

Subject: Healthy Clare - Keepwell Newsletter June 2021



June 2021 Newsletter

Healthy Clare News



Clare marks world No Tobacco Day 2021 with two 'Not Around Us' promotional videos.

World No Tobacco Day, on Monday, 31st May, sees the launch of two new videos to promote the continued development of a tobacco free society in County Clare.

The videos are part of the 'Not Around Us: Towards a Tobacco and Vape Free Clare' campaign that is being rolled out across the county. The initiative is being led by Clare County Council's Healthy Clare team in partnership with a range of stakeholders including the HSE's Quit Mid-West team, Clare Comhairle na nÓg, Clare Children and Young People's Services Committee, Clare Youth Services, Clare Sports Partnership, Greener Clare and Healthy Ireland. 'Not Around Us' is another step towards a tobacco and vape free Clare and is in response to the Government's national target for a less than 5 per cent smoking prevalence in Ireland by 2025.

The purpose of the 'Not Around Us' campaign is to:

1. Help protect children and young people from second-hand smoke exposure
2. Contribute to the denormalisation of smoking for children and young people
3. Reduce the environmental nuisance, cost of cleaning and damage that discarded tobacco products create
4. Signpost the HSE Quit services.

The **first video** explains the purpose of the campaign, encouraging organisations to sign up to being smoke and vape free:

<https://youtu.be/N1YmVSzrFPY>

The **second video**, created by the local Clare Youth Action group in Ennistymon, highlights the supports available to those who would like to quit: https://youtu.be/a_bimAgcVlc

The appetite for smoke and vape free spaces in Clare is strong, with 102 signs already erected around the county since the campaign's launch in February of this year.
 For more information about the 'Not Around Us' campaign and to sign your organisation up to promoting smoke and vape free spaces in Clare, please visit the Healthy Clare webpage: <https://www.clarecoco.ie/services/community/healthy-clare/not-around-us-campaign/>

Keeping Active



The Clare Sports Partnership **Banner Marathon** kicks off on Tuesday 1st, June 2021. Achieve 42.2km over 30 days! Walk, jog, run or push the distance!
 Register for this FREE programme via <https://claresports.ie/banner-marathon/> or email pat@claresports.ie for more details.



Clare Sports Partnership are running a 4-week programme that will support you on your journey to get running 5km non-stop by the end of June! This is a motivational, structured programme that participants can complete in their own time with a community of support to get them over the finish line.
 Please register to join in by visiting https://register.enthuse.com/ps/event/3kmtto5kmJogProgramme2021?fbclid=IwAR0M_hST5oH7zZ6ymeE5zvHj8IudmX0Bygr8Gcr_hBc_PAODJyGeF2XFzfs



ARE YOU 55+? WE ARE LOOKING FOR YOU

WALKING HOCKEY

WALKING HOCKEY
A NEW WAY TO PLAY

FITNESS
HEALTH
WELL BEING

WHERE: CBS SCHOOL, ENNIS
WHEN: 25th OF MAY - 18:00

CONTACT US!
James Morley - 087 902 7166
ennishockeyclub@gmail.com
james@claresports.ie

NO NEED TO BE A MEMBER, BEGINNER AND ALL GENDERS WELCOME.
NO AGE LIMIT - UP TO 100
LONGER STICKS AND BIGGER BALLS

STRICTLY NO RUNNING!
HAVE ALWAYS PREVENTED FROM PLAYING SPORT?
FIND TRYING SOMETHING NEW AT A STEADY WALKING RATHER THAN RESTORANCE?
CAUTION! GETTING OUT OF THE HOUSE WITH FRIENDS?

Walking hockey is a great way to get light exercise for all ages and genders. Wear heavy shoes for an artificial grass pitch, mouth guard and shin guards. Hoopie wheels are not used for a stick. COUGH (OR IMMUNITY?)
Number of places limited. Venues can be changed.

CLARE Sports Partnership

On Wednesday, 25th of May 2021 at 6pm [Ennis Hockey Club](#) and [Clare Sports partnership](#) launched a brand-new form of exercise called “**Walking Hockey**” for older people living in Co. Clare. Walking hockey means longer sticks, bigger balls and strictly no running! Having originated in [England](#), the sport’s popularity is growing around the world and Ennis Hockey Club are proud to be the first club in Ireland to introduce it here.

