

Healthy Clare Newsletter

May 2025

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



healthyclare@clarecoco.ie



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



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

HEALTHYCLAREIRELAND

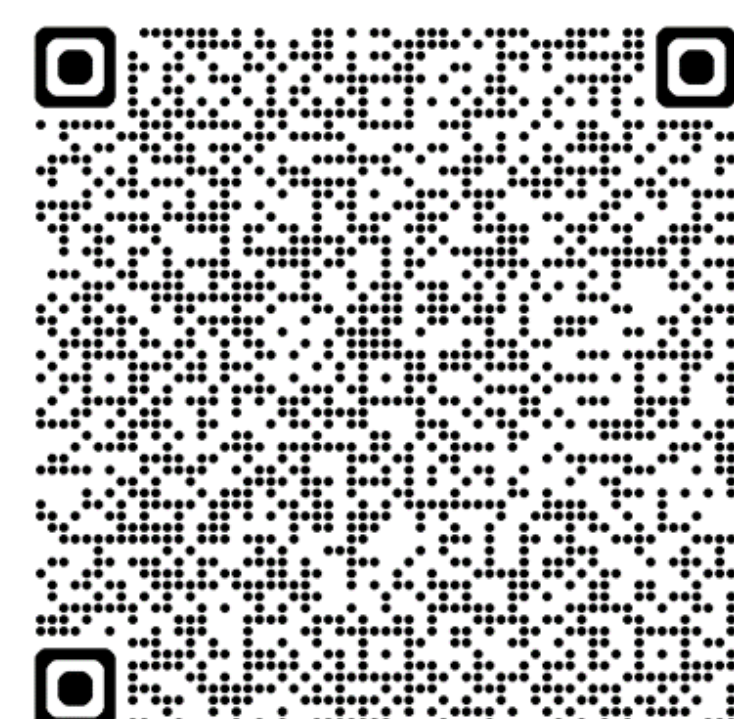


Follow us on Social Media

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

We are delighted to continue rolling out Clare County Council's Free Period Products Campaign in Local Authority spaces, libraries and leisure facilities. We have seen many benefits of supporting these facilities to have a supply of period products that are freely available to members of the public. If your community would like to be involved in this programme we would love to hear from you. For more information about the campaign, please visit Clare County Council's Free Period Poverty Campaign at clarecoco.ie.

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



Dear Readers, this month, Healthy Clare is coming together with Active Ennis and Clare Sports Partnership to run a **'Hydrate and Refill' drawing competition** across **primary schools**. We would be delighted if you could share the newsletter with any primary schools that you are connected with and highlight the importance of hydrating, especially in this warm weather and the benefits to the environment of refilling our water bottles. We are running this competition alongside some work that is taking place to bring new water bottle refill stations to Active Ennis facilities across the town. Reach out to me at samccarthy@clarecoco.ie for more information on how to enter. Kind regards, Sam

HYDRATE & REFILL DRAWING COMPETITION

WIN €200
(Overall Winner)

WIN €50
(Category Winners)

Design a poster to promote the benefits of Hydration and Bottle Reuse for the individual and our environment.

Competition is open to primary schools in Clare.

There will be a 1st, 2nd and 3rd prize across the following categories:

- Category 1: Junior, Senior and First Class
- Category 2: Second, Third and Fourth Class
- Category 3: Fifth and Sixth Class

There will be one overall winner announced also.

THE COMPETITION OPENS ON 6TH MAY & CLOSSES ON 2ND JUNE.

Winners will be invited to attend the launch of Clare County Council's new Water Refill Stations at Active Ennis Facilities.

For further information on how to enter, competition rules and prizes email: samccarthy@clarecoco.ie

Physical Activity: Clare Sports Partnership



LGBTQ+ Advocates Training Programme for Sports Clubs

Creating Inclusive and Safe Spaces in Sports



What is an LGBTQ+ Advocate?

An LGBTQ+ Advocate is any club member who takes active steps to promote inclusion, challenge discrimination, and support LGBTQ+ teammates and members. You don't need to be an expert—just someone who cares and is willing to learn.

What You'll Do

As an advocate, you might:

- Speak up when you hear discriminatory language
- Be a point of contact for LGBTQ+ members.
- Support someone who's coming out.
- Encourage inclusive policies and practices.

What You'll Get

- Free training (in person or online)
- Ongoing support and check-ins
- Resources and posters
- Connection with other advocates across Clare

When and how long is the FREE training?

- Online training session will be delivered on Wednesday May 7th from 7.00pm to 8.30pm for those who cannot attend the in person session.

How do I sign up?

To register, please go to www.claresports.ie/advocates

Be in with a chance to win a
€250 cash prize for your club -
All clubs that take part will be
entered into a draw.



LGBTQ+ Advocates Training

We've teamed up with Sporting Pride Ireland to deliver a brand new LGBTQ+ Advocates Training Programme – and it's open to clubs across Clare! Every participating club is entered into a draw to WIN €250!

Safeguarding
Child Welfare & Protection
Basic Awareness
Workshop

Tuesday May 13th
6pm - 9pm
Online Zoom Course

BOOK NOW

€15

Safeguarding 1 taking place on May 13th

This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport and will be delivered online through Zoom

BikeWeek
10th - 18th May 2025

IT'S **EASY**, IT'S **FUN**
AND IT'S FOR **EVERYONE!**

Logos at the bottom: TFI Transport for Ireland, Clare Sports Partnership, Clare County Council, and An Roinn Iompair Department of Transport

Bike Week is back in County Clare this May!

Get on your bike and enjoy a range of fun and free events from Saturday, May 10th to Sunday, May 18th. Find [#Bikeweek](https://twitter.com/Bikeweek) events happening near you by visiting www.claresports.ie

Physical Activity: Active Ennis

Tips for starting Strength Training



Strength Training has many benefits; however, it can be difficult to know where to start.

- 1. Master Form First:** Start with bodyweight or light weights to learn proper technique before adding heavy loads.
- 2. Focus on Big Movements:** Prioritize squats, deadlifts, presses, and rows — they build the most strength.
- 3. Progress Gradually:** Increase weights slowly over time (progressive overload) to keep getting stronger.
- 4. Rest and Recover:** Train 2–3 times a week with rest days in between to allow muscles to rebuild.
- 5. Stay Consistent:** Track your workouts, be patient, and stick with it — results come with time.
- 6. Keep it Simple:** A basic full-body routine, 10-12 reps, 2–3 times per week works very well at first.
- 7. Progress Gradually:** Add a little more weight, reps, or sets over time — known as progressive overload.
- 8. Warm Up Properly:** 5–10 minutes of light cardio + dynamic stretches (not static holding) helps prevent

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

A promotional poster for 'LUNCH CRUNCH' at the Active Ennis Leisure Complex. The top half shows a blue gym bag, a barbell, and a kettlebell on a wooden floor. The text 'ACTIVE ENNIS LEISURE COMPLEX' is in the top left. The title 'LUNCH CRUNCH' is in large white letters. Below it, the cost is listed: 'COST: €5 STANDARD, €3 MEMBERS'. A list of bullet points describes the class: 'All levels welcome', 'For further info or to book your place, call in or phone 0656821604.', and 'This class combines Strength, HIIT and Cardio Exercises into fun activities for a Full Body Workout'. The schedule is 'MON, WED, & FRI' from '1.15PM - 1.45PM'. The website 'www.activeennis.com' and social media icons for Instagram and Facebook are at the bottom.

