rd October 2024
Location: Treacy's West County, Ennis, V95 CPCT
Time: 11am to 4pm
Register your interest in hosting a stand by
completing the form in the link below:-
[Registration Form](#)
before 30th August 2024

space
is
limited



Scan Me



Register your interest in hosting an information stand at the event through the following link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=ez5tAG5zgkiWvrWbfGhf1up2ioUxtlhFqh5rkHXWsnJURUw5TOE5UTYyNDEyVTZLRVIPSTkzR01XQS4u>

CLARE LIBRARIES SDG WEEK 2024

EVENTS FROM 17 SEPT - 8 OCT



Clare Garden Festival



The Sustainable Development Goals (SDGs) are 17 global goals set by the UN in 2015 to achieve a more sustainable and equitable future by 2030.

As part of SDG Week 2024, Clare Libraries will host events encouraging us to live more sustainably through practical tips and resources.

Workshops will include Sustainable Gardening in association with Clare Garden Festival, Sustainable Parenting Talks, Sewing, Upcycling and more.

Visit our website at
www.clarelibraries.ie or scan
the QR Code to find out more:



Gynaecological Oncology



Upcoming Event:

What:

Free educational session on
The Signs and symptoms of the 5 Gynecological cancers
- Ovarian, Cervical, Uterine, Vaginal and Vulval

Who:

The Team from the Mater Misericordiae University Hospital

Where:

Temple Gate Hotel, The Square, Ennis, Co. Clare

When:

Monday the 9th September 2024 at 10:30am to 12:30pm
**Teas, coffees and scones on arrival*

Inquiries:

Email: Yvonne O'Meara: yvonne.omeara1@ucd.ie
Darina Greene: DGreene@cldc.ie

Scan this QR code or visit
thisisgo.ie
for more information



Other Health & Wellbeing News

Men On The Move

- Men only
- Beginner gym programme
- 6 weeks from 10th Sept

Tues & Thurs 7pm-8pm
Lahinch Leisure Centre
Only €35

Contact Mary:
T: 087 4909103
E: mary@claresports.ie

The best move you will ever make!



www.claresports.ie

Men On The Move

- Men only
- Beginner gym programme
- 6 weeks from 2nd Sept

Monday and Wednesday 7.35pm-8.35pm
Muscle and Motion, Ennis
Only €35

Contact Mary:
T: 087 4909103
E: mary@claresports.ie

The best move you will ever make!



www.claresports.ie

Creative Writing Workshops

Calling all writers, from beginners to seasoned wordsmiths! Join us for an exciting series of Creative Writing Workshops at a Clare Libraries. Whether you're just starting your writing journey or looking to refine your craft, these workshops offer something for everyone. Limited spots available, reserve yours now!

For Beginners:

Sean Lemass Public Library, Shannon - Starting Thursday 12th September 5.45pm - 7.45pm

Bookings: 061 364266

For beginners and those with some writing experience:

Sweeney Memorial Public Library, Kilkee - Starting Wednesday, 18th September, 2pm - 4pm

Bookings: 065 9056034

Kilrush Library - Starting Wednesday, 18th September, 11am - 1pm

Bookings: 065 905 1504

De Valera Public Library, Ennis - Starting Monday, 23rd September, 10.30am - 12.30pm

Bookings: 065 6824207

Suitable for fiction and memoir writers:

Edna O'Brien Library, Scariff - Starting Thursday, 12th September, 6pm - 8pm

Bookings: 061 922893



Creative Writing Workshops



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 & 4 2024

Venue	Day	Time	Start date	Finish date
Online	Monday	6.30pm – 9pm	16 th September 2024	21 st October 2024
Ennis Primary Care Centre	Tuesday	10.30am-1pm	17 th September 2024	22 nd October 2024
Ennis Primary Care Centre	Wednesday	10.30am-1pm	6 th November 2024	11 th December 2024

To book your place contact

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

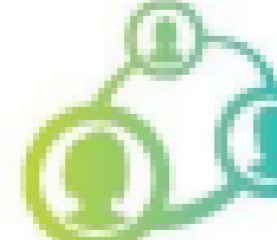
www.hse.ie/LivingWell



Living Well Programme



*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.



Self-management
Support

Sláintecare.

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

Living Well is an evidence based, structured Self-management Programme originally developed in Stanford University, California in the 1990's. The programme has been delivered in Ireland since 2005 and is used worldwide.

It has been shown to improve quality of life and mental health. Furthermore, this programme increases awareness of local supports available to help self manage long term health conditions. The programme is currently delivered throughout North Tipperary, Limerick and Clare.

