

# Healthy Clare Newsletter

## March 2025

[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)



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

HEALTHYCLAREIRELAND



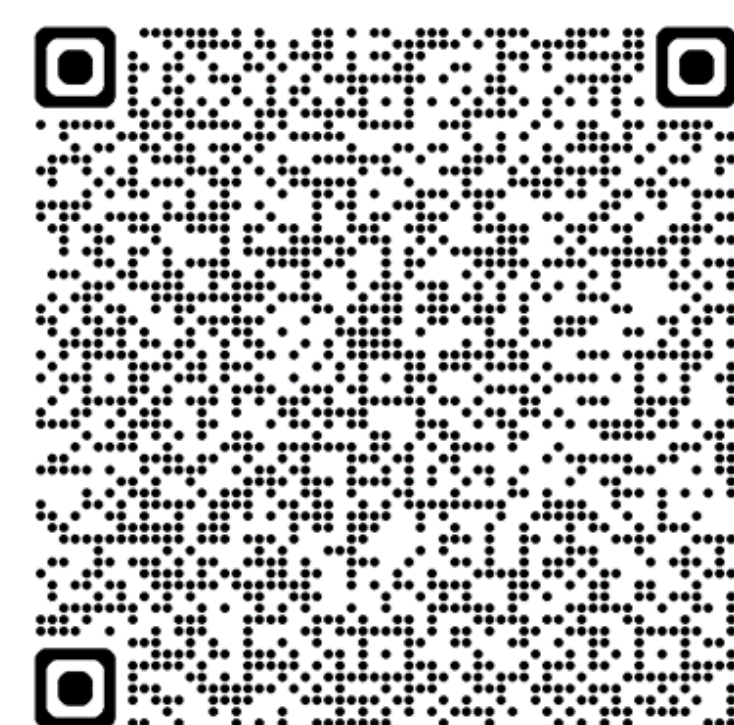
# Clare

**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 Poverty Campaign at [clarecoco.ie](http://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,

As always, I hope that you are all in good spirits as the sun begins to emerge as we step into Spring.

On 6th March 2025, members of the Clare Comhairle Na nÓg committee, accompanied by Brian McManus Clare Youth Service, Kathy Coleman (Coordinator) Rural development CCC and Samantha McCarthy, Healthy Clare Coordinator CCC, travelled to Dublin at the invitation of the Department of Health.

The purpose of the visit was to launch a short film titled 'It Should Be Like Toilet Paper', aimed at raising awareness of period dignity in Ireland. The event was a highlight of Women's Health Week 2025 and took place at the Department of Health, with the Minister of State for Public Health, Wellbeing, and the National Drugs Policy, Jennifer Murnane O'Connor, in attendance. The film, produced by Clare Comhairle Na nÓg, underscored the event's central theme: 'Period Dignity for All'. A powerful speech delivered by a Comhairle member complemented the film, earning praise from Dr. Fiona Mansergh, Assistant Principal of the Health and Wellbeing Programme at the Department of Health. She noted that the contributions from Clare Comhairle Na nÓg "really helped to make this a special Women's Health Week occasion."

To date, Healthy Clare has distributed 1,800 free period products across council-owned spaces, ensuring accessibility for the public. The day was a significant milestone in amplifying the voices of young people and advancing the period dignity agenda. We would like to extend congratulations to all involved in the production of this video.

If your organisation is affected by period poverty please reach out to [Healthyclare@clarecoco.ie](mailto:Healthyclare@clarecoco.ie) for details about how to get involved in this programme.

Kind regards, Sam



# Physical Activity



The poster for 'Safeguarding 3' features a man in a blue polo shirt standing in front of a brick wall. The background is a mix of green and blue geometric shapes. Logos for SPÓRT ÉIREANN, SPORT IRELAND, and CLARE SPORTS PARTNERSHIP are at the top. The text 'Safeguarding Designated Liaison Person' is on the left. A large green number '3' is in the center. Details include 'Wednesday, Apr 2nd', '6pm - 9pm', and 'Online Zoom Course'. A blue starburst shows the price '€16.50'. A 'BOOK NOW' button with a hand cursor is at the bottom left.

**Safeguarding 3**  
Designated Liaison Person

Wednesday, Apr 2nd  
6pm - 9pm  
Online Zoom Course

**€16.50**

**BOOK NOW**

## Safeguarding 3 with Clare Sports Partnership

Please see poster attached. This course is for a person appointed to the Designated Liaison Person position in a club. You must have Completed Safeguarding 1 in order to complete this course.

Visit <https://claresports.ie/event/safeguarding-3-april-2nd/to-book-your-place> to book your place.

## Women In Sport Try Soccer – various locations

Ladies, have you ever wanted to give soccer a go? Now's your chance! Join us for a fun and friendly taster session, perfect for women of all ages (16+ years) and abilities—no experience needed! Book your place today at <https://claresports.ie/events/>

Beginning in Ennis, and Kilrush this April. We are also hoping to deliver this programme in Shannon and Lisdoonvarna! Please see [claresports.ie](https://claresports.ie) for more information.



The poster for 'Ladies Try Soccer' features a soccer ball on a grassy field with a sunset in the background. The Clare Sports Partnership logo is at the top. The text 'Ladies Try Soccer (16+ year olds)' is prominent. Details include 'Ennis and Kilrush', 'This April', and 'Evening'. A yellow starburst shows the price '€10'. At the bottom, it says 'To book your place and find out more visit claresports.ie' and includes the hashtag '#WomenInSportIRE' and the Sport Ireland logo.

**Ladies Try Soccer**  
(16+ year olds)

Ennis and Kilrush  
This April  
Evening


**€10**


To book your place and find out more visit [claresports.ie](https://claresports.ie)


**#WomenInSportIRE**



# Physical Activity

 Welcome to the  
**ACTIVE ENNIS LEISURE COMPLEX**





- Only 25m pool in Ennis with an accessible hoist
- State of the Art Gym
- Sauna and Steam room
- Large, accessible car park
- Variety of fitness classes and swim programs

**MEMBERSHIPS AND PAY AS YOU GO OPTIONS FOR ALL**

For more information follow us on Instagram  
Active\_Ennis or visit our website [www.activeennis.ie](http://www.activeennis.ie)

## Get Fit with Active Ennis this March

### Benefits of HIIT Training

**High-Intensity Interval Training (HIIT)** offers numerous benefits for fitness and overall health:

**Time Efficiency:** HIIT provides an effective workout in just 15-20 minutes, making it easy to fit into busy schedules.