ACTIVE ENNIS LEISURE COMPLEX

LUNCH CRUNCH

COST: €5 STANDARD, €3 MEMBERS

- All levels welcome
- For further info or to book your place, call in or phone 0656821604.
- This class combines Strength, HIIT and Cardio Exercises into fun activities for a Full Body Workout

MON, WED, & FRI
1.15PM - 1.45PM

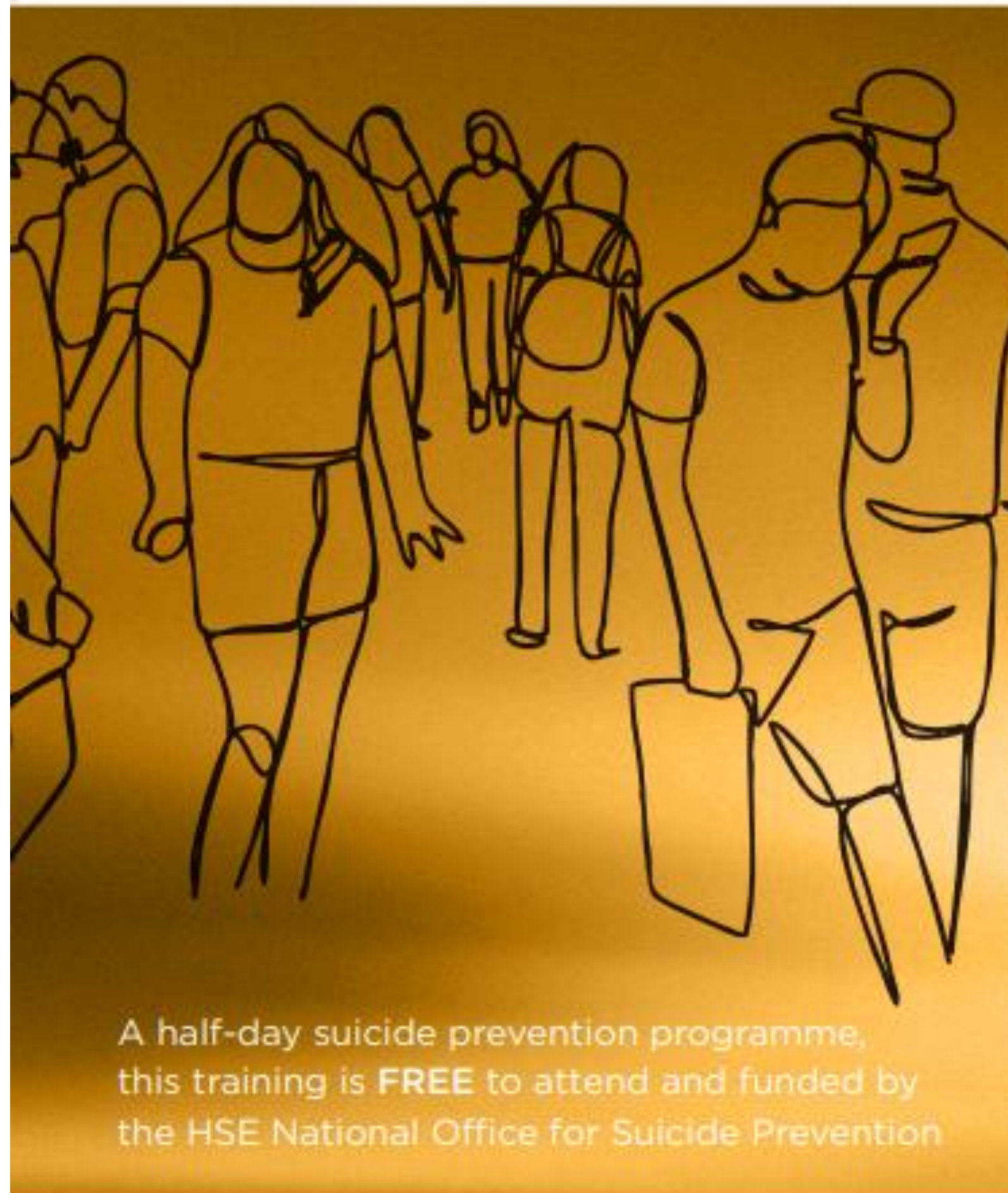
www.activeennis.com



Mental Health



Suicide Alertness for Everyone



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

**safeTALK (suicide alertness for everyone);
PUBLIC WORKSHOP; Boardroom, Clare
County Council, New Road, Lifford, Ennis, Co.
Clare, V95DXP2**

**Thursday, 15 May '25 9:30am - 1:30pm
Clare County Council, New Road, Lifford,
Ennis, Co. Clare, V95 DXP2**

**To register for this workshop just copy and
paste this link into your browser.**

**[https://bookwhen.com/suicidepreventiontra
iningmw/e/ev-s181-20250515093000](https://bookwhen.com/suicidepreventiontrainingmw/e/ev-s181-20250515093000)**

What is safeTALK?

safeTALK is an internationally recognised half-day training programme that prepares participants to recognize and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognise these invitations for help and take action by supporting people to connect with life-saving resources, supports and services.

Who is this training for?

Everyone - first responders, community workers, clergy, volunteers, teachers and people responding to family and friends.

What happens at safeTALK training?

safeTALK is a powerful experience. You can expect to feel challenged, empowered and hopeful. Your safeTALK trainer will support you to:

- Understand the importance of suicide alertness and help you to identify people who have thoughts of suicide
- Learn clear and practical information on what to do if you need to support someone who is at risk of suicide
- Learn and practice the TALK (Tell, Ask, Listen, and Keep safe) steps to connect a person with suicidal thoughts to suicide first aid help and further community resources
- Have increased knowledge of resources in your local community.

You can expect to leave safeTALK with practical knowledge of how to identify someone at risk and link them to life-saving resources.

Eating Well

Eat Well with Jamie



NUTRITION RECOVERY FROM SPORTS AND EXERCISE

Why its important?

Recovery after exercise is essential as it directly impacts your ability to adapt to training demands and train again.

