

Subject: Healthy Clare - Keepwell Newsletter June 2021



July 2021 Newsletter

July 2021 Newsletter from Healthy Clare

Keeping Active

North West Clare Family Resource Centre presents:

Virtual Walking Challenge

Walk a marathon in 14 days from July 1st - July 14th
Just 3k a day!

FREE T-SHIRT ON REGISTRATION

Walk wherever you are! Walk with a friend! Challenge yourselves!

Register through Eventbrite:
<https://nwcfrc-walkingchallenge.eventbrite.ie>
Or by calling North West Clare Family Resource Centre on 065-7071144 or email community@northwestclarefrc.ie

Support by Clare County Council

The North West Clare Family Resource Centre are hosting a VIRTUAL Walking Challenge that you can do anywhere – and receive a free t-shirt. Register online <https://nwcfrc-walkingchallenge.eventbrite.ie> or by calling 065-7071144.

Derg AC | Healthy Clare | Athletics Ireland

Spring in your Step

Commencing on Monday 28th June
State of the Art Track & Field Facility in Clarisford Park

This is a non-running program that will focus primarily on gradually improving mobility, strength and building a foundation for increased fitness over time.





Monday's 7.15-8pm
Gym Equipment Circuit
Cardio - Skipping

Wednesday's 7.15-8pm
Track Walking & Brisk Walking Intervals
Cone Workout, Agility Ladders, Power Walking Drills

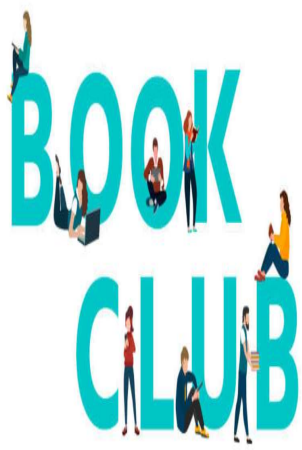
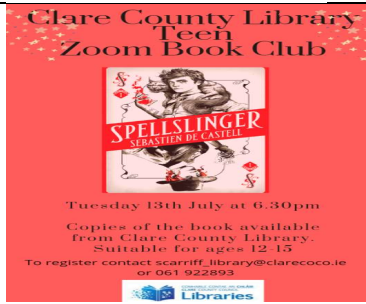
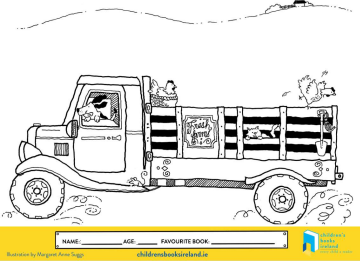

Phase 2 of “**Spring in your Step**” with Derg AC starts 28th June 2021. The program suits people

- with little or no fitness
- who want to get moving and start on a healthy lifestyle journey with guidance and support
- who want to improve energy levels and boost overall wellbeing
- ready to get moving but don't know where to start
- ready to make small changes that will have a big impact on your health
- open to being part of a group and supporting others who may find this starting point daunting
- who like a social outlet and opportunity to chat and smile as you bring back that spring in your step!

Visit www.dergac.ie or email info@dergac.ie for more details

 <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.</p> <p>Dates to remember are:</p> <ul style="list-style-type: none"> - Saturday 26th June - kayaking in Bell Harbour - Saturday 17th July – Raft Building - 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>BE CROWNED "The Most Playful" FAMILY "Play is for EVERYONE!" From 5th-9th July in Co.Clare</p> <p>1st Prize €200 2nd €100 3rd €50 4th €25</p> <p>National PLAY DAY</p> <p>What you need to do: 1- Log into www.clarecamps.ie 2- Pick your FUN CHALLENGES 3- RECORD your FAMILY doing it 4- POST and TAG #clarecamps on Facebook/Twitter 5- WINNER to be announced on NATIONAL PLAY DAY(9th July)</p>	<p>In preparation for National Play Day on the 9th July, Clare CYPSC, Clare Sports Partnership and Clare County Council are asking families in Co. Clare to participate in Clare's Most Playful Families competition.</p> <p>What you need to do?</p> <ol style="list-style-type: none"> 1. Log into www.clarecamps.ie 2. Pick your fun challenges 3. Record your family doing it 4. Post and tag #clarecamps on facebook and twitter 5. Winner to be announced on National Play Day (9th July) <p>Great prizes to be won. Visit www.clarecamps.ie to view the challenges</p>
 <p>From Monday 9th June – Friday 16th of July 2021</p> <p>Co. Clare's Online SUMMER CAMP</p> <p>Fun Activities for Children and Teens Arts & Crafts Cooking Cycling Dance Fun Challenges Hots & Saunas Health & Fitness Sports Useful Skills</p> <p>Clare Camps</p> <p>WWW.CLARECAMPS.IE</p>	<p>Co. Clare's ONLINE Summer Camp has gone live 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 live on Facebook Monday 28th Wednesday 30th Friday 2nd 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>Switching Off and Being Creative</p>	

