



Keeping active - and being outdoors even during the winter is a really good way to improve your mood and is important for your physical wellbeing too.

Sláinte an Chláir

Rising Against Cancer

Clare Cancer Support
Rising Against Cancer

Tel: 087 6912396 clarecancersupport.com

Clare Cancer Support's weekly live exercise class with Fiona will be recommencing after easter on Zoom. Starting Tuesday April 13th from 2pm to 3pm. These exercise classes are for anyone who has or had a cancer diagnosis. Please phone 087 6912396, or email admin@clarecancersupport.com for login details. All classes are free of charge.

ONLINE
TEEN BOYS
6 Week Physical Activity Programme

Participants must be 13-18 years of age

CLARE SPORTS PARTNERSHIP
SPORT IRELAND

ONLY €5.00

All abilities welcome

Smart Training
Healthy Eating
Positive Mindset

3 x 30min sessions weekly
Mon/ Wed/ Fri @ 5.30pm
via Zoom

STARTS MONDAY
APRIL 12TH

Secure your place by registering at
<https://register.enthuse.com/ps/event/TeenBoysPhysicalActivityProgramme>

www.claresports.ie

Clare Sport Partnership are running a 6 week online Physical Activity Programme for Teen Boys starting Monday April 12th. 3 x 30 minutes sessions will be held weekly on a Monday, Wednesday and Fridays at 5:30pm. The topics covered will include smart training, healthy eating and positive mindset. All abilities welcome. To register (with the consent of a parent/ guardian) please click [here](#).

Fitness 4 Fun



Healthy Ireland
at your Library

Join John Conroy for a [Fitness4fun](#) online chair yoga on Monday April the 19th/26th at 11am to improve flexibility, increase muscle tone and improve your overall health. Regular exercise is important to the physical and mental health of older adults and in this Fitness4Fun session John will show new ways for participants to remain physically active, no matter what their age. Free event for adults throughout Co Clare, limited numbers, booking essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kilrush Library on 065 9051504 during branch opening hours or alternatively by emailing kilrush@clarelibrary.ie



[Eating well](#) - by nourishing your body and mind we can positively impact our physical and mental wellbeing.



[Grow It Forward](#) is a national programme to help half a million people [#KeepWell](#) by growing their own food. In partnership with [Healthy Ireland](#) and [Libraries Ireland](#) through the Government of Ireland's Keep Well initiative, [GIY](#) are giving away 50,000 free seed packs and asking participants to use them to share the experience with 10 people. In all, GIY aim to support half a million people across Ireland to enjoy the wide range of benefits that come from growing food at home. If your interested in participating in the Grow it Forward initiative please contact Clare County Library Grow it Forward ambassador Anne by emailing kilkee@clarelibrary.ie or calling 065 9056034.

Online Clare
Garden
Festival
WEBINARS

Live on Facebook
- hosted by Carmen Cronin

Register by emailing info@claregardenfestival.com

**A few minutes in this garden
- a tonic for mind and body**
FRIDAY, 16th April @ 8pm

With
Garden Guru

Jim Cronin



KEEP WELL
IN YOUR COMMUNITY



The [Clare Garden Festival](#) is hosting a webinar with Organic Grower & Mentor Jim Cronin on Friday the 16th of April 2021. "A few minutes in this garden - a tonic for the mind and the body". Jim Cronin will outline a very simple plan of a small vegetable and flower garden with lots of organic tips. Notes provided with spacing and sowing dates. The event starts at 8pm on the Clare Garden Festival [Facebook live page](#)

Clare County Library

Online Workshop - Boost your immune system with food

with dietitian Gillian McConnell

16th of April 2021 at 1pm

Free online event for people aged 18+.

Book your place by calling Kilrush Library on 065 9051504



KEEP WELL



Healthy
Clare



Rialtas na hÉireann
Government of Ireland



Healthy Ireland
at your Library



[Clare County Library](#) are hosting dietitian Gillian McConnell who will be discussing ways to boost your immune system with food. The talk will take place online on the 16th of April 2021 at 1pm. Participants will gain evidence based practical top tips on how to incorporate healthy eating into your life. This is a free event for people throughout Co Clare aged 18+. Please book your place by emailing kilrush@clarelibrary.ie or calling Kilrush Library on 065 9051504.



[Switching off and being creative](#) - or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.



Free Easter Online Camps

Primary & Post Primary students

Check out -
www.clarecamps.ie

Monday 29th of March - Friday 2nd of April
Art, dance, GAA, Soccer, yoga, cookery,
storytelling, beauty and much more.

ORGANISED BY Ennis and Kilrush School Completion Programmes & Clare Local
Development Company in conjunction with Clare CYPSC, Clare Youth Service,
Clarecare, Clare Sports Partnership, LCETB Creative Arts & Clare County Library



Visit the Clare Camps [website](#) and check out all the wonderful resources they have collated for both primary and post primary students. Resources include art, dance, GAA, soccer, yoga, cookery, storytelling, beauty and much more. The project was put together by Ennis and Kilrush school completion programmes, Clare Local Development Company, Clare CYPSC, Clare Youth Service, Clarecare, Clare Sports Partnership, Limerick and Clare Education and Training Board, Creative Arts and Clare County Library.

Also, Clare Youth Service is running a photo competition for 12-17 year olds. Lots of prizes to be won, entrants must take a picture from within their 5km and send it to bmcmanus@clareyouthservice.org or WhatsApp 086 609 0051. Winner will be announced on their Facebook [page](#) on Friday, 2nd April.



The '[Here Comes the Sun](#)' project fosters creativity across the generations connecting communities across county Clare. This intergenerational project brings together primary schools, secondary schools, nursing homes, virtual day centres, and families. The Here Comes the Sun Project is a [Keep Well](#) Initiative broken into two parts, [Part 1](#) was released on 19th March 2021 and paints a bleak picture of the realities faced by people during lockdown. [Part 2](#), released on 26th March 2021 celebrates communities across County Clare, filling us with hope and instils pride in our county. The project is a resounding success with people from Killaloe to Kilfenora contributing video clips, poetry and short stories and our very own President Michael D. Higgins too is involved. Music plays a central role in this project which features musical performances from the Farrell family in New Quay and Craig Pete from Shannon. The Here Comes the Sun Committee worked in conjunction with the Clare Education Centre, Clare Sports Partnership, Clare Age Friendly Programme and Clare County Council.

The Lean Ar Aghaidh Project
le Rachel Uí Fhaoláin agus a clann

Traditional song/music
Stories
Recitations
Poetry
Irish language

A research and performance project exploring the transmission of songs, music and stories through generations within families and communities as part of the Cúram Initiative in Co. Clare

For more information or to get involved email Rachel at ceolmochroi@gmail.com



The Lean Ar Aghaidh [Project](#) is a research and performance project exploring the transmission of traditional song, music, stories and poetry through generations within families and communities as part of the Keepwell Cúram Initiative in Co. Clare. For more information or to get involved please email Rachel at ceolmochroi@gmail.com or phone 087 2988473.

A FLOW OF WORDS

submissions to
aflowofwords@scariffbayradio.com

 www.scariffbayradio.com WhatsApp a Show 085 9400803
or **88.3FM**
The TuneIn radio app **92.7FM**

Call out 'Flow of Words' - Springtime has made a grand entrance and although we are still locked down our words are not restricted and can travel far beyond a 5km radius conjuring up images and tales from further afield. This is an ideal time to express yourself through poetry and prose on 'A Flow of Words.' Poetry Day Ireland is April 29th with the theme of New Directions: Maps and Journeys. Do you have a poem that would suit the special Poetry Day Flow of Words? Send it to aflowofwords@scariffbayradio.com and include a phone number by April 18th for consideration. Writers may be invited to read and record their own piece for radio broadcast. Guidelines prose 600-1000 words, poetry 20-80 lines.



The Lisdoonvarna Community have once again decorated the North Clare Amenity park, this time with a Spring/Easter theme from the 1st to 15th of April. There will be an EGG HUNT for kids on the 3rd and 4th of April from 12pm-3pm. All Covid 19 [guidelines](#) will be in place.



MANAGING YOUR MOOD

[Managing your mood](#) – equipping people with information on where to go if they need support.

**Ennis Mental
Health Association**

“ brings you

My Mental Health Journey - from Setbacks to Success

by Cillian Keane

**Thursday 8th April
at 8pm via Zoom**



Book your space:-

ennismha@mentalhealthireland.ie

or

085 252 4608

Following on from his powerful [blog](#) post, Ennis Mental Health Association is very pleased to bring you this free Zoom talk by [Cillian Keane](#) as part of our Spring programme of events. This talk will take place via Zoom on Thursday 8th April at 8pm. To reserve your space at this free talk, please simply: email: ennismha@mentalhealthireland.ie or call / text: 085 252 4608

Five Ways to Wellbeing during Tough Times

WEBINAR

The aim of this 1 Hour webinar is to provide participants with:

- A brief introduction to the concepts of mental health and wellbeing
- An improved understanding of how they can look after their wellbeing during Covid-19
- An understanding of how to incorporate the Five Ways to Wellbeing as a healthy coping strategy into their lives

CONNECT
BE ACTIVE
TAKE NOTICE
KEEP LEARNING
GIVE

Webinar is delivered via Zoom or Microsoft Teams


Healthy Ireland
at your Library

 **Mental Health Ireland**

Date: Wednesday, 14th April 2021
Time: 1pm
Contact: Kilrush Library 065 9051504
kilrush@clarelibrary.ie

On Wednesday the 14th of April 2021 at 1pm Clare County Library is hosting a 1 hour webinar, introducing the concepts of mental health & wellbeing, delivered by Claire Flynn, Development Officer with Mental Health Ireland. Participants will gain a better understanding of how they can look after their wellbeing during Covid-19 and how to incorporate the five ways to wellbeing, as a healthy coping strategy, into their lives. Free event for adults throughout Co. Clare, booking essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kilrush Library on 065 9051504 during branch opening hours or alternatively by emailing kilrush@clarelibrary.ie

Free Online Mental Health & Wellbeing Workshops



APRIL
2021

DATE	WORKSHOPS	TIME
Tuesday, 6th	Managing Well-being and Mental Health Recovery	2.00pm - 4.00pm
Wednesday, 7th	Connection & Hope in Times of Isolation	10.00am - 12.00pm
Thursday, 8th	Understanding Diagnosis, Exploring My Identity	10.00am - 12.00pm
Tuesday, 13th	My Mental Health – Finding Meaning, Feeling Empowered	2.00pm - 4.00pm
Wednesday, 14th	Let's Talk Depression	10.00am - 12.00pm
Thursday, 15th	Let's Talk Resilience	10.00am - 12.00pm
Tuesday, 20th	Family Recovery in Mental Health	2.00pm - 4.00pm
Wednesday, 21st	Understanding Mental Health Services	10.00am - 12.00pm
Thursday, 22nd	Connection & Hope in Times of Isolation	10.00am - 12.00pm
Tuesday, 27th	Accessing Mental Health Services – Getting the Best from My Appointment	2.00pm - 4.00pm
Wednesday, 28th	Part 1. Exploring Anxiety in Uncertain Times	10.00am - 12.00pm
Thursday, 29th	Part 2. Managing Anxiety in Uncertain Times	10.00am - 12.00pm

i Book your place on Eventbrite - <https://midwestaries.eventbrite.ie>
 Or sign up by emailing Margaret - margaret.keane9@hse.ie
 Or text 086 2873526 with the title of the workshop you want to attend

HSE Mid West
Community Healthcare



The team at Mid West ARIES would like to thank all our participants this week for your engagement and your insight's on how we can help support each other on the path of recovery in Mental Health. We would like to share our April timetable, We have numerous workshops on offer from Managing wellbeing and mental health recovery to exploring and managing anxiety. Please see our attached workshop list for further details. You can book via our <https://midwestaries.eventbrite.ie> page, or sign up by emailing Margaret Margaret.keane9@hse.ie or texting 086 287 3526.