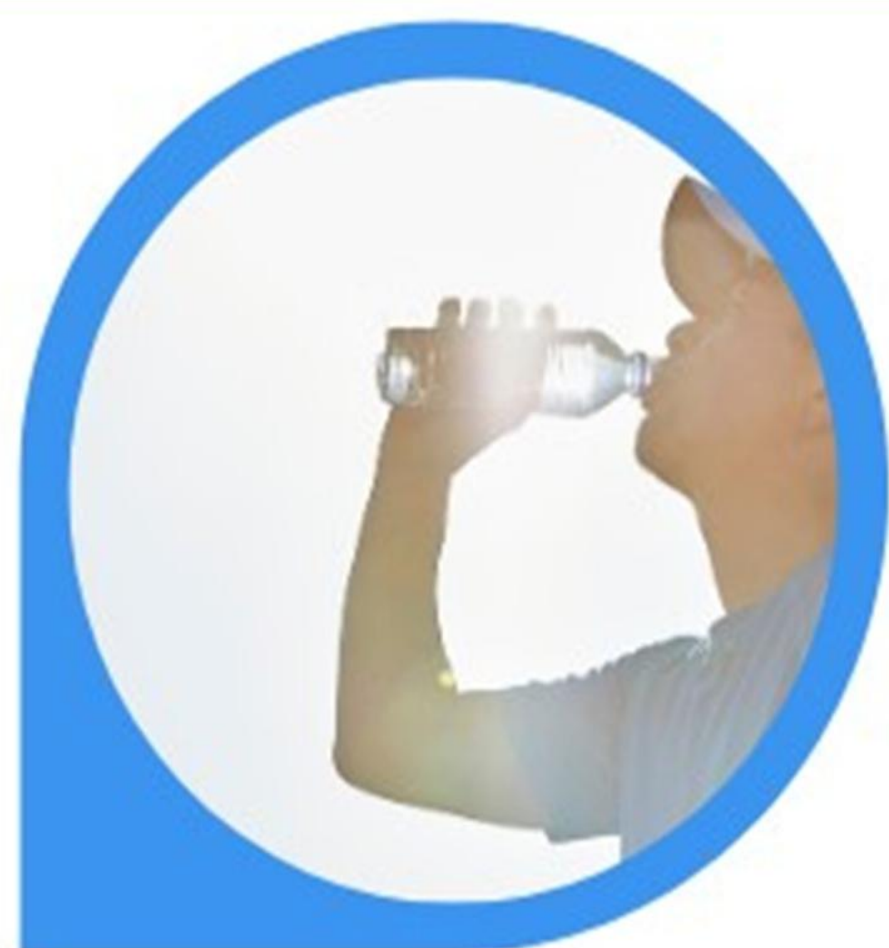


Refuel

- Consume carbohydrates soon after exercise to replenish glycogen stores and restore energy.
- Combine carbs and some protein (ideally a 3:1 or 4:1 carb-to-protein ratio) to further support muscle recovery.

Rebuild (Repair)

- Include high-quality protein to support muscle repair and growth.
- Target 15–25 g of protein within 30–60 minutes after exercise.
- Good sources: Lean meats, dairy, eggs, tofu, or legumes.



Rehydrate

- Replace fluids lost through sweat by drinking water or an electrolyte-containing beverage.
- Drink 1.2–1.5 liters of fluid for every kilogram of body weight lost during exercise.

JAMIE FITZGIBBON MSC IN EXERCISE & SPORT NUTRITION

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

Clare Youth Service Explores Growing in Small Spaces



As Youth Work Ireland week came to a close the Clare Youth Service Younger Voices Group took to creating their food garden. For several months the group have been gathering funds to purchase large tubs and soil and planning for planting. While there are multiple cookery programmes across all parts of the Youth Service the group were interested in trying to get their teenage peers to embrace the ‘*grow it yourself*’ movement. They feel there is a need to show people what can be achieved in small spaces using planters, tubs and window boxes. Using a series of large tubs the group planted peas, carrots, cabbage, cauliflower and spinach at the Carmody Street Centre. Darting in and out between raindrops the group are now keeping fingers crossed for growth and looking forward to groups being able to harvest produce to supplement the ingredients for various events in the coming months. Follow our progress on Clare Youth Service social media.

Tobacco Free, Reducing Drugs & Alcohol Related Harm

**Need Support to Quit Smoking on World No Tobacco Day
(31st May 2025) or at any time.**

Visit HSE Quit Services

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



A blue poster for HSE Quit Mid West. It features a large black and green cigarette with a QR code on its filter. The text 'I'm not able to quit smoking' is written in large yellow letters. Below this, a white box contains the contact information: 'Contact Quit Mid West to learn more', '065 6865841', and 'quit.midwest@hse.ie'. At the bottom, it says 'Mouth sprays and other Nicotine Replacement Therapies can help. Find out how to get them for free at Quit.ie' and 'QUIT.ie'.



**COINNIGH
UAINN É**



What is Not Around Us?

Not Around Us is about promoting an environment where it is easier for those who smoke to quit, and stay quit, and to help de-normalise smoking for the next generation.

The purpose of Not Around Us

- Help to protect children and young people from second-hand smoke exposure.
- Contribute to the de-normalisation of smoking for children and young people.
- Reduce the environmental nuisance, cost of cleaning and damage that discarded tobacco products create.
- Signpost to HSE QUIT services.

What can you do to support Not Around Us?

- Don't smoke in places where children and young people are likely to be.
- Support participating organisations and be a positive role model for children and young people.
- Spread the Not Around Us message with family and friends.



For more information contact **Healthy Clare**
✉ healthyclare@clarecoco.ie | [@healthyclare](https://twitter.com/healthyclare) [f](https://www.facebook.com/healthyclare)

Tobacco Free, Reducing Drugs & Alcohol Related Harm

HSE Support: Alcohol Awareness - Reasons to reduce alcohol

Cutting back on alcohol, or giving up completely for a while or for good, can have significant immediate positive effects on your health and wellbeing, including:

- Improved sleep: alcohol disrupts sleep, leading to tiredness and reduced focus. Drinking less can improve your sleep quality, leaving you feeling more rested.
- No more hangovers: you may spend your weekends nursing a hangover or suffering from 'the fear'. This is the low mood that often follows a night's drinking.
- Better liver health: giving your liver a break allows it to repair and function effectively, improving overall health.
- Weight management: alcohol contains "empty calories" that can contribute to weight gain. Reducing alcohol intake can aid in weight loss or maintenance.
- Sharper focus and more energy: a reduction in alcohol can boost concentration and mental clarity, helping you feel more productive.
- Improved skin and hydration: alcohol dehydrates the body and can cause skin issues. Cutting back often results in fresher, healthier-looking skin.
- More money in your pocket: 1 in 3 Irish people spend between €30 to €75 a week on alcohol. Drinking less is a great way to spend less.

How to start

Making small, sustainable changes can have a big impact. Consider these tips:

- Track your drinking: Keep a record of how much you drink.
- Set limits and stick to them: Decide in advance how much you will drink.
- Pour your own drinks: This ensures you know how much alcohol you're consuming.
- Drink slowly: Sip drinks and pace yourself.
- Alternate drinks: For every alcoholic drink, have a non-alcoholic one to stay hydrated.
- Eat before and while drinking: Food slows the absorption of alcohol into your system.
- Take breaks from alcohol: Incorporate alcohol-free days or weeks into your routine.

Get help or advice

Visit hse.ie/alcohol for practical tips, information, and support to help you cut back on alcohol safely and effectively.

If you're concerned about your drinking or need confidential support, contact the HSE Drug and Alcohol Helpline:

- Freephone: [1800 459 459](tel:1800459459) (Monday to Friday, 9.30am to 5.30pm)
- Email: helpline@hse.ie

<https://about.hse.ie/news/give-your-health-a-boost-by-reducing-alcohol/>



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 for information and support on alcohol use.

Sexual Health

GOSHH LGBTI+ BOOK CLUB



**THIS MONTH'S BOOK:
DEATH IN HEELS BY KITTY MURPHY**

WEDNESDAY MAY 28TH

**6P.M.-7P.M.
AGES 18+**

**FOR MORE INFO PLEASE
CONTACT
RECEPTION@GOSHH.IE OR
061 314354**



LGBTI+ COFFEE MEETUP

 **17 May**
 **11 am**

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

communitydev@goshh.ie
or text 086 458 8680



YES TO EQUALITY

GOSHH would like to hear your stories and see your pictures! We wish to celebrate ten year anniversary of the Marriage Referendum and we'd love to hear your stories or see your pictures. If you have any memories you would like to share, please send them to Verena at GOSHH, ceo@goshh.ie



Other Health & Wellbeing News

Clare Library Services



Eye Level Reading Rulers and Coloured Page Overlays

Eye Level Reading Rulers

Coloured tints reduce visual stress, helping you read faster and for longer without tiring.

They feature two windows:

- **Narrow Window:** For line-by-line reading.
- **Wide Window:** For larger sections of text

Coloured Page Overlays

- Dyslexia-friendly and designed to reduce glare and improve focus.
- Helps increase reading speed, accuracy, and comprehension.

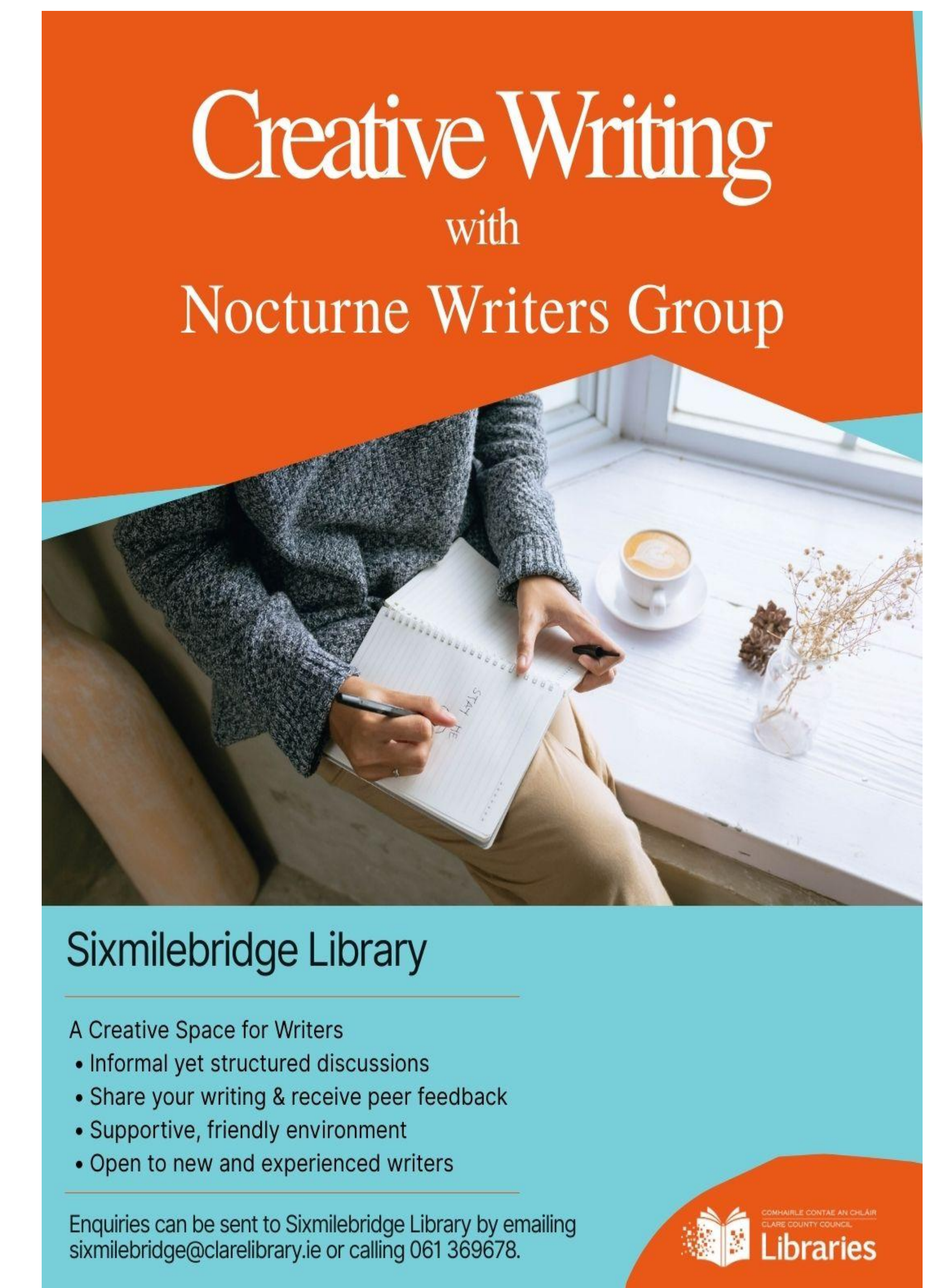
Both Eye Level Reading Rulers and Coloured Page Overlays are available to borrow from the library desk for use in the library only.

Age Friendly Mornings at Scariff Library

Age Friendly Ireland is a national programme that supports communities to be more inclusive of older people. The weekly Age Friendly Mornings are warm, comfortable spaces where you can connect with others, have a cup of tea, chat and play a game of cards. We also have guest speakers come to talk about topics that will be of interest to the group.

Join us each Tuesday from 10.30am – 12.30pm.

Contact Scariff Library for more information at Tel: (061) 922 893 or email scariff_library@clarecoco.ie.



Nocturne Writers group meet in Sixmilebridge Library each Wednesdays from 6-7.30pm.

This is a Creative Space for Writers

- Informal yet structured discussions
- Share your writing & receive peer feedback
- Supportive, friendly environment
- Open to new and experienced writers

Enquiries can be sent to Sixmilebridge Library by email: sixmilebridge@clarelibrary.ie or phone: 061 369678.

Other Health & Wellbeing News

Clare Library Services



Scariff Library Journaling for Wellbeing, May 22nd



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: bookings@midwestaries.ie



COLLEGE OF FURTHER
EDUCATION & TRAINING

You are invited to attend

'My Baby and Me'

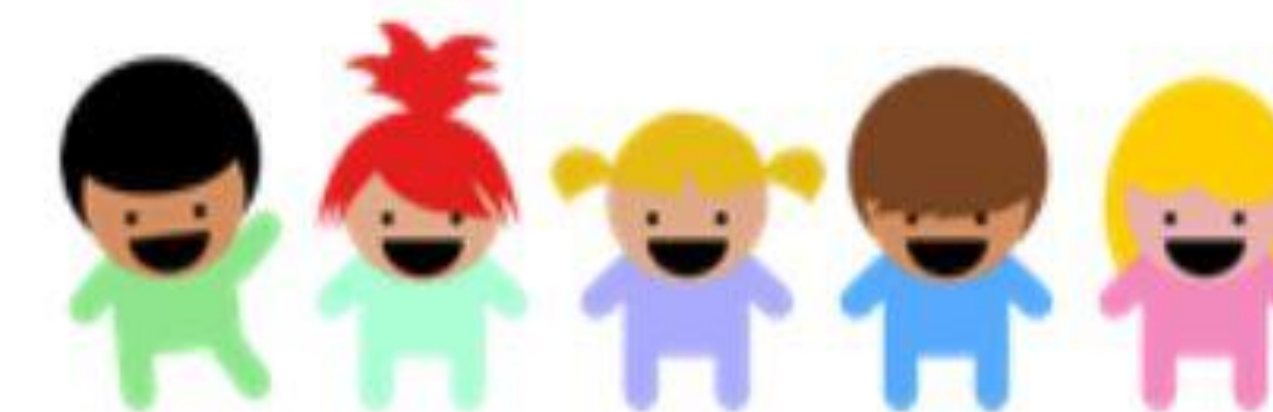
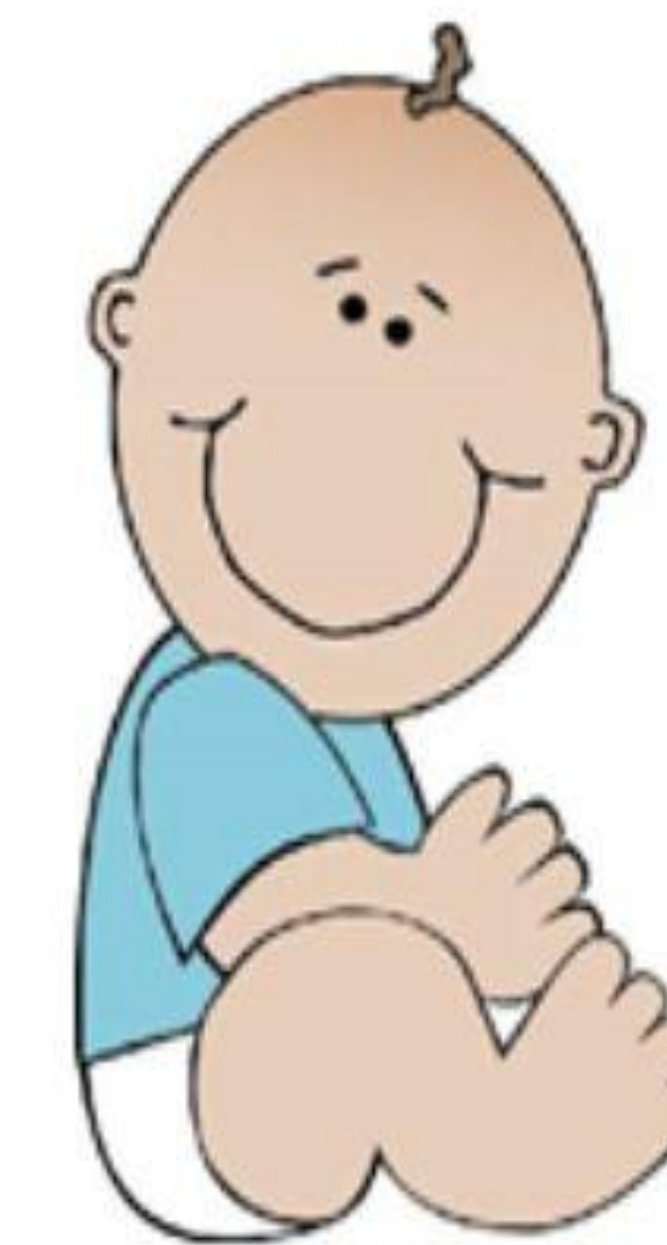
Bring your baby with you

