

Healthy Clare Newsletter

January 2024



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



healthyclare@clarecoco.ie

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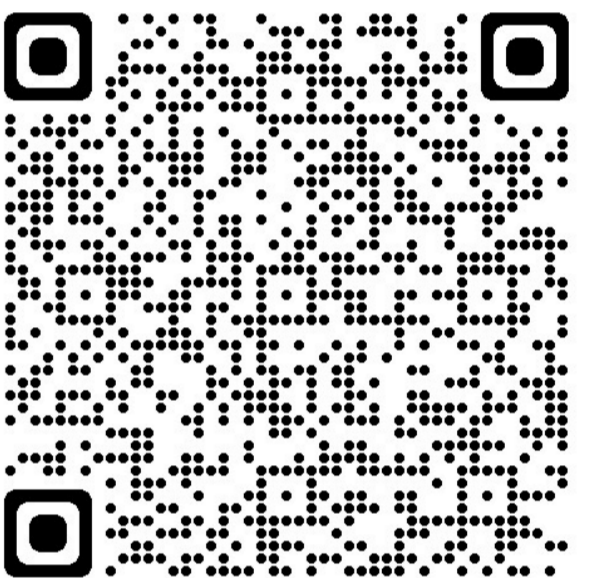
[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)
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Clare County Council has launched a 2024 'Healthy Clare Calendar' that contains useful information and striking visual imagery as part of its commitment to support health and wellbeing in the community.

Members of the public can obtain a hard copy of the calendar free of charge from Clare County Council by emailing healthyclare@clarecoco.ie

To view the Healthy Clare Calendar online please visit Clare County Council's dedicated webpage at: www.clarecoco.ie/services/community/healthy-clare/

The calendar was created in partnership with Clare County Council's Visit Clare, Clare Sports Partnership and Clare Libraries teams.



Blue Health and Well Being Passport For Clare

A new health and wellbeing passport that encourages people living in Clare to explore the county's local natural amenities has been launched by Healthy Clare. The Clare Blue Health and Wellbeing Passport focuses on the Blue and Green Flag beaches in County Clare, which are highlighted on an interactive map.

If you would like more information, please use the link below:

[https://www.clarecoco.ie/your-council/\[news\]/new-passport-highlights-clare-s-health-enhancing-natural-amenities.html](https://www.clarecoco.ie/your-council/[news]/new-passport-highlights-clare-s-health-enhancing-natural-amenities.html)

Goodbye Dena

Dear Readers,

Dena McGrath would like to thank you all for your support and co-operation in delivering this Newsletter. Dena has taken up a new role and we wish her well in her further endeavours and we will welcome her contributions from her new Role to this Newsletter over the coming months. In our next Edition we will be welcoming Samantha McCarthy, who will be the new Healthy Clare Co-Ordinator.

Physical Activity



The GAA's popular 'Ireland Lights Up' initiative returns in January 2024 in partnership with RTE's Operation Transformation, Get Ireland Walking and the Irish Life "My Life" app.

'Ireland Lights Up' encourages GAA clubs across the 32 counties to light up and bring communities together to walk and talk in a safe environment during the dark winter evenings. As ever, a club participating in Ireland Lights Up will be showcased each week on RTE's Operation Transformation.

In 2023, over 1000 GAA clubs signed up for Ireland Lights Up helping tens of thousands of participants improve their physical, mental, and social wellbeing. Registrations for the 2024 'Ireland Lights Up' and 'Every Step Counts' MyLife Challenge opens today! Click here to register [Ireland Lights Up & Every Step Counts Registration 2024](#). Ireland Lights Up commences on Wednesday, January 10th, to coincide with the broadcast of the second episode of Operation Transformation on RTE.

Walk County Clare Virtual Challenge

Walk Clare Your Way!

Distances ranging from 10km to 80km - you choose!
Head West to Loophead or East to Killaloe, or maybe North to Ballyvaughan?

