

**Units to let in Smithstown**, in a good location. 1,875 square feet approx and 900 square feet approx. Recently refurbished. Please contact Vincent for further details on 086 8216464

**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](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 SEAL 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)*



## Newsletter February 2023

**Email:** [newsletter@clarecare.ie](mailto:newsletter@clarecare.ie)  
**Tel No:** [065 6894200](tel:0656894200) (Dial 0 -Reception)

The Shannon Diary Newsletter is an online publication and normally issued on the last Wednesday of each month.

It is available on our website

<https://www.clarecare.ie/contact-offices/shannon-office/> and on our Clarecare Facebook page.

**EmployAbilityClare** Do you have a disability or health condition? Would you like some help to get a job. For more information, contact Karen on (065) 6844007 or [www.employabilityclare.ie](http://www.employabilityclare.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 68294200 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

**NEW LIFE CHURCH** Kincora Apts Town Centre Sunday Service 11am (Sunday school with Crèche provided) Wed Service 7.15pm Call (Pastor) Aidan Cassidy 087 2725475

**Shannon - FEED CLARE, Food Bank. The FEED CLARE Food Bank will continue to operate at Kincora Apartments, Shannon Town Centre on Fridays 12:00 to 1:30pm. Please contact Karen on 083 8085220 for more information or if you need to avail of the food bank outside of this time in Shannon.**

### Heal Podiatry,

6 Ballycasey Business Park, Shannon, Co. Clare, Ground Floor, Free parking. Open Tuesday- Friday. Fully registered Podiatrist/Chiropodist/Reflexologist. Jacqueline Hartigan MChSI, MNRRI. Phone for appointment 0830900675.

**Brownes's Auto Repairs & Recovery - 24 hr Vehicle Recovery and Crash Repairs.**  
Contact 085 1660742

### INSURANCE CLAIM? Smell of Oil? Leaking Pipes? Fire? Storm?

Call Robby Fox, **FIRST CALL CLAIM**, Loss Assessors on 087-7704810 or 061-453039. We work for you. Best possible settlement.

**T&G property maintenance Ltd.** Cover all your needs in just one call .We do house renovation to concrete paths and driveways , roof leaks and roof conditioning knocking and building wall etc call Gary 0851467963 for your free quote

**Gary's affordable gardening services** hedge cutting and trimming, landscaping tree cutting and tree removal, debris removal complete transformation from topsoil to concrete call now for a free quote you won't be disappointed our prices we are the best around 0851467963

## 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.

**Castlegreen Recycling** a local business specialising in rubbish removal and recycling (permit no NWCPO-19-12341-01) ..receipts issued. For a free quote call Gerry 0862303829

**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

**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

**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 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](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