

Physical Activity

 Classes WITH smiley faces means no need to pre- book class, just come along!!!! www.activeennis.ie 065-6821604 Classes WITHOUT smiley faces require prior booking Like our page on Facebook (Active Ennis) and get up to date news					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10 - 11 am Body Blast cost €7, €3 mem., €5 senior	 10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	 10 - 11 am Body Blast cost €7, €3 mem., €5 senior	 9- 10 am Tai Chi cost €8, €6 members	 10 - 11 am Body Blast cost €7, €3 mem., €5 senior	 8 - 11 am Unislim contact Olga for details 0872526239
NO HAT - NO SWIM	2-3PM CHAIR EXERCISE TRISH 0868507227	 1.15 - 1.45pm Lunch Crunch cost €5	BLOCK TICKETS AVAILABLE AT RECEPTION	 10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) (March 4th)	 9 - 10 am Body Blast cost €7, €3 mem., €5 senior
 1.15 - 1.45pm Lunch Crunch cost €5	6.45-7.45PM EGYPTIAN DANCE CLASS CIARA 0833941117	4.30-5.30 Yoga Marie 0876228325	TO BOOK STUDIO CONTACT JOHN or JAMIE (065)6821604	 1.15 - 1.45pm Lunch Crunch cost €5	INTERESTED IN BOOKING STUDIO CONTACT JOHN or JAMIE (065)6821604
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	 8 - 9PM FITT TRAINING 0892011805	 6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	 6pm-7pm Unislim OLGA for details 0872526239	 www.activeennis.ie	BLOCK TICKETS AVAILABLE AT RECEPTION
7PM - 9:30PM YOGA CONTACT ANTOINETTE FOR DETAILS 0863100827	ACTIVE ENNIS FACILITIES •Active Ennis Leisure Complex •Active Ennis John O Sullivan Park, Lees Road •Active Ennis Tim Smythe Park •Active Ennis All Weather Pitch & Playground, Cloughleigh •Active Ennis Pitch, Glenina •Active Ennis Pitch & Playground, Coote Park •Active Kilrush Sports Complex Contact: 065-6821604 info@activeennis.ie	7-8pm Yoga with Lauren 7 weeks €70/ €12 drop in contact 0879293180	6pm-7.15pm Karriann's MAT PILATES 0862639454 PRE BOOK	€1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons.	
 8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)		8-9PM KARRIEANN 0862639454 Beginners PILATES	8 - 9pm FITT Training 0892011805	 www.activeennis.ie	
 www.activeennis.ie					
Gym Opening Hours Mon 7am - 9.45pm Fri 6.30am - 9.45pm Tues 7am - 9.45pm Sat 8am - 8.45pm Wed 6.30am - 9.45pm Sun 10am - 5.45pm Thurs 7am - 9.45pm Bk Hols 8am - 3.45pm					
Teen Gym Hours 12 - 15 years Mon/Wed/Fri 4 - 5 pm €6 Saturday 5 - 6 pm €6 School Holidays Mon - Friday 11am- 12pm or 12pm-1pm , €6 per hour					



Get Ireland Active

Sport Ireland's National Database of Sport & Recreation is called Get Ireland Active. It is a one-stop public hub for finding sport and recreation possibilities, with info on accessibility and opening hours.

For more information visit www.getirelandactive.ie





COURSE AVAILABLE

ACTIVE DISABILITY IRELAND AUTISM IN SPORT WORKSHOP



- Date: 9th November (Thursday)
- Time: 10:00 - 12:30
- Venue: Zoom (Online Course)



To make a booking, please email alma.osmic@irelandactive.ie

This 2.5 hour workshop will provide participants with an understanding of Autism, focusing on the delivery of sport. The course content is designed to help participants recognise and understand key areas of consideration and to look at practical strategies, which will help to include people with Autism in sport.

For more information or to book this course, Email alma.osmic@irelandactive.ie



Inclusive Gymnastics

Clare Sports Partnership in conjunction with Ennis Voices For Autism and Ennis Gymnastics Club, run weekly fundamental movement sessions for children with ASD.

Venue: Ennis Gymnastics Club, Ballymaley Business Park,

Time: Monday's/ Tuesday's 5-6pm

For information contact james@claresports.ie /

087 9627696



Safeguarding 3 – 8th November @ 6 pm - 9pm

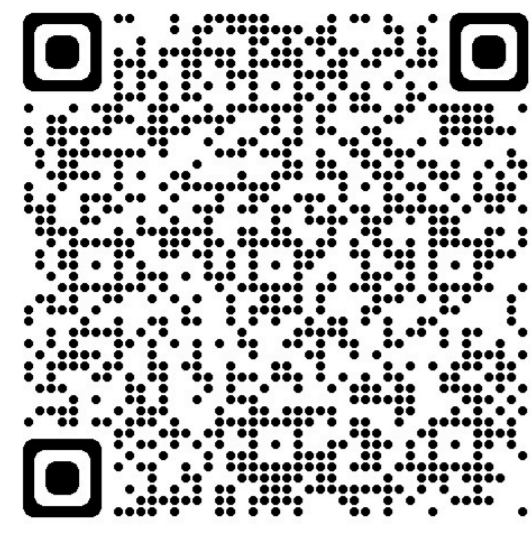
This course is targeting the Designated Liaison Person position in a club - 3 hour workshop.

WIS Intermediate Swimming – Lahinch 23rd November @ 8pm

This intermediate programme will run for FIVE weeks. You must be able to swim 50 mts to enter this programme

For more information visit <https://claresports.ie/events/>

Mental Health



Menopause and Mental Health

A Pocket Guide on
How to Manage Menopause
and Mental Health

Mental Health Ireland have a new booklet on Menopause and Mental Health. The booklet has lots of information on how menopause impacts your mental health.

Download it for free on
www.mentalhealthireland.ie



Getting The Best From My Mental Health Appointment

- Learn how to prepare for your mental health appointment to support your recovery.
- Explore what you can do **before, during** and **after** your mental health appointments to enhance your recovery.

In your own time, and at your own pace.

Mobile/Tablet Friendly - Scan the QR code to access
Log in on your Laptop/Desktop - <https://tinyurl.com/appt-prep>
Self-Paced - Available 24/7



Getting The Best From My Mental Health Appointment

is a self-paced course designed to help you get the most from your mental health appointments.

This course has been **co-produced** by Families, Carers and Supporters of people using the Acute Mental Health Services, the people who use the Acute Mental Health Services and the Staff who provide the service.

This course aims to provide valuable insights and practical strategies to ensure that your mental health appointments are effective and beneficial to your recovery.

