



The 'Not Around Us' – Towards a Tobacco and Vape Free Clare campaign

Healthy Clare launched the Not Around Us campaign on National No Smoking day (Ash Wednesday). This campaign is focused on denormalising smoking and vaping for our young people. It's about smoke and vape free spaces and signposting those who do smoke to our local Mid-West [QUIT](https://www.clarecoco.ie/services/community/healthy-clare/quit-smoking-cessation-team/) smoking cessation team. The Environmental effects of tobacco products cannot go unmentioned with approximately 58% of litter in Clare being tobacco products. This is County Clare's step towards the national agenda of a less than 5% smoking prevalence in Ireland by 2025 and we encourage all community groups and organisations in Clare where children and young people are likely to be to participate in this new initiative.

For more information visit: <https://www.clarecoco.ie/services/community/healthy-clare/not-around-us-campaign/>

To participate please fill in the attached 'expression of interest form' returning it to healthyclare@clarecoco.ie

The campaign is supported by Clare County Council, the HSE Mid-West Quit team, Greener Clare, Clare Sports Partnership, CYPSC, Comhairle na nOg and Clare Youth services.

Clare Reads...

THIS IS HAPPINESS

by NIALL WILLIAMS

This is a Keep Well and an Ireland Reads initiative to encourage reading in the community.

Please contact your local library for further information on getting a copy of the book and for the programme of events.



Book now for March events :

- Readings from This is Happiness on Clare FM at 9pm starting 1st March
- Online talk on happiness with Bob Vernon on Tuesday 9th March at 7.00pm. To book contact Kilrush library
- Online talk on rural electrification with Dr Sorcha O'Brien on Thursday 11th March at 8.00pm. To book email: clarereads@clarecoco.ie
- Finding Junior Crehan - online musical tribute with Mick Crehan & Liam O'Brien, followed by Q & A with Angela Crotty on Tuesday 23rd March at 7.30pm. To book email: clarereads@clarecoco.ie
- Niall Williams in conversation with EBCF's Dani Gill on Tuesday 30th March at 8.00pm. Book on www.ennisbookclubfestival.com

www.clarelibrary.ie

KEEP WELL



Government of Ireland

Clare Reads – This is happiness project 2021 gets under way today the 1st of March

- Readings from This is Happiness on [Clare FM](http://ClareFM) at 9pm from March 1st – March 12th
- Clare based actor Eleanor Feely will be reading This is Happiness to residents in St Joseph's Nursing Home every Tuesday in March at 2.30pm
- Online talk on happiness with Bob Vernon, a teacher of mindfulness and meditation on Tuesday, March 9th at 7pm - email kilrush@clarelibrary.ie to book your place
- Online talk on rural electrification with Dr Sorcha O'Brien on Thursday, March 11th at 8pm - email clarereads@clarecoco.ie to book your place.
- Finding Junior Crehan- an online musical tribute with Mick Crehan & Liam O'Brien, followed by Q & A with Angela Crotty on Tuesday, March 23rd at 7.30pm - email clarereads@clarecoco.ie to book your place.
- Catch the author Niall Williams in conversation with Ennis Book Club Festival's Dani Gill on Tuesday, March 30th at 8pm, visit www.ennisbookclubfestival.com to book your place.

This programme of events is supported by Clare County Council's [Keep Well Campaign](#).



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 relating to various health and wellbeing topics

- **Manage your mood with food.** On Friday, March 5th at 1pm - dietitian Gillian McConnell B.Sc (Hons) Dietetics, MINDI from Inside Out Nutrition will explore the relationship between what you eat and how you feel - email kilrush@clarelibrary.ie or call 065 9051504 to book your place.
- **Chair yoga classes** with Trish Cleary will be on Tuesday 2nd & 9th of March - email kilrush@clarelibrary.ie or call 065 9051504 to book your place.
- **Tai Chi workshops** on Thursdays 18th & 25th of March email kilrush@clarelibrary.ie or call 065 9051504 to book your place.

