

Healthy Clare Newsletter

November 2022



www.clarecoco.ie/services/community/healthy-clare/



healthyclare@clarecoco.ie

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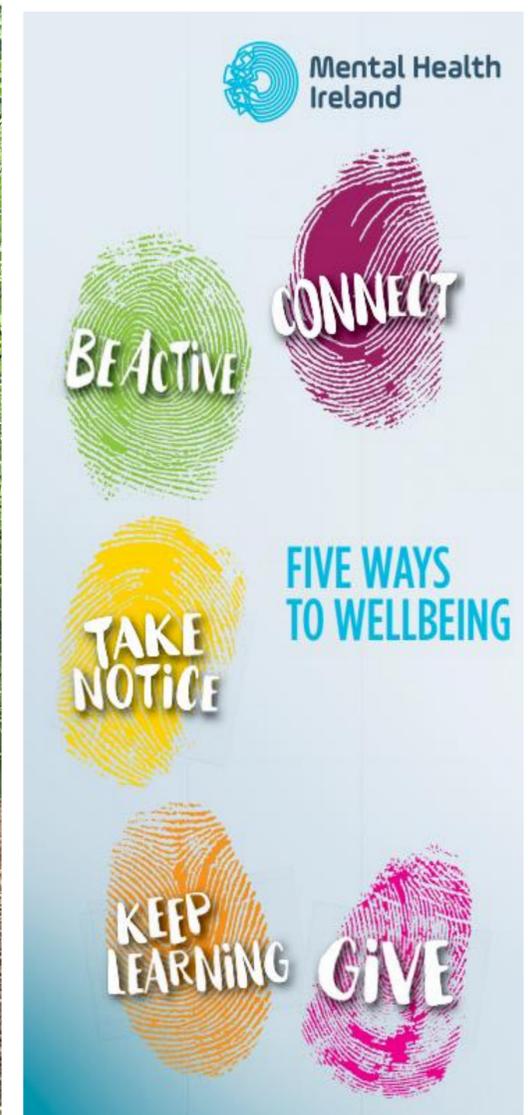
HEALTHYCLAREIRELAND

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

A Note from the Healthy Clare Team

The Healthy Clare team would like to acknowledge all the brilliant events hosted around the county during Mental Health Week 2022.

A special thanks to all our Mental Health Association workers and volunteers who organized week long events in their areas.



yourmentalhealth.ie
Information | Support | Services

There are different types of support available for people with mental health difficulties. The HSE lists a range of supports on www2.hse.ie/mental-health/services-support/supports-services/ that are provided by agencies they support.

Please note that you can access most of the services without a referral.

For more information you can:

- [talk to a GP](#)
- call the HSE YourMentalHealth Information Line on [freephone 1800 111 888](tel:1800111888), any time

Physical Activity

STRONG & STEADY

Active Ageing
Exercise Class for
Older Adults



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

Increase strength Improve bone density Improve Balance
Improve Co-ordination Improve joint mobility.

Functional movement for independent living.

Autumn 2022

Thursday 10 -11am Clarisford Park Killaloe

Tuesday 10-11am Clarisford Park Killaloe

Tuesday 12 -1pm Nenagh Leisure Centre

Wednesday 12-1pm Ogonneloe Community Centre

4 consecutive weeks €35 or PAYG €10

Fiona Ward

Active Ageing Specialist

Postural Stability Instructor

FaME (Falls Management Exercise) Instructor

Cancer Exercise Specialist

Exercise for Osteoporosis Instructor

To Book Contact 086 224 0360



West Clare FRC
Activities for
the over 55's

What's on in NOVEMBER

BOOKING ESSENTIAL!

Weekly Activities

Day	Time	Activity	Venue
Mon		Well-being, Mindfulness & Meditation	Online & Kilrush Comm Centre
Tues	9.30 am & 11 am	Beginners Computers	Kilrush Comm Centre
	10 am	Yoga	Kilkee Comm Centre
	11.30 am	Sit Fit	Kilkee Comm Centre
Wed	10.30 am	Mindfulness through Art	Kilrush Comm Centre
	12.30 pm	Bingo for fun	Kilrush Comm Centre
	2.30 pm	Cards	Kilrush Comm Centre
	10 am & 11.30 am	Follow-on Computers	Kilrush Comm Centre
	10.30 am	Sit Fit	Kilrush Comm Centre
Thurs	12.15 pm	Go For Life exercise Games	Kilrush Comm Centre
	2.30 pm	Sit Fit	Online (via Zoom)
	10.30 am	Singalong	Kilrush Comm Centre
	10.30 am	Mindfulness through Art	Kilkee Elliott Centre
Fri	12 noon	Chair Yoga	Kilrush Comm Centre
	11 am	Peninsula Social Club	Old Schoolhouse Querrin
	11.30 am	Crochet Intergenerational project Starting 21st October	St Senan's National School

