

Subject: Healthy Clare - Keepwell Newsletter August 2021



August 2021 Newsletter

August 2021 Newsletter from Healthy Clare



Minister Frank Feighan visited DERG Athletic Club last week to see first-hand some of the positive impacts Healthy Ireland funding is having across communities here in Clare.

Clare County Council's Healthy Clare team, the Cathaoirleach, Cllr. PJ Ryan, some elected members of Clare and members of Derg Athletics Club's greeted the Minister in Clarisford Park, Killaloe.

A huge thanks to the all the younger members of the club who demonstrated their favourite activities for the minister, who himself jumped in taking part in some activities too.

For more information on the work of Healthy Ireland please visit www.gov.ie/en/campaigns/healthy-ireland

To read more about the event visit [https://www.clarecoco.ie/your-council/\[news\]/mininster-visits-healthy-ireland-funded-athletics-club-in-killaloe.html?fbclid=IwAR0dN_TRhENnawQQ3uvZwrRVmzEd-xMBvpwzroEG3UIX_P7HXQrgJUyBNY](https://www.clarecoco.ie/your-council/[news]/mininster-visits-healthy-ireland-funded-athletics-club-in-killaloe.html?fbclid=IwAR0dN_TRhENnawQQ3uvZwrRVmzEd-xMBvpwzroEG3UIX_P7HXQrgJUyBNY)

Keeping Active



Volleyball Ireland have scheduled their summer outdoor fun sessions.

Date: Tuesday August 10th 10am-1pm

Location: Colaiste Muire, Ennis, Co. Clare

Age Groups: 8–14 year old children.

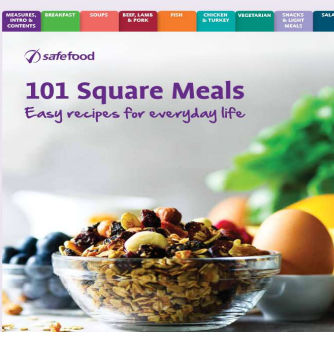
Registration is open to players of all abilities. New players and those children with volleyball experience are welcome

<https://www.volleyballireland.com/outdoor-fun-sessions/>



To view the booklet visit: <https://www.volleyballireland.com/themencode-pdf-viewer/?file=https://www.volleyballireland.com/wp-content/uploads/2021/07/OUTDOOR-FUN-booklet.pdf>


 <p>Drugs Education & Prevention Project Presents: Natural Highs Summer Series</p> <ul style="list-style-type: none"> Saturday, 26th June Kayaking Saturday, 17th July Raft Building Thursday, 19th August Burren Hill Walking 	<p>The Drugs Education and Prevention Project at Clare Youth Service has partnered with The Burren Outdoor Education and Training Centre to provide a number of activities this summer. August 19th is the last session.</p> <p>Dates to remember are:</p> <ul style="list-style-type: none"> - Thursday 19th August – Burren Hill Walking <p>If you would like to get involved or learn more about their Natural Highs programme, send an email to Eve at depp@clareyouthservice.org</p>
 <p>YOUTH RUGBY #GIVE IT A TRY</p> <p>COME & GIVE IT A TRY</p> <p>WHERE: Lees Rd WHEN: 7pm Tuesday 3rd August AGES: 12-14</p> <p>Contact our coordinators for more info: Lorchan 087-649 2026 Cathal 087-959 7744</p>	<p>Youth Rugby “Give it a Try” for Girls is back Girls ages 12 to 14 Date / Time Every Tues from 3rd August Location: Lees Road Cost: €10 for 8 weeks</p> <p>For more information contact: Lorchan 087 649 2026 or Cathal 087 959 7744</p>
 <p>Co. Clare's Online SUMMER CAMP</p> <p>Clare Camps</p> <p>WWW.CLARECAMPS.IE</p>	<p>Co. Clare’s ONLINE Summer Camp is still available for both secondary and primary school pupils.</p> <p>Visit www.clarecamps.ie to access a huge range of pre-recorded activities this summer.</p>
 <p>Join us on Facebook Monday 26th Wednesday 28th Friday 30th at 11am for Age & Opportunity Movement Minutes</p> <p>#AgeandOpportunity</p>	<p>Age and Opportunity’s Movement Minutes classes are available LIVE on their Facebook page https://www.facebook.com/AgeandOpportunityand every Monday, Wednesday and Friday at 11am.</p> <p>Previous classes can be watched on https://www.youtube.com/watch?v=mRw9a_cCjV8&list=PLfCQ60kV7hAiHQ_2RIIm1iM1TBxNYeUXfqA</p>
 <p>FitLine Telephone Mentoring Support to help you get active</p>	<p>FitLine is a volunteer-led telephone-based motivation line which encourages callers to get more active. FitLine is a great way to help people who want to feel a bit healthier but just don’t have the time or information on where and how to take that first step.</p> <p>Call 1800 303 545 to register your interest and a member of the Age and Opportunity Active team will call you back directly. You can also email fitline@ageandopportunity.ie</p>
<p><i>Switching Off and Being Creative</i></p>	

