

# Healthy Clare – Keepwell Newsletter

## September 2021



Healthy  
**Clare**

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

### A Note from the Healthy Clare Team

Thank you to everyone who submitted their Community Resilience, Healthy Ireland round 3, Community Mental Health and Community Mental Health Small Grant progress and financial reports. We really appreciate all the hard work being carried out across all of our communities here in County Clare. We've been living in such strange times and it's wonderful to read through the reports and see the resiliency and adaptability of all your community groups and organisations as you continue to promote health and wellbeing in Clare.

## 'We're Breastfeeding Friendly Clare' to launch in October 2021



For More Information  
Email [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)  
 @healthy\_clare @HealthyClareIRL @healthyclaireireland

County Clare are launching the 'We're Breastfeeding Friendly Clare' campaign next month. 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.

Together, we will:

1. Support business, community and public service settings to welcome breastfeeding mothers and families.
2. Support breastfeeding mothers and families to be active in the community
3. Support parents during the key life transition of becoming a parent
4. Support a strong culture of connectedness - between agencies and within communities (and of course, between mother, family, baby and community)

For more information on the 'We're Breastfeeding Friendly Clare' campaign please visit <https://yoursay.clarecoco.ie/breastfeedingfriendlyclare> and If your business or organisation would like to participate in the campaign go to [https://yoursay.clarecoco.ie/breastfeedingfriendlyclare/survey\\_tools/wbffclare-eoi-form](https://yoursay.clarecoco.ie/breastfeedingfriendlyclare/survey_tools/wbffclare-eoi-form)

For more information email the Healthy Clare team on [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)



### Ennis Age Friendly Town Plan

The Age Friendly Towns initiative has been implemented in Ennis and across many other towns in Ireland. By prioritising the participation of older people in the Ennis Age Friendly Town project, it will significantly improve the quality of life of older adults living, shopping and socialising in the town.

The capital town of Ennis accounts for approximately 23% of the county's population and based on projected growth will increase by a further 25% by the year 2040. The development of Ennis as an Age Friendly town will facilitate an increase in the older generation living in the town or visiting. By using Ennis as a pilot town, the initiatives can be replicated in other towns in Clare. To read the new Ennis Age Friendly Town Plan please visit <https://www.clarecoco.ie/services/community/age-friendly-programme/ennis-age-friendly-town/>

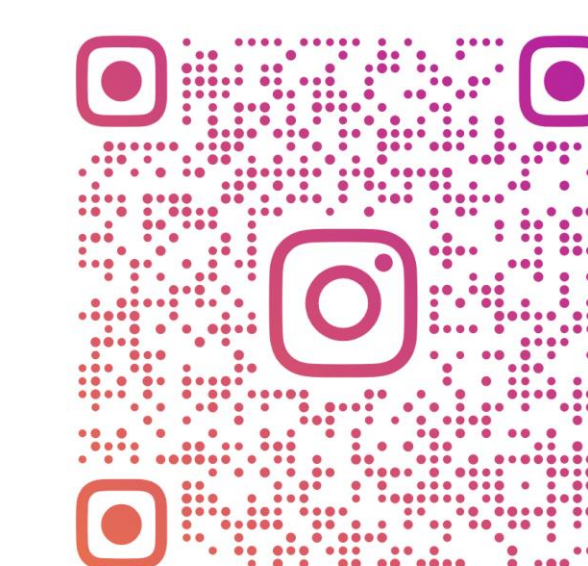
### Follow us on Social Media



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



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



HEALTHYCLAREIRELAND

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



# Keeping Active



Join us on Facebook  
Monday  
Wednesday :  
Friday  
at 11am for

Age & Opportunity  
Movement Minutes



#AgeandOpportunity

1 hour Movement Minutes classes hosted by [Age & Opportunity](#) LIVE from their Facebook [page](#). To watch previous classes visit their YouTube [Channel](#).



## Derg AC's athletics programmes

### Inclusive activities (Ages 5yrs – 16yrs )

- Saturday's 10:30am – 11:30am.

### Little Athletics (Ages 5yrs – 7yrs)

- Monday's and Tuesday's 6pm -7pm and Saturday's 11:30am-12:30pm..

### Juvenile Athletics (Ages 8yrs – 11yrs)

- Monday's and Tuesday's 6pm -7pm and Saturday's 11:30am-12:45pm.

### Teen program

- Tuesday's and Thursday's 6pm – 8pm and Saturday's time TBC.

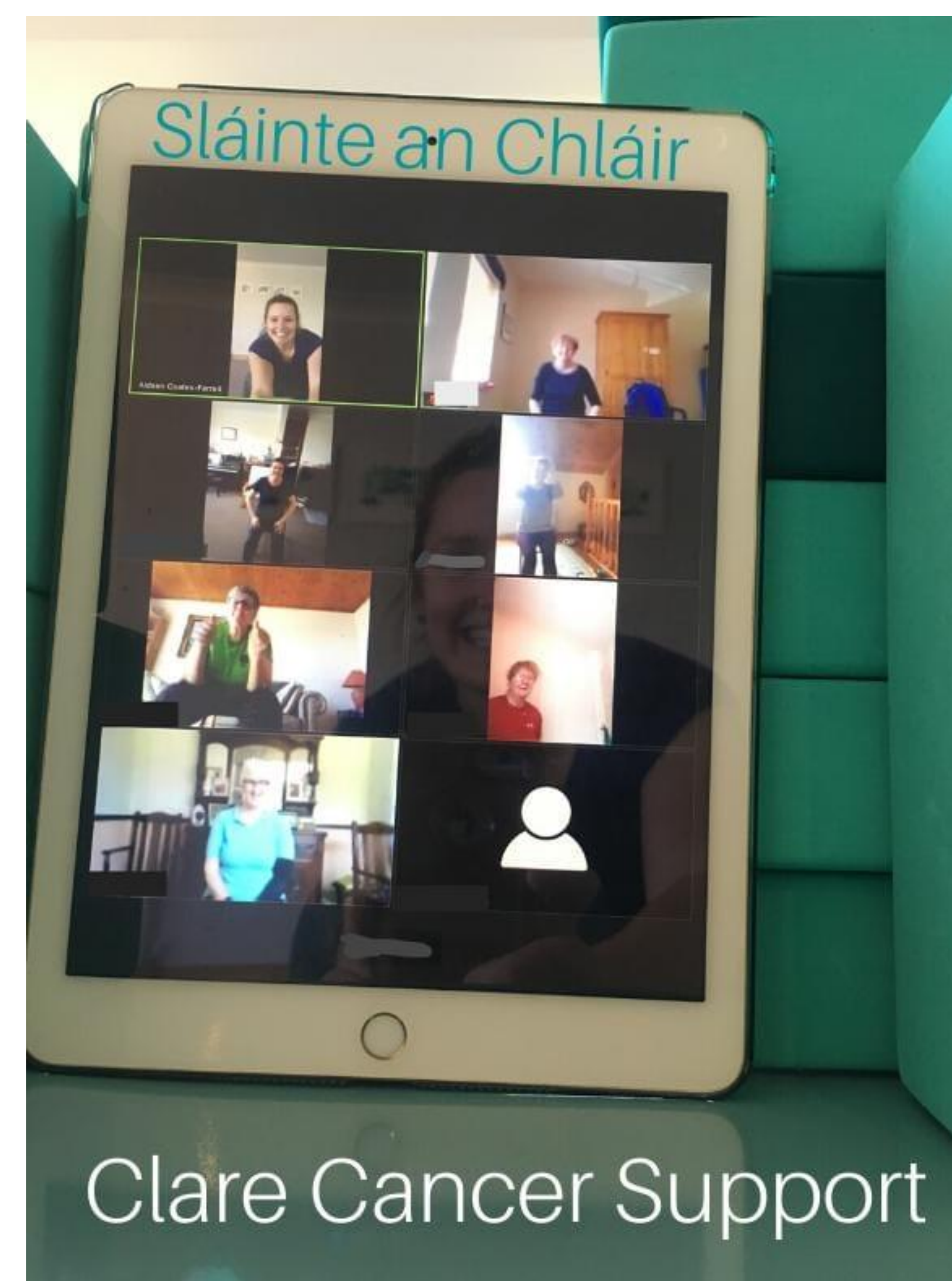
Derg AC's website <http://dergac.ie/>



The North West Clare Family Resource Centre's annual fundraising Golf Classic is on Saturday 25th September. The funding helps support the services they offer including counselling supports, homework clubs, training and education courses. To book your team by calling Lahinch Golf Club directly on 065 708 1003 four ball for €120 on the Lahinch Castle Court. Contact Martina on 086 7933594 for Tee box and other sponsorship details



We have a week of celebrations of walking from Monday 20th Sept & finishing on National Walking Day on Sunday 26th Sept Visit the Get Ireland Walking [webpage](#) for more details [www.getirelandwalking.ie](http://www.getirelandwalking.ie)



- 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](mailto:admin@clarecancersupport.com)



5k events are returning from Saturday 11 September, children aged 11-14 will be able to record a walk, jog or run at all junior parkrun events in Ireland from Sunday 12 September. Visit [www.parkrun.ie](http://www.parkrun.ie) for more details.



# Switching Off and Being Creative



## ONLINE BEAUTY COURSE

Are you interested in beauty as a career? or a hobby you are interested to learn more about!

Work online with a qualified beauty tutor to get some experience and ask questions - all from your own home :-)

- ★ Online zoom sessions starting **14th September, 6pm-7.30pm**
- ★ You will also receive a full makeup kit with basic supplies for the programme
- ★ This programme is for young people aged 15-17 years

Contact **Helena** on **0858047580** or e-mail [hi@clareyouthservice.org](mailto:hi@clareyouthservice.org) for more info or to book as places are limited.  
**Cost: 5 euro**



All CYS programmes are drug and alcohol free

Contact Helena from the [Clare Youth Service](http://Clare Youth Service) on 0858047580 or e-mail [hi@clareyouthservice.org](mailto:hi@clareyouthservice.org)

## Clare County Library Facebook Book Club



Join Clare Libraries Facebook Book Club

<https://bit.ly/3gRylzE>

This September they are discussing The Foundling by Stacey Halls. The book is available through Borrowbox as an eBook and eAudiobook

<https://clare.borrowbox.com/>



### - Ennistymon Library Bookclub

for adults Online Event at 7:30pm - Wed, Sept. 15<sup>th</sup>. This month, we will be discussing the books we read over the summer. New members are always welcome. Meeting is via Zoom. For more information contact Emer at [newmarket@clarelibrary.ie](mailto:newmarket@clarelibrary.ie) or call 061 368411

### - Kilrush Library Bookclub

for adults an Outdoor Event at 5pm - Wed, Sept. 29<sup>th</sup>. This month, they are reading *A Single Thread* by Tracy Chevalier. Copies of this book are available from Kilrush Library. Weather permitting, this meeting will take place in the Library garden. For more information contact [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie) or call 065 9051504

## Dementia/Alzheimer's Awareness Talk with Sean Donal O'Shea



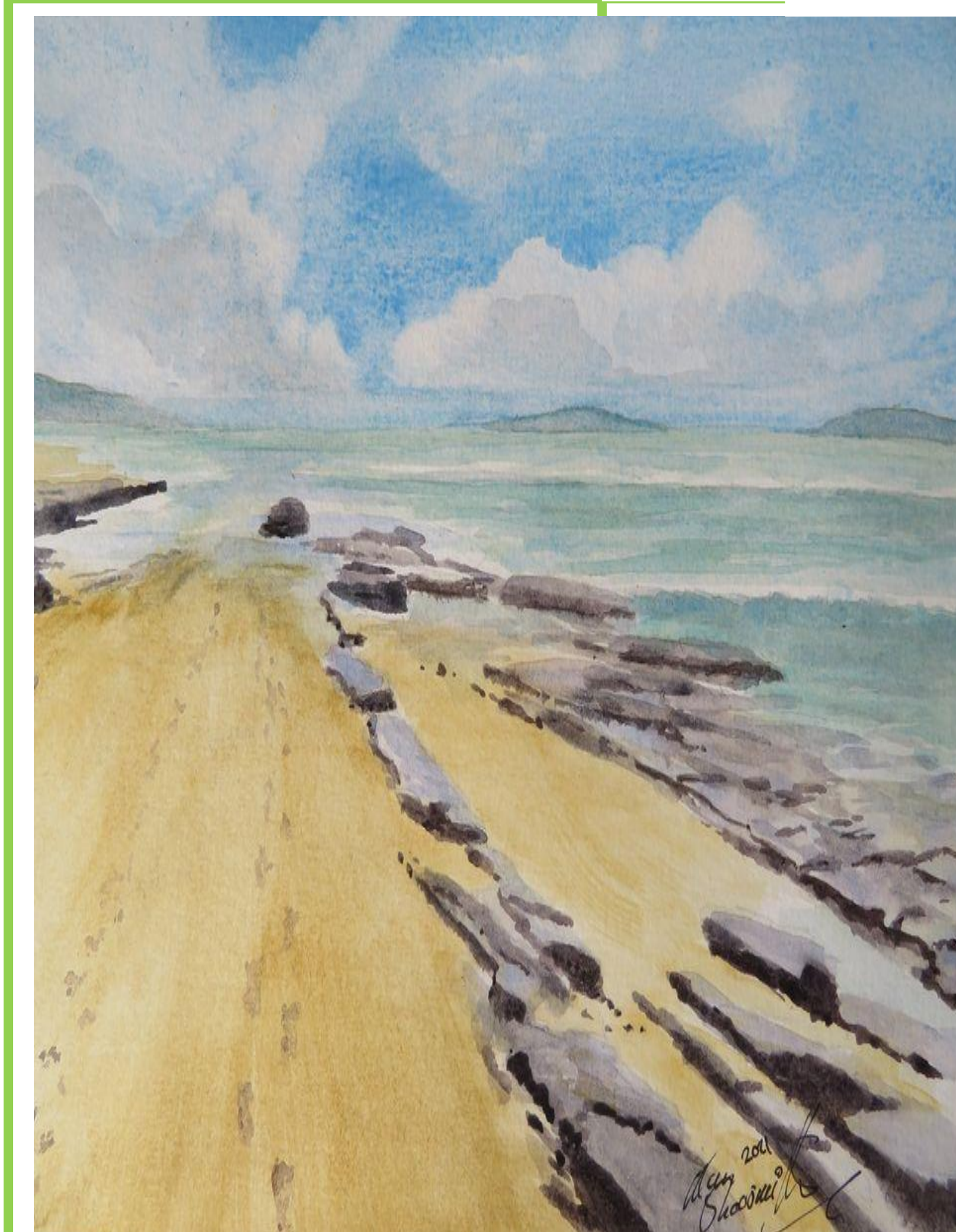
## Healthy Ireland at your Library

Wednesday, 15th September Online from 1– 2pm, Dementia Advisor working with the Alzheimer Society of Ireland and learn about the condition and the various supports available to people who are living with dementia as well as their families and carers.

Please book your place by emailing [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie) or calling 065 9051504

## New Beginnings by Inis Artists

Inis Artists are returning to Clare Museum with a new group exhibition entitled "New Beginnings". The group, comprises of 15 local Clare based artists, have been coming together to show their work for over 21 years in many venues across the west of Ireland. The broad mix of styles and range of media always ensures a varied and interesting display. This will be their third exhibition this year in addition to the permanent display in Shannon Town Centre. You can find out more about Inis Artists members on their website [www.inisartists.com](http://www.inisartists.com)



As part of the Summer Stars 2021, Clare County Library invited Mr. Read to read out stories written and created by the children of Clare. They received a vast array of wonderful stories and some of them were selected to be read by Mr. Read in three videos.

Please enjoy the following stories read by Mr. Read.

Video 1: <https://www.youtube.com/watch?v=hHL9PISqGjA>

Video 2: <https://www.youtube.com/watch?v=mRDUJShblm8>

Video 3: <https://www.youtube.com/watch?v=FUJ2LTc6Too>



# Minding Your Mood

## IT'S TIME TO TALK

Start your own conversation over a cup of tea

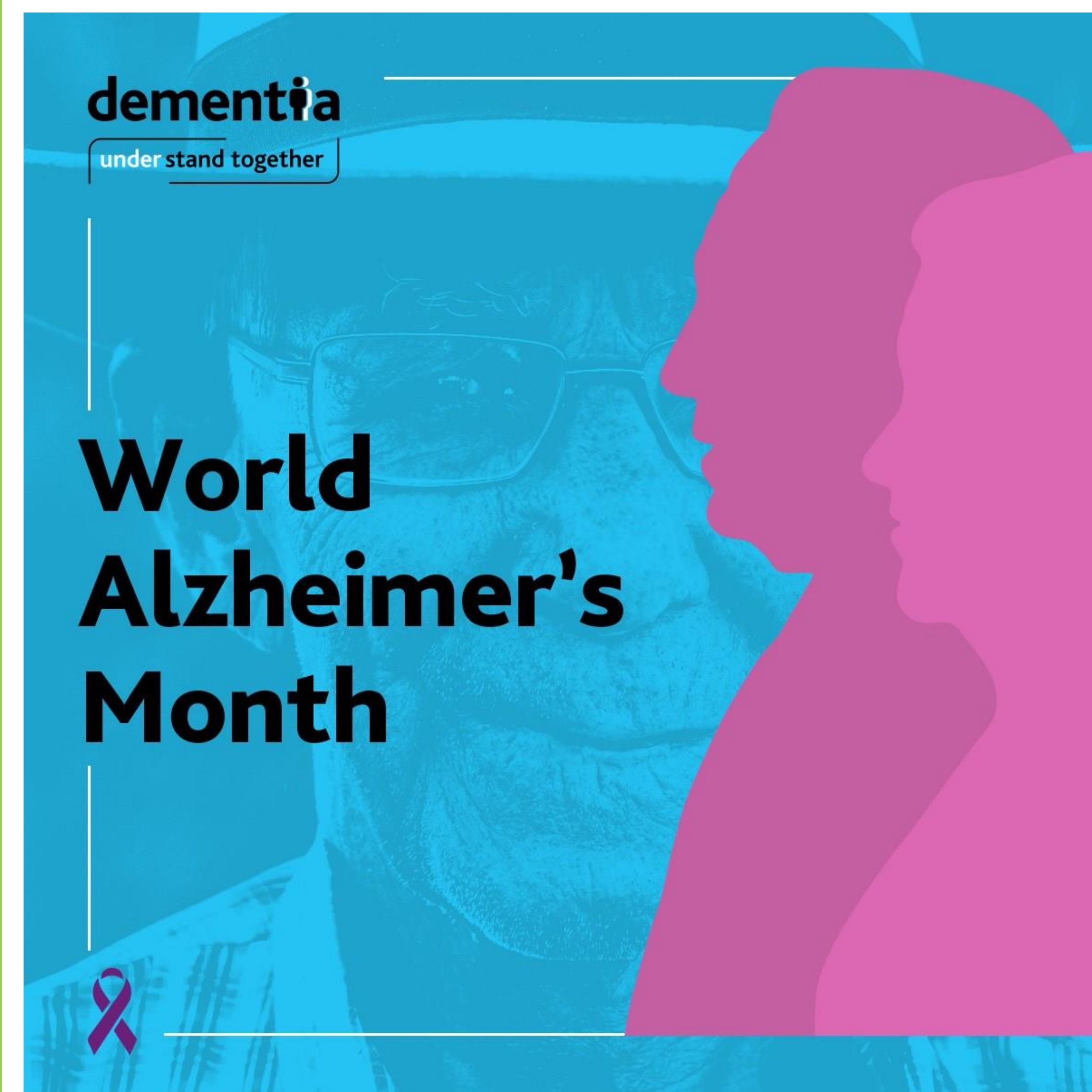
#GreenRibbonIRL  
#EndTheStigma

SeeChangeIRL  
SeeChangeIreland  
SeeChangeIRL  
www.seechange.ie



For support contact: Samaritans 116123 or visit yourmentalhealth.ie

This years **See Change** - Green Ribbon campaign is the month of September. To order the green ribbons for your organisation email [info@seechange.ie](mailto:info@seechange.ie) or visit their [webpage](http://webpage).



September is World Alzheimer's Month. This year's theme is 'Diagnosis. It's important to recognise the potential warning signs of dementia and to understand the importance of a timely dementia diagnosis. we urge you and your community to challenge the stigma that surrounds dementia and its diagnosis. <https://bit.ly/3kJrPw6>

## Online Clare Garden Festival WEBINARS

Live on Facebook - hosted by Carmen Cronin

Register by emailing [info@claregardenfestival.com](mailto:info@claregardenfestival.com)



## From Seed To Seed

Thursday, 16<sup>th</sup> September @ 8pm

With Irish Seed Saver's Seed Curator **Jo Newton**



KEEP WELL IN YOUR COMMUNITY

Clare Garden Festival are hosting a "From Seed to Seed" with Jo Newton from Irish Seed Saver's. The webinar will be LIVE from their Facebook page on Thursday, the 16<sup>th</sup> of September 2021 at 8pm Email [info@claregardenfestival.com](mailto:info@claregardenfestival.com) to register

## mental health first aid IRELAND YOUTH

### Youth Mental Health First Aid course

via Zoom on Saturdays 18 and 25 September 2021, from 9am to 4pm each day.

Please note that this course is not sponsored. Cost of training: €350 per person.



Visit <https://mymhfacourse.as.me/YouthPublic-18th25thSept> for more information



Let's save lives and lessen the huge toll suicide places on families and communities



## One Day - One Goal

World Suicide Prevention Day  
September 10<sup>th</sup> 2021



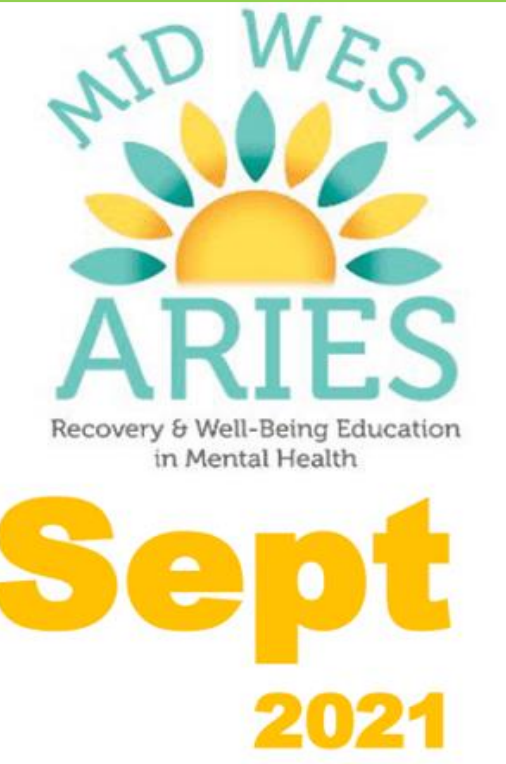
World Suicide Prevention Day is the 10th of Sept. join the **Cycle Against Suicide's** annual BIKE4LIFE 2021 event. You can cycle any distance you want, anywhere you want, (at home, the gym, on any road, or on your favorite track. If you would like to sign up & get on your bike to help raise funds visit [www.aroundtheworld.ie/](http://www.aroundtheworld.ie/)



The Piece of Mind booklet is an introductory mental health information booklet, to offer encouragement & hope to the people of Clare. It's a valuable resource for friends & families too. Information is an important step towards recovery, regaining confidence & wellbeing.

<https://ennismha.com/piece-of-mind/>

## Free Online Mental Health & Wellbeing Workshops



<https://midwestaries.eventbrite.ie>

or text 086 287 3526 or email [Margaret.keane9@hse.ie](mailto:Margaret.keane9@hse.ie)

**Wednesday 8th 10am – 12pm**

- Part 1: Exploring Anxiety

**Thursday 9th from 10am – 12pm**

- Part 2: Managing Anxiety

**Tuesday, 14<sup>th</sup> 10am -12pm**

- Family Recovery in Mental Health

**Wednesday 22<sup>nd</sup> from 10am – 12pm**

- Part 1: Exploring Self-Care

**Thursday 23<sup>rd</sup> 2pm – 3pm**

- Building My Self-Care Toolkit

**Wednesday 29<sup>th</sup> from 2pm – 3pm**

- "Creativity for Wellbeing"

**Thursday, 30<sup>th</sup> from 10am – 12pm**

- Let's Talk Resilience



# Staying Connected



A promotional graphic for the LGBTI+ Telefriending Service. It features a circular rainbow and transgender symbol logo at the top left. Below it is a photograph of an older woman smiling while talking on a mobile phone. To the right of the photo is a blue vertical banner with the text 'CONTACT US' and a phone icon, followed by the number '01 - 437 1209' and the email 'telefriending@lgbt.ie'. At the bottom of the banner is the website 'www.lgbt.ie/telefriending'. To the right of the banner is the text 'LGBTI+ TELEFRIENDING SERVICE' and 'Supporting LGBTI+ community members over 50+'. At the bottom right is the website 'www.lgbt.ie/telefriending' and the LGBT Ireland logo with the tagline 'For Inclusion For Equality For Everyone'.

[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/telefriending](http://www.lgbt.ie/telefriending). They also welcome applications for new Tele friending Volunteers through the website.

Any inquiries can be directed via email to: [telefriending@lgbt.ie](mailto:telefriending@lgbt.ie)

*"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 [hmaloney@clarecoco.ie](mailto:hmaloney@clarecoco.ie)



## 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/together](http://www.clarecoco.ie/together) or at [www.gov.ie/healthyireland](http://www.gov.ie/healthyireland).

**KEEP WELL**  
IN YOUR COMMUNITY

COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



Rialtas na hÉireann  
Government of Ireland

Visit [www.clarecoco.ie/together/helpline/resources/](http://www.clarecoco.ie/together/helpline/resources/) for more details

**CORONAVIRUS HELPLINE FOR  
OLDER PEOPLE:  
0818 222 024**

**If you have concerns or queries about COVID-19  
call ALONE's dedicated support line, 8am-8pm**

Visit [www.alone.ie](http://www.alone.ie) for more details

## 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. 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: 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 are:

- 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

Email [agefriendlyclare@clarecoco.ie](mailto:agefriendlyclare@clarecoco.ie) for details





## Healthy Lunchboxes

Practical tips for you and your children on how to prepare a healthy lunchbox



### Want to know what goes into a healthy lunchbox?

The possibilities are endless! To help you and your kids pack tasty, nutritious lunchboxes the HSE and Safefoods have a leaflet with practical suggestions for each day of the week.

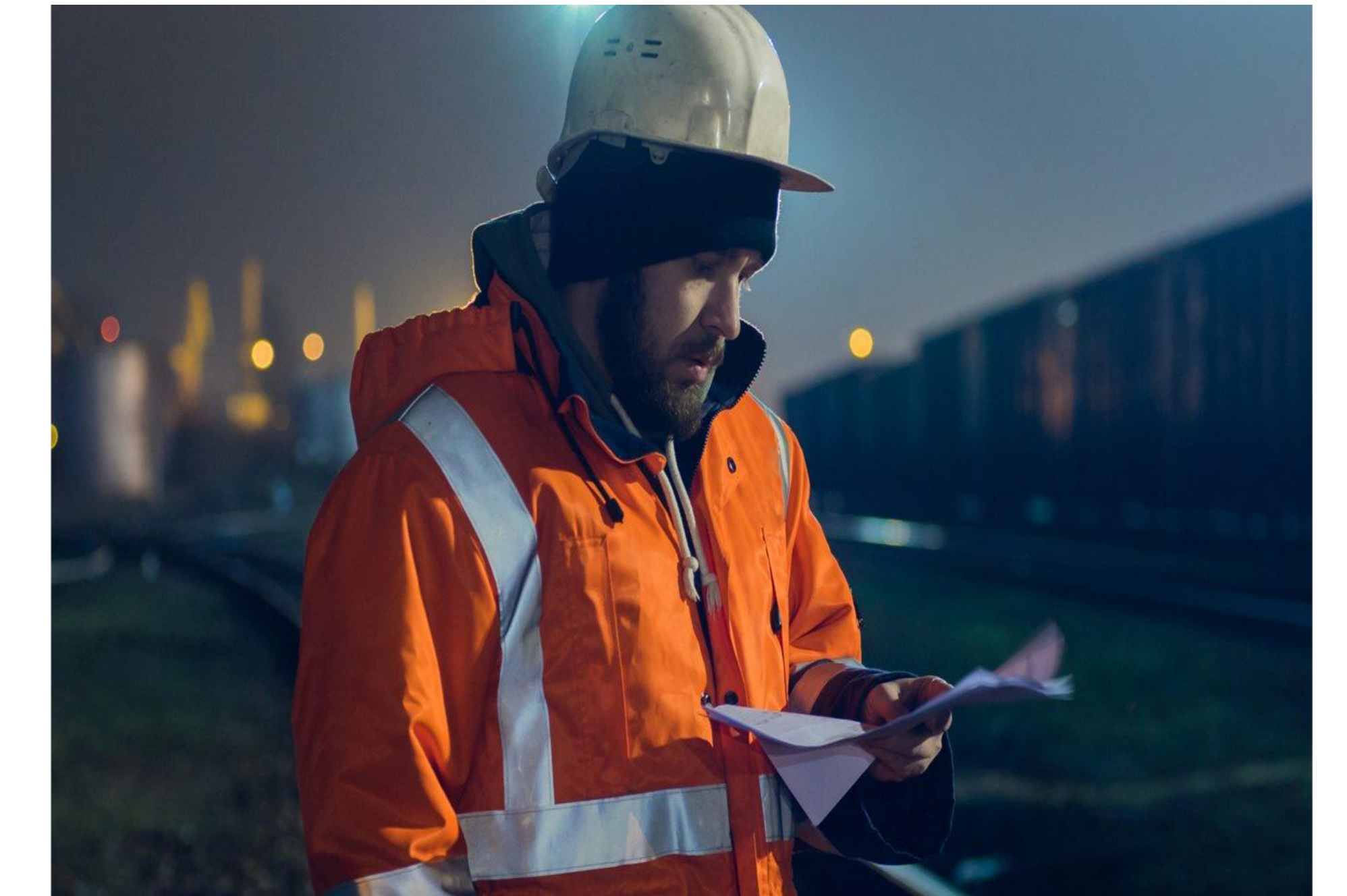
Visit [https://www.safefood.net/start/healthy-eating/what-is-a-healthy-lunch-\(1\)](https://www.safefood.net/start/healthy-eating/what-is-a-healthy-lunch-(1)) for more details