- Learn how to prepare for your mental health appointment to support your recovery.
- Explore what you can do **before, during** and **after** your mental health appointments to enhance your recovery.

INFORMATIONAL STANDS

CLARE FARMERS WEAVING STORIES TOGETHER BOOKLET LAUNCH AND HEALTH & WELLBEING EXPO

★ GUEST SPEAKER ★



Finola Colgan
Development Officer Mental Health Ireland



Finola joined Mental health Ireland in 1984 and is one of the longest standing staff members. She's specialized in farming resilience and workplace wellbeing training. Living and working on a farm she really knows what challenges farmers go through everyday.

Supported by Clare County Council's Healthy Clare, Age Friendly Clare and Creative Clare Programmes

DATE: Monday, 13th November 2023

TIME: 12pm – 3pm

LOCATION: glór, Ennis – V95 VHP0

The event will include guest speakers, creative booklet launch with Clare FM's Jim Finn, Health & Wellbeing information stands and complimentary refreshments

BOOK YOUR FREE TICKET with glór, Ennis
<https://glor.ie/events/clare-farmers-weaving-stories-together-booklet-launch/>

For more information call 065 684 6276 or
agefriendlyclare@clarecoco.ie

Now more than ever
Clare Local Area Network
OPPOSING VIOLENCE AGAINST WOMEN
#NowMoreThanEver

We are still here to help & support you at this time.

CLARE HAVEN SERVICES 24 Hour Helpline 065 6822435	GARDA EMERGENCY 112 / 999	RAPE CRISIS MIDWEST Freephone 1800 311511
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The Clare Local Area Network is made up of the following agencies:

Citizens Information Services 0761 07 5260	Ennis Court Services 065 6867500	Ennis Court Services 065 6867500
Clare Women's Network 085 1554800 083 8924700	Money Advice and Budgeting Services 0761 07 2000	Money Advice and Budgeting Services 0761 07 2000
Primary Care Social Work Services 065 6863808	Men Overcoming Violent Emotions MOVE 086 4149613	Men Overcoming Violent Emotions MOVE 086 4149613

Minding Your Wellbeing
Take a positive approach to your mental health

You will learn about

- 01 practicing self-care
- 02 understanding our thoughts
- 03 exploring emotions
- 04 building positive relationships
- 05 improving our resilience

hi **HSE** **yourmentalhealth.ie**
1800 111 888

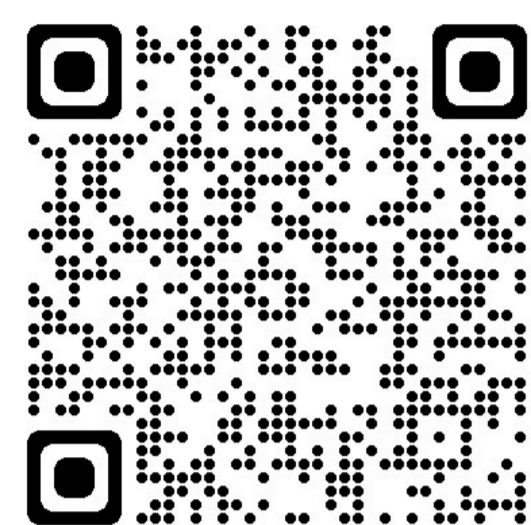
www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html

Eating Well

11.00am • November 8th • Zoom

Healthy eating for tots

Scan below to register:



safefood in partnership with **Libraries Ireland**
Makes Every Library Your Local Library

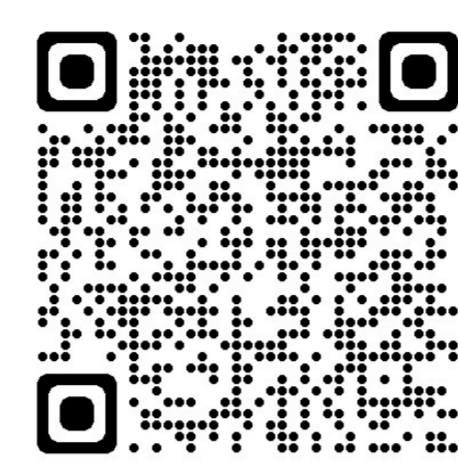
www.safefood.net/professional/events/healthy-eating-for-tots

Safefood are hosting a webinar in partnership with Libraries Ireland. 'Healthy eating for tots', a talk by Safefood nutrition expert Joana Fernandes da Silva on the basics of healthy eating for young children aged 1+ will take place on Zoom from 11am -12pm.

Young children have small tummies, but they have high nutritional needs.

The event will cover: Portion sizes, Important nutrients, the basics – top tips

Eating more fruit and veg



Fruit and vegetables are an essential part of a healthy diet. In general, the more you can eat the better.

3 reasons why you should eat fruit & vegetables

1. They provide fibre, many important vitamins and minerals
2. They are generally low in calories and fat.
3. They are essential for good health

How much should I eat?

- Aim to eat five or more portions a day.

How much is a portion of fruit and vegetables

- 1 apple, banana, pear, orange or other similar sized fruit

Blog post

safefood.net/blog

Are air fryers a healthier way to cook?



Safefood Ireland have prepared a blog discussing Air fryers, are they a healthier way to cook?

Read the Article on

<https://www.safefood.net/.../Are-air-fryers-a-healthier...>



Obesity: Changing Attitudes

Episode #29 - Talking Health & Wellbeing

with Susie Birney and Dr Jean O'Connell



The HSE Health and Wellbeing Podcast features Obesity: Changing Attitudes. With Susie Birney and Dr. Jean O'Connell. To view this podcast, go to www.youtube.com/watch?v=sRutW8HHHdI.

They discuss that obesity is a chronic disease caused by a malfunction in the body's energy balance and weight regulation, and explains that approximately 1 in 4 adults in Ireland are living with obesity, but the impact of the COVID-19 pandemic may have increased these numbers.

Despite this, Jean also talks about the bias and stigma associated with this long term illness.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains					
Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g	
	LOW	LOW	HIGH	MED	
13%	4%	7%	38%	15%	

Typical values (as sold) per 100g: 697kJ/ 167kcal
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

Your body needs lots of different nutrients to stay healthy. That means eating a variety of foods from each of the main food groups. Visit www.safefood.net/healthy-eating/guidelines/eatwell-guide for more information.

