

Healthy Clare Newsletter

February 2023



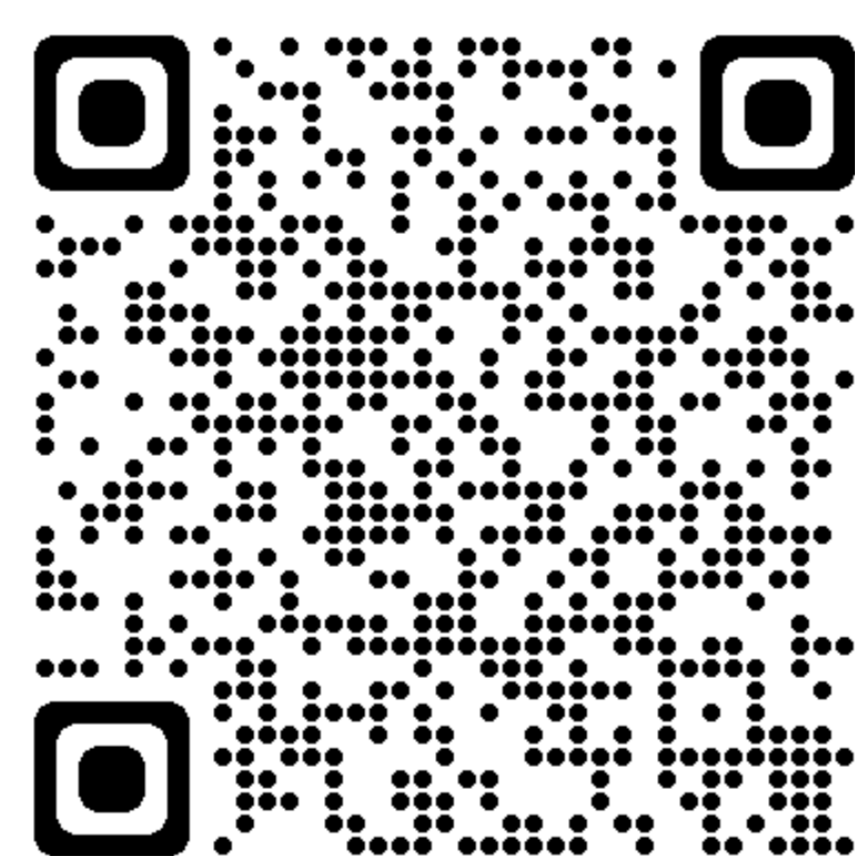
Healthy Clare would like to encourage organisations in Clare where young people are likely to be, to sign up to the 'Not Around Us' Towards a Tobacco and Vape Free Clare campaign.

The aim of the campaign is to work "Towards a Tobacco and Vape Free Clare". The 2018 Clare Survey shows that 23% of the population in Clare are smokers; this is above Ireland's 2019 national average of 17%, (HI, 2019). The "Not Around Us" campaign was launched on National No Smoking Day, the 17th of February 2021.

The purpose of the campaign is to:

1. Help **Protect** children and young people from secondhand smoke
2. Contribute to the **Denormalisation** of smoking for children and young people
3. **Reduce Environmental Nuisance**, the cost of cleaning and damage that discarded tobacco products create
4. **Signpost** to the HSE Quit services (www2.hse.ie/quit-smoking/)
5. **Raise Awareness** and **Support** amongst all stakeholders in Clare on tobacco/vape free Ireland and everyone playing a part in supporting it.

Since the launch in 2021 over 49 'Not Around Us' A3 outdoor signs and 62 window stickers have been erected around the county. Examples of some of the organizations that have signed up include Clare Libraries, Family Resource Centres, Sports facilities, childcare facilities and Youth hubs.



