

The Shannon Diary Newsletter is issued in the first week of each month and is also available on our website: [www.shannoncp.ie/shannon-diary](http://www.shannoncp.ie/shannon-diary)

### What's going on in Shannon?

There's so much happening that we can't even include it in the newsletter! To find out more about what's coming up in Shannon, please visit <https://www.shannoncp.ie/main-events>

**EmployAbilityClare** If you have an illness, disability or any extra support needs and would like some help to find work, EmployAbilityClare can assist you. Would you like some help to get a job? For more information, find us on contact Karen on (065) 684 4007 or [karen@employabilityclare.ie](mailto:karen@employabilityclare.ie)

**Clarecare Parent Support Line** Supporting parents and carers, offering a listening ear, parenting tips, guidance and signposting to relevant services. Call 065 682 8178 Monday, Wednesday & Friday from 10am to 1pm or email: [parentingsupport@clarecare.ie](mailto:parentingsupport@clarecare.ie)

**New Life Church** Kincora Apartments, Town Centre. Sunday Service 11am (Sunday school with Crèche provided) & Wednesday Service 7.15pm. Call (Pastor) Aidan Cassidy on 0872725475.

**Shannon - Feed Clare Food Bank** will continue to operate at Kincora Apartments Ground Floor, Shannon Town Centre on Fridays 11.30pm to 1:00pm. Please contact Karen on 083 808 5220. Confidentiality assured. ID required.

**Heal Podiatry** 6 Ballycasey Business Park, Shannon, Co. Clare, Free parking. Open Tuesday - Friday. Fully registered Podiatrist/Chiropractor/Reflexologist. Jacqueline Hartigan MChSI, MNRRI. Phone for appointment on 083 090 0675.

**Browne's Auto Repairs & Recovery** 24-hour Vehicle Recovery & Crash Repair. Call 085 166 0742.

**Meals on Wheels** provided by Shannon Senior Citizens, Mon, Wed & Fri. €5 for three course meal. If interested contact "The Kitchen" before 10am on 061 364 144. They would welcome any additional volunteers to spread the workload of delivering meals.

**St Vincent De Paul Society Shannon** If you need any help, please phone between 6-7pm Monday - Friday on 086 155 2050.

**Clare Suicide Bereavement Support Group** Contact us on 086 056 5373 or 087 369 8315 for a chat or find out what we do on [claresuicidebereavementsupport.com](http://claresuicidebereavementsupport.com)

**Shannon Toastmasters** A public speaking club where people can learn and develop public speaking skills in a supportive environment. We meet on the 1<sup>st</sup>/3<sup>rd</sup> Wednesday of each month in Treacy's Oakwood Hotel @8pm. All welcome.

**Good on Paper** Bespoke CVs designed to give you a competitive edge! Take a peek at our portfolio on Instagram ([goodonpaper\\_cv](https://www.instagram.com/goodonpaper_cv)) or our website: [goodonpaper.ie](http://goodonpaper.ie)

**Electric Shower Repair & Installation** for repair and installation of all makes and model Call Vinny Tierney, The Shower Doctor 087 643 3801.

**Gas Boiler Services, Liam Lynch** Services, Repairs and Installations, call 087 967 7528.

**Christy's Rubbish Removals** if you want rubbish removed properly & legally for the best price around. Household & garage clearance, bulky waste, rubble. Free quotations. Fully licensed and insured. Call us on 086 208 7193.

**H.P.D. Construction** Extensions & Renovations. We provide a fully insured service of qualified local tradesmen. We carry out all construction, block laying, concreting, plastering & roofing works. No job too big or too small. Call Danny on 087 462 6248.

**Shannon Window Cleaners** Windows cleaned inside and out. Fascia, soffits & gutters cleaned & cleared. Safe Pass & fully insured. Power washing & roof cleaning also available. Call Jeremy on 085 745 5797.

**Aidan Drennan Plumbing & Heating** Solid fuel stoves & oil boiler servicing installation, maintenance & upgrades of all heating systems. SEAI grants available. Renewable energies installed. Contact Aidan on 086 385 4749 or [aidandrennan@gmail.com](mailto:aidandrennan@gmail.com)

**Plumbing Heating & Boiler Servicing** For a free quote call John Galvin on 087 055 6154.

**Washing Machines Repaired & Serviced** also tumble dryers, electric cookers. Call Richard Hayes on 087 254 4121.

**Seán Hinsley Heating & Plumbing** no fix no fee. Drains & sewers unblocked, outside taps, bathrooms, showers, ensuite etc. Oil boilers serviced & installed. Fully insured & registered. For free call out, contact 086 367 4108.