Free online Classes April 2021

Date	Class	Time
Tuesday 6th	Pilates	11:15am
Wednesday 7 th	Edel's Music Club	11am
Thursday 8 th	Art with Astrid	11am
Tuesday 13th	Pilates	11:15am
Wednesday 14th	Edel's Music Club	11am
Thursday 15 th	Art with Astrid	11am
Tuesday 20th	Pilates	11:15am
Wednesday 21st	Edel's Music Club	11am
Thursday 22nd	Art with Astrid	11am
Tuesday 27th	Pilates	11:15am
Wednesday 28th	Edel's Music Club	11am
Thursday 29 th	Art with Astrid	11am

To Book a place email westclaremha@mentalhealthireland.ie
Or Text 086 6043473 with the title of the Class you want to attend
Attendance instructions available on sign up

West Clare Mental Health Association announce details of our Free on line Classes for April. Try Pilates from the comfort of your own home. Join the Music Club for song or two. Learn about Doodling, Colours, Cartography and more with Astrid. To register emailing westclaremha@mentalhealthireland.ie or texting 086 604 3473

COMMUNITY EDUCATION PROGRAMME SHORT 20 HOUR COURSES ON-LINE MARCH to JUNE 2021		  
Community Education for Health & Wellbeing 8-week On-line 20 hour Courses Facilitated by SHEP Trained Tutors		
Introduction to Personal Development <ul style="list-style-type: none"> • With tutor Barry Morley • Wednesday 7pm to 9.30pm • Commencing 14th April to 9th June 2021 	<i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i> Course Ref Number CN003495 No Charge*	
Seasons for Growth – Living with Change & Loss or Grief in our Daily Lives <ul style="list-style-type: none"> • With tutors Kathleen Rohan & Dennis Taylor • Tuesday 7pm to 9.30pm • Commencing 13th April to 8th June 2021 	<i>This course provides adults with the opportunity to examine how loss, change or grief has impacted on their lives and provides knowledge, skills, and attitudes to understand and manage these experiences.</i> Course Ref Number CN003494 No Charge*	
Women's Wellness <ul style="list-style-type: none"> • Tutor Margaret Whelan • Wednesdays 10.30am to 1.00pm • Commencing 24th March to 2nd June 2021 	<i>The course is open to all Women interested in exploring together issues that are relevant to their lives and in particular their physical and emotional health.</i> Course Ref Number CN003498 No Charge*	
Effective Communication <ul style="list-style-type: none"> • With tutor Nuala Mc Donnell • Thursday 10.30am-1.00pm • Commencing 25th March to 3rd June 2021 	<i>Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.</i> Course Ref Number CN003496 No Charge*	
Managing Stress in Our Daily Lives <ul style="list-style-type: none"> • With tutors Geraldine Flanagan & Norma Roche • Wednesday 7pm to 9.30pm • 31st March to 2nd June 2021 	<i>Understanding the natural processes that give rise to stress, as well as how these can be damaging. Learning skills in the prevention of unnecessary stress and the management of unavoidable stress.</i> Course Ref Number CN003493 No Charge	
<p><i>* Tutor Hours provided by Cork ETB</i></p> <p>Application forms are available from SHEP on 021-4666180 or online at https://www.socialandhealth.com/short-courses-in-the-community/</p> <p style="color: green;">Applications can be emailed to info@socialandhealth.com or phoned to 021 4666180</p>		
<p style="color: red;"><i>For more courses currently on offer in Counties Limerick, Clare, Tipperary go to the relevant section on SHEP website on the link above</i></p> <p style="color: purple;">A further series of Courses will be on offer in Autumn 2021 – Details will be on the SHEP Website in July/August – expression of interest also being taken</p>		

From March to June SHEP is offering a third round of 14 short (20 hour) Community Education courses for Health & Well-being. Applications are currently being taken. To enquire call 021 4666180 or email to info@socialandhealth.com. For further details on the first set of courses please click the link [Details](#)



Keeping in contact - staying connected with people and addressing isolation, as person-to-person connection is important to our wellbeing.



Community Call support is available

We are here if you need someone to talk to or practical help or support.

