

Healthy Clare Newsletter

March 2023



Clare



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



healthyclare@clarecoco.ie

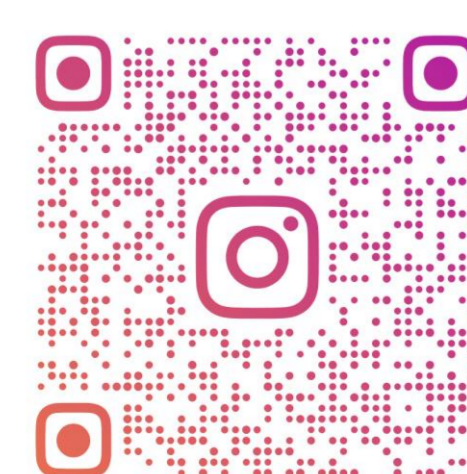
Follow us on Social Media



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



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



HEALTHYCLAREIRELAND

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



Healthy Clare would like to say a special thanks to all the organisation's who delivered health and wellbeing initiatives around the county under the Interim Healthy Ireland Fund (Sept - Dec 2022)

There were **26 initiatives delivered** which included

- Physical activity programs for teen girls, older people, women in menopause, traveller and migrant groups and inclusive athletics programs
- Social farming
- Health and Wellbeing workshops like mindfulness and yoga
- Cooking classes
- A dementia workshop
- Mother and Toddler programs
- Development of a Parenting booklet for Ukrainian families
- Healthy Clare 2023 Calendar
- The Clare Echo Health and Wellbeing pages

Target Groups reached included

- Children and Young People
- Older People
- People with Disabilities, including People with Mental Health Issues
- Traveller and Roma Communities
- People with Chronic Health Conditions
- New Communities, Asylum Seekers and Refugees
- People in recovery from substance misuse (alcohol and drugs)
- General Population

Keep an eye on the Healthy Clare webpage for information on upcoming funding opportunities

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

Physical Activity

CSP 2023 RUNNING TRAINING SERIES

COUCH TO 2K & COUCH TO 5K



Clare Sports Partnership are launching their running series for 2023 on 1st March.

- Couch to 2k is a four-week programme costing just €10.
- Couch to 5k is an eight-week programme costing just €15

All sessions can be completed in your own time and location as they are delivered through easy-to-follow podcasts.

To register visit <https://claresports.ie/get-active-active-communities/>

LEARN TO LIFT GYM PROGRAMME

Shannon Sports Hub are teaming up with Shannon Swimming and Leisure centre to run a six-week **Learn-to-Lift** gym programme. This programme will teach you how to lift weights with the correct technique, design your gym programme and give you confidence in the gym setting.

This tutor-led programme is open to **Boys and Girls aged 13-17**. Starting on March 2nd at 3.45pm – 4:45pm and runs for six successive Thursdays.

Sign up by visiting

<https://claresports.ie/event/shannon-sports-hub-learn-to-lift-programme/>



For more info contact Pat@claresports.ie or call 087 647 1671

SPÓRT ÉIREANN
SPORT IRELAND

#Women
InSportIRE

WOMEN IN SPORT WEEK
CELEBRATING INTERNATIONAL
WOMEN'S DAY ON MARCH 8TH

WHAT'S HAPPENING:

- MONDAY MARCH 7TH : VISIBILITY
- TUESDAY MARCH 8TH : INTERNATIONAL WOMEN'S DAY
- WEDNESDAY MARCH 9TH : ACTIVE PARTICIPATION
- THURSDAY MARCH 10TH : COACHING & OFFICIATING
- FRIDAY MARCH 11TH : LEADERSHIP & GOVERNANCE
- SATURDAY MARCH 12TH : parkrun WIS FOCUS

www.sportireland.ie @sportireland #WomenInSportIRE

Women in Sport (WIS) week is taking place **March 7th– 13th**

The aim of Women in Sport Week is to:

- Celebrate every women and girl who plays, coaches, officiates, volunteers, works in and leads out on Women in Sport.
- Promote and highlight the ongoing work of Sport Ireland, NGBs, LSPs and other stakeholders and clubs under the topic of Women in Sport.
- Highlight some of the programmes/initiatives funded by Sport Ireland Women in Sport Programme

This year's Women in Sport Week is focused on four areas – Active Participation, Coaching and Officiating, Visibility & Leadership and Governance

For more information visit www.sportireland.ie/Women-in-Sport

hi
Healthy
Ireland

KNOW YOUR
NUMBERS

HE

PHYSICAL
ACTIVITY

AT LEAST

30
MINUTES
A DAY

5
DAYS
A WEEK

Get
Ireland
Active

Promoting Physical Activity in Ireland

30 30 30 30 30

There are many health benefits to keeping active so aim for at least 30 minutes of moderate physical activity 5 days a week. For ideas visit:

www.getirelandactive.ie

SIT LESS
MOVE MORE

Try to avoid sitting for long periods at any one time. At work, at home or leisure, be conscious of the length of time you are sitting. Get up and stand, stroll and/or stretch to break up long periods of sitting.