Starting: May 9th 2025

Day: Friday

Time: 10.30am - 12.30

Where: Sweeney Memorial Public Library, Kilkee



- Fun for the family
- Topics covered include talking, reading and playing with your baby, why routine is important, etc.
- It will be fun, friendly and FREE
Toddler and babies under 3 welcome!



Book your place with Mary Flanagan, 065 6897645

Funded through Limerick and Clare Education and Training Board

Provision co-funded by the Government of Ireland and the European Union.



Rialtas na hÉireann
Government of Ireland



Co-funded by the
EUROPEAN UNION



My Baby and Me Classes at Sweeney Memorial Library, Kilkee.

You and your baby are invited to attend My baby and Me Classes beginning on Friday 9 May and running each Friday morning from 10.30am to 12.30pm, up to the Friday 27 June.

Come and have a fun time with your baby in a relaxed setting. The course is facilitated by the Limerick and Clare Education and Training Board.

Bookings is essential and can be made by contacting Mary Flanagan at 065 6897645

Other Health & Wellbeing News

Clare Library Services



Kilkee Library Journaling for Wellbeing, June 5th



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 June 5th 2025
10.30am - 1.00pm

Kilkee Public Library
Sweeney Memorial Public Library
O'Connell Street
Kilkee
Co. Clare, V15 P960



BOOK NOW:

<https://midwestaries.eventbrite.ie>

<https://midwestaries.ie/events>

Email: bookings@midwestaries.ie



Ennis Library – Creativity for Wellbeing, May 15th



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



Other Health & Wellbeing News

What's On May 2025



Free Online Mental Health & Wellbeing Workshops
For anyone aged 18+ with an interest in mental health

WEDS 07

SELF CARE SERIES: Part 1 Exploring Self Care

In this workshop we 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.

🕒 10am - 12pm

WEDS 14

SELF CARE SERIES: Part 2 Building My Self Care Toolkit

In this second workshop we will explore how we can look after our **Physical** and **Emotional** health. Using worksheets as prompts we will start to build our own personalised Self Care Toolkit to fit our own unique needs and self care goals.

🕒 10am - 12pm

TUES 20

SELF CARE SERIES: Part 3 Building My Self Care Toolkit

In this final workshop we will explore how we can look after our **Social** and **Intellectual** health. By exploring these two wellness dimensions we will then complete our own personalised Self Care Toolkit.

🕒 2pm - 4pm

TUES 27

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.

🕒 2pm - 4pm

BOOK NOW

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



For More Information Contact:
bookings@midwestaries.ie



FREE WEBINAR

Family Recovery – Parenting While Living With Mental Health Challenges

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

Join Us!

This month we are delighted to bring you a panel discussion with the team behind the new national survey "Building Connections: Experiences of Parenting with Mental Health Challenges". This vital piece of research was conducted by Mary Immaculate College in partnership with parents, the HSE, Tusla and Clarecare. We will explore the key findings and discuss the recommendations.

Our Panellists

Martina Kilcommins
Senior Social Work Practitioner
Adult Mental Health Service
HSE Mid West

Prof. Niamh Stack
Dept. of Psychology
Mary Immaculate College

Taryn Fitzpatrick
Child & Family Support Network Coordinator
Prevention Partnership & Family Support
Tusla

Joanne Perill
Family Support Service Team Leader
Clarecare

Mike O'Neill
Manager
Mid West ARIES
HSE Mid West

& Parents

Need More Information?

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



Other Health & Wellbeing News

The ISPCC are delighted to share with you information regarding the **FREE** online webinar series for parents/carers and young people around exam time and dealing with anxiety. On the night Bree O' Neill, Clinical Lead & Digital Support Coordinator, with the ISPCC will focus on:

- What is anxiety?
- Dealing with an anxious child
- Anxiety Management Tips & Tools
- Childline Digital Mental Health & Wellbeing programmes – support for young people and parents

**Registration
is now open**

**Registration
is now open**

Coping with Exam Anxiety

Support & Advice for Parents & Carers

Feeling the pressure of exams? You're not alone! ISPCC Childline is offering free, friendly webinars to help parents/carers better understand and manage their child's exam anxiety.

Join our Clinical Lead, Bree O'Neill, to get practical tips, helpful advice, and the tools you need to tackle stress together. Register now to help make this exam season a little easier!

Date: Tue, May 06
Time: 7:00PM - 8:00PM
Venue: Online event

Register Now!

FREE

ISPCC

Tuesday May 6th @ 7 - 8pm.
'Coping with Exam Anxiety'
Support & Advice
for **Parents/ Carers**
<https://events.teams.microsoft.com/event/fd03f403-1c93-4a49-8f8c-b74fc4234d33@bb926d5e-af5f-4830-b812-e4d184987285>

Thursday May 8th @ 7-7.30pm
'Coping with Exam Anxiety'
Support & Advice
for **Young People**
during exam time
<https://events.teams.microsoft.com/event/fafa46e6-3fa3-42cc-a2b1-60d40d3df78f@bb926d5e-af5f-4830-b812-e4d184987285>

Coping with Exam Anxiety

Support & Advice for Young People

Feeling the pressure of exams? You're not alone! ISPCC Childline is offering free, friendly webinars to help young people better understand and manage their exam anxiety.

Join our Clinical Lead, Bree O'Neill, to get practical tips, helpful advice, and the tools you need to tackle stress together. Register now to help make this exam season a little easier!