Tobacco Free, Reducing Drugs & Alcohol Related Harm

WEBINAR INVITATION

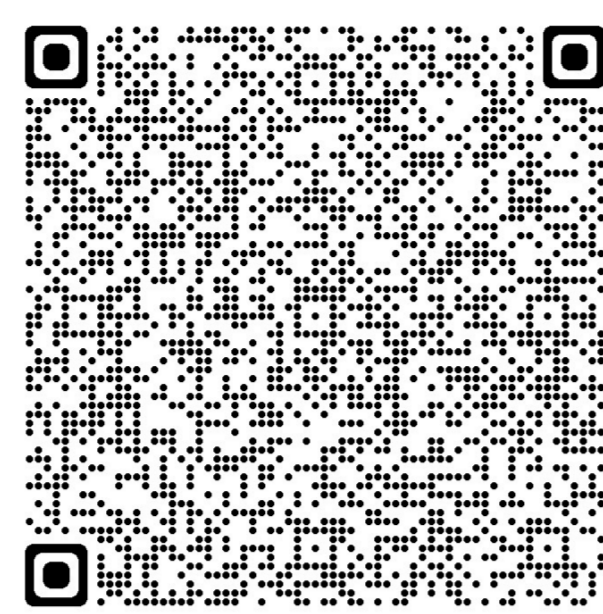
Vaping and E-Cigarettes

Get the Facts

Date **22nd November 2023**

Time **11am - 12.30pm**

Hosted By HSE Health and Wellbeing Tobacco Free Ireland Programme



The HSE are hosting a webinar on Vaping & E-Cigarettes – ‘Get the Facts’ on **22nd November 2023 from 11am – 12:30pm**

Hosted By HSE Health and Wellbeing Tobacco Free Ireland Programme

Speakers: Dr. Paul Kavanagh: Public Health Medicine Lead, HSE Tobacco Free Ireland; Martina Blake: National Lead HSE Tobacco Free Ireland Programme
Margaret Ruddy: Principal Environmental Health Officer and Head of National Tobacco Control Office, Environmental Health Service; Susan MacNicholas: Stop Smoking Advisor HSE CHO DNCC, North Dublin/Grangegorman clinic; Amanda Cullen: Foroige Early Intervention Youth Worker North Dublin; Edward Murphy: National HSE Tobacco Free Ireland Project Manager.

To register visit the HSE's Webex [link](#)

DRUG & ALCOHOL SERVICES IN THE MID-WEST

Support is available



Scan Me



CO-ORDINATING & SUPPORTING A REGIONAL RESPONSE TO SUBSTANCE MISUSE

Drug & Alcohol services in the Midwest work collaboratively providing information, support & referral to individuals & family members.

The supports are **free** (except residential services) & **confidential**.

Most services provide outreach across the Midwest, meaning you don't have to travel to Limerick for support.

www.mwrdf.ie/supports/



STOP SMOKING MEDICINE increases your chances of quitting for good



FREE STOP SMOKING MEDICINE NOW AVAILABLE



Help to quit

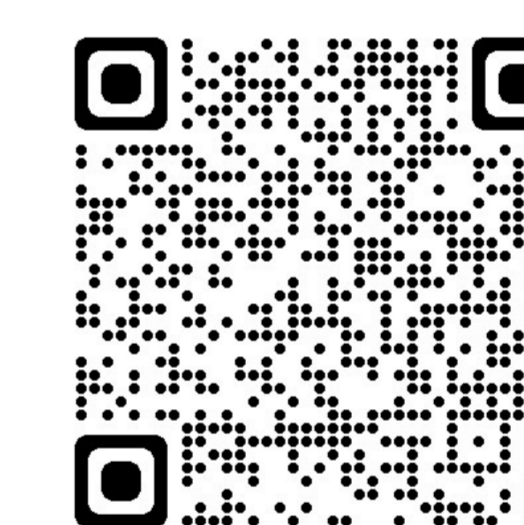


Contact Quit Mid West to learn more

065 6865841

quit.midwest@hse.ie

Affected by someone else's drinking?



ask about alcohol.ie

Need help?

Call **1800 459 459**

Mon - Fri 9.30pm - 5.30pm

Email helpline@hse.ie

www.askaboutalcohol.ie



KEEP UP TO DATE

with HSE Health & Wellbeing Initiatives

Twitter
[@MidWest_HW](#)

If you would like to find out more about the IAS please contact us on

061 492 016

to discuss the Service with a member of our team and how we can work with you.



Integrated Alcohol Service

Concerned about your alcohol use?

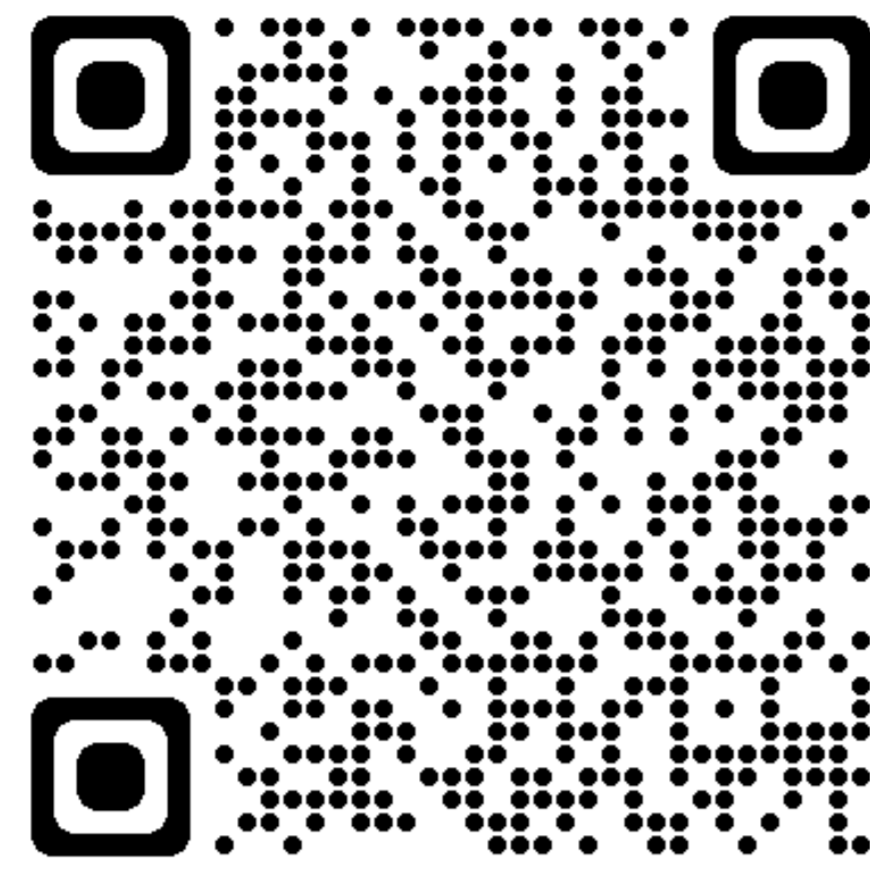

If you are living in the **Midwest**, and **age 18+** our team can support you or your loved one to make **positive changes**.

