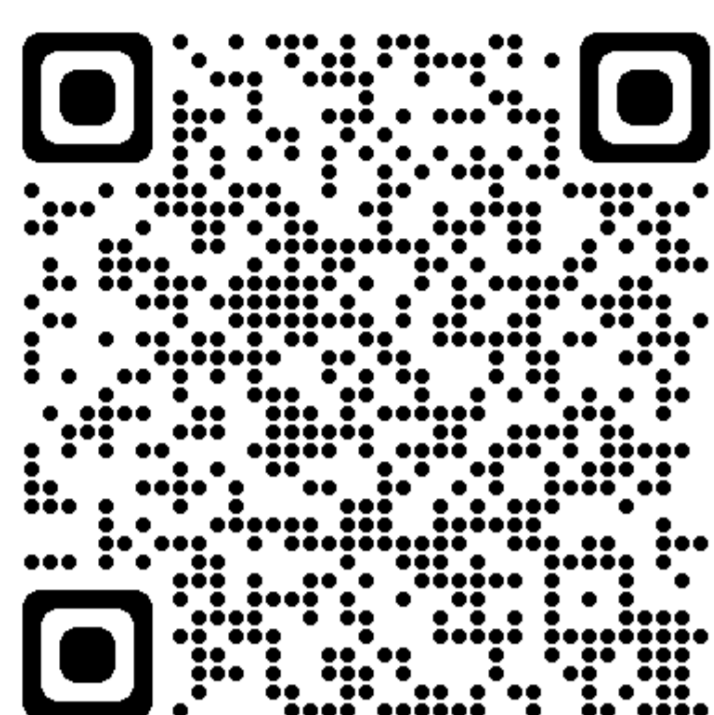


Healthy Clare Newsletter

January 2023



Clare



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



healthyclare@clarecoco.ie

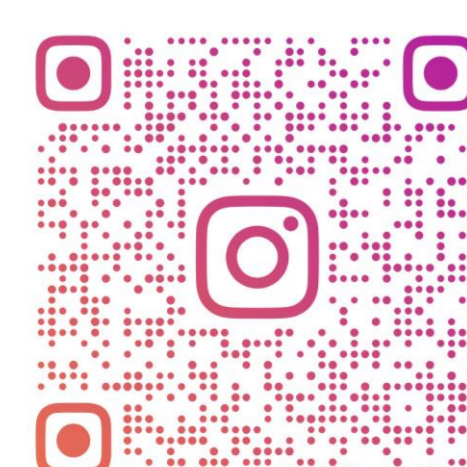
Follow us on Social Media



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



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



HEALTHYCLAREIRELAND

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

Healthy Clare Calendar

[f @HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)
[@healthy_clare](https://twitter.com/healthy_clare)
[@healthyclareireland](https://www.instagram.com/healthyclareireland)

A Note from the Healthy Clare Team

The Healthy Clare Team would like to wish you all a Happy and Healthy New Year. A huge thank you to all our partners who supported the Healthy Clare agenda in improving the Health & Wellbeing of everyone living in County Clare this year. We are looking forward to working together again in 2023 and beyond.

The 2023 Healthy Clare Health and Wellbeing Calendar is ready. If you would like a copy please email us on healthyclare@clarecoco.ie

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week 4
Use less chemicals at home week
2nd - 8th January

Protect your health and the environment by cleaning your home with chemical free reagents.

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

Scan to follow the campaign

Only two weeks left of the Healthy & Greener Christmas and New Year Campaign

2nd – 8th January 2023

Use less chemicals at home week

“Protect your health and the environment by cleaning your home with chemical free reagents”

9th – 15th January 2023

QUIT Tobacco littering Week

“Improve your health and the environment this year – QUIT smoking!”

For more information visit

<https://yoursay.clarecoco.ie/healthy-greener-christmas>

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week 5
QUIT Tobacco littering Week
9th - 15th January

Improve your health and the environment this year - QUIT smoking!

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

Scan to follow the campaign

Physical Activity



OPERATION TRANSFORMATION 2023

Operation Transformation (OT) starts Wednesday 4th January at 9.30pm on RTE 1 and RTE Player.

5 new leaders from all over the country taking part in a health and wellness plan under the careful supervision of four qualified experts and Presenter Kathryn Thomas will be there encouraging participants on their Health and Wellbeing journey over the coming weeks. Visit the webpage on <https://ot.rte.ie>

The Leaders are

Marie from Tipperary - <https://fb.watch/hRj4wzyvmW/>

Thomas from Longford - <https://fb.watch/hRj634t4cu/>

Lorraine from Wexford - <https://fb.watch/hRj7ubzAj/>

Stephanie from Dublin - <https://fb.watch/hRj8E8QsvH/>

Andrea from Laois - <https://fb.watch/hRja4qESH2/>

A new feature this year includes updates on previous leaders talking about their experiences since taking part in the show. Former Operation Transformation leader Katie Jones will host the brand-new OT podcast. Each week Katie will talk to a former leader in the company of one of the OT experts to help everyone on their wellness journey.

The Experts this year are dietitian Sophie Pratt, Dr Sumi Dunne, Dr Eddie Murphy and Karl Henry.

For social media updates visit www.facebook.com/OpTranRTE/



WHERE WE ALL BELONG

The hugely popular 'Ireland Lights Up' walking initiative returns on January 11, 2023, and the GAA is delighted to partner once again with RTE's Operation Transformation and Get Ireland Walking to help get the country moving and connecting in a healthy way during the dark winter evenings. A record 700 GAA clubs participated in 2022

www.getirelandwalking.ie/irelandlightsup/

To register visit [Ireland Lights Up & Every Step Counts Club Registration \(office.com\)](http://Ireland Lights Up & Every Step Counts Club Registration (office.com))

Any questions email stephen.quinn@gaa.ie

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. It is 5k and takes place every Saturday morning. Junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

Parkruns in Clare are located at:

- Lees Road Sport and Amenity Park
- Vandeleur Walled Gardens
- Clarisford Park
- Illaunmanagh Park

Visit www.parkrun.ie for more information.



Mental Health



First Fortnight 2023

First Fortnight is a charity that challenges mental health prejudice through arts and cultural action.

Some of the course are online and free.

www.firstfortnight.ie



Youth Work Leading the Way in Mental Wellbeing

As part of Youth Work Ireland's multi-year campaign to highlight the vital role youth services play in supporting young people's mental wellbeing, They will be hosting a youth event to support young people to identify what a revolution in mental wellbeing would look and what government and services need to do to achieve change.