It is wonderful to see the return of sports especially, for older people as keeping active is the key to their staying mobile and independent. In fact, activity in later years can help reduce the risk of stroke or heart attack, can improve bone density while social engagement is another key benefit of keeping fit and active. Anyone over 55 years interested in participating in “walking hockey” in Ennis please email ennishockeyclub@gmail.com or james@claresports.ie



ACTIVATOR POLE

4 Week Walking Programme



A fun, safe & effective walking programme
Walking with ACTIVATOR™ Poles improves stability, balance and aerobic fitness. Helps develop core strength, improves posture and promotes better gait pattern.

Clariford Park, Killaloe, Co Clare Thursday 3rd June 10am
Scariff Community Park, Co Clare Thursday 3rd June 12pm
Poles provided

Booking Essential - Places are limited
4 Week Programme €35.00
Contact Fiona Ward 086 2240360 to book

CLARE Sports Partnership
TFX FITNESS
CLARIFORD PARK

Clare Sports Partnership are partnering with Fiona Ward and [FitWalk Ireland](#) on the **Activator Pole – 4 week walking programme** as part of their [#KeepWell](#) programme. This is a fun, safe and effective walking programme. Programme commences on June 3rd 2021.

Locations include:

- Clariford Park, Killaloe at 10am
- Scariff Community Park at 12pm

The cost is €35 and booking is essential, interested participants should contact Fiona on 086 224 0360



CLARE SPORTS PARTNERSHIP
— SPORT IRELAND —

SPORT CLUB GRANTS 2021

- Sports clubs in Clare
- Apply by 5pm 30 June 2021
- Max amount €300
- Apply through link on claresports.ie

For more information please go to claresports.ie

Contact: jess@claresports.ie

Clare Sports Partnership have announced their **small club grant scheme** for 2021. This club small grant scheme aims to support increasing participation in Sport and Physical Activity and develop opportunities within their target groups – young people, women in sport, disadvantaged groups, ethnic minorities, people with disabilities, and older adults. The grant scheme aims to assist new and existing not-for-profit clubs in creating structures that provide long term development and benefits to the club. This grant could be used to support new equipment or training volunteers/ coaches

Deadline: 5pm 30th June 2021 ; Maximum Amount available: €300

Follow this link for more information: <https://claresports.ie/club-small-grant-scheme-2021/>

If you have any questions, please contact Sports Development Officer Jessica O’Keeffe: jess@claresports.ie 085-8150606



#FindYourMile
EUROPEAN MILE

Athletics Ireland
GET IRELAND WALKING

SPÓRT ÉIREANN
SPORT IRELAND

European Mile
Nationwide

The 'European Mile' will take place over Move week 31st May until 6th June. Athletics Ireland and Get Ireland Walking are inviting people to celebrate the joy of moving – by running, walking, or rolling a mile (1.6km).

To get involved and register for FREE visit <https://eventmaster.ie/event/o2d7fk3tLm>.

During the school 'move' week, Monday May 31st to Friday June 4th – Clare Sports Partnership will be encouraging schools to send in pictures/ videos of their efforts. All schools that send these in, will be entered in a draw, where 5 schools will win €100 towards physical activity equipment for their school.

***Make sure and send screenshot of you school registration to marian@claresports.ie so Clare Sports Partnership knows what schools are taking part! ***

Adult Athletics

Spring In Your Step - Get Moving Program for women
 This is a non-running program that will focus primarily on gradually improving mobility, strength and building a foundation for increased fitness over time.
 Commencing on Monday 11th May 2021 @ Derg AC Track Clariford Park
 Monday's 7pm - 7:45pm & Wednesday's 6pm - 6:45pm

COUCH TO 5K
 This programme is designed for beginners both men and women to gradually build up their running ability so they can eventually run 5km without stopping.
 Commencing on Tuesday 11th May 2021 @ Clariford Park 1km path
 Tuesday's 7:15pm - 8pm & Thursday's 7:15pm - 8pm

Fit 4 Life
 This programme is designed for joggers and runners to maintain and improve their fitness.
 Commencing on Tuesday 11th May 2021 @ Clariford Park 1km path
 Fit4Life Intervals Tues 6:15pm - 7pm or Fit4Life Intervals Tues 7:15pm - 8pm
 3-5K Run Thursday's 7:15pm - 8pm