For more information, please contact

West Clare FRC on 065 905 2173 or groups@westclarefrc.ie



CLARE
SPORTS
PARTNERSHIP

— SPORT IRELAND —



MINORITY SPORTS CLUB COMPETITION 2022

- Open to Minority Sports clubs in Clare
- This grant competition is to help a minority sports club to expand their club through recruitment and volunteer capacity
- Apply by 4 pm 4th November 2022
- Maximum amount €2,000
- Apply online on www.claresports.ie

One initiative will be selected

For more information contact Jess@claresports.ie



#Activeclare




MEN WANTED

Calling all Men - Particular over 35's

Want to start exercising?

Want to feel fitter and have more energy?

We are delivering a 6 week **FREE, MEN ONLY** physical activity programme in Kilrush

Join Clare Sports Partnership's six-week Men on the Move programme in K Fitt, Kilrush. A strength-based programme that runs twice weekly from 7.15pm until 8.15pm on Tuesdays and Thursdays.

A tutor throughout the programme will lead you.

You will receive information on your well-being and nutritional advice. Exercise in a social environment and with other men of similar ability"

Contact Pat Sexton for more information

pat@claresports.ie and 087 647 1671

CYCLE CONNECTS

IRELAND'S CYCLE NETWORK



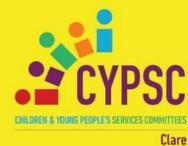
CycleConnects is a plan for new cycle network plans for 22 counties around Ireland and the consultation is open until Friday, 11th November 2022.

<https://consult.nationaltransport.ie/en/consultation/cycleconnects>

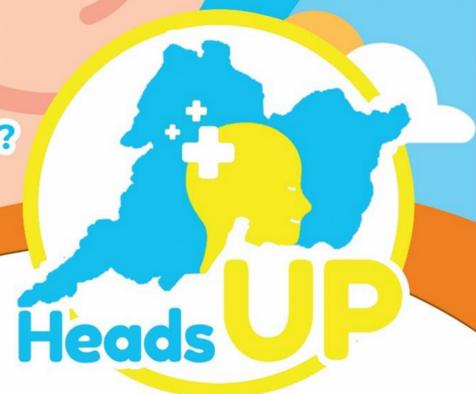
The network will help determine what projects will be funded by the National Transport Authority for years to come.

If you want to know more check out this recent webinar (<https://youtu.be/wb8HU-PciG4>) hosted by Engineers Ireland and featuring some of the people behind the project:

Mental Health



Need to talk about **MENTAL HEALTH?**
or simply just need to TALK?



Find the service you need close to you.

The **Heads UP Clare** website provides the details of mental health services for the **ages of 12-24 years** in your area as well as other youth services and lets you hear about other young people's experiences.



Help is closer than you think, so **HEADS UP!** For More Information www.headsupclare.ie

You are not alone.

How can we help?
We want to connect **children & guardians** to the right mental health support in your county/area so you can make that first important step to reach out for support.

You can find:

- Counselling Services
- Online Guidance
- One 2 One Support
- Group Support
- Emergency Services



West Clare Family Resource Centre



Do you live in **West Clare** and are interested in making our **community Dementia inclusive?**

Dementia Awareness Information Sessions

with Dementia Adviser Fiona Staunton
Alzheimer Society of Ireland

Thursday, 3rd November from 2:30pm – 4pm – Kilrush Community Centre

For more information, please contact West Clare FRC on 065 905 2173 or groups@westclarefrc.ie

2022 International Dementia Conference Fostering a Dementia Inclusive Ireland

15th and 16th November 2022

Hybrid Event: In Person at Croke Park, and Online

50+ Dementia Experts from Around the World

Full catering each day

Exhibitor Suite and Information Stands

Networking Opportunities

Relaxation Room

In-Person and Online Attendance Available

Access to Recordings of All Presentations

Main Sponsor:



Academic Partner:



Brought to you by:

Engaging Dementia

<https://headsupclare.ie/> is making vital connections happen for young people in Co. Clare.

Funded by Healthy Ireland Heads Up Clare is an initiative of Clare Cypsc and Clare Youth Services, it provides the facts about the mental health services in Clare as well as other youth services.

Mental Health

Mental Health & Wellbeing Workshop

MANAGERS

This 3 Hour Online Workshop will explore:

- Perceptions of mental health
- Protective & risk factors
- Practical tips & supports
- Having conversations about mental health
- Enhancing mental health and wellbeing in the workplace

Cost per ticket:

€32.88

BOOK EARLY

See contact details below

Date: 23rd November 22



Cook Well



WEST CLARE
Mental Health

Join Chef Simon Latham in The Lighthouse a free 4 week introduction to Basic Cookery skills

Time 11-1pm

November 4th Soup, Salad & Bread

November 11th Dinner & Fakeaway

November 18th Desserts

November 25th Christmas Day

Spaces are limited

Enquiries to 085 8559511

Email :westclaremha@mentalhealthireland.ie



WORKPLACE WEBINAR:

Mental Health in a New Working World

The Only Tools You Need to Lead

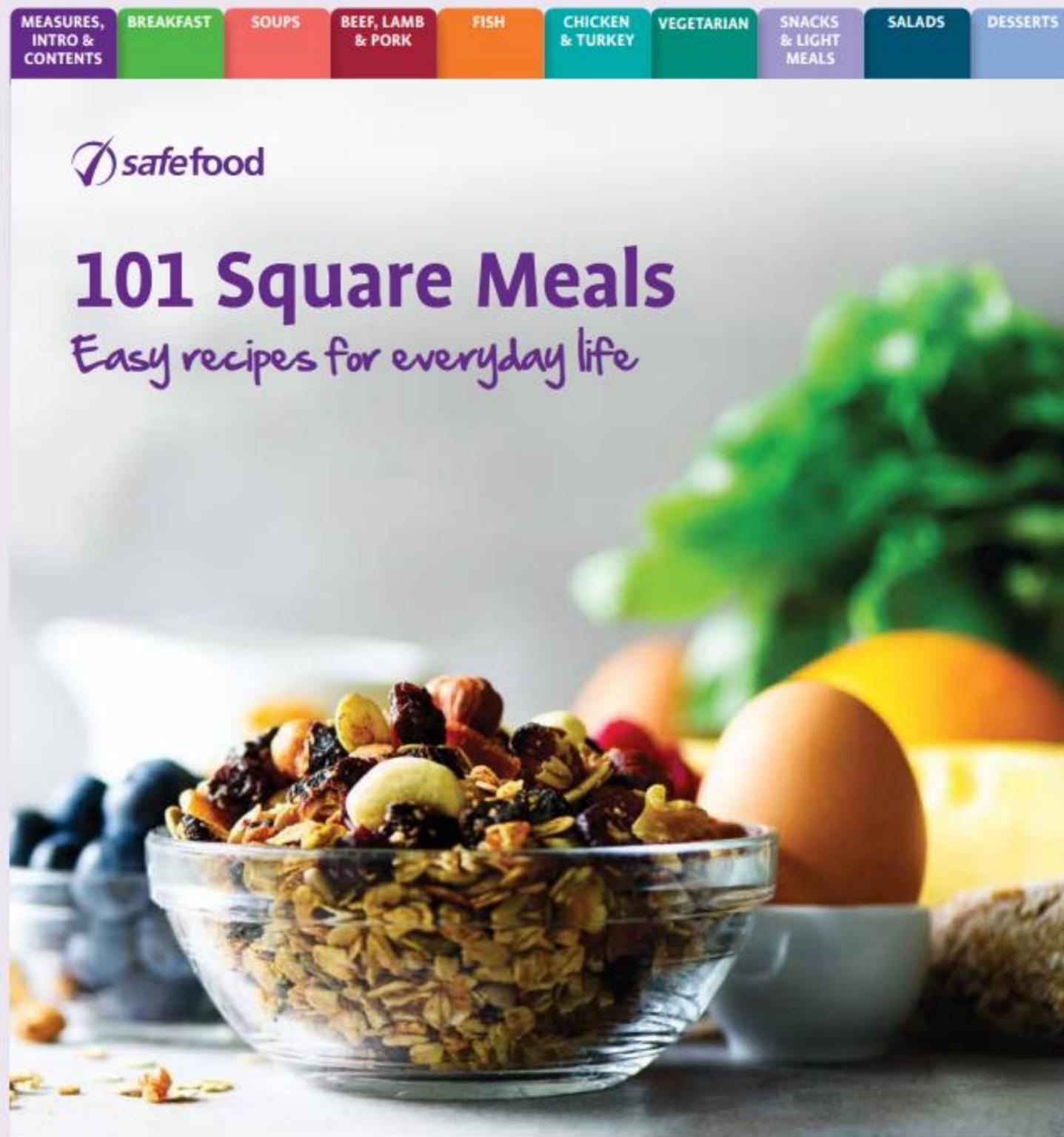


Check out Mental Health Ireland's brand new training open for individual signups, "Mental Health & Wellbeing Workshop for Managers" on the 23rd November at 10am. This training is open to the public and perfect for individuals or small businesses who can't meet the minimum attendee requirement of other trainings and tickets cost €32.88. Places are limited.

Please see link to the training below:
<https://www.eventbrite.ie/e/mental-health-ireland-mental-health-and-wellbeing-for-managers-workshop-tickets-429107260367>

Watch back on Mental health Ireland's Workplace Webinar <https://worldmentalhealthmonth-mhi.ie/get-involved/national-wmhm-webinar/>. With 3 amazing speakers all of whom are experts in the space of Workplace Wellness. To view their new 'Wellness Works' framework visit <https://online.flippingbook.com/view/866264810/>

Healthy Eating



The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. The 101 Square Meals recipe book is designed to take this into consideration and provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

Download the book on the following website www.safefood.net/getattachment/8b4e6574-e5c3-410b-8319-8a5a075ef13d/101-Square-Meals-2021-Update.pdf?lang=en-IE



We live in a world where making healthy decisions around food is really challenging. Limiting how much treat foods our children eat is particularly difficult. Now, about a fifth of the calories that children eat come from treat foods.

Treat foods are foods that are high in sugar, fat and salt. Crisps, biscuits, chocolate and sweets provide little in the way of nutrition so we should only eat them occasionally and in small amounts. When our kids fill up on treats, they don't have room for more nourishing foods.

An unhealthy diet will affect our children's health, from dental problems in the short-term, to serious health issues when they are older. Now is a good time to work on building habits that will benefit your children for a life time.

Visit the Safefoods website for tips to help you give treats in smaller amounts and less often. www.safefood.net/treats

Let's go **EASY** on the treats

Drugs, Alcohol and Smoking Supports

Do you want help to quit smoking or vaping?

Call 065 6865841 or email quit.midwest@hse.ie for FREE support to quit from one of our Stop Smoking Advisors



We Are Here To Help



QUIT

HSE Mid West
Community Healthcare



Quit Mid West is the HSE's stop smoking support service in the Mid West, and offers free support and advice for quitting smoking. You can meet your Stop Smoking Advisor at a face to face clinic, by tele-health or on the phone.

They offer weekly quitting support, advice on stop smoking medicines and carbon monoxide breath testing – all of which can triple your odds of quitting.

To book an appointment, or to find out more, please ring Linda on 065 6865841 www2.hse.ie/quit-smoking

HSE Drug and Alcohol Helpline
Freephone

1800 459 459

email
helpline@hse.ie

Opening hours are 9.30am to 5.30pm
Monday to Friday



DRUGS.ie
Drug and Alcohol Information and Support

**DRUG & ALCOHOL
SERVICES IN THE
MID-WEST**

Support is available



Scan Me



MID WEST REGIONAL
DRUGS & ALCOHOL FORUM
Clare • Limerick • N Tipperary

CO-ORDINATING &
SUPPORTING A
REGIONAL RESPONSE
TO SUBSTANCE MISUSE

Visit www.mwrdf.ie/supports/ for a list of local supports and services in Co. Clare

Sexual Health



OVARIAN CANCER PATIENT DAY

Saturday 19th November, 2022

The Dean Hotel, Galway

From 10am - 3pm
Registration at 9.30am

An information day for Ovarian Cancer Patients, Survivors and their friends and families. An opportunity to hear from leading clinicians, therapists and researchers. A chance to meet fellow patients.

Free of charge
Lunch will be provided
Patients are welcome to bring a guest

Register for the event online at www.ovacare.ie
or email info@ovacare.ie

We would like to take this opportunity to thank our sponsors for their generous support.

www.ovacare.ie

#TalkAboutMenopause

Change in libido

Hot flushes

Night sweats

Insomnia

Low energy

Body shape & weight changes

Mood swings

Changes to periods

Anxiety

Brain fog

Rialtas na hÉireann
Government of Ireland

Women in menopause report experiencing up to seven symptoms at any given time.

The Department of Health has developed gov.ie/menopause, a one stop shop for information about menopause and menopause symptoms, advice on proactive management, how to support someone going through menopause and links to appropriate clinical expertise.

Free home STI test kits available

Order yours today on sexualwellbeing.ie



Free home STI testing is now available for anyone aged 17 and older living in the republic of Ireland.

For more information and to order a kit, visit: <https://bit.ly/3SLd7nA>



Emergency Contraception Pills (ECP) are widely available at pharmacies without prescription



Did you know that free prescription and emergency contraception for women and people aged 17 to 25 are now available from your GP or pharmacy.

The new free short-acting, long-acting and emergency contraception service for women and people aged 17 to 25 will cover the full cost of:

- Prescription contraception including GP visits to discuss suitable options, and;
- Fitting and removing different types of long-acting reversible contraception.

Find out more at www.sexualwellbeing.ie - <https://bit.ly/3SNg5Yr>