The programme is ran over 6 weeks, 2.5 hours per week and addresses topics such as fatigue, sleep, pain, stress, physical activity, healthy eating, difficult emotions, low mood, depression and general wellbeing. Tools used include problem solving, action planning and decision making. There is no charge for the programme.

If you would like further information, please contact our Mid-West coordinator as follows: Philip Hennessy at 087-1799396 or email philip.hennessy2@hse.ie

See the HSE website for more information: <https://www.hse.ie/> Type 'Living Well programme' in the search option to see detailed information on the programme including access to an informative podcast on HSE YouTube: <https://youtu.be/Jd9TXot-PzA>



Back to School

Episode #65 - Talking Health & Wellbeing



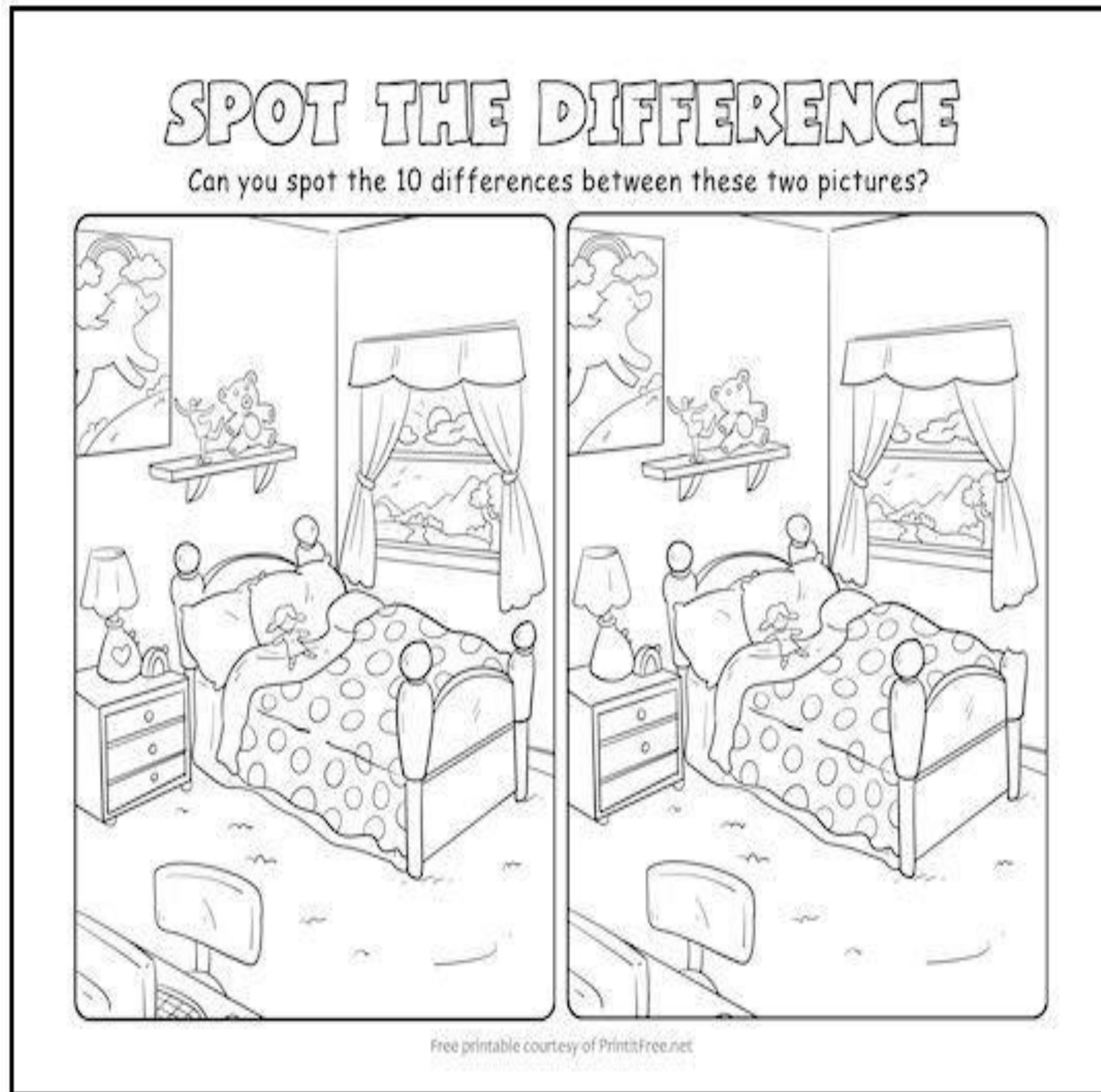
Dr. Abigail Collins

This episode covers:

