
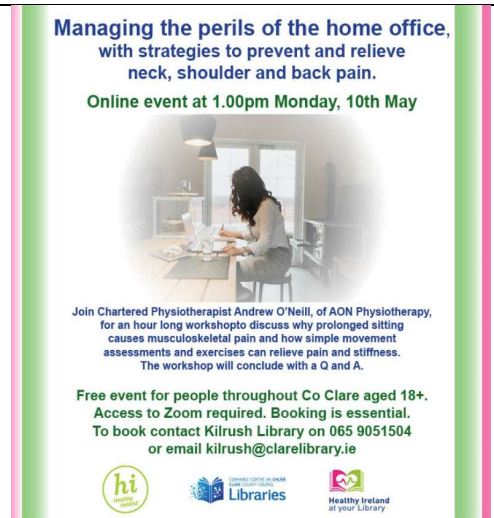





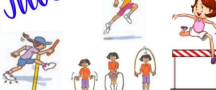




Subject:

FW: Healthy Clare - Keepwell Newsletter May 2021

<h1>Keeping Active</h1>	
	<p><b>Staff Health and Wellbeing Webinar Invitation 'Get Active for Your Wellbeing' Wednesday, 5<sup>th</sup> May 2021 – 2pm - 3pm</b></p> <p>Join the Health and Wellbeing webinar focused on supporting people to 'Get Active for Your Wellbeing'. Hear from special Guest Derval O'Rourke and colleagues working in the area on how you can build physical activity into your day. The HSE Health and Wellbeing will also introduce free on line exercise videos including Pilates, Yoga and Strength and Conditioning.</p> <p>To register for the workshop click the link  <a href="https://ims.zoom.us/webinar/register/WN_RU4mRWb-SQy4ocrLWB5_bQ">https://ims.zoom.us/webinar/register/WN_RU4mRWb-SQy4ocrLWB5_bQ</a></p>
	<p><b>Managing the perils of the home office, with strategies to prevent and relieve neck, shoulder and back pain.</b></p> <p><b>Monday, 10th May 2021 Online event at 1pm</b></p> <p>Join Chartered Physiotherapist Andrew O'Neill, of AON Physiotherapy, for an hour long workshop to discuss why prolonged sitting causes musculoskeletal pain and how simple movement assessments and exercises can relieve pain and stiffness. The workshop will conclude with a Q and A. This is a Free event for people throughout Co Clare aged 18+. Booking is essential. In order to take part, participants will require remote access to Zoom. Please book your place by emailing <a href="mailto:kilrush@clarelibrary.ie">kilrush@clarelibrary.ie</a> or by calling Kilrush Library on 065 9051504 during branch opening hours.</p>
	<p><b>Rebooting Sport Webinar recording available</b></p> <p>On Thursday the 22nd April Clare Sports Partnership held a joint webinar with Limerick Local Sports Partnership to help coaches and clubs prepare for returning to sport on the 26th April. Follow the link to watch the recording  <a href="https://www.youtube.com/watch?v=yZUZ4PTVYF4&amp;feature=youtu.be">https://www.youtube.com/watch?v=yZUZ4PTVYF4&amp;feature=youtu.be</a></p>

 <p><b>Inclusive Athletics</b> For children aged 5yrs - 16yrs on the Autism Spectrum, with a Physical Disability or Impairment</p>  <p><b>Athletics with a difference!</b></p> <p>State of the Art Track &amp; Field Facility in Clarisford Park</p> <p>Saturday's 10.30am - 11.30am Join our Club! www.dergac.ie info@dergac.ie</p>	 <p><b>Little Athletics</b> Ages 5-7</p>  <p><b>Agility Balance Co-ordination</b></p> <p>State of the Art Track &amp; Field Facility in Clarisford Park</p> <p>Monday's 6pm-7pm or Tuesday's 6pm-7pm &amp; Saturday's 11.30am-12.30pm Join our Club! www.dergac.ie info@dergac.ie</p>	<p><b>Derg AC's athletics programmes are up and running.</b> U18 programmes commenced the week of the 26th April these include:</p> <ul style="list-style-type: none"> <li>➤ <b>Inclusive activities</b> – Saturday's 10:30am – 11:30am. Ages 5yrs – 16yrs who are on the Autism Spectrum, with a physical disability or impairment.</li> <li>➤ <b>Little Athletics</b> – Monday's and Tuesday's 6pm -7pm and Saturday's 11:30am-12:30pm. Ages 5yrs – 7yrs.</li> <li>➤ <b>Juvenile Athletics</b> - Monday's and Tuesday's 6pm -7pm and Saturday's 11:30am-12:45pm. Ages 8yrs – 11yrs.</li> <li>➤ <b>Teen program</b> – Tuesday's and Thursday's 6pm – 8pm and Saturday's time TBC. This includes a new street workout program for non runners. This program is ideal for teenagers who are involved in team sports and non-team sports.</li> <li>➤ <b>Adult programmes</b> will commence when public health guidelines allow. These include a number of new programmes for adults including "Spring in your Step – Get moving" for non-runners, additional masters athletics sessions, couch-to-5K for men, 'street workout' for couch-to-5k. Keep up to date via their website <a href="http://dergac.ie/">http://dergac.ie/</a>.</li> </ul>
 <p><b>Juvenile Athletics</b> Ages 8-11</p>  <p><b>Agility Balance Co-ordination</b></p> <p>State of the Art Track &amp; Field Facility in Clarisford Park</p> <p>Monday's 6pm-7pm or Tuesday's 6pm-7pm &amp; Saturday's 11.30am- 12.45pm Join our Club! www.dergac.ie info@dergac.ie</p>	 <p><b>TEEN'S ATHLETICS</b> SOMETHING FOR EVERYONE!</p>  <p>Suitable for all levels of fitness whether you play team sports or not</p> <p>State of the Art Track &amp; Field Facility in Clarisford Park</p> <p><b>TUESDAY'S 6-8PM</b> Four weeks: One 70' level of Cliff Pulls Shoreland and in the Outdoor Gym OR Sports &amp; Fun Run OR Interval/Middle Distance</p> <p><b>THURSDAY'S 6-8PM</b> Four weeks: One 70' level of Cliff Pulls Track &amp; Field OR Middle Distance Circle OR Middle Distance</p> <p><b>SATURDAY'S</b> Four weeks: One 70' level of Cliff Pulls Track &amp; Field OR Middle Distance</p> <p><b>JOIN OUR CLUB!</b> www.dergac.ie info@dergac.ie</p>	

**Switching Off and Being Creative**



**BEALTAINÉ AT HOME**  
This is Happiness  
Niall Williams & Christy McNamara

LITERATURE / MUSIC  
FRIDAY 7 MAY, 7pm

**This is Happiness – Literature/Music Workshop – Friday, 7<sup>th</sup> May at 7pm**

Niall Williams' novel, This is Happiness was one of the great literary successes of 2019. Set in Co Clare during the time of rural electrification, it is a musical, evocative, rhapsodic and deeply moving work. Two of the main characters in the novel go on a quest to find the legendary (real life) fiddle player Junior Crehan. Bealtaine presents an evening of words and music with Niall Williams reading from his novel accompanied by East Clare virtuoso musician Christy McNamara (accordion & concertina).

*Organised by Age & Opportunity, as part of the Bealtaine Festival - celebrating the arts and creativity as we age.*

**Reading Paula Meehan**  
As If By Magic: Selected Poems  
with  
Karen J. McDonnell





Tuesday 11th May 11.30am  
Karen will give readings and discuss Paula's work.  
Event is online via zoom. To book email [clarereads@clarecoco.ie](mailto:clarereads@clarecoco.ie)  
Event is free and open to all.

Libraries 

**Reading Paula Meehan with Karen J. McDonnell – Tuesday, 11<sup>th</sup> May 2021 at 11:30am**

Karen J. Mc Donnell will give readings and discuss Paula Meehan's work. This is a Bealtaine event. Event is online via zoom. To book email [clarereads@clarecoco.ie](mailto:clarereads@clarecoco.ie). Event is free and open to all.

## Holy Wells of Clare

with  
**Michael Houlihan**



Thursday 13th May at 8.00pm  
Michael will discuss and show  
examples of holy wells in County Clare.

To book your Zoom place, email [clarereads@clarecoco.ie](mailto:clarereads@clarecoco.ie)



## Holy Wells of Clare – Thursday, 13<sup>th</sup> May at 8pm

Michael Houlihan will show examples & discuss holy wells from County Clare. This is a Bealtaine event. To book your place email [clarereads@clarecoco.ie](mailto:clarereads@clarecoco.ie).

## The Writer's Room - An invitation to story Facilitated by author Helen Blackhurst

These five creative writing workshops will explore the writing process – how we sustain ourselves as writers and deepen our writing experience. We will look at key areas of craft for fiction and memoir writing. How do we bring our stories to life? How can our characters breathe on the page? What is it we want to tell? There will be space to examine writing challenges as well as the opportunity to develop new work through a range of creative writing techniques.  
Open to all writers.

### Workshops dates and times :

Wednesday 12 May 11.00am - 12.30pm

Wednesday 19 May 11.00am - 12.30pm

Wednesday 26 May 11.00am - 12.30pm

Wednesday 2 June 11.00am - 12.30pm

Wednesday 9 June 11.00am - 12.30pm



These are free events for people throughout Co. Clare aged 18+. Places are limited so booking is essential. Zoom access required. For more information and to book a slot, contact Scariff Library on 061 922893 or email [scariff\\_library@clarecoco.ie](mailto:scariff_library@clarecoco.ie)

## The Writer's Room – An Invitation to Story Wednesday's from 11am -12:30pm (starts 12<sup>th</sup> May ends 9<sup>th</sup> June)

These five creative writing workshops, facilitated by author Helen Blackhurst, will explore the writing process

- How we sustain ourselves as writers and deepen our writing experience.
- We will look at key areas of craft for fiction and memoir writing.
- How do we bring our stories to life?
- How can our characters breathe on the page?
- What is it we want to tell?
- There will be space to examine writing challenges as well as the opportunity to develop new work through a range of creative writing techniques.

Open to all writers. These are free events for people throughout Co. Clare aged 18+. Places are strictly limited so booking is essential. In order to take part, participants will require remote access to Zoom. For more information and to book your place, please contact Scariff Library on 061 922893 during branch opening hours or email [scariff\\_library@clarecoco.ie](mailto:scariff_library@clarecoco.ie)



Age & Opportunity

## Bealtaine Festival

Celebrating the arts & creativity as we age



1st - 31st MAY

### Writers' Groups Reading

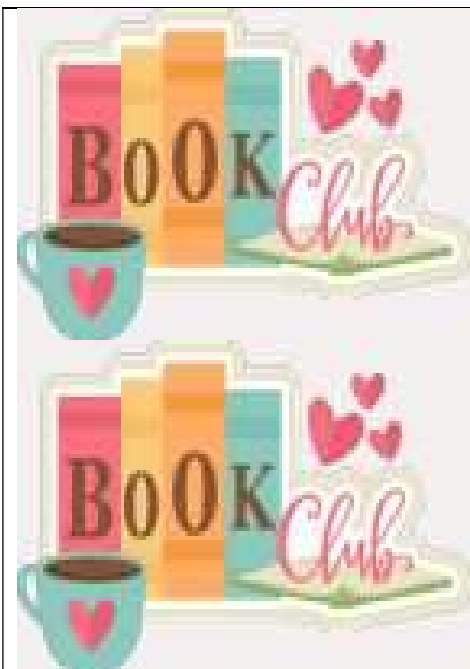

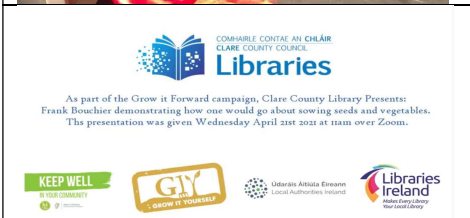
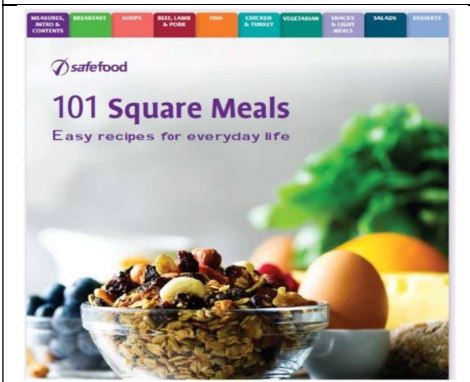
Shannon Library will host an online get together for local creative writers to share their short stories and poetry On Wednesday 12<sup>th</sup> May at 11am

To listen in, please contact Shannon Library on 061 364266 or email [shannon@clarelibrary.ie](mailto:shannon@clarelibrary.ie)

Zoom access required

## Writers Groups Reading – Wednesday, 12<sup>th</sup> May at 11am

To celebrate Bealtaine, Shannon Public Library will host an online get together of local creative writers reading their short stories and poetry. To book a place and listen in, please contact Shannon Library on 061 364266 or email [shannon@clarelibrary.ie](mailto:shannon@clarelibrary.ie). Remote access to Zoom required.

	<p><b>Book Club Meeting: Shannon Library Bookclub Meeting - Tuesday 11th May 2021 Online at 7pm</b></p> <p><i>The Binding</i> by Bridget Collins is the Shannon Library Bookclub choice for May. Participants will require remote access to Zoom to take part. Copies of the book are available from Shannon Library or an eBook version may be available through the Borrowbox service. For more information and to book your place please contact Shannon Public Library on 061 364266 during branch opening hours or email <a href="mailto:shannon@clarelibrary.ie">shannon@clarelibrary.ie</a></p> <p><b>Book Club Meeting: As If By Magic - Tuesday 28th May 2021 Online event at 11am</b></p> <p>To celebrate Bealtaine, Ireland's celebration of creativity as we age, DeValera library will host a special Book Club meeting. We will be reading Paula Meehan's new poetry book, <i>As If By Magic</i>. Participants will require remote access to Zoom. Places are limited and copies of the book are available to borrow from DeValera. Contact us at 065-6846353 or email <a href="mailto:devalera@clarelibrary.ie">devalera@clarelibrary.ie</a></p>
	<p><b>Midwives of the Nation with Carnation Theatre - Thursday 6th and Friday 7th May 2021</b></p> <p>Carnation Theatre present a filmed performance of their play following the women of 1916 - the dispatchers, the doctors, the gunrunners, the nurses, the smugglers, the big characters and the not so big characters of the Easter Rising. Written by Joe O'Byrne and Carnation Theatre, the play runs for approx. 1 hr. It can be viewed on Vimeo anytime during the 6 and 7 May, an access password will be provided before the event.</p> <p>This play is part of Clare County Council's Decade of Centenaries programme and is scheduled as a Bealtaine event. Booking required at: <a href="mailto:decadeofcentenaries@clarecoco.ie">decadeofcentenaries@clarecoco.ie</a></p>
 <p>COMHARLE CONTAE AN CHLÁIR CLARE COUNTY COUNCIL <b>Libraries</b></p> <p>As part of the Grow it Forward campaign, Clare County Library Presents: Frank Bouchier demonstrating how one would go about sowing seeds and vegetables. The presentation was given Wednesday April 23rd 2021 at 11am over Zoom.</p> <p>KEEP WELL IN YOUR COMMUNITY GY GROW IT YOURSELF Udairís Aithisá Eireann Local Authorities Ireland Libraries Ireland</p>	<p><b>Frank Bouchier vegetable growing workshop recording available</b></p> <p>This workshop is part of the Grow It Forward campaign. Frank gives a seed sowing demonstration and answers gardening queries people participating may have had on the day. This is a great resource to start you off in your vegetable growing project.</p> <p><a href="https://www.youtube.com/watch?v=YcVj8V7Fh0o">https://www.youtube.com/watch?v=YcVj8V7Fh0o</a></p>
<p>Eating Well</p>	
	<p><b>Safefood's 101 Square Meals – Easy recipes for everyday life</b></p> <p>The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. This recipe book is designed to take this into consideration and provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals.</p> <p>To view the recipe book online visit <a href="https://www.healthpromotion.ie/hp-files/docs/HPM00196.pdf">https://www.healthpromotion.ie/hp-files/docs/HPM00196.pdf</a></p>
<p>Keeping Connected</p>	

### 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 N086	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, V24 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 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](mailto:info@northwestclarefrc.ie)

West Clare Family Resource Centre – call 065 905 2173 or email [info@westclarefrc.ie](mailto:info@westclarefrc.ie)

Killaloe/Ballina Family Resource Centre – call 061 374 741 or email [info@kbfrc.ie](mailto:info@kbfrc.ie)

Shannon Family Resource Centre – call 061 707 600 or email [shannonfrc@gmail.com](mailto:shannonfrc@gmail.com)

CLARECARE – call 065 682 8178 or email [info@clarecare.ie](mailto:info@clarecare.ie)

**FREE initiative for over 50s**

**Age & Opportunity**  
Incorporating Age & Opportunity active, The National Sport and Physical Activity Programme for Older People

**FitLine**  
A friendly word to get you more active.  
Free phone: **1800 303 545**  
FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active.

### Age and Opportunity are inviting people to take part in their FitLine initiative

FitLine is a volunteer telephone line designed to help older people who want to feel a bit healthier, but perhaps don't have the motivation, confidence or information on where or how to take that first step. The service is completely free. Freephone 1800 303 545 and learn more. After you've made the first call, a FitLine mentor will arrange a time to ring you every two weeks until you're happy with your progress.

FitLine mentors are volunteer older people who understand the challenges of getting active. They'll give you information, advice and gentle encouragement to get moving.

More information at <https://ageandopportunity.ie/active/fitline/>



### Concert for Nursing Homes, Day Care Centres & Active Retirement Groups – Thursday, 20<sup>th</sup> May at 3pm

A partnership between the HSE, Clare Library & Healthy Ireland will deliver an hour long concert to Nursing Homes, Day Care Centres & Active Retirement Groups throughout Co. Clare, with singer Patrick Roche. In order to take part, participants will require remote access to Zoom. Please book your place by emailing [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie) or by calling Kilrush Library on 065 9051504 during branch opening hours.

**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](mailto:parentingsupport@clarecare.ie) | [www.clarecare.ie](http://www.clarecare.ie) | **CLARECARE**

**Clarecare Family Support Services team** are operating a dedicated telephone no: 065 682 8178 and Email: [parentingsupport@clarecare.ie](mailto: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](http://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](mailto: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/gether](http://www.clarecoco.ie/gether) or at [www.gov.ie/healthylreland](http://www.gov.ie/healthylreland).



### 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](mailto: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](mailto: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

Generation Tech provides support to the older community countrywide. Call them on 01-9633288. Their lines are open from 8-8 every day.

Follow them on Twitter @Covid19\_tech and Facebook <https://www.facebook.com/Covid19TechHelp/> too.

For any media or general enquiries, Please contact [info@covid19.ie](mailto:info@covid19.ie). If you would like to volunteer please sign-up on their website at <https://covid19tech.ie/volunteer/>

Minding Your Mood

Thursdays  
13 May  
8pm  
via Zoom

reserve your space at this FREE zoom event: [ennismha@mentalhealthireland.ie](mailto:ennismha@mentalhealthireland.ie) call / text: 085 252 4608

### Why Talking Helps - Thursday 13th May at 8pm via zoom

Ennis Mental Health Association are delighted to bring you an evening of conversation with the renowned Dr Tony Bates, on the theme of " *These days we hear every day that we should talk about our troubles, but how does talking help? It doesn't make our problems go away. Sometimes talking can make us very upset. And yet talking is what we human beings have been doing since time began to help us manage our lives. "*

In this presentation, Dr Bates will look at why talking helps, what difference it makes, what helps us open up and share our pain, and what makes it so hard to talk at times. To reserve your space at this FREE event, please:

email: [ennismha@mentalhealthireland.ie](mailto:ennismha@mentalhealthireland.ie) or call / text: 085 252 4608

Workshop is facilitated via Zoom or Microsoft Teams

Mental Health Ireland

Date: Tuesday 18 of May  
Time: 1.00pm to 3.00pm  
Contact: [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie) or phone 085 9051504

### 'Five Ways to Wellbeing During Tough Times' - online workshop - Tuesday, 18<sup>th</sup> May from 1pm to 3pm

This 2 hour workshop, which will be delivered by Claire Flynn, Development Officer, with Mental Health Ireland, will cover and define the concepts of mental health and wellbeing. It will help to develop your understanding of how you can look after your wellbeing during tough times and how the application of the Five Ways to Wellbeing can become an effective coping strategy. Free event for adults throughout Co Clare, places are limited, booking is essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kilrush Library on 065 9051504 during branch opening hours or alternatively by emailing

[kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie)

margaret.keane@hse.ie', 'Mid West ARIES in partnership with Mental Health Ireland'."/>

Join Us

PANEL DISCUSSION and Q&A

Have different perspectives on lived experience of mental health challenges. Learn how education can create pathways to wellbeing and recovery.

Book Online at <https://midwestaries.eventbrite.ie>

Margaret Keane | [margaret.keane@hse.ie](mailto:margaret.keane@hse.ie)

Mid West ARIES in partnership with Mental Health Ireland

### "Educational Pathways to Wellbeing and Recovery" Wednesday 26th May 2.00pm to 3.00pm.

This will be a panel discussion with time for questions and answers. You will hear about the different programmes on offer from both Mid West ARIES and Mental Health Ireland along with different perspectives on lived experience of mental health challenges and how education can create pathways to wellbeing and recovery. Book Online at <https://midwestaries.eventbrite.ie>

This one hour webinar is part of Limerick Lifelong Learning Festival 2021, and in partnership with Mental Health Ireland Mid West ARIES.

This webinar will explore:

- Transition from primary to post-primary for students with special educational needs.
- Explore the difficulties and challenges.
- Consider activities and strategies which may ease transitional difficulties.
- Consider Transition strategies during Covid-19.
- Investigate reading, resources and materials to assist in managing the transition process.

SPEAKERS - Geraldine O Loughlin & Rose-Marie Flanagan  
Thursday, 13 May, 7pm to 8pm

### Parent Webinar – Transition from Primary to Post Primary for students with SEN – Thursday, 13<sup>th</sup> May 7pm -8pm

The webinar explores:

- Transition from primary to post primary for students with special education needs
- The difficulties and challenges
- Activities and strategies which may ease transition difficulties
- Transition strategies during Covid-19
- Investigates reading, resources and materials to assist in managing the transition process

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



## 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 11 am to 3pm.

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

Make every day World No Tobacco Day.

[www.who.int/tobacco](http://www.who.int/tobacco)

World Health Organization

31 MAY

## World No Tobacco Day 31<sup>st</sup> May 2021

Healthy Clare would like to remind all groups and organisations who support smoke and vape free spaces to sign up to this initiative. 'Not Around Us' was created by young people for young people and is about supporting Chapter 7 of the [Tobacco Free Ireland policy](#) - denormalisation of smoking and protection of children and young people. **The purpose of Not Around Us' 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 environmental nuisance, cost of cleaning and damage that discarded tobacco products create.
4. Signposting those who would like support in quitting to the [HSE Quit](#) smoking cessation services.

The signage is available for different settings (i.e. school gates, playgrounds, designated areas at festivals). Organisations interested in the signing up to the campaign should go to the Healthy Clare [webpage](https://www.clarecoco.ie/services/community/healthy-clare/) (<https://www.clarecoco.ie/services/community/healthy-clare/>).

COINNIGH UAINN É



## 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](https://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/together/) 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/>