



Healthy Clare

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

A Note from the Healthy Clare Team

Thank you to everyone who signed up to participate in the 'We're Breastfeeding Friendly Clare' campaign and to those who participated in the successful launch of the campaign on Monday, 4th October 2021 during National Breastfeeding Week.

- Visit to watch the launch video

https://www.youtube.com/watch?v=UUOZ_xTc4Nk

- Visit to watch the promo video

<https://www.youtube.com/watch?v=KvK5Yf81JHI>

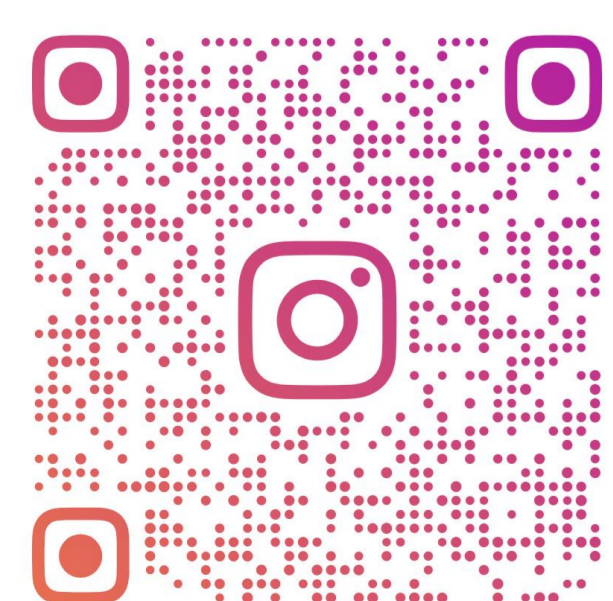
Follow us on Social Media



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



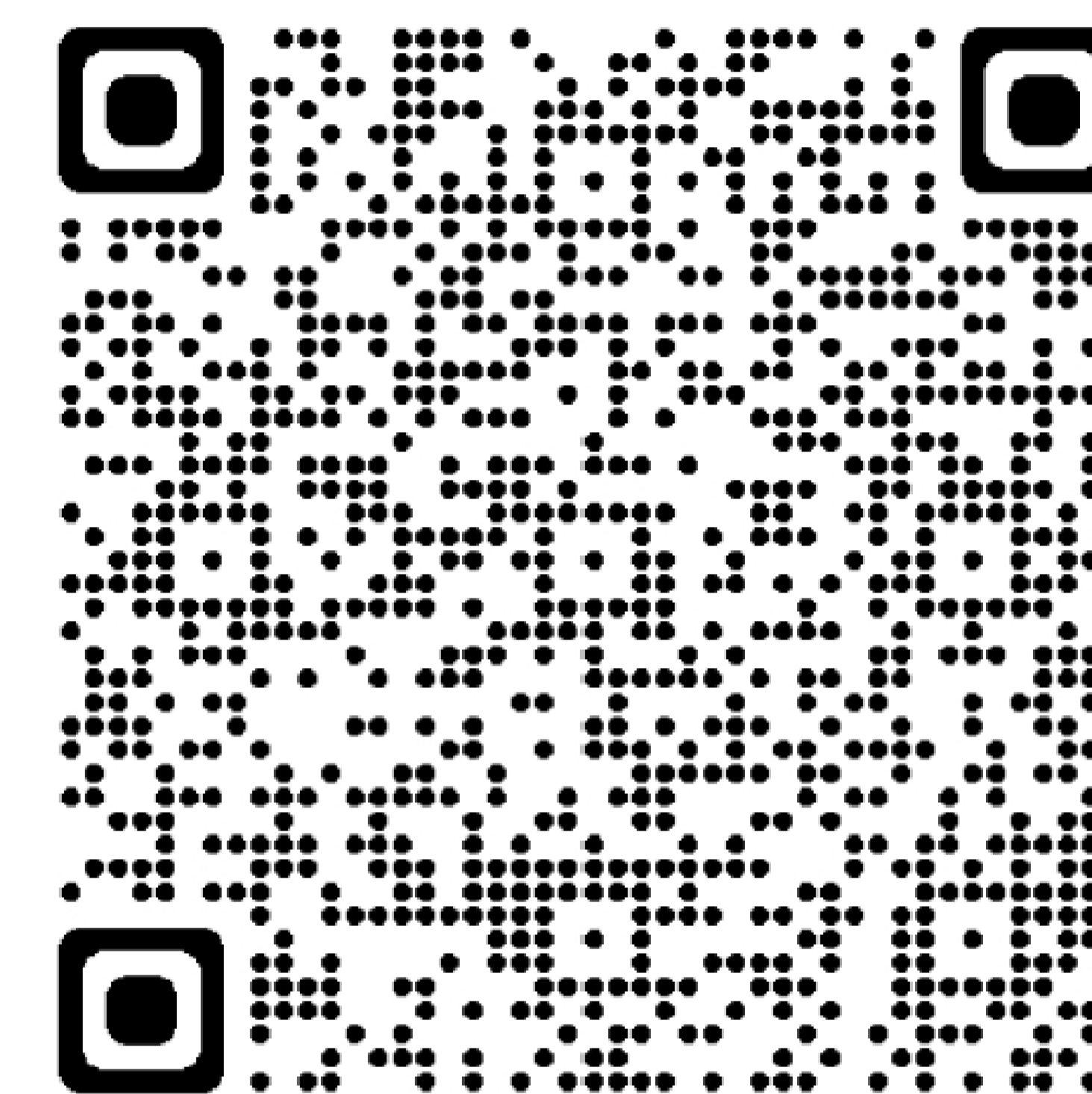
[@healthy_clare](https://twitter.com/healthy_clare)



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

HEALTHYCLAREIRELAND

'We're Breastfeeding Friendly Clare' launch 4th October 2021



Clare County Council in conjunction with the HSE launched the '[We're Breastfeeding Friendly Clare](#)' campaign on 4th October 2021. The launch of the campaign comes during National Breastfeeding week (1st – 7th of October) and is supported by Healthy Ireland. The campaign aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities in County Clare. Generally, mothers who breastfeed their babies out and about do so with ease. Research tells us the two things that make mothers feel comfortable when breastfeeding out and about are;

- (1) a welcoming, helpful attitude from staff and
- (2) other patrons knowing and accepting that babies may be breastfed there.

Participants of the campaign will receive a 'We're Breastfeeding Friendly Clare' booklet that describes the campaign which staff are encouraged to read. An A5 window sticker or A3 poster will also be included and should be displayed clearly at the premises. A GIS map will be created highlighting to families the locations of our breastfeeding friendly environments in Clare.

If your business, organisation or community group would like to get involved in the campaign, then please do show your support by signing up on the 'We're Breastfeeding Friendly Clare' dedicated webpage <http://yoursay.clarecoco.ie/breastfeedingfriendlyclare>

For more information on the 'We're Breastfeeding Friendly Clare' campaign

Please visit <https://yoursay.clarecoco.ie/breastfeedingfriendlyclare> and to sign up to the campaign fill out the expression of interest form on https://yoursay.clarecoco.ie/breastfeedingfriendlyclare/survey_tools/wbffclare-eoi-form.

The Healthy Clare Coordinator can be reached by emailing healthyclare@clarecoco.ie.



Physical Activity classes for adults over 55, in the community

— SPORT IRELAND —

Keep up to date with all the Clare Sports Partnership activities

- Website: www.claresports.ie
- Facebook: www.facebook.com/claresports
- Twitter: www.twitter.com/Claresports
- Instagram: www.instagram.com/claresports/

Active Ageing Exercise Class For Older Adults



Exercise class incorporating muscular strength training, cardio, core strength, balance, flexibility & co-ordination.

Increase strength, improve bone density, balance, co-ordination & joint mobility.

Functional movement for independent living.

Fiona Ward's Classes

Booking is Essential – 086 – 22 40 360

Tuesday – Clarisford Park, Killaloe @10.00am

Wednesday – Scariff Community Hall @ 12noon

Thursday – Clarisford Park, Killaloe @10.00am

Fitness 4 Fun

John Conroy's Classes

Booking is Essential – 087 66 66 927

Mondays – Kilkishen @ 10am,
Quinn @ 11.30am
Cois na habhna @1.15pm

Tuesdays – Kilmurry McMahon @10.00am

Wednesday Online @9.45am,
Crusheen @11.45am
Ennis Scout Hall @1.45pm
Carron @ 4.00pm

Fridays – Sixmilbridge @ 10.00am
Shannon @ 12noon

LET'S GET BACK TO SPORT

MEN WANTED

Want to start exercising?
Want to feel fitter and have more energy?
We are delivering a 10 week **FREE MEN ONLY**, physical activity programme in Kilrush

What we are offering

- Strength workouts
- Walking programme
- Sports Psychologist
- Healthcare professionals
- Step meters
- T-Shirts

Calling all men over 35's

Programme Format
Starting 12th October

- Every Tuesday @7:45pm
- Every Thursday @7:45pm

For Further Details
www.claresports.ie/menonthemove
pat@claresports.ie or 087 6471671

Supported by: SPORT IRELAND

<https://register.enthuse.com/ps/event/MenontheMove20212>

Teen Girls Kayaking

Four Week Programme
Starting Monday 4th October
Time: 5-6pm
Where: Ballyalla Lake
Who: Girls 13-18

Free

Kayaking for teenage girls aged 13 to 18.
Give outdoor water sports a try in this 4 week programme.

Register your interest and the lucky participants will be selected at random

https://register.enthuse.com/ps/event/ClareSportsPartnershipTeenGirlKayaking?fbclid=IwAR3F1YraSz4_a9qFDLmVQ3lp512EvoP-w4OnEGoHUAeCHOIGaAlLwvXFtgc

GET SET TO GET WET

5 Week Swimming Programme for Women

- Increase your swimming distance
- Meet swimmers of similar ability
- Improve your swimming techniques
- Group swimming enhances motivation
- 1 weekly coached session

€50

Coached Sessions Take Place
Kilkee Waterworld starting Saturday 25th September @4.30pm

More pools been added in the coming weeks

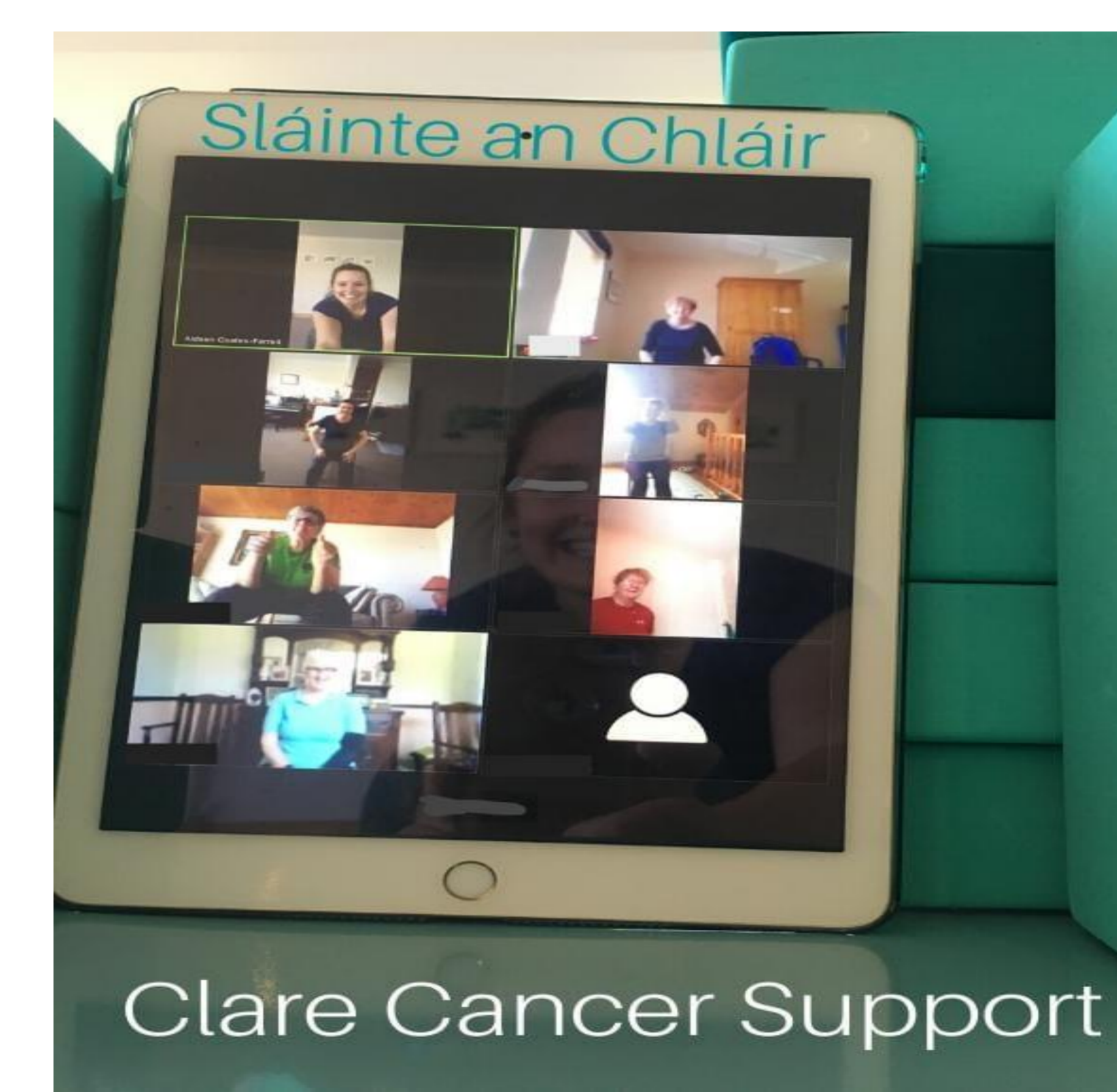
*** You must be able to swim 2 full lengths of a 25m pool to enter this programme***

https://register.enthuse.com/ps/event/GetsettogetWet2021?fbclid=IwAR1580u3AjbFuzHlgeDQEOJmEfkq3Z3uBe22nVNovY1vyEbZq_oxwK4



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/



Clare Cancer Support

- Exercise can reduce the effects of fatigue during and after cancer treatment.
- Exercise can improve lymphoedema symptoms.
- Exercise can minimise bone density loss associated with some cancer treatments.
- We offer physiotherapist led exercise groups to support people affected by cancer.

Weekly bone strengthening and muscle building exercise classes on zoom with physiotherapist Aideen **YOUtherapies** If you are finished treatment or undergoing treatment and would like to join an exercise class from your own home get in touch with Clare Cancer Support on 087 691 2396 or admin@clarecancersupport.com



The Children's Book Festival is an annual event that occurs in libraries throughout Ireland during the month of October. It is part of Right to Read, a national programme to promote literacy and reading development for people of all ages and backgrounds. The aim of Children's Book Festival is to bring the world of storytelling and creative writing to every child of primary school age in Ireland. Each year Clare County Library invites primary school children to visit the libraries for a full programme of workshops, talks and performances with the best children's artists and facilitators. This year's festival in Clare will be a mixture of live-online and in-person events, which will be offered to primary schools in each library region. It is supported by Clare Libraries, Clare County Arts Office, Clare County Council and Creative Ireland.

https://www.clarelibrary.ie/eolas/library/services/childrens/cbf/CBF_2021_brochure.pdf



The Story of Clare and its People 1570-2020, a lecture by Dr John Treacy

DeValera Public Library at 11.30am

Dr John Treacy co-authored the title '*The Story of Clare and its People 1570-2020*' with Dr Matthew Potter. The book traces the history of local government in Co Clare from its formation as a county up to the present day. This event takes place in conjunction with Clare Cultural Companions and forms part of Clare County Council's Decade of Centenaries programme. **Clare Library History Week** will run from 16-22 October.

Please book your place by emailing devalera@clarelibrary.ie or by calling DeValera Library, Ennis on 065 6846353



Clare County Library offers many different services for both young and old. For more information on the services they provide please visit <https://www.clarelibrary.ie/eolas/library/services/services.htm>



13th Sept. – 16th Oct., 2021
'Time Lapse' - An exhibition by Claus-Eckhard Kraemer Scarriff Library Gallery, Scarriff, Co. Clare.

For further information please contact Claus on:
Phone: +353-85-8589583
Email: cek@cekraemerart.de
Web: www.cekraemerart.de



CLARE COUNTY LIBRARY



Supporting Your Dyslexic Child
An information session for parents and caregivers.



Clare County Library is preparing for another busy Children's Book Festival this year with a wide range of events for school children being offered to primary schools around the county. This year they are providing 2 online information sessions: '**Supporting Your Dyslexic Child**' by children's author Caroline Busher. Caroline developed a programme of workshops and supports for children who are dyslexic. Caroline will share her own experience and expertise on finding creative ways to encourage positive reading environments for children who are dyslexic. With lots of practical advice on how to encourage your child to read and write and increase their confidence around books, this information session will be useful to any adults with children who struggle to read confidently. Suitable for parents and caregivers. Delivered via zoom. There are two time slots available:

Mon, 4 October at 20:00 pm. To book go to <https://buytickets.at/clarecountylibrary/581664>

Wed, 6 October at 10:00 am. To book go to <https://buytickets.at/clarecountylibrary/581668>

CARRIGORAN HOUSE PRESENTS



A Lockdown Love Story

A magical evening of entertainment in aid of Carrigoran House Nursing Home



Star Performance
3 Course Dinner & Dancing
Raffle

Starring
Colum McGrath & Aine Higgins
Residents, Staff & Volunteers

22nd October 2021 | 7pm
The Inn at Dromoland

Tickets €50 | Available from Carrigoran House Reception

Tickets are available from Carrigoran House

Call 061 368100 or email info@carrigoranhouse.ie

Thursday 7 October

Singing for Wellness
with Maria Wood, Sing to Connect

Sample the mental health benefits of community singing in the company of Maria Wood. Simple songs that will bring you to a place of peace, connection and joy. Some will be in harmony, some will be in unison. They will be songs to uplift, soothe and inspire, and you will be able to carry them home with you to sing to your heart's content. Suitable for beginner and experienced singers.

Location: The Banner Suite, Old Ground Hotel, Station Road, Clonroad Beg, Ennis, Co Clare, V95 WDX2

Time: 7pm

BOOKING NECESSARY

To book a place call or text 085 252 4608 or email ennismha@mentalhealthireland.ie

Friday 8 October

Walk for Wellbeing at Lee's Road Woodland Walking Trails
with Clare Sports Partnership

Pat Sexton, Clare Sports Partnership, will lead a walk with a Mental Health & Wellbeing focus. This will be a slow-paced, relaxing walk of 3 to 4 km & will take a maximum of 1 hour. Just an average fitness level is required. Please wear suitable clothing & footwear. On-site car parking is available.

Location: Lee's Road Sports & Amenity Park, Lee's Road, Drumcliffe, Ennis, Co Clare, V95 W560

Assembly Point: Playground at Lee's Road Facility

Time: 11am

NO BOOKING REQUIRED

Monday 11 October

Nutrition & Mental Health
with Grainne Travers Nutrition

Grainne Travers is passionate about her work as a Nutritional Therapist, and in this talk, will discuss how nutrition and lifestyle can play an important part with regard to Mental Health.

She will discuss various topics with regard to Nutrition and Mental Health, including energy balance, inflammation and gut bacteria, and lifestyle topics including sleep and exercise.

Grainne will also demonstrate with some simple and healthy foods that you can try to incorporate into your daily life.

Location: Ennis Scout Hall, Station Road, Ennis, Co Clare, V95 A394 (in grounds to the rear of Cathedral)

Time: 7pm

BOOKING NECESSARY

To book a place call or text 085 252 4608 or email ennismha@mentalhealthireland.ie

All events
are FREE

Wednesday 13 October

Begin Again: Practical Resilience for Difficult Times
with Dr Tony Bates

Dr Tony Bates is a Clinical Psychologist, who was Head of Psychology for 30 years in St James's Hospital Dublin, and who established and directed the MSc Cognitive Psychotherapy in TCD until 2006. He founded Jigsaw (The National Centre for Youth Mental Health) in 2006 to serve young people and their mental health needs.

Resilience is what helps when life takes a turn for the worse. The purpose of this workshop is to support you finding the resilience you need to face challenges in your life, big or small. To begin again. The strength you need lies inside you, in relationships, in your community and in the wider world. In the face of a crisis it can be hard to see these resources.

This workshop will guide you to identify and connect with your own inner strength and with resources in your life. Through a series of simple interactive exercises, each participant will knit together these supports into a personal "resilience story".

The aim is to make you feel more confident that whatever challenge you are facing, a better-than-expected outcome is possible. And that you leave this workshop with the clarity and confidence you need to help move in the direction of making that happen.

Location: The Great Hall, Temple Gate Hotel, Arthur's Row, Ennis, Co Clare, V95 HOXK

Time: 7pm

BOOKING NECESSARY

To book a place call or text 085 252 4608 or email ennismha@mentalhealthireland.ie

For more information or to book a place at any of the events please contact **Ennis Mental Health Association** on 085 252 4608 or ennismha@mentalhealthireland.ie

Celebrating World Mental Health Week

#THE MAN I AM

my mind, my body, my world

WEBINAR

Tuesday, 12th October, 7:00pm

A discussion focusing on men's mental health in a modern world: Exploring identity, experiences, challenges and perceptions.

Hear from our great panellists about their own experiences, challenges and how they mind their own mental health and wellbeing. One thing they all have in common is their passion for mental health, how they use their lived experience to support and empower others.

For further inquiries please contact Bill Vaughan: Bill@mentalhealthireland.ie

Brian Pennie - Lecturer, Audio Presenter and Author
Keith Russell - Creator of The Endless Spiral Podcast
David Dwyer - Lead peer educator with the Recovery College Southeast
Dr. Shane O'Donnell - Health Promotion Officer with HSE

Mental Health Ireland
FORUM
RECOVERY COLLEGE SOUTH EAST

Men's Mental Health Webinar

https://us02web.zoom.us/webinar/register/WN_ZCb0hG5uQY2tK1kRL0tciA

Please Join us...

ON 5TH OCTOBER FROM 10AM - 1PM
ONLINE FOR A VERY SPECIAL EVENT

"HUMAN RIGHTS & MENTAL HEALTH: AN INTRODUCTION & EXPLORATION"

To celebrate World Mental Health Day 2021, Mental Health Ireland are hosting an online event via Zoom to explore human rights, mental health and 'mental health in an unequal world'. With special guest speakers **Colm O'Gorman**, Executive Director of Amnesty International Ireland and **Fiona Coyle**, Chief Executive Officer of Mental Health Reform.

The event will engage the audience in a human library inspired discussion on the key themes of human rights, mental health, and what we need as human beings to flourish. Have your say!