Date: Thu, May 08
Time: 7:00PM - 7:30PM
Venue: Online event

Register Now!

FREE

ISPCC

Other Health & Wellbeing News



For a nation of great talkers, how do we really ask and really listen? Mental Health Ireland invites you to ask Hello, How Are You? on May 15th

Mental Health Ireland is inviting the nation to say Hello and ask How Are You? with meaning on Thursday, May 15th.

Now in its fourth year, the national Hello, How Are You? campaign highlights the importance of staying connected, helps tackle loneliness, creates a sense of belonging and builds relationships. It also encourages early help-seeking through reliable information on mental health support services and signposting.

There are many ways to slow down and genuinely engage with a family member, friend or even a stranger. You don't need to be an expert to have a meaningful conversation. By using the HELLO Steps you can feel supported in asking the question. Let's make saying Hello and asking How Are You? an everyday question that keeps us connected.

- H: Say Hello
- E: Engage with the person
- L: Listen to them
- L: Learn about them and what they might be saying
- O: Give them time to talk and to explore options

For free Hello resources, toolkits and all the information you need in different languages, visit www.hellohowareyou.info/resources

On Thursday, May 15th there will be Hello, How Are You? events and volunteers all over the country. From coffee mornings to fundraising challenges, there's lots of ways for communities, schools and workplaces to get involved with the campaign this year. It all starts with a simple question, 'How Are You?'



On May 15th

Say **Hello** and ask: **How are you?**



**A small conversation can make
a big difference in someone's life.**

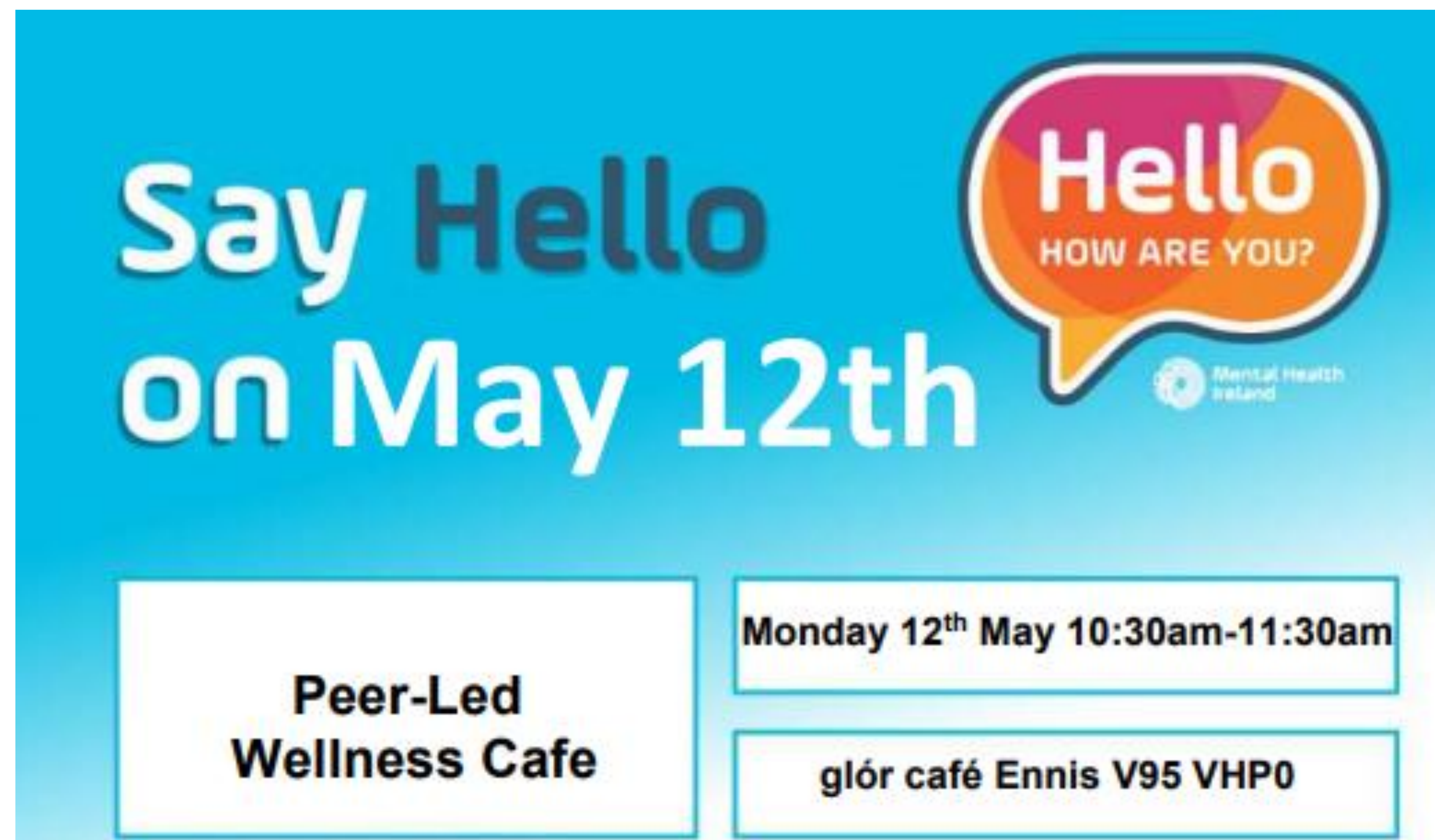
Find out how to get involved:



www.HelloHowAreYou.info
#HelloHowAreYou

Other Health & Wellbeing News

Ennis Peer Led Wellness Café invites you to say HELLO
on the 12th May



A poster for the 'Say Hello on May 12th' event. It features a blue background with a large white speech bubble containing the text 'Say Hello on May 12th'. To the right is a smaller orange speech bubble with 'Hello HOW ARE YOU?' and the Mental Health Ireland logo. Below the main text are two white boxes: 'Peer-Led Wellness Cafe' and 'Monday 12th May 10:30am-11:30am'. At the bottom is a box with 'glór café Ennis V95 VHP0'.