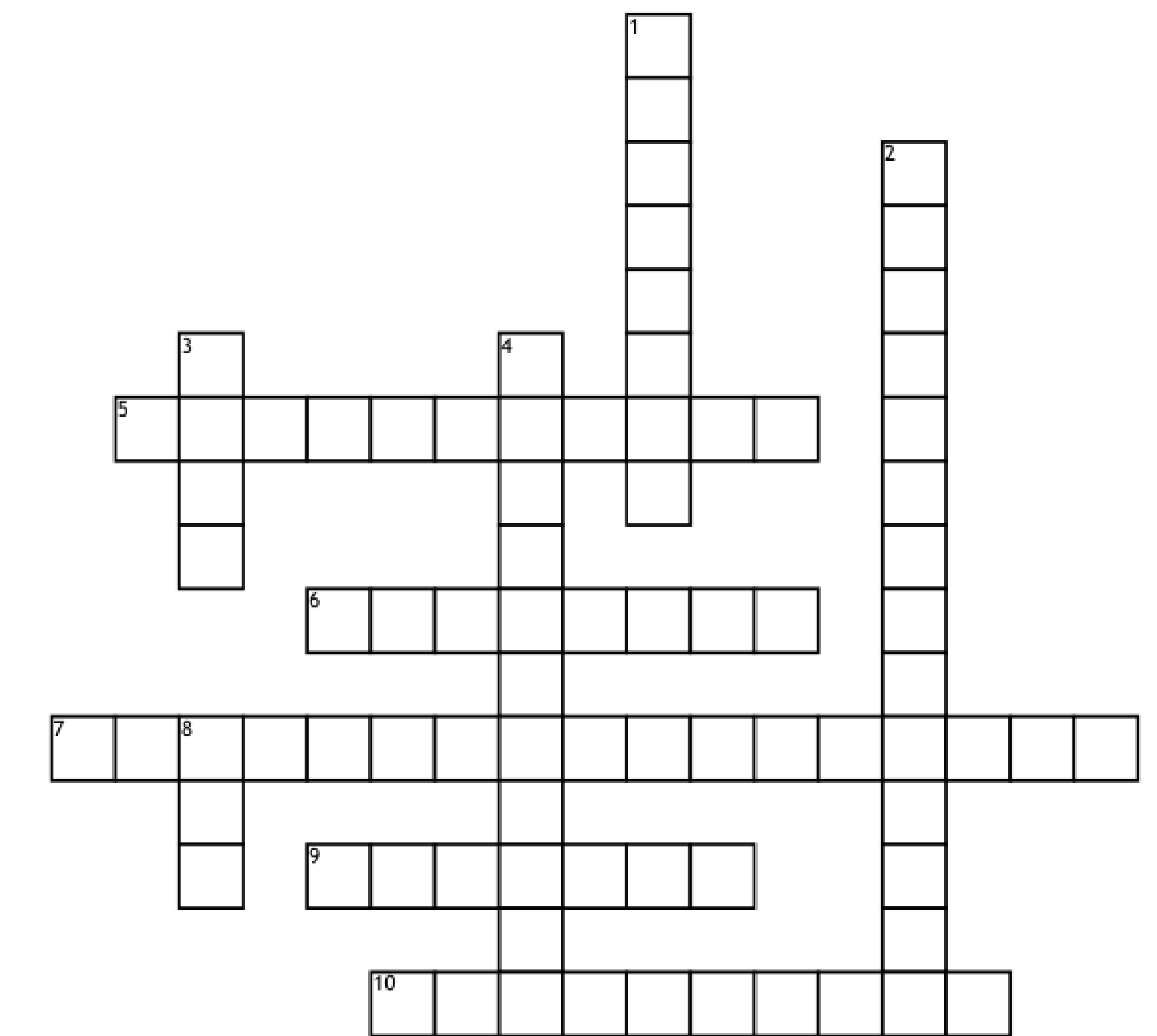
- Back-to-school preparation
- Managing anxiety
- Health essentials
- Sleep and screen time
- Nutrition
- Physical activity
- Communication with school

<https://hsehealthandwellbeingnews.com/hse-talking-health-and-wellbeing-podcast-returns-with-a-back-to-school-special/>

Special Days in September



September Word Search



Across

5. The career Te'a wants to pursue after college
6. The sport Nick played in High School
7. The High School Nick attended
9. Nick's major
10. Nick's sister

Down

1. Where Te'a is from
2. The role Te'a landed in Cinderella
3. Nick's spring break destination
4. The club Te'a is in
8. Te'a's favorite genre of music

september SELF-CARE

@POSITIVELYPRESENT