Date: Saturday January 28th, 2023 **Time:** 11am – 4pm

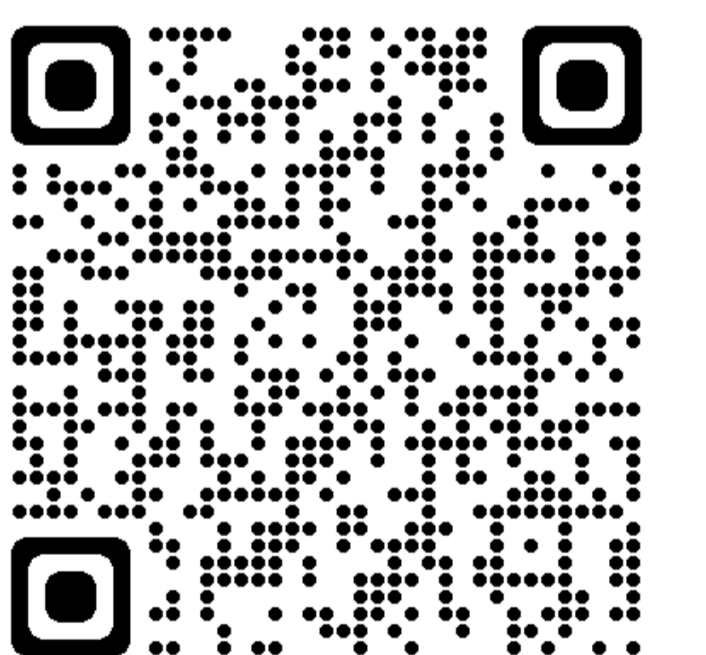
Venue: Youth Work Ireland National Offices, Dublin

To register visit <https://form.jotform.com/youthwork/mentalwellbeingrevolution>



- **Thursday, 5th January – 10am → 12pm Managing Wellbeing & Mental Health Recovery**
Exploring the different views on wellbeing & recovery in mental health. What and who can help with managing your wellbeing and mental health is explored. Includes a personal story of recovery.
- **Tuesday, 10th January – 2pm → 4pm “Part 1 – Exploring Self-Care”**
Exploring ways of building resilience through the practice of simple daily self care routines. Get a feel for what self care looks and feels like, identify what the barriers to practicing self care might be for you.
- **Wednesday, 11th January – 10am → 12pm “Part 2 – Building My Self Care Toolkit”**
This second workshop explores how we can look after our physical and emotional health. Using worksheets as prompts we will start to build our own personalized Self-Care Toolkit to fit our own unique needs and self care goals.
- **Thursday, 12th January – 10am → 12pm “Part 3 Building My Self Care Toolkit”**
Exploring how to look after our social and intellectual health. These two wellness dimensions will help complete our own personalized Self Care Toolkit.

To register visit www.eventbrite.ie/o/mid-west-aries-30819577380



yourmentalhealth.ie
Information Line
1800 111 888

For information and advice about your mental health and wellbeing visit <https://www2.hse.ie/mental-health/>

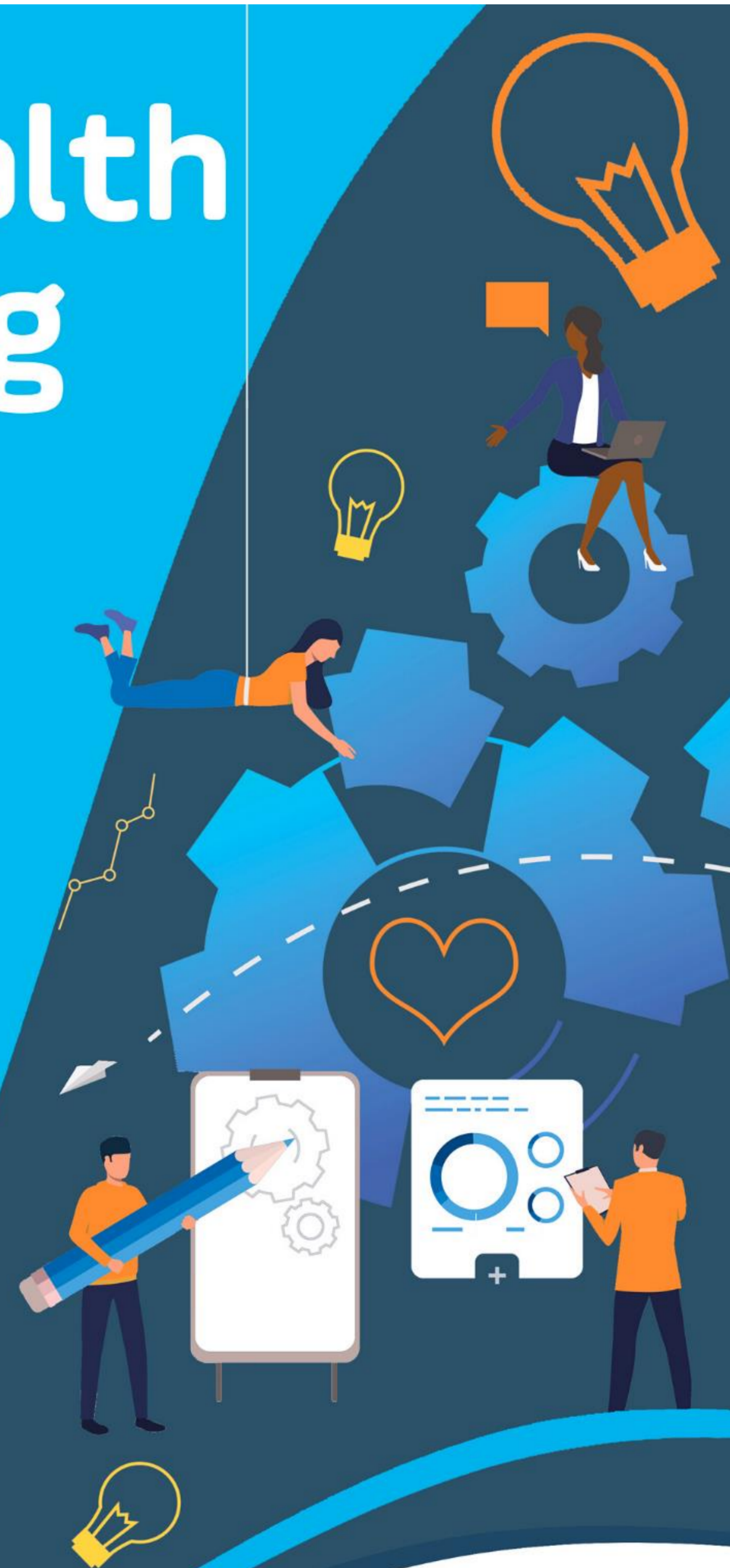
Mental Health & Wellbeing Workshop

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



"Mental Health and Wellbeing for Managers"

This is an online workshop with group engagement, facilitated by a trainer on the **26th January 2023 at 10am.**

It is ideal for individuals or small businesses who may not qualify with numbers for one of their corporate bookings ([MHI Corporate Training Brochure](#)). A **certificate of attendance** is also available for attendees by emailing training@mentalhealthireland.ie

You can get all details on the training and [register for the workshop online on Eventbrite](#).
www.eventbrite.ie/e/mental-health-ireland-mental-health-and-wellbeing-for-managers-workshop-tickets-474587533087

Tickets cost **€32.88** and are limited



Ordinary people doing extraordinary things

Volunteer with the Samaritans Ennis

They train, mentor and support all their volunteers.