**CV Services** Professional & highly experienced CV service, Drumline Cross Services. Tailored to suit individual needs. Discount for unemployed & students. Call Geraldine on 086 401 8674.

**Bike Fix** Bicycle repair, service & assembly. Bicycles picked up from your home or workplace and returned. Selling second hand and new bikes also. Contact John on 085 118 0687 or [johnndonlon4@yahoo.ie](mailto:johnndonlon4@yahoo.ie) or message BikeFix Clare on Facebook.

**The Garden Guy** All garden maintenance looked after, lawnmower, power washing and hedge trimming. Contact 087 697 9775.

**Gary's Affordable Gardening Services** Hedge cutting, trimming, landscaping, tree cutting & tree removal, debris removal. Call now for a free quote 085 146 7963.

**Bookkeeper Available** Experienced bookkeeper and payroll technician available for casual work at reasonable rates. Email [bookkeepingsnn@hotmail.com](mailto:bookkeepingsnn@hotmail.com) if interested.

**Castlegreen Rubbish removal and recycling** based locally (permit no. NWCPO-19-12341-01) - receipts issued. For a free quote, call Gerry Egan on 086 230 3829

**Carpentry/Doors** Internal door specialist. Third generation door fitter. Carries out quality work on solid, glazed, regency, flush & double doors. Also frees up sticking or catching doors, new keys to old locks & fixes damaged locks. Call Jim on 085 741 3744.

**Carpet & Upholstery Cleaning** Machine for Hire. Cleanwell, Smithstown Industrial Estate. Opening hours 9am - 1pm & 2pm - 4.30pm. Call us on 061 360 191.

**The Green Man Tree Care** Fully qualified & insured. We offer a wide range of tree services, from pruning to tree removal. Call Ray on 085 238 1828 for your free consultation or email us at [thegreenmantreecare@gmail.com](mailto:thegreenmantreecare@gmail.com)

**Electrician** R.E.C.I. Safe Pass insured & safe electric registered. All electrical work undertaken. Fuse board upgrades, repairs, installing infrared light & frost stat in attic. Call Paddy 087 283 0730.

**Chimney Clean** Contact Pat Walsh Services on 087 231 1539.

**Smithstown DIY** Kitchens, wardrobes & general carpentry; 35 years in business. Call to our showroom at V14 W882 or contact us on 061 361 614.

**The Bike Doc** for Sales & Repairs call Shane on 087 1617175. Now open in Ballycasey Craft Centre; Tuesday-Friday 10am-5.30pm & Saturday 10am-3pm. Closed for lunch from 1:30pm-2:30pm.

**Castle Blinds** Call your Shannon based blind company for: rollers, verticals, romans, shutters, awnings and lots more. Call 061 364 124, find us on Facebook or visit [castleblinds.ie](http://castleblinds.ie)

**Conway Car Dismantlers** All cars and vans collected and certificates of destruction issued for all Vehicles. Contact Eamon Conway on 087 827 1271.

**French Grinds** with a French native qualified teacher. All levels. 20 yrs experience. Contact Valérie on 0862169348

**Gentle Reminder - One Stop** (opp. Lohan's Auctioneers) no longer accepts Dry Cleaning or Laundry. If you have anything that needs collecting, please drop in ASAP. Its business as usual otherwise for all our regular customers!"

**Floors, Doors & Other Chores** for all your home improvements & maintenance from hanging pictures to fitting a new kitchen. Call John 087 947 9204 [floorsdoorsandotherchores.ie](http://floorsdoorsandotherchores.ie)

**Carpenter Available** Velux windows, roof repairs, tiles, slates, broken ridge caps, garden gates, floors, doors, second fixings & PVC. Call Mick on 085 755 1672.

**Rockhall Veterinary Shannon** Now located in Shannon Town Centre, Open Monday - Saturday for all your pet health and diet needs, call us at 061 472 161. We care, because we are animal lovers! 10% off all shampoos when mentioning this ad for March only!

**O'Sullivan Aerial & Satellite** RTE Digital (Saorview) aerials, Sky Digital, multi-room TV, Sky Eyes, Free to Air Satellite with no bills (BBC, UTV, Channel 4, etc). Call John on 086 842 1282.