Contact healthyclare@clarecoco.ie if you would like a 'Know Your Numbers' card sent out to you.

Physical Activity



Suite of Activities for over 55s at the West Clare FRC:

- **Mindful Gardening:**

6-week course starting Wednesday 1st March @10.30am in Kilrush Community Centre

- **WELL-BEING and MEDITATION:**

Mondays @10am in Kilrush Community Centre

- **DIGITAL SKILLS:** Learn to use your phone, tablet or computer,

Tuesday and Wednesday @10 & 11am in Kilrush Community Centre

- **BINGO, CARDS & BOARD GAMES** in KILKEE:

Wednesdays @2pm in Kilkee Elliott Centre

- **TEA DANCE** with Morgan Roughan

Thursday 9th March @2pm in Kilrush Community Centre

For bookings and enquiries contact 065 905 2173



FIT4LIFE, Beginners Spring in Your Step & Couch to 5K

New Cohort Tuesday, 28th Feb 2023 @ 7:15pm

Athletics Track Clarisford Park, Killaloe

All Levels, Genders and Ages Welcome

Programs tailored for Midlife Women and Men

- ✓ Strength & Conditioning
- ✓ Short interval walks / jogs & runs

Derg AC membership Jan – Dec €60 (2 grace sessions allowed)

FREE membership provided by Athletics Ireland for Ukrainian community

Training Plans are based on Irene Clarke's Runuary Program. Training Plans are available on Athletics Ireland <https://www.athleticsireland.ie/news/runuary-is-back>

GOAL: Complete 5KM PARKRUN at the end of the 10 weeks

For more information contact info@dergac.ie or call 087 683 8599



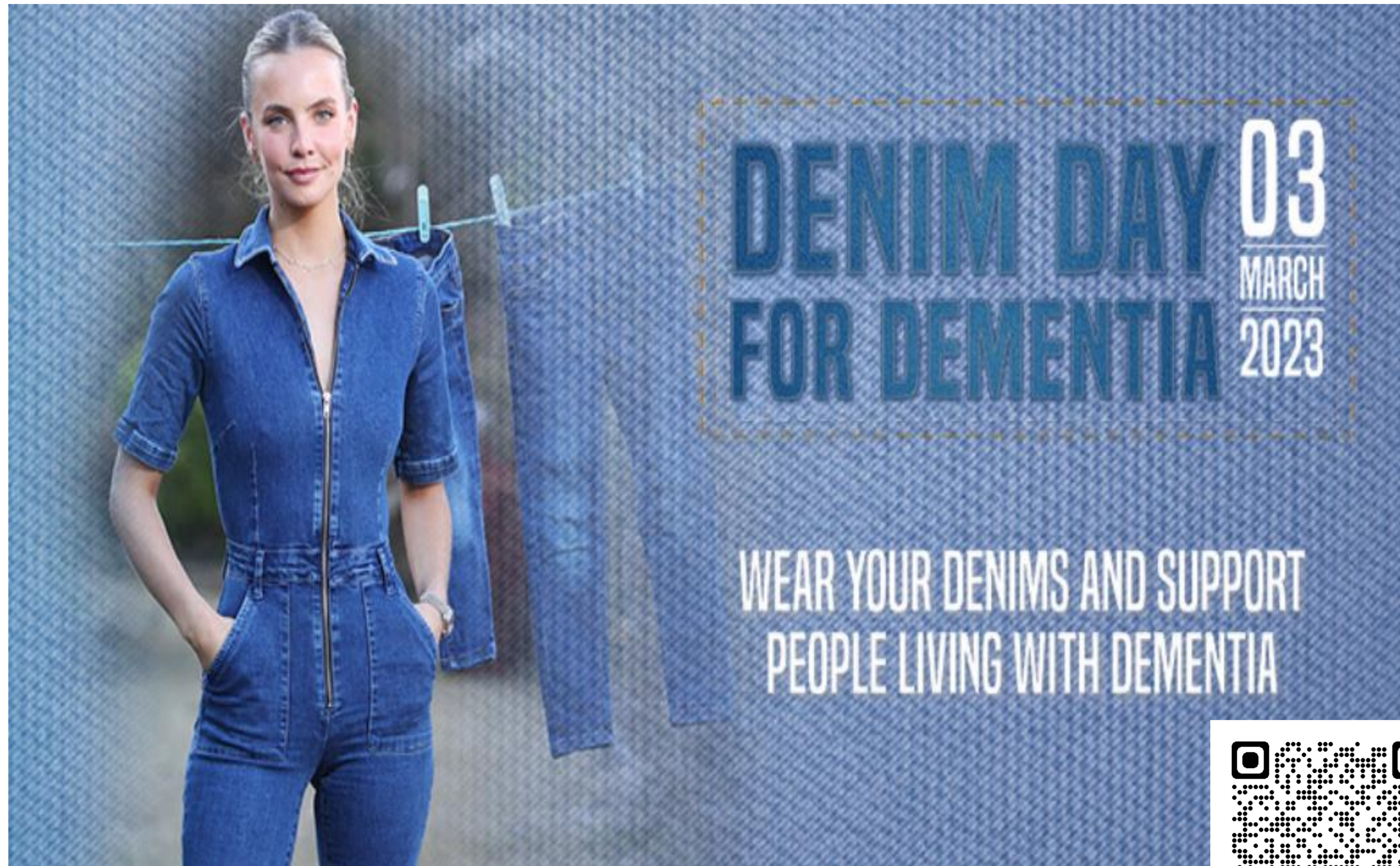
'Steps for Stroke' this March challenges you to take a minimum of **10,000 steps a day** on each of the 31 days throughout the month

