

Healthy Clare – Keepwell Newsletter

November 2021



Healthy
Clare

A note from the Healthy Clare Team

The Healthy Clare team contacted all our Clare Healthy Ireland Round 3 and Community Mental Health Fund (CMHF) recipients last week regarding Pobal's extension to March 2022. This will allow grantees time to spend their existing funds.

For more information on the extension please contact healthyclare@clarecoco.ie

HEALTHY IRELAND

Lets Get Set Campaign



Healthy Ireland launches the 'Let's Get Set' Campaign this November.

This campaign offers simple easy steps on how to create a new healthy habit, be it eating better, getting more physically active, or learning how to take care of your mental wellbeing.

Visit <https://www.gov.ie/en/campaigns/8928d-healthy-ireland/?referrer=http://www.gov.ie/letsgetset/> for advice to help with healthier routines.

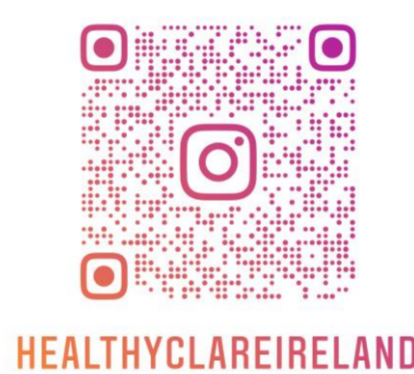
Follow us on Social Media



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



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



HEALTHYCLAREIRELAND

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

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

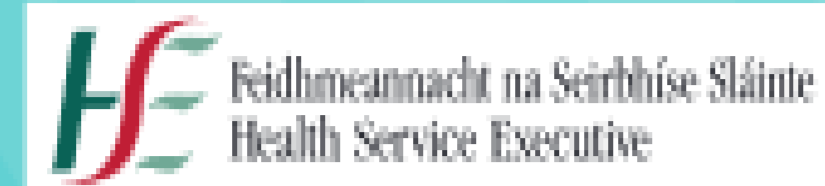


Healthy Clare team attends 'Farm Connect' event in Kilmihil during Mental Health Week 2021

Friday the 8th of October during Mental Health Week 2021, the Lighthouse, (West Clare Mental Health Association) hosted a 'Farm Connect' event on a farm in Kilmihil. Guest speakers for the event included former Ireland and Munster International rugby legend John Hayes and the Chairman of [Awareness Head to Toe](https://www.awarenessheadtoe.com), George Graham. There was a great turn out to the event that included free blood pressure screening, by the Civil Defence and informational stands by The IFA, Quit Mid-West, Social Farming Ireland, Macra na Ferime, Clare Sports Partnership and our own Healthy Clare team. Mental Health is a key priority in the Healthy Clare Strategic plan 2019-2021 which was promoted along with the Healthy Ireland brand on the night. The team distributed Healthy Ireland leaflets and mental health informational booklets along with Healthy Clare's October newsletter which features upcoming local events happening across county Clare.

- For more information on The Lighthouse (West Clare Mental Health Association) please visit <https://www.facebook.com/The-Lighthouse-317715958838263>
- For more information on 'Awareness Head to Toe' visit <https://awarenessheadtoe.com>
- Keep up to date with the Healthy Clare Newsletters by emailing healthyclare@clarecoco.ie or visiting <https://www.clarecoco.ie/services/community/healthy-clare/newsletters/>