Open Information Sessions in their Branch in Ennis (Kilrush Rd., Ennis, V95 V004)

Dates:

Saturday, January 14th at 12pm

Wednesday, January 18th at 7pm

For more information:

Email: ennis.branchrecruitment@samaritans.org

Phone / Text: 085 176 3491



Join The West Clare Mental Health Association –
The Lighthouse on their weekly Woodlands Walk at
the Vandeleur Woods and Gardens

Every Tuesday

Meet at 10:50am in the Upper Car Park

For more info. contact






















westclaremha@mentalhealthireland.ie

085 855 9511 or 065 906 2329

Eating Well

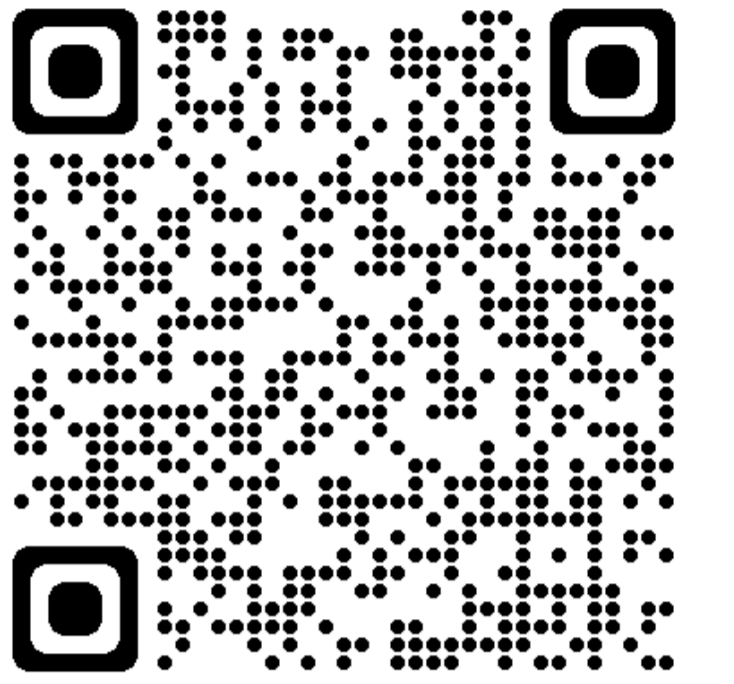
epa
STOPFoodWaste.ie

What is in season in January?

 Beetroot	 Broccoli	 Brussels Sprouts	 Cabbage
 Carrots	 Cauliflower	 Celeriac	 Celery
 Cooking Apples	 Eating Apples	 Garlic	 Kale
 Leeks	 Mushrooms	 Onions	 Pak Choi
 Parsnips	 Potatoes	 Rocket	 Spinach
 Turnips	■ = FROM STORAGE		

#PlanToStopFoodWaste

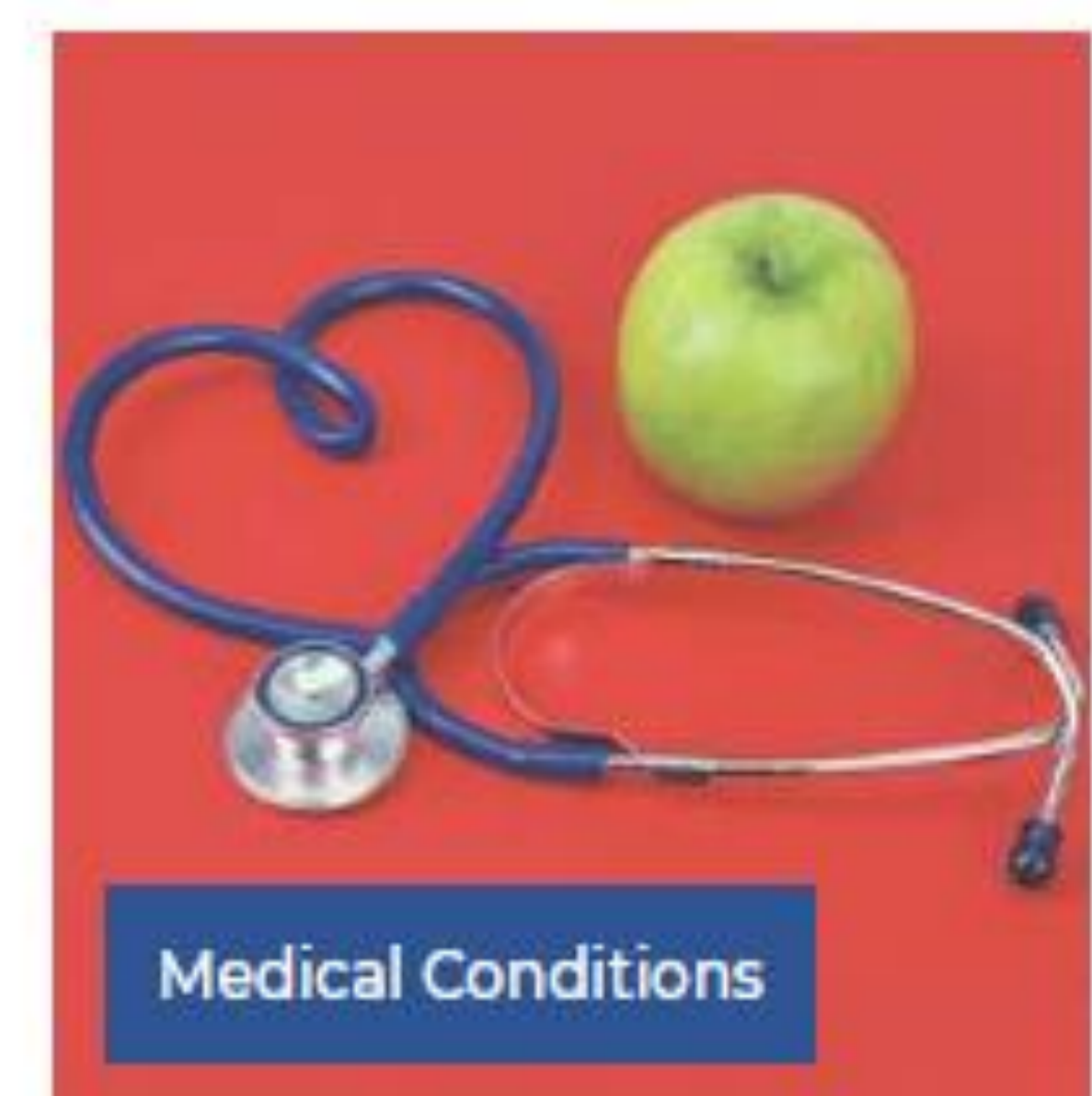
INDI 
Irish Nutrition +
Dietetic Institute



The Irish Nutrition and Dietetics Institute (INDI) is the professional body for registered dietitians in the Republic of Ireland. Their vision is an Ireland in which all people can enjoy the life enhancing benefits of good nutrition in health and disease. They work towards advancing the leading role of all their members in improving the nation's health through food and nutrition.

Visit their webpage on www.indi.ie

For Food Facts and **Fact Sheets** on



Visit www.indi.ie/all-food-facts-and-fact-sheets.html

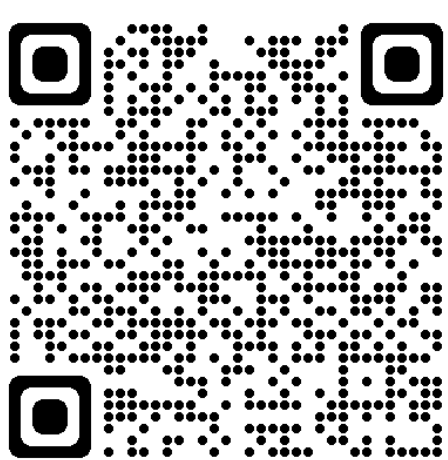


Healthy food and
you

 safefood

www.safefood.net/healthy-eating/healthy-food-and-you

Check out Safefoods

'Healthy Food and You' section on how to eat healthier food. 

It looks at;

- what healthy food is,
- how much food you need and
- the importance of planning for healthy meals.

Drugs, Alcohol and Smoking Supports

Gamblers Anonymous
locate a meeting near you | talk to someone now

HAS GAMBLING EVER MADE YOUR HOME LIFE UNHAPPY?
THERE IS HOPE.
ENTER ▶

The photos used in this site are stock photos, and have no resemblance of any of our members.

Gamblers Anonymous (GA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling

Website: www.gamblersanonymous.ie

Email: info@gamblersanonymous.ie

Call: 01 872 1133 and 087 748 5878 (10am-10pm)

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/



Do you want help to quit smoking or vaping?



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



QUIT.ie

Call 1800 201 203

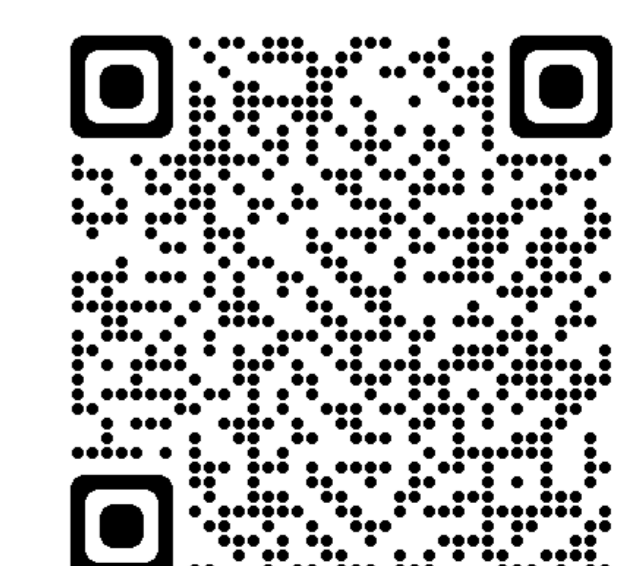
Quit Mid West is the HSE's stop smoking support service in the Mid West, and offers free support and advice for quitting smoking. You can meet your Stop Smoking Advisor at a face to face clinic, by tele-health or on the phone.

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

ask about alcohol.ie

Helpline: 1800 459 459



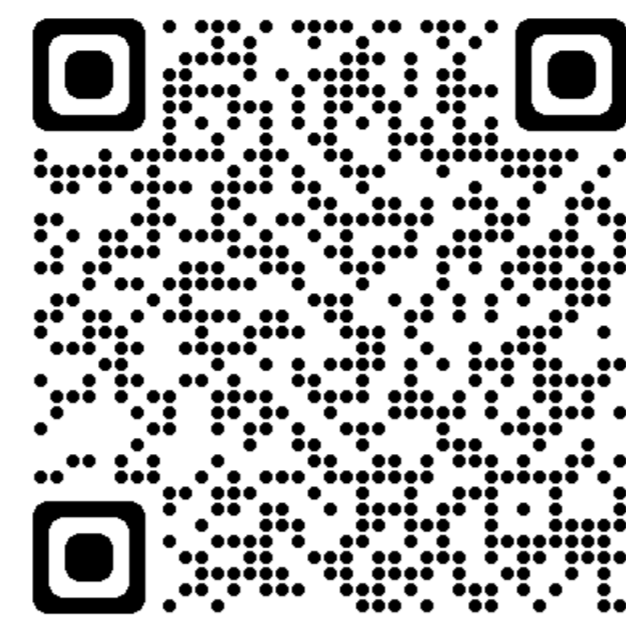
www2.hse.ie/alcohol/

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Confidential Enquiry

061 316661
info@goshh.ie

Redwood Place,
18 Davis Street,
Limerick.
061 314354
www.goshh.ie



sexualwellbeing.ie

GOSHH

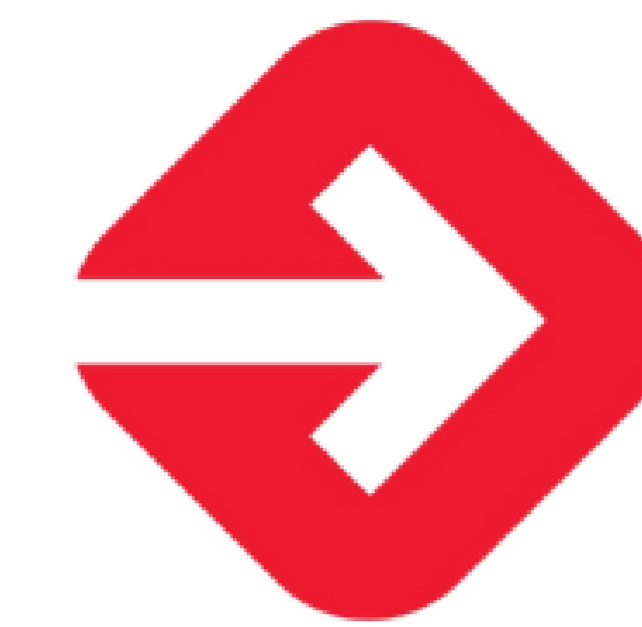
Gender Orientation
Sexual Health HIV



www.goshh.ie

Community, Support,
Information, Training,
Education and Development

#UPDATEYOURSTATUS



KnowNow

FREE TESTING

RAPID HIV, SYPHILIS & HEPATITIS C
RESULTS IN 10 MINUTES

GONORRHOEA & CHLAMYDIA
NEXT DAY RESULTS

TO BOOK AN APPOINTMENT
CALL 061 314 354
EMAIL KNOWNOW@GOSHH.IE

CERVICAL CANCER AWARENESS MONTH 2023



Cervical cancer is a cancer of the cervix (the neck of the womb).

It happens when cells in the cervix become abnormal and change slowly over time. Abnormal cells are sometimes called pre-cancerous cells. They are caused by the human papillomavirus (HPV).

Visit the HSE's dedicated webpage on www2.hse.ie/conditions/cervical-cancer/overview/ for information on ways to reduce your risk of cervical cancer and what the symptoms and treatments are for it.

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. They focus on the promotion of equality and wellbeing of all with a positive & respectful approach to sexual orientation and gender diversity.

Visit the GOSHH website on <https://goshh.ie>

Other

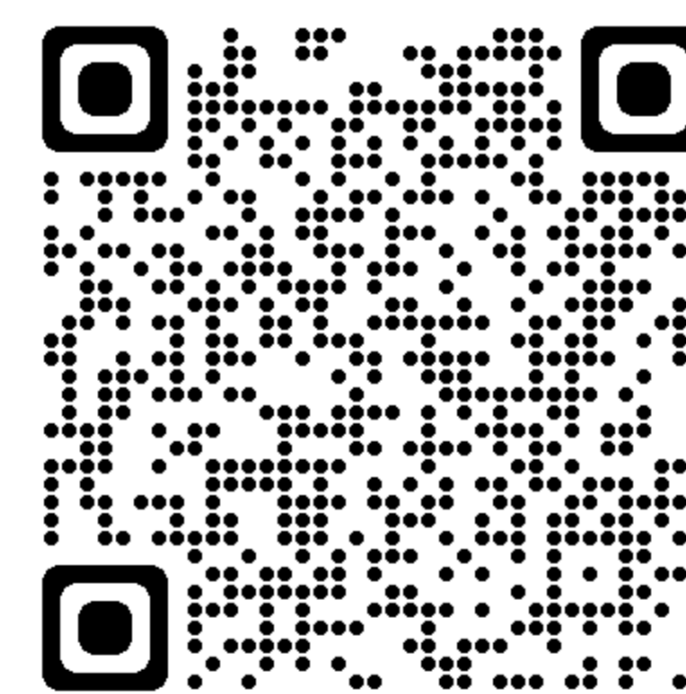


JAM Card allows people with a communication barrier tell others they need 'Just A Minute' discreetly and easily.

The JAM Card© was created by NOW Group, a social enterprise that supports people with learning difficulties and autism into jobs with a future and their service users told them that they would like a way to relay to people that they need a little extra time or patience.

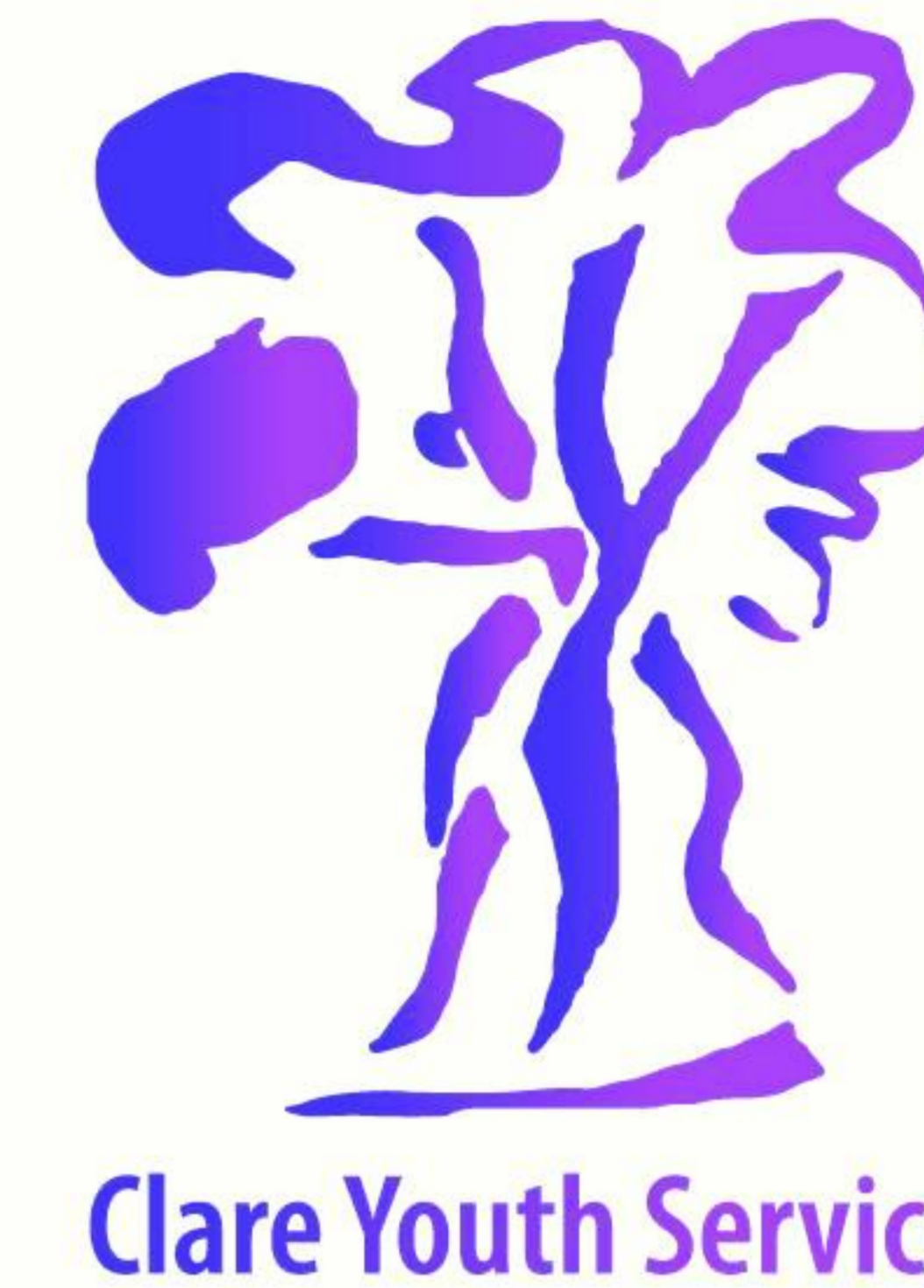
There are 3 message options to choose from:

- 1) **Please be patient, I have autism**
- 2) **Please be patient, I have a learning disability/difficulty**
- 3) **Please be patient, I have a condition**



If you would like more details on the app you can visit [JAM Card App Store](#).

More information can be found on the JAM Card section of the [TFI website](#)



Youth Work Ireland

Clare Youth Service

Clare Youth Service have lots of great projects happening around the county. For more information on what's going on in your area contact a member of their team.

- Helena (The Junction – Ennis) – 085 804 7580
- Tommy (The Junction / Sixmilebridge / NewMarket) – 086 048 4938
- Sam (Music Project / SC Projects) – 085 254 1937
- Eve (DEPP / CS Projects) – 086 048 4937
- Peter (UBU Killaloe) – 085 855 9351