Monday December 18th
to
Sunday January 14th

Lots of prizes up for grabs once you complete your distance!

#Activeclare

Clare Sports Partnership state here is still time to join their FREE virtual walking programme - Walk County Clare, to stay active this Christmas!

Sign up as an individual or with a partner, friend or family member

<https://claresports.ie/event/walk-county-clare-2/>

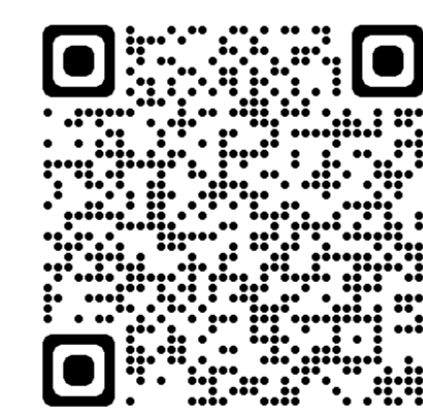


Operation Transformation is set to make it's return for its 17th season this coming January.

The new season will kick off on RTÉ One on Wednesday, 3 January at 9:35pm with five brand-new leaders as it continues to connect communities all over Ireland with the aim of improving their health and wellbeing.



SPÓRT ÉIREANN
SPORT IRELAND



10 January 2024	SPORT IRELAND ETHICS	Safeguarding 1 - Jan 10th This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport and will be delivered online through Zoom. You must be 18yrs [...] Find out more => €16.50
22 January 2024	SPORT IRELAND ETHICS	Safeguarding 1 - Jan 22nd This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport and will be delivered online through Zoom. You must be 18yrs [...] Find out more => €16.50

Sports Ireland have ISafeguard Classes occurring during January.

To register go to : [Clare Sports Partnership - Clare Sports](#)

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.

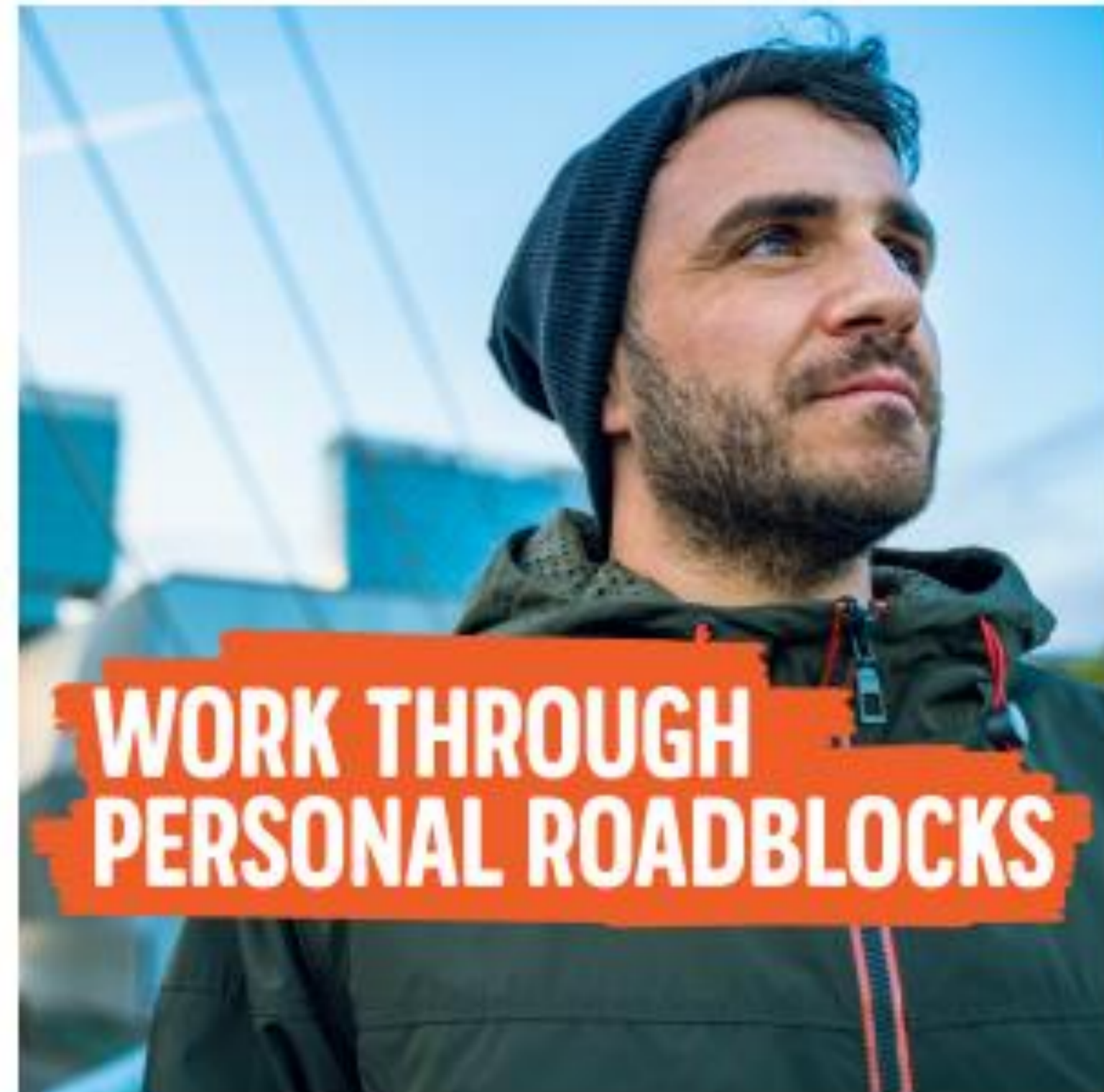
Parkruns in Clare are located at:

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

Visit www.parkrun.ie for more information.



Mental Health



Grow - Recovery through community

Peer support groups are for anyone experiencing mental health issues.

Ennis meeting

Maria Assumpta Hall

Every Monday night

8-10pm

Contact Celia 086 152 6966 www.grow.ie

Mental Health Recovery: Does Setting Goals Help?

Join us for a panel discussion as we explore if setting goals can help us during mental health recovery.

FREE WEBINAR
Wednesday, 31st January 2024 2pm - 3pm



PANEL DISCUSSION and Q&A

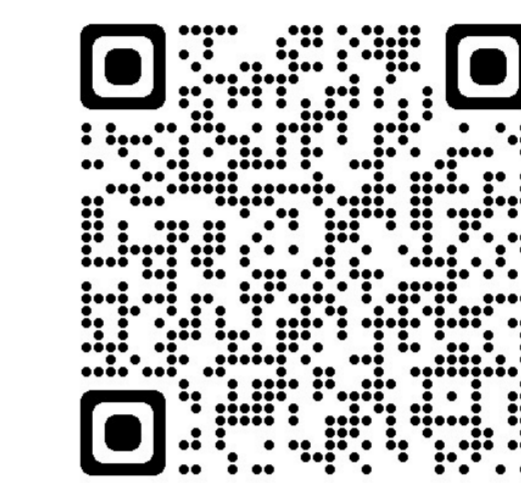
Join us for our webinar as we will discuss:
What is a recovery goal in mental health? How do I start setting a recovery goal? What can I do if I'm struggling to reach my goal? How can I cope with setbacks?

