

GENERAL TRADES Gates railings, security gates garden furniture etc. Made to order Hot dipped galvanised, all home and garden maintenance. Power washing, hedge trimming. Van work with roof-rack & trailer call Pat Donnellan 086 8875361

ELECTRIC SHOWER REPAIR & INSTALLATION for repair and installation of all makes and model Call Vinny Tierney The Shower Doctor 087 6433801

GER MANLEY ELECTRICAL Experienced, insured and safe electric registered All types of internal and external electrical work - domestic and commercial R.E.C.I. Safe Pass Also Height for Hire Competitive rates Call 087 2382319

CHRISTY'S RUBBISH REMOVALS if you want rubbish removed properly & legally for the best price around Household & garage clearance, bulky waste, rubble. No job too big or too small. Free quotations. Fully licensed and insured Call 086 2087193

FOREVER MEMORY GIFTS made with love from your loved one's clothing. We make teddy bears, quilts, cushions & decorations For quotations & gifts ideas Call 083 1023287 see https://www.facebook.com/Forever_Memory_gifts

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 small Call Danny 087 4626248

SHANNON WINDOW CLEANERS windows cleaned inside and out. Gutters, fascia and soffits cleaned Gutters cleared Safe Pass and fully insured Also power washing garden maintenance & roof cleaning Call Jeremy 085 7455797

AIDAN DRENNAN PLUMBING & HEATING Solid Fuel Stoves Oil boiler servicing installation, maintenance & upgrades of all heating systems SEAI grants available Renewable energies installed Tel 086 3854749 Email aidandrennan@gmail.com

WHAT DOES EVERY HUMAN NEED TO THRIVE & FEEL GOOD? OXYGEN! Oxygen Therapy builds the immune system, improves breathing, circulation, stamina, reduces inflammation, and clears brain fog and more.061 315785

PLUMBING, HEATING & BOILER SERVICING Bathroom specialist available One stop shop plumbing – Electrical, Tiling & Carpentry Free quote call 087 0556154

BOWEL PROBLEMS Do you suffer from Constipation, bloating, diarrhoea, IBS, or that off form feeling? Colonic Irrigation with nutritional advice is available at The Ultimate Health Clinic Limerick 061 315785 www.ultimatehealth.ie

BRIAN SHINNERS - YOUR LOCAL FRIENDLY ROOFER Repairing roofs in Shannon for the last 10 years. Roofs, chimneys, guttering, sheds, flat roofing, new roofs and carpentry Fully insured & VAT registered Call 089 4217838

WASHING MACHINES REPAIRED & SERVICED also tumble dryers, electric cookers, vacuum cleaners Richard Hayes 065 6824588 or 087 2544121

SEAN HINSLEY HEATING & PLUMBING no fix no fee. Drains and sewers unblocked Outside taps, bathroom, showers en-suite etc. Oil boilers serviced & installed Free call out, fully insured & registered Call 086 3674108

CV SERVICES Professional & highly experienced CV service Drumline Cross Services. Tailored to suit individual needs. Discount for unemployed/Students. Call Geraldine 086 4018674 **FB**

BIKE FIX Bicycle repair, service & assembly. Bicycles picked up from your home or work place and returned Contact John 085 1180687 or johndonlon4@yahoo.ie or *p.m.* BikeFix Clare on Facebook

PORT2DOOR Fresh Fish Stall in Shannon every Thursday & Friday from 8.30 am.-> 4.00 in Sky Court Carpark – outside Shannon Knights

CASH AND CARRY COAL Polish Coal €18 a bag, 3 for €50, 10 for €170. Blocks, turf, brickettes and gas at low prices. Call 089 2747493 Free delivery anywhere in Clare.

(Inclusion in this publication is no guarantee of standards nor does it mean that any service or organisation is guaranteed)



CLARECARE

SHANNON DIARY

WEDNESDAY 27th JANUARY 2021

Email: newsletter@clarecare.ie

Phone: 065 689 4283

In the interests of Health & Safety, and in line with public health measures regarding Covid-19, the Shannon Diary Newsletter will now be published online, on the last Wednesday of each month.

It will be available on our website www.clarecare.ie/news [News - Clarecare](#) and available on our Facebook [Clarecare | Facebook](#).

