

Healthy Clare Newsletter

October 2022



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

A note from the Healthy Clare Team

We hope that you enjoy reading our October newsletter. Be sure to check out the many great events promoting Health and Wellbeing around the county this month, in particular those happening during Mental Health Week.

Healthy Clare have been working with Mental Health Ireland's 'Mental Health in a New Working World' webinar coproduction team, be sure to register for this great event happening on 21st October at 10am.

www.eventbrite.ie/e/mental-health-in-a-new-working-world-the-only-tools-you-need-to-lead-tickets-396008551237

Follow us on Social Media



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



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



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

HEALTHYCLAREIRELAND



This National Breastfeeding Week (1st – 7th October)

join Clare's 53 'We're Breastfeeding Friendly Clare' locations who are helping to improve the health and wellbeing of breastfeeding mothers, babies and their families in County Clare.

Participants of the campaign receive a 'We're Breastfeeding Friendly Clare' booklet that describes the campaign that staff are encouraged to read, and an A5 window sticker or A3 poster.

To join the 'We're Breastfeeding Friendly Clare' campaign, please visit Healthy Clare's dedicated webpage on <http://yoursay.clarecoco.ie/breastfeedingfriendlyclare>

For Breastfeeding Support in Clare please visit the HSE's www.mychild.ie website and to find Breastfeeding Services in your area go to www.breastfeeding.ie.



The Mid-West Connecting For Life team supporting the 'See Change' ribbon campaign at our recent meeting.

- See Change is Ireland's organisation dedicated to ending mental health stigma please visit <https://seechange.ie> for more details on the campaign.
- Connecting for Life sets out a vision where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing. www.connectingforlifemidwest.ie

Physical Activity



CLARE SPORTS PARTNERSHIP
SPORT IRELAND

Hustle.
ENNIS

TEEN GIRLS BEGINNER GYM PROGRAMME

Only €10.00 for 6 weeks!

This is a beginner gym programme aimed at girls 15- 18 years involved in little to no physical activity!

Starting Friday, 7th October 2022 – for 6 weeks – from 4:30pm – 5:30pm in Hustle, Ennis

Participants will learn how to lift weights correctly, about the types of training and Mobility, flexibility and much more. Register your interest with <https://claresports.ie/teen-girls-beginner-gym-programme/>



CLARE SPORTS PARTNERSHIP
SPORT IRELAND

Buggy Buddies

Starting Friday, 6th October 2022 – for 6 weeks – from 10:30am
At Tim Smythe Park (Fairgreen) Ennis
Cost: €20

The Buggy Buddies Physical Activity programme welcomes parents, childminders and grandparents to exercise with your little ones and meet new people.

Contact Pat@claresports.ie or 087 647 1671 for details



Have your say in Ireland's first ever **National Swimming Strategy!!**

Closing date is 7th October 2022

www.gov.ie/en/campaigns/30ef4-national-swimming-strategy/



Toddler's Inc.

Toddler Group
Friday Mornings
10am-12noon

Happening Every Friday from 10am - 12pm
At Shannon Community Building, Rineanna View, Shannon
Cost: €2 per family

Toys, games, Crafts and more... Snacks provided for children and tea/coffee for adults.

Contact 061 707 600 for details

Physical Activity



Evidence.
Policy.
Partnership.

publichealth.ie

The Institute of Public Health (IPH) invites you to attend a 'Getting Active For Better Ageing' webinar on 20th October, which will focus on public health and behaviour change and how to encourage and support older people to be more physically active. https://us06web.zoom.us/webinar/register/WN_-FN3C-N6StSbjFzBvK-wrg



Active Body Bootcamp

Starts Monday, October 3rd

12 classes over 4 weeks

Mondays/Wednesdays/Fridays - 6pm -7pm

New pay as you go option €8 per class

Only €70 for 12 classes (3 days per week)

€60 for 8 weeks (2 days a week)

NEW Beginner Pilates

Starts Thursday, October 6th from 6 – 7.15pm

4 week block

Cost €50

Keep up to date with Active Ennis on www.facebook.com/ActiveEnnisLeisure



WEST CLARE FRC

Activities for the over 55s

Positive Ageing Week

information & chats

In Kilrush Community Centre

Gearoid Mannion Travel Counsellor

How to create your perfect holiday

Tuesday 4th Oct 2.30pm



Citizens Information

Entitlements for seniors

Wednesday 5th October 2.30pm

June Curtin - Snámhai Sásta

Wellbeing and Positive Ageing

Thursday 6th October 2.30pm



For bookings & enquiries contact 065 905 2173

O'Gorman St., Kilrush, Co. Clare T: 065 9052173



Keep up to date with the West Clare FRC by visiting their Facebook page

www.facebook.com/West-Clare-Family-Resource-Centre-645521892147553/

Mental Health



Weekly Woodland Walk

Join us for a group walk around
Vandeleur Woods and Gardens



Tuesdays Meeting at 10:50am in Upper Car Park at Vandeleur Woods and Gardens

For more info. Contact westclaremha@mentalhealthireland.ie

Or call 085 855 9511 or 065 906 2329



is pleased to present

The Sonas Singers

facilitated by
Maria Wood, Sing to Connect

Sing, Connect, Be Uplifted & Supported
open to all regardless of experience or ability

Ennis Mental Health Association is hosting The Sonas Singers FREE Initiative for 6 weeks

Starting Thursday, 29th September from 10:30am

Everyone Welcome

For more information contact Maria on maria@singtoconnect.com and 087 326 9234



**Text HELLO to 50808 to
start a conversation**

text about it

50808

Funded by the HSE.

For more information visit <https://text50808.ie>

A registered charity

SAMARITANS

**Ordinary people doing
extraordinary things**

**Volunteer
with us**

To find out more and apply, visit
[samaritans.ie/
volunteer](https://samaritans.ie/volunteer)



Mental Health

Mental Health Week 2022



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Your time,
your words,
your presence



WEST CLARE
Mental Health
Association



Day	Time	Event
Monday October 10 th	11am	Connect Café Kilrush Library
Monday Oct 10 th	7:30pm	Webinar Talk with Liam Gildea Author "High Life, Low Life" Living with Bi Polar
Wednesday Oct 12 th	11am	Farm Well with Local Agencies in Kilrush Mart
Friday Oct 14 th	7:30pm	Grow Well Panel Talk in Hall Eoin Kilbaha. Panel incl's Brid Hedderman, Eamon Peters, Breda Latham
Sunday Oct 16 th	10:30am	Guided Nature Walk in Vandeleur Woods with Pius Murray

All enquiries to:
Email: westclaremha@mentalhealthireland.ie
Phone: 085 8559511



For more info. contact westclaremha@mentalhealthireland.ie



North Clare

MENTAL HEALTH ASSOCIATION
Are holding a fun event for World Mental
health week



**A fun filled day for families
and friends at lahinch
sports field October 9th
12pm to 4pm**

- ❖ Local Musicians
- ❖ Activities for kids
- ❖ Raffle Draw
- ❖ Dog Show

Mental Health



Clare Trauma Informed Conference

Clare Temple Gate Hotel, Ennis, Co. Clare

Thursday 24th November

(9.30 am - 2.30 pm)

Éadaoin Bhreathnach,
Consultant Occupational Therapist and Attachment Counsellor,
Trauma and childhood - Impact, engagement tools, best practice approach

Aoife Dermody - Quality Matters
How to embed a trauma informed approach within your organisation

Dr. Aala El-Khani, Humanitarian Psychologist,
University of Manchester
War trauma - A family skills approach to supporting children effected by war trauma



Book your spot by visiting

www.eventbrite.ie/e/clare-trauma-informed-conference-tickets-420417489027



SHANNON FAMILY RESOURCE CENTRE

PRESENTS

EMPOWERING TEENAGERS

How Parents Can Help Teenagers to Find Relational Safety to be Real

A talk by
DR. TONY HUMPHREYS,
Consultant Clinical Psychologist,
Author, National & International Speaker

18TH OCTOBER 2022
7.30pm - 9.30pm

Treacys Oakwood Arms Hotel,
Shannon, Co. Clare

The event is free but please register your interest by calling 0879649948

WORKPLACE WEBINAR:

Mental Health in a New Working World The Only Tools You Need to Lead

This webinar will launch Mental Health Ireland's new Mental Health in the Workplace Framework, which brings together the latest evidence and best practice in workplace mental health.

Guest Speakers:



Join the webinar for:

The Launch of MHI's New Workplace Mental Health Framework
The latest evidence and best practice in

Friday, 21st October 2022 from 10am (online)

Guest Speakers include;

- Dr. Brigit Greiner
- Dr. Deirdre Curran
- Mr. Sean Russel

Book your spot by visiting



www.eventbrite.ie/e/mental-health-in-a-new-working-world-the-only-tools-you-need-to-lead-tickets-396008551237

Healthy Eating



Overweight & Obesity
Let's Talk!

Date 6th October 2022
(Royal College of Physicians of Ireland)

Time 10am to 2pm

Event is Free. Attend in person or virtually.
Limited places for in person attendance.
Register Early!

HSE Overweight and Obesity, Let's Talk Event, In Person and Online

Part 1 - Obesity and Eating Disorders in Young People

Part 2 - Obesity Treatment and Young People

Part 3 - Childhood Obesity: Let's Talk

- Understand more about overweight and obesity in children and young people
- Learn helpful ways to raise the topic with healthcare professionals, friends and family.
- Explore common misconceptions and concerns about obesity treatment from the experts

www.eventbrite.ie/e/hse-overweight-and-obesity-lets-talk-event-in-person-and-online-tickets-412789824477



Prevent weight gain with healthy habits


An Roinn Sláinte
Department of Health

The Healthy Weight campaign is one in a series of national measures to help you manage your weight. The aim of the campaign is to support your health by sharing information about behaviours that can affect your weight. For people in their 20s and 30s, there is a greater risk of becoming overweight or obese because of changes in eating patterns and lifestyles. This means that these ages are an important time to prevent excess weight gain, and to protect your health now and in the future.

Visit www.gov.ie/en/campaigns/3c4ed-healthy-weight/ for ways to prevent weight gain with healthy habits



Healthy Ireland
at your Library



'Nourishing your body this winter' FREE Workshop with Grainne Travers, Nutrition at Clare Libraries

Learn how to support your immune system and gut health through diet. Grainne will also share practical cooking ideas and recipe tips.

De Valera Library, Ennis

- Thursday, 6th October 2022 at 6.30pm
- Book your place by calling 065 6824207 or 065 6891317 or emailing devalera@clarelibrary.ie

A Healthy Ireland at Your Library Event.

Drugs, Alcohol and Smoking Supports

ask
about
alcohol.ie



Alcohol and Drugs: A Parent's Guide

Practical advice to help
you communicate with
your child about alcohol
and other drugs



DRUGS.ie
Drug and Alcohol Information and Support



www.drugsandalcohol.ie/29435/1/Alcohol_and_drugs_a_parents_guide.pdf

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



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

Role of the Mid-West Regional Drug and Alcohol Forum (MWRDAF)

The role of the task force is to implement the goals of
the [national drug strategy 2017-2025](#).

The key goals include:

- 1.To promote and protect health and well-being.
- 2.Minimise the harms caused by the use and misuse of substances and promote rehab and recovery.
- 3.Support participation of individuals families and communities
- 4.Address the harms of drug markets and reduce access to drugs for harmful use.
- 5.Develop sound and comprehensive evidence informed policies and actions.

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

Sexual Health



Sexual Health is an important part of overall health. It means in the first place the absence of disease and infections but also covers well-being, the ability to control fertility and to have children and the ability to enjoy fulfilling relationships free from discrimination.

Visit the HSE's Sexual Wellbeing website for more information
www.sexualwellbeing.ie



What costs are covered?

1. GP or doctor's appointments - to talk about contraception options and for repeat prescriptions when needed
2. prescriptions given by your doctor - these will be given free of charge at participating pharmacies
3. your choice of contraception - from the types covered below
4. fittings and removals of implants and IUDs or IUSs (coils)
5. any check-ups or other follow up care needed, relating to your implant or coil
6. emergency contraception (morning after pill)

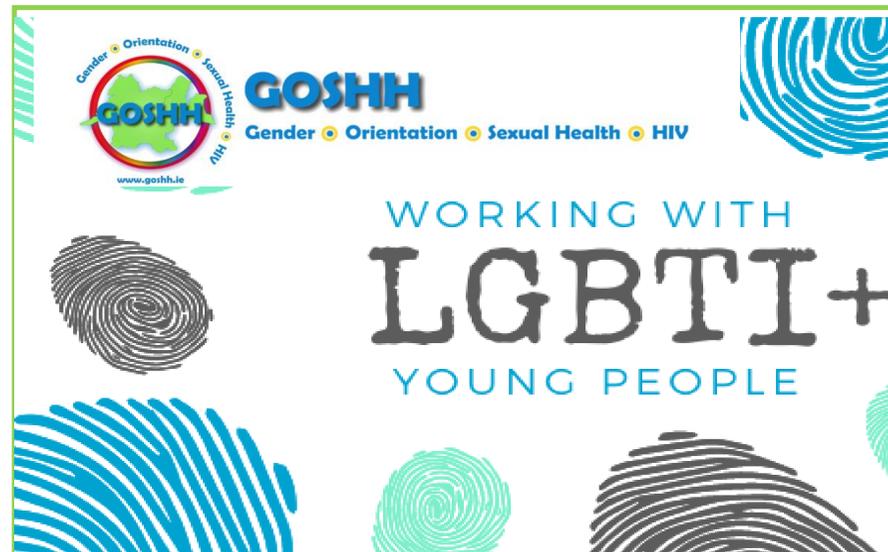
For more information, please visit

www.sexualwellbeing.ie/sexual-health/contraception/free-contraception/



As of 30th September, free home testing is available in every county across Ireland. Anyone who is aged 17 or over can order a free STI test to their home or other valid postal address in Ireland. There are a set number of kits available to order per day. If there are no more kits available when you try and order, please try again the following morning.

Visit www.sh24.ie for more information



FREE Training for Professionals working with LGBTI+ Young People

Tuesday 01 November, 2022 – Limerick City

Registration Link: <https://GOSHH0111.eventbrite.ie>

Thursday 24 November, 2022 – Newcastle West,

Registration Link: <https://GOSHH2411.eventbrite.ie>

Training will also be provided on a further date in January 2023- registration and location details will be available shortly.

Some of the key learning goals of the day include:

- Building confidence to facilitate LGBTI+ discussions
- Increase capacity to support clients/service users who identify as LGBTI+
- Identify & become familiar with best practice guidelines & policies
- Learn to identify Homophobic & Transphobic behaviour
- Build capacity to support individuals experiencing discrimination on the grounds of their gender &/or orientation
- Explore how gender and orientation impacts the experience of individuals in society.

Other



FREE Creative Art Workshops

to help Children, aged 6-12 with lifelong physical health conditions live life to the full.

Closing date for registrations is **Monday 10th of October 2022.**

Contact Niamh, for details hello@helium.ie or by calling 083 0103240

ABOUT HELIUM ARTS WORKSHOPS

Tuesday 1 - Thursday 3 November at CAS @ CBS Primary Ennis

Saturday 12 November - Saturday 17th December at CAS @ CBS Primary Ennis

Free of charge Delivered by professional artists Accessible Overseen by paramedics Supported by volunteers.



CPR Demonstration with The Order of Malta

Monday, 10th October 2022

Sweeney Memorial Library, Kilkee at 6pm

The initiative aims to educate and instruct the public in CPR & recognise and manage a cardiac arrest. This is a free event, and all are welcome.



To book your spot contact

Kilkee Library on (065) 9056034.



in partnership
with



COULD YOU BE A STORYTELLER ACTOR DIRECTOR

Milis is an event by Crooked House Theatre developed for PIMA! FEST '22. The workshop invites older and younger members of the community to develop stories that capture generational perspectives and share them in the form of filmed vignettes.

Over the two days, **Friday 14th & Saturday 15th October**, participants will collaborate with theatre makers in the creation of short performances, monologues and narratives.

The pieces will be filmed as theatrical vignettes and will be available to view on the festival platforms.

- 1** Register to get involved. Email info@pimafest.com
- 2** Attend a 2 day workshop on Friday 14th and Saturday 15th October in glór, Ennis.
- 3** Your very own film will be sent to you after the event

**NO SKILLS REQUIRED
FREE OF CHARGE
PARTICIPATORY FUN**

PIMA! FEST is a brand new festival in Ennis, 15th & 16th October, produced by Music Generation Clare in association with glór and local partners and artists.

For more information, visit:
www.pimafest.com



www.pimafest.com

Other



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



Want to know how to use and
get the most out of your
Smart Device?



FREE 1-1 Smart Tech Classes for the Older Person

Starting Wednesday, 28th September at 11am for 4 weeks

To book your spot please contact

Scariff Library on 061 922 893 or email scariff_library@clarecoco.ie

Being LGBTQI+ in Ireland



The National Study of LGBTQI+
Mental Health and Wellbeing

The *Being LGBTQI+ in Ireland* National Study on the mental health and wellbeing of the LGBTQI+ community in Ireland. Take part in the study and have your voice heard by visiting <https://beinglgbtqi.ie>.

This study is funded by The HSE National Office for Suicide Prevention (NOSP), HSE Social Inclusion, and the What Works and Dormant Accounts Fund, Department of Children, Equality, Disability, Integration and Youth (DCEDIY) through Belong To.



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth



**HAVE YOUR
VOICE HEARD!**

www.surveymonkey.com/r/ShannonFRC

**Shannon
Family Resource Centre
SURVEY**

What supports and services would you like to
see at your Family Resource Centre?



Take some time to complete Shannon Family Resource Centre Public Consultation Survey, helping them continue to respond to the needs of the community over the next 5 years.

To complete the survey visit

www.facebook.com/Shannon-Family-Resource-Centre-140467349301061

SDG Week



Healthy Clare partnered with our colleagues in Greener Clare and the Limerick and Clare Energy Agency in September to help raise awareness of the Sustainable Development Goals and Energy Sustainability. Healthy Clare are committed to Goal #3 - 'Good Health and Wellbeing' and our Healthy Ireland initiatives often touch on ALL 17 Goals. To mark Ireland's first SDG Week Clare County Council set up a dedicated webpage on the Goals and are conducting a baseline survey to identify what is Clare's awareness of the goals.

Visit the Clare County Council's dedicated **SDGs webpage** on

<https://yoursay.clarecoco.ie/clare-sdgs>

Help us determine the County's SDG knowledge by completing Clare County Council's Online **SDG Survey 2022**

https://yoursay.clarecoco.ie/clare-sdgs/survey_tools/sustainable-development-goal-survey

Read the **50 daily actions** to help transform the world booklet

<https://yoursay.clarecoco.ie/2169/widgets/9960/documents/346>



The **Home Energy Saving Kit** is the ultimate toolkit that helps you save energy at home. By implementing easy energy saving measures, you could reduce your energy bill by up to 20% while improving the comfort of your home and helping contribute to a better environment at the same time.

The tools in the kit are easy-to-use and they provide an interactive and tangible way to introduce the concept of energy usage into your home and a perfect way to get the whole family involved.

To borrow a kit contact your local Clare Library branch.