Book Online at
<https://midwestaries.eventbrite.ie>
Cillian Keane | Cillian.Keane@hse.ie

Mid West ARIES in partnership with Mental Health Ireland

Free Online Mental Health & Wellbeing Workshops
For anyone aged 18+ with an interest in mental health

January 2024



- Part 1 . Exploring Self Care**
Tuesday, 9th January from 2pm – 4pm
 - Part 2. Building My Self Care Toolkit**
Wednesday, 10th January from 10am – 12pm
 - Part 3. Building My Self Care Toolkit**
Thursday, 11th January from 10am – 12pm
 - Let's Talk Resilience**
Wednesday, 17th January from 10am – 12pm
 - Managing Wellbeing & Mental Health Recovery**
Tuesday, 23rd January from 2pm – 4pm
 - Creativity for Wellbeing**
Tuesday, 30th January from 2pm – 4pm
- All workshops are FREE and can be booked on www.eventbrite.ie/o/mid-west-aries-30819577380
- For more information contact Margaret Keane on margaret.keane9@hse.ie



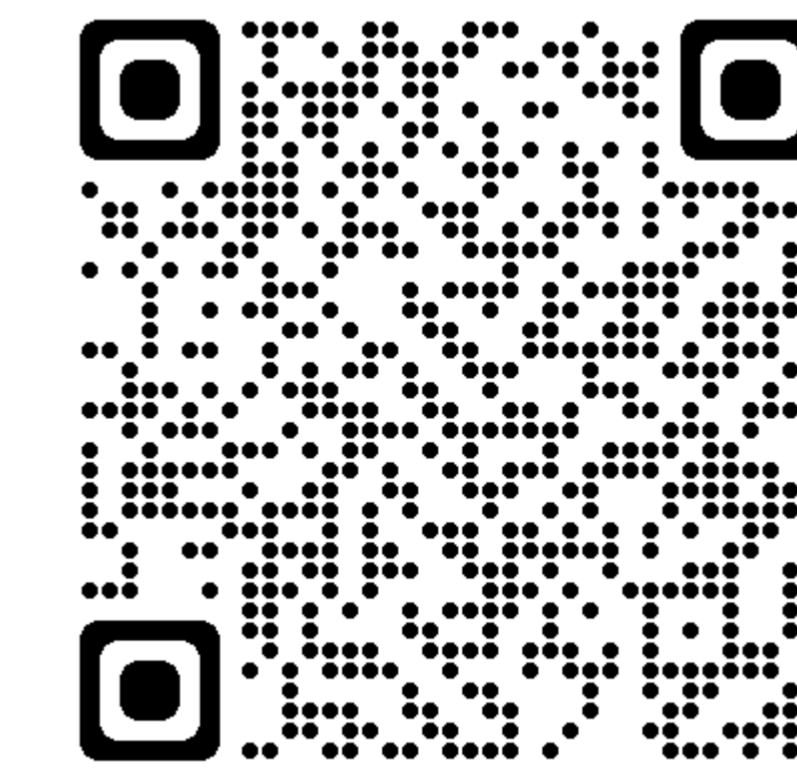
Clare Haven Services are advising that at times due to internet issues or power outages their helpline goes down. DON'T LET THIS GET IN THE WAY OF YOU GETTING A RESPONSE.

If you need SUPPORT call Women's Aid 1800341900

If you are at RISK call 999.

Stay Safe

First Fortnight
Mental Health
Art & Culture Festival
6th - 15th January 2023



First Fortnight 2023/24

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

To find out more go to [Homepage - First Fortnight](#)

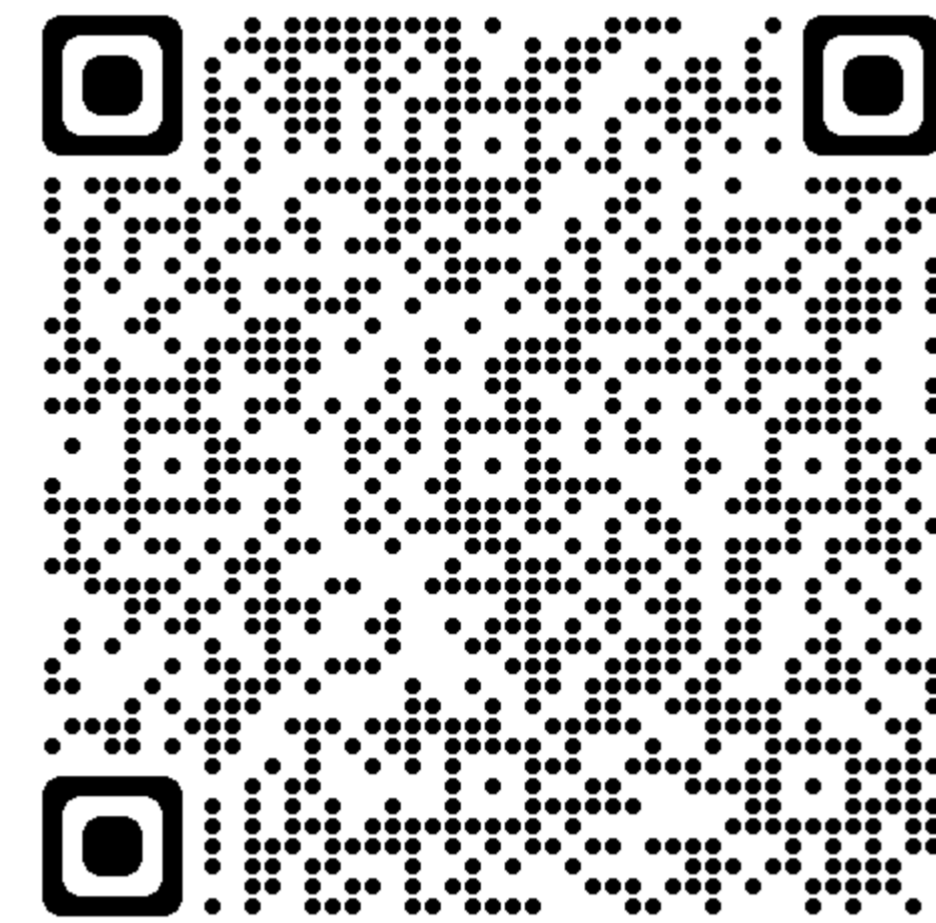
Eating Well



Safefood are asking “Do you over-shop on your groceries and still not buy what you need”

One of their latest blogs looks steps you can take to get the big shop right with minimal effort and cost.

Read it here:
<https://www.safefood.net/blog/the-big-shop>










Safefood have a segment regarding ‘Storing Food in your freezer’

The segment is knowing how to get the best out your freezer helps with meal planning and avoiding food waste.

To find out more go to : [Storing food in the freezer | safefood](#)

 **STOP**FoodWaste.ie

January Seasonal Food Calendar

 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

Tobacco Free, Reducing Drugs & Alcohol Related Harm

Do you want help with
Quitting smoking?



QUIT



To learn more, or to sign up
to the QUIT Service
Contact **065 6865841**
or email quit.midwest@hse.ie



Are you curious about how much alcohol is in your favourite drink? Use the HSE's drinks calculator to find out how many standard drinks are in your beverage of choice, as well as the alcohol content and calorie count, in just a few simple steps.