Keep up to date on library events by visiting their events [page](#).



Virtual Coffee Morning



**For Parents/Guardians of Primary School Children
to hear about the Circle of Security Parenting Programme
and Register your Interest**

Presented by: CLARECARE and North West Clare Family Resource Centre

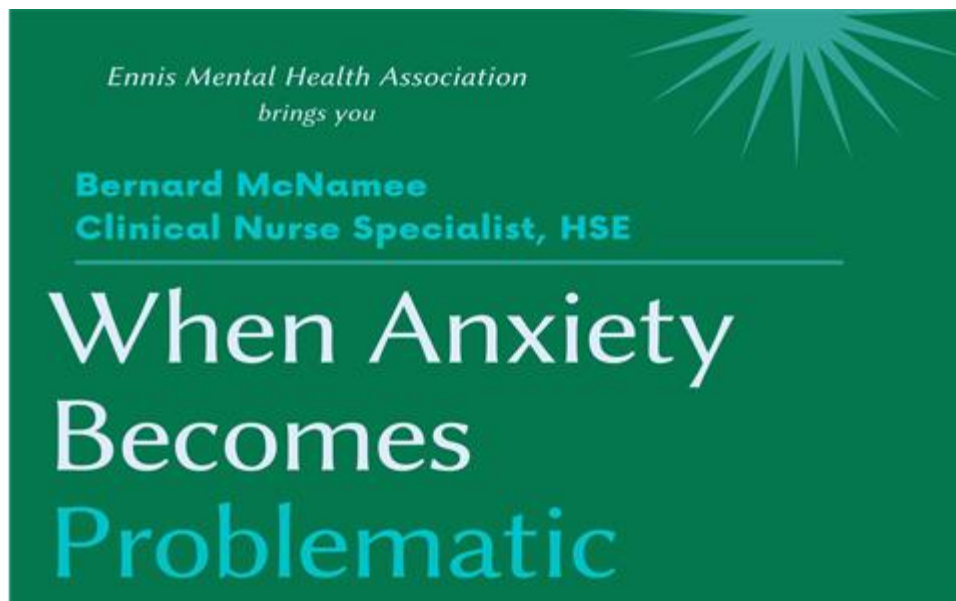
Date: **RESCHEDULED** Thursday 18th March

Time: 11.00am – 12.00

The North West Clare Family Resource Centre and CLARECARE are hosting a **virtual Coffee Morning** with the Circle of Security Parenting Series. Parents/Guardians of Primary School Children can call Eileen Carroll on 086 7700301 or email ecarroll@clarecare.ie for information or to sign up to the event.

Check out <https://www.circleofsecurityinternational.com/resources-for-parents/> for a brief overview of what to expect from this event.

View the ad [here](#)



On Wednesday, March 16th at 8pm -Ennis Mental Health Association are hosting a Free Online talk on "**When Anxiety becomes Problematic**" with Clinical Nurse Specialist Bernard Mc Namee. This is apart of their Spring programme. Email ennismha@mentalhealthireland.ie or call 085 252 4608

View the ad [here](#)



This St. Patrick's Day, Clare County Council is organising and presenting an online St Patrick's Day event with the theme of '**Connecting Clare**'. Clare people at home and abroad are invited to come together virtually to celebrate St Patrick's Day 2021 online. ****CLOSING DATE FOR ENTRIES IS MARCH 1ST****

For more details on how you can get involved or join in on the day as a member of our global audience visit: <https://yoursay.clarecoco.ie/stpatricksdayvideo> and for any queries contact ennisparades@clarecoco.