National government, local government and the community and voluntary sectors have joined together in the Community Call initiative to provide a dedicated helpline in each local authority area to offer support if you need it.

The Community Call can provide:

- Delivery of food, medication, fuel or other household items
- Someone to talk to or keep in touch with
- Other practical supports
- Signposting and referral to reliable information and services

Helpline numbers and emails for all local authorities are available at www.gov.ie/communitycall.

Calls can also be made via a national phone number 0818 222 024.

Get in touch

You can contact the Clare County Council Community Call helpdesk by phone or email.

1800 203 600

clarecommunityresponse@clarecoco.ie

Community Call is part of the Government's 'Keep Well' programme of activities and initiatives to help you look after your mental and physical wellbeing. Find out more about what is happening in County Clare at www.clarecoco.ie/together or at www.gov.ie/healthyireland.

KEEP WELL
IN YOUR COMMUNITY

 COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



Riailtas na hÉireann
Government of Ireland

The Freephone Community Response line is open 7 days a week from 8am to 8pm. Contact the response team by calling 1800 203 600 or emailing clarecommunityresponse@clarecoco.ie.

Befriending Services in County Clare

This service is for anyone with limited social contacts or who is feeling particularly isolated and lonely. The purpose of the Befriending Services is to provide companionship by calling you at least once a week.

Name	Location	Contact Details
North West Clare Family Resource Centre 9am – 4pm (Mon-Fri)	Parliament Street, Ennistymon, Co Clare, V95 NX86	065-7071144 info@northwestclarefrc.ie
Shannon Family Resource Centre 9:30am – 4:30pm (Mon-Thurs) 9:30am – 1pm (Fri)	Rineanna View Estate, Shannon, Co. Clare, V14 XV97	061 707 600 shannonfrc@gmail.com
West Clare Family Resource Centre 9am – 5pm (Mon-Fri)	Community Centre, O'Gorman Street, Kilrush	065 905 2173 info@westclarefrc.ie
Killaloe/Ballina Family Resource Centre 10am -1pm (Mon – Fri)	The Green, Killaloe, Co. Clare	061 374 741 info@kbfrc.ie
CLARECARE 9:30am – 5pm (Mon-Fri)	Harmony Row Ennis, Co Clare V95 F8CN	065 682 8178 info@clarecare.ie



County Clare's [Befriending service](#) is available to anyone with limited social contacts or who is feeling particularly isolated and lonely. Befriending Services provide companionship by calling their service users at least once a week. See below to find the contact information of your local befriending service.

Clare Senior Smartphone Project



Clare Senior Smartphone Project: This initiative is a collaboration between Clare County Council's AgeFriendly Clare team and the Older People's Council. A need for digital equipment was identified and several smartphones were acquired. These smartphone devices are being distributed through all of the Family Resources Centres in Co. Clare. There are a limited number of smartphones left so please do contact your nearest family resource centre as soon as possible if you are interested in this initiative. The smartphone pack comes with a new sim card, the Vodafone-Age Friendly Clare plan offer, a staying digitally connected booklet and a Clare 'Services for Older People' information guide.

Vodafone - 'Age Friendly Clare' special family rate:

This phone and data plan is being offered from Vodafone to all of our Age Friendly Clare friends. Service users must contact Carcom by emailing contact@carcom.ie or phoning 061 417 333, mentioning the 'Age Friendly Group' to avail of the plan which is;

5Gb Data with unlimited calls and texts = €14.95 +VAT / 10Gb Data with unlimited calls and texts = €17.95 +VAT / 15Gb Data with unlimited calls and texts = €19.30 +VAT



We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source please visit [COVID-19 vaccines - HSE.ie](https://www.hse.ie/eng/health/11247.htm) and [gov.ie - COVID-19 Vaccine \(www.gov.ie\)](https://www.gov.ie/en/covid-19-vaccine/) for up to date information.



Finally stay up to date by visiting our County Clare's [Keepwell](#) Campaign webpage

The 'Keep Well' campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines by signposting to activities and resources that will help us keep well through the coming months.