Seniors/Masters
 Commencing on Tuesday 11th May 2021 @ 1km Path & Derg AC Track in Clariford Park and Two Mile Gate
 Fit4Life Intervals Tues 6:15pm - 7pm or Fit4Life Intervals Tues 7:15pm - 8pm
 Thursday's 7:15pm - 8pm - Track Session
 Sunday's 9am - Long Run - Two Mile Gate

Coming soon-Adult Street Workout on our Outdoor Gym Equipment

Derg AC is affiliated with the Athletics Association of Ireland enabling the club to run an excellent suite of Athletics Ireland programmes

Derg Ac's Adult Athletics programmes are back! These programmes include:

- **Spring in your step – Get moving program for women**
 Monday's from 7pm – 7:45pm & Wednesday's at 6pm – 6:45pm
- **Couch to 5K**
 Tuesday's from 7:15pm – 8pm & Thursday's from 7:15pm – 8pm
- **Fit 4 Life**
 Tuesday's from 6:15pm – 7pm & Thursday's from 7:15pm – 8pm
- **Seniors/Masters**
 Tuesday's from 6:15pm – 7pm / Tuesday's from 7:15pm – 8pm Sunday's
 Thursday's 7:15pm – 8pm
 Sunday's 9am

Visit Derg AC's [Facebook](#) or [webpage](#) or email larthur2012@gmail.com for more details

FREE Pilates for Beginners Videos

Benefits of Pilates

- Improved Flexibility
- Builds Muscle Tone
- Increased Strength
- Improved Posture
- Enhanced Core Stability

Go to HSE Health and Wellbeing on YouTube

The HSE's Health and Wellbeing department and Healthy Ireland have put together 8 **FREE Pilates for Beginner Videos**. Approximately 30mins long.

- Session 1: <https://www.youtube.com/watch?v=HTtqxCOuV60>
- Session 2: <https://www.youtube.com/watch?v=pl1a09B0MI>
- Session 3: <https://www.youtube.com/watch?v=1B1-d5MTINY>
- Session 4: <https://www.youtube.com/watch?v=V6etJ-6zVOU>
- Session 5: <https://www.youtube.com/watch?v=F872DKY-oK8>
- Session 6: <https://www.youtube.com/watch?v=N8Bd3D2kjww>
- Session 7: <https://www.youtube.com/watch?v=yi9CKYCIrlw>
- Session 8: <https://www.youtube.com/watch?v=w9g67pJyb0M>

HSE Health and Wellbeing PRESENTS

YOGA FOR BEGINNERS

Session 1

The HSE's Health and Wellbeing department and Healthy Ireland have put together 8 **FREE Online Yoga for Beginner Videos**. These are approximately 30mins long.

- Session 1: <https://www.youtube.com/watch?v=eSzB1AbSW-g>
- Session 2: <https://www.youtube.com/watch?v=ezZ6QsUhQQs>
- Session 3: <https://www.youtube.com/watch?v=FoLPoo9ZI34>
- Session 4: https://www.youtube.com/watch?v=99kB_30F6eQ
- Session 5: <https://www.youtube.com/watch?v=jMEcgH6VPh8>
- Session 6: <https://www.youtube.com/watch?v=a3YUSL1wevM>

Session 7: <https://www.youtube.com/watch?v=i4UljinatFNO>
Session 8: https://www.youtube.com/watch?v=d4_6-RF5HaE

Switching Off and Being Creative

How Does Your Garden Grow ? Photography Competition for Adults



'How Does Your Garden Grow?' Photography Competition for Adults.

Online Event: The Grow it Forward Seed packs have been distributed. Now Clare County Library would like you to submit a photography that sums up your vegetable garden and your Grow It Forward Experience.

They have some copies of Michael Kelly's book 'Grow, Cook Eat' to give as prizes.

Email your entry to library_mailbox@clarecoco.ie

One entry per adult. Closing date Friday, 2nd July 2021.

Winning entries will be posted on Clare County Library social media platforms.

Children's Photography or Artwork Competition How Does Your Garden Grow?



'How Does Your Garden Grow?' Children's Photography or Artwork Competition

Online Event Clare County Library is running a competition for all the children who have undertaken a Grow it Forward vegetable growing project!

Please send in a piece of artwork OR a photograph of you Grow it Forward First Time Vegetable Gardener Experience.

Email your entry to library_mailbox@clarecoco.ie

Closing Date Friday, 2nd July 2021 One entry per child.

Holy Wells of Clare with Michael Houlihan



Recording of the Holy Wells of Clare with Michael Houlihan

The webinar is now available on the Clare County Library YouTube channel. <https://www.youtube.com/watch?v=yj4stmlv2b4>



Basket weaving

Starting Friday 4th June
10.00 to 11.30 am ONLINE
contact 065 905 2173
or groups@westclarefrc.ie

Starting Friday, June 4th from 10-11:30am West Clare Family Resource Centre are hosting online Crafts sessions!

To join in the weekly group and learn the basics of basket weaving contact 065 905 2173 or groups@westclarefrc.ie



As part of Clare County Council's **Keepwell** campaign, **Clare Arts Office** supported Ana to create "A Book of Hope" book under the **Cúram** initiative. Ana invited older writers to submit pieces about aspects of life when they were growing up. She then illustrated each submission.

Visit [www.clarecoco.ie/your-council/\[news\]/-a-book-of-hope-connects-generations-and-continents.html?fbclid=IwAR0ETAqb_ahzkVHEgHzwo3BPYQn1a3Awo3IqOk-FHP7xDnKT3IhklpZjXY](http://www.clarecoco.ie/your-council/[news]/-a-book-of-hope-connects-generations-and-continents.html?fbclid=IwAR0ETAqb_ahzkVHEgHzwo3BPYQn1a3Awo3IqOk-FHP7xDnKT3IhklpZjXY) to find out more about this wonderful initiative.



Shannon Library Bookclub for adults

Online Event at 7pm – Tuesday, June 15th 2021. Copies of *Girl* by Edna O'Brien are available from Shannon Library or on the Borrowbox app. Contact Shannon Library for more information, Tel 061 364266 or Email shannon@clarelibrary.ie

DeValera Libray Book Club Meeting

Online event at 11am - Wednesday, 23rd June 2021. The short stories will be emailed to participants. To obtain them and to book your place, please contact DeValera Library at 065-6846353 or email devalera@clarelibrary.ie



Scariff Library Art Gallery is a good place to visit right now for its beautiful new art exhibition. Mountshannon Arts Festival presents Art in Studios Summer Show. For more information on the art and artists see here <https://www.mountshannonarts.ie/arts-in-studio>



Cruinniú na nÓg Saturday, 12th June 2021

Cruinniú na nÓg is an initiative of the Creative Ireland Programme supported by Clare County Council, Local Authorities and RTÉ.

It aims to enable the creative potential of every child and young person.

The Clare programme can be found by visiting www.clarelibrary.ie/eolas/library/creative_ireland.htm and the national programme can be found by visiting www.cruinniu.creativeireland.gov.ie. Further information can be sourced at: creativeireland@clarecoco.ie



Mountshannon Arts Festival 4th – 7th of June

2021 has been a complicated year for Arts in general. To make the most of it and to support Arts and the Artists, 2 mini-festivals have been organised: the traditional June bank holiday festival, which will be "Hyperspace and Radiospace" and a September Festival which will be LIVE.

Visit <https://www.mountshannonarts.ie/2021-festival/new-portfolio-item> for details.

Eating Well

Hosted by RTE’s Miriam O’Callaghan, the virtual talk series is taking place on Sunday June 6th and will provide inspiration and advice on how to design and maintain your outdoor space, as well as explore the physical and mental benefits of gardening. The line-up will include a host of garden enthusiasts including Irish rugby star, Peter O’Mahony and actress and wellness expert, Aoibhín Garrihy.

Visit <https://www.bordbiabloom.com/talkseries/> for more details.

Free Nutritional Webinars – From June

If you are interested in finding out more about food and nutrition for yourself or your family? Dietitians are taking these online workshops throughout June. Free and open to all, be sure to put the dates in your diary – you don’t want to miss them! Visit <https://u-matter.org.uk/event/2021-06-09-160000-2021-06-17-120000/nutrition-webinars-june> to register.