	<p>This year, as well as enjoying the all the amazing worlds you visit when reading books, Summer Stars is celebrating your imagination by running a short story competition. The competition is open to 6-18 year olds living in the Republic of Ireland - of course 6 year olds won't be competing against teenagers! There are three age categories: age 6-9, age 10-14, age 15-18. The judges this year are Erika McGann, Marita Conlon-McKenna and Nicola Pierce.</p> <p>To enter, write a story using the following opening line:</p> <p>Of all the places in the world, I never thought I would be here.</p> <p>Word limit 500 words.</p> <p>There will be 15 finalists in each category and one national winner from each category.</p> <p>Each category winner will receive a Tablet and a hamper of books from O'Brien Press.</p> <p>Each finalist in all categories will receive a €50 voucher.</p> <p>Send your story to summerstarsstory@lgma.ie</p> <p>To find out more, and read last year's winning entries go to www.summerstars.ie</p>
 <p>A Healthy Ireland at your Library event</p>	<p>'Moving from Primary to Secondary school'.</p> <p>Online event 10th August 2021 from 1pm – 2.30pm</p> <p>Join Dr. Mary O'Kane, lecturer in Psychology, Early Childhood Studies and Education, as she identifies the changes and challenges for children as they move from primary to secondary school. Dr. O'Kane will offer practical advice for parents on how to best support their children on this new educational journey. Free event for people throughout Co Clare aged 18+.</p> <p>Please book your place by emailing kilrush@clarelibrary.ie or by calling Kilrush Library on 065 9051504 during branch opening hours.</p>
	<p>Clare County Library is online.</p> <p>Find them on YouTube where many of our wonderful librarians are reading to us, demonstrating arts and crafts and many more interesting things.</p> <p>https://www.youtube.com/user/clarelibrary/videos</p>
	<p>Clare County Library are delighted to host storytimes for ages 3 to 6 on Wednesdays in the garden at Shannon Library.</p> <p>If you would like to join in for some stories and fun call 061 364266 or email shannon@clarelibrary.ie to book your place.</p>
<h2>Eating Well</h2>	
	<p>Safefoods: Crunchy fruit and yoghurt Recipe</p> <p>Visit https://www.safefood.net/ for</p> <ul style="list-style-type: none"> ✓ healthy meal ideas ✓ weekly meal plans ✓ family health and how tos.