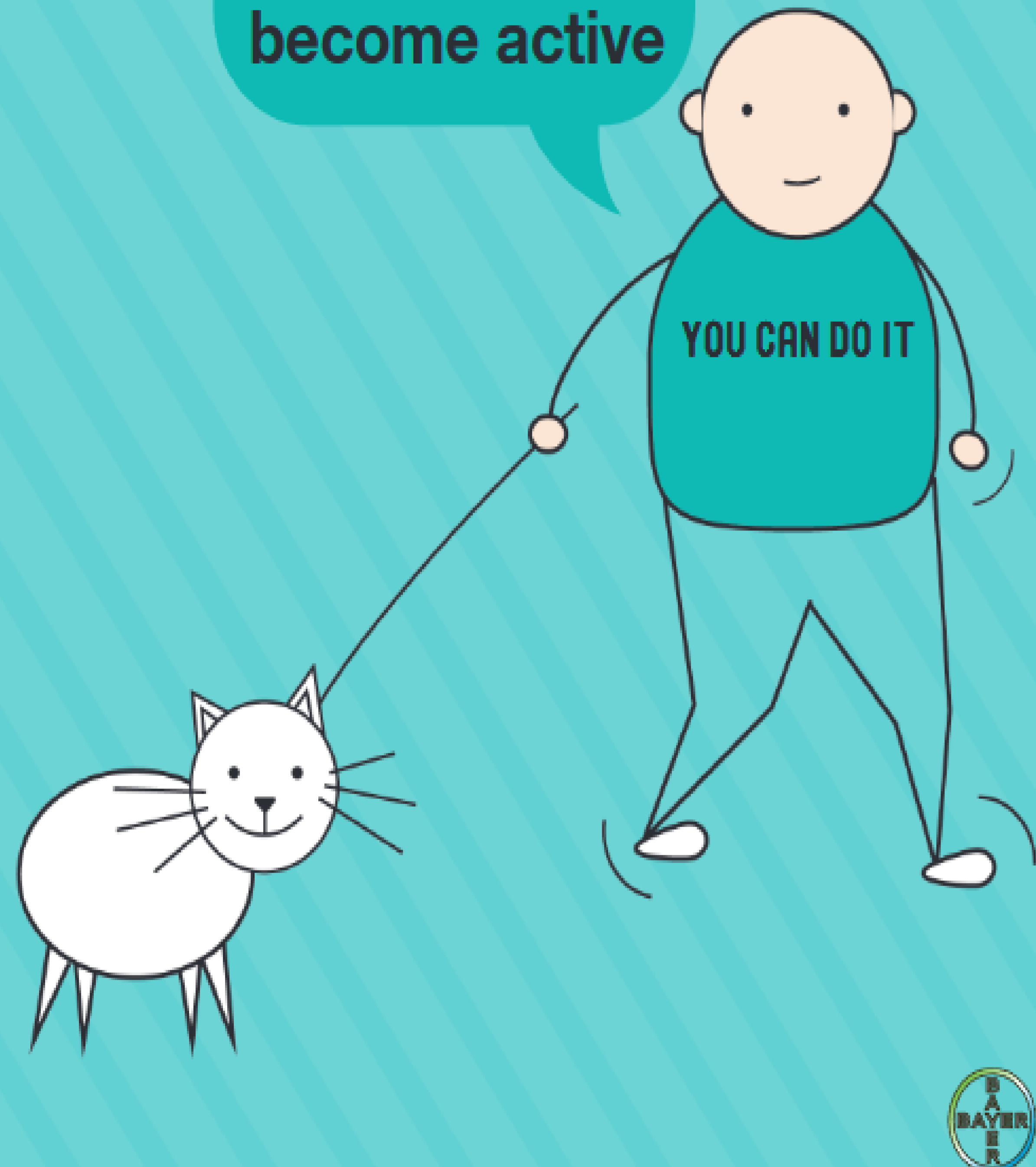
Keeping Active



Getting active for better health

Any exercise is good, generally the more the better.

I can help you start to become active



Want to start exercising?

Check out the HSE's 'Start Exercising' Booklet. It has advice on activity plans, setting goals and getting started and building up exercise plans.

To view the booklet visit <https://www2.hse.ie/file-library/health-eating-active-living/start-exercising-advice-on-how-to-get-active.pdf>

Are you up to the climb?

Start as a beginner and become a efficient climber in this fun four week progressive wall climbing programme

CLARE SPORTS PARTNERSHIP

SUAS Climbing Centre

SPORT IRELAND

When: Starting Wednesday, 10th, November
Time: 7-8pm
Where: Suas Climbing Centre, Clonlara
Who: Over 18's
Cost: €40

Complete all 4 sessions and get €20 back

www.claresports.ie

Clare Sports Partnership has teamed up with Suas Climbing Centre to bring you this fun four-week wall climbing programme.

Join as a beginner and over the course of the four sessions, you will gain the required skills to make you a competent climber.

The programme costs €40 per person but complete all four sessions and you will be refunded €20

If this is something you would like to try, please register your interest on <https://claresports.ie/social-wall-climbing/>

REGISTER NOW

13TH - 14TH DECEMBER 2021

5TH INTERNATIONAL CONFERENCE

FUTURE-PROOFING YOUTH SPORT:
COURAGE AND OPTIMISM

I COACH KIDS

FREE ONLINE EVENT

'I Coach Kids' 5th International Conference will take place ONLINE for FREE on the 13th and 14th December 2021. There were 4,000 registrations for last year's event.