The Facts

- Each year **7,500** people in Ireland suffer a stroke
- Almost **6,000** are admitted to hospitals
- Almost **2,000** people die as a result
- In 2020, over ¼ of these were people under the age of 65
- Stroke is the leading cause of acquired disability and the third leading cause of death in Ireland
- Over **30,000 people** are living in the community with a disability as a result of stroke

For more information contact :<https://croi.ie>

Mental Health



Denim Day for Dementia takes place nationwide on **Friday, 3rd of March!**

Getting involved in Denim Day is simple; follow these 4 easy steps:

1. Register for your pack through the form below.
2. We'll send you everything you need to hold your denim day – posters, coin collection boxes, stickers and a how-to guide.
3. Hold your Denim Day – make the event more fun by holding a lunchtime activity!
4. Let everyone know about it by sharing your pictures on social media using #denimday.

<https://alzheimer.ie/get-involved/fundraising-events/denim-day-for-dementia/>



Wednesday, March 1st from 2-4pm
with Trish Cleary
(Chief Exercise Instructor at Shannon GAA
Clubhouse)
Contact Hadley on 087 189 8711 or
Hadley.Fitzpatrick@alzheimer.ie



Thursday, March 2nd at 7pm
At Ennis Day Centre,
Cahercalla,
Ennis

Facilitated by Clare's Dementia Advisor
Fiona Staunton
Contact Fiona on 087 252 5791 or
fstaunton@alzheimer.ie



The unique premise of this campaign is to encourage people to not just ask the question but to support people in knowing what to do next.

There are five steps to saying H.E.L.L.O. and asking the question.

www.mentalhealthireland.ie/mhi-campaigns/hellohowru/

H How are you? Ask open ended questions. Choose an appropriate space to talk.

E Engage with the person. Be friendly. Make eye contact.

L Listen. Be non-judgemental. Don't try to solve the problem for them. Just listen.

L Learn about them. Help the person to seek a solution for themselves, go to the GP, attend local support services, helplines etc.

O Ongoing support. Check in with them to see how they are progressing.

Mental Health

Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



March 2023

Wednesday 1st March 10am – 12pm

• Managing Wellbeing & Mental Health Recovery

Thursday 2nd March 10am – 12pm

• Let's Talk Resilience

Tuesday 7th March 2pm - 4pm

• Part 1: Exploring Self Care

Thursday 8th March from 10am – 12pm

• Part 2: Building my Self-Care Toolkit

Thursday 9th March 2pm - 4pm

• Part 3: Building my Self-Care Toolkit

Tuesday 14th March 2pm – 4pm

• Part 1: Exploring Anxiety

Wednesday 15th March from 10am – 12pm

• Part 2: Managing Anxiety

Tuesday 21st March 2pm - 4pm

• Let's Talk Depression

Wednesday 22nd March from 10am -12pm

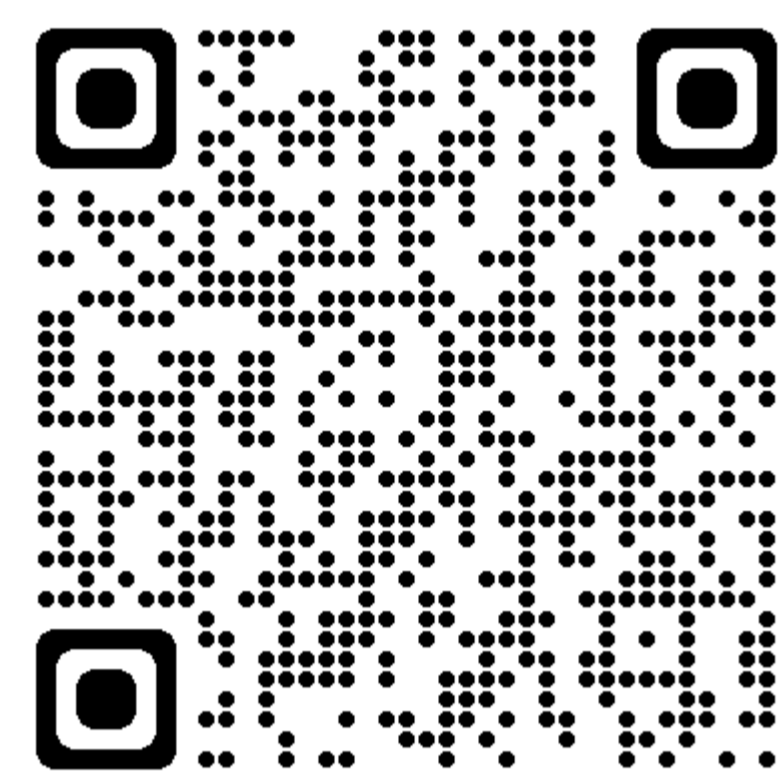
• How can I find meaning in my life and feel more empowered

Tuesday 28th March 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

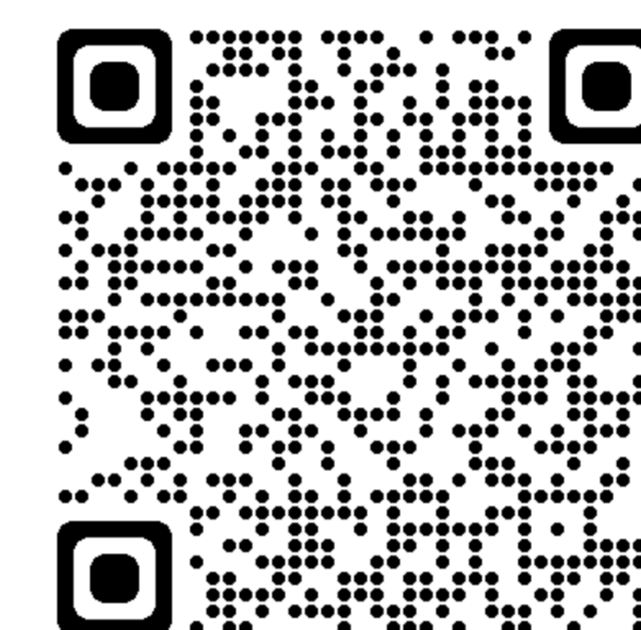


Clare Youth Emotional Wellbeing Survey

CYPSC Clare are undertaking research to understand more about the issues impacting on children and young people's emotional health and wellbeing in County Clare. They are asking children and young people from 12 to 25 years about their emotional health and wellbeing needs.

To fill in survey click the link below:

<https://txyge4jclg7.typeform.com/ClareCYPSurv12>



seniorline

National Confidential Listening Service
for Older People

SeniorLine is a confidential listening service for older people provided by trained older volunteers.

