

Healthy Clare Newsletter - August 2022



Healthy
Clare

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

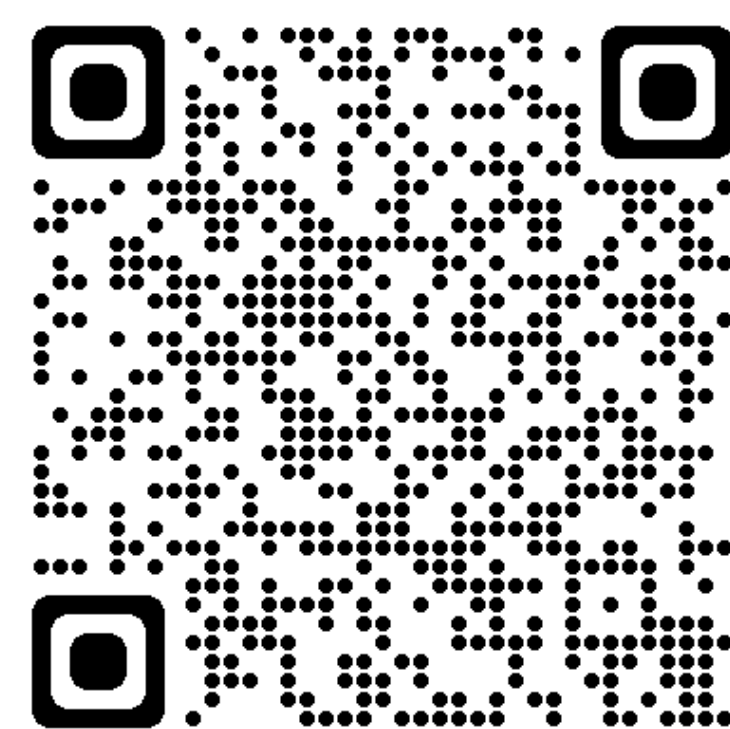
A Note from the Healthy Clare Team

The new Healthy Clare Coordinator started this month, Dena Mc Grath. Over the next few months Dena will be preparing the Healthy Ireland Round 4 funding applications, a new Healthy Clare Strategic Plan and promoting Health and Wellbeing initiatives across the County. Keep up to date with Healthy Clare by following us on Social Media and reading out monthly newsletters. If your organisation or community group would like to feature in an upcoming newsletter or has any queries please do send us an email, healthyclare@clarecoco.ie

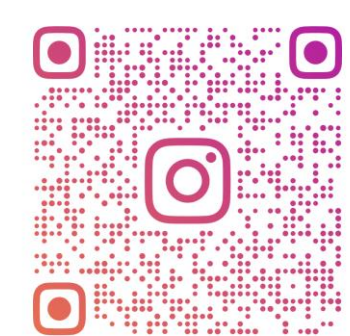
Follow us on Social Media



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



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



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

HEALTHYCLAREIRELAND



WORLD
BREASTFEEDING WEEK
1ST – 7TH AUGUST 2022

[Breastfeeding Friendly Campaign | Clare County Council Community Engagement \(clarecoco.ie\)](https://www.clarecoco.ie/services/community/healthy-clare/)

World Breastfeeding Week is 1st – 7th August

There are currently 53 'We're Breastfeeding Friendly Clare' locations in Clare. Each are helping to improve the health and wellbeing of breastfeeding mothers, babies and their families in County Clare. The campaign was launched last October 2021 and acknowledges that generally, mothers who breastfeed their babies out and about do so with ease. With research identifying a welcoming, helpful attitude from staff and other patrons knowing and accepting that babies may be breastfed there as two things that make mothers feel comfortable when breastfeeding out and about. Participants of the campaign receive a 'We're Breastfeeding Friendly Clare' booklet that describes the campaign which staff are encouraged to read and an A5 window sticker or A3 poster.

If your organisation or community group would like to join the 'We're Breastfeeding Friendly Clare' campaign, please visit the dedicated webpage <http://yoursay.clarecoco.ie/breastfeedingfriendlyclare>.