Covid-19 (Coronavirus) service

A community support help desk has been set up by Clare County Council, to respond to the needs of vulnerable members of our community

Tel: 1890 252 943 Email: covidsupport@clarecoco.ie

CLARECARE PARENT SUPPORT LINE Supporting parents and carers through Covid-19 Offering a listening ear, parenting tips, guidance and signposting to relevant service Call 065 682 8178 Monday Wednesday & Friday from 10am to 1pm or email: parentingsupport@clarecare.ie

IF YOU WANT TO DRINK - THAT'S YOUR BUSINESS if you want to

stop that's ours!! Contact: Alcoholics Anonymous - call Jay on 085 8780007

WE WANT YOU! Are you living or working in Shannon? We want to hear your ideas about a community development plan for Shannon. Please fill in our questionnaire coming your way. Check out www.loveshannon.ie for more details. **Your opinion counts!**

VINCENT de PAUL-HELPLINE available between 6.00-7.00pm. Monday-Friday Call 086 1552050

NEW LIFE CHURCH Kincora Apts Town Centre Sunday Service 11am (Sunday school with Crèche provided) Wed Service 7.15pm Call (Pastor) Aidan Cassidy 086 8506688

FOOD BANK Feed Clare at New Life Church. Opens every Friday at 12pm admission free -all welcome Confidentiality assured Kincora Apts. Shannon - Ground Floor

DO YOU HAVE AND ILLNESS, INJURY OR DISABILITY Would you like support around career choices/support while in employment? Contact EmployAbility Clare on 065 6844007/ email karen@employabilityclare.ie

FURTHER EDUCATION COURSES - NEED EXTRA SUPPORT National Learning Network are recruiting for their full-time QQI

ARE YOU UNEMPLOYED OR ON A LOW INCOME? Do you need personal development, education, training or employment supports? Contact Helen - Clare Local Development Company 087 9328168 Hderham@cldc.ie

FOR SALE

FOR SALE BABY Crochet Baby Blankets and Hand Knit Call 086 353 9302

SERVICE

BUILDER TOM CONDRON All building worked carried out Renovations, extensions, patios etc. Excellent work call Tom on 087 7738344 patios etc. Excellent work Call Tom on 087 7738344

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 085 7413744

CARPET & UPHOLSTERY CLEANING- Machine for Hire. Cleanwell Smithstown Industrial Estate Opening hours 9 -> 1 & 2 -> 4.30 Call 061 360191

PLUMBING, HEATING & BOILER SERVICING Bathroom specialist available One stop shop plumbing – Electrical, Tiling & Carpentry Free quote call 087 0556154

THE GREEN MAN TREE CARE fully qualified & Insured We offer a wide range of tree services, from pruning to tree removal Call Ray 087 7343253 for your free consultation or email us thegreenmantreecare@gmail.com

ELECTRICIAN R.E.C.I. Safe Pass Insured & safe electric registered All electrical work undertaken Fuse board upgrades Repairs etc Installing infrared light & frost stat in attic Call Paddy 087 2830730

HOME INSURANCE CLAIMS? Damage by fire/storm/burst pipes "Cracked chimneys can lead to carbon monoxide poisoning" Call Robert Fox t/a **First Call Claim LOSS ASSESSORS** 087 7704810 / 061 453039 We work for you. Best possible settlement for you.

THE BIKE DOC Sales and Repairs Call Shane 087 1617175 Now open in Ballycasey Craft Centre Tue-Fri 10am - 5.30pm. Sat 1am-4pm Closed 2pm-3pm

WINDOW BLINDS@castleblinds.ie- Call your Shannon based blind company Castleblinds for: rollers, verticals, romans, shutters, awnings and lots more. Call 061 364124 or find us on FB Castleblinds.ie

WANT TO GET RID OF THAT EXCESS FAT? Fat freezing is your Solution! 30% fat reduction in treated area. Most affordable treatment and best non-surgical treatment available BOOK NOW 061 315785 www.ultimatehealth.ie

ANGEL FLOWERS SHANNON florist shop based in the lovely Ballycasey Craft Centre. Beautiful fresh flowers for all occasions Delivery service Mon-Fri 9.30-5pm Sat 10-3.30pm Tel 061 365990

SLIMMING WORLD SHANNON Are you looking for a fresh start for 2021 ? Our group are ready to welcome and support you on your weight loss Journey! We are open during all Covid levels. Contact Ruth on 0874571411

CONWAY CAR DISMANTLERS All cars and vans collected, certificates of destruction issued for all Vehicles Contact Eamon Conway on 087 8271271

GARAGE CLEARANCES All household appliances, metals, bicycles and trikes collected and removed. Contact Eamon on 087 8271271

ALLERGY TESTING Food intolerance testing, instant results, fully qualified staff, dietary advice available. Call The Ultimate Health Clinic on 061 315785 www.ultimatehealth.ie

SKYCOURT SHOPPING CENTRE FARMERS MARKET Every Thursday 9:30am - 3pm, Variety of fresh food for sale, Bakery, coffee, crepes, fresh fruit & veg. Contact 0851319437. Also taking applications for stalls.