Try the HSE's drinks calculator: <https://bit.ly/3AvswRX>

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

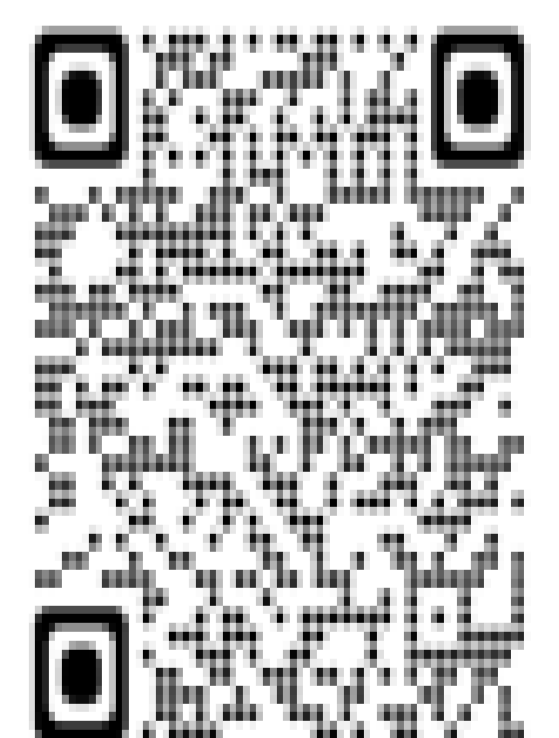


[Gamblers Anonymous](http://www.gamblersanonymous.ie)

If you're experiencing a gambling addiction or are a family member or friend of someone close to you affected by gambling, you are not alone. Gamblers Anonymous Ireland offer a variety of meetings to support you. Contact : 0877485878 or email info@gamblersanonymous.ie.



**Alcoholics Anonymous
Ireland**



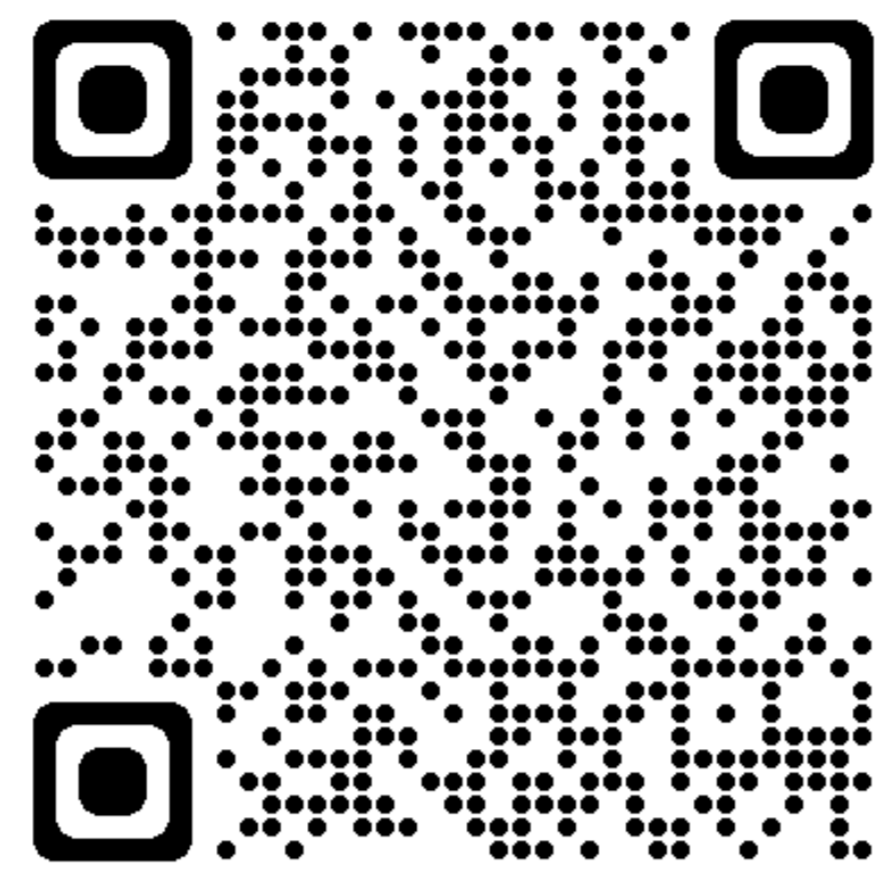
Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; they are self-supporting through our own contributions. To find a meeting contact : www.alcoholicsanonymous.ie

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Cancer Screening eLearning Programmes

Bowel screening Cervical screening Breast screening



The HSE has created a Cancer Screening eLearning Programme for healthcare professionals delivering screening messages in the community.

www.hseland.ie

IF YOU'VE BEEN EXPOSED TO HIV TAKE ACTION START PEP

START PEP WITHIN 72 HOURS

HIV post exposure prophylaxis (PEP) is a course of HIV medication that aims to prevent HIV infection following a recent exposure to HIV, such as condomless sex, sharing needles or pricking yourself with an infected needle. PEP must be started within 72 hours (3 days and nights) after a possible exposure to HIV, and sooner if possible. A full course of PEP is for 28 days (4 weeks). For more info.