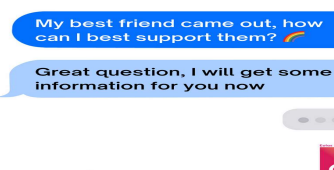
 <p>101 Square Meals Easy recipes for everyday life</p>	<h3>101 Square Meals Cookbook</h3> <ul style="list-style-type: none"> • Easy recipes for everyday life <p>This cookery book was designed to take this into consideration and provide easy-to-prepare, low-budget, tasty, yet highly nutritious meals.</p> <p>Visit https://www.safefood.net/getmedia/0c08a846-05a6-4fd8-92aa-7916259fd9a4/101_Square_Meals.pdf to download your copy</p>
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Keeping Connected

<h3>Clare Senior Smartphone Project</h3>  	<p>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.</p> <p>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;</p> <p>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</p>
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 <p>Generation Tech – Covid19 Tech Help for Older People</p>	<p>Generation Tech - Covid19 Tech Help for Older People Call them on 01-9633288. Their lines are open from 8-8 every day. For any media or general enquiries, Please contact info@covid19.ie. If you would like to volunteer please sign-up on their website at https://covid19tech.ie/volunteer/</p>
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Minding Your Mood

	<p>The Department of Occupational Therapy in Mental Health in St James's Hospital has put together a short 40 minutes long, broken down into four parts course</p> <ol style="list-style-type: none"> 1: Introduction, what is occupational therapy, what is stress and anxiety https://youtu.be/Gf7aTG2g3y4 2: Feelings – identifying and coping with them https://youtu.be/SwabTR5eH3Q 3: Thoughts – identifying and coping with them https://youtu.be/5o315FPgBj0 4: Behaviours – identifying and coping with them and a note on goal setting https://youtu.be/xzpR1uQgsml
	<p>Contact the Youth Information Chat Service Monday-Friday 4pm-8pm with your questions (link below) or contact youth information workers Rachel on 0858726293 or Helena on 0858047580</p> <p>Link: https://spunout.ie/news/youth-information-chat-pride-2021</p>



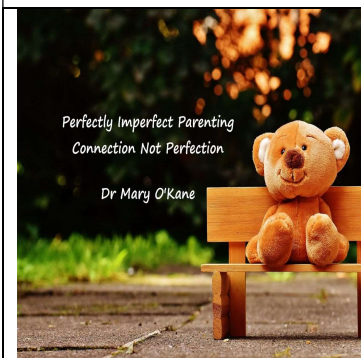
A new resource for young people in relation to mental wellbeing was developed in Clare. The [Heads UP Clare](https://headsupclare.ie/) website provides the facts about the mental health services in your area as well as other youth services and lets you hear about other young people’s experiences.

The CYPSC working group responsible for the resource had representation from:

Clare Youth Service – including consultation with Clare Comhairle na nÓg, Clarecare, Clare Local Development Company, Shannon FRC, HSE Suicide Resource Office, Mary Immaculate College.

You are not alone and this site helps connect people with the right mental health support in your county/area so you can make that first important step to reach out for support.

<https://headsupclare.ie/>



A Healthy Ireland at your Library event






‘Raising resilient children’

Online event 26th August 2021 from 1pm – 2.30pm

Join Dr. Mary O’Kane, lecturer in Psychology, Early Childhood Studies and Education, as she speaks about the importance of building resilience in children, so that they can cope with the ups and downs in life and work towards developing solutions when faced with challenges.

In this Webinar, Mary offers practical advice on how we can best support our children to become strong and resilient, having greater confidence in their own abilities.

Please book your place by emailing kilrush@clarelibrary.ie or by calling Kilrush Library on 065 9051504 during branch opening hours.