- Wed 9th June – 4pm – 5pm: Mealtimes tips & fussy eating
- Thurs 10th June – 10am-11am: Introduction to Solids
- Wed 16th June – 11am-12pm: Eating Well As You Age
- Thurs 17th June – 11am – 12pm: Eating Well on a Budget

Visit https://www.instagram.com/tv/COOnrIJHfLW/?utm_source=ig_web_copy_link to watch Karen and Mick’s the Grow it Forward video from the 13th May 2021.

Keeping Connected



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. Contact your local Family Resource Centre or CLARECARE for more information on Clare's befriending service.

North West Clare Family Resource Centre – call 065 707 1144 or email info@northwestclarefrc.ie

West Clare Family Resource Centre – call 065 905 2173 or email info@westclarefrc.ie

Killaloe/Ballina Family Resource Centre – call 061 374 741 or email info@kbfrfc.ie

Shannon Family Resource Centre – call 061 707 600 or email shannonfrc@gmail.com

CLARECARE – call 065 682 8178 or email info@clarecare.ie



Africa Day is the annual commemoration of the foundation of the African Union and is celebrated around the world. It is an opportunity to appreciate and mark the African continent's diverse history and heritage while acknowledging its cultural and economic potential.

Visit [https://www.clarecoco.ie/your-council/\[news\]/county-clare-celebrates-africa-day-on-25th-may.html?fbclid=IwAR1PcaMFTqJ6RbdJSV9RLJ5K9LCYwi806Cnf08yWSf5_7a7_SwPNusQiC80](https://www.clarecoco.ie/your-council/[news]/county-clare-celebrates-africa-day-on-25th-may.html?fbclid=IwAR1PcaMFTqJ6RbdJSV9RLJ5K9LCYwi806Cnf08yWSf5_7a7_SwPNusQiC80) to read the Africa Day Press release.



Drop-in Service
By Phone (065)7071144

Mondays
10:30-12:30
at the

North West Clare
Family Resource
Centre

Parliament Street, Ennistymon, V95 NX86
For help with a query or for more information phone

(065) 7071144

Information on activities, groups and services of North West Clare Family Resource Centre.

General inquiries

Advice and signposting to other services

Assistance with completing form CV's, letters and photocopying

Covid-19 guidance for visitors to North West Clare Family Resource Centre

Visitor forms

Wearing of masks

Hand sanitising

North West Clare Family Resource Centre logo

[North West Clare Family Resource Centre](#) offers a Drop-In Service every Monday at 10:30 – 12:30 by phone at 065 7071144. Call for information on activities, groups and services offered by North West Clare Family Resource Centre and if you need signposting to other services or assistance with CV's, letters, completion of forms and low-cost photocopying

Parent Support Line
SUPPORT FOR PARENTS AND CARERS
Offering a listening ear, parenting tips and guidance and signposting to other relevant services.

Monday, Wednesday and Friday | 10am - 1pm
065 682 8178
parentingsupport@clarecare.ie

www.clarecare.ie



Clarecare Family Support Services team are operating a dedicated telephone no: 065 682 8178 and Email: parentingsupport@clarecare.ie in response to Covid-19. Their team is offering parents and carers a listening ear, parenting tips, guidance and sign posting to other relevant services.

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/healthylreland.

KEEP WELL IN THIS COMMUNITY




COMUNICABLE CONTAAE AN CHLARA
CLARE COUNTY COUNCIL

Riailín na Mílteora
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.

- The community call can help facilitate the:
- 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

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

**Healthy Ireland at
Your Library**

New Initiative

- Health Information**
Guidance on access to information
- Books on Health and Wellbeing**
Large collection of books on health and wellbeing
- Online Health Information**
E-books, e-audiobooks and e-magazines
- Programmes and Events**
Talks, discussions and workshops to various health and wellbeing

Healthy Ireland at your Library logo, hi logo, and Libraries Ireland logo.

Emotional self-help for parents of special needs children. A Healthy Ireland at your Library event.

Online event at 6.30pm on **Thursday 10th of June**

Join Sonia Millar, Creative Mindfulness teacher, for a one hour workshop which will offer the tools and ideas to boost your wellbeing and self-care, through meditation, gratitude, breath and awareness practices and self-belief mantras. Free event for people throughout Co Clare aged 18+.

Places are limited, booking is essential. In order to take part, participants will require remote access to Zoom. Please book your place by emailing kilrush@clarelibrary.ie or by calling Kilrush Library on 065 9051504.