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

Follow us on Social Media



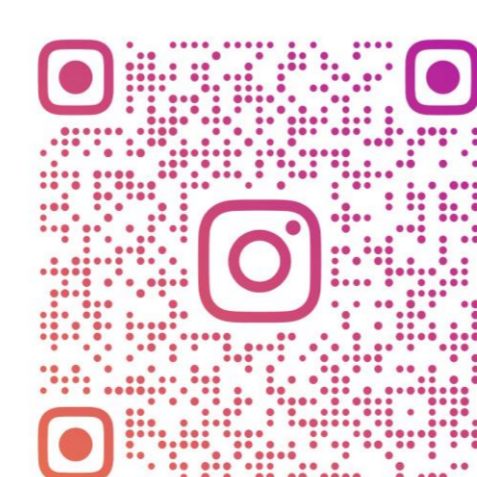
healthyclare@clarecoco.ie



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



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



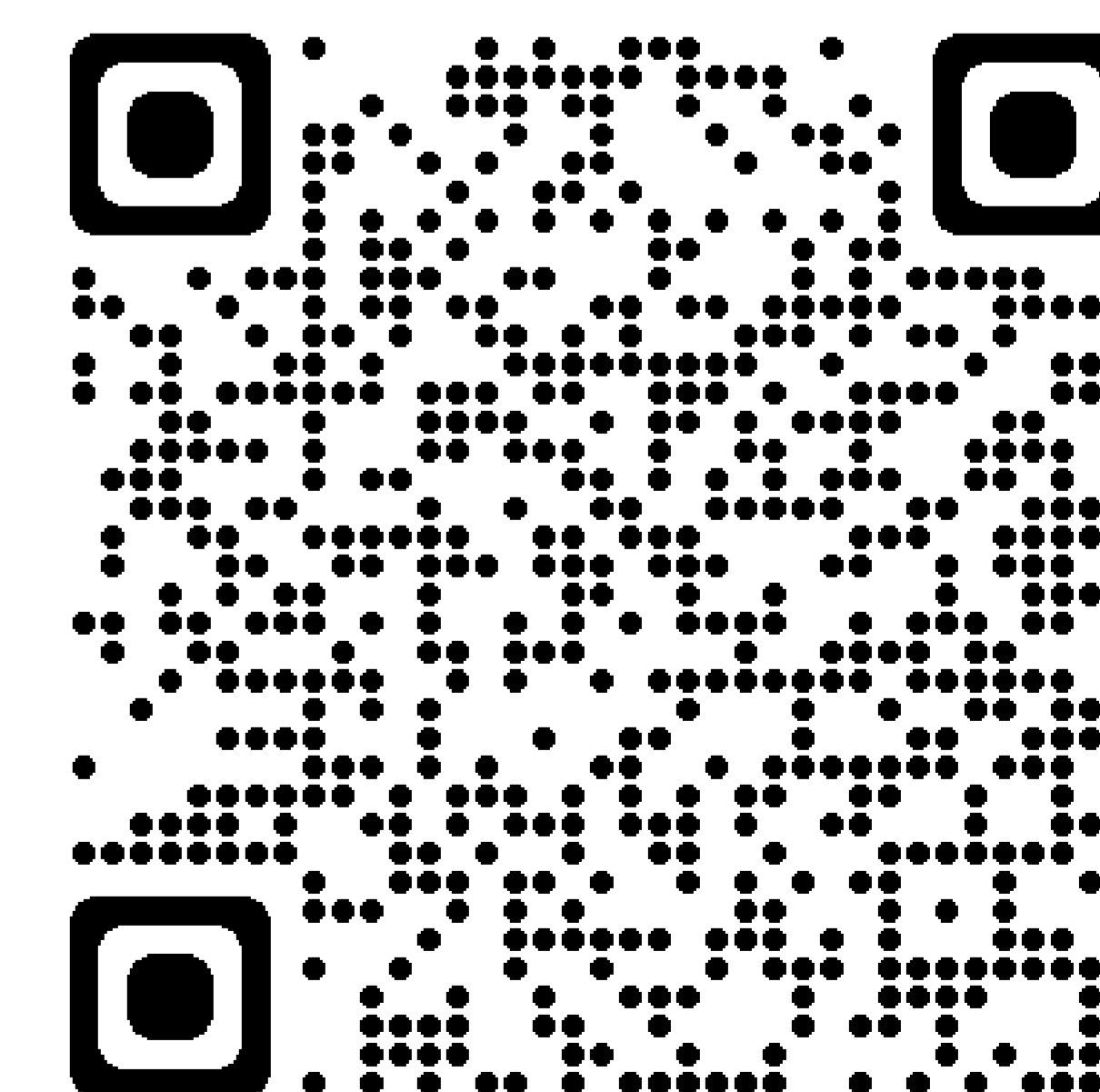
HEALTHYCLAREIRELAND

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

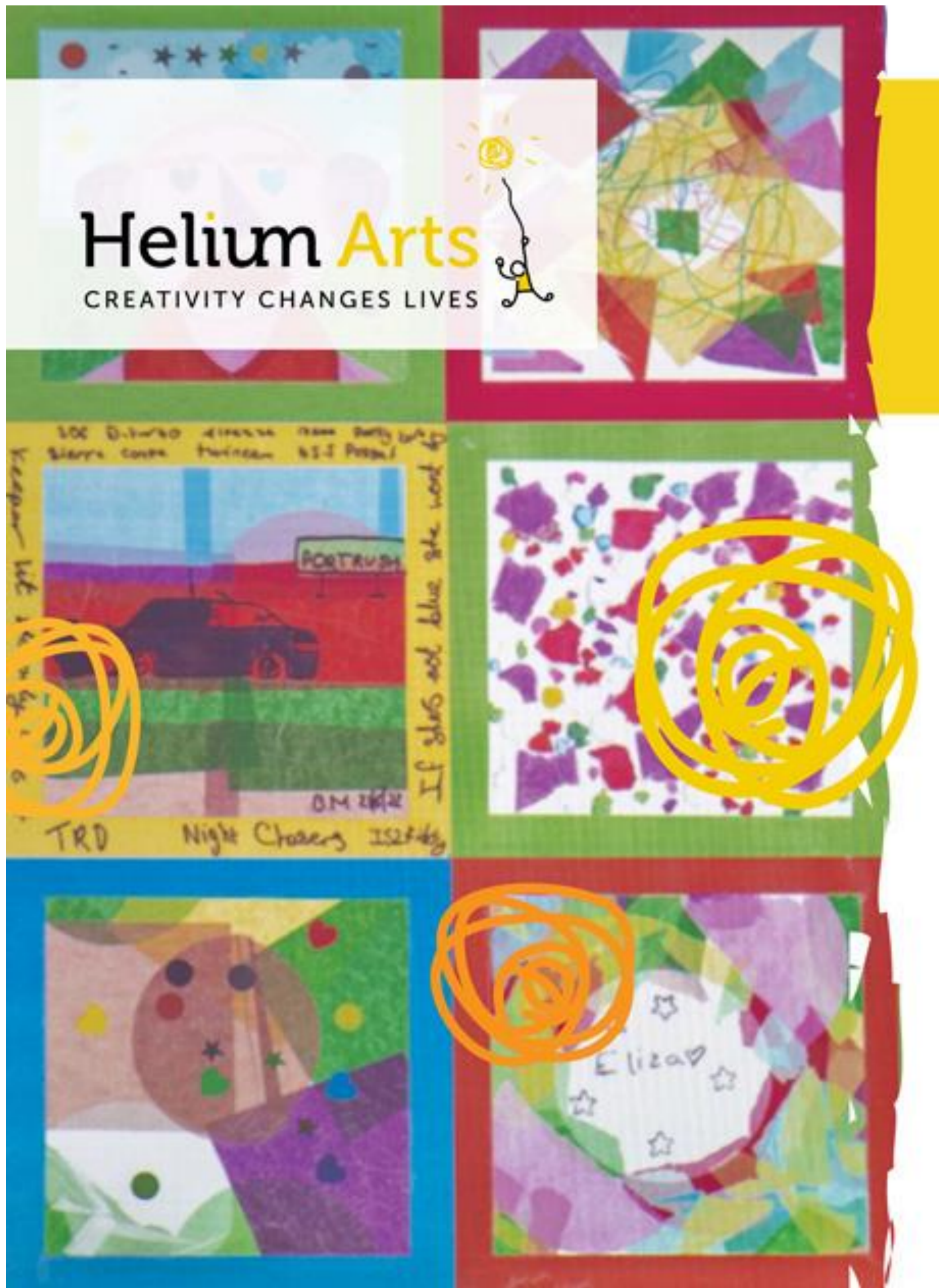


To sign up & support the campaign visit

https://yoursay.clarecoco.ie/nau-campaign?tool=survey_tool



Physical Activity



Helium Arts are hosting FREE creative art workshops in 2023 for **8-12 year olds with a lifelong physical health condition**, living in the **Mid West**. Ennis's two day art camps is happening during the school mid term break, (morning and afternoon sessions are available to cater for all abilities).

When: Thursday 16th and Friday 17th February

Where: Ennis, Limerick, and Nenagh.

All of Helium's camps are run by professional artists and activities can include drawing, painting, puppetry, story-telling, sculpture, clay-modelling, film-making and more!

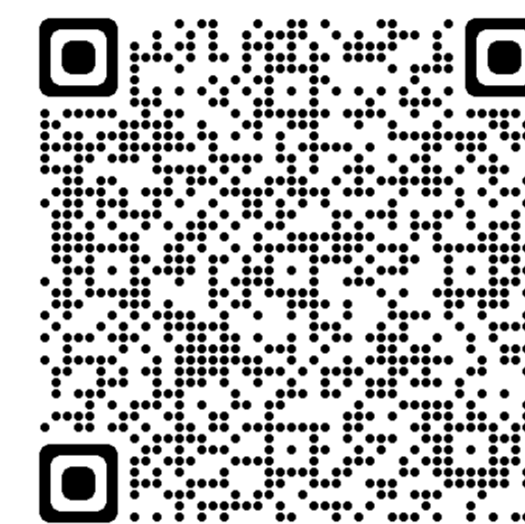
These camps are a great opportunity for children to make new friends, learn new skills and have fun in a safe and supported environment.

To register contact

Niamh, Family Liaison officer

hello@helium.ie or 083 0103240

<https://helium.ie/2023/01/05/register-now-for-free-art-workshops-in-ennis-limerick-nenagh/>





**A
Challenge
For
The Banner**



2023 Banner Marathon

Throughout February we are looking for people to join us by walking, jogging, running or rolling
Distances range from 1/2 marathon (21.1km) up to 3 Marathons (126.6km)

Begins Wednesday, February 1st to Thursday 2nd of March



#activeclare

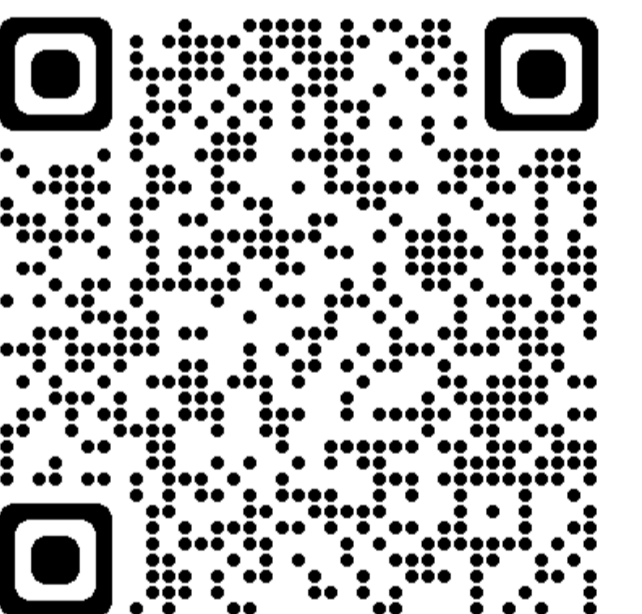


SPORT IRELAND



<https://claresports.ie/event/the-banner-marathon/>

For more info. Contact the Clare Sports Partnership team on
065 686 5434 or cathy@claresports.ie



Changing Gears Course

Ennis, Co. Clare & Dublin

Book your place now - email Fiona at:

engage@ageandopportunity.ie



Age & Opportunity is hosting their Changing Gears in Ennis, Co. Clare this February and March.

Designed to boost wellbeing and resilience, it is a five-session in-person course funded by the HSE that focuses on managing transitions in mid to later life. Changing Gears offers participants (aged 50+) time to:

- Develop skills and techniques to build resilience and confidence in managing life-changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

Sessions cover:

- Life Transitions (Up to Now)
- Building Resilience (Here and Now)
- Mapping the future (Where to from Here)

Gold Offer

3 Month Membership

Gym & Pool
€120



Platinum Offer

12 Month Membership

Gym & Pool
€380



Free Fitness Test & Program

Call now on 065-6821604 or check us out on 

Mental Health

Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



February 2023

Wednesday 1st February 10am – 12pm

- **Managing Wellbeing & Mental Health Recovery**

Thursday 2nd February 10am – 12pm

- **Let's Talk Resilience**

Tuesday 7th February 2pm - 4pm

- **Part 1: Exploring Anxiety**

Thursday 9th February from 10am – 12pm

- **Part 2: Managing Anxiety**

Tuesday 14th February 2pm - 4pm

- **Part 1: Exploring Self-Care**

Wednesday 15th February 10am – 12pm

- **Part 2: Building my Self-Care Toolkit**

Thursday 16th February from 10am – 12pm

- **Part 3: Building my Self-Care Toolkit**

Tuesday 21st February 2pm - 4pm

- **Let's Talk Depression**

Thursday 23rd February from 10am -12pm

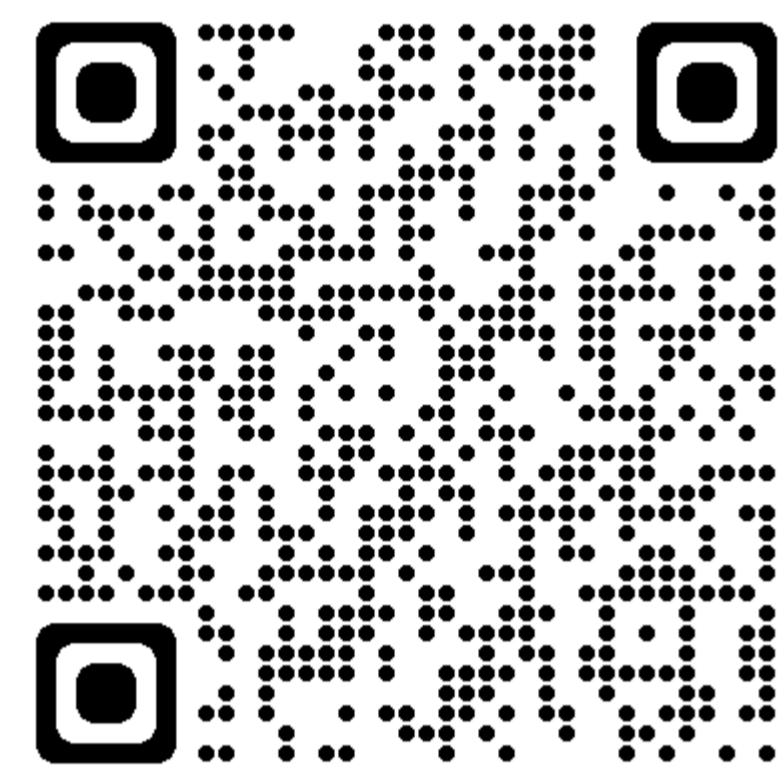
- **Understanding Acute Mental Health Services for families, carers and supporters**

Tuesday 28th February 2pm - 4pm

- **Creativity for Wellbeing**

For more info and to sign up visit <https://midwestaries.eventbrite.ie>

or text 086 287 3526 or email Margaret.keane9@hse.ie



Scan to register



THE LIGHTHOUSE

West Clare Mental Health Association

promotes positive mental health, wellbeing and recovery in the Community

- **Tuesday - Woodland Walks from 10:50am**

Meeting at 10:50am in the upper car park at Vandeleur Woods and Gardens

- **Connect Tuesdays - 7pm – 9pm**

“Connect with people over a cuppa tea and meet people who have similar life experiences in a safe and none judgmental place”

- **Wednesday – Edel’s Music Club - 11am – 12pm**

“Join Edel’s Music Club to talk all about music and maybe sing a song or two”.

- **Connect Fridays - 5pm – 7pm**

“Connect with people over a cuppa tea and meet people who have similar life experiences in a safe and none judgmental place”

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

<https://westclarementalhealth.ie>



Shine Support Services
for Clare, Limerick and North Tipperary

Peer Support Groups for people with self-experience of mental health challenges, and for family members and supporters

Individual Recovery Support and Planning

Mental Health Recovery trainings and educations led by professionals and peers.

Contact us for more information
support@shine.ie
01 860 1610
086 040 7701

Peer Support Groups located in Limerick City, Ennis, Kilrush, Nenagh and Thurles.

Shine is a national organisation providing information and support for people affected by mental health difficulties.

They support **individuals** and **family members** through:

- individual and group work,
 - training and education led by professionals and peers (people with lived experience of mental health difficulties or people who have lived experience of supporting a family member or relative).
- <https://shine.ie>



Eating Well

START

Sign up for our **FREE** webinar for parents
about starting healthier habits with your family
on **7 February, 2023** at 7pm

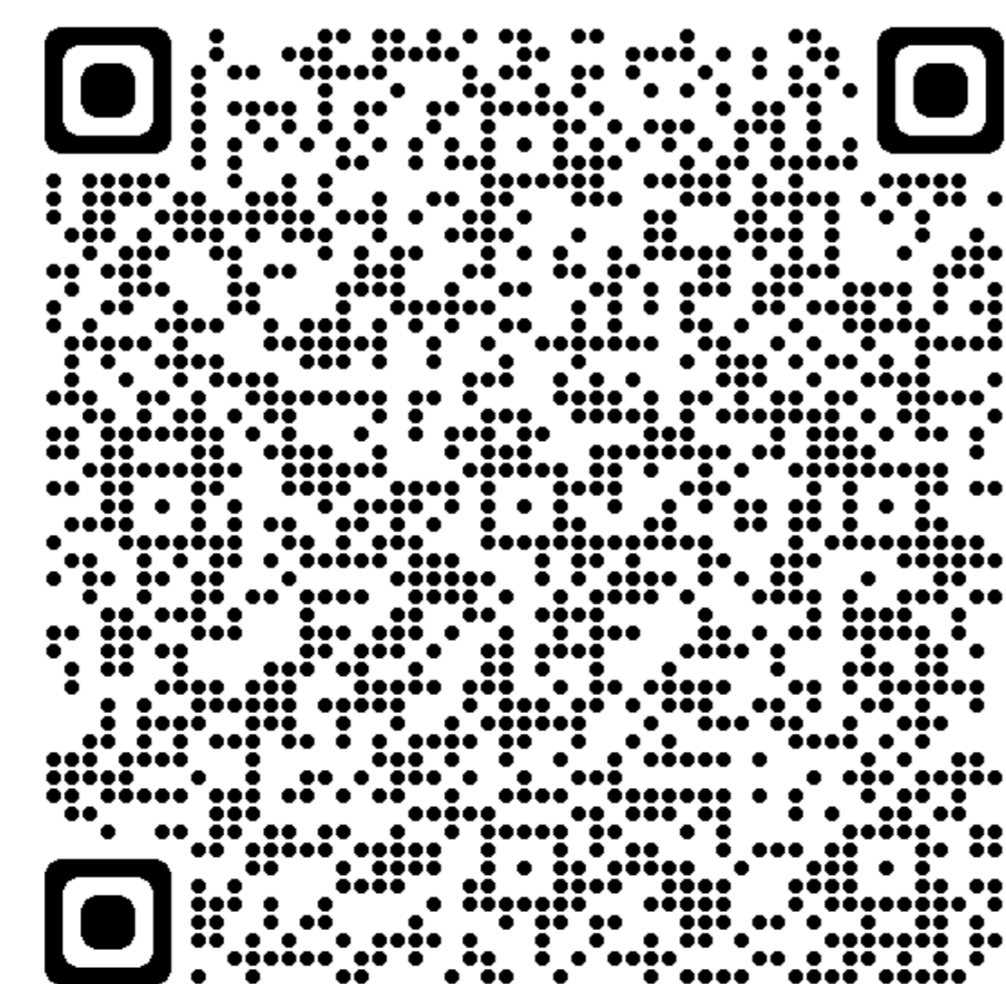
Hosted by **safe food**

Safefoods are hosting a **FREE** parenting webinar about starting healthy habits with your family on 7 February at 7 p.m.

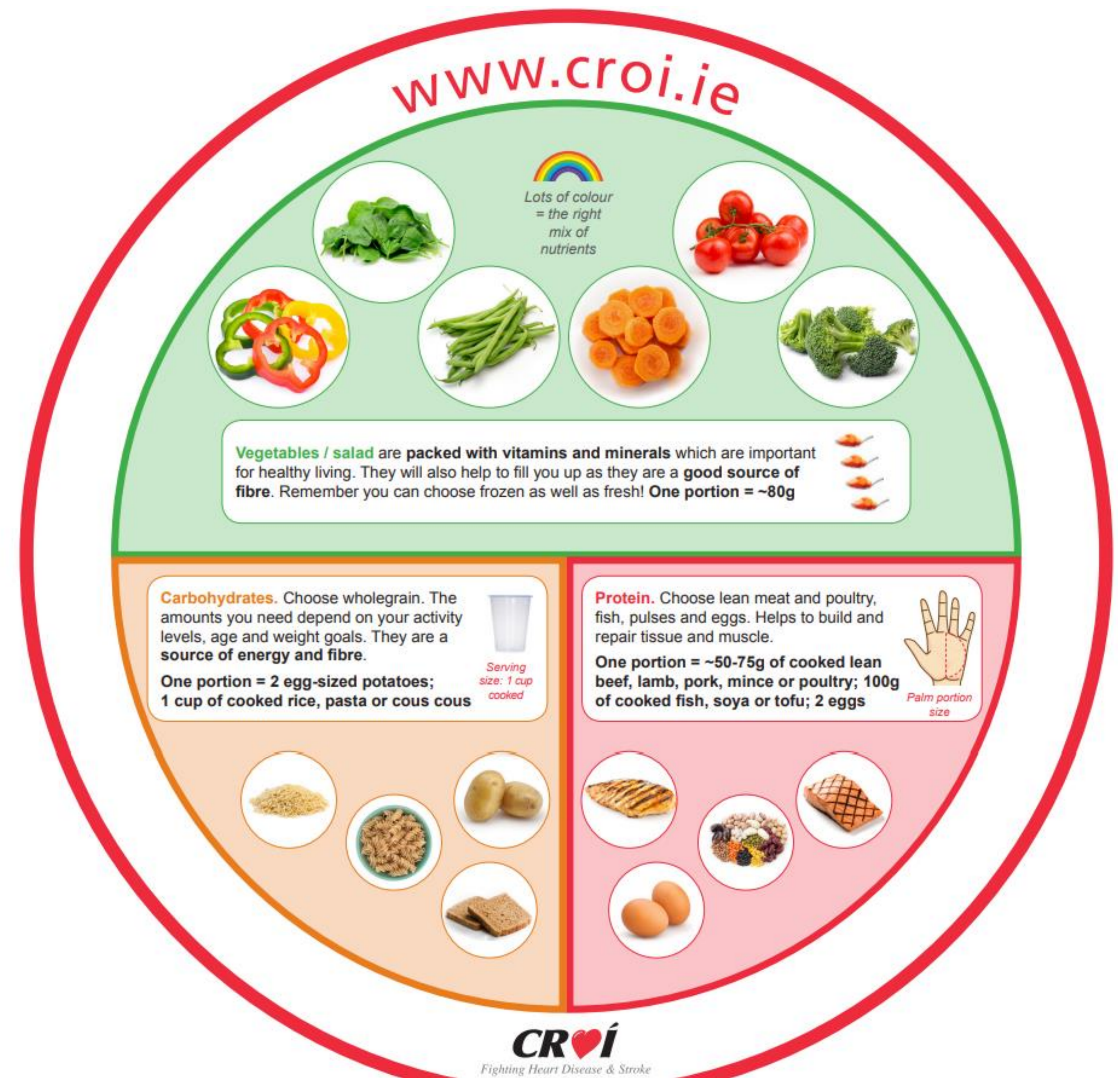
Panel includes child psychotherapist Dr Colman Noctor and our Director of Nutrition Dr Aileen McGloin.

The event will cover:

- How to start making changes
- How to deal with key challenges
- How to stick to changes



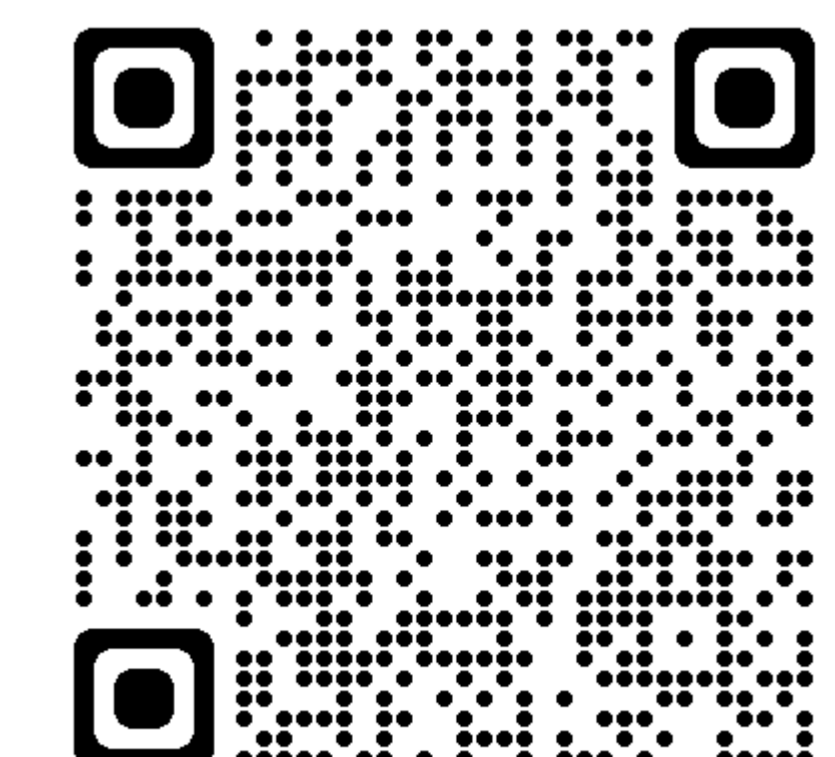
Scan to register



The Dietitians at Croí have redesigned the [Croí Portion Plate](#). The plate is split to guide you to eat balanced meals and healthy portion sizes.

A good rule of thumb is to aim for

- half a plate of vegetables/salad
- ¼ plate of lean protein
- ¼ plate of wholegrain carbohydrates

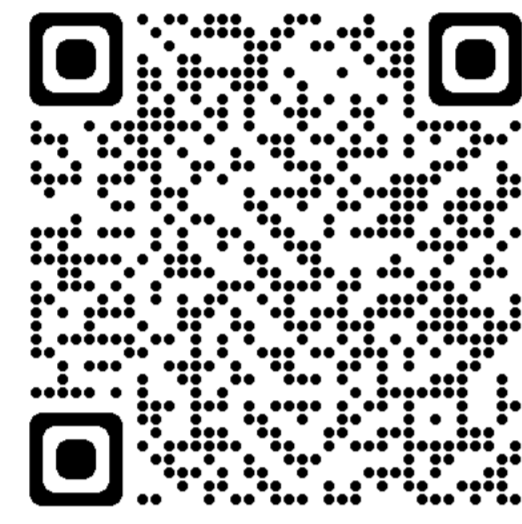


Drugs, Alcohol and Smoking Supports

HSE Drug and Alcohol Helpline

Freephone
1800 459 459

E-mail
helpline@hse.ie



Opening hours: 9:30 am to 5:30 pm
Monday to Friday

ask about
alcohol.ie

www2.hse.ie/alcohol/

DRUGS.ie
Drug and Alcohol Information and Support



STOP SMOKING MEDICINE
increases your chances of
quitting for good



FREE
STOP SMOKING
MEDICINE NOW
AVAILABLE



Help to quit



Contact Quit Mid West to learn more
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.

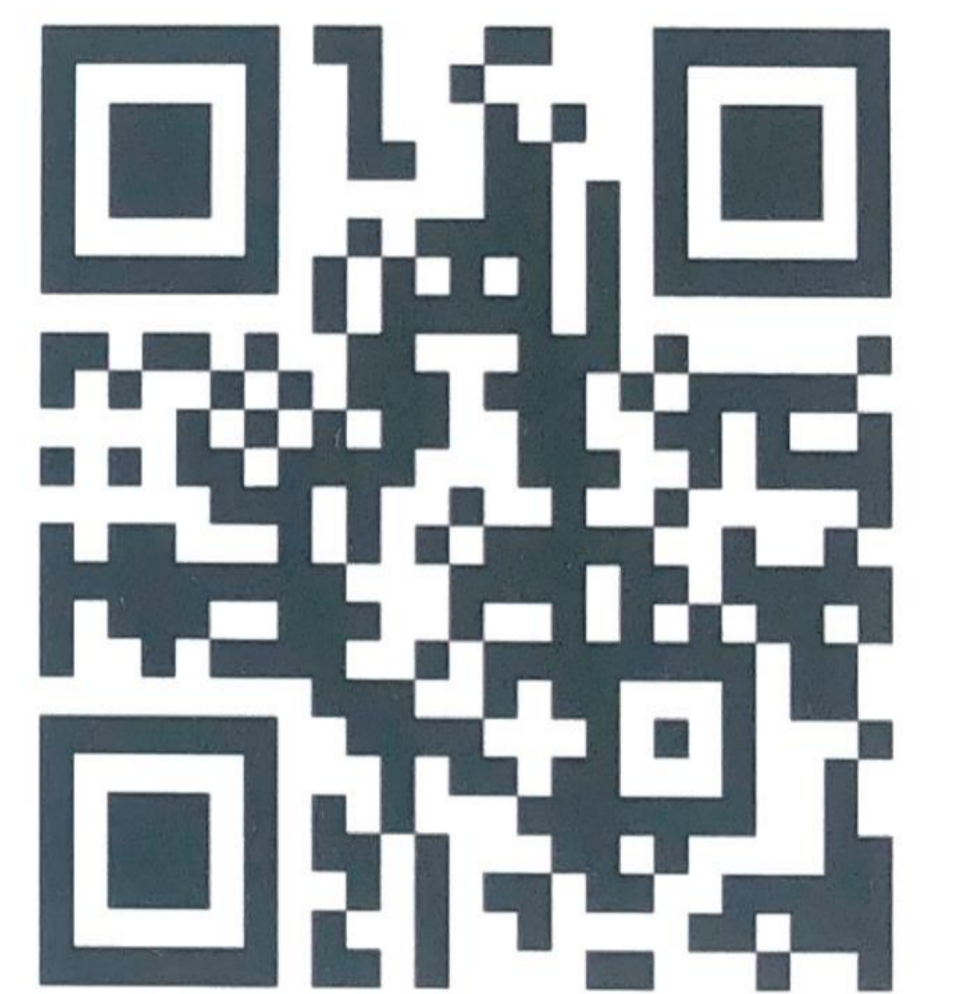
To book an appointment, or to find out more, please ring the Quit

Mid West Team on 065 686 5841

Quit.midwest@hse.ie

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

Drug & Alcohol services in the Midwest work collaboratively providing information, support & referral to individuals & family members. The supports are free (except residential services) & confidential. Most services provide outreach across the Midwest, meaning you don't have to travel to Limerick for support. Please call & they will support you to connect with the service that is right for you.

www.mwrdf.ie/supports/

5 Tips for Quitting Smoking

- 1. Take one day at a time:** Each day without a cigarette is good news for your health, your family and your bank account.
- 2. Keep active:** Being more active can take your mind off cigarettes and keep your head happy.
- 3. Temptations:** There's no such thing as "just one cigarette". Don't fall for it again. If you are celebrating or under stress, remind yourself why you quit.
- 4. Reward yourself:** Smoking 20 cigarettes a day costs over €3,000 a year. Use the money you save to reward yourself.
- 5. Stay positive:** If you feel tempted, remember why you decided to quit and how much progress you've made. Stay strong.



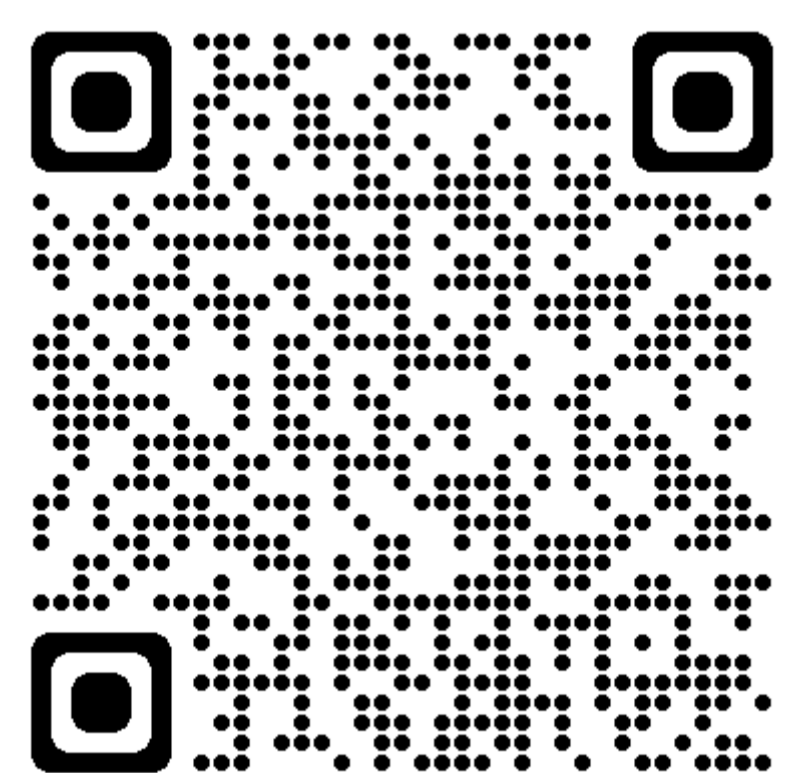
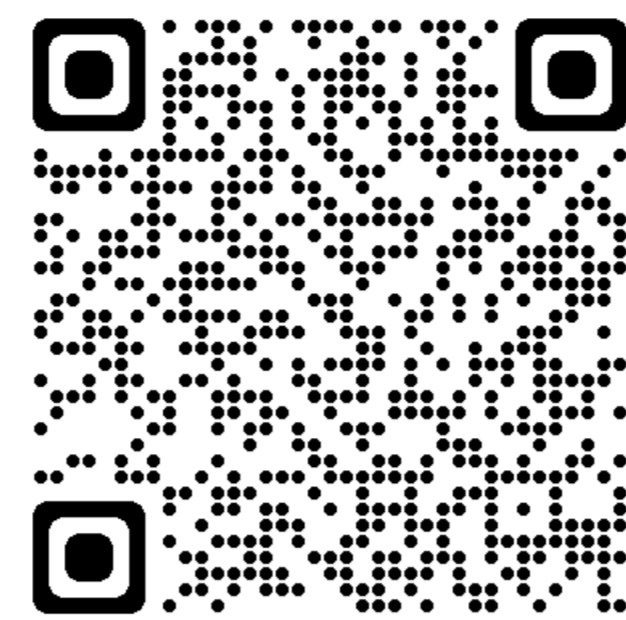
irishheart.ie

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



17 to 26 year olds can now get emergency and prescription contraception for free.

This includes GP appointments, prescriptions, contraception and more.

Find out what costs are covered at:

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

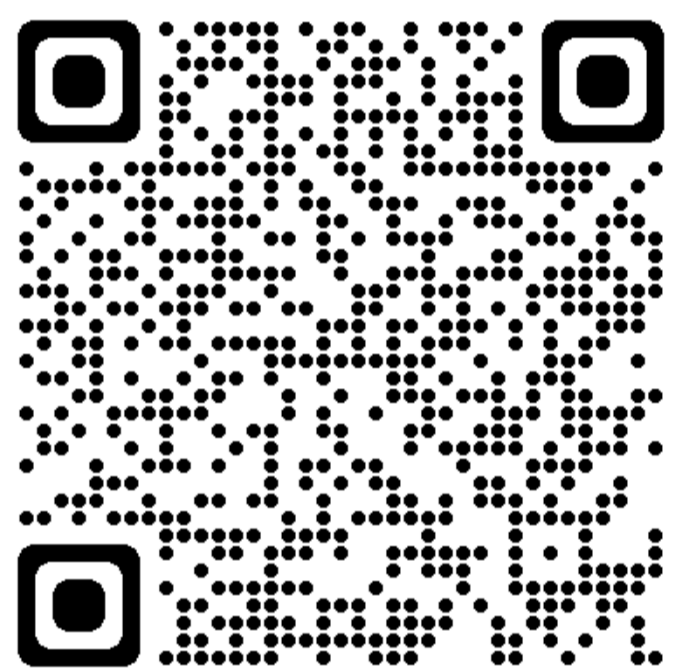


GOSHH are providing free training events "Talking to Young People about Sexual Health & HIV" for professions who work with Young People.