To register visit <https://ick.streamit.cafe/register>



Parkrun 5k events are back every Saturday. www.parkrun.ie

- ❖ Lee's Road www.parkrun.ie/leesroad/
- ❖ Vandeleur www.parkrun.ie/vandeleur/
- ❖ Illaunmanagh www.parkrun.ie/illaunmanagh/
- ❖ Clarisford www.parkrun.ie/clarisford/

Switching Off and Being Creative



CREATIVE FASHION

LEARN HOW TO UPCYCLE & REVAMP

PRACTICAL WORKSHOPS
SUSTAINABLE FASHION

Develop skills to alter
and customise your own
clothes



GROUP 1 WEDNESDAY

Afternoons 4.30-6.30pm

Starting Nov 3rd for 6 weeks

GROUP 2 THURSDAY

Evenings 5.30-7.30pm Starting

Nov 04th for 6 weeks

OPEN TO ALL YOUNG PEOPLE 14 PLUS

in The Junction Youth and Community Building, Cloughleigh Road, Ennis.

Contact Jean 086-1568650 or Helena 085-8047580 to book a place

- All CYS Programmes are drug and alcohol free
- Programme has been subsidised by YWI

PLACES
LIMITED

Contact the [Clare Youth Service](#) staff members

Jean on 086 156 8650 or

Helena on 0858047580



Scariff Library Teen Book Club - Online event

Thursday 9th November at 6.30pm

They will be discussing The Graveyard Book by Neil Gaiman. Register by contacting Scariff Library at (061) 922893 or email scariff_library@clarecoco.ie. Books available at the library.

Scariff Library Adult Book Club Meeting In Branch Event. Thursday November 11th at 7pm

Scariff Library will hold their next Book Club meeting on Thursday 11th November at 7pm.

This month they are reading Strangers on a Train by Patricia Highsmith. New members are welcome. For copies of the book please contact Scariff Library on 061 922893 or email scariff_library@clarecoco.ie

Scariff Junior Bookclub - In Branch Event

Saturday, November 27th at 12 noon

Scariff Library's Junior Bookclub meeting is suitable for ages 9 to 12 and will take place on Saturday 27th November at 12 noon.

They will be reading Harry Potter and the Philosopher's Stone by JK Rowling. Copies of the book are available from Scariff library. Numbers are limited due to current restrictions so for more information or to book your place, please email: scariff_library@clarecoco.ie or call 061-922893 during library opening hours. New members are always welcome.



Clare Arts Office

Keep up to date with the Clare Arts Office by visiting their webpage and social media channels.

New events will be announced there. There is a lot happening around the county over the next 2 months in particular as things are beginning to open again.

Visit the Clare Arts webpage on <https://clarearts.ie/> and follow them on Facebook <https://www.facebook.com/clarearts> and Twitter <https://twitter.com/ClareArtsOffice>

COMHARLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

Clare County Library

History Week
Seachtain na Staire

16th-22nd October 2021

Contributors include:

Sinéad McCoolle
Mary McAuliffe
Áine Hensey
Marie Connole
Joe Power
Joe Ó Muircheartaigh
Rita McCarthy
Mike Hanrahan
John Rattigan
John Treacy
Brian Spring
Cuimhneamh an Chláir and
Tim Collins

ALL EVENTS
FREE
OF CHARGE

With exhibitions on the Mid Clare Brigade, Irrepressible Women of Clare and the County Clare Nursery (Mother and Baby Home).

Online at www.clarelibrary.ie
Information from: decadeofcentenaries@clarecoco.ie

DECADE of CENTENARIES
IN COUNTY CLARE

COMHARLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

An Roinn Turasoireachta, Cultúir, Ealaíon, Gaeltachta, Spóirt agus Meia
Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media

The Clare County Library History Week / Seachtain na Staire ran from Saturday, 16th October until Friday, 22nd October. It included exhibitions and lectures on topics like the War of Independence, the County Clare Nursery and much more.

Find the full programme of events here:

https://www.clarelibrary.ie/eolas/library/doc_info.htm

Some of the events were recorded and can be watched back on the Clare Library YouTube channel on

<https://www.youtube.com/user/clarelibrary/videos>

If you have any queries please contact

contactdecadeofcentenaries@clarecoco.ie

Minding Your Mood



Connect at THE LIGHTHOUSE

Who is THE LIGHTHOUSE for?