<p>Clare Library's Creative writing workshop for 10 – 12 year olds</p>  <p>Join author Maeve Devoy in her Free 3 day online workshops 1st Workshop = Kilrush library 5th - 7th July - 11am – 12.30pm. To register call 065 905 1504 or email kilrush@clarelibrary.ie</p> <p>2nd Workshop = Ennistymon library from 12th - 14th July - 11am – 12.30pm. To register please call 065 707 1245 or email ennistymon@clarelibrary.ie</p>	<p>Creative writing workshop for 10 – 12 year olds Clare County Library are hosting author Maeve Devoy in 2 Free 3 day online workshops which will take place in</p> <p>Kilrush Library on the 5th, 6th & 7th of July from 11am to 12:30 pm. To register call 065-9051504 or email kilrush@clarelibrary.ie</p> <p>Ennistymon Library on the 12th, 13th & 14th of July from 11am to 12:30 pm. To register call 065-7071245 or email ennistymon@clarelibrary.ie</p> <p>In this creative writing course, the children will travel through the MAD realms - MAD City, The MADLANDS, MAD Space and The MAD Underworld. But before they get to explore, they will have to prove they are mad enough to stay by setting off on a mission to save the MAD Realms. Will they accept the challenge? Will they be brave enough to believe in themselves and write their way out of this world?</p> <p>Focused on the craft of creative writing, well-being, fun and imagination, this course will delve into the techniques used for both fact and fiction, while Maeve shares her own story to publication and her top tips!</p>
 <p>Libraries Ireland Makes Every Library Your Local Library</p> <p>www.summerstars.ie</p>	<p>Summer Stars is happening from 14th June - 31st August 2021 and is the free national reading programme for children that takes place in all public libraries and online each summer.</p> <p>This year, as well as enjoying the all the amazing worlds you visit when reading books, Summer Stars is celebrating <i>your</i> imagination by running a short story competition. Clare County Library is encouraging all young people in Co. Clare to enter the Summer Stars short story competition.</p> <p>There are three age categories for the competition: age 6-9, age 10-14, age 15-18.</p> <p>To enter, write a story using the following opening line:</p> <p><i>Of all the places in the world, I never thought I would be here.</i></p> <p>There will be 15 finalists in each category and one national winner from each category.</p> <p>There are some great prizes to be won so get writing! Check out www.summerstars.ie for more info.</p>
 <p>Shannon Library Bug Sculpture Workshop in the Garden for ages 8 to 12.</p> <p>July 1st at 11.30am</p> <p>In this Summer Stars Art Workshop we will explore books on bugs and create a bug sculpture using recycled materials.</p> <p>Free workshop. Booking required. Contact Shannon Library to book your place Tel: 061 364266 or email shannon@clarelibrary.ie</p> <p>Weather permitting</p>	<p>Shannon Library are hosting a fun creative workshop as part of the Summer Stars program. Ages 8 to 12 will find out fun facts about bugs in the new garden where they are creating a bug sculpture from recycled materials.</p> <p>Booking is essential for this workshop. Please contact Shannon Library on 061 364266 or email shannon@clarelibrary.ie</p>