Keep up to date with them on social media



Introducing an Online Poetry Workshop for Queer Men

With *Simon Costello*

Tuesday January 24 @ 7pm

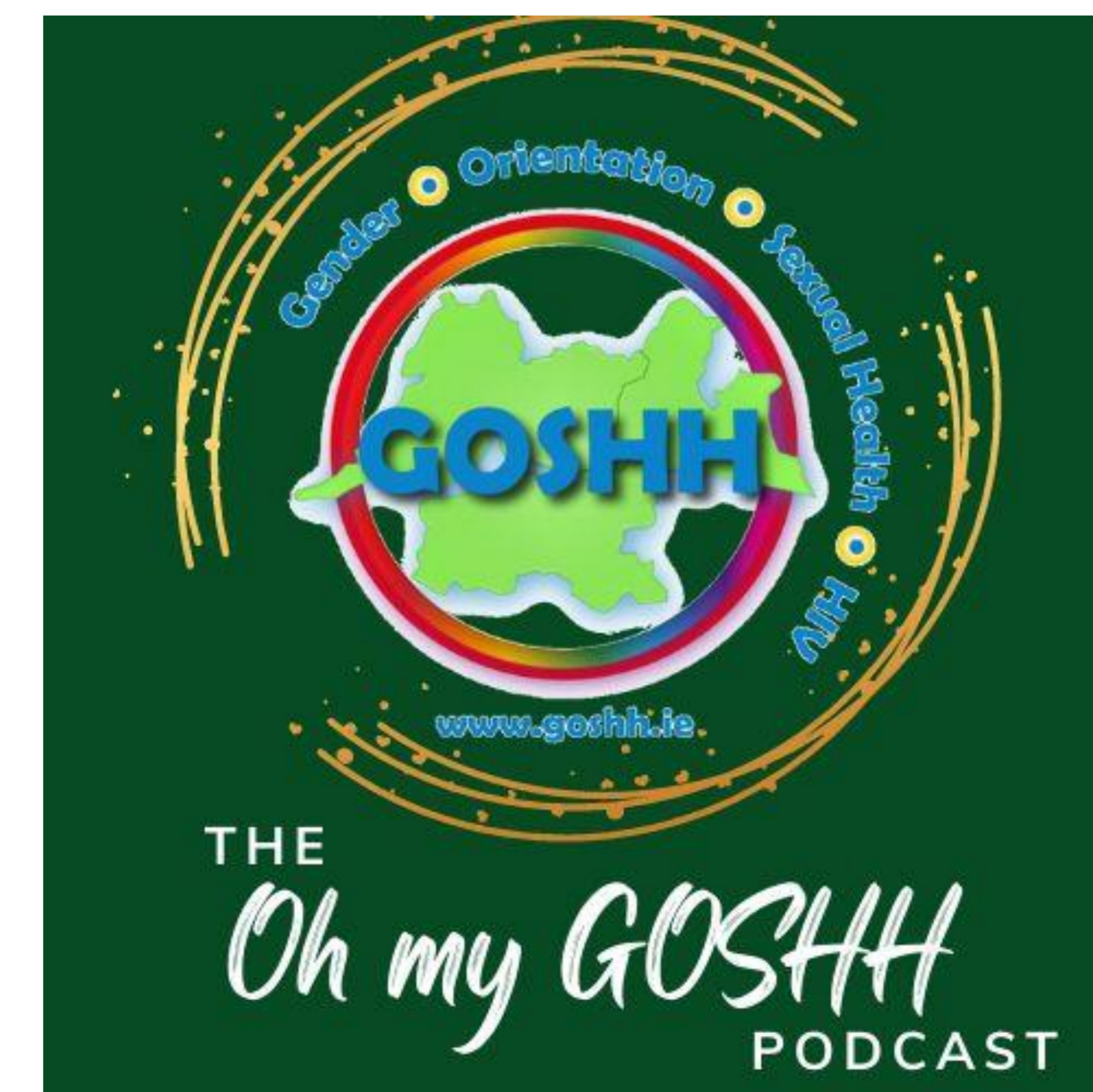
Contact communitydev@goshh.ie for more information

Interested in trying something new in 2023, then sign up for an introductory online poetry workshop for Queer Men, brought to you by GOSHH & Quare Clare LGBTQ+ and facilitated by poet Simon Costello!

When: Tuesday 24 January at 7pm

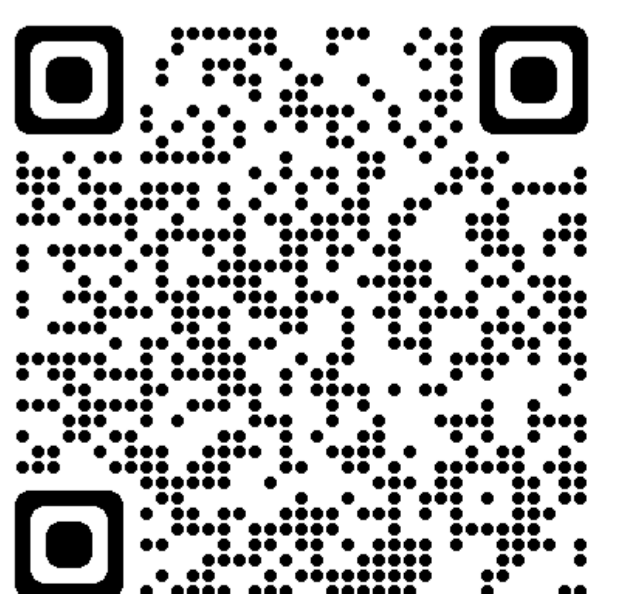
Pre-registration essential:

<https://QueerMensPoetryWorkshop.eventbrite.ie>



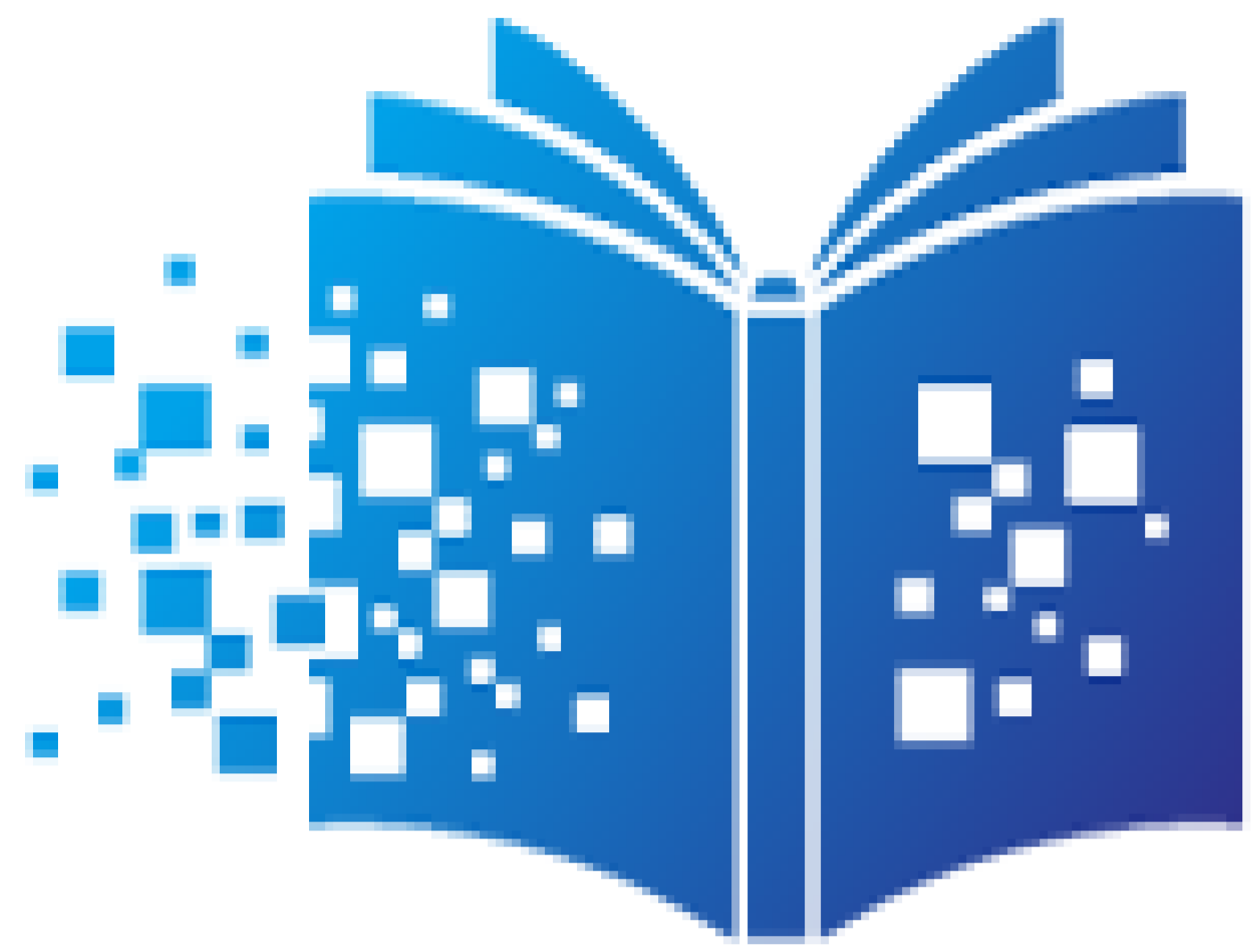
OH MY GOSHH Podcast covers topics like;