THE LIGHTHOUSE is open to all, including: Those seeking support for themselves, their family members and supporters, and all interested in supporting and promoting positive mental health and wellbeing in West Clare

What can you expect at THE LIGHTHOUSE

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

Open Tuesdays 7-9pm

Thursdays 11-1pm

For more information

email : westclaremha@mentalhealthireland.ie

Or Text 086 6043473

Online Clare Garden Festival WEBINARS

Live on **Facebook**
- hosted by Carmen Cronin

Register by emailing info@claregardenfestival.com

Grow & Garden For Balance

Wednesday, 10th Nov @ 8pm

With
Grower, Chef &
Author
Mark Diacono
previously
of River Cottage



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

Clare Garden Festival are hosting a "Grow & Garden For Balance" webinar with Mark Diacono. The webinar will be LIVE from their Facebook page on Wednesday, the 10th of November 2021 at 8pm Email info@claregardenfestival.com to register

Talk it
through
We're here
to listen

Call free day or night on
116 123

Email
jo@samaritans.ie

SAMARITANS

samaritans.ie

A registered charity

Staying Connected

INVESTIGATING THE CHANGING SPATIAL RELATIONSHIPS BETWEEN HOMES AND WORKPLACES

ICLRD InPLACE: Investigating Place, Planning and Commuting

Do you live or work in Ennistymon or Lahinch, Co.Clare?

The International Centre for Local and Regional Development (ICLRD) at Maynooth University has selected Ennistymon-Lahinch as one of three case study locations for an all-island study about commuting patterns and places of residence and work. They are currently collecting and mapping relevant data, and in the autumn, will be holding information meetings and workshops locally in Ennistymon and Lahinch. In the meantime, you are invited to contribute to this important research.

If you live or work in or near Ennistymon-Lahinch, you are invited to share your experiences and views via a survey questionnaire. To complete the 10 minute form please visit <http://forms.gle/fuDscRjNdtVshqsG9>.

For more information on ICLRDR visit <http://ICLRD.org>

Community Time Machine

A neighbourhood archive of stories and creativity

Become a Community Organiser to bring the Community Time Machine to your area!



Neighbourhood Network is a not-for-profit community building organisation who are running a project in conjunction with Clare County Council, Creative Ireland and Age Friendly Ireland- **The Community Time Machine!**

They are seeking people who are interested in running the project in their local community. There are some exciting incentives to join the project, including: €100 towards a charity/group of each group's choice, a time capsule to store their project and a visit from a professional photographer to capture portraits of the seniors involved. This is a brilliant opportunity for anyone with a keen interest in community spirit and archiving local history.

It's also a chance to connect senior people and teenagers locally.

For more information on this creative cross-generational project please visit

<https://timemachine.neighbourhoodnetwork.ie/get-involved/>

FREE Smartphone 4 Week Classes for Older People at your local Library in Clare

Locations	Date / Time	To Register Contact
Kilkee Library	2/11/21 - 2:30 → 4:30pm	065 905 6034 or kilkee@clarelibrary.ie
Ennistymon Library	3/11/21 - 10am → 12pm	(065) 707 1245 or ennistymon@clarelibrary.ie
Shannon Library	4/11/21 - 11am → 1pm	(061) 364 266 or shannon@clarelibrary.ie
Scariff Library	4/11/21 - 2:30 → 4:30pm	(061) 922893 or scariff_library@clarecoco.ie
Ennis Library	5/11/21 - 10am → 12pm	065-6846353 or email devalera@clarelibrary.ie

*Have a Smartphone?
Need help using it?*



Eating Well



[Find out how media works over 4 topics](#)

MediaWise is packed with fun interactive activities that develop awareness and understanding of the media.

- Variety of methodologies
- Tailored for different ages and learning stages
- Flexible 8 week, 8 lesson course
- Linked to Language, SPHE, SESE, Drama, Geography, Visual Arts and Mathematics curricula and Classroom activities

Visit <https://www.safefood.net/mediawise> for resources

Meal Planning

This can really help you have healthy meals and snacks no matter how busy things get.

Visit SafeFoods Ireland for the six ways to help make planning part of your weekly schedule:

<https://www.safefood.net/Healthy-Eating/Transform-your-trolley/Meal-planning>



If you're interested in brushing up on your cooking skills check out SafeFood Ireland's video guide to the techniques that are used often in the kitchen. It's easier than you think. Why not try one new cooking technique each week and soon you'll be cooking like a pro! Take a look at their cooking skills videos on <https://www.safefood.net/professional/nutrition/nutrition-resources/food-skills>

