

Sinead Ryan

Aran Health Pharmacy



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AranHealth 

Sinead Ryan set up Aran Health Pharmacy at the Silverbridge Tesco Shopping Centre in Claremorris, Co Mayo, in November 2021. She believed there was a great opportunity for pharmacy services in the community, delivered on an extended hours basis.

Sinead, who is originally from Limerick, had previously worked in other pharmacies, but she always wanted to have a business that provided community healthcare.

She is qualified as an optometrist as well as a pharmacist and completed an MBA in UCD Smurfit. Sinead has a broad range of practical, on the ground experience as a pharmacist and optometrist, having worked in the public, private and academic sectors in the UK and Ireland. Prior to opening Aran Health Pharmacy, she also lectured on pharmacy and optometry at a number of universities in Dublin and London. Given her teaching background, she is pleased to provide employment experience to pharmacy students.

Her biggest business milestone to date has been helping the local community through the end of Covid and getting established as a trusted business in the community. In under three years, she now has 10 employees and growing.

Sinead says she found the ACORNS programme gave her the financial information and accounting essentials she needed, as someone whose background was very healthcare oriented. She says the network made a difference to the business as a whole, which was really important for a start-up company, and the roundtable sessions with other participants provided a sounding board to raise issues and come up with action plans to move the business forward.

Her plans for the future are to continually grow the business while providing more and more services to the community in Claremorris and potentially beyond.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine