

# Healthy Clare Newsletter

## September 2022



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

### A Note from the Healthy Clare Team

We hope that you enjoy reading our September newsletter, as there are lots of great events going on around the county.

We've also expanded our newsletter to include all 6 Healthy Ireland themes; (1) Mental Health (2) Physical Activity (3) Healthy Eating (4) Sexual Health (5) Drugs & Alcohol and (6) Smoking.

Finally, we would like to encourage any community groups who are planning any mental health and physical activity initiatives over the coming months to apply for Healthy Ireland Interim funding to support your work.

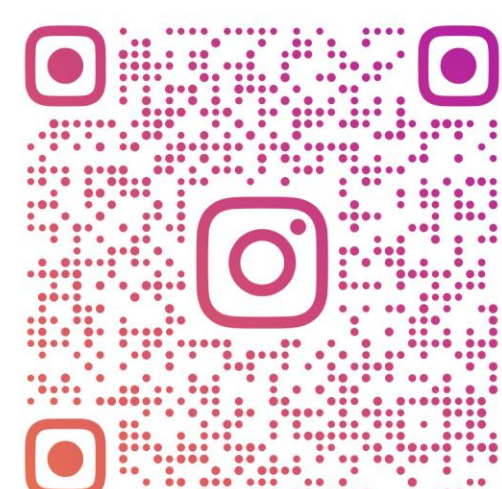
### Follow us on Social Media



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



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



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

HEALTHYCLAREIRELAND

# Interim Healthy Ireland Funding

## (September - December 2022)

Applications are sought from Community and Voluntary Groups promoting Mental Health and Physical Activity in County Clare.

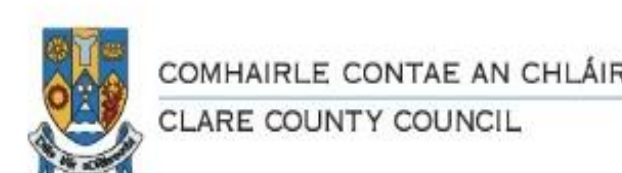
Funding Amount: **€2,000 in financial support for 10 successful projects.**

Contact: **Dena Mc Grath**, the Healthy County Coordinator on [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie) and **087 987 8785**

Closing Date: **5.00 pm, Friday, 16th September 2022.**

Application: <https://yoursay.clarecoco.ie/hif-r4-0-2>

Scan Me



Clare County Council recognises the importance of supporting initiatives around the county that promote population health and wellbeing. Clare's Local Community Development Committee (LCDC), in partnership with the Council, is funding 10 community health and wellbeing projects under their 'Interim Healthy Ireland Round 4 Funding 2022'.

This funding will provide €2,000 in financial support to 10 successful community and voluntary organisations for a diverse range of projects and events, that align with the Healthy Clare Strategic Plan 2019-2022 identified priority areas of: Mental Health and Physical Activity.

Please see funding guidelines on the Healthy Clare webpage for more information on how to apply for this funding (<https://yoursay.clarecoco.ie/2150/widgets/9905/documents/309>).

Once you complete your project overview form applicants can submit their applications via the online application system ([https://yoursay.clarecoco.ie/hif-r4-0-2/survey\\_tools/application-form](https://yoursay.clarecoco.ie/hif-r4-0-2/survey_tools/application-form)).

The closing date for submission of completed online application forms is 5:00pm on Friday 16th September 2022.

For more information please contact Dena McGrath, the Healthy County Coordinator, on [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie) and 087-9878785.

Funding webpage: <https://yoursay.clarecoco.ie/hif-r4-0-2>

The Healthy Clare Strategic Plan can be viewed at: [www.clarecoco.ie/services/community/publications/healthy-clare-strategic-plan-2019-2021](http://www.clarecoco.ie/services/community/publications/healthy-clare-strategic-plan-2019-2021)



# Physical Activity



National Walking Day is on Sunday, September 25<sup>th</sup>. Visit <http://www.nationalwalkingdayireland.ie/> for info.



The HSE Health and Wellbeing team have created a suite of short Chair Yoga videos for beginners.

Session 1: <https://www.youtube.com/watch?v=e34qw65byA0>

Session 2: <https://www.youtube.com/watch?v=WnRe4q5RbFU>

Session 3: <https://www.youtube.com/watch?v=MoW6TWxakiE>

Session 4: <https://www.youtube.com/watch?v=-LbxA60xN0Q&t=3s>

## Shannon Couch to 5K

Free walking & running programme



When: Starting in September

Where: Shannon

Who: Open to all

Register your interest in the Shannon Family Resource Centre and Clare Sports Partnership's Couch to 5km walking/Running Programme in Shannon by visiting [www.shannonfrc.com/healthpromotion.html](http://www.shannonfrc.com/healthpromotion.html) or contacting Shannon FRC on 061 707600 and [shannonfrc@gmail.com](mailto:shannonfrc@gmail.com)



Free weekly Parkruns across Co. Clare every Saturday morning at 9:30am

- Lee's Road - <https://www.facebook.com/leesroadparkrun/>
- Clarisford Parkrun – <https://www.facebook.com/clarisfordparkrun>
- Ilaunmanagh Parkrun - <https://www.facebook.com/Illaunmanaghparkrun>
- Vandeleur Parkrun – <https://www.facebook.com/Vandeleurparkun>



# Physical Activity



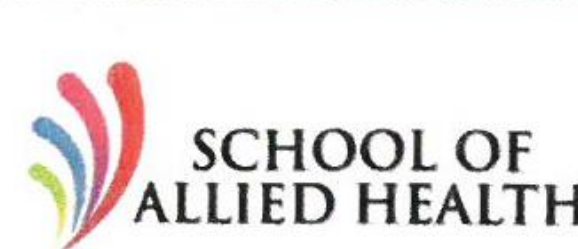
## MUSIC AND MOVEMENT FOR HEALTH

If you are over 65 then please come join us for:  
**music, movement, fun, friendship, tea and chat.**  
No previous experience required.