- Gender,
- Orientation
- Sexual Health and
- HIV



<https://podcasts.apple.com/ie/podcast/oh-my-goshh/id1540900638>

Library News



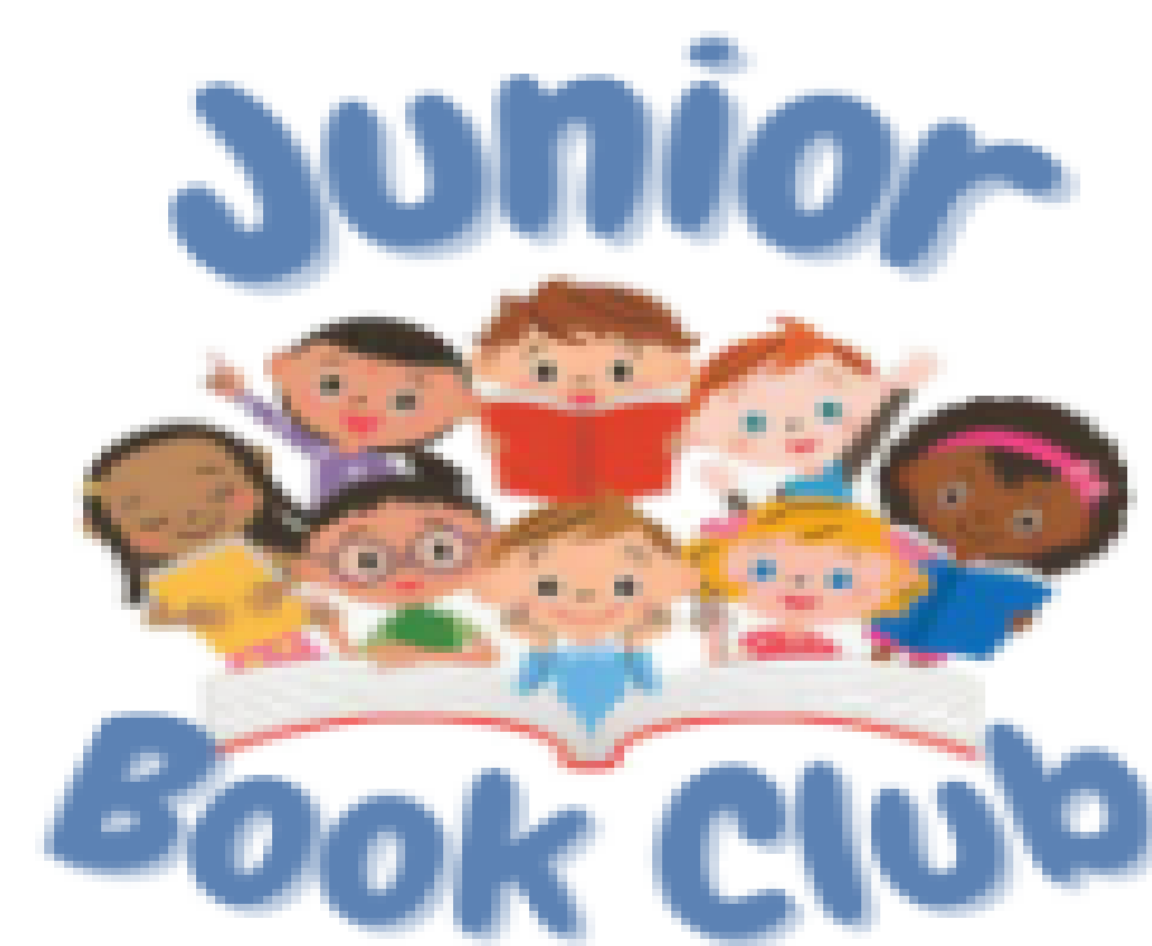
COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL
Libraries

www.clarelibrary.ie



Wednesday, January 11th - Corofin Library at 6.45pm to 7.45pm

This month Corofin Library adult Book Club members are reading *The Midnight Library* by Matt Haig. Copies of the book are available at Corofin Library. For more info. contact Corofin Library on 065 6837219 or email corofin@clarelibrary.ie



Tuesday 17th January, 2023 - Scariff Library at 4pm

For January the Scariff Junior Book Club members are reading *Artemis Fowl* by Eoin Colfer. Artemis, a 12 year old millionaire genius and criminal mastermind kidnaps a fairy for ransom. Let the misadventures begin. New members are always welcome.

For bookings and more information call 091-922893 or

email scarriff_library@clarecoco.ie.



Healthy Ireland at your Library

www.librariesireland.ie

ONLINE Uplifting Chair Yoga class, for Happiness & Wellbeing

Join yoga teacher Trish Cleary for a series of 4 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, limited numbers, booking essential. In order to take part, participants will require remote access to Zoom

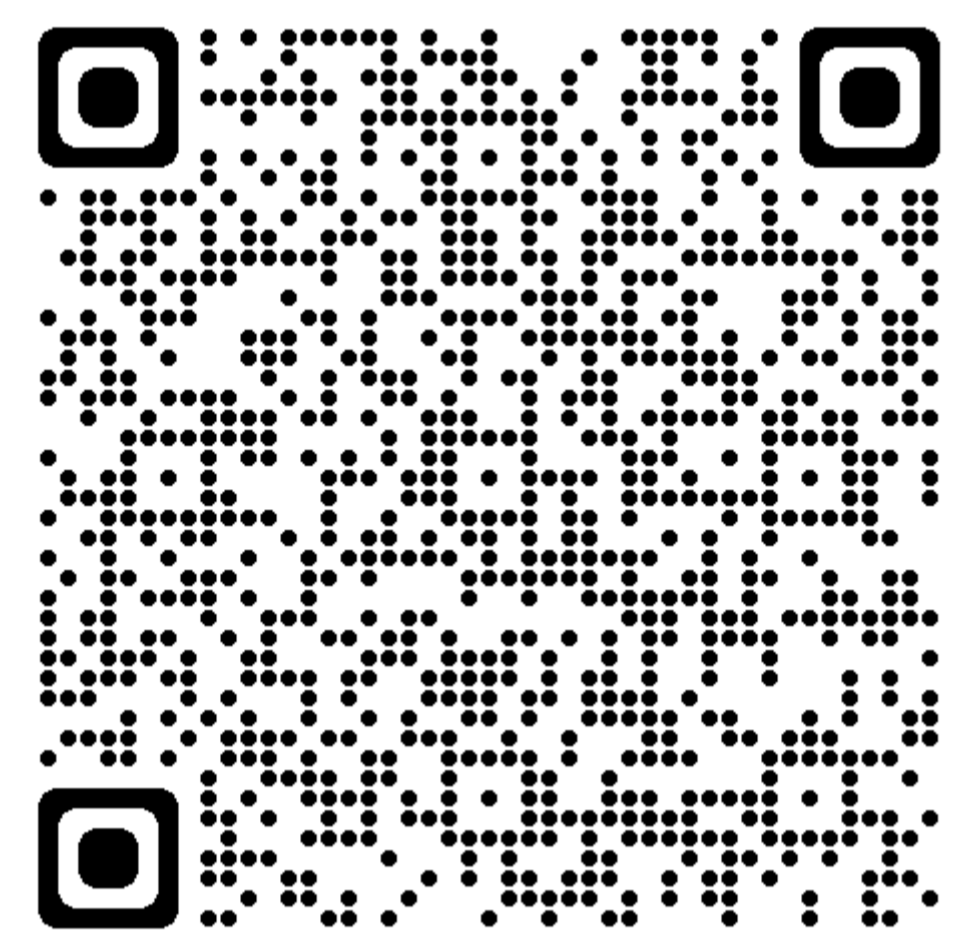
- Thursday, 12th January at 11am
- Thursday, 19th January at 11am
- Thursday, 26th January at 11am