### Snacks for children



For some healthy snack ideas for kids visit <https://www.safefood.net/recipes/snacks-for-kids/129>

### How to eat well on shift work



For some healthy snack ideas for shift work schedules visit <https://www.safefood.net/how-to/eat-well-shift-work>

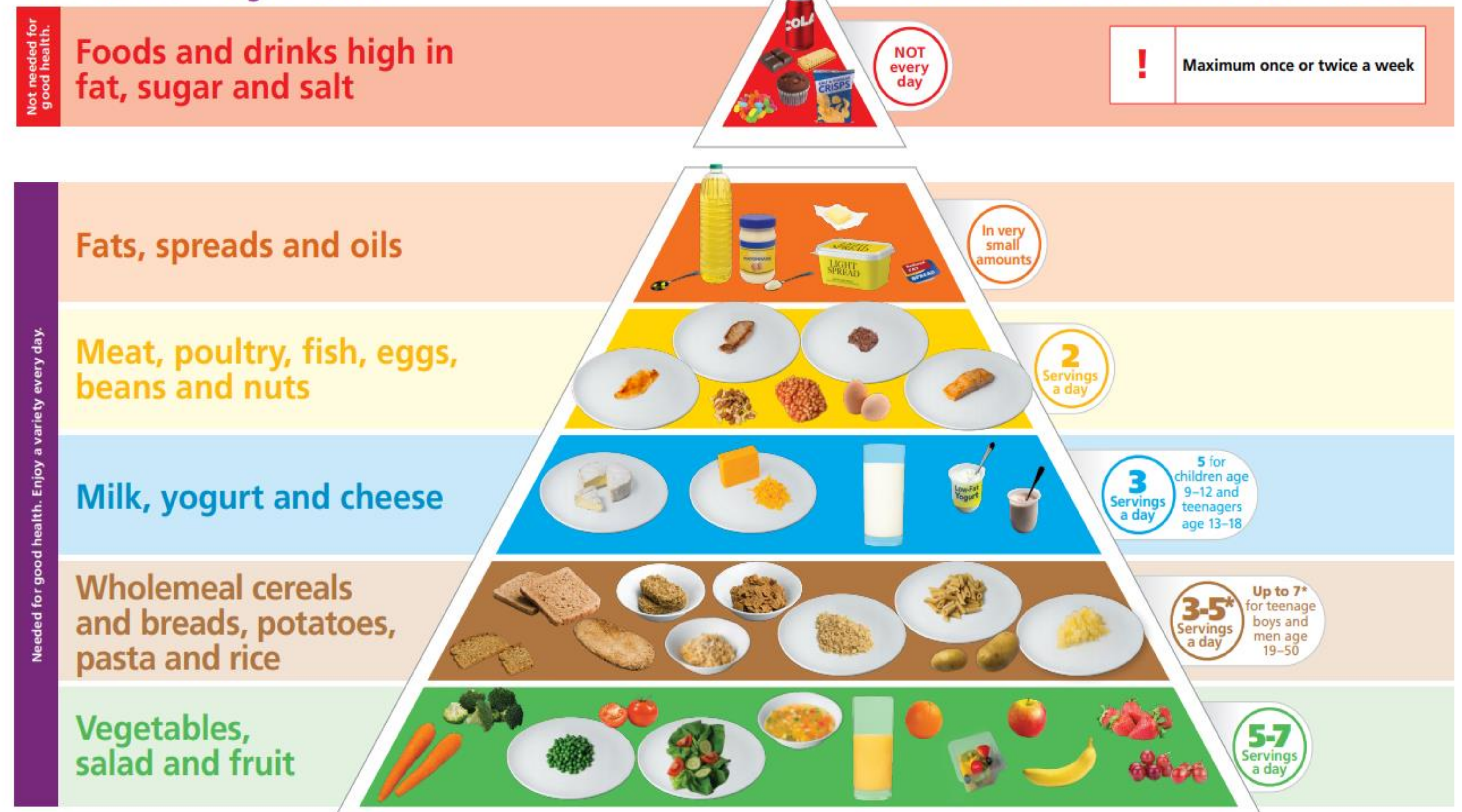
### Healthy Food for Life

www.healthyireland.ie



### The Food Pyramid

For adults, teenagers and children aged five and over



\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

	Active Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive Teenager (13-18)	Adult (19-50)	Adult (51+)
♀	3-4	4	4-5	3-4	3	3-4	3
♂	3-5	5-7	5-7	4-5	4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active! To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

### HSE's Healthy Eating Guidelines

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>