Music and Movement are fun ways to improve balance, mobility, strength, flexibility, memory and wellbeing.

If you are interested in finding out more and participating please contact Steven at the following email address **move2music@ul.ie** or phone number **089 2228314**



EHSREC Ref No: 2022\_01\_08\_EHS

The University of Limerick's research team are seeking over 65 year olds who live in Kilrush and are interested in music, movement, fun, friendship, tea and chats to participate in their research study – Music and Movement for Health. Contact [move2music@ul.ie](mailto:move2music@ul.ie) and 089 222 8314 for details.



## Sewing Corner

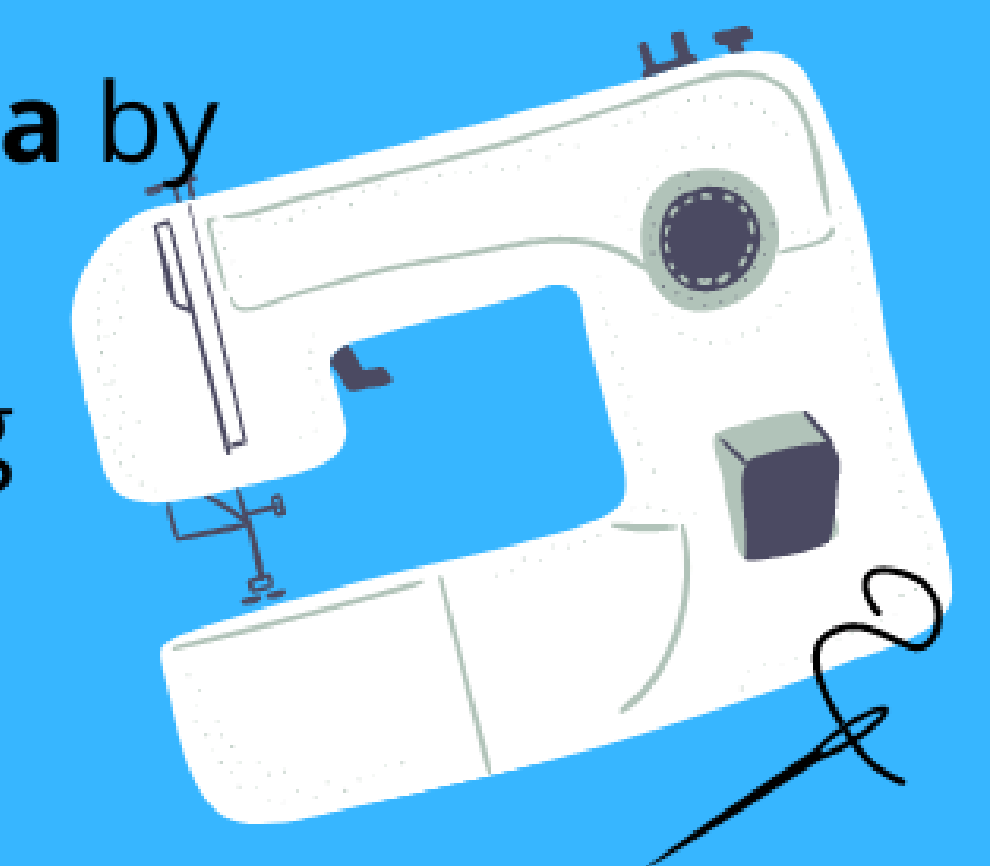
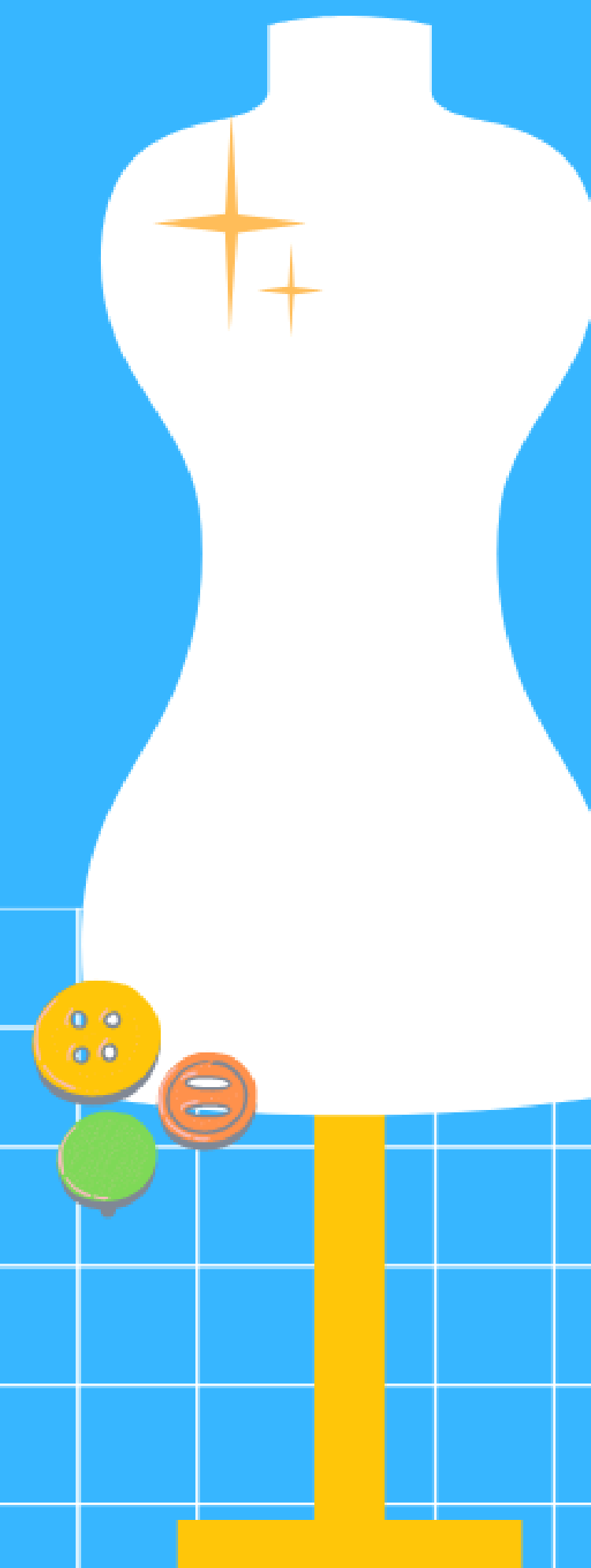
Programme for learning about Sewing, Upcycling, DIY and crafts!