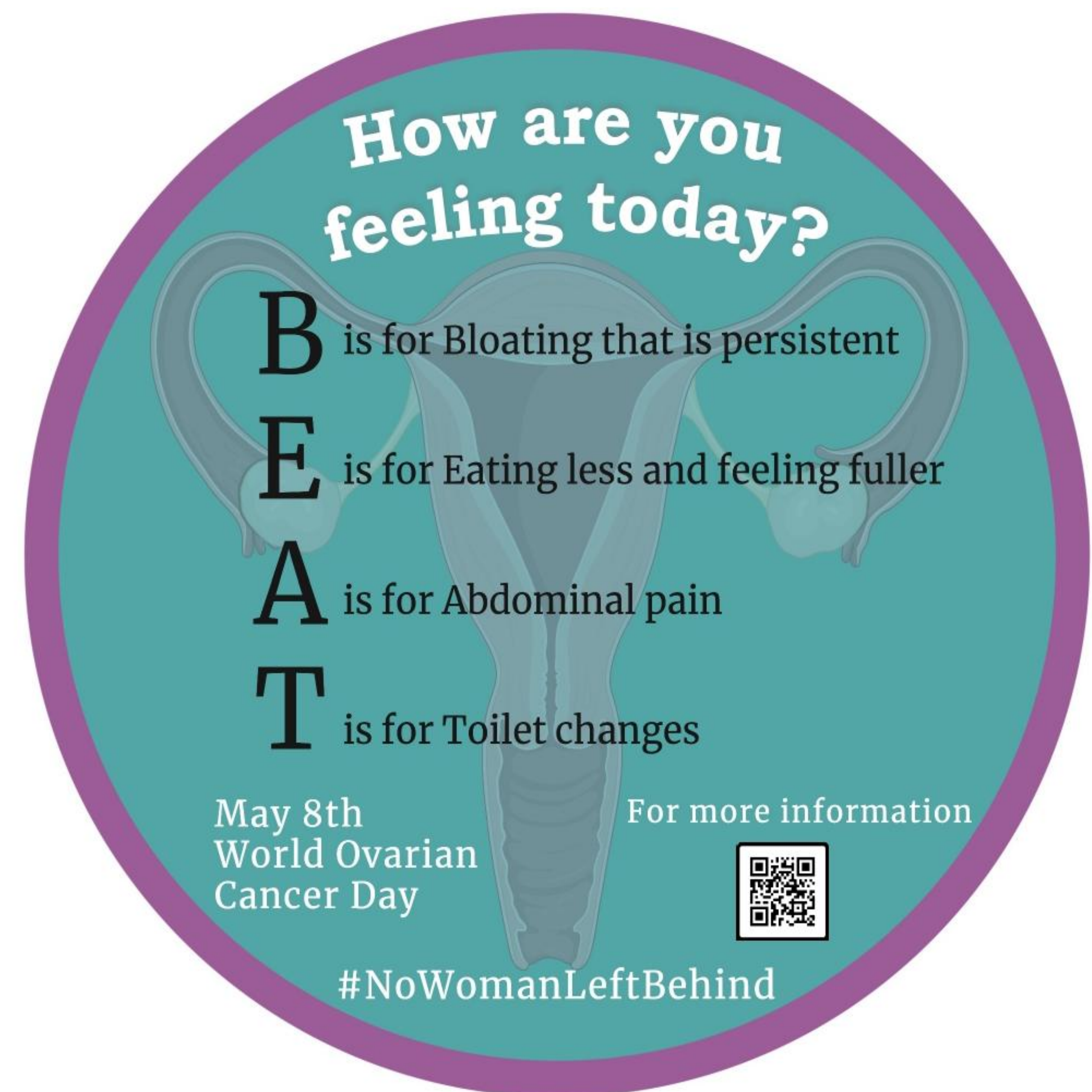
A graphic for the 'Hello How Are You?' campaign. It features a large speech bubble with the word 'Hello' in large letters. Below 'Hello' are five colored boxes: HELLO (pink), ENGAGE (orange), LISTEN (yellow), LEARN (light orange), and OPTIONS (blue). Each box contains a brief description of the action. The Mental Health Ireland logo is at the bottom right.

HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options

© Mental Health Ireland



www.HelloHowAreYou.info |   



A circular poster for World Ovarian Cancer Day. It features a teal background with a purple border. At the top is the text 'How are you feeling today?'. Below this is a list of symptoms: 'B is for Bloating that is persistent', 'E is for Eating less and feeling fuller', 'A is for Abdominal pain', and 'T is for Toilet changes'. At the bottom left is 'May 8th World Ovarian Cancer Day' and at the bottom right is 'For more information' with a QR code. The hashtag '#NoWomanLeftBehind' is at the very bottom.

World Ovarian Cancer Day: May 8th 2025.

The focus of the campaign for this year is 'Raising Awareness of Ovarian Cancer Symptoms and Breaking the Stigma Around Gynaecological Health'.

Teal is the colour for ovarian cancer and we encourage buildings across the country to light up on **May 8th**.

Irish Network for Gynaecological Cancer (INGO)

Other Health & Wellbeing News



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

STRESS AWARENESS WORKSHOP

CONTACT:
JDUFFY@CLDC.IE
PHONE: 087 421 9473
ELIGIBILITY &
REGISTRATION APPLY

SHANNON
MAY 13TH 2025
START 9:30 -1



The workshop gives an overview of the effects of stress:
How Stress affects your digestion, sleep, & hormones
Exploring a range of simple tools to reduce the symptoms
of stress and promote a sense of calmness
No prior experience required



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027.



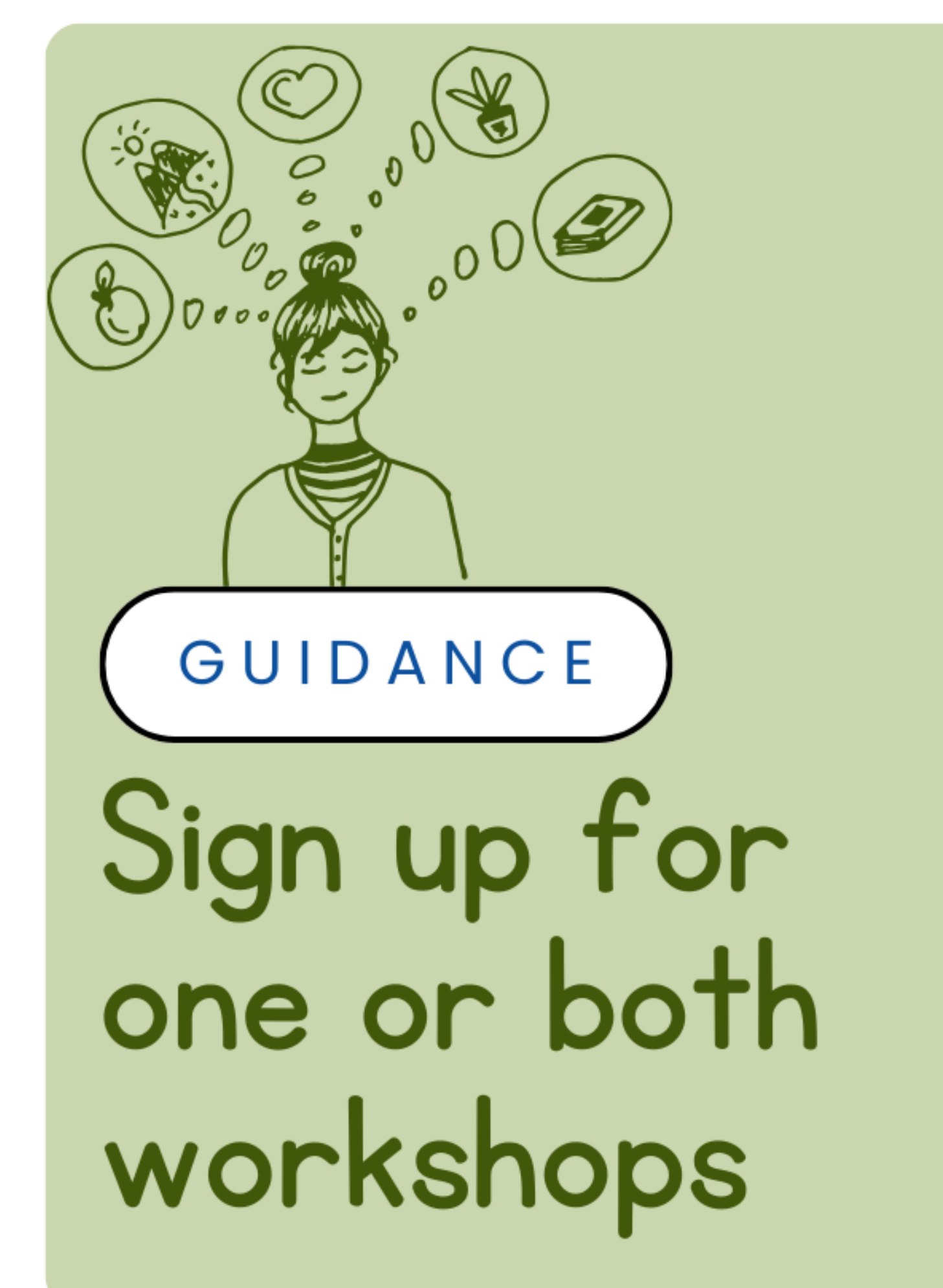
Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir

WELLNESS WORKSHOPS

CONTACT:
JDUFFY@CLDC.IE
PHONE: 087 421 9473
ELIGIBILITY &
REGISTRATION APPLY

RE-THINK CHALLENGES
ENNIS: MAY 6TH

CLARIFY YOUR GOALS
ENNIS: MAY 13TH



Reframe Challenges:
shift your mindset for success, use tools to change limiting
beliefs, develop a growth mindset, embrace new opportunities
Clarify your Goals:
Create a personal roadmap, use reflective techniques to clarify
goals, recognise your strengths, and take steps towards goals
No prior experience required



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027.