Freephone 1800 80 4591

Lines are open every day 10am to 10pm

www.thirdageireland.ie/seniorline

Mid West Community Healthcare (Limerick, Clare, N. Tipperary)

Resource Officer for Suicide Prevention

- Michael Collins
Tel: 061 492 096 / 061 492 089
Email: michaela.collins@hse.ie
- Jenny Blake Tel: 061 492 091 / 061 492 096
Email: jenny.blake@hse.ie

Pieta Suicide Bereavement Liaison Officer (Mon - Wed)

- Jerard Enright
Tel: 085 856 808
Email: jerard.enright@pieta.ie



Clare Suicide Bereavement Support

Tel: 086 056 5373 / 087 369 8315 087 104 2096

Email: sbs.clare@gmail.com

HUGG (Healing Untold Grief Gently)

- HUGG is a unique national suicide bereavement charity. It provides information, signposting, and support groups for anyone over 18 who has been bereaved by suicide.
Phone: 01 513 4048 (monitored answering machine) Access: Free, self-referral
Email: support@hugg.ie Website: www.hugg.ie

Eating Well

Type 2 Diabetes Education Evening

A free information evening for adults living with Type 2 Diabetes and their families, carers or health professionals



Meet the team from the HSE Chronic Disease Hub, Ennis and find out more about:

- Managing Medications
- Knowing Your Numbers
- Healthy Eating
- Looking after your Feet
- Local initiatives to support your Health & Wellbeing

Wednesday, March 8th 2023

6pm – 7:30pm

Old Ground Hotel, Station Road, Ennis, V95 WDX2

This is a drop in event- you are welcome to attend at anytime



How to shop for a healthy diet



Healthy eating often starts with the choices we make at the supermarket, so planning your weekly shop is important. Also planning the food you buy can help save money and reduce food waste.

The best advice to do a healthy, value for money food shop is to check what food you have and do a weekly meal plan, stick to your shopping lists, check use-by dates and make the best use of the food storage available to you. Here's our guide to healthy food shopping.



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

FRUIT & VEGETABLES



**EAT
5 - 7
DIFFERENT PORTIONS
WITH A VARIETY OF
COLOURS DAILY**

EATING DISORDERS AWARENESS WEEK 2023

February 27th – March 5th, 2023

The theme of BODYWHYs Eating Disorders Awareness Week 2023 is 'Breaking the Stigma: Diverse Male Experiences with Eating Disorders & Body Image'

The webinar is shining a light on eating disorders in boys, men and those who identify as male, as well as families, carers, siblings and partners.

For more information visit

www.bodywhys.ie/eating-disorders-awareness-week-2023

#EDAW2023

BODYWHYS
The Eating Disorders Association of Ireland

**BREAKING THE STIGMA:
Diverse Male Experiences
Eating Disorders & Body Image**

Featuring:

- Lived experience
- Research
- Webinars
- Podcasts
- Animations
- and more...

27TH FEB - 5TH MARCH

**EATING DISORDERS
AWARENESS WEEK
2023**

Save the Date

Drugs and Alcohol



ASK FOR ANGELA!

#ASKFORANGELA
TWEET IT
SHARE IT
SNAP IT
GET THE WORD OUT

GET HOME SAFE!

ARE YOU ON A DATE THAT ISN'T WORKING OUT?
DO YOU FEEL LIKE YOU'RE NOT IN A SAFE SITUATION?
DOES IT ALL FEEL A BIT WEIRD?
DINNER OR TINDER DATE NOT WHO THEY SAID THEY WERE?

APPROACH A MEMBER OF STAFF AND ASK FOR ANGELA. STAFF WILL IMMEDIATELY KNOW YOU NEED HELP AND WILL BE ABLE TO GET YOU OUT OF THE SITUATION SAFELY AND DISCREETLY

ASK FOR ANGELA
TACKLING SEXUAL OFFENCES IN: **COUNTY CLARE**

COMHAIRLE CONTAE AN CHLÁIR CLARE COUNTY COUNCIL
Ennis Purple Flag "for a better night out"
vfi PUBS OF IRELAND

Hospitality providers in county Clare are being asked to sign up for the new 'Ask For Angela' code-word campaign to help Clare become a safer place to socialize. The Clare Joint Policing Committee (JPC), which consists of Clare County Council, An Garda Síochána, Elected Members and community representatives, whom have teamed up with the Clare Branch of the Vintners Federation of Ireland (VFI) to back the countywide roll out of the campaign. The new code word initiative will encourage people who find themselves in an uncomfortable situation whilst socialising in a bar, restaurant, café or hotel to 'Ask for Angela' at the bar or service counter. The phrase alerts staff that something isn't right and they can proceed to safely and promptly resolve the situation.

For more information about the campaign
email : jpc@clarecoco.ie



CLARE HEALTH & WELLBEING COMMITTEE

Would like to Invite you to our Information sessions

Where & When?

About the Programme:
The aim of this programme is to inform, educate and support clubs about Substance Misuse and Gambling.
Programme Aims:
Address Substance Misuse and Gambling in Sporting environments.
Provide details of supporting agencies in relation to Substance Misuse and Gambling, for individuals & families affected by substance Misuse & Gambling.

Kirush Community School,
V15 KTO4 20th Febuary @ 8pm

Pavillion Community Hall V95 YW1C
Lisdoonvarna 22nd February @8pm

Ennis Eire Og GAA Clubhouse
V95TF82 27th of February @ 8pm

Sixmilebridge GAA Hall V95 C621
1st of March @ 8pm

Scariff GAA CLUB
V94 CA47 6th March @ 8pm

For more info email:
chair.hwc.clare@gaa.ie

A Joint Initiative for Clare's G.A.A Communities

Free Parents Matter webinar

Talking about alcohol and drugs with your child



Date: Wednesday 8th March
Time: 7 - 8pm
Visit drugs.ie/parents for more

DRUGS.ie
Drug and Alcohol Information and Support



'Parents Matter' – Drug use and adolescence education webinar series for parents

Families have the potential to act as a major protective force in the lives of children and adolescents. Mutually supportive family relationships generally influence the prevention of substance use among young people.

Webinar series 1: North Dublin Region, 8th March 2023 – 7 – 8pm

The first webinar will focus on parents in the North Dublin region and will be held online.

Speakers

- Prof Bobby Smyth, Consultant Child & Adolescent Psychiatrist
- Emer Loughrey, Counsellor
- Monica Whyte, Systemic Family Psychotherapist

Register for this event https://zoom.us/webinar/register/WN_nvXsR4C0Q7KhdrPjSgXhDQ

HSE DRUG AND ALCOHOL HELPLINE

1800 459 459
helpline@hse.ie

The HSE Drugs & Alcohol helpline provides support, information, and guidance to anyone with a question or concern.



For more information on standard drink measurements and your drinking patterns visit www.askaboutalcohol.ie

Smoking and Vaping Supports



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 or email
Quit.midwest@hse.ie

Stop smoking
for 28 days and
you're 5 times
more likely to
stop for good

Get tips, tools and support
at QUIT.ie or freephone
1800 201 203

QUIT.ie
HSE hi



**COINNIGH
UAINN É**



For more information contact **Healthy Clare**
healthyclare@clarecoco.ie | [@healthyclare](https://twitter.com/healthyclare) [f](https://www.facebook.com/healthyclare)

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 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

To sign up & support the campaign visit

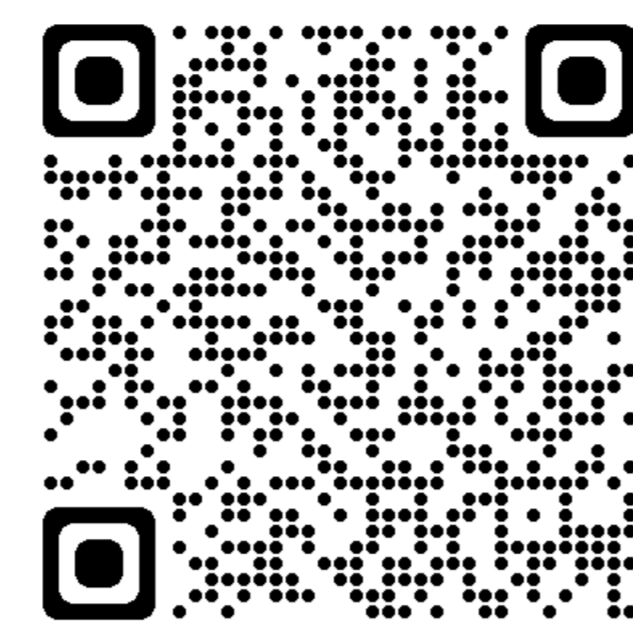
https://yoursay.clarecoco.ie/naucampaign?tool=survey_tool

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



sexualwellbeing.ie



Foundation Programme in Sexual Health Promotion

Free 6-day programme

Open to staff of health, education, youth and community services in the Mid West

Dates in 2023:

Monday 18th & Tuesday 19th of September

Monday 16th & Tuesday 17th of October

Monday 13th & Tuesday 14th of November

Closing date for applications:
Friday 24th of March 2023

Enhance your ability to incorporate sexual health promotion into your work through the development of your comfort levels, confidence, knowledge and skills in relation to sexual health

To receive an application form:

Email: mark.dooley@hse.ie



My Options
All the information and support you need in an unplanned pregnancy

www.myoptions.ie

Unplanned Pregnancy?