TAKE CONTROL WITH STRESS CONTROL

Controlling your body
Controlling your thoughts
Controlling your actions
Controlling panicky feelings
Thriving
Getting a good nights sleep

As the HSE can't deliver their Stress Control classes in the community just now, Dr Jim White is, instead, live-streaming the classes until June, free-of-charge. Visit <http://www.stresscontrol.ie/dates/> to get all the dates. To find out more about Stress Control visit <http://www.stresscontrol.ie/stress-control/>

All you need to successfully complete this class is to watch each of the six sessions, read the booklets and use the relaxation and mindfulness. You can find the sessions on YouTube.

To access their YouTube channel go to https://www.youtube.com/channel/UCdCfzKgmXbB30baWLV6L5-g?view_as=subscriber where the classes will be available to view at the scheduled times.



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/>



For the month of June West Clare Mental Health Association are hosting in the evenings some Tai Chi and a new class on how to breath better for your mind and body and in the mornings for Poetry Corner and Edels Music Club.

All Classes are free to join to register email:westclaremha@mentalhealthireland.ie or text: 086 604 3473

WEST CLARE FRC
Activities for the over 55s

Basket weaving

Starting Friday 4th June
10.00 to 11.30 am ONLINE
contact 065 905 2173
or groups@westclarefrc.ie

Learn Create Relax

O'Gorman St, Kiltrush, Co. Clare T: 065 9052173

Join the West Clare Family Resource Centre's weekly group to learn the basics of basket weaving and practice your new skill in a friendly atmosphere.

Starts Friday, 4th of June 2021 from 10am to 11:30am.

For more information contact 065 905 2173 or groups@westclarefrc.ie

Free Online Mental Health & Wellbeing Workshops

DATE	WORKSHOPS	TIME
Tuesday, 1st	Managing Well-being and Mental Health Recovery	2.00pm
Wednesday, 2nd	Let's Talk Resilience	7.00pm
Thursday, 3rd	Understanding Diagnosis, Exploring My Identity	10.00am
Tuesday, 9th	My Mental Health – Finding Meaning, Feeling Empowered	2.00pm
Wednesday, 10th	Part 1. Exploring Anxiety	10.00am
Thursday, 10th	Part 2. Managing Anxiety	10.00am
Tuesday, 16th	Family Recovery in Mental Health	2.00pm
Wednesday, 18th	Let's Talk Depression	7.00pm
Thursday, 17th	Accessing Mental Health Services – Getting the Best from My Appointment	10.00am
Tuesday, 22nd	Understanding Mental Health Services	2.00pm
Wednesday, 23rd	Connection & Hope, Supporting My Well-being	10.00am
Tuesday, 29th	"NEW" Self-Care, Building My Resilience	10.00am
Wednesday, 30 th	WEBINAR - Resilience, What is it? Join us for a conversation where we explore its mental health benefits.	2.00pm

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

HSE Mid West Community Healthcare

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

Due to demand, they have added two new evening Online Workshops and also starting a New Online Workshop titled "Self-Care, Building my Resilience".

Mid West Aries will be running a **Webinar with Mental Health Ireland on the 30th of June titled: "Resilience, What is it?"**

Join their panelists for a conversation around the importance of resilience in recovery and mental health.

If you would like to book on to any of their upcoming workshops, please book through the Eventbrite link below:

<https://midwestaries.eventbrite.ie>

Other Keepwell Information

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

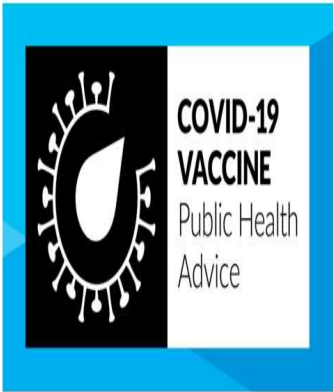
Be SunSmart



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>



Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at www.hse.ie/covid19vaccinematerials
- Details on getting the COVID-19 vaccine is updated regularly here
- Details on COVID-19 vaccines administered are available here
- Read the full COVID-19 Vaccine Allocation Strategy
- Read the National Immunisation Advisory Committee Chapter about COVID-19 vaccine
- COVID-19 vaccine information for health professionals



Stay up to date by visiting County Clare's [Keepwell](https://www.clarecoco.ie/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/>