Other Health & Wellbeing News

Bealtaine Voices at Ennis Courthouse



Clare Arts Office will once again host Bealtaine Voices, a community choir event, on the steps of the Ennis Courthouse on Monday, May 5th at 3pm. Clare County Council invites everyone to this family-friendly event with singer, musician, producer and proud Ennis man Mike Hanrahan of Stockton's Wing. With local choirs Mike will be hosting this free community event for all generations to join in and sing along. This event is one of a number of events, from Clare Arts Office, happening as part of the Bealtaine Festival, Celebrating Creativity in Older Age.

The St. Michaels Villas Choir, Ennis Gospel Choir, Clarecastle Community Choir and the Forever Young Choir, will all join forces to perform songs and a sing along with Mike Hanrahan at the end of the concert.

Mike Hanrahan was the 2024 Bealtaine Festival Ambassador as well as being the Clare Age Friendly Ambassador working with Age Friendly Ireland in ensuring that Ireland is a place where people can be proud to age in.

Well-known as the Stockton's Wing frontman, Ballymaloe-trained chef & songwriter, Mike Hanrahan has worked with a who's who of the Irish music scene since the 1970s.

His memoir Beautiful Affair: A Journey with Music, Food and Friendship was published in 2019 and was shortlisted for

The An Post Irish Book Awards. In recent times he is exploring links between creativity, music and dementia as part of his role as Senior Fellow at The Global Brain Health Institute at Trinity College as well as presenting a music show on RTE

Please note there is no booking, this is a walk-up event. No seating is provided but audience members are welcome to bring folding chairs, cushions, blankets etc to sit on and maybe an umbrella!



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 to attend. Everyone is welcome.

Other Health & Wellbeing News

Shannon Family Resource Centre

Whats on in May

MON	10am 10.45am 11am 3pm 8.30pm	Reflexology Art Classes with Brothers of Charity Walking Group (sixmilebridge GAA) Afterschool Club Alcoholics Anonymous
TUE	9.00am 3pm 7pm	Circle of Security Parenting Programme Afterschool Club Sit n Knit Group
WED	10.30am 3pm 7pm 8.30pm	Living Well Programme Afterschool Club Mna le Cheile (Women's Shed) Narcotics Anonymous
THU	9am 9.15am 10am 11am 11am 7pm	Ukrainian Cooking Programme Parent Peer Support Group (May 22nd) Arts & Crafts Class (Sixmilebridge) Sit n Fit Exercise Class Carers Support Group (every second week) Mens Life Coaching workshop (May 29th)
FRI	9.30am 10am 10am 10am	Citizens Information Parent and Toddler Group Yoga Classes Horticulture Classes
SUN	11am 8.30pm	Alcoholics Anonymous Narcotic Anonymous

Yoga CLASS



at
SHANNON FAMILY RESOURCE CENTRE

SUITABLE FOR EVERYONE | YOGA MATS PROVIDED


FRIDAYS 10AM- 11.15
Beginning May 2nd. €50 for 6 weeks.
Spaces limited.

To book, contact Anna on
0879649948
Payment required by April 28th to
secure your spot.



Other Health & Wellbeing News

North West Clare



Family Resource Centre

What's on in May 2025

Phone us: 065 707 1144

Parliament Street, Ennistymon, Co. Clare

Private Groups


Groups hosted by NWCFCRC

Closed to new entrants

Contact us to join

Feel free to walk-in and meet us


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



We also offer:

• Childcare (Little Deers)

• General Counselling & Play Therapy



Invitation to organize a Slí to celebrate Mens Health Week 2025

Mens Health Week 09-15 June





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 or 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 or rebecca@menssheds.ie to express interest.

Other Health & Wellbeing News



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

What's on in MAY

BOOKING ESSENTIAL!

Weekly Activities

 **065 9052173**

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

May Monthly Activities

01 May to 31 May		Bealtaine Art Exhibition	Bowmans Lane
Thurs 01 May	10.30am/12pm	Alzheimer's Tea Day & Bealtaine Launch	Kilrush Comm Centre
Thurs 01 May	2.30pm	Quiz Time!	Kilrush Comm Centre
Fri 02 May	11am	Ceol agus Tae <i>(Bring your own Instrument)</i>	Kilrush Comm Centre
Thurs 08 May	2 to 4.30pm	Tea Dance: Morgan Roughan	Kilrush Comm Centre
Thurs 08&22 May	11.30am	Book Club!	Kilrush Comm Centre
Thurs 15 May	2pm	Movie Club!	Kilrush Comm Centre
Thurs 22 May	2pm	Bealtaine Gathering	Kilrush Comm Centre
Thurs 29 May	2.30pm	Bealtaine Concert: Peadar McMahon	Kilrush Comm Centre

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



Invitation

Health & Wellbeing Expo 2025

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

Date: Thursday, 2nd October 2025.
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 29th August 2025

space is limited



space is limited



Scan Me


🌞 Celebrate Positive Ageing Week with Us! 🌞

The Clare Older People's Council, in collaboration with the Clare Age Friendly Programme, is thrilled to present the "Health & Wellbeing" Expo, a cornerstone event of Positive Ageing Week! This exciting expo aims to shine a spotlight on the incredible supports and services available for older adults throughout County Clare.

We are delighted to invite your organisation to host an information stand at this event. It's a unique chance to:

- Showcase your services and resources to an engaged audience.
- Network with other organisations and build meaningful connections.
- Raise awareness of the impact you make in the community.
- Engage directly with attendees who could benefit from your support.

Join us in making this day an unforgettable celebration of health, happiness, and community spirit. Let's work together to empower the older generation in County Clare!

If you are interested in hosting a stand at the Expo please register here.

Other Health & Wellbeing News



MAY COURSES & EVENTS AT COMMON KNOWLEDGE

8th May SPREAG: Celebrating Community
Climate Action in Clare

10th - 11th Cooking With Confidence

10th - 11th DIY Kitchen Cabinets

24th - 25th DIY & Repair at Home

24th - 25th Dry Stonewalling for Beginners

24th - 25th Lime Plastering and Rendering



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

May 2025: Creative Spaces

Colour in the SunSmart picture



Slip on clothing that covers your skin such as, long sleeves, collared t-shirts

Slop on sunscreen on exposed areas, using factor 50+ for children

Slap on a wide - brimmed hat

Seek shade - especially if outdoors between 11am and 3pm

Slide on sunglasses to protect your eyes