**Improved Cardiovascular Health:** HIIT significantly reduces pulse wave velocity, systolic and diastolic blood pressure, and resting heart rate in people at risk for cardiovascular disease.

**Increased Cardiorespiratory Fitness:** HIIT can improve oxygen consumption as much as traditional endurance training in about half the time.

**Fat Burning:** HIIT promotes fat loss during and after workouts due to the Excess Post-Exercise Oxygen Consumption (EPOC) effect.

**Muscle Retention:** HIIT helps retain muscle mass, making it beneficial for those concerned about muscle loss during cardio.

**Improved Endurance and Strength:** HIIT boosts overall fitness, power output, and performance across various physical activities.

**Metabolic Health:** HIIT can improve insulin sensitivity and blood sugar control.

**Long-term Adherence:** HIIT is reported to be more enjoyable than moderate-intensity continuous training, potentially leading to better exercise adherence.

**Bone Health:** HIIT may help strengthen bones.

**Cognitive Function:** Some studies suggest HIIT can improve cognitive functions.

## Physical Activity Resources

HSE Health and Wellbeing Exercise

Videos: <https://bit.ly/4hAV3JB>

HSE pelvic floor muscle exercises - HSE.ie:

<https://bit.ly/3CL1oml>

International Urogynecological

Association (IUGA) patient Information

Leaflets: <https://bit.ly/3Cy1aiN>





# Mental Health

## CLARE GAA HEALTH & WELLBEING SUPPORTS

Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland. It seeks to provide communities with accurate information on how to improve their health and wellbeing and to empower them by making the healthy choice the easier choice.

**24/7 Emergency: tel: 112 or 999**

**pieta**  
1800 247 247 (24 hrs)  
or text **HELP** to 51444

**SAMARITANS**  
116 123 (24 hrs)

**spunout**  
text about it  
4/7 messaging service providing immediate support for people's mental health and emotional wellbeing

**Childline**  
1800 666 666  
Offers support and counselling for children and young people

### The Five Ways to Wellbeing

The Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well.

The Five Ways to Wellbeing are from

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)  
Facebook Twitter Instagram

### 6 PRIORITY AREAS of Healthy Clare

- PHYSICAL ACTIVITY**
- MENTAL HEALTH**
- EATING WELL**
- TOBACCO FREE**
- REDUCING DRUG & ALCOHOL HARM**
- SEXUAL HEALTH**

<https://www2.hse.ie/mental-health/>

COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

**Childline**  
24hr free helpline  
1800 666 666  
[www.childline.ie](http://www.childline.ie)  
Childline is Ireland's only 24hr active listening service for people up to the age of 18

**National helpline**  
1800 459 459  
061 607242  
[info@mwrdf.ie](mailto:info@mwrdf.ie)  
Drug and alcohol support service

**Drug Related Intimidation Reporting Programme**  
Developed to respond to the needs of drug users and family members experiencing drug related intimidation.  
Ph 065 6848100

**CLARE HAVEN SERVICES**  
Supporting Women and Children  
Supporting women and children in abusive relationships  
[client@clarehaven.ie](mailto:client@clarehaven.ie)  
065 684 2646

**pieta**  
24hr free crisis helpline  
1800 247 247  
or text help to 51444  
(standard message rates may apply)  
[www.pieta.ie](http://www.pieta.ie)

**Addiction treatment centre** providing services for people addicted to drugs, alcohol, gambling and behaviour addictions  
065 684 0944  
[bushyparkhouse@clarecare.ie](mailto:bushyparkhouse@clarecare.ie)

**RAPE CRISIS MIDWEST**  
1800 311 511  
[info@rapecrisis.ie](mailto:info@rapecrisis.ie)  
[www.rapecrisis.ie](http://www.rapecrisis.ie)  
Free confidential service

**Emergency Services**  
Tel 112 or 999

**GAMBLINGCARE**  
1800 936 725  
Gambling addiction support for individuals and family members

**Gender – Orientation Sexual Health – HIV**  
061 314354  
[info@goshh.ie](mailto:info@goshh.ie)

**Clare Suicide Bereavement Support**  
Phone Number: 086 056 1573 / 087 360 8103  
Email address: [claire@claresupport.ie](mailto:claire@claresupport.ie)  
We are a group of fully trained volunteers providing confidential emotional support to individuals, families and communities throughout Co. Clare, who are grieving the loss of someone they loved through suicide. We listen, share, support and care - providing a service that is free of charge.

This is a small sample of what help is available in your area. Further information for clubs available from [chair.hwc.clare@gaa.ie](mailto:chair.hwc.clare@gaa.ie)

**The Eircode for this location is**

Rialtas na hÉireann  
Government of Ireland



# Mental Health

The Minister for Mental Health has launched a public consultation for the next suicide reduction strategy.

To encourage engagement with the survey - there is a QR code on the poster that brings you to the link: Read more and complete the short consultation survey.

The survey closes on 18th April and the department is interested in hearing from as many people as possible with experience - either of supporting people, suicidality or suicide bereavement.

## Have your say on the new National Policy on Suicide Reduction.

**This year the Department of Health will launch a new national policy to reduce suicide. Your views will play a key role in shaping this new policy.**

As part of a public consultation, the Department is inviting members of the public and relevant groups and organisations to share their experiences and opinions on suicide reduction in Ireland and to highlight what they would like to see in a new policy.

We particularly want to hear from people with lived and living experience of suicide. Your experience is invaluable in the conversation to help reduce Ireland's suicide rates.

Every life lost to suicide is one too many.

Help by sharing your views at: [gov.ie/SuicideReduction](https://gov.ie/SuicideReduction)



Or send submissions to:  
Department of Health,  
Mental Health Unit,  
Block 1, Miesian Plaza,  
50-58 Lower Baggot Street,  
Dublin, D02 XW14.

A message from the Government of Ireland.



Rialtas na hÉireann  
Government of Ireland

## Grow Mental Health



**Peer support groups for anyone experiencing mental health issues, with community recovery through friendship, support and encouragement**

**No diagnosis or referral needed.  
Grow meetings are held in Ennis each week**

**Venue- Maria Assumpta Hall, Ennis  
Monday 7-30pm to  
9-30pm  
Tuesday 2-4pm**

**Communication and human interaction is the key to mental wellness**

**Contact Celia 086 1526966 for more information**



# Eating Well

## Eat Well with Jamie



### Tips to Increase Fibre Intake

Why Fibre? It aids digestion, supports heart health, regulates blood sugar, and keeps you full longer.