- Clare Libraries have a variety of excellent breastfeeding books and resources available both in the library and online all year round.
- For Breastfeeding Support in Clare please visit the HSE's www.mychild.ie website

[Find Breastfeeding Services in your area - Breastfeeding.ie \(hse.ie\)](http://www.mychild.ie)

Physical Activity



Sport Ireland launches survey to shape five-year Strategic Plan

Visit [Sport Ireland Strategy Public Consultation \(snapsurveys.com\)](https://snapsurveys.com) to have your say in the next five-year strategic plan for the organisation.



50+ Strength, Mobility & Movement Programme

2 Classes per week

5 weeks

€50



Contact Paul Dunne on 087 9713465

No previous gym or training experience necessary

The LifeFit Gym in Ennistymon in conjunction with Age&Opportunity are starting a 50+ Strength, Mobility & Movement Programme Contact Paul Dunne on 087 971 3465 for details.

CLARE SPORTS PARTNERSHIP
SPORT IRELAND

Beginner Teen Girls Sailing Camp

AGES 13 - 18 years

August 2nd - 5th
10am - 12pm
Killaloe Sailing Club, Carrownakilly, Ballyheefy, Killaloe, Co. Clare

Aimed at teen girls who participate in little to no physical activity!

- Learn to sail
- Make new friends

Register your interest (with parental consent) on our website <https://claresports.ie/>

SHANNON Swimming & Leisure Centre
ciste na gcuntas diomhaoin the dormant accounts fund

Clare Sports Partnership are partnering with Killaloe Sailing Club to offer a Beginner Teen Girls Sailing Camp! August 2nd – 5th from 10am-12pm To register please visit Clare Sports Partnership's website. [Beginner Teen Girls Sailing Camp - Clare Sports](https://claresports.ie/).

10 PLACES

Aimed at teen girls (13-18 years) who participate in little to no physical activity!

CLARE SPORTS PARTNERSHIP

SHANNON Swimming & Leisure Centre
ciste na gcuntas diomhaoin the dormant accounts fund

Indoor Teens Rock Climbing Camp

Clare Sports Partnership are working with Shannon Leisure Centre to bring a beginner indoor rock-climbing camp to teen girls (13-18 years).

Participants will learn;

- the basics of indoor rock climbing in a fun and safe environment.
- get the chance to experience other activities based around climbing like peg board, traversing and slack lining.

The camp is August 8th –10th, 10am – 12pm

To register please visit Clare Sports Partnership's website [Teen Girls Indoor Rock Climbing Camp - Clare Sports](https://claresports.ie/)

Why is Physical Activity Important?

Being active is very important for both mental and physical health. Try make it a part of your everyday life.

Regular exercise improves **Physical Health** helping you;

- Maintain a healthy weight.
- Improve your immune system.
- Reduce your likelihood of developing heart disease, cancer and type 2 diabetes.

Physical activity benefits your **Mental Health** and can;

- Improve your mood and help you sleep.
- Reduce your stress and anxiety.
- Enhance your self-esteem and sense of well-being

[lets-get-active-leaflet.pdf \(hse.ie\)](https://lets-get-active-leaflet.pdf)



Physical Activity



#FINDYOUROUTDOORS



Clare Sports Partnership (CSP) are rolling out **#HerOutdoorsWeek** in conjunction with Sport Ireland from Monday 8th to Sunday 14th of August. With the help of their partners, taster sessions in Yoga, Hiking, Beach Volleyball, Cycling, Caving, Kayaking, Sailing, Surfing and Mountaineering Skills are available around the county. There is something for everyone!

Places are limited and all registration is online **ONLY**.

Monday 8th August Events

- Yoga, Dip and Stroll in Ballyalla Lake @7am – €5
www.claresports.ie/event/yoga-dip-and-stroll/
- 12 O Clocks Hills Hike @12pm – FREE
www.claresports.ie/event/12-o-clock-hills-hike/
- Fitness and Fun in the Park with Clare Green Party @3pm – FREE
Contact Bridget 086 2444512 to register for this event.

Tuesday 9th August Events

- 20km Social Cycle in Lahinch @2pm – Free
www.claresports.ie/event/social-cycle/
- Social Beach Volleyball in Kilkee Beach @6pm – €5
www.claresports.ie/event/social-beach-volleyball/

Wednesday 10th August Events

- Caving in Burren Outdoor Education Centre @2pm – €10
www.claresports.ie/event/women-in-sport-caving/
- Kayaking in Ballyalla Lake @5pm – €5
www.claresports.ie/event/women-in-sport-kayaking/

Thursday 11th August Events

- Sailing with Royal Western Yacht Club in Kilrush @7pm – €10
www.claresports.ie/event/try-sailing/

Friday 12th August Event

- Teenage Mountaineering Skills @10am
[Expression of Interest - Teen Girls Mountain Skills Day \(google.com\)](http://www.google.com)

Saturday 13th August Events

- Surfing in Spanish Point @11am – €5
www.claresports.ie/event/women-in-sport-surfing/

Contact pat@claresports.ie for more information.

Physical Activity



Áiseanna Spóirt is Fóillíochta

Sports and Leisure Facilities

[Active Ennis](#) manages the public sports and leisure facilities in and around Ennis for your enjoyment. There are a great range of options to choose from. Whether you are an individual, family or team, casual stroller or accomplished athlete, you will find facilities to suit you at the following locations:

- [John O'Sullivan Park, Lees Road](#)
- [Active Ennis Leisure Complex](#)
- [Active Ennis Tim Smythe Park](#)
- [Active Ennis Pitch, Coote Park](#)
- [Active Ennis Pitch, Glenina](#)
- [Active Ennis Gordon Drive](#)
- [Kilrush Sports Complex](#)

[Active Ennis Leisure Complex](#)



The Active Ennis Leisure Complex is a complete indoor health and fitness arena with White Flag accreditation, providing pool and gym-based activities for all individuals and clubs in Ennis and further afield.

GYM OFFERINGS

- Body Blast
- Chair Fitness,
- Lunch Crunch
- Active Body Bootcamp
- Beginner Pilates
- Rock & Roll
- Tai Chi
- Karate
- FITT Training
- Teen Gym times

POOL OFFERINGS

- Aqua Aerobics
- Public Swim
- Adult Only Swim
- Kiddie Pool
- Aqua Fit Class
- Swimming Lessons

For more information contact:

Phone: 065-6821604

Email: info@activeennis.ie

Facebook: [\(20+\) Active Ennis | Facebook](#)

Gym Opening Hours

Mon 7am - 9.45pm

Tues 7am - 9.45pm

Wed 6.30am - 9.45pm

Thurs 7am - 9.45pm

Fri 6.30am - 9.45pm

Sat 8am - 8.45pm

Sun 10am - 5.45pm

Bk Hols 8am - 3.45pm

Mental Health and Wellbeing



[Minding Your Wellbeing Programme - HSE.ie](#) is a [Health and Wellbeing](#) programme that aims to help us develop a positive outlook by looking after our mental health and wellbeing.

The programme focuses on mindfulness, gratitude, self-care and resilience and has been adapted from a face-to-face programme as a series of 5 videos which are each about 20 minutes.



Healthy Ireland at your Library

Creative Mindfulness for Children - Free event.

Creative Mindfulness teacher Sonia Millar, will teach children self-care tools that can help them to clear their minds and understand difficult thoughts and feelings. Suitable for 5 to 9 year olds.

- **Ennistymon Library** - Wednesday, 3rd August at 11.30am
For booking contact Ennistymon Library on 065 7071245 or ennistymon@clarelibrary.ie
- **Kilrush Library** - Wednesday, 17th August at 11.30am
For booking contact Kilrush Library on 065 9051504 or email kilrush@clarelibrary.ie



Be sure to join the reading adventure with Clare Libraries this summer!

- Sign up at any library and you will get your own Summer Stars Reading Card to keep track of your progress.
- Every time you show your progress you will get a reward.
- Everyone that takes part will get an official Summer Stars Certificate in September.
- You can read books borrowed from the library or from their e-Books and e-Audiobooks app BorrowBox.
- It's all free, and all you need is a library card!
- Clare Libraries also have lots of FREE fun activities in libraries and on their social media channels.