Freephone
1800 828 010
Monday to Friday 9am to 8pm
Saturday 10am to 2pm
or visit myoptions.ie

My Options is a HSE service that offers confidential counselling and information if you're experiencing an unplanned pregnancy.

Visit myoptions.ie for more information.



#GetTested

Free Home STI Testing

Order your free home STI test kit on sexualwellbeing.ie

Logos: Sexual Wellbeing, HI, SH:24, Sláintecare, HSE

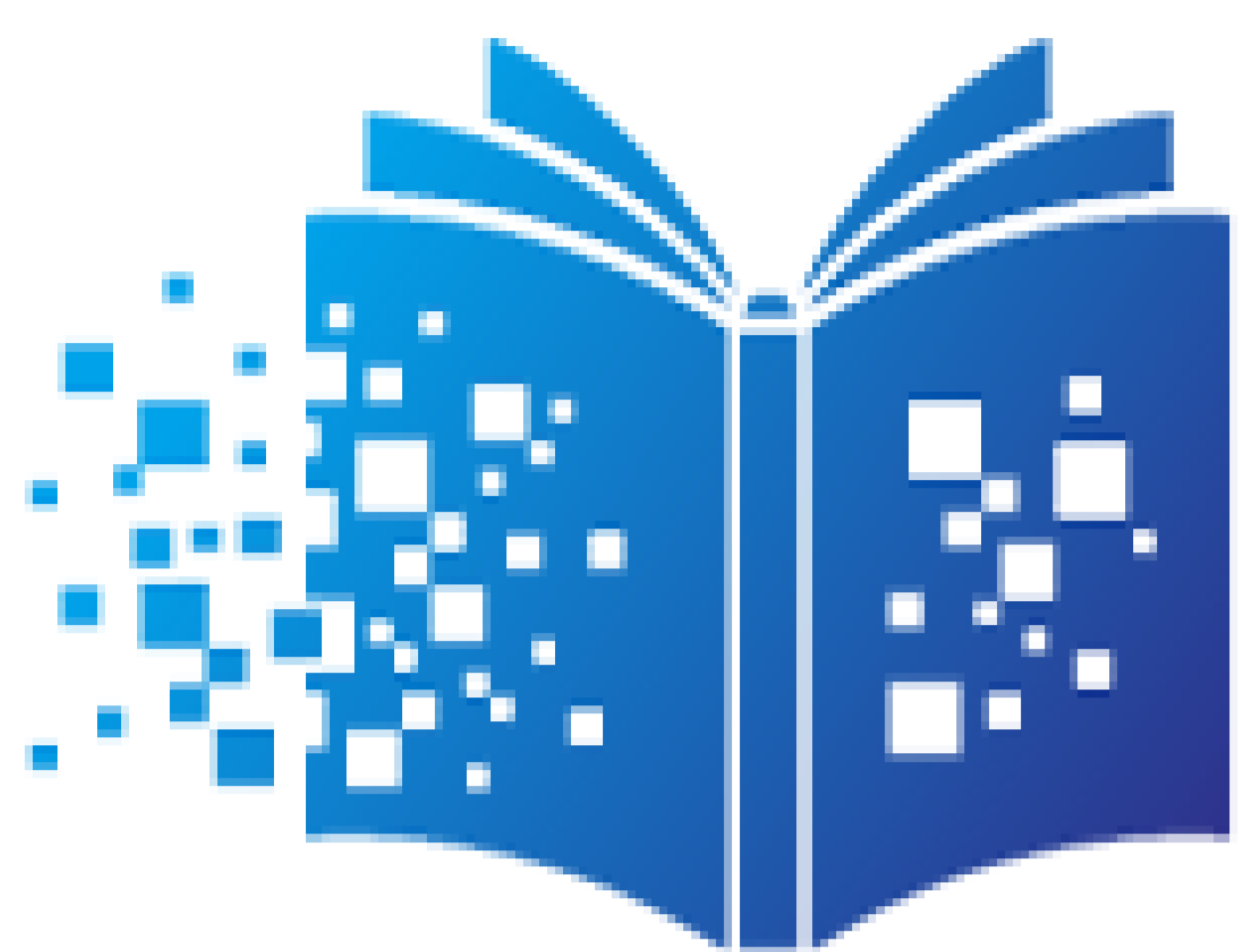
Free home STI test kits are available to order from Sexualwellbeing.ie.
This service is now available nationwide.

sexualwellbeing.ie

Condoms are **98%** effective when used correctly every time.