Contact sonia@mentalhealthireland.ie or communications@mentalhealthireland.ie to register

Human Rights & Mental Health An Introduction & Exploration
<https://us02web.zoom.us/meeting/register/tZ0uceuoqDIqH9decMknaLfhyHiH6ByBg0uR>

TAKE CONTROL WITH STRESS CONTROL

October 2021: Commencing Monday 2nd October

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

	What is Stress?	9am, Monday 4th October (available until 11pm Wednesday 6th)
	Controlling your Body	9am, Thursday 7th October (available until 11pm Sunday 10th)
	Controlling your Thoughts	9am, Monday 11th October (available until 11pm Wednesday 13th)
	Controlling your Actions	9am, Thursday 14th October (available until 11pm Sunday 17th)
	Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 18th October (available until 11pm Wednesday 20th)
	Controlling your Future	9am, Thursday 21st October (available until 11pm Sunday 24th)

www.stresscontrol.ie

The HSE can't deliver their Stress Control classes in the community just now, therefore Dr Jim White will, instead, live-stream the classes until December, free-of-charge.

Visit the following links to

- get all the dates https://stresscontrol.ie/?fbclid=IwAR0PdDHDhks_IPJP-d8wTs_I74_gMla-eTQ-nU3yNLFrdM8eyekbrVE9KQY
- To find out more about Stress Control click here <https://stresscontrol.ie/stress-control/>

Mental Health Week 2021

CONNECT TALK & LISTEN, BE THERE, FEEL CONNECTED
BE ACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR BODY
TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT MAKE YOU SMILE
KEEP LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, EXPLORE YOURSELF
GIVE Your time, your words, your presence

Day	Time	Theme	Event
Thursday Oct 7 th	7pm	Give	Facebook Live Music & Chat
Friday Oct 8 th	7pm	Connect	Farm Talk with John Hayes & George Graham
Saturday Oct 9 th	11am	Take Notice	Guided Woodland Walk in Vandeleur Woods with Eanna Ni Lamnha
Sunday Oct 10 th	2:30pm	Be Active	Beach Walk & Talk with your best friend (2 legged or 4 legged) in Kilkee
Monday Oct 11 th	7pm	Keep Learning	Webinar Talk with Dr Sharon Lambert

For more information or to book a place at any of the events please contact **West Clare Mental Health Association** on 086 604 3473 or westclaremha@mentalhealthireland.ie

CONTACT US

01 - 437 1209

telefrinding@lgbt.ie

Sign-up and learn more at:
www.lgbt.ie/telefrinding

LGBTI+ TELEFRINDING SERVICE

Supporting LGBTI+ community members over 50+

www.lgbt.ie/telefrinding

[LGBT Ireland](http://www.lgbt.ie) are piloting a new LGBTI+ Tele friending Service in Ireland that supports LGBTI+ people over 50+ to have a weekly call with a Tele friending Volunteer. For more details or to self refer visit www.lgbt.ie/telefrinding. They also welcome applications for new Tele friending Volunteers through the website.

Any inquiries can be directed via email to: telefrinding@lgbt.ie



DeValera Library Bookclub – Wed. Oct. 6th Online Event 11a.m.

For their October meeting, they are reading ‘As You Were’ by Elaine Feeny. New members are welcome. Participants will require remote access to Zoom to take part. Copies of the book are available from the DeValera Library.

For more information or to book your place, please email: devalera@clarelibrary.ie or call 065-6846353



**Have a Smartphone?
Need help using it?**

Why not join our
Smartphone Classes for Older People
and learn how to get the most from your smartphone.

Free Classes

- Learn how to install Apps.
- Learn how to Email and use WhatsApp.
- Learn how to Zoom
- Learn how to use library online resources

Classes starting from the 27th September 2021

Contact one of these library branches to book your place:

DeValera Library, Ennis - (065) 6846353 or (065) 6891317
 Ennistymon Library - (065) 7071245
 Kilkee Library - (065) 9056034
 Scariff Library - (061) 922893
 Shannon Library - (061) 364266

“What I wanted to get from Cultural Companions was to meet new people and get out more. It’s that simple for me”

Cultural Companions Member

Clare Cultural Companions An Age & Opportunity arts initiative

Join the [Clare Cultural Companions](http://www.clarecoco.ie), a social network for Clare’s older citizens. It is a space for those interested in, meeting new people, the arts, culture and volunteering. For more details please call (065) 6846240 or email hmoloney@clarecoco.ie



AUTUMN IN THE GARDEN COURSE

WEDNESDAYS 10:00-12:00
Starting October 6th

@
Ennistymon Community Garden
(behind Little Deers Childcare - Ardnaculla, Ennistymon)

with support from the Limerick and Clare Education and Training Board

For registration assistance call Barbara on 065-7071144.