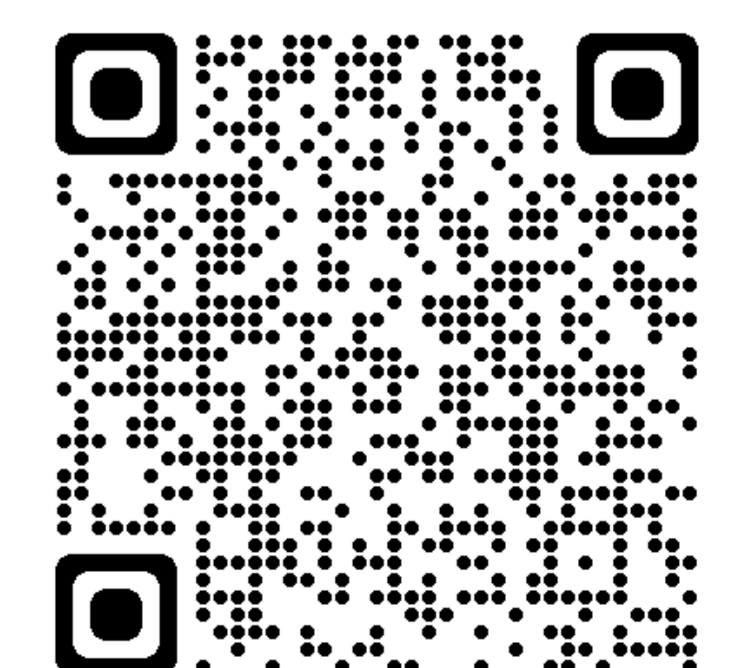
Tuesday 28 February, 2023 – Ennis, County Clare

Hotel Woodstock, Shanaway Rd, Ballylannidy, Ennis, Co. Clare, V95 TR25

Registration Link: <https://GOSHH2802.eventbrite.ie>



Making the 'Big Talk'
many small talks:
for parents



www.sexualwellbeing.ie/for-parents/resources/

Other

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

Are you living with a long-term health condition or caring for someone with one?

Examples include (but are not limited to): COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), parkinson's, arthritis, cancer, crohn's disease, chronic pain, fibromyalgia and depression.



What is the Living Well programme?

Living Well is a **free** group programme, delivered over six workshops (2.5 hrs per week for 6 weeks). It is delivered by trained leaders, most of whom are also living with long-term health conditions.

Living Well can help you to develop the skills and confidence to manage your health condition(s).

For information on programme dates and contact details in all areas please see www.hse.ie/LivingWell

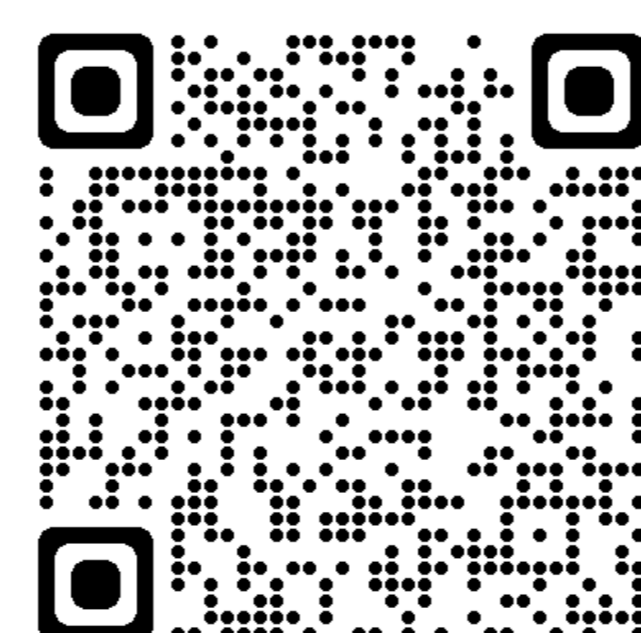
Upcoming dates for **Co Clare & Online**:

Day:	Start Date:	Finish Date:	Time:	Location:
Tuesday	7 th March	11 th April	2pm-4.30pm	Online
Thursday	9 th March	13 th April	11am-1.30pm	Kilkee
Tuesday	25 th April	30 th May	10.30am-1pm	Ennis Primary Care Centre
Wednesday	26 th April	31 st May	10.30am-1pm	Newmarket-on-Fergus
Wednesday	14 th June	19 th July	11am-1.30pm	Ennistymon

For more information or to sign up to this great programme please contact

- Philip on 087 1799 396 or philip.hennessy2@hse.ie
- Liz on 087 1799 392 or liz.cox@hse.ie

www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/



Comhairle na nÓg
Young Voices. Local Issues.

Creative Project

Theme: Culture & Identity

Clare Youth Service

Age: 13-17

Sunday 5th February 12.30-5pm

For more information contact Brian on 086 609 0051

Webinar

Steps to reduce our cancer risk

Learn about smoking, vaccines and HRT

DATE: Thursday 2nd February
TIME: 1-2 pm

Visit www.hse.ie/cancerprevention for the registration link

Brought to you by
Irish Cancer Prevention Network

for
World Cancer Day

To register visit https://zoom.us/webinar/register/WN_SiZQRjQRh-HF86Z97fz_Q

Other News



WRAP

Wellness Recovery Action Plan

Evidence-based wellness program designed to help increase coping skills, identify Wellness tools and manage a mental health crisis. Identify Supports, challenges and strengths to help with everyday struggles. Identify Early Warning Signs and actions that will help to maintain wellness and promote healthy choices during difficult times.

Cost: Fully Funded by the organisations above – so no cost

Dates: 2 Days – Friday 17th and Friday 24th of February, 9.30am to 5pm. (must attend both)

Venue: CLDC, 1 Westgate Business Park, Kilrush Road, Ennis

To register email limerickhaven-hub@gmail.com or use the following link: <https://www.eventbrite.ie/e/ennis-wrap-wellness-recovery-action-planning-tickets-523091569967>



Brought to you By Clare Local Development Company in partnership with the Limerick Haven Hub.



Rialtas na hÉireann
Government of Ireland



Có-mhainithe ag an Aontas Eorpach
Co-funded by the European Union

The Social Inclusion and Community Activation Programme (SICAP) 2018-2023 is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union.

Ennis WRAP Wellness Recovery Action Planning Tickets, Fri 17 Feb 2023 at 09:30 | Eventbrite



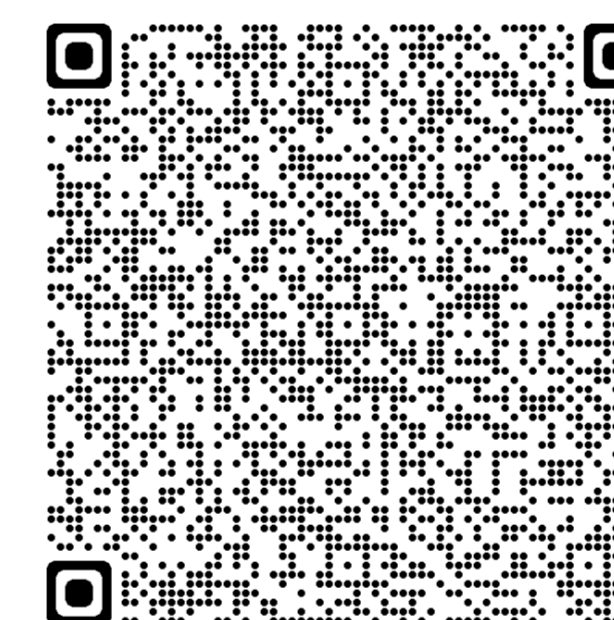
The Irish internet safety awareness centre in partnership with the National Parents Council Primary are hosting an Online Safety Webinar for parents of young children and teens this February



Webwise Parents: Supporting Children Online 7th Feb 2023 - 8pm

The webinar will discuss the opportunities and risks for children online, offer practical advice to support parents and answer some frequently asked questions. The Apple team will also provide a short explainer on Parental controls and some key safety features.

[Register Now](#)



Webwise Parents: Supporting Teens Online 21st Feb 2023 – 8pm

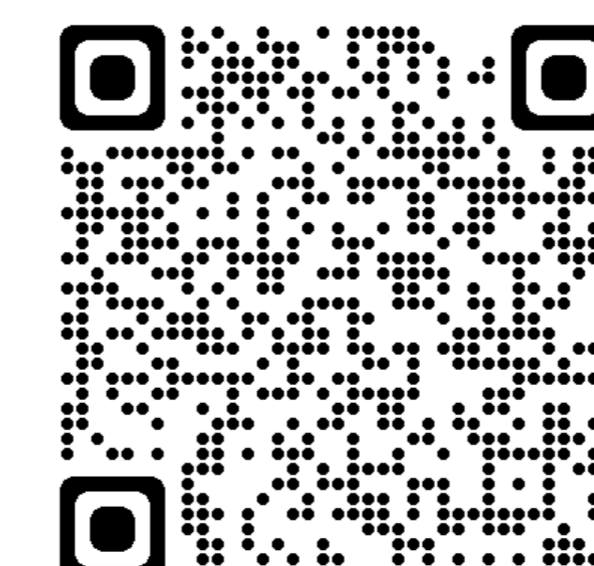
The webinar will explore the opportunities and risks for children online, offer practical advice to support parents, highlight key resources/supports and answer some frequently asked questions.

The TikTok Safety team will also provide a short explainer on how TikTok works and some key safety features.

<https://pdst->

[ie.zoom.us/webinar/register/WN_r](https://pdst-ie.zoom.us/webinar/register/WN_rn6NSyn9Q5KDcZxYheJZTA)

[n6NSyn9Q5KDcZxYheJZTA](https://pdst-ie.zoom.us/webinar/register/WN_rn6NSyn9Q5KDcZxYheJZTA)



CULTURE EXCHANGE

6 February, 2023
(St. Bridget's Bank holiday)

Live music | Food | Dance | Family friendly
Cultural Performances from around the world

14:00 - 17:00
At Glór, Ennis, V95 VHP0



Tickets available www.glor.ie Adults 5euro Children FREE

KILKEE YOUTH CLUB IS BACK!

For Who? 1ST- 3RD YEARS
When? EVERY FRIDAY NIGHT 7:30PM - 9:30PM
Where? KILKEE COMMUNITY CENTRE

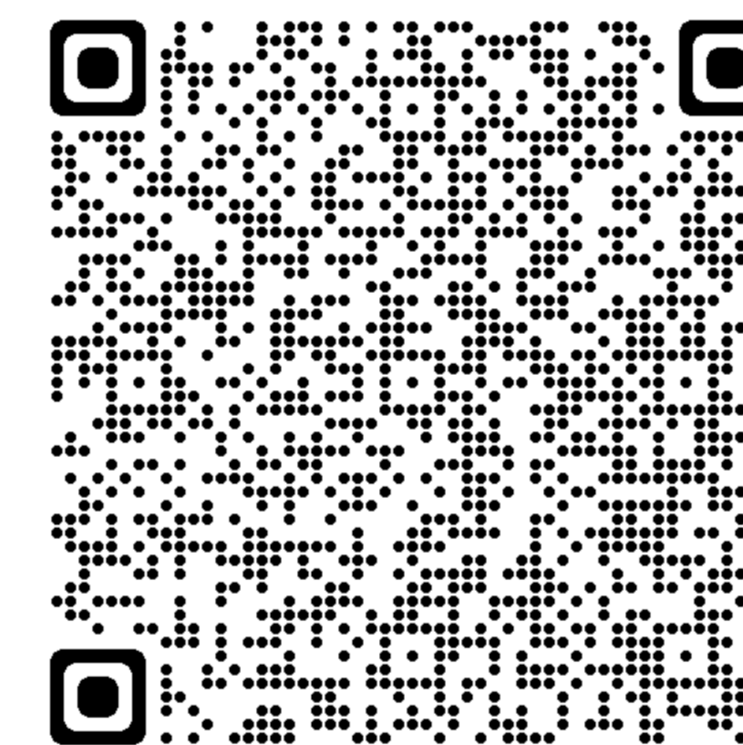
New Members Welcome!
A parent must accompany for registration
Contact Kilkee Youth Club on: 089 4860006

Other News



Survey Alert!

The **National Parents Council** have been invited by the **Department of Children, Equality, Disability, Integration (DCEDIY)** to talk about any issues or problems which may be connected to disadvantage for children in early learning and care and school-age childcare such as pre-schools, creches, after-schools or childminders; and what the Department of Children could do that would help children and families.



NPC would like to find out about your experiences and views so that they can share this information when they meet with the **Department of Children, Equality, Disability, Integration and Youth**. They invite you to complete this anonymous survey where they will ask you to share with them if there is anything that you think makes it difficult for children and families to access or take part in their early learning and care or school-age setting, and also what might help children and families overcome any difficulties.

www.surveymonkey.com/r/Parents_experience_of_early_learning_and_school_age_childcare_supports?fbclid=IwAR2WTKKd22GDjTmc0Jg9XtX3H7Isviny1qCVNoL_SSq1LsGMdiqxYuZniwQ

INSIGHTS INTO DEMENTIA

Informing and Empowering Family Carers

Positive and Practical Training for family carers of loved ones with dementia

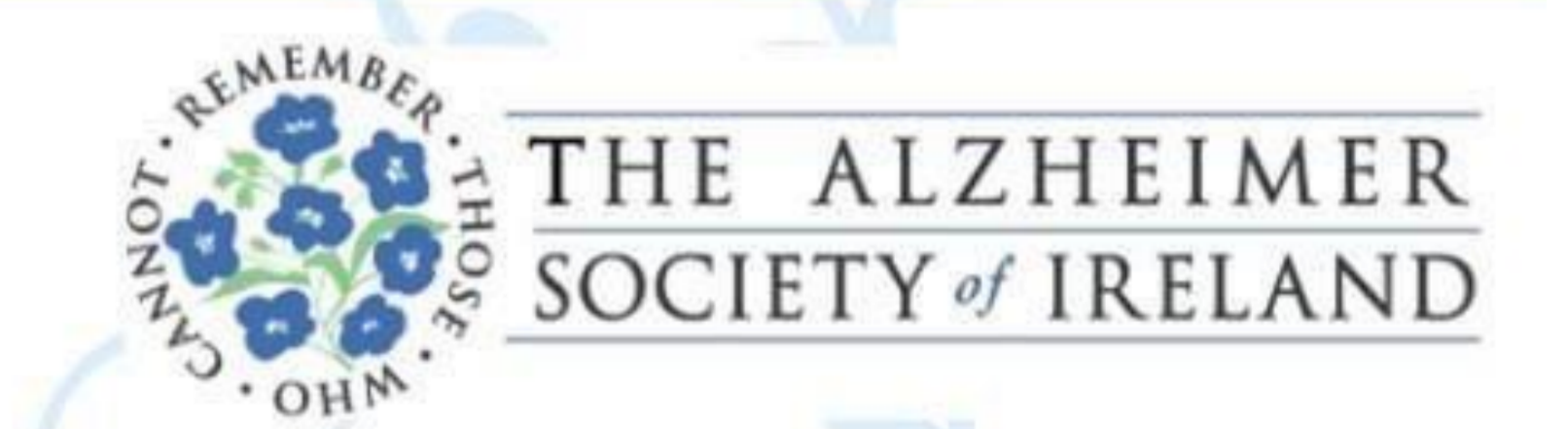
Topics covered:

- *Dementia and Looking After Yourself*
- *Changing Relationships and Accessing Information*
- *Communication and Staying Active*
- *Responsive Behaviours and Safety at Home*
- *Personal Care and Nutrition & Eating Well*
- *Course Review and Next Steps*

The Alzheimer Society of Ireland
Day Care Centre, Cuan an Chlair,
Cahercalla Ennis, Co. Clare.
V95 P9V9
Wednesdays: 7-9.30pm
2023:15thFeb–22nd March inclusive

For further details
& bookings contact:
Tel: 1800 341 341
Email:
familycarertraining@alzheimer.ie

