

Ciúnas means stillness

At the Ciúnas Centre in Feakle, it is a breath of stillness, a moment's peace and relief from stress that we aim to offer to the carers and their families who come to us for hands-on support.

The background

Ciúnas was established by three women from East Clare: Anita Hayes, Tonia Kusters and Catherine Patience. All three were caring long term for family members, and each of them knew from personal experience the additional stress that caring brings to family life. All three also had training in complementary therapies, and understood the difference that a little space for relaxation or healing touch could make to their own lives. Taking a holistic view, when a carer feels less stressed, that sense of well-being rip-



ples out into the whole family system.

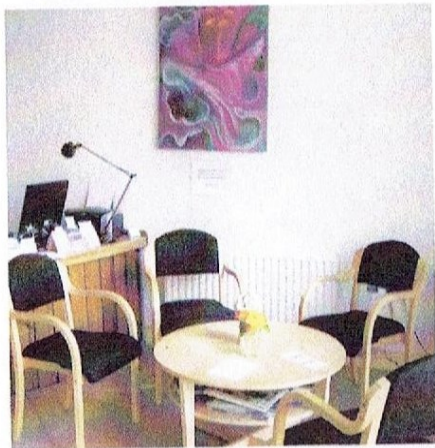
These three women could see the need for a holistic support for carers. They felt that the efforts of carers often went unseen "...a group of people who are often overlooked in our busy lives, those people whose prime role in life has been to give care, particularly to those who are not able to care for themselves on their own. We believe that all carers deserve access to therapies to alleviate stress and depression to enrich their lives as committed carers."

Their mission was to create Ciúnas - a peaceful, nurturing space to enhance the well-being of its clients, where therapies could be available at affordable rates to those who might benefit most from them.

Facilities

The Ciúnas Centre opened its doors in 2007, in the Old Creamery building, next door to Smyth's shop in Feakle, and East Clare Accessible Transport. The centre was purpose-designed to be fully accessible and to act as a friendly focal point. There are three treatment rooms: the Blue Room, Green Room and the smaller Purple Room, and a lovely bright comfortable reception area.

All of Ciúnas' therapists are fully qualified, Garda-vetted, and insured, and are familiar with the particular needs of Ciúnas clients. They offer their services at reduced rates to Ciúnas Clients.



Who are Ciúnas Clients?

'Ciúnas clients' may be family carers and those in their care; family members of carers; older people; long term ill; people with disabilities; and people with special needs. These clients can avail of the €25 rate for their choice of therapy. This makes complementary therapies an affordable hands-on support. They need not be seen as a 'luxury,' but can be accessed on a regular basis for stress-management and maintaining family wellness.

Ciúnas offers another reduced rate (€35) for professional carers, including home helps, care assistants, special needs assistants. The general public are also very welcome at Ciúnas. By paying the full rate of €45 for a one hour session, you help to support our charitable efforts.

Therapies

Therapies on offer at Ciúnas include: Aromatherapy, Reflexology, Reiki, Massage, Hot Stone Massage, Indian Head Massage, Deep Tissue Massage, Cranio-



Sacral Therapy, Aura Soma, Bach Flower Remedies, Counselling, and more.

FUNDRAISING for CIÚNAS

As a charity, we need all the extra hands we can get to help us with bag-packing at

Dunnes Stores, Limerick

Fri 12th & Sat 13th September 2014

and again on

Fri 7th and 8th November 2014

Can you offer a few hours to help us continue to offer hands-on support?

Please contact

Ruth or Josie at 061 924837

Groups

Ciúnas offers 'Pamper Days' for groups, which include individual sessions of therapies, and group sessions on such topics as self-care, stress management, nutrition, singing, creativity. On these days, we also book lunch at