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie

FREE RAPID TESTS FOR HIV, SYPHILIS AND HEPATITIS C

RAPID TESTING HOURS

MONDAY: 09:30-16:00
TUESDAY: 09:30-16:00
WEDNESDAY: 11:30-16:00
THURSDAY: 09:30-16:00

RESULTS IN 10 MINS.

061 314354
KNOWNOW@GOSHH.IE

GOSHH offer FREE Rapid Tests for HIV, Syphilis and Hepatitis C. The process takes approximately 10 minutes and the results will be processed before you leave.

Walk-ins are welcome, subject to availability.


Book in advance to guarantee your appointment.

If you have any questions or would like to book an appointment, please contact knownow@goshh.ie or call 061 314354.

Period Dignity For All!

We are providing free period products for anyone who menstruates. Just call into our office and ask for "A Pack".

"Packs" include enough day & night sanitary pads for a 7 day menstrual cycle as well as fragranced disposal bags for hygienic disposal & information about menstruation. For sex workers soft tampon sponges will also be included.

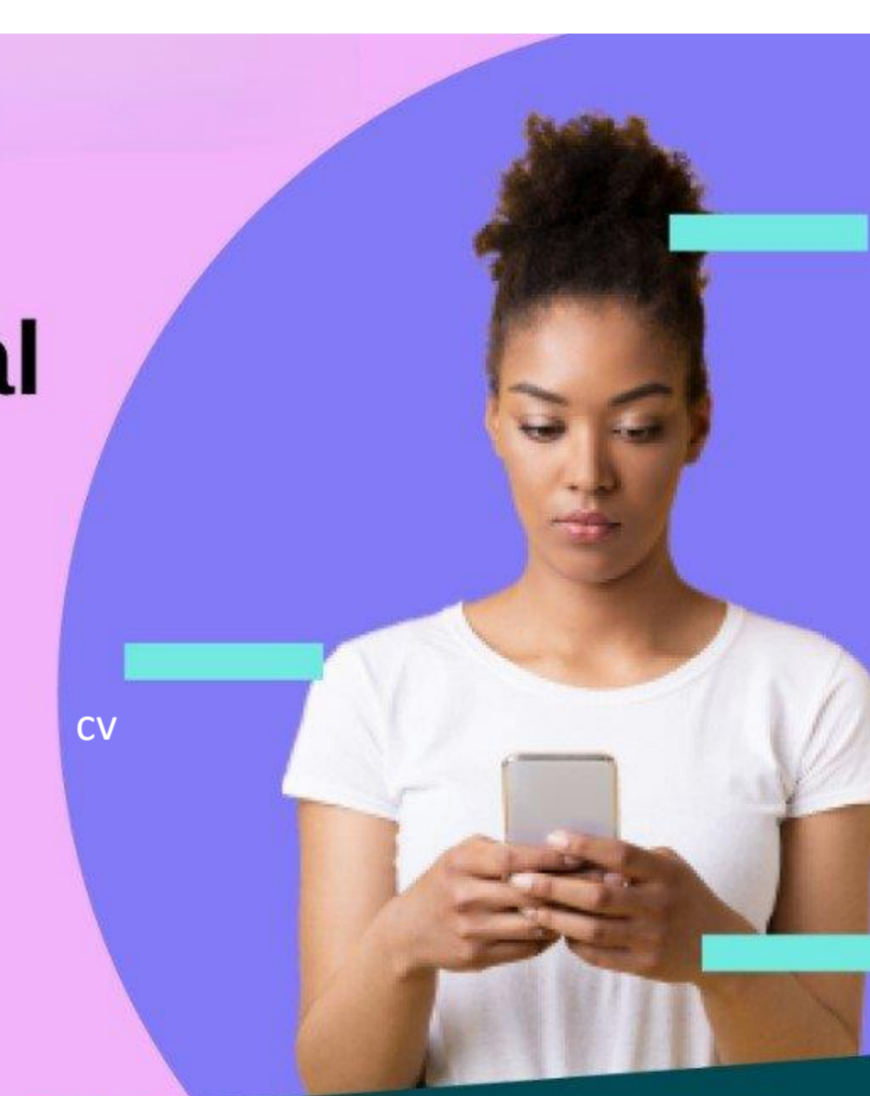


GOSHH www.goshh.ie

HSE **Mid West Simon Community**

GOSHH, in co-operation with the MW Simon Community and the HSE, are now providing free period products for anyone who menstruates, as part of a HSE nationwide campaign to end period poverty and promote period dignity for all.

HPV cervical screening
 Answering your most common questions



HSE **CervicalCheck**

www2.hse.ie/conditions/cervical-screening/

IT'S OKAY TO ASK FOR HELP



GOSHH CONFIDENTIAL HELPLINE
 061 316661

GOSHH
 Gender • Orientation • Sexual Health • HIV

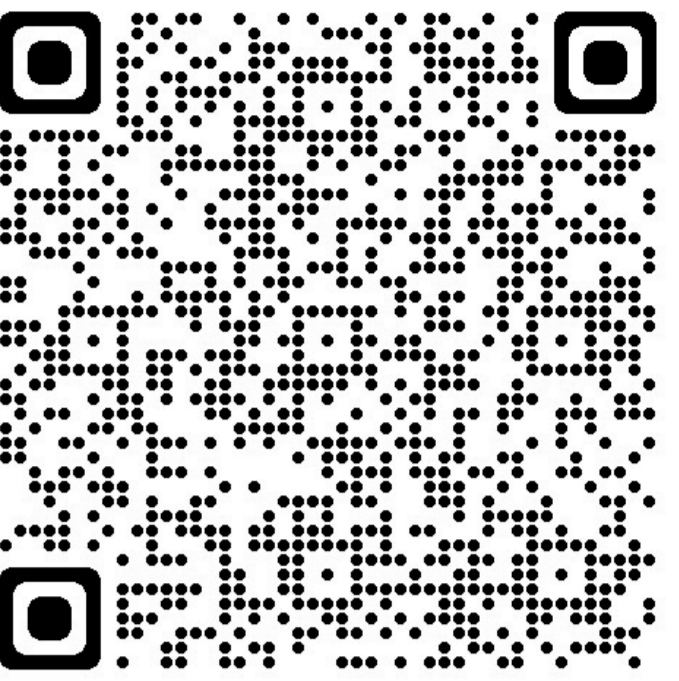
**REDWOOD PLACE,
 18 DAVIS STREET,
 LIMERICK
 061 314354**

FREE CONDOMS

info@goshh.ie
www.goshh.ie



Order your free home STI test kit



The HSE free home STI (sexually transmitted infection) testing service is available to anyone aged 17 or older who lives in the Republic of Ireland. You can

1. [order a test kit at sh24.ie](http://sh24.ie)
2. return your samples to the lab by post
3. get your test results by text message or phone call

<https://sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/>

GET FREE CONDOMS & LUBE BY POST

VISIT
WWW.GOSHH.IE/CONDOMS TO ORDER



GOSHH provides condoms, lube, glyde dams and/or female condoms free of charge to members of the public.