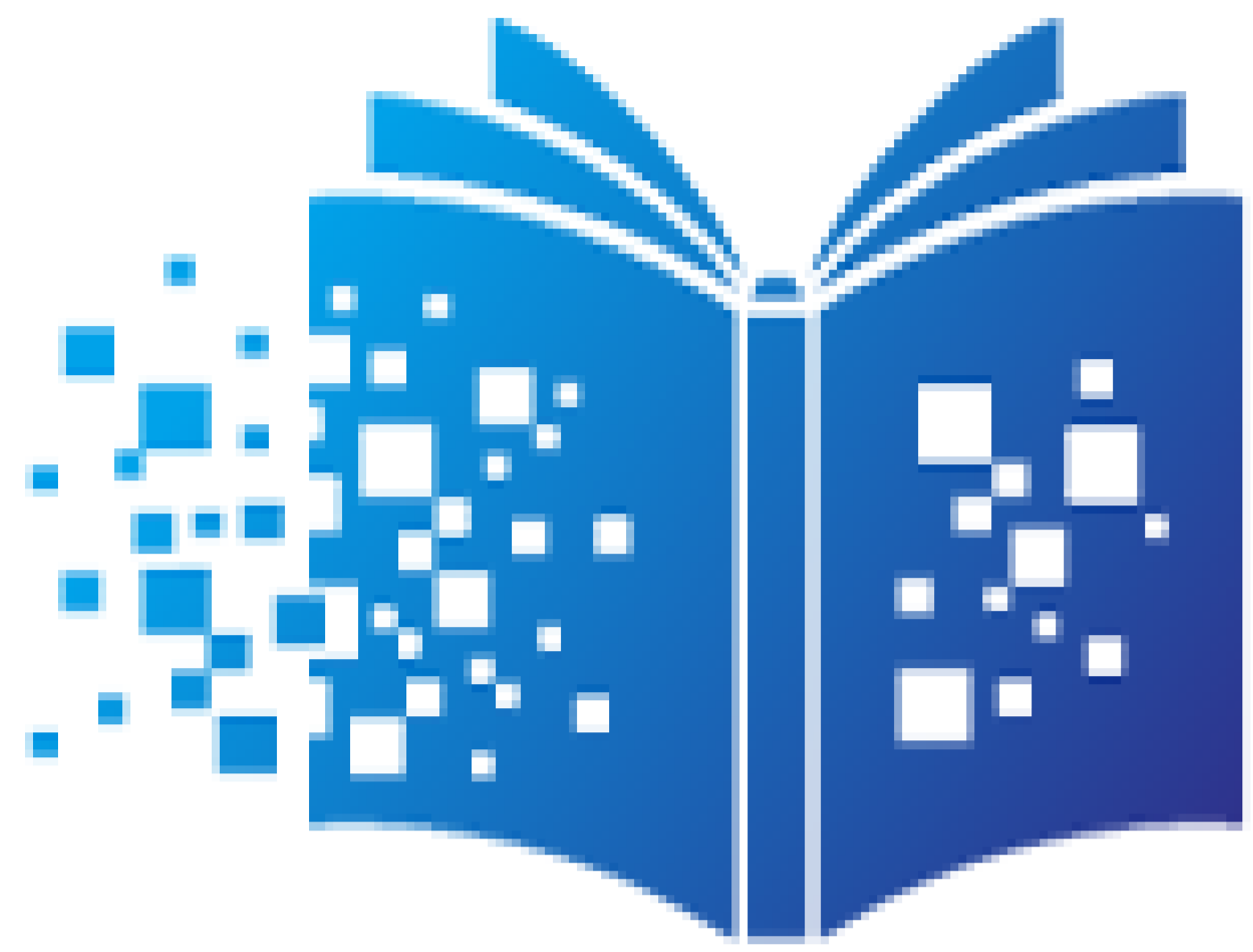
www.alzheimer.ie



Places are still available on the Reading Your Local Landscape course run by the Limerick & Clare Education & Training Board starting on Tuesday 15th March. For enquiries or to book a place Contact Katie on 086 7807631 or by email at katie.lewis@lcteb.ie



Library News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

www.clarelibrary.ie



Check out Clare Libraries website for a list of some great upcoming events this February

Some Healthy Ireland at your Library events this month include;

- **Tai Chi Classes** – 3rd Feb. – 11am – 12pm - Newmarket Library

Join Tai Chi instructor Kevin Kinsella for a taster Tai Chi class for adults in Newmarket on Fergus Library. No previous experience required. Free event but booking is required. Contact 061 368411 or newmarket@clarelibrary.ie

- **Uplifting Chair Yoga class, for happiness & wellbeing** – 9th Feb. – 11am – 12pm – Tulla Library

Join yoga teacher Trish Cleary for a taster Chair Yoga class at Tulla Library. 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 but booking is required (065) 6835919 or email tulla@clarelibrary.ie

- **Teen Week 2023: Stories of the Revolution with Flor McCarthy** – 28th Feb – 2pm – 3pm

In conjunction with Ennis Book Club Festival. TV presenter Flor MacCarthy hosts this illustrated talk showcasing stories collected, written, and illustrated by more than 800 children from schools around West Cork. Inspired by the 1937 schools folklore programme, the children interviewed elders in their families, neighbourhood and wider community about the revolutionary era. For more info. contact deValera Library on 065 682 4207 or 065 6891317 or devalera@clarelibrary.ie



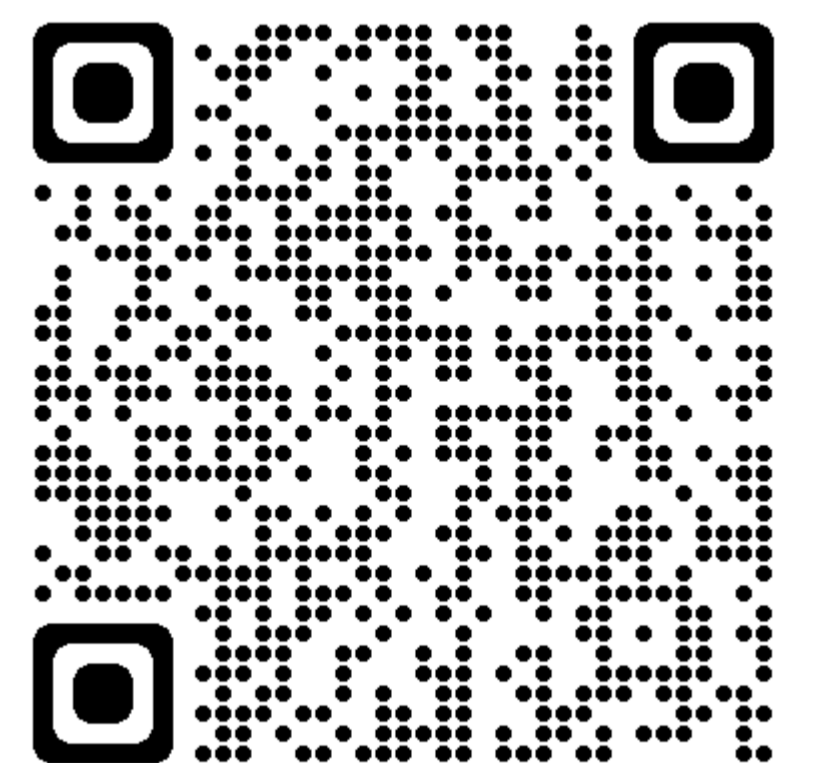
On **February 25th** all ages across Ireland are encouraged to get reading. One minute, ten minutes, an hour, or more – it doesn't matter how long you read for or what you read! Why, because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing. Take the pledge and see how many minutes people all over Ireland will be reading for on February 25th

Pledge on www.irelandreads.ie

*Ireland reads is an initiative of the government of Ireland, funded by **Healthy Ireland** and supported by public libraries, and many organisations that promote literacy and the arts*



Clár Éire Ildánach
*Creative Ireland
Programme*



As part of Clare's 2023 Creative Ireland Programme, individuals and groups are invited to submit proposals to develop bodies of creative work in the community with a public interface or engagement. The Project Award is an opportunity for individuals and groups to develop work or host an event that promotes wellbeing and inspires and transforms people, places and communities through creativity.

www.clarecoco.ie/services/arts-recreation/grants/creativeirelandawards/