

Healthy Clare – Keepwell Newsletter

December 2021



Healthy
Clare

<https://www.clarecoco.ie/services/community/healthy-clare/>

A Note from the Healthy Clare Team

We would like to take this opportunity to wish you a safe and happy Christmas and New Year. Also on 7th December the Healthy Ireland Survey 2021 (summary report) will be launched online. This is a survey of health and health behaviours of people living in Ireland aged 15 and older. To register please visit https://us06web.zoom.us/webinar/register/WN_mcDUoRbeRFSbH2EFNGk52w



Please do keep up to date with us on social media and feel free to email us on healthyclare@clarecoco.ie should you have anything you would like to include in upcoming newsletters.

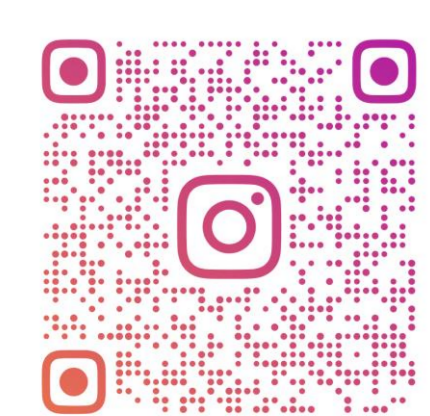
Follow us on Social Media



[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)



[@healthy_clare](https://twitter.com/healthy_clare)



HEALTHYCLAREIRELAND

[@healthyclareireland](https://www.instagram.com/healthyclareireland)



Celebration of Clare Older People's Volunteer of the Year 2021

The Clare Older People's Council with support from the Clare County Council's Age Friendly Clare program hosted their annual Older People's Volunteer of the Year Award Ceremony in November. This event ensures those volunteers who work to enhance our communities are acknowledged. Nominations are sent in from every corner of the County accompanied with a description of the amazing Volunteer work of those over the age of 55. It gives those whom are positively impacted by such volunteering an opportunity to highlight the difference these volunteers have made in the community for which they serve.

This years event was held at the Temple Gate Hotel in Ennis and was opened by An Cathaoirleach of Clare County Council, Cllr PJ Ryan who spoke of the importance of voluntary work to local communities and of how such work contributes to the resolution of challenges faced by those communities. The keynote speaker, Dr Rose Galvin, Associate Professor at the School of Allied Health, University of Limerick (UL), and senior member of UL's Ageing Research Committee, spoke of staying active and healthy as we age and the importance of maintaining intergenerational relationships. Clare Age Friendly Ambassador, Mike Hanrahan, congratulated the winner and all the 14 shortlisted nominees, who each received a framed certificate of recognition too. Mike Hanrahan also praised the organisers of the event, Clare Older People's Council, and commented on how important the work of the Clare Older People's Council is to the development of Age Friendly policies and practices within the county itself as the demographic changes and the number of older people increases.

The winner who was selected by an independent team of judges was Mary O' Mara. Mary has served her community for over 40 years and received an engraved glass trophy and a One4All voucher from Clare's Age Friendly Ambassador, Mike Hanrahan (Stockton's Wing). The Clare Champion has written a lovely piece on Mary's volunteer work, visit <https://clarechampion.ie/community-champion-with-heart-of-gold-is-honoured/> to read the article.

Keeping Active

LIGHT UP YOUR LIFE!



Be a bright spark on your bike.
Make sure you can be seen
from both the front and the back.

Ask your local bike shop about bike lights,
bag covers and other high visibility gear for cycling.

FOR MORE INFORMATION
www.smartertravelworkplaces.ie
E:info@smartertravelworkplaces.ie
www.smartertravelcampus.ie
E:info@smartertravelcampus.ie

TFI TRANSPORT FOR IRELAND
smartertravel >>> campus
smartertravel >>> workplaces
National Transport Authority, Dún Scéine, Iveagh Court,
Harcourt Lane, Dublin 2, D02 WT20. T: 01 8796300

With the mornings and evenings getting darker it's important that cyclists are always visible on their bikes, with front & rear bike lights, and wearing high visibility clothing. For more info. visit <https://www.nationaltransport.ie/smarter-travel-workplaces/resources-events/light-up-your-life-cycling-campaign/>



Autism and Physical Activity Workshop

This workshop will run over two sessions; The first session will cover theory on the key aspects to consider when developing a physical activity programme for people with ASD. This session will be delivered through Zoom

The second session will be practical. Participants will learn how to identify aspects of skills to work on, prepare sessions, plan implement and evaluate activities for people with ASD.

All first sessions will run on the following dates

from 8pm - 9pm via ZOOM

Cost €10 will include both Theory and Practical Sessions

Tuesday 23rd November - TEACHERS

Wednesday 24th November - SNA's

Thursday 25th November - PRE SCHOOL PROVIDERS

Thursday 2nd December - DISABILITY KEY WORKERS

Tuesday 7th December - PARENTS

Thursday 9th December - PEOPLE WITH ASD

Tuesday 14th December - COACHES

For more information please
visit www.claresports.ie
or contact
James 087 962 76 96



Made with PosterMyWall.com

https://claresports.ie/autism-and-physical-activity-workshop/?fbclid=IwAR27UI2-mcHsDOIAI_kKZccksAGdK3RviQJE4_pnfQ_HWs-Bba5SKgt4nbw



Session 1 <https://www.youtube.com/watch?v=uVEiyOsOPt0>



FEMALE ONLY PDPI COACHING COURSE

Start your coaching journey today. Coach and inspire the next generation of female soccer stars in Clare.
Open to all potential female soccer coaches in Co Clare

Venue: Ballyea Community Centre
When: Saturday, December 4th
Time: 9.30 - 3:30pm
Cost: €5



Contact pat@claresports.ie
or 087 6471671 for more details

To register please visit <https://claresports.ie/get-active-women-in-sport/>



LADIES, WANT TO PLAY SOCCER IN A SOCIAL SETTING?

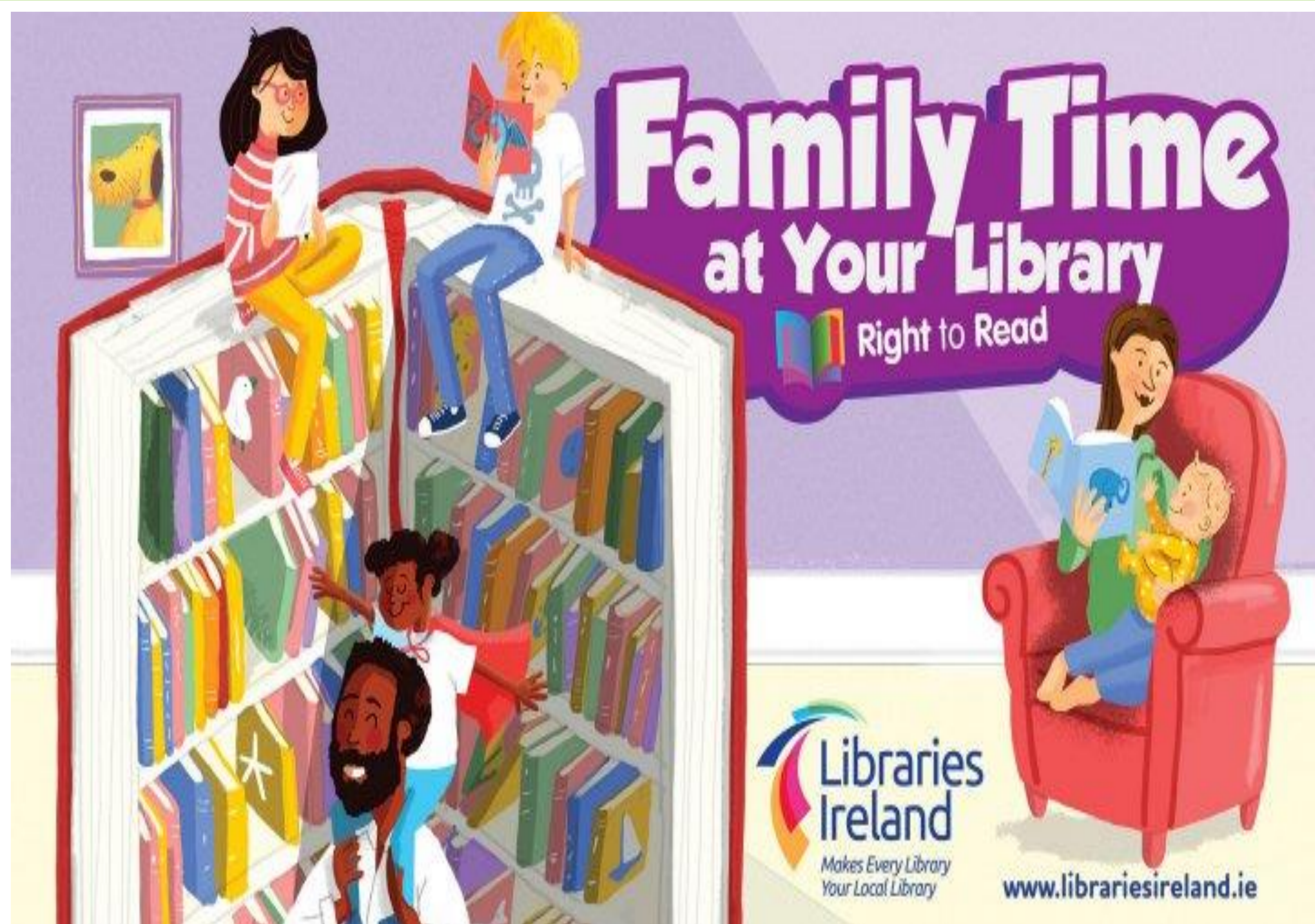
Join likeminded ladies who play every tuesday evening at 7pm in The Planet, Showgrounds Road, Ennis.
Play purely for fun and fitness. Just turn up on the night

Venue: The Planet, Showgroud Rd, Ennis
When: Every tuesday
Time: 7 - 8pm
Who: Ladies aged 18 and older
Cost: €5 per person



For more information visit their facebook page/
[Soccersistersennis](https://www.facebook.com/Soccersistersennis)

Switching Off and Being Creative



UPCYCLING Christmas Challenge 2021

Have some fun creating a new Christmas decoration out of waste that would normally end up in your recycling bin or your general waste bin and be in with a chance to win a Gift Card



HOW TO ENTER:

1. Take a "before" photo of the waste materials used to create your Christmas decoration of choice;
2. Take an "after" photo of your new Christmas decoration;
3. Enter your before and after photos at <https://yoursay.clarecoco.ie/clare-s-christmas-upcycling-competition>.

THE PRIZES!

The winners will receive a Gift Card:

1st Prize: €150
2nd Prize: €100
3rd Prize: €50

Closing date: 21st December 2021

The winner will be announced on Clare County Council facebook page on the 23rd December 2021



Healthy Clare



<https://yoursay.clarecoco.ie/clare-s-christmas-upcycling-competition>

Family Time at your Library is an annual event that occurs each December and is one of the four core activities of the Right to Read programme.

The Family Time at your Library events aims to support a family-focused approach to reading with children as part of the national Right to Read programme and to increase awareness of the benefits of reading and promote reading as a fun, recreational activity for children.

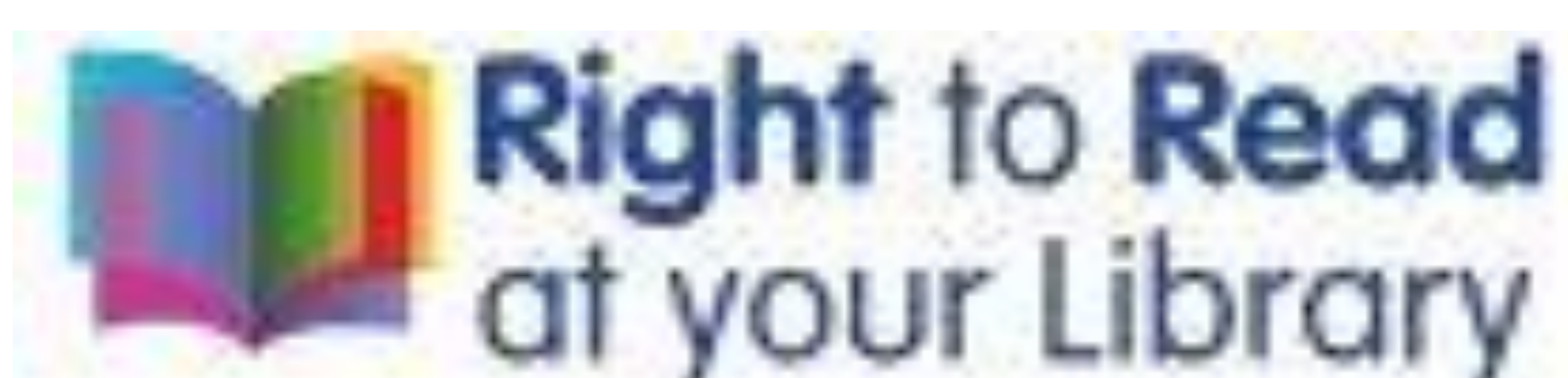
The activities are provided in libraries throughout County Clare to engage family members in the enjoyment of reading and sharing stories.

This year Clare Libraries has a mixture of live online and in-person events hosted by library staff. You can look forward to a range of storytelling and story making from authors, illustrators, actors and musicians.

To find out more take a look at the brochure or visit their events page.

All events require advance booking and in-person events are subject to change.

https://www.clarelibrary.ie/eolas/library/services/childrens/family_time_library.htm



An advertisement for 'Pottery Painting' with Ruth O'Neill. The background shows two pottery bowls, one blue and one red, with paintbrushes. The text reads: 'WEST CLARE FRC Activities for the over 55s', 'Pottery Painting with Ruth O'Neill', 'Charm Bee Studio, Labasheeda', 'Wednesday 1st December 2021 Online at 10.00am'. At the bottom, it says 'All Enquiries & Bookings Contact: 065 905 2173 or groups@westclarefrc.ie'. Logos for O'Gorman St., Kilrush, Co. Clare, T: 065 9052173, pobal, and TUSLA are also present.

Minding Your Mood



Cúpla Focal @ THE LIGHTHOUSE

Who is Cúpla Focal for?

Cúpla Focal is for anyone who is interested in learning & practicing to speak some Irish with your peers in a non-classroom based setting as 1 of the 5 ways to Well Being

What can you expect at Cúpla Focal

- A place to drop in for a cup of tea and chat
- A place to meet others with similar life experiences
- A safe, open and friendly atmosphere
- A place to learn from each others experiences and to reduce stigma
- A place that is non-clinical
- A place that is non-judgmental and inclusive for all
- A place that promotes positive mental health
- A place that values the expertise of those with lived experience
- A place of education and training that promotes wellbeing in the community

Open Wednesday 5-7pm

For more information

email : westclaremha@mentalhealthireland.ie

Or Text 086 6043473

Interested in learning to speak Irish? Join the West Clare Mental Health Association, The Lighthouse on Wednesdays from 5-7pm. Check out their Facebook page on <https://www.facebook.com/The-Lighthouse-317715958838263/>

Online Clare Garden Festival WEBINARS

Live on Facebook
- hosted by Carmen Cronin

Register by emailing info@claregardenfestival.com

The Gardener in December Planning & Practical tips Wednesday 08th December @ 8pm

With
Gardening Tutor
and Clare Expert
Gardener
Brid Hedderman



The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs.

<https://www.facebook.com/claregardenfestival>



Whatever you're facing this holiday season We're here to listen

Call free day or night on **116 123**

Email jo@samaritans.ie

SAMARITANS

Supports & Services over Christmas 2021

Are you, or someone you know, in crisis now and need someone to talk to?

If you are worried about yourself or someone you know, it is important to get help as soon as possible. **PLEASE DO NOT BE ALONE.** Everyone needs help from time to time and in fact, asking for help is a sign of personal strength. Do one of the following:

Your GP/Mental Health Team	Make contact with your own GP or Mental Health Team and let them know what's on your mind.
Shannondoc	If it is late in the evening or night time, call 0818 123500
Domestic Abuse Services	<ul style="list-style-type: none"> • Adapt - Limerick. Open all over Christmas 1800 200504 (24 Hr) • Clare Haven - Clare. Open all over Christmas 065 6822435 • Ascend - Tipperary. Closed 23rd Dec to Jan 4th Helpline 0505 23999
Local HSE Crisis Intervention Service.	<ul style="list-style-type: none"> • Clare: 065 6863208 / 087 7999857 • North Tipperary: 086 8306663 • Limerick: 061 482120
Emergency Services	999 / 112
Pieta: Centre for suicide bereavement and the prevention of suicide or self-harm	<p>Helpline 1800 247 247 will operate all through Christmas 24 hours per day</p> <p>Or text HELP to 51444 and a fully qualified psychotherapist will respond.</p> <p>New national therapy services number on 0818 111 126.</p>
Suicide Bereavement Support	<p>Tipperary Living Links: 087 9693021</p> <p>Clare Suicide Bereavement Support: 087 3698315 086 0565373</p> <p>Pieta Suicide Bereavement Liaison Service: Call the Helpline 1800 247 247</p>
General Bereavement	Irish Hospice Foundation 1800 807 077
Samaritans	<p>Listening service: 24/7 Freephone helpline 116 123 for Ireland/UK</p> <p>Email: jo@samaritans.org</p>
ISPC Childline	<p>Listening service for children up to 18 years old</p> <p>24/7 Freephone helpline 1800 66 66 66 / Text TALK to 50101</p>
50808	50808 is a free 24/7 text service providing everything from a calming chat to immediate support. Free: text YMH to 50808 to begin.
HSE Office for Suicide Prevention	<p>Signposting service:</p> <p>Call 061 461320 / 061 461454 Open, 29th, 30th & 31st December 2020. Reopens on Tuesday 4th January 2022.</p>
HSE Drugs & Alcohol Helpline	1800 459 459 email support service (helpline@hse.ie)
GOSHH	Support line 061 314354
Website	Information re services and mental health topics - www.yourmentalhealth.ie or call 1800 111 888

Staying Connected



Just a minute

Please be patient.
I have a learning
disability / difficulty.

The JAM Card is a simple, effective non-verbal Card that allows people with a learning difficulty, autism or communication barrier tell others they need 'Just A Minute' discreetly and easily.

For more info. and to get a JAMCard please visit

<https://jamcard.org/>

"What I wanted to get from Cultural Companions was to meet new people and get out more. It's that simple for me"

Cultural Companions Member

Clare Cultural Companions An Age & Opportunity arts initiative

Join the [Clare Cultural Companions](#), a social network for Clare's older citizens. It is a space for those interested in, meeting new people, the arts, culture and volunteering. For more details please call (065) 6846240 or email hmoloney@clarecoco.ie



Tell a friend

1 in 6 people has a literacy difficulty in Ireland. The National Adult Literacy Agency has FREE distance learning services, including a free over the phone tutoring, available for people who need help with reading, writing or maths.

Tell a friend or family member who could benefit to Freephone 1800 20 20 65 or text LEARN to 50050 or visit www.nala.ie/free-courses for more information.

Find over 1000 services on

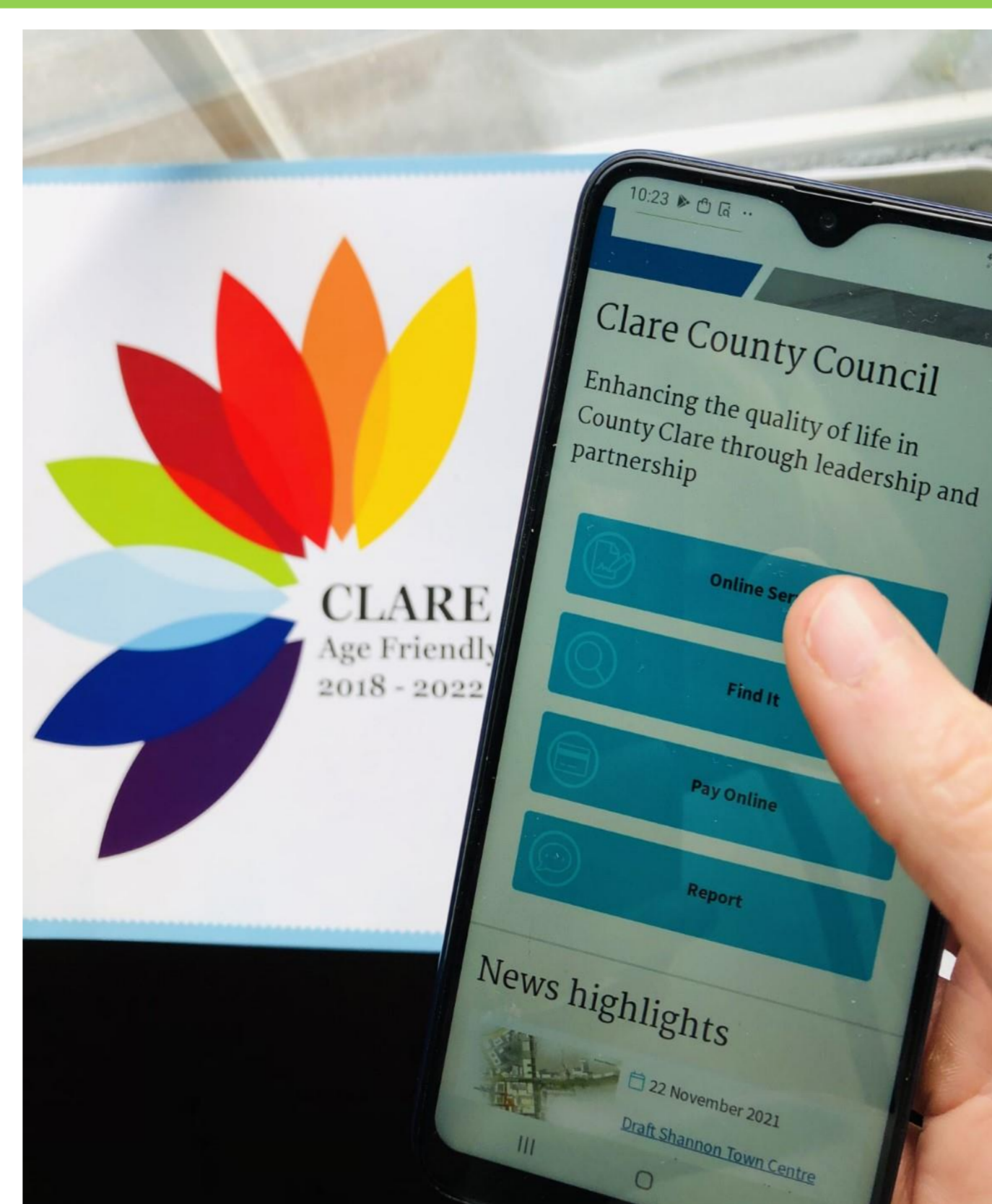
Services LocalGov.ie

information for everyone,
all in one place!

Riailtas Áitiúil Éireann
Local Government Ireland

Riailtas na hÉireann
Government of Ireland

If you're looking for information on local authority services in Clare, go to <https://services.localgov.ie/en-ie/Home/intro>, type in what you're looking for and select Clare County Council to access the service.



The Age Friendly Clare smartphone project is being offered again this winter to those over 50 who are interested in using a smartphone but the cost may be a barrier.

The Smartphone Project pack includes a sim card, the Vodafone Age Friendly Clare plan (see below) and a staying digitally connected booklet.

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

For more information please contact dmcgrath@clarecoco.ie or call 087 918 9351

This initiative is a collaboration between Clare County Council's Age Friendly Clare team and the Older People's Council

Eating Well



Getting enough fibre helps lower our risk of heart disease, diabetes and weight gain

When it comes to preventing constipation and maintaining your gut health, fibre is the way to go, along with plenty of fluid intake. However many of us don't eat enough each day.

Types of Fibre:

- Porridge oats
- Peas, beans
- Citrus fruits, banana, apple
- Root vegetables – carrots, potatoes
- Wholegrain foods, cereal, bran
- Cauliflower, green beans
- Potatoes
- Nuts and seeds

For more information on Fibre please visit <https://www.safefood.net/healthy-eating/fibre>



Alcohol is not essential for health and is not recommended for children under 18 years.

Drinking more than the weekly limit can increase your weight and your blood pressure, putting you at risk of heart disease and stroke. It can damage your liver and can increase your chances of getting some types of cancer.

Alcohol should be avoided during pregnancy and breastfeeding and is best avoided while trying to conceive a baby.

For low risk drinking the weekly limits are:

- Up to 11 standard drinks a week for women (112g of pure alcohol)
- Up to 17 standard drinks a week for men (168g of pure alcohol)

Visit <https://www.safefood.net/healthy-eating/alcohol> and <https://www2.hse.ie/alcohol/> for more information

Your body needs lots of different nutrients to stay healthy. That means eating a variety of foods from each of the main food groups.

[https://www.safefood.net/Healthy-Eating/What-is-a-healthy-diet-\(2\)/What-is-a-healthy-diet-\(1\)](https://www.safefood.net/Healthy-Eating/What-is-a-healthy-diet-(2)/What-is-a-healthy-diet-(1))