To register call Barbara on 085-8631020 or 065-7071144.

- *Bringing Biodiversity into the Garden
- *Getting the garden ready for the winter
- *Growing and Use of Herbs
- *Identifying Plants
- *Saving Seeds
- *Making Structures for the Garden

FOR MORE INFORMATION OR TO REGISTER CONTACT:
NORTH WEST CLARE FAMILY RESOURCE CENTRE
065-7071144



Overweight & Obesity....Let's Talk! PROGRAMME

Date: 7th October 2021 Time: 3pm – 7pm

3pm	Welcome – <i>Dr Brendan O'Shea</i>	5pm	Movement Break
3.05pm	Obesity National Clinical Programme Update – <i>Prof Donal O'Shea</i>	5.30pm	Introduction – <i>Dr Jean O'Connell</i>
3.30pm	Movement break	5.35pm	ASOI Update – <i>Dr Sarah Browne</i>
3.35pm	Patient/Healthcare Professional consultation demonstrations	5.50pm	Body Weight is Not a Choice – <i>Dr Carl Roberts</i>
4.35pm	Panel Discussion	6.15pm	Sleep & health – <i>Dr Erla Sveinsdóttir</i>
4.45pm	Building Capacity To Treat Childhood Obesity, Update on Slaintecare and Landscape projects – <i>Louise Tully</i>	6.40pm	Movement Break
		6.45pm	Panel Discussion
		7.00pm	Summary and Close



The 'Overweight & Obesity... Let's Talk' webinar

Hosted by the HSE Obesity National Clinical Programme and the Association for the Study of Obesity in Ireland is on the 7th October 2021. This is an informal, virtual event open to everyone with an interest in overweight and obesity.

Hear from leading Irish and International speakers and take part in a Q & As with experts on obesity care in Ireland.

Find out more about:

- How to get the most out a consultation, what questions to raise with doctors
- Complications of obesity like hunger and sleep, and the effects they have on daily life

Registration is free and open for all... public, professionals, lived experience.

To register visit http://ims.zoom.us/webinar/register/WN_YCSZ8Fb-Qt6Lgb8v5a71JA

Online Clare Garden Festival WEBINARS

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

Register by emailing info@claregardenfestival.com



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

Fabulous Fruit & Flowers

Thursday, 07th October @ 8pm

With
Master Gardener
Peter Dowdall



Clare Garden Festival are hosting a "Fabulous Fruit & Flowers" webinar with Master Gardener Peter Dowdall. The webinar will be LIVE from their Facebook page on Thursday, the 7th of October 2021 at 8pm Email info@claregardenfestival.com to register

Part II of a two-part webinar series for SMEs safefood Knowledge Network 19th October at 10am.

Safefoods in partnership with O'Neill Food Solutions and Jordan Food Safety, presents a two-part webinar series 'Effective Food Safety' for small and medium-sized food businesses.

Part II will cover

- An introduction to food poisoning bacteria & how to control them - Linda Gordon, safefood
- Cleaning & hygiene for Food SMEs - Ed O'Neill, O'Neill Food Solutions
- Case Studies: real life examples - Kieran Jordan, Jordan Food Safety

For more information:

please visit https://www.safefood.net/food-safety-sme2?fbclid=IwAR1TS80ziiX7gt1D03Raws412OIN_2pNA8unWNaS0uVenxb40D-i-k24knE

Effective food safety part II

