

**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/ForeverMemorygifts>

**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](mailto:aidandrennan@gmail.com)

**FURTHER EDUCATION - Need extra support:** National Learning Network full-time Level 3 & 4 Courses include, Career Start, Pathways to Employment, Catering, Employer Based Training and IT. Contact Ennis 065 6864560 or Limerick 061 229777.

**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](http://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](mailto: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 22nd December 2021**

**Email: [newsletter@clarecare.ie](mailto:newsletter@clarecare.ie)**

**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](http://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 **call: 1890 252 943 or Email: [covidsupport@clarecoco.ie](mailto:covidsupport@clarecoco.ie)**

### **Now Enrolling**

**Fully Funded Adult Craft classes commencing Sept 2021 at the College of Further Education and Training, Shannon Town Campus. To book a place or for more information contact 065 6897654/086 0752014 or email [antoINETTE.houlihan@lcteb.ie](mailto:antoINETTE.houlihan@lcteb.ie)**

**Fully Funded Adult Beginner Computer classes commencing Sept 2021 at the College of Further Education and Training, Shannon Town Campus. To book a place or for more information contact 065 6897654/086 0752014 or email [antoINETTE.houlihan@lcteb.ie](mailto:antoINETTE.houlihan@lcteb.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](mailto: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

**DO YOU NEED SUPPORT TO FIND THE RIGHT JOB OR RETURN TO WORK ?** Employability Clare helps people with a health condition, illness, injury, or disability. Contact (065) 6844007 or email [karen@employabilityclare.ie](mailto:karen@employabilityclare.ie)

**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

**Income Tax Filling** - Please call or WhatsApp on 0857865105. Email: [info@trustedhs.ie](mailto:info@trustedhs.ie) [www.trustedhs.ie](http://www.trustedhs.ie)

**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](mailto:Hderham@cldc.ie)

## SERVICE

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

**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](mailto: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](http://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](http://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.

**DRUMLINE CARPENTRY:** All aspects of carpentry inside and outside. Home maintenance. Fully insured. Call Neil 0894519060 or Tom 0894238510

**Browne's Auto Repairs & Recovery**- 24 hr Vehicle Recovery And Crash Repairs. Contact 085 1660742 / 061 357269.

**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](http://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](http://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](http://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 Chiropract 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](http://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