The Junction Youth and Community Building, Ennis  
Thursdays, 5.30pm - 7pm

For young people aged 14-17

For more info contact **Helena** by e-mail on [hi@clareyouthservice.org](mailto:hi@clareyouthservice.org) or phone 085-8047580

All CYS Programmes are Drug and Alcohol Free



## Walk to School Week

19th – 23rd September 2022



Walk to School Week will be held on Monday 19th – Friday 23rd September for more info. visit <https://greenschoolsireland.org/event/walk-to-school-week-2022/>



# Physical Activity



## Healthy Ireland at your Library

**ONLINE Uplifting Chair Yoga class, for happiness & wellbeing.** Join yoga teacher Trish Cleary for a series of a Chair Yoga classes from the comfort of your own home. Chair yoga is a gentle form of yoga that can be done while sitting on a chair or standing on the ground and using the chair for support. This exercise can help to keep the body supple and healthy, reduce stress and improve mental health. Free event for adults throughout Co Clare. In order to take part, participants will require remote access to Zoom.

Online event hosted by Kilrush Library

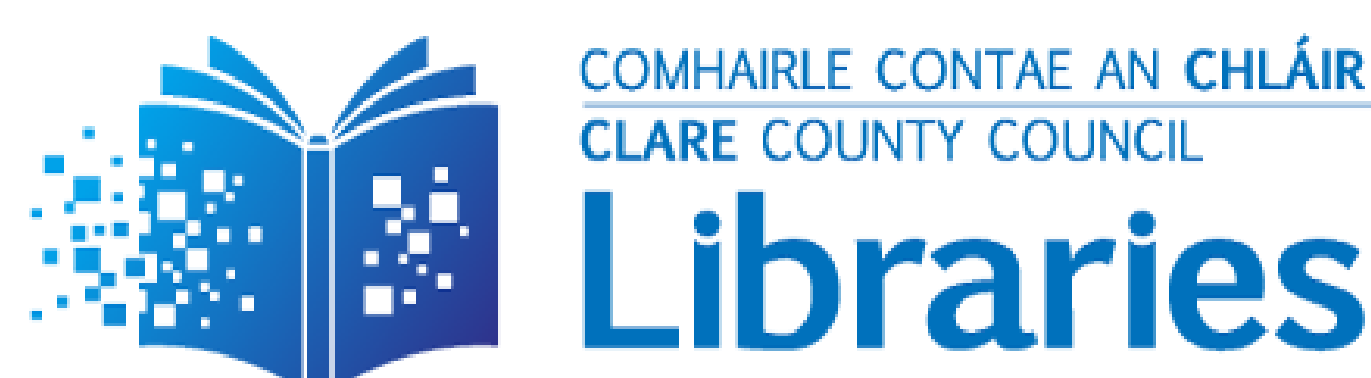
- Wednesday, 14th September 2022 at 11am
- Wednesday, 21st September 2022 at 11am

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

**IN-PERSON Uplifting Chair Yoga class, for happiness & wellbeing.** Join yoga teacher Trish Cleary for a taster Chair Yoga class **in Tulla Library.**

- Wednesday, 28th September 2022 at 11am

Please book by calling Tulla Library on 065 6835919 or emailing [tulla@clarelibrary.ie](mailto:tulla@clarelibrary.ie)

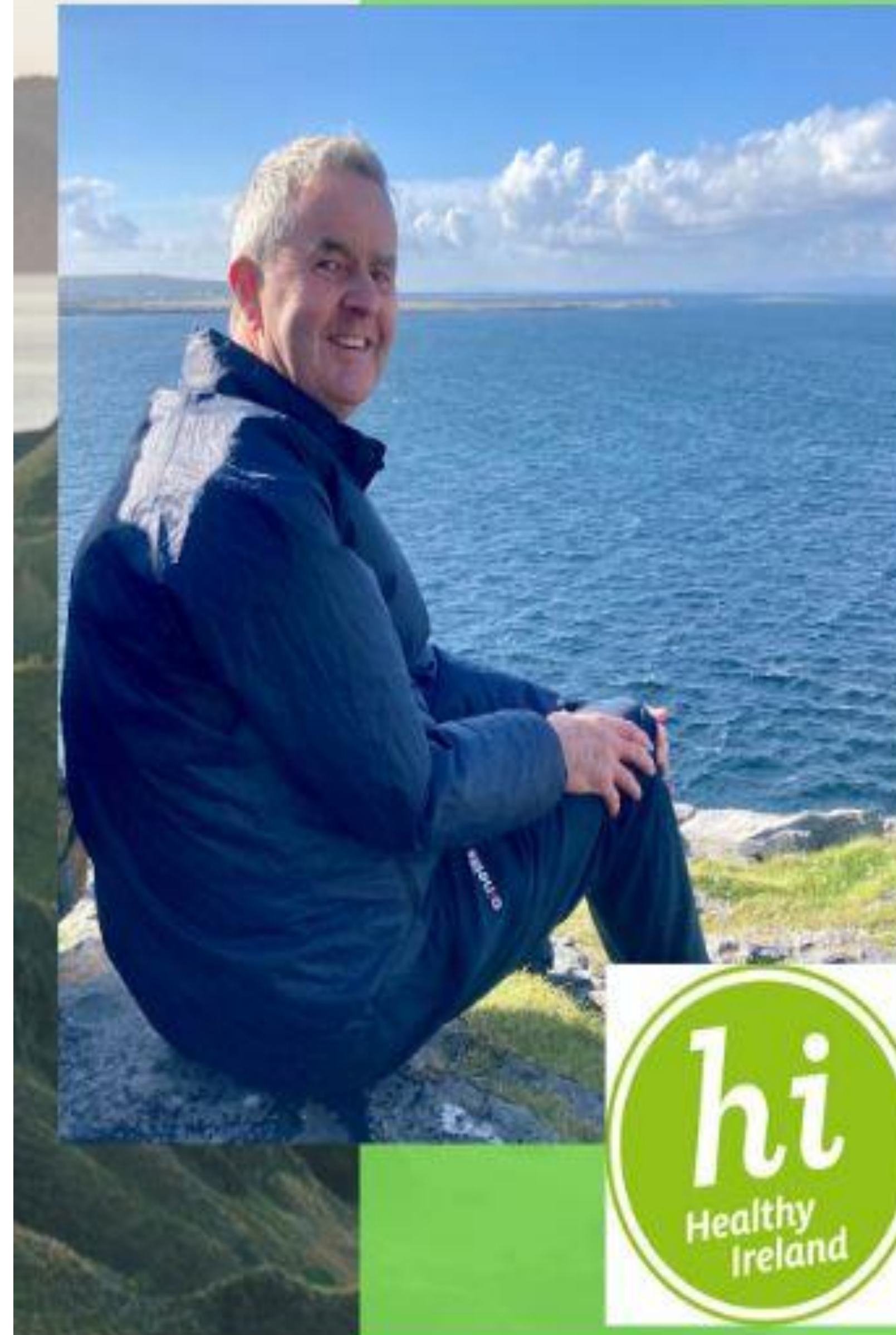


A Healthy Ireland at Your Library Event.

## Hidden Benefits of Walking, a talk followed by a guided walk of the Corofin Heritage Trail, by Pius Murray. A Healthy Ireland at Your Library Event.

Wednesday, 21st September 2022

Corofin Public Library at 11am



Discover how to 'walk into wellbeing' and the Pilgrim Paths of Ireland. Pius Murray explains how to walk for physical health and mental wellbeing using simple tools and strategies. This will be followed by a guided walk of the Corofin Heritage Trail.

Free event and all are welcome.  
For further information contact  
Corofin Public Library at 065  
6837219



**'Therapy with Play Intervention for Children' FREE workshop** with Play Therapist, Dipankar Biswas. Dipankar will use the therapeutic powers of play to facilitate communication through self-expression, foster emotional wellness through emotional management, increase personal strength through creative problem solving and enhance social relationships.

- Saturday, 24th September 2022
- From 11am – 1pm
- Suitable for 5 to 8 year olds.

Book your spot by contacting Scariff Library on 061 922893.

A Healthy Ireland at Your Library Event.



# Mental Health

## IT'S TIME TO TALK

Start your own conversation over a cup of tea

#GreenRibbonIRL  
#EndTheStigma

SeeChangeIRL  
SeeChangeIreland  
SeeChangeIRL  
[www.seechange.ie](http://www.seechange.ie)



For support contact: Samaritans 116123  
or visit [yourmentalhealth.ie](http://yourmentalhealth.ie)

See Change - Green Ribbon campaign is the month of September  
[www.seechange.ie](http://www.seechange.ie)



For more info and to sign up visit <https://midwestaries.eventbrite.ie> or text 086 287 3526 or email [Margaret.keane9@hse.ie](mailto:Margaret.keane9@hse.ie)

Wednesday 7<sup>th</sup> September 10am – 12pm

- Part 1: [Exploring Anxiety](#)

Thursday 8<sup>th</sup> from 10am – 12pm

- [Part 2: Managing Anxiety](#)

Tuesday, 13<sup>th</sup> 4pm -6pm

- [Let's Talk Resilience](#)

Tuesday 27<sup>nd</sup> from 2pm – 3pm

- [Managing Wellbeing and Mental Health Recovery](#)

Wednesday 28<sup>th</sup> 2pm – 3pm

- [Innovation & Change in Mental Health Services](#)



Bike4Life  
World Suicide  
Prevention Day

This is an opportunity to get involved with an event that really matters.

## COAST — to — COAST

Galway  
FINISH  
11/9/22

Dublin  
START  
10/9/22



Saturday 10<sup>th</sup> –  
September 11<sup>th</sup>

On September 10<sup>th</sup> & 11<sup>th</sup>, gather your family and friends, your school, your club or your organisation and join with us. Let us work together in support of suicide prevention and create a world where far fewer people die by suicide.

World Suicide Prevention Day is the 10th of Sept.

[www.cycleagainstsucide.com/event/coast-to-coast/](http://www.cycleagainstsucide.com/event/coast-to-coast/)

dementia  
under stand together

## World Alzheimer's Month

September is **World Alzheimer's Month** and World Alzheimer's Day is on September 21st each year.

On this day, the world concentrates its efforts on creating awareness of dementia and we are encouraging everyone to take simple actions to support people with dementia and their families in their communities.

The theme this year is “**Know Dementia, Know Alzheimer's.**”

For more information visit [www.understandtogether.ie](http://www.understandtogether.ie)

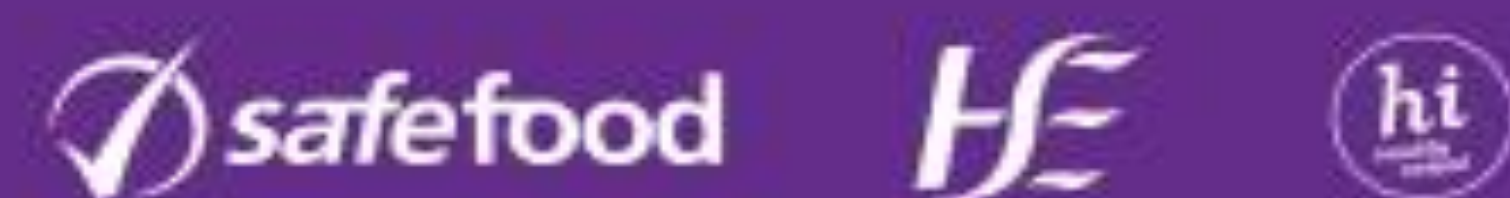


# Healthy Eating



## 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/getattachment/b8b00e34-4be7-4d8a-842a-4b80908c5b49/lunchbox-english.pdf?lang=en-IE> for more details



## Healthy snacks ideas



Healthy snacks can help keep up children's energy levels between meals and are a great opportunity to give their diet a nutrition boost.

You can help them grow into healthy adults by making sure they are snacking on food that is good for them.

For some healthy snack ideas for kids visit

<https://www.safefood.net/recipes/snacks-for-kids/129>



### '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.

#### Miltown Malbay Library

- Thursday, 15th September 2022 at 6.30pm
- Book your place by contacting 065 7084822 or [miltown@clarelibrary.ie](mailto:miltown@clarelibrary.ie)

#### Shannon Library

- Thursday, 22nd September 2022 at at 7pm,
- Book your place by contacting 061 364266 or [shannon@clarelibrary.ie](mailto:shannon@clarelibrary.ie)



A Healthy Ireland at Your Library Event.



# Drugs, Alcohol and Smoking Supports

**HSE** HSE Mid West Community Healthcare **hi** Healthy Ireland **QUIT**

**Do you want help to quit smoking or vaping?**

**FREE LOCAL SUPPORT**

Contact your local stop smoking advisor for support  
**065 6865841**  
quit.midwest@hse.ie

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](http://www2.hse.ie/quit-smoking)

**WEBINAR INVITATION**

**Lets talk about Alcohol and Pregnancy**

**Date 9th September 2022**  
International FASD (foetal alcohol spectrum disorders) Awareness Day

**Time 12.30-13.45**

**REGISTER HERE**

**HSE** **hi** **ask about alcohol.ie** CPD credit pending

**Let's Talk about Alcohol and Pregnancy Webinar**

September 9th is International Foetal Alcohol Spectrum Disorders (FASD) Awareness Day. The HSE & Healthy Ireland are hosting a 'Let's Talk About Alcohol & Pregnancy' Webinar. Please visit <https://bit.ly/3c2jseH> to register.