 <p>Free Online Mental Health & Wellbeing Workshops</p> 	<p>Mid West ARIES are hosting FREE Online Mental Health and Wellbeing Workshops this August.</p> <p>Wednesday 4th 10am – 12pm</p> <ul style="list-style-type: none"> • Managing well-being and Mental Health Recovery <p>Thursday 11th 10am – 12pm</p> <ul style="list-style-type: none"> • Part 1: Exploring Anxiety <p>Wednesday 18th from 10am – 12pm</p> <ul style="list-style-type: none"> • Part 2: Managing Anxiety <p>Thursday 19th 10am -12pm</p> <ul style="list-style-type: none"> • Let's Talk Depression <p>Tuesday 24th from 10am – 12pm</p> <ul style="list-style-type: none"> • Part 1: Exploring Self-Care <p>Wednesday 25th 2pm – 3pm</p> <ul style="list-style-type: none"> • Let's Talk Boundaries <p>Thursday 26th from 2pm – 3pm</p> <ul style="list-style-type: none"> • Part 2: Building My Self-Care Toolkit <p>If you would like to book on to any of their upcoming workshops, please book through the Eventbrite link below: https://midwestaries.eventbrite.ie or text 086 287 3526 or email Margaret.keane9@hse.ie</p>
 <p>HSE Social Prescribing Framework</p> <p>A framework for the sustainable integration and mainstreaming of Social Prescribing within the HSE.</p>  	<p>On July 20th a HSE Social Prescribing Framework was launched via a webinar by Minister Frank Feighan, Minister of State with responsibility for Public Health, Well Being and National Drugs Strategy. The Framework supports the development of social prescribing within the HSE, outlines its key elements and provides guidance to enhance partnerships with the community and voluntary sector in order to best meet the needs of service users. The launch of the framework marks a significant milestone in the development of social prescribing in Ireland.</p> <p>Recorded webinar = https://www.youtube.com/watch?v=oJbRgrWPfUY</p> <p>Link to the HSE Social Prescribing Framework = https://tinyurl.com/6nvmtdp6</p> <p>For further information contact = orla.walsh7@hse.ie.</p>



This years Green Ribbon campaign will take place during the month of September
Green Ribbon important dates to remember are

- 7th of September = Time to Talk Day
- 10th of September = World Suicide Prevention Day
- Week 5 of Green Ribbon = Pass the Ribbon Video

The Green Ribbon campaign aims to get as many people as possible talking about mental health to help end stigma and discrimination. By wearing the Green Ribbon (an international symbol for mental health awareness) you show you are committed to influencing positive change. You don't need to be an expert to start talking about mental health or have all the answers. Sometimes the most helpful thing you can do is to let someone know you are there for them and simply listen. Let people know you are open to having a conversation by wearing the green ribbon.

To order the green ribbons for your organisation please email info@seechange.ie with the amount of Ribbons you would like the delivery address including postcode, contact person's name, phone number and email address full stop you will then be added to the pre-order list

For more info go to www.seechange.ie/wp-content/uploads/2018/02/Green-Ribbon-FAQ-2.pdf

Other Keepwell Information



Slip on clothing that covers skin, long sleeves, collared t



Stop on sunscreen on exposed areas using factor 50+ for ch



Slap on a wide-brimmed hat



Seek shade - especially if out between 11 am and 3 pm



Slide on sunglasses to protect your eyes

Be SunSmart



nccp

National Cancer Control Programme

Be SunSmart and protect your skin

Most people living in Ireland have fair skin, the type which burns easily and tans poorly, so are at high risk of UV damage and skin cancer. Exposure to UV radiation during childhood is particularly harmful so protecting skin during childhood is extremely important. **Know the UV index:** When the UV index is 3 or above you need to protect your skin. In Ireland, the UV index is usually 3 or above from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11am to 3pm.

<https://www.hse.ie/eng/services/list/5/cancer/prevention/sunsmart.html>



**COVID-19
VACCINE**
Public Health
Advice

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3.6 million vaccines have been administered in Ireland. For updates and information on each of the vaccine allocation groups, and when and where they'll be invited for their vaccine, please visit www.hse.ie/rollout

- Register online to get a COVID-19 vaccine. www.vaccine.hse.ie
- Read the user guide for help with registering online. www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/user-guide/
- If you cannot register online, you can call the COVID-19 helpline at 1850 24 1850 to register by phone.