Visit <https://man2man.ie/prevention/pep>

An unplanned pregnancy service should never try influence your decision. Visit myoptions.ie for a list of HSE funded unplanned pregnancy services.

My Options

Some unplanned pregnancy services may try to influence your decision. You should never feel pressured or frightened by an unplanned pregnancy service. Staff should always be nonjudgmental. For a list of HSE-funded unplanned pregnancy services visit www.myoptions.ie

Over 95% of people with hepatitis C can be cured

Order a free hepatitis C test today
Free test. Free cure.

Thousands of people in Ireland are living with hepatitis C and don't know it. Testing is the only way to find out if you have hepatitis C.

Order your free hepatitis C test today on

<http://hse.ie/hepc>

GOSH
Gender • Orientation • Sexual Health • HIV

FREE RAPID TESTS

HIV, SYPHILIS, HEPATITIS C

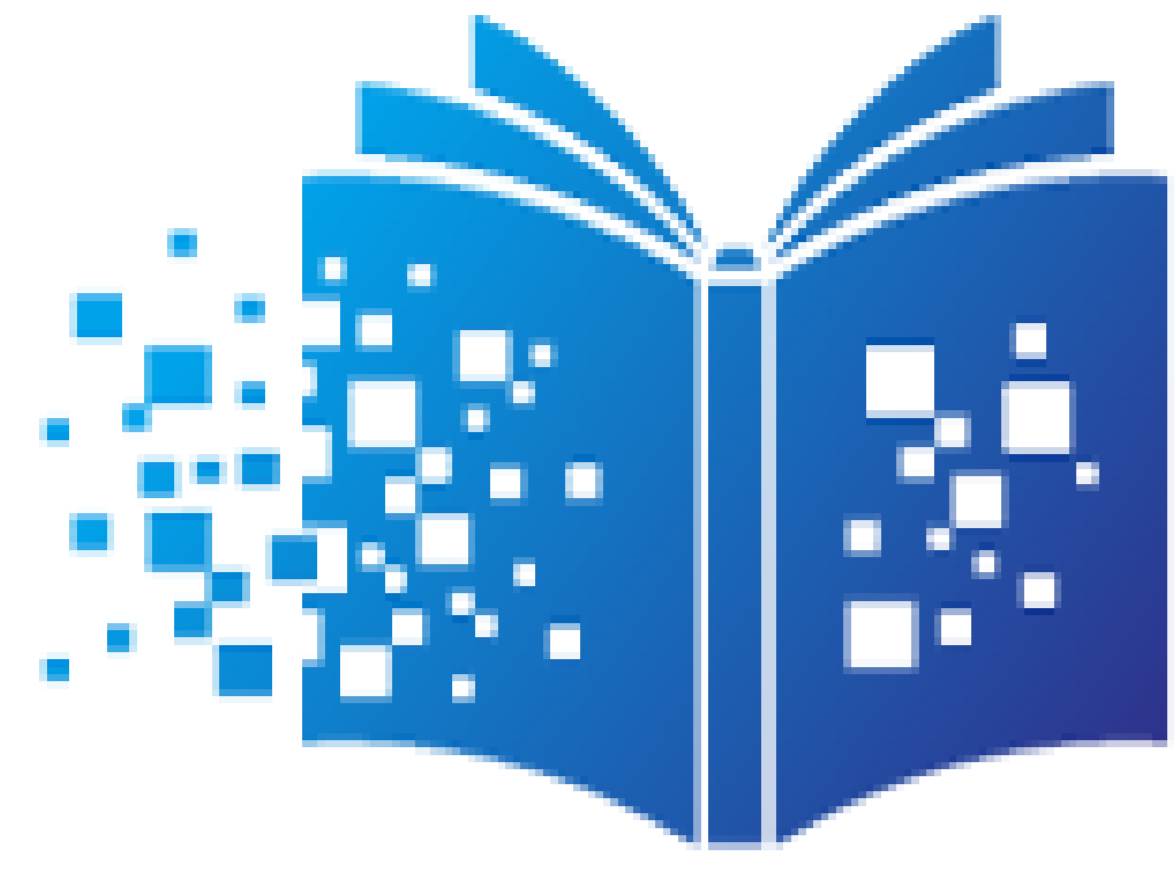
Contact

operations@goshh.ie

or 061 314 354 or

DM on Social Media

Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



www.clarelibrary.ie



library_mailbox@clarecoco.ie



<https://twitter.com/clarelibrary>



065 6846350



www.facebook.com/clarecountylibrary



www.instagram.com/clarecountylibrary

**If you like... Dav Pilkey
You'll LOVE...**

DOG MAN
Dog Man at Carillon
by Dav Pilkey agus Máirín Ní Mhárta

FRANKIE'S WORLD
Frankie's World
by Aoife Dooley

MILLIE MCCARTHY IS A COMPLETE CATASTROPHE
Millie McCarthy is a Complete Catastrophe
by Lorna Forde and Karen Marie

DANGER IS EVERYWHERE
Danger is Everywhere
by David O'Doherty and Chris Judge

MURDER MOST FOWL
Murder Most Fowl
by Jod Lynch

@IrishKidsBooks
@IrishKidsBooks

**If you like... Jamie Smart
You'll LOVE...**

BAD PANDA
Bad Panda
by Siobhán Baddow and Sharna Dempsey

STICK BOY
Stick Boy
by Paul Conroy

JASPER & SCRUFF
Jasper and Scruff
by Nicola Cotton

RABBIT & BEAR
Rabbit and Bear
by Julian Joseph and Jim Field

DEADLY IRISH HISTORY
Deadly Irish History
by John Farrynly

@IrishKidsBooks
@IrishKidsBooks

**If you like... Elle McNicoll
You'll LOVE...**

FRANKIE'S WORLD
Frankie's World
by Aoife Dooley

FREYA RARTE IS NOT A PUZZLE
Freya Rarte is not a Puzzle
by Meabh Collins

THE LONDON EYE MYSTERY
The London Eye Mystery
by Siobhán Baddow

WIDER THAN THE SEA
Wider than the Sea
by Siobhán Baddow

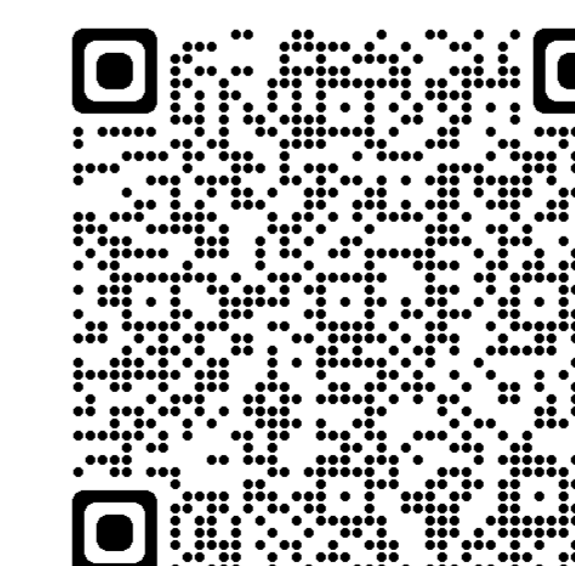
THE LONELY BOOK
The Lonely Book
by Meg Grehan

THE ASPARAGUS BUNCH
The Asparagus Bunch
by