HAIRDRESSING THE PARLOUR Bru Na Sionna Shannon–Breda Condron Open Tuesday-Saturday Great Hair at affordable prices Call or Text Breda on 086 398374

FLOORS, DOORS & OTHER CHORES- for all your home improvements & maintenance from hanging pictures to fitting a new kitchen Call John 087 9479204 www.floorsdoorsandotherchores.ie

CARPENTER AVAILABLE- Velux windows, roof repairs, tiles, slates, broken ridge caps, garden gates, floors, doors, second fixing, PVC. Call Mick 085 7551672

COMPUTER REPAIRS COMPUHOME SERVICES PC & Laptop repairs, broken laptop screens/DC power sockets Virus & Spyware removal, RAM memory upgrade Replace Hard Drive Data Recovery, Networking for Home & Business 10 years in business Qualified PC Engineer - Jimmy 087 2382370 www.compuhomeservices.com

O'SULLIVAN AERIAL&SATELLITE RTE Digital (Saorview) aerials, SKY Digital, multiroom TV, SKY Eyes, Free to Air Satellite With no bills (BBC UTV Channel 4 etc.) Call John 061 475969 or 086 8421282

PODIATRY/CHIROPODY CLINIC now open at Excel Physiotherapy & Reformer Pilates studio every Tuesday just around the corner from FHB building supplies Eircode: V14 D868 Call Cathy 087 953 5482 for appointment

PAINTING professional Polish painter: painting – wallpapering – renovation service Wood/Laminate flooring service, house cleaning, carpet cleaning Experienced, very reasonable rates Call Thomas 086 0680251

VAN DELIVERY SERVICE Large van available for transporting all kind of goods Locally & nationally Call Jim on 085 7413744

DIVINE HEALING Ingrid Britz N.R.R.I. Reflexology, Indian Head Massage, Reiki & IET Treatments Reg: with all Medical Plans, Reiki & IET Workshops available Call 061 369037/087 2906303 www.IngridBritz.ie Sixmilebridge

SMITHSTOWN AUTO REPAIRS One stop shop for all your car & van needs From a one-off repair to on-going care Locally owned Ring us on 085 7339787.

BLOOMIN' GREAT GARDENS Patios, walls, sheds, hedges, shrubs and flowers Large mowers for residential grass maintenance Also grave maintenance Highly qualified and insured Call 085 8742376

HANDYMAN AVAILABLE for all gardening needs. Grass cut, hedge cutting, tree topping, power hosing, gutters, windows cleaned & grave maintenance Call **Jim Tubridy** 086 1565371

CHIROPODY-Ursula Quirke Chiropractist is available at Ballycasey Pharmacy or for house calls every Friday in the Shannon area. For appointment please call 086 3997979

CHIMNEY CLEANING A clean sweep chimney cleaning Professional vacuum cleaning. No mess guaranteed Call Andy 089 2094491

SPECIAL BRANCH TREE SERVICES complete tree care, hedge reduction, removal, stump grinding, wood chipping, planting Call Trevor 087 9801269 Fully qualified & insured

BUILDING, HOME MAINTENANCE & REPAIRS No job too big or small Concrete Slabs Paving & Upgraded Gardens. Free estimate Any area. Call Chris 087 3298398

CHRISTY'S GROUNDWORKS GARDENING MAINTENANCE treetopping, cutting & removals. Hedge trimming & ivy removal. Mini digger service, power-washing & all types of ground work carried out Call 086 2087193

ACCOUNTANCY SERVICES Sole Trader Tax Returns, VAT, Payroll etc. Phone Belgrave Accountants and Tax Consultants 061 362377 www.belgraveaccountants.com

BOWE FINISH CARPENTRY All interior floors, doors, skirting, architrave, wardrobes Shelving units and wall panelling Also specialising in new and renovated stairs Please contact John for a quotation 089 6064530

WASTE COLLECTION SERVICE For all bulky waste and recycling collections, domestic and commercial recycling Shannon/ Bunratty/ Sixmilebridge area for quotation call Gerry Egan Castlegreen 089 4353665 Fully Insured/Permit

HOME MAINTENANCE SERVICE Internal & external Carpentry, Roofing, Decks, Kitchens, Doors & floors & fencing. All other trades organised . Fully insured & local. Call Drumline Roofing 089 238510/0894519060