Details of this service can be obtained from reception.

<https://goshh.ie/condoms-2/>

Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



www.clarelibrary.ie

065 6846350

library_mailbox@clarecoco.ie

www.facebook.com/clarecountylibrary



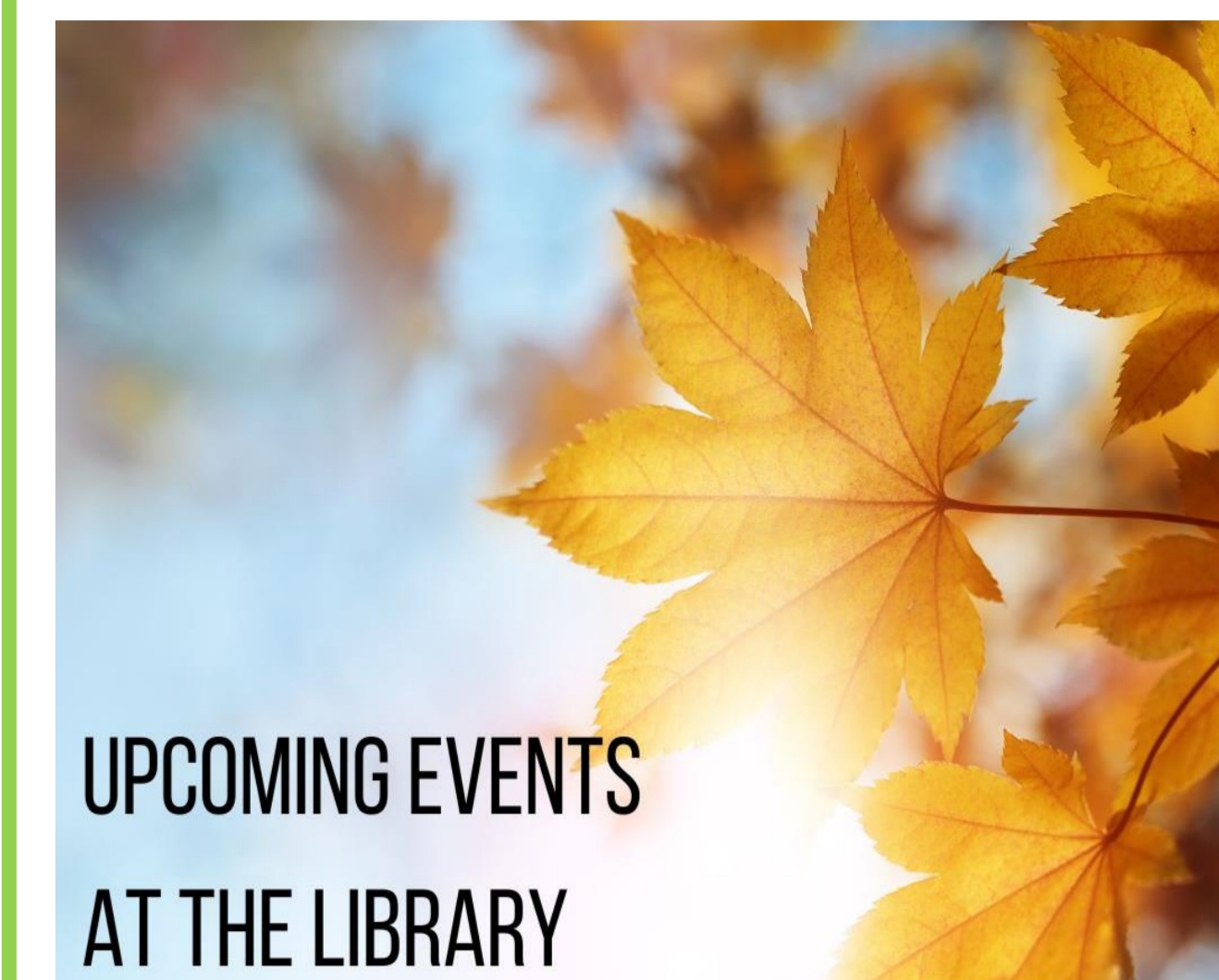
FREE SMART TECH CLASSES



Clare Libraries - Smart Tech Classes

Learn the basics of using smartphones and tablets or expand your knowledge at one of Clare Libraries' free Smart Tech Classes which are run in libraries throughout Co Clare.

For more information on these classes, please visit
<https://tinyurl.com/35mpc2j6>



UPCOMING EVENTS AT THE LIBRARY

For details of more events happening at Clare Libraries visit their events page on
<https://tinyurl.com/3648hckn>



Discover the magic of reading together by joining a children's book clubs at Clare Libraries.

Shannon Library Junior Book club – Suitable for 9 to 12 year olds. 4th Nov 2023 - 10:30 AM to 11:30 AM

This month they are reading the book *The Wonder Brothers* by Frank Cottrell-Boyce.

Contact Shannon Library for more details at Tel: (061) 364266 | Email: shannon@clarelibrary.ie.

Scariff Public Library Junior Graphic Novel Club – 14th November - 4PM to 4:45PM

This month they are reading *Agent Moose* by Mo O'Hara.

Scariff Public Library Junior Book Club – 21st Nov 2023 - 4PM to 4:45 PM

This month they are reading *Milly McCarthy is a Complete Catastrophy* by Leona Forde.

Contact Scariff Library for more details at Tel: (061) 922893 | Email: scariff_library@clarecoco.ie.

Kilkee Library Children's Book Club - 30 Nov 2023 - 4:00 PM to 5:00 PM

This month they are reading Enid Blyton's book, *The Island of Adventure*.