For more info on FASD visit the HSE's dedicated webpage on [www2.hse.ie/pregnancy-birth/keeping-well/food-drink/alcohol/](http://www2.hse.ie/pregnancy-birth/keeping-well/food-drink/alcohol/)

## 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

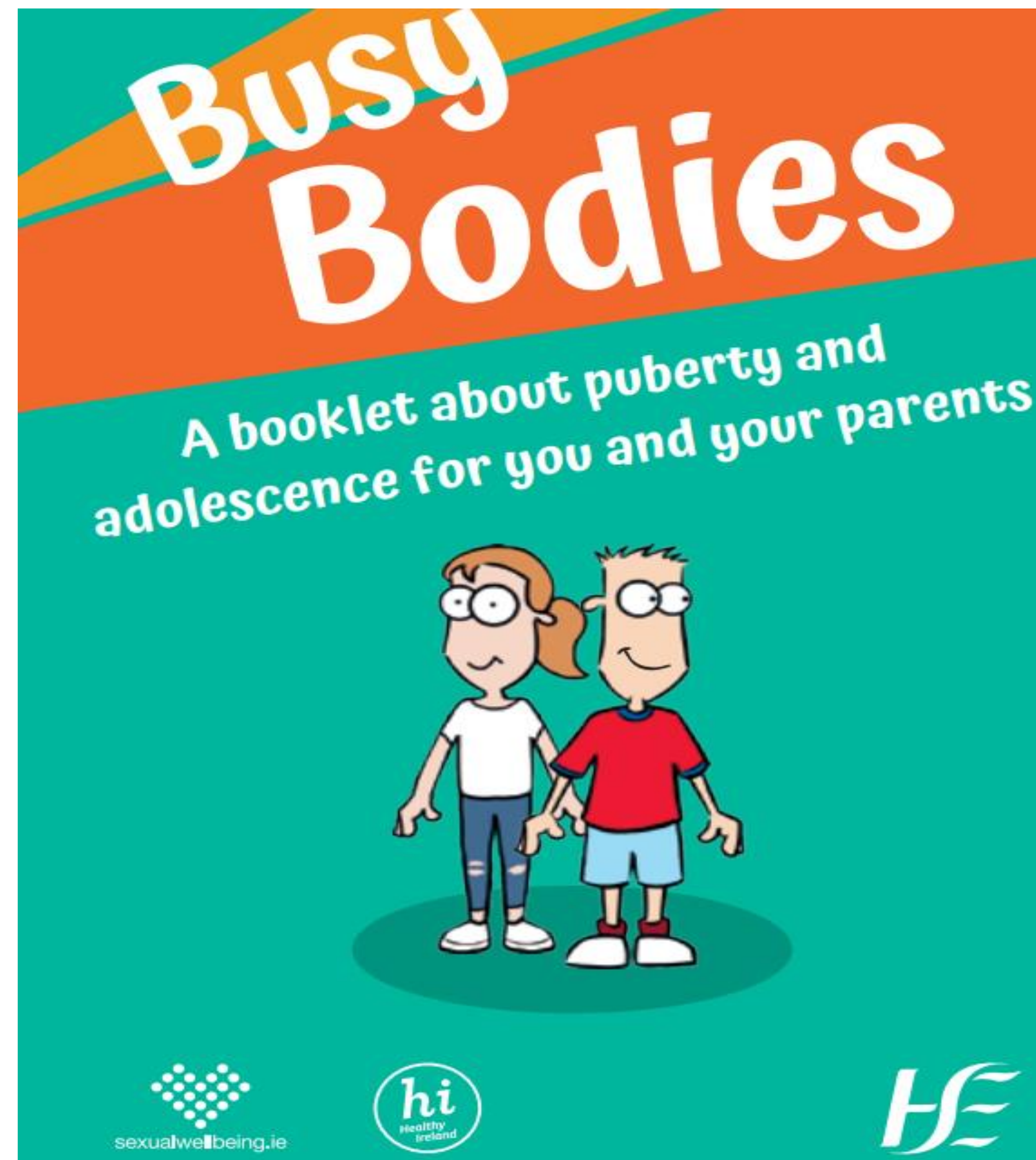


# Sexual Health



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](http://www.sexualwellbeing.ie)



The Busy Bodies booklet is an updated version of the original leaflet published in 2008. It provides useful and supportive information about the physical and emotional changes that children will experience during puberty, the basics of reproduction, and how young people can look after themselves as they grow up.

Parents and carers can use the booklet as a support and source of information for themselves and their child during puberty.

Teachers can use the booklet to support preparation for teaching and learning in Relationship and Sexuality Education (RSE) as a part of Social, Personal and Health Education (SPHE); an integral part of the primary school curriculum.

The booklet can be viewed on the HSE's website [www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/busy-bodies-a-book-about-puberty-for-you-and-your-parents.pdf](http://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/busy-bodies-a-book-about-puberty-for-you-and-your-parents.pdf) or a hardcopy can be ordered from [www.healthpromotion.ie](http://www.healthpromotion.ie)



## What You Need To Know About Contraception



Visit the HSE's sexual wellbeing page for information on the different types of contraceptives [www.sexualwellbeing.ie/sexual-health/contraception/](http://www.sexualwellbeing.ie/sexual-health/contraception/). Always talk to your doctor or Family Planning Clinic about the best type of contraception for you.



# GOSHH

Gender • Orientation • Sexual Health • HIV

GOSHH is a charity which provides a safe, confidential, welcoming environment for everyone they work with. Their office is based in Limerick City and they work throughout the Counties of Limerick, Clare, and North Tipperary.

GOSHH's focus is on the promotion of equality and wellbeing of all with a positive and respectful approach to sexual orientation and gender diversity.

Examples of Services include;

- |                       |               |
|-----------------------|---------------|
| Confidential Helpline | Rapid Testing |
| Condoms               | Counselling   |
| Drop In               | Training      |

For more information contact GOSHH on [www.goshh.ie](http://www.goshh.ie) | email [info@goshh.ie](mailto:info@goshh.ie) | call 061 314354



# Other

## Personal and Social Development Programme

12 week programme run throughout Clare beginning in September 2022 for young people aged 15-17.

This programme looks at communication skills, team building and relationships

### Locations in Clare:

Ennis (3 groups)  
Kilrush  
Killaloe-Ballina  
Sixmilebridge  
Shannon  
Kilmihil  
Kilkee

### Contact

[youthinformation@clareyouthservice.org](mailto:youthinformation@clareyouthservice.org) for more info on groups in your area



This programme is supported by:



Clare Youth Service Programmes are drug and alcohol free

Contact [youthinformation@clareyouthservice.org](mailto:youthinformation@clareyouthservice.org) for more details



## Free Online Workshops!

[Living Well Programme](#)

The programme is currently being run for **6 weeks, 2.5 hours per week with up to 15 participants**. It addresses topics such as fatigue, sleep, pain, stress, physical activity, healthy eating, difficult emotions, low mood, depression and general wellbeing. Tools used include problem solving, action planning and decision making.

The structured programme is Peer led and at least one Leader will have a long-term health condition. The workshop is delivered in a relaxed and friendly manner where participants can share their experiences and learn from each other. Each participant will receive a resource book for self-management skills and living a healthy life.

### Clare Upcoming Workshops

#### Online:

Starting Wednesday, September 14<sup>th</sup> at 10am  
Starting Friday, October 28<sup>th</sup> at 10am

#### In Person:

Newmarket on Fergus (Carrigoran) Starting Tuesday, October 25<sup>th</sup> at 1pm

### Contact

**Philip Hennessy**

Phone: [087 1799396](tel:0871799396)

Email: [philip.hennessy2@hse.ie](mailto:philip.hennessy2@hse.ie)

**Liz Cox**

Phone: [087 1799392](tel:0871799392)

Email: [liz.cox@hse.ie](mailto:liz.cox@hse.ie)

## FREE SEMINAR

# PUTTING THE HOUSE IN ORDER

Get the answers to guide you into retirement or help your ageing parents



Clare's Older People's Council in association with the Irish Heart Foundation and Cahir & Co. Solicitors are hosting 3 FREE Seminars based on the "Think Ahead" campaign.

**Date:** 1<sup>st</sup> September 2022  
**Location:** Killaloe Hotel & Spa, Kincora Harbour, Co. Clare, V94 W025

**Date:** 8<sup>th</sup> September 2022  
**Location:** Kilrush Golf Club, Ennis Rd. Parknamoney, Kilrush, Co. Clare, V15 W025

**Date:** 15<sup>th</sup> September 2022  
**Location:** Civic Room, Buttermarket Building, Drumbiggle Road, Ennis, V95R R72

Contact Dawn on [agefriendlyclare@clarecoco.ie](mailto:agefriendlyclare@clarecoco.ie) or 065 684 6240



# Other



## Unlocking Accessible Communications

#WAMinar

### Unlocking Accessible Communications

The Willing Able Mentoring (WAM) programme at AHEAD are running a free training webinar aimed at current WAM employers and potential WAM employers.

**When:** Tuesday, September 13<sup>th</sup> 2022 from 11.30am - 1.00pm.

**What:** The presentation will focus on the importance of making all communications from your organisation accessible to audiences with disabilities. And attendees will get a practical overview on ensuring that emails, PowerPoint presentations, Word documents and graphic design are accessible. The organisers will also include an introduction to accessibility features on social media channels.

**To Register:** [https://us02web.zoom.us/webinar/register/WN\\_4UBxcXIHSb2m3w5EfXrwkQ](https://us02web.zoom.us/webinar/register/WN_4UBxcXIHSb2m3w5EfXrwkQ)



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

Complete the nomination form which can be found on the Age Friendly Clare [webpage](#) or email [hmoloney@clarecoco.ie](mailto:hmoloney@clarecoco.ie) for a copy to be sent to you.

Closing date for applications is Friday, 16<sup>th</sup> Sept. 2022



[www.socialfarmingireland.ie](http://www.socialfarmingireland.ie)

Social Farming is the practice of offering activity on family farms as a form of Social Support service. Social farms are not specialised, they are ordinary working farms, that invite people to participate in the day-to-day activities on the farm. Social Farming provides people with the opportunity to spend time on a family farm in a healthy, supportive, and inclusive environment. A person may choose to spend a fixed amount of time on the farm participating in activities they may be interested in such as gardening, animal care or indoor activities such as baking bread or jam making.

Social farming activity takes place in a safe and supportive environment taking into account an individual's abilities, desires and interests. Focus remains on encouraging participants to socialise, gain confidence, and build relationships.

Social farming works with the natural assets of the people, the place, the activities and the community to support a person to achieve some of their own chosen goals.

Interested, participants, support services, farmers & farm families who would like to hear more about Social Farming please contact Eadaoin O'Connell, at West Limerick Resources CLG, on 087 366 3842 or email her [eoconnell@wlr.ie](mailto:eoconnell@wlr.ie)





# Other



Lee's Road, Ennis 2022

## Nature, Wellbeing and Woodlands for Health

How do you feel when you spend time in nature?

Many years of research and personal accounts detail the positive effect that spending time in nature can have on mental health and wellbeing. This is not something new. Shinrin-yoku (forest bathing) became part of the Japanese national health programme in the 1980s. The Scandinavian concept of friluftsliv (pronounced free-loofts-liv) meaning "open-air living" was popularised in the 1850s and is considered a key contributor to physical and mental health.

The Woodlands for Health programme, offered by partner organisations Coillte, Get Ireland Walking, Mental Health Ireland and Maynooth University, is one example of using our natural environment as a way to support health and wellbeing.

Woodlands for Health is a 12-week woodland-based walking programme for adults connected with mental health supports and services across Ireland. Research has shown a 31% increase in participants' self-reported wellbeing and a 10.8% increase in nature-connectedness, which can lead to people taking better care of the environment.

You can learn more about this programme by contacting National Woodlands and Nature Project Lead, Niamh Ní Chonghaile at [niamh.nic@mentalhealthireland.ie](mailto:niamh.nic@mentalhealthireland.ie)

## WEBINAR INVITATION

Irish Cancer Prevention Network webinar 2022

# Reducing cancer risk in Ireland

Tuesday 6th September, 1-2pm

The webinar will share:

- findings of the first National Cancer Awareness and Attitude survey
- information on cancer risk reduction activity with social inclusion groups

Register to watch live or receive a recording of the webinar

Irish Cancer Prevention Network



[Webinar](#)

**stresscontrol**  
Take your fears, become active, boost your wellbeing

HOME STRESS CONTROL OPTIONS LOGIN

**Stress Control**  
Stress Control will teach you those great skills to fight stress (for most of us, a mix of anxiety and depression) and boost your wellbeing.

**The free September Stress Control online course is coming soon!**  
Visit <https://stresscontrol.ie/> to find out more

The stress control online course is 6 sessions in total. Please see dates below for each session this September. Note that participants do not need to register or log in.

Visit [https://stresscontrol.ie/dates/?utm\\_campaign=Stress+Control+Dates](https://stresscontrol.ie/dates/?utm_campaign=Stress+Control+Dates) for more details and to join the sessions.

- Session One: 9am Monday, 12<sup>th</sup> September (available until 8am 15<sup>th</sup>)
- Session Two: 9am Thursday 15<sup>th</sup> September (available until 8am 19<sup>th</sup>)
- Session Three: 9am Monday 19<sup>th</sup> September (available until 8am 22<sup>nd</sup>)
- Session Four: 9am Thursday 22<sup>nd</sup> September (available until 8am 26<sup>th</sup>)
- Session Five: 9am Monday 26<sup>th</sup> September (available until 8am 29<sup>th</sup>)
- Session Six: 9am Thursday 29<sup>th</sup> September (available until 8am 3<sup>rd</sup> October)



# Sustainable Development Goals Week 2022

SUSTAINABLE DEVELOPMENT GOALS



SUSTAINABLE DEVELOPMENT GOALS

## Take Part in SDG Week 2022!

Ireland's first Sustainable Development Goals (SDG) week is taking place this year from **20-26 September**. It forms part of the wider European Sustainable Development Week (ESDW) which last year saw 5,440 activities taking place across 28 countries.

The SDGs belong to everyone and SDG week is open to all – individuals, groups, schools and colleges, businesses and institutions.

To take part, organize an event – however big or small – or highlight an activity or project that promotes sustainable development and join the annual week of action for the SDGs.

- 1 START NOW!**  
Think about how you could promote sustainable development and plan an activity, project or event to take place during SDG week
- 2 REGISTER**  
Upload your idea on the ESDW website:  
[www.esdw.eu](http://www.esdw.eu)
- 3 ACT!**  
Organize and promote your initiative during **18 September – 8 October 2022!**  
Explore which events are taking place and participate in activities near you!

@Dept\_ECC  
@EuropeanSDWeek

DeptECC  
EuropeanSustainableDevelopmentWeek

For more information on sustainable development, SDG week and ideas for taking part please see [www.gov.ie/SDGs](http://www.gov.ie/SDGs)



The SDGs represent the most ambitious agreement that the UN has ever reached.

All 17 SDGs are integrated and indivisible balance the three dimensions of sustainable development: the economic, social and environmental. Sustainable development means meeting the needs of the present without compromising the ability of future generations to meet their own needs. The SDGs apply equally to every country, and are based on the idea that ending poverty, protecting the environment and strengthening human rights are mutually beneficial and reliant on each other for success, and cannot be achieved separately.

Agenda 2030 uses a five-dimensional model of sustainable development, known as the “Five Ps” which includes

- People
- Planet
- Prosperity
- Peace
- Partnership.

Agenda 2030 aims to meet the SDGs for all nations, people and all segments of society and it pledges that no one will be left behind. Agenda 2030 is voluntary and not legally binding, but every country has agreed to implement the SDGs and every country is expected to develop a national framework setting out how they will be achieved.

The SDGs belong to everyone and we all have a part to play.

For information on Ireland's implementation of Agenda 2030 please see: [www.gov.ie/SDGs](http://www.gov.ie/SDGs)