	<p>Scariff Library Bookclub Online Event - Copies of the selected books are available from the Library or on the Borrowbox app. Contact Scariff Library for more information, Tel 061 922 893 or Email scarriff_library@clarecoco.ie</p> <p>Thurs, July 1st at 7pm – ‘Tortilla Flat’ by John Steinbeck Tues, July 5th at 11am – ‘Saving Missy’ by Beth Morrey</p> <p>Shannon Libray Book Club Meeting Online Event - Copies of the selected books are available from the Library or on the Borrowbox app. Contact Shannon Library for more information, Tel 061 364 266 or Email shannon@clarelibrary.ie</p> <p>Tues, 20th July 2021 at 7pm – ‘Hamnet’ by Maggie O’Farrell</p>
	<p>Clare County Library are hosting a Teen Zoom Book Club on the 13th of July at 6:30pm. Get a copy of the book <i>Spellslinger</i> by Sebastien de Castell in your local library.</p> <p>Contact Scariff Library to register. Email scarriff_library@clarecoco.ie or phone 061 922893</p>
	<p>School holidays are here and www.childrensbooksireland.ie have put together some fantastic resources for creative activities to do at home with children over the summer months.</p> <p>Check out the Doodle Starters downloadable sheets featuring artwork from members of IGI (Illustrators Guild of Ireland) https://childrensbooksireland.ie/resources/doodle-starters/</p>
	<p>Storytime with Mr. Read - A Summer Stars Event. Mr. Read reads stories written by kids for kids. You can have your story or poem read by professional storyteller Mr. Read on Clare County Library’s social media channels.</p> <p>Let Mr. Read bring your story to life and share it with the world and you could become an overnight story-writing sensation!</p> <p>Email your story or poem to library_mailbox@clarecoco.ie with Storytime with Mr. Read in the subject heading. Send in your story or poem before 31 July. Recordings will be broadcast in August. Suitable for all ages.</p>



CLARE YOUTH SERVICE SUMMERCAMP
INTERACTIVE/CREATIVE/FUN

SIGN UP TODAY! SPACES ARE LIMITED

HOW CAMPS WILL WORK:
CAMPS WILL RUN FOR THREE DAYS IN JULY IN BOTH THE JUNCTION, ENNIS AND RINEANNA, SHANNON

ENNIS DATES: 12TH-14TH JULY
SHANNON DATES: 19TH-21ST JULY

AGES 7-9YRS - 10AM-12PM
AGES 10-12YRS - 1PM-3PM

YOUTH LEADERS WILL BE TEACHING ACTIVITIES AND GAMES DURING THESE TIMES. PLACES ARE LIMITED SO CONTACT US SOON TO SECURE YOUR PLACE.

COST: 5 EURO

CONTACT
ENNIS: HELENA ON 0858047580 OR EMAIL hi@clareyouthservice.org
SHANNON: THOMAS ON 0858019666 OR EMAIL tohara@clareyouthservice.org

Summer camp is covid compliant
Health screen questionnaire will be in place for each camp

ALL CYS PROGRAMMES ARE DRUG AND ALCOHOL FREE

Clare Youth Service are offering their CYS Summer Camps this year! This year's summer camp takes place over 3 days and will offer a variety of fun activities and games for children aged 7-12, run by their youth workers and trained youth leaders.

The Summertime will run in

- The Junction, Ennis on the 12th – 14th July
- Rineanna, Shannon on the 19th – 21st July

The camp will be broken down into time slots for age categories: 10am - 12pm will be for the 7-9 year olds, while 1pm-3pm will be for the 10-12 year olds.

For more info, contact:

Ennis: Helena on 0858047580 or email hi@clareyouthservice.org

Shannon: Thomas on 0858019666 or email tohara@clareyouthservice.org

Eating Well



La Leche League of Ireland
Breastfeeding help & information



28th June - 4th July 2021
ONLINE BREASTFEEDING SUPPORT
Message contact listed for link

La Leche League of Ireland are hosting some Online Breastfeeding Support classes from the 28th of June to the 4th of July 2021.

Monday 28th June – Galway – 11am – 087 852 6367

Tuesday 29th June – Dublin East – 10:30am – lldublineast@gmail.com

Wednesday 30th June – Kilkenny – 10:30am – 086 662 7290

Thursday 1st July – LLL Ireland – 10:30am – lalecheleaguenaas@yahoo.com

Friday 2nd July – Bray/Greystones – 10am – 086 893 2808

Dodder Valley – 11am – mairemuirgheasa@gmail.com

Keeping Connected

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



**Generation Tech –
Covid19 Tech Help for Older
People**

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/>

Minding Your Mood

Clare Youth Service is running a transition from 6th class to first year programme this Summer.

Topics Covered include:

- Communicating
- Choosing school subjects
- Cyber safety
- Minding yourself
- Self care

Locations:

- The Junction, Ennis = 15th - 16th July
- Rineanna, Shannon = 22nd - 23rd July

Details of how to register, registration forms and further info are available from Helena (Ennis) contact 0858047580 or email hi@clareyouthservice.org or Thomas (Shannon) contact 085 8019666 or email tohara@clareyouthservice.org

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

Link: <https://spunout.ie/news/youth-information-chat-pride-2021>

A new resource for young people in relation to mental wellbeing was developed in Clare. The [Heads UP Clare](http://www.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/>



Free online Classes July 2021

Date	Class	Time
Monday 5th	Poetry Corner	11am
Tuesday 6th	Breath Easy	7pm
Wednesday 7th	Edels Music Club	11am
Thursday 8 th	Art with Astrid	7pm
Monday 12th	Poetry Corner	11am
Tuesday 13th	Breath Easy	7pm
Wednesday 14th	Edels Music Club	11am
Thursday 15	Art with Astrid	7pm
Monday 19th	Poetry Corner	11am
Tuesday 20th	Breath Easy	7pm
Wednesday 21st	Edels Music Club	11am
Thursday 22 nd	Art with Astrid	7pm
Monday 26th	Poetry Corner	11am
Tuesday 27th	Breath Easy	7pm
Wednesday 28th	Edels Music Club	11am
Thursday 29 th	Art with Astrid	7pm

To Book a place email bookings@thealighthouseireland.ie Or text 086 6043473 with the title of the class you want to attend Attendance instructions available on sign up.

For the month of July West Clare Mental Health Association are hosting classes on

1. Poetry Corner – Mondays at 11am
2. Breathing easy – Tuesdays at 7pm
3. Edels Music Club – Wednesday at 11am
4. Art with Astrid – Thursday at 7pm

All Classes are FREE to join, please register by emailing westclaremha@mentalhealthireland.ie or texting 086 604 3473



Free Online Mental Health & Wellbeing Workshops

DATE	WORKSHOPS	TIME
Thursday, 1 st	Managing Well-being and Mental Health Recovery	10.00am - 12.00pm
Wednesday, 7 th	Part 1. Exploring Anxiety	10.00am - 12.00pm
Thursday, 8 th	Part 2. Managing Anxiety	10.00am - 12.00pm
Wednesday, 14 th	Let's Talk Resilience	10.00am - 12.00pm
Thursday, 15 th	Connection & Hope, Supporting My Well-being	10.00am - 12.00pm
Wednesday, 21 st	"New" Part 1. Exploring Self-Care	10.00am - 12.00pm
Thursday, 22 nd	"New" Part 2. Building My Self-Care Toolkit	10.00am - 12.00pm
Wednesday, 28 th	WEBINAR: Self-Care - What Does It Look Like? Join us for a conversation where we explore the importance of self-care for mental health.	2.00pm - 3.00pm

Mid West ARIES are hosting **FREE Online Mental Health and Wellbeing Workshops** this July.

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

Other Keepwell Information



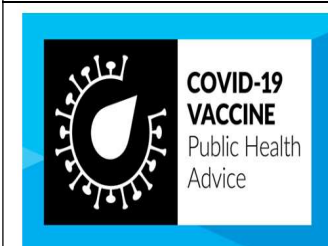
- S**lip on clothing that covers your skin, long sleeves, collared t-shirts
- S**top on sunscreen on exposed areas using factor 50+ for children
- S**lap on a wide-brimmed hat
- S**eek shade - especially if outdoors between 11 am and 3 pm
- S**lide on sunglasses to protect your eyes

Be SunSmart | HSE | nccp | HI | SunSmart

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 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.



Stay up to date by visiting County Clare's **Keepwell** 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.

<https://www.clarecoco.ie/together/>