For more information on condoms and other methods of contraception visit www.sexualwellbeing.ie

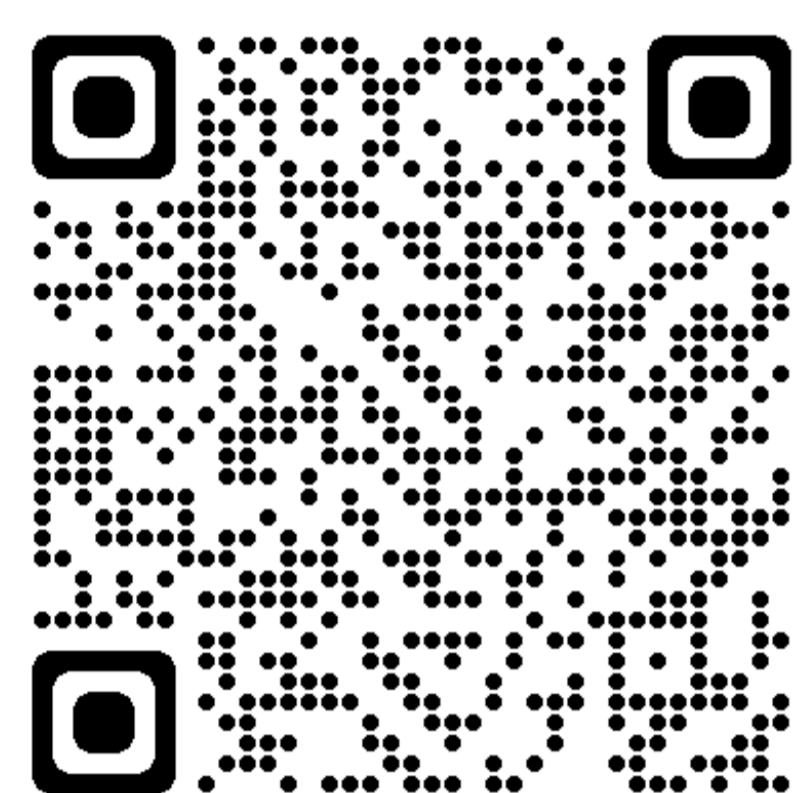
Other News



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 March



- De Valera Library, Ennis 065 682 4207 or 065 689 1317
- Ennistymon Library – 065 707 1245

Event	Event Date	Ennistymon	Da Valera Library
Supernatural Stories for teens with Aislinn O'Loughlin	Wed 1 st March	11am – 12pm	1.30pm – 3.30pm
Get started Writing with Helena Close	Thur 2 nd March	10.30am – 12pm	2pm – 3.30pm
Teen Health & Wellness with Colette O'Flynn	Fri 3 rd March	11am- 12pm	2pm – 3pm

Living Well

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

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 (full)
Thursday	9 th March	13 th April	2.30pm-5pm	Kilkee
Tuesday	25 th April	30 th May	10.30am-1pm	Ennis
Tuesday	25 th April	30 th May	2.30pm-5pm	Ennis
Wednesday	26 th April	31 st May	10.30am-1pm	Newmarket-on-Fergus
Wednesday	14 th June	19 th July	11am-1.30pm	Ennistymon

Contact Details:

www.hse.ie/LivingWell

Liz Cox – Tel: 087 179 9392

Philip Hennessy – Tel: 087 179 9396

Email: liz.cox@hse.ie

Email: philip.hennessy2@hse.ie



Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.



Clár Éire Ildánach
Creative Ireland
Programme



Traveller wellbeing through Creativity 2023

The Traveller Wellbeing through Creativity initiative is a call to relevant groups and organisations to deliver an innovative project in 2023 focused on enhancing Traveller wellbeing through the medium of creativity. Grant funding between €30,000- €50,000 per project will be provided in 2023 under this initiative up to a total of €200,000 including a new Shared Island grant for one project of up to €50,000.

Applications must be completed online and submitted via <https://submit.link/1xY> by close of business Friday 31st

March 2023.