1. **Choose Whole Grains** – Swap white rice, pasta, and bread for whole grain versions.
2. **Eat More Fruits & Veggies** – Aim for at least 5 servings daily, with skins on when possible.
3. **Include Legumes & Beans** – Add lentils, chickpeas, and black beans to meals.
4. **Snack Smart** – Choose nuts, seeds, popcorn, or whole fruit over processed snacks.
5. **Start Your Day Right** – opt for oatmeal, bran cereal, or whole wheat toast.
6. **Hydrate Well** – Water helps fibre do its job effectively.
7. **Increase Gradually** – Slow and steady prevents bloating and discomfort.

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



## How to eat well resources

### Nutrition

- **HSE Healthy Eating Guidelines including Food Pyramid:** <https://bit.ly/3HeAZxa>
- **HSE standard alcohol Information:** <https://bit.ly/4fgdilx>
- **HSE Nutrition with Christine Gurnett and Menopause and Me Webinar 2021:** <https://bit.ly/4jJS9nv>

The **Healthy Food for Life resources** are for the entire population over the age of five and they define the Irish Government recommendations on healthy eating and a balanced diet.

They provide a consistent and evidence-based approach for healthy eating advice.

The guidelines and resources provide practical support for individuals and families to make healthier food choices and to ultimately improve their health and wellbeing. They include a leaflet, infographic of the food pyramid, sample daily meal plans, guidelines on portion sizes and fact sheets.

The key messages from Healthy Food for Life are:

- Eat more vegetables, salad and fruit - Up to seven servings a day
- Limit intake of high fat, sugar, salt (HFSS) food and drinks
- Size matters: Use the food pyramid as a guide for serving sizes
- Increase your physical activity levels
- Small changes can make a big difference. Start TODAY!



# Tobacco Free, Reducing Drugs & Alcohol Related Harm

## Tulla United FC, promote health and wellbeing by becoming a 'Not Around Us' sports club

TULLA United have been actively promoting football in the community of East Clare for over 50 years.

The club has developed a thriving underage schoolboys and schoolgirls section which also includes an academy for children from 5 years of age.

All this activity takes place on two grass pitches, an astro pitch and a clubhouse within our facility here in the Cragg in Tulla. Kevin Perill, Secretary of Tulla United, explains that as a club Tulla United is 'acutely aware that players of all ages and their supporters share this space as they play with and support their respective teams.'

We have always understood the im-

portance of physical activity to the health of all our members, but we also feel a part of maintaining our members' health is to protect them from smoke related harm.

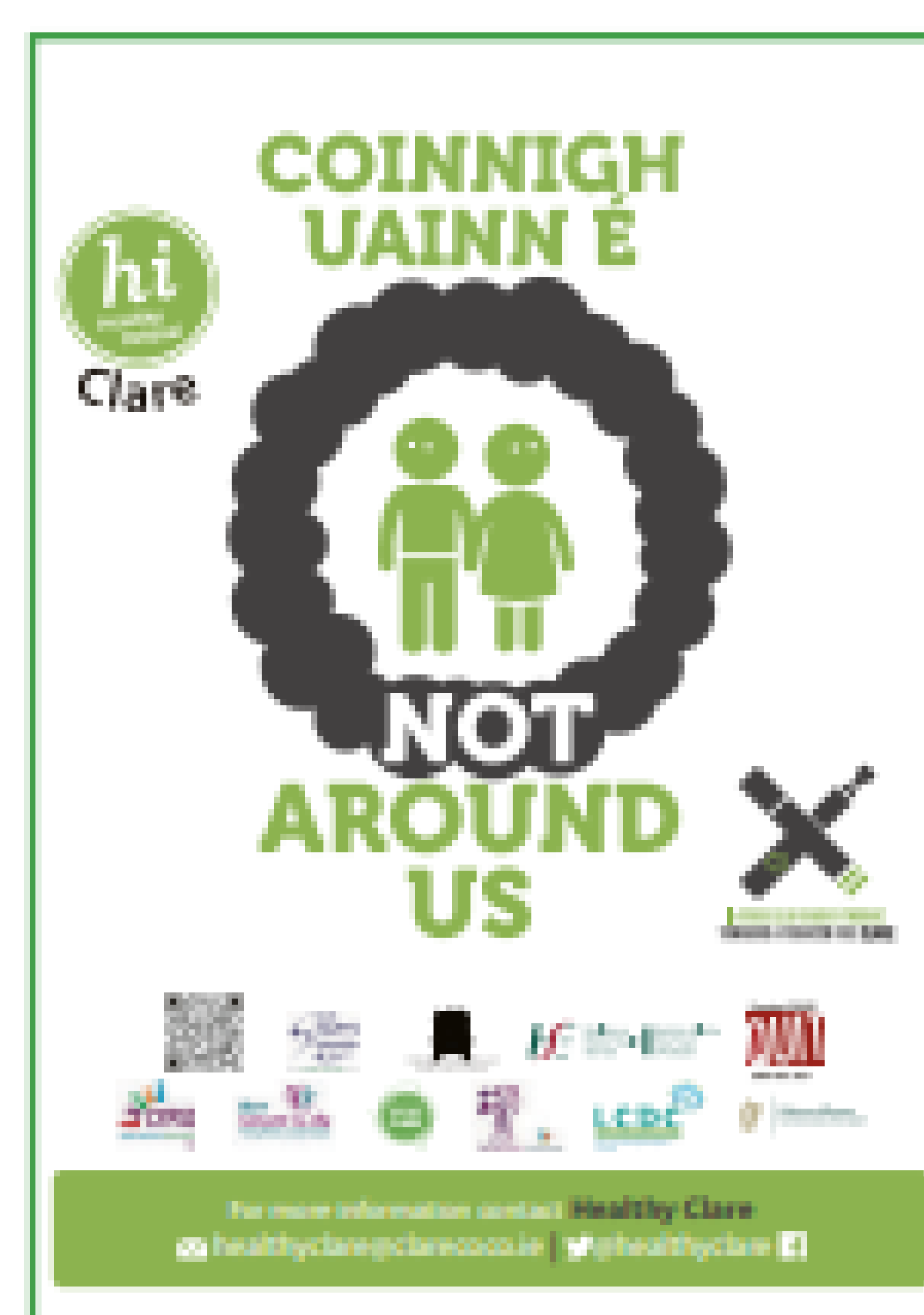
We as a club cannot promote a healthy environment for our players while allowing smoking and vaping to take place in this same environment. We want to change the social perception around the normality of smoking or vaping in public for our younger players. We feel that the only way to ensure this healthy environment in Cragg is to discourage and stop the practice of smoking and vaping completely from our facility.'