Spring INTO HERITAGE

10 WAYS TO EXPERIENCE CLARE HERITAGE



**DRAW A
Picture**
OF WHAT HERITAGE
MEANS TO YOU



**LOOK FOR
Spring Flowers**



**DISCOVER A
Song**
ABOUT YOUR LOCAL AREA



**FIND OUT A
Story**
ABOUT YOUR LOCAL AREA



**WATCH THE
Sunset & Sunrise**



**IDENTIFY A
Local Bird**
& ITS BIRD SONG



**SPOT A
Wild Animal**



**RESEARCH YOUR
Townland Name**



**PLANT A
Tree**
OR POLLINATE A
FRIENDLY SCRUB



**VISIT A
Graveyard**
& FIND THE OLDEST DATE

AND LASTLY... SHARE THIS *Heritage List* WITH A FRIEND!



Minister for Culture
Government of Ireland



Our Heritage officer, Congella McGuire has put together this list inviting you to showcase **10 Ways to Experience Clare Heritage this Spring**. Don't forget to share your Heritage List virtually with a friend! and be sure to follow government [guidelines](#) when working on your heritage list.

Download your copy from the Clare County Council [Keepwell page](#)



Free Mental Health & Well-being Workshops

Online Timetable

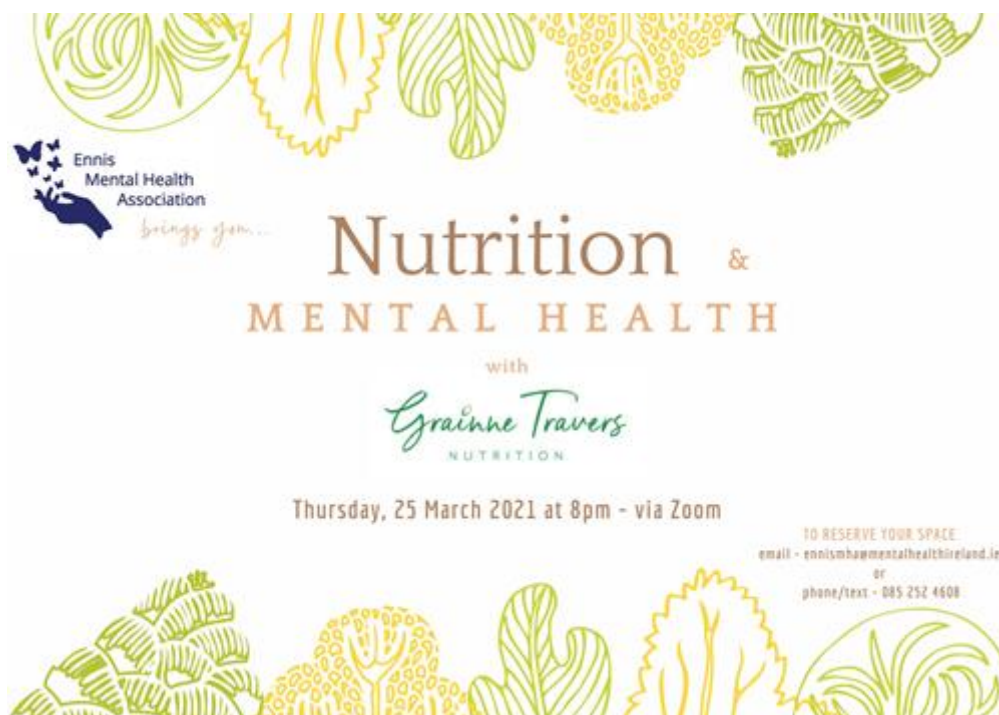
March 2021

| Date | Topic | Time |
|----------------------------|---|---------------|
| Tuesday 2 nd | Let's Talk Resilience | 2.00 – 4.00 |
| Wednesday 3 rd | Connection & Hope in Times of Isolation | 10.00 – 12.00 |
| Thursday 4 th | Understanding Diagnosis, Exploring My Identity. | 10.00 – 12.00 |
| Tuesday 9 th | My Mental Health – Finding Meaning, Feeling Empowered | 2.00 – 4.00 |
| Wednesday 10 th | Accessing Mental Health Services – Getting the best from Virtual Appointments | 10.00 – 12.00 |
| Thursday 11 th | Managing Well-being and Mental Health Recovery | 10.00 – 12.00 |
| Tuesday 16 th | Family Recovery in Mental Health | 2.00 – 4.00 |
| Thursday 18 th | Let's Talk Depression | 10.00 – 12.00 |
| Tuesday 23 rd | Connection & Hope in Times of Isolation | 2.00 – 4.00 |
| Wednesday 24 th | Part 1. Exploring Anxiety in Uncertain Times | 10.00 – 12.00 |
| Thursday 25 th | Part 2. Managing Anxiety in Uncertain Times | 10.00 – 12.00 |
| Wednesday 31 st | Let's Talk Resilience | 10.00 – 12.00 |