Book your place by contacting Kilrush Library on 065 9051504 or kilrush@clarelibrary.ie



Healthy Ireland 'Let's Get Set' Campaign

LET'S GET SET



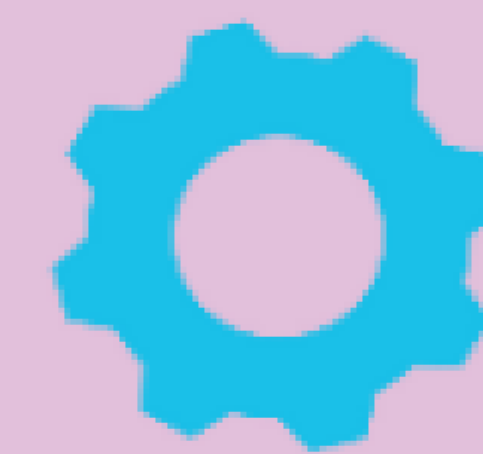
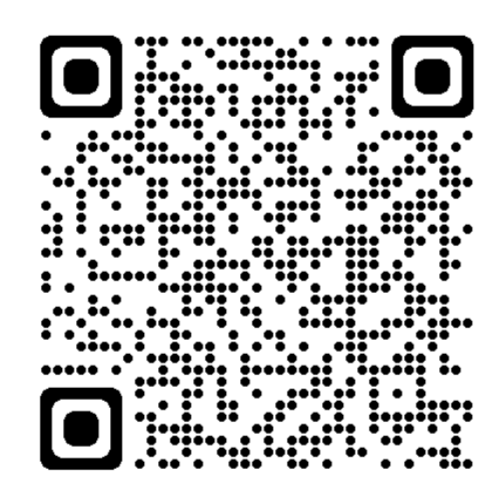
Interested in getting off the couch to set a healthier routine but with so much information out there?

It can be hard to know where to start or where to go to get trusted and reliable information.

Healthy Ireland has put together simple easy steps on ways to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of your mental wellbeing.

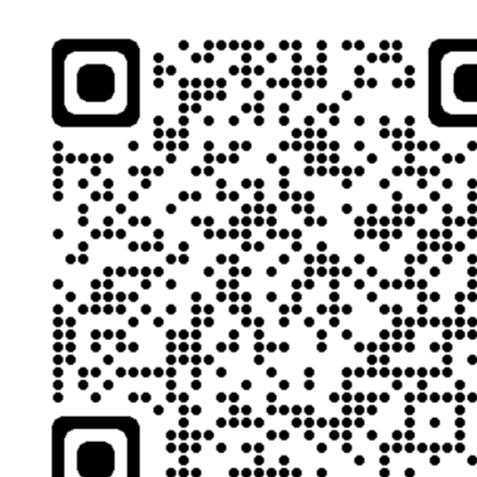
Visit www.gov.ie/letsgetset/ to follow Healthy Ireland's advice on working towards a healthier routine.

HOW TO CREATE A HABIT



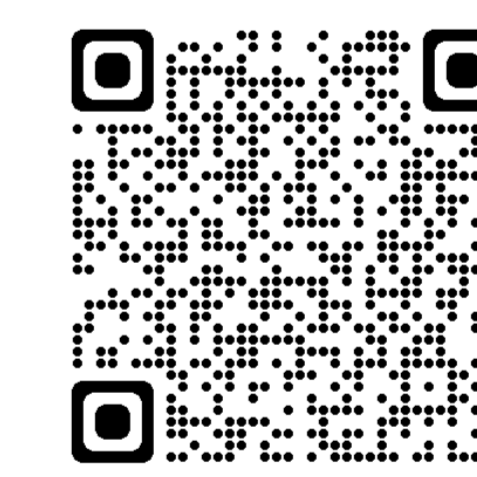
[How to create a habit](#)

GETTING ACTIVE



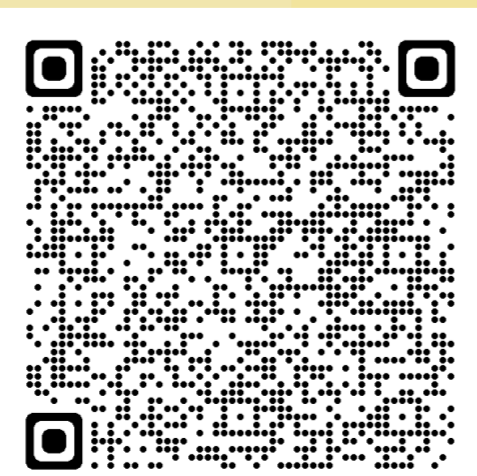
[Getting active](#)

EATING WELL



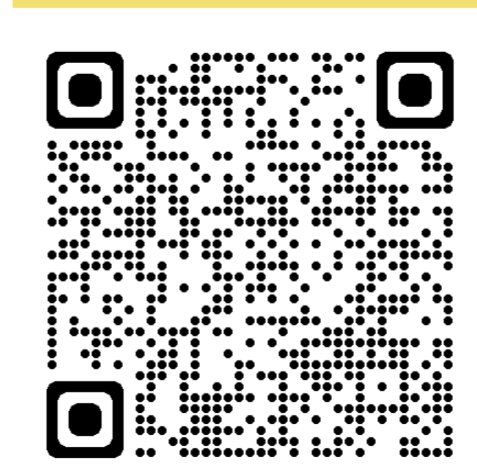
[Eating well](#)

MINDING YOUR MOOD



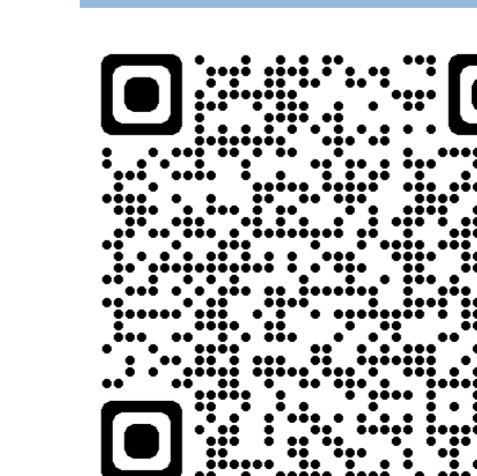
[Minding your mood](#)

SUPPORTS



[Supports](#)

ABOUT THIS CAMPAIGN



[About this campaign](#)