[Clare County Library : Summer Stars 2022 \(clarelibrary.ie\)](http://clarelibrary.ie)

Mental Health and Wellbeing



Mid West Aries are hosting a series of Mental Health and Wellbeing workshops in August. These are open to anyone over 18 years with an interest in Mental Health

- **Managing Wellbeing & Mental Health Recovery** - Tuesday, August 2nd from 2-4pm
- **Let's Talk Depression** – Wednesday, August 3rd from 10am-12pm
- **Understanding Acute Mental Health Services for Families Carers & Supporters** – Tuesday, August 9th from 2-4pm
- **Let's Talk Resilience** – Thursday, August 11th from 10am – 12pm

For more information visit [Mid West ARIES Events | Eventbrite](#) webpage or email

Contact margaret.keanne9@hse.ie for more info.



Ennis MHA have some great resources available on their website

www.ennismha.com.



THE LIGHTHOUSE

West Clare Mental Health Association

Visit **West Clare MHA's** website to find out when their events are on.

Tuesday Woodland Walks, Connect Tuesdays & Fridays &

Music Wednesdays

[West Clare Mental Health Association - West Clare Mental Health](#)

A registered charity

Here if you need us
Talk to us, we'll listen

Call free day or night on
116 123

Email
jo@samaritans.ie

SAMARITANS

samaritans.ie

Healthy Eating

What does healthy food mean?



Healthy food is food that gives you all the nutrients you need to stay healthy, feel well and have plenty of energy.

The best way to ensure you're eating healthily is to eat a wide variety of different kinds of food. Have **vegetables, salad or fruit** with every meal – they are packed with vitamins, minerals and fibre. **Cereals, rice, pasta, potatoes and breads** are great sources of energy. It's best to eat wholegrain versions of these as they contain fibre to keep your digestive system working well. **Milk, yoghurt and cheese** provide calcium and protein. Calcium is needed for healthy bones throughout life. Your body needs **protein** to support growth and maintain a healthy body, so is needed every day. **Beans and eggs** are good choices for meat-free days.

VARIETY is the key. Your body needs lots of different nutrients to stay healthy - no one food or food group can provide all these. You don't have to get the balance right at every meal: try to balance out over the day or even the week.

Visit [safefood | What does healthy food mean?](#) for more information.

KEEP HYDRATED!



Why is hydration important?

It is important to maintain the daily recommended fluid intake, especially during the warm weather, to replenish any fluids lost from sweating.

How much do we need to drink?

The amount of fluid you need to consume each day varies based on how active you are and how warm it is. As a guide, we should aim to drink at least 8 cups of fluid daily.

What type of drinks count?

Water and milk are the best options. [Learn more about different drinks here.](#)

Tips for staying hydrated:

- Carry a filled reusable water bottle with you and sip on water throughout the day
- Place a jug of water on the table and have a glass of water with every meal
- Drink a glass of water when you wake up
- If you do not like the taste of water, try flavoured water or green tea as an alternative
- Add pieces of fruit like lemon or raspberries to your bottled water for additional flavour
- Try to incorporate foods high in water content into your diet for example, strawberries, watermelons, spinach and grapes

How do I know if I am drinking enough?