To book a place visit **Eventbrite** at <https://midwestaries.eventbrite.ie>
 Or sign up by emailing **Margaret** at margaret.keane9@hse.ie
 Or text **086 2873526** with the title of the workshop you want to attend.
 Attendance instructions available on sign up.



Midwest Aries are hosting a series of **Free Online Mental Health and Wellbeing workshops** in March. Visit their [Facebook page](#) to view this ad.



On Thursday, March 25th at 8pm - Ennis Mental Health Association are hosting a Free Online talk on "**Nutrition and Mental Health**" with Nutritionist [Grainne Travers](#). The impact of energy balance, inflammation, gut bacteria and lifestyle topics such as sleep and exercise. Email ennismha@mentalhealthireland.ie or call 085 252 4608 to book your place.

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 being offered by our 4 family resource centres and CLARECARE. The 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. Visit the [keepwell page](#) for more information on your local befriending service.



Staying Digitally Connected

By Age Friendly Clare



This "**Staying Digitally Connected**" booklet is based on [Age Action's Getting Started KIT](#) and was created as a support for older people to help them keep in touch with their loved ones during the Covid-19 pandemic. The booklet can be downloaded from the Clare County Council's [Keepwell page](#) or please email agefriendlyclare@clarecoco.ie to order a hardcopy.

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. I suggest that anyone interested in this project contact their nearest family resource centre as soon as possible. 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



Online activities for over 55s

STAY SAFE and STAY CONNECTED

Physical & Social activities



Get in the picture!

- Sit Fit
- Tai Chi
- Social Groups
- Sing-Along Group
- Book Club
- Down Memory Lane
- Crafts Group

If you require assistance with getting online please contact us: **065 905 2173**

WEEKLY ACTIVITIES

Tai Chi _____ Tuesday _____ 12 noon
 Social Group _____ Tue, Wed, Thu _____ 12 noon
 Sit Fit _____ Wednesday _____ 2 pm
 Sing Along _____ Thursday _____ 12 noon
 Crafts _____ Friday _____ 10 am

MONTHLY ACTIVITIES

Down Memory Lane_1st Wed. each month @ 10 am
 Book Club _____ 2nd Fri. each month @ 11 am



PAYMENT

€2 per session
 Card online, Paypal, Cheque, Cash

Contact us to for details
 065 905 2173 groups@westclarefrc.ie

The West Clare Family Resource centre is hosting weekly and monthly **online activity sessions for over 55's**. They encourage participants to join in from their smartphone, tablet or computer and offer assistance to anyone needing help getting online call 065 905 2173. To book your place to join in.

Visit this ad on their Facebook [page](#).

COVID-19 VACCINE
Public Health Advice

COVID-19 Vaccines

HSE | Rialtas na hÉireann
Government of Ireland

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 280,000 vaccines have been administered. This week we saw the vaccination programme go firmly out into the community, with people aged 85 and over beginning to be invited for their vaccines by GPs. When this group is complete, we'll move on to the next age-group, people aged 80 and over.

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](#)
- 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](#)



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. It will signpost to activities and resources that will help us keep well through the coming months.

The Keep Well campaign is focused on five main themes.

1. [Keeping active](#) - Keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.
2. [Staying connected](#) - Staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.
3. [Switching off and being creative](#) - Switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
4. [Eating well](#) by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.

5. **Minding your mood** - It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing and to keep ourselves well.