Contact Kilkee Library at Tel: (065) 9056034 | Email: kilkee@clarelibrary.ie.

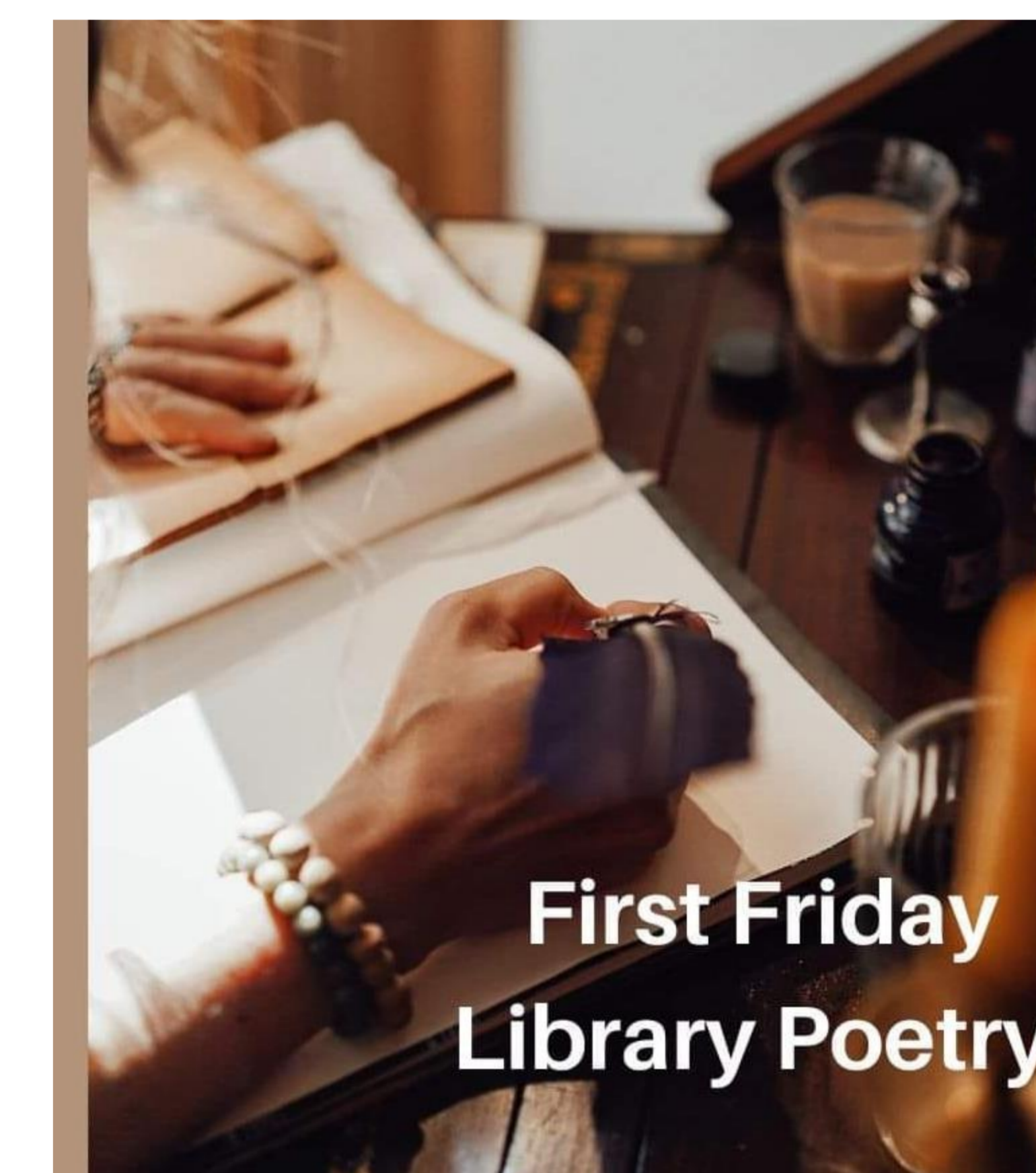


Little Library Bedtime - Available at your library.

Pick up your very own bedtime book!

Families with children aged 0-4 years are invited to visit their local library to collect a bedtime story they can take home and keep. During the visit, children can join the library, receiving their own membership card and wallet to store it.

Owning their library card ensures lifelong access to books. Parents will also receive a leaflet with reading tips, and our books are available in both English and Irish.



First Friday Library Poetry

First Friday Lunchtime Poetry continues in De Valera Library, Ennis on the first Friday of every month at 1p.m.

This informal event invites you to read your own work, read poems by your favourite author or just come along and listen. New members are always welcome.

Next event: Friday 3rd November at 1p.m.

For further information please contact
De Valera Library, Ennis.

Tel: 065 6824207

Email: ennislibrary@clarecoco.ie

Other Health & Wellbeing News



Parenting Peer Support Dates 2023

OCT 24TH

MEET & GREET

Parents meet one another at Shannon FRC to engage in conversations and share information about parenting with one another. (9:30-11AM)

NOV 7TH

MINDFULNESS COACHING

Louise Lynch positive psychology and mindfulness coach provides a tailored session to the parenting peer support group.

NOV 21ST

POTTERY WORKSHOP

Parents try their hand at a pottery party at Ballymorris Pottery in Cratloe. This 2 hour workshop will run from 9:30AM-11:30am)

DEC 5TH

CREATIVE PLAY @ HOME

Cathy from the Swallows Trail Parenting will educate parents on a range of techniques for engaging with their children in playtime at home.

DEC 19TH

CHRISTMAS CRAFTS

Craft Tutor Sheila will support the Parents to create their own Christmas Table Centre Piece or Wreath for the family table/door. (9:15 TO 11:45AM)