**Podiatry/Chiropody Clinic** Leisure Centre Tuesdays 10-4pm. Call Cathy on 087 953 5482.

**Painting** Professional Polish painter: painting, wallpapering, renovation service. Experienced, with very reasonable rates. Call Thomas on 086 068 0251.

**Van Delivery Service** Large van available for transporting all kinds of goods, both locally & nationally. Call Jim on 085 7413 744.

**Smithstown Auto Repairs** One-stop shop for all your car & van needs from a one-off repair to ongoing care. Locally owned: Ring us on 085 733 9787.

**Bloomin' Great Gardens** Patios, walls, sheds, hedges, shrubs & flowers. Large mowers for residential grass maintenance and we also provide grave maintenance. Highly qualified & insured. Call us on 085 874 2376.

**Handyman Available** for all gardening needs. Grass cut, hedge cutting, tree topping, power hosing, gutters, window cleaning & grave maintenance. Call Jim Tubridy on 086 156 5371.

**Chiropody** Ursula Quirke, Chiropodist, is available at Ballycasey Pharmacy or for house calls every Friday in the Shannon area. For appointments, please call 086 399 7979.

**Special Branch Tree Services** Complete tree care, hedge reduction, removal, stump grinding, wood chipping & planting. Fully qualified & insured. Call Trevor on 087 980 1269.

**Building, Home Maintenance & Repairs** No job too big or small. Concrete Slabs Paving & Upgraded Gardens. Free estimate, any area. Call Chris on 087 329 8398.

**Christy's Groundworks Gardening Maintenance** Tree topping, cutting & removals. Hedge trimming & ivy removal. Mini digger service, power-washing & all types of ground work carried out. Call Christy on 086 208 7193.

**Accountancy Services** Sole Trader Tax Returns, VAT, Payroll etc. Phone Belgrave Accountants & Tax Consultants on 061 362 377 or visit [belgraveaccountants.com](http://belgraveaccountants.com)

**Bowe Finish Carpentry** All interior floors, doors, skirting, architrave, wardrobes, shelving units & wall panelling. Also specialising in new & renovated stairs. Please contact John for quotations on 089 606 4530.

**BPD - Bullman Painting and Decorating** Painting, Wallpapering and Painting Kitchen Units. For free quotes, call James on 087 241 6644.

**PC heating and plumbing** Boilers and all plumbing looked after Call Paddy on 086 038 5052.

**Pat Walshe - Shannon Boiler Servicing** Oil Boilers serviced and repaired 086 405 7779.

**RLagan Construction** For all your carpentry, attic conversions, second fix, pergola and decking needs. Call 085 831 3070.

**Van Taxi** Call for a competitive quote on 083 401 3388.

**Teach Alainn Designs** Call Dave on 087 611 5039 for all your furniture restoration and custom-made needs.

**Hope Café - Tea and Tots** Tuesday & Thursday, 10-11:20am. Calling all moms/dads/guardians and childminders. Fun activities, dancing, play doh, roleplay and the Ark Play frame. Also available to book for parties. Contact Elton on 086 300 9450.

**Illaunmanagh parkrun** A free, weekly 5k walk/jog/run at 9.30am every Saturday. Open to all ages and abilities. Organised entirely by volunteers. Friendly and fun. Join us!

**Shannon Family Resource Centre, Rineanna, Citizens Information** drop-in service, Every Friday from 9.30am-11.30am. Ukrainian translation available.

**Shannon Active Retirement Association** meets monthly in the Oakwood Hotel on the 2<sup>nd</sup> Wednesday at 11am. Facilitating all mature citizens in our area by extending the hand of friendship to combat isolation for everyone.

**Shannon Men's Shed** Unit A1 Smithstown Industrial Estate, Open Tuesday & Thursday from 10:30 -13:30. New members of all ages and abilities are always welcome.

**Memory Box Media** Restoring all those old VHS tapes into memories again on a USB/DVD. Contact Dominic on 085 715 0796 or [info@memoryboxmedia.net](mailto:info@memoryboxmedia.net)

**Oil Boiler Services** 7 day a week emergency call outs or call to arrange your annual service. Oil boiler service / oil tank replacement / breakdown. Call Mark Hinsley on 086 311 3499

**St Senan's National School** are now accepting enrolments for September 2024. Please ensure you have submitted the form if you have a child due to start school in September.

**Mná Le Chéile Women's Shed** meet on Wednesdays 7-9pm in Shannon Family Resource Centre. Check out the line-up on our Facebook page - Mná Le Cheile Women's Shed to book your place.