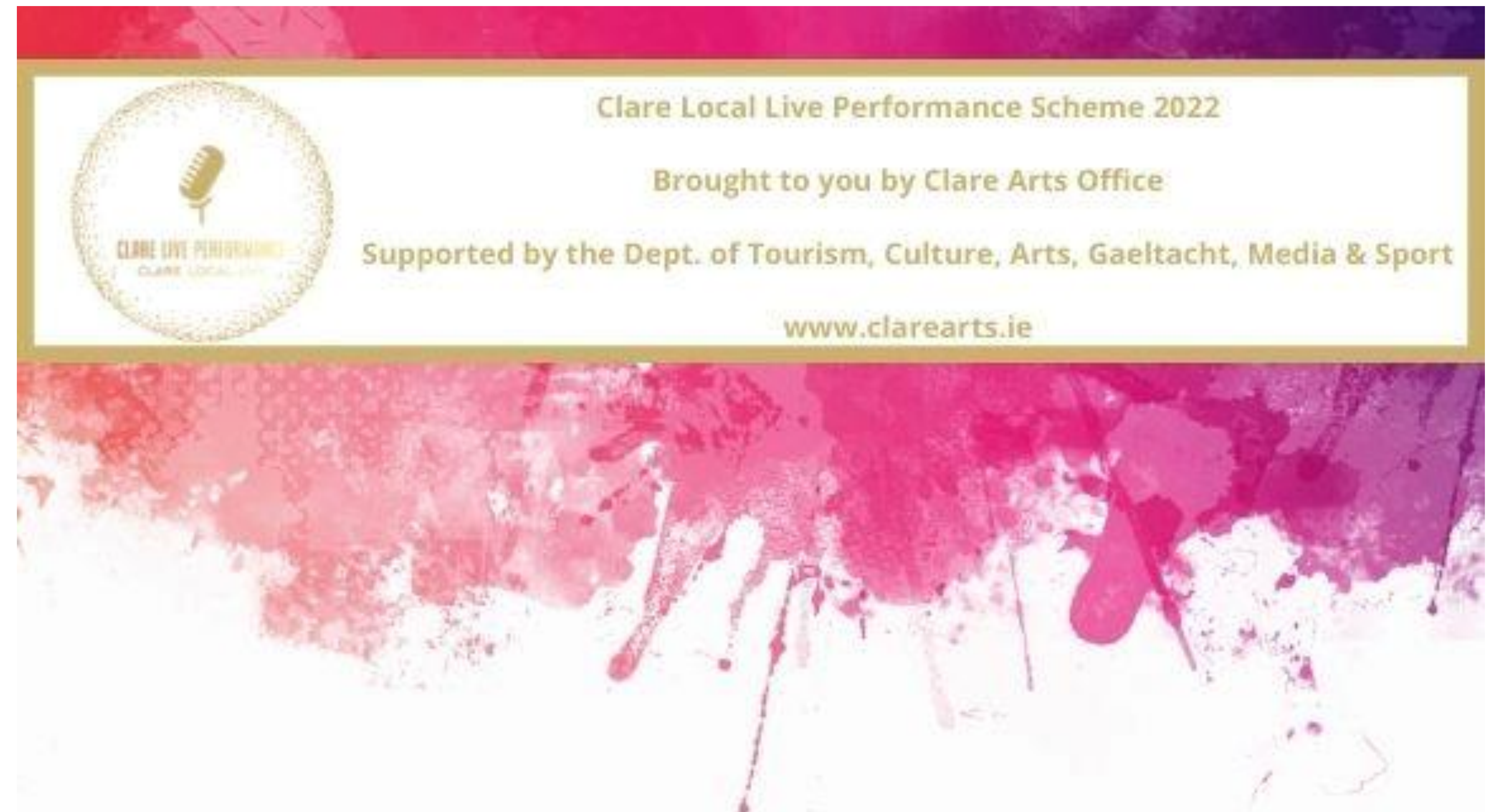
Common **symptoms of dehydration** are feeling thirsty, feeling tired, dry mouth/lips, or feeling dizzy or lightheaded. A good indication of dehydration is if your urine is a dark yellow colour or is strong-smelling. Checking your urine colour is a quick and simple way for you to see if you are drinking enough fluids. It should be a pale-yellow colour. If it is darker than this, you need to drink more.

Visit [Keeping hydrated this summer | safefood](#) for more information.

Arts & Culture



Keep up to date with all the wonderful Arts and Cultural events happening across Clare by visiting the Clare Arts webpage [Events — Clare Arts](#). Events are ongoing throughout the month in Cultúrlann Sweeney, Kilkee and Clare Museum, Ennis.



Clare Arts Office are now taking proposals from Music Promoters and Musicians until **Friday, August 5th, 2022**. The Local Live Performance Scheme application and additional information is available on their Website.

[Live Local Performance Scheme - Phase IV | Clare County Council Community Engagement \(clarecoco.ie\)](#)



Clare Libraries Borrowbox is ALWAYS open. Both E-Audio and E-Books are available to all library users and these can be enjoyed either on your PC/laptop via the website link (above) or on your mobile device via the BorrowBox app. Visit the Clare Libraries webpage for more information on this fantastic resource www.clare.borrowbox.com



The Clare County Museum collects, preserves, interprets and displays the material culture relating to the history of County Clare, both in the museum building and online. It is a fantastic educational resource and a socially inclusive cultural service for the people of Clare and visiting tourists.