FOR MORE INFORMATION VISIT US @ WWW.SHANNONFRC/PARENTINGPEERSUPPORT



What's on in November 2023

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	Baby Massage	Barbara
	10am-12pm	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasiia
	10.30-12.30	Drop-in Service (Parliament Street)	Barbara
	4pm-6pm	Teen Club	Jenny, Anastasiia
TUESDAY	11.30-1pm	Traveller Playgroup (up to 4 years old, Parliament Street)	Eva
	2.40-3.45	Homework Club	Joeann
	4pm-6pm	Integrated Youth Club (music)	Deiric, Jenny, Anastasiia
	7pm-8pm	Yoga Class	Kaye
WEDNESDAY	7am-8am	Yoga Class	Kaye
	10-1pm	Textile Crew (Parliament Street)	Barbara
	11-2pm	Community Garden Group	Deiric
	11-12pm	Food Cloud	Barbara
	2.40-3.45	Homework Club	Joeann
	4-6pm	Youth: Youth Programs / Drop-in	Deiric
	6.45-7.30pm	Irish Class	Deiric
	7pm	Men's Shed	Deiric, Joeann
THURSDAY	10.30-12.30	Garden Course	Deiric
	10-1pm	Patchwork Course (from Nov 16th)	Barbara
	10.30-12.30	Kids Club (Lahinch Leisure Centre)	Jenny, Anastasiia
	1.30-3.30	LCETB - Literacy Class	Mary
	2.40-3.45	Homework Club	Joeann
	4-6pm	Youth: Clare Youth Action	Deiric
	4-6pm	Youth: Girls Group	Deiric
FRIDAY	9.30-12.30	Parent and Toddler Group	Joeann
	10-12pm	Kids Club (The Pavilion, Lisdoonvarna)	Jenny, Anastasiia
	11-12.30pm	Breastfeeding Group (every second week)	Joeann
	1.30-3pm	Youth: Youth Programs / Drop-in	Deiric
	2.40-3.45	Homework Club (Art & Craft)	Joeann
3-4.30	Youth: Football (gender mixed, Parliament Street/The Yard)	Deiric	

We also offer:

- Childcare (Little Deers)
- Counselling & Play Therapy

November 25th – December 10th
16 Days Campaign Opposing Violence Against Women
Purple Up Coffee Morning Wednesday November 29th



What's on in NOVEMBER

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

BOOKING ESSENTIAL! Weekly Activities 065 9052173

Day	Time	Activity	Venue
Tues	10am	Smartphone/Tablet/Computer Class	Kilrush Comm Centre
	10.30am	Painting	Kilrush Comm Centre
	11am	Sit Fit - Kilkee	Kilkee Comm Centre
	12.45pm	Bingo for Fun	Kilrush Comm Centre
	2pm	Cards	Kilrush Comm Centre
Wed	2.30pm	Meditation & Selfcare	Kilrush Comm Centre
	10am	Smartphone/Tablet/Computer Class	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
Thurs	2.30pm	Bingo for Fun - Kilkee	Kilkee Comm Centre
	10.30am	Singalong	Kilrush Comm Centre
	11am	Peninsula Social Club	Old Schoolhouse Querrin
	12pm	Tai Chi	Kilrush Comm Centre

November Monthly Activities

Day	Date	Time	Activity	Venue
Wed	08 Nov	2.30pm	November Birthday Party	Kilrush Comm Centre
Thurs	09 Nov	2 - 4.30pm	Tea Dance: Outback	Kilrush Comm Centre
Thurs	09 Nov	10am to 2pm	Irish Heart Foundation Mobile Health Check Unit	Kilrush Comm Centre
Wed	16 Nov	2pm	Movie Club - Clueless in Ireland	Kilrush Comm Centre
Thurs	22 Nov	2pm	Match of the Month - 1992 Munster Final - Clare V's Kerry	Kilrush Comm Centre
Thurs	23 Nov	2.30pm	Information talk: Healthy Age Friendly Homes Programme with Karen Fennessy	Kilrush Comm Centre
Wed	29 Nov	2pm	Memory Games	Kilrush Comm Centre

Save the Date! Upcoming Activities - December

Day	Date	Time	Activity	Venue
Wed	13 Dec	2.30pm	December Birthday Party	Kilrush Comm Centre

Sláinte an Chláir



Clare Cancer Support
Rising Against Cancer

Tel: 087 6912396



HSCP STROKE WEBINAR

Join us for a lunchtime webinar in which our guest speaker Louise Clark, Stroke Consultant Therapist, and editor of the Rehabilitation and Recovery chapter of the 2023 UK & Ireland BIASP Clinical Guidelines for Stroke will join members of the HSE National Clinical Programme for Stroke and invited panellists, for a talk and panel discussion about the impact of the guidelines on Rehabilitation and HSCP practice

Wed, 8th Nov 2023 @ 12.30pm to 1.30pm

Register at https://zoom.us/join/zoom/register/WN_oBVVU9vTpGnNMrOzhNaGg#/registration



https://zoom.us/join/zoom/register/WN_oBVVU9vTpGnNMrOzhNaGg#/registration


Cancer Awareness November 2023

Prostate Cancer Awareness

Lung Cancer Awareness

Neuroendocrine Tumour Awareness (NET Cancer)

Pancreatic Cancer Awareness





Living Well With and Beyond Cancer Conference 2023

Saturday 18th November
Clayton Hotel, Silver Springs, Cork

www.cancer.ie/LivingWell?utm_source




Other Health & Wellbeing News



Scan for More Info



engage

CONNECTING WITH MEN

FREE ONE-DAY WORKSHOP
LIMERICK 8TH NOVEMBER 2023

Experiential workshop for practitioners/service providers who wish to engage in more meaningful ways with men around health & wellbeing issues.

EMAIL FOR REGISTRATION FORM
CLOSING DATE 27TH OCTOBER
Mark.Dooley@hse.ie



Engage 'Connecting with Men' Free 1-day workshop in Limerick on 8th November 2023. The Engage Connecting with Men workshop aims to support service providers who wish to connect in more meaningful ways with men around health and wellbeing issues. Contact mark.dooley@hse.ie for more information



Men's Sheds

Episode #30

Listen to episode 30 of the HSE's Talking Health and Wellbeing Podcast With Raymond Jordan & Rebecca McLaughlin to hear about the positive impacts the Mens Sheds have in communities
www.youtube.com/watch?v=03Ejc1rl1gE



International Men's Day Webinar 2023

"Men Making a Difference"

Join us to celebrate the occasion through hearing from men sharing experiences that have prompted them to become advocates for men's health and wellbeing.



Date **Thursday 16th November 2023**
Time **12pm – 1.15pm**



Men's Health webinar - 'Men Making a Difference' in the field of health and wellbeing, is planned for the run up to International Men's Day 2023. There is a great line up of speakers. Register to attend the webinar by clicking the [link](#).