According to Samantha McCarthy,

Healthy Clare Coordinator, Tulla United FC have been supported to address smoking around children and young people, by signing up to the Not Around Us' campaign with Clare County Council and Healthy Clare.

'The 'Not Around Us' campaign supports clubs to access signs that can be erected at locations, thereby showing that there is a commitment to reduce instances of cigarette use around young people. The signs also signpost to HSE Quit supports which can help people on their smoking cessation

journey.' Other clubs and organisations are invited to join the 'Not Around Us' campaign by reaching out to Samantha McCarthy at Clare County Council. For more information on this campaign, please visit, <https://clarecoco.ie/services/community/healthy-clare/not-around-us/>



## Quitting is possible anytime with the help[ of the HSE Quit Programme and Supports

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

**HSE**

# Giving up smoking is impossible

**YOU CAN QUIT**

Help to quit

Contact Quit Mid West to learn more  
**065 6865841**  
[quit.midwest@hse.ie](mailto:quit.midwest@hse.ie)

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

**QUIT.ie**



Freephone the **HSE Drugs and Alcohol Helpline** on **1800 459 459** for confidential information and support. How alcohol affects your health and wellbeing. Visit Ask About Alcohol at [HSE.ie](http://HSE.ie) for information and support on alcohol use.



# Sexual Health

## Foundation Programme in Sexual Health Promotion

### The aim of the FPSHP is

To enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health.

### Commitment

- Participants are required to attend all six days.
- Time: 9.30 to 4.30 each day (9am start on day 1)

### Application process

As places are limited on each course there is a two-step application process.

**Step 1:** Application Form (which requires a signature from your manager)

**Step 2:** Telephone interview

**Dates:** Module 1- Wednesday 10th and Thursday 11th September

Module 2- Wednesday 8th and Thursday 9th October

Module 3- Tuesday 18th and Wednesday 19th November

**Closing date for applications:** April 12th 2025

**Course location:** St. Josephs Campus, Mulgrave Street, Limerick

For enquires please phone Mairead Kelly 086 4130162

For an application form please email  
[healthandwellbeing.training@hse.ie](mailto:healthandwellbeing.training@hse.ie)



## Menopause and Me

"The many ways to manage your Menopause"



HSE Mid-West Health and Wellbeing in collaboration with the Complex Menopause Clinic in Nenagh, are delighted to share, Menopause and me, The Many Ways to Manage your Menopause webinar link.

HSE Mid West Menopause and Me Webinar: The Many Ways to Manage your Menopause: 2025 Link.

[https://www.youtube.com/watch?v=3oPxZQ\\_4zkk](https://www.youtube.com/watch?v=3oPxZQ_4zkk)

We have received an overwhelming positive response to the topics and speakers on the webinar. In case you missed it on the night, you can now listen to our expert panel of speakers as well as women from across the Mid West bravely shared their personal stories of their experience of menopause.

This is an extended edition with additional menopause information from our G.P. Dr Brian Kennedy on - What your GP can do to support you.

For further menopause information, please see the following links;

General Menopause Websites:

- Women's Health Concern: Menopause Factsheets:

<https://bit.ly/3Q5Y7l0>

- Gov.ie: Menopause: <https://bit.ly/3XrFv34>

- HSE Menopause Policy 2024: <https://bit.ly/4eTnwJy>

- HSE Menopause overview: <https://bit.ly/3yBECLF>

- HSE Mid West Menopause and Me Youtube Webinar 2021:

<https://bit.ly/3Ex9ShF>



# Sexual Health

## 50+ LGBTI\* SOCIAL GROUPS



Next gatherings:

Limerick  
April 2nd

Ennis, Co. Clare  
April TBC

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

communitydev@goshh.ie  
or text 086 458 8680



## LGBTI+ COFFEE MEETUP



12 April



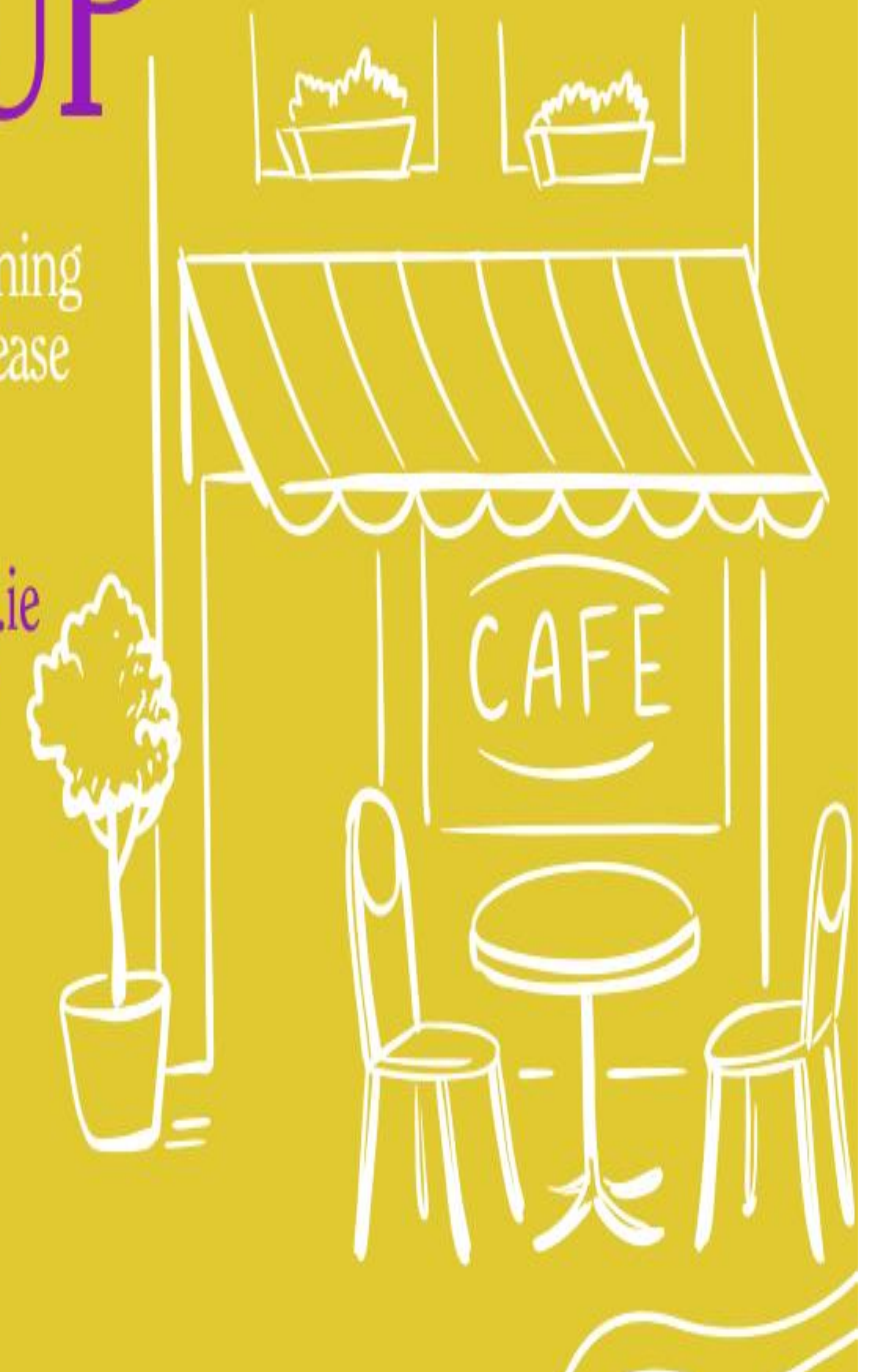
11 am

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

communitydev@goshh.ie  
or text 086 458 8680



www.goshh.ie



INTERNATIONAL



DAY 8TH APRIL

26 April 2025

## LESBIAN VISIBILITY DAY



www.goshh.ie



# Other Health & Wellbeing News

## Clare Library Services



### KILLALOE LIBRARY

#### Chair Yoga with Trish Cleary

Chair yoga is a fantastic way for people to practice yoga without the need to get on the floor. By sitting on a chair, or standing to use the chair for support, these yoga sessions will help improve flexibility, strength and mobility.

Tuesday 8 April - From 11.00am to 12.00pm

Booking is essential

Please contact Killaloe library at Tel: 061 376062 |

Email: [killaloe@clarelibrary.ie](mailto:killaloe@clarelibrary.ie).

**A HEALTHY IRELAND AT YOUR LIBRARY EVENT**



### CHAIR YOGA with Trish Cleary

Tuesday 8 April  
From 11.00am to 12.00pm

**BOOKING IS ESSENTIAL**

Please contact Killaloe library at Tel: 061 376062 | Email: [killaloe@clarelibrary.ie](mailto:killaloe@clarelibrary.ie).

Chair yoga is a fantastic way for people to practice yoga without the need to get on the floor. By sitting on a chair, or standing to use the chair for support, these yoga sessions will help improve flexibility, strength and mobility.



**A HEALTHY IRELAND AT YOUR  
LIBRARY EVENT**



**KILLALOE LIBRARY**



### SPRING INTO STORYTIME 2025

As part of the national Right to Read programme, libraries across Ireland will focus on the joys of reading and sharing stories with young children during the month of April. Keep an eye on the Clare Libraries event page at <https://clarelibraries.ie/events/> during April for events happening at your local library or scan the QR code.



### SIXMILEBRIDGE LIBRARY LATE OPENINGS

Clare Libraries are delighted to advise that Sixmilebridge Library now offer late opening hours from 6 pm to 8 pm every Wednesday evening.

Sixmilebridge Library also hosts a popular Storytime every Thursday at 3 pm, and the Craft Group meets each Wednesday at 11 am — everyone is welcome!

Feel free to drop in to browse newspapers and magazines or borrow a Home Energy Saving Kit. The library also has 7 public PCs available, providing access to resources such as Find My Past and English Type Junior.

The library offers a great range of books for all ages, from children's and young readers' books to young adult and adult collections. Please contact the library at tel: (061) 369 678 or email [sixmilebridge@clarelibrary.ie](mailto:sixmilebridge@clarelibrary.ie) for more information.



# Other Health & Wellbeing News

## Clare Library Services



### Journaling for Wellbeing



Discover a simple tool to support your wellbeing and mental health

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

 **Tues, April 15th 2025**  
10.30am - 1.00pm

 **Ennistymon Public Library**  
The Square  
Ennistymon  
Co. Clare  
V95 V99D



BOOK NOW:

<https://midwestaries.eventbrite.ie>

<https://midwestaries.ie/events>

Email: [bookinas@midwestaries.ie](mailto:bookinas@midwestaries.ie)



HSE  
Mental Health  
Engagement  
& Recovery



### Creativity for Wellbeing



Learn How to  
**Get Creative for Wellbeing!**

- ✓ What does creativity mean to you?
- ✓ How does creativity support wellbeing and mental health?
- ✓ What are the barriers to starting your creative journey?
- ✓ Start your personalised Creativity Planner



**Thurs, May 15th 2025**  
10.30am-1.00pm



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



BOOK NOW:

<https://midwestaries.eventbrite.ie>

<https://midwestaries.ie/events>

Email: [bookings@midwestaries.ie](mailto:bookings@midwestaries.ie)



HSE  
Mental Health  
Engagement  
& Recovery



# Other Health & Wellbeing News



**Clare Garden Festival**

**Extending the Season**

Sunday, 27<sup>th</sup> April 2025, 11am - 5pm

**Ennis Showgrounds**

**FEATURING**

- Jim Cronin  
Master Organic Gardener
- Vick Ind  
Individual Plants Nursery
- Klaus Laitenberger  
Master Organic Gardener
- Christopher White  
Three Gates Nursery
- Jo Newton  
Host & Organic Gardener

**A Treat for Gardeners and a Great Family Day out!**

**DEMONSTRATIONS & WORKSHOPS**

RUNNING IN DEDICATED AREAS INSIDE AND OUT

**HUGE GARDEN FAIR**

WITH PLANT, GARDEN, FOOD & CRAFT STALLS

**GARDEN EXPERT TALK SERIES**

AT OUR INDOOR STAGE FOR GARDENERS & NOVICES

**Sponsors:** Clare County Council, BINMAN, Clare Echo, LMC, VISIT, pobal, LCDC, hi Clare, Glee-up, FRUIT HILL FARM

**Facebook:** facebook.com/claregardenfestival

**Website:** www.claregardenfestival.com

## Clare Garden Festival Sunday, 27th April 11am-5pm Ennis Showgrounds

Gardening is an activity for all ages and ability. Clare Garden Festival aims to provide both education and entertainment for Ennis and Clare residents in ornamental and grow-your-own horticulture. The festival offers a great series of Garden Expert talks from an accessible stage and over 70 Garden & Food stalls from all over Ireland will take part. Clare Garden Festival is a treat for Gardeners and a great day out for all the family.

In 2025 the festival will align its theme to the Healthy Clare aims focusing around Growing and Eating Healthy Food all over the county. Clare Garden Festival wants to inspire everyone to grow their own food all year around by extending the season of growing vegetables in our gardens:

- \*Seasonal eating focuses on eating foods that are in season to maximize health benefits and minimize environmental impact.

- \*Seasonal fruits and vegetables that naturally ripen in the sun are fresher, taste better and have the highest amount of nutrition. They also tend to be lower in calories and higher in fibre than out of season produce.

- \*Simple season extending techniques and plant-protection devices, can shield your plants from extreme weather, and stretch your gardening season and having a polytunnel can mean gardening and eating fresh vegetables all year around.

Clare Garden Festival is held annually at Ennis Showgrounds this year on Sunday, 27th April. Clare Garden Festival is a treat for Gardeners with Expert talks, Workshops, Demos and Masterclasses as well as over 70 Garden, Food and Craft stalls and provides a wonderful day out for all the family with great entertainment and sumptuous food. For further details visit the festival website

<https://scanner.topsec.com/?d=1293&r=show&u=www.claregardenfestival.com&t=0207966650cdd74c3bd11773c91d61437f95cfbb> and regular updates on Instagram and Facebook.



# Other Health & Wellbeing News



**Embrace Arts and Disability exhibition**  
**Saturday 12th April - Saturday 31st May.**  
**Location: glór**

Supported by the Arts Council, the Embrace programme works in partnership with organisations and professional artists to develop an Arts & Disability Programme for adults and children who have an interest in pursuing and enjoying the arts. The Embrace exhibition culminates annually in a vibrant collection of unique, bold, and sensitive works that reflect the participants' perspectives on their creative lives. The Embrace exhibition runs from Saturday 12th April - Saturday 31st May at glór with the official launch and creative celebration taking place at glór auditorium on Tuesday, 29 April. RSVP at [arts@clarearts.ie](mailto:arts@clarearts.ie) to attend. Everyone is welcome.

## ISPCC Webinar Library

**From mindfulness to online safety, resilience to exam stress—we've got you covered!**

Explore our collection of webinars for children, teens, and parents, all designed to empower you with practical advice, valuable insights, and supportive tips for everyday challenges.

Scan the QR code below to discover our full webinar playlist! Helpful resources, anytime you need them.





# Other Health & Wellbeing News

## What's On April 2025



### Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



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

#### TUES 01 My Mental Health - Staying Connected

🕒 2pm - 4pm

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

#### WEDS 16 My Mental Health - Having Hope

🕒 10am - 12pm

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

#### TUES 22 My Mental Health - Exploring My Identity

🕒 2pm - 4pm

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



#### TUES 29 My Mental Health - Finding Meaning

🕒 2pm - 4pm

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

#### WEDS 30 My Mental Health - Empowerment & Self Advocacy

🕒 10am - 12pm

In this workshop we will explore what empowerment means to us as individuals and discuss what we can do to empower ourselves in our everyday lives. We will also explore self advocacy and share ways in which we can advocate for ourselves in key areas of our life.



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

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

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

All online workshops are 2 hours in duration.

#### BOOK NOW

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



For More Information Contact:  
[bookings@midwestaries.ie](mailto:bookings@midwestaries.ie)





# Other Health & Wellbeing News



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



Healthy Ireland  
at your Library



MID WEST  
**ARIES**  
Recovery & Well-being Education  
in Mental Health

**Discover a simple tool to support your wellbeing and mental health**

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

**Thursday, May 22nd 2025**  
10.30am - 1.00pm

**Edna O'Brien Library**  
Mountshannon Road  
Scariff  
Co. Clare  
V94 NY33



**BOOK NOW:**  
<https://midwestaries.eventbrite.ie>  
<https://midwestaries.ie/events>  
Email: [bookinas@midwestaries.ie](mailto:bookinas@midwestaries.ie)



HSE  
Mental Health  
Engagement  
& Recovery



Helium Arts  
CREATIVITY CHANGES LIVES

## Free Easter Art Camp in Ennis for children with lifelong physical health conditions

**Venue: C.B.S Primary School, Lifford, Ennis**  
**3-day camp: 15-17 April**

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

**Supported Conditions Include:**  
Diabetes, epilepsy, asthma, juvenile arthritis, heart conditions, spina bifida, cystic fibrosis, allergies, rare conditions and more.



**helium.ie**



**The Great ENNIS 10K & 5K**  
**06 April 2025**  
10am, Lee's Road, Ennis





# Other Health & Wellbeing News

The annual SunSmart campaign – runs from April to September and promotes building skin cancer prevention behaviours into your everyday routine.

The HSE National Cancer Control Programme and Healthy Ireland are planning a campaign to increase awareness of the steps you can take to protect your skin from the sun and reduce your risk of skin cancer in Ireland.

#SunSmart

For more information on the SunSmart campaign visit [www.hse.ie/sunsmart](http://www.hse.ie/sunsmart)



**Get SunSmart!**  
**Children's Art Competition**

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

Runner up prizes also up for grabs

More info at [www.gov.ie/getsunsmart](http://www.gov.ie/getsunsmart)

**Closing date extended to 9th May 2025**

HSE nccp National Cancer Control Programme

Follow the SunSmart 5 S's to reduce your risk of skin cancer



**S**lip on clothing that covers your skin



**S**lop on sunscreen on exposed areas using factor 30+ for adults and 50+ for children



**S**lap on a wide-brimmed hat



**S**eek shade – especially if outdoors between 11am and 3pm



**S**lide on sunglasses

Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.

**Be SunSmart**  
[www.hse.ie/sunsmart](http://www.hse.ie/sunsmart)



National Cancer Control Programme





# Other Health & Wellbeing News

**North West Clare Family Resource Centre**

**What's on in April 2025**

Phone us: 065 707 1144

Parliament Street, Ennistymon, Co. Clare

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

DAY	TIME	ACTIVITY	ORGANISED BY	
Monday	10am-12pm	"English Classes "Fáilte isteach" (Ballyvaughan Village Hall)	Jenny	●
	10:15-12:15	Baby Massage	Jenny	●
	4pm-6pm	Teen Club	Anastasiia	●
Tuesday	10am-12pm	Kids Club (Lisdoonvarna)	Anastasiia	●
	10.30 - 12.30	Drop-in Service (Parliament Street)	Jenny	●
	11.30 - 1pm	Traveller Play Group	Joeann, Jane	●
	2.40-3.45	Homework Club	Jane	●
	4pm-6pm	Culture Teen Club	Anastasiia, Jenny	●
	7pm-8pm	Yoga Class	Kaye	●
Wednesday	7am-8am	Yoga Class	Kaye	●
	9am - 4pm	Employability	Jennifer	●
	10am - 1pm	Textile Crew (Parliament Street)	Jenny	●
	11am - 12pm	Food Cloud	Barbara	●
	1pm - 2.30	English Classes "Fáilte isteach" (Parliament Street)	Jenny, Anastasiia	●
	2.40 - 3.45	Homework Club	Jane	●
Thursday	4pm - 6pm	Traveller Teen Girls Group	Emma	●
	7pm	Men's Shed	Jenny	●
	9am - 2pm	Employability	Jennifer	●
	10am - 1pm	Gardening Course	Barbara	●
	10.30 - 12.30	Kids Club (Lahinch Leisure Centre)	Anastasiia	●
	12.30 - 3.30	Stained Glass Course	Barbara	●
Friday	2.40-3.45	Homework Club	Jane	●
	4pm-6pm	Youth Club Leaders Group	Emma	●
	6pm-8pm	Youth Club	Emma	●
	6pm - 7pm	Ukrainian Language Classes	Anastasiia	●
	9am - 5pm	CLDC: Employment and Income Supports	Tommy	●
	9.30-12.30	Parent & Toddler Group "Cairde Nua"	Jenny	●
	10am - 12pm	Kids Club (The Pavilion, Lisdoonvarna)	Anastasiia	●
	11am - 1pm	Breastfeeding Group (every 2nd week)	Jenny	●
	1.20pm-3pm	Teen Drop-in	Emma	●
	3pm-4pm	Youth: Soccer	Emma	●

We also offer:

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

**HSE**

**hi**  
Healthy Ireland

## The Power of Family Resource Centres

### Episode #93 HSE Talking Health & Wellbeing

This episode covers:



**Shauna Diamond**

- Parenting and mental health support
- Community engagement
- Addressing health inequalities
- Partnerships with organisations like HSE and Tusla
- Social prescribing and its connecting role
- Gambling addiction and food/period poverty

## FIVE WAYS TO WELLBEING

**CONNECT**

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

**Give**

Your time,  
your words,  
your presence

**TAKE NOTICE**

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

**KEEP LEARNING**

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

**BE ACTIVE**

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



# Other Health & Wellbeing News

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

## INFORMATION TALK

We Welcome  
**Sgt Edel Burke, Kilrush Garda Station**


← →

## INFORMATION ON PERSONAL SAFETY

  **Thursday 24 April**  
 **2.30 to 3.30pm**  
 **Kilrush Community Centre**

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


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

## JOIN OUR NEW BOOK CLUB

**Thursday**  
**03 & 17 April**  
**@11.30am**

**Kilrush Community Centre**

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



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

## THE KETTLE'S ON!

*Call in for a chat & a cuppa,*

**EVERY WEDNESDAY**  
**@2.30PM**  
**Kilrush Community Centre**



**Everyone's Welcome ..**

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

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

## What's on in APRIL

**BOOKING ESSENTIAL!** *Weekly Activities* **065 9052173**

Day	Time	Activity	Venue
<b>Tue</b>	10 am	Phone/Tablet/Laptop Assistance	Kilrush Comm Centre
	10.30am	Mindfulness through Art	Kilrush Comm Centre
	11am	Sit Fit - Kilkee	<b>Kilkee Comm Centre</b>
	12.45pm	Bingo for Fun	Kilrush Comm Centre
	2pm	45 Cards Game	Kilrush Comm Centre
<b>Wed</b>	10am	Phone/Tablet/Laptop Assistance	Kilrush Comm Centre
	10.30am	Sit Fit - Kilrush	Kilrush Comm Centre
	12pm	Go for Life/Active Fit	Kilrush Comm Centre
	10.30am	Mindful Gardening	Kilrush Comm Centre
	3pm	Bingo for Fun - Kilkee	<b>Elliott Centre Kilkee</b>
	2.30pm	The Kettle's On!	Kilrush Comm Centre
<b>Thurs</b>	10.30am	Singalong	Kilrush Comm Centre
	11am	Peninsula Social Club	<b>Old Schoolhouse Querrin</b>
	12pm	Tai Chi	Kilrush Comm Centre

### April Monthly Activities

<b>Thurs 03 April</b>	2.30pm	<b>Quiz Time!</b>	Kilrush Comm Centre
<b>Thurs 03/17 Apr</b>	11.30am	<b>Book Club!</b>	Kilrush Comm Centre
<b>Fri 04 April</b>	11am	<b>Ceol agus Tae</b> (Bring your own Instrument)	Kilrush Comm Centre
<b>Thurs 10 April</b>	2 to 4.30pm	<b>Tea Dance: Larry McEvoy</b>	Kilrush Comm Centre
<b>Thurs 17 April</b>	2pm	<b>Movie Club!</b>	Kilrush Comm Centre
<b>Thurs 24 April</b>	2.30pm	<b>Information Talk: Personal Safety</b> with Sgt Edel Burke, Kilrush Garda Station	Kilrush Comm Centre

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





# Other Health & Wellbeing News

## Invitation to organize a Slí to celebrate Mens Health Week 2025



### Slí 2025 - Bigger and Brighter!

Why not organise a Slí To celebrate Men's Health Week 2025?! Building on from the success of the last two years, we are inviting Sheds to organise their own Slí - we worked with Sports Partnerships and the HSE but you might have other local supports and sponsors.

We're seeking expressions of interest from sheds who can accommodate a large group of walkers (one walk last year had over 90!) and who have a walking route within easy access of the Shed.



Please email [geraldine@menssheds.ie](mailto:geraldine@menssheds.ie) or [rebecca@menssheds.ie](mailto:rebecca@menssheds.ie) to express interest

Find details of your local Sports Development Partnership at: <https://www.sportireland.ie/participation/local-sports-partnerships>. Please email [geraldine@menssheds.ie](mailto:geraldine@menssheds.ie) or [rebecca@menssheds.ie](mailto:rebecca@menssheds.ie) to express interest.

## Invitation to Celebrate Men's Health Week 09-15 June 2025.

Last year men from Munster, Leinster and Connaught took part in a number of walk arranged and supported by Sports Partnerships and other partners. There was history, music, walking and lots of craic! The Slí is an outdoor event heralding the start of summer and kickstarting Men's Health Week. This year we are inviting Sheds nationwide to come together individually, as a group of Sheds or by county to connect, chat and enjoy the great outdoors together on a walk, forest trail, park or place of their choice to organise their own Slí. The Slí you organise can be any size - it's entirely up to you.

We are encouraging new potential members to come along to experience some of the magic of Sheds and we encourage existing Sheddors to 'bring a buddy' to the event. We are also giving you our Walkshop booklet which is useful background for organising outdoor walks.

We hope this June is filled with Sheddors walking in celebration of Men's Health Week and that we build on the huge success of last year. There are certain costs associated with organising a Slí, which might cover food, tee shirts, first aid etc. and we can advise you of what they might be.

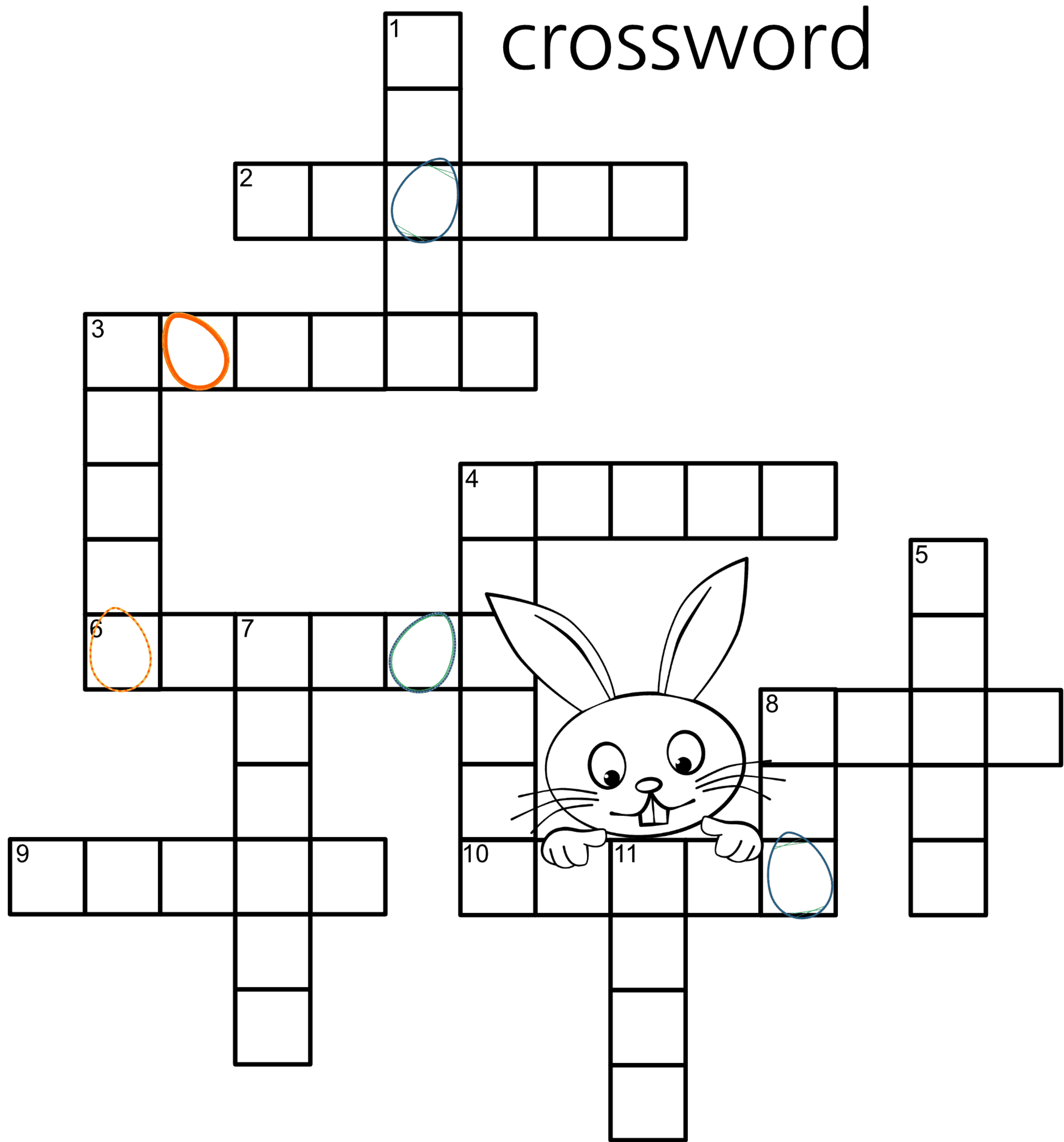


Find details of your local Sports Development Partnership at: <https://www.sportireland.ie/participation/local-sports-partnerships>  
Please email [geraldine@menssheds.ie](mailto:geraldine@menssheds.ie) or [rebecca@menssheds.ie](mailto:rebecca@menssheds.ie) to express interest



EASTER

crossword



- Down**
- 1. Jesus has \_\_\_\_\_.
  - 3. They rolled away the \_\_\_\_\_.
  - 4. What a rabbit likes to eat
  - 5. A baby rabbit
  - 8. A Bunny may not walk but he can \_\_\_\_\_.
  - 7. The day of the week we celebrate Easter
  - 11. A baby sheep

- Across**
- 2. What you carry to gather eggs
  - 3. The season we celebrate Easter
  - 4. A newly hatched bird
  - 6. The day we celebrate the resurrection of Jesus
  - 8. An Easter Egg \_\_\_\_\_.
  - 9. A tasty treat you may find in Easter eggs
  - 10. A flower that grows from a bulb

sunshineandrainydays.com



THANKSGIVING.CO