For example, stop by this month and see De Valera's 1947 Dodge Limousine which has recently gone on long-term exhibition with Clare Museum.

More details can be found on their web page: <https://claremuseum.ie/>

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Social Activities



MENTAL

Bingo, board games, cards, reminiscence activities, arts & crafts, baking, internet & computer skills, men's club

PHYSICAL

Instructor led exercise sessions, outdoor tone zone area, walks in our extensive gardens, dancing

SOCIAL & EMOTIONAL

Daily mass/rosary service, themed parties & social events, concerts, live music & dancing, birthday celebrations, fun, laughter & lots lots more...

"Your Day, Your Way"

Additional Services Provided

- Transportation Services
- Delicious meals & snacks
- Nursing Services
- Chiropody
- Hairdressing
- Personal Care & Grooming

Open
Mon - Thurs

To secure a place
Book now
061-476434

www.carrigoranhouse.com health@carrigoranhouse.ie

Carrigoran House Health and Wellness Centre offer mental, physical, social and emotional activities to their day centre attendees. For more information on this service please contact 061 476 434 and health@carrigoranhouse.com



Healthy Ireland at your Library

www.librariesireland.ie

- **First Friday Lunchtime Poetry** - Friday, 5th August - DeValera Library - 1-2pm
This informal event invites attendees to read their own work, that of a favourite author or to listen. For more information contact 065-6846353 or devalera@clarelibrary.ie.
- **Junior Book Club Meeting** - Saturday 27th August - Shannon Library - 11.30am
This month they are reading 'Noah's Gold' by Frank Cottrell Boyce. Suitable for 9-12 year olds Register your name at the library desk. Contact 061-364266 or email shannon@clarelibrary.ie
- **Adult Book Club Meeting** – Tuesday, 30th August – Kilkee Library - 2:30pm
The book for discussion is Sarah Winman's 'Still Life'. New members always welcome. For more information contact 065 905 6034 or Kilkee@clarelibrary.ie.
- **Adult Fiction Book Club Meeting** - Tuesday, 30th August - Kilrush Library – 6pm
This month they are reading 'The Invention of Wings', by Sue Monk Kidd. New members are always welcome. Contact 065 9051504 or email kilrush@clarelibrary.ie for more information.



Check out some of the 50+ events happening across Clare by visiting the National Heritage Week webpage.

[Events | National Heritage Week 13 – 21 August 2022](#)

Heritage Week 13th -21st August 2022

Healthy Clare Newsletter - August 2022



Clarecare Family Support Services Positive Parenting

Parenting can pose a challenge at times. We hope that the following videos will be helpful to you and your child.

Clarecare Family Support Services invite you to view our 4-minute parenting videos.



065 6828178



Parentingsupport@clarecare.ie



www.clarecare.ie

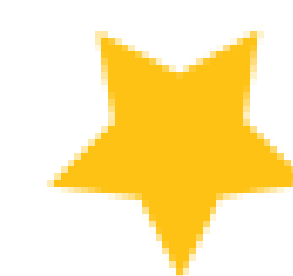
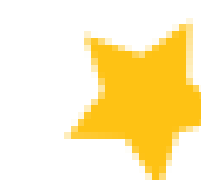
CLARECARE's 'Positive Parenting' resource videos are available on their website. www.clarecare.ie/clarecare-family-support-services-positive-parenting/

Free basic Writing courses



Interested in brushing up on your writing skills over the summer, but not sure where to start? Try a FREE online writing course on www.learnwithnala.ie.

These courses will help you build your writing skills, through personal and meaningful writing tasks. The National Adult Literacy Agency has FREE distance learning services, including a free over the phone tutoring, available for people who need help with reading, writing or maths. Tell a friend or family member who could benefit to Freephone 1800 20 20 65 or text LEARN to 50050 or visit www.nala.ie/free-courses for more information.



Clare Older People's Volunteer of the Year Award 2022

The search is on again to recognise those who give their time, energy and skills to help others in the local community.

For an application form please email: agefriendlyclare@clarecoco.ie or visit <https://www.clarecoco.ie/services/community/agefriendly-programme/clare-age-friendly-county.html> or call (065) 684 6240

Application forms must be submitted by Friday 16th September 2022