DIABETES IRELAND

HEALTH AWARENESS

EVENT & EXHIBITION

STRAND HOTEL, LIMERICK
5TH NOVEMBER 2023

Join Diabetes Ireland on November 5th, 2023, at The Strand Hotel, Limerick for their Annual Health Awareness Exhibition! Explore the latest, gain insights, and connect with the diabetes community
www.diabetes.ie/diabetes-health-awareness-exhibition-2023/



Be Winter-Ready

Helping make you, your home and your business more resilient and prepared for severe weather

The 'Be Winter-Ready' campaign aims to provide advice and information to the general public on issues which may affect them during the winter months in Ireland, such as how to prepare for severe weather, where to source information, and personal actions that can be taken in order to become more resilient in their winter readiness. For more information visit www.gov.ie/en/publication/d7e51b-be-winter-ready/



Living Well

A programme for adults with long-term health conditions
Your toolkit for better health



Living Well programmes (2.5 hrs per week for 6 weeks) are for anyone living or caring for someone with long term health conditions.

The Living Well programme supports people to develop the confidence and skills, which will help them to live well and to better self-manage their conditions.



For further information:
www.hse.ie/Livingwell
or contact:
philip.hennessy2@hse.ie 087-1799396
liz.cox@hse.ie 087-1799392

www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/

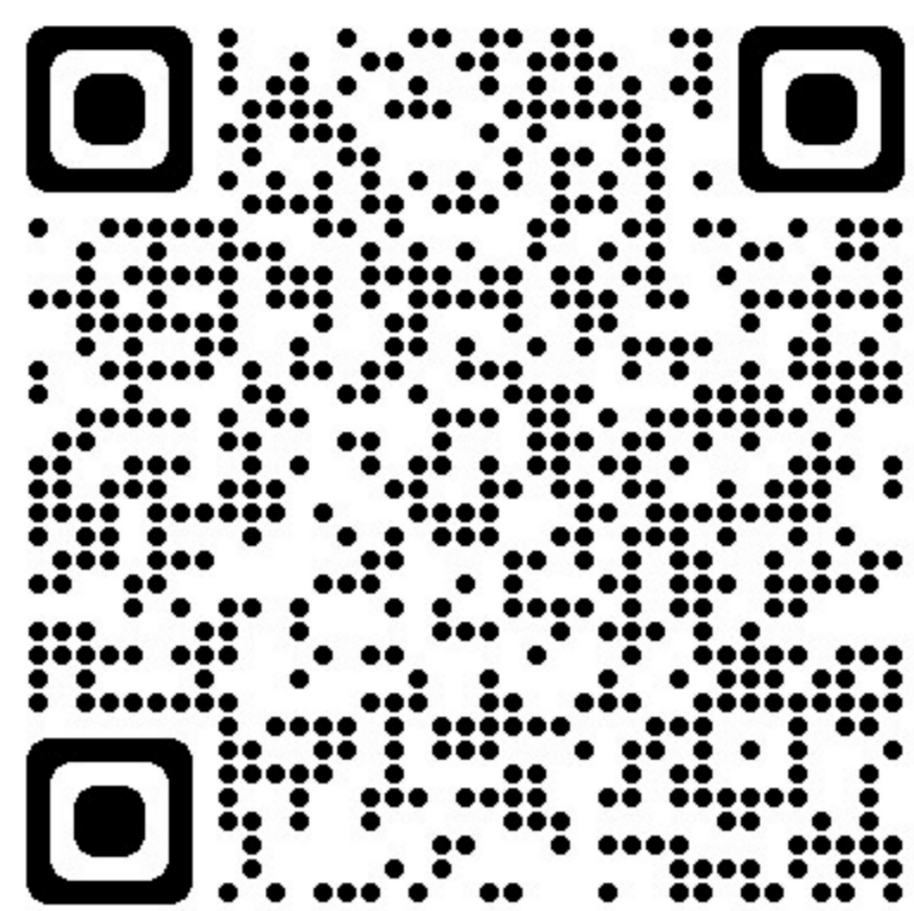
Other Health & Wellbeing News

Clare County Council has published the Draft Climate Action Plan 2024-2029. The draft plan aims to position County Clare as a national leader in climate action and strengthen the delivery of effective climate action at local and community levels, through place-based climate action.

For more information on the plan and to have your say stop by any of the upcoming drop in information sessions and visit the dedicated webpage on <https://yoursay.clarecoco.ie/climate-action-plan>



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



Draft Climate Action Plan

Public Information Drop-in Events

Council staff will be available during the hours 5.00pm to 7:00pm for the following locations and dates to provide guidance on the Draft Climate Action Plan and on the consultation process:

VENUE	DATE
West Clare Municipal District Office Kilrush, Town Hall, Kilrush	November 6 th
Shannon Municipal District Office, Town Hall, Shannon	November 6 th
West Clare Municipal District Office Ennistymon, Ennis Road, Ennistymon	November 7 th
Killaloe Municipal District Office, Mountshannon Road, Scariff	November 7 th
Civic Room, Buttermarket Building, Drumbiggle Road, Ennis	November 8 th



FitLine

A **FREE**, nationwide telephone mentoring service supporting people aged 50+ to be more active



JOIN US!

As a participant

Do you want to stay healthy and independent for as long as you can?

Our friendly volunteer mentors will call you regularly to encourage and support you to become more physically active.

As a volunteer

Do you have 2 to 3 hours a fortnight to make a positive difference?

We will train and support you to mentor older people to improve their physical and mental health by becoming more active.

Contact us: call **1800 303 545** or **087-621 1767**
or email us: fitline@ageandopportunity.ie



www.ageandopportunity.ie

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Registered Charity No: ICN 20036010.



Creating Your Menopause

A 2 hour webinar with Niamh Daly, full of information & strategies to help you understand & support your body, heart & mind during perimenopause & into the decades beyond.

WEDNESDAY NOVEMBER 15TH 7-9PM

In association with Shannon Family Resource Centre-Life Coaching for Women Project

FATIGUE
SLEEP
ANXIETY
HRT
RELATIONSHIPS
LOW MOOD
EXERCISE
OVERWHELM
JOINT PAIN
NUTRITION & DIET

Shannon Family Resource Centre are asking you to join Niamh Daly and their life Coaching group on a live webinar entitled 'CREATING YOUR MENOPAUSE' on Wednesday 15th November from 7pm to 9pm. If you are approaching, in, or past menopause, you are welcome. If you would like to understand and support a beloved sister, partner, friend or colleague, you are welcome. Simply register your interest using the link <https://www.shannonfrc.com/lifecoaching4women.html> and complete the contact form to get the link to the webinar.

ONLINE SAFETY TOOLKIT FOR PARENTS

webwise.ie

TALK LISTEN LEARN
A Better Internet
ADVICE
FAMILY AGREEMENT FOR ONLINE SAFETY
ONLINE SAFETY TIPS FOR PARENTS



Webwise have produced a online safety toolkit for parents. It includes advice on key topics, talking Points, free resources
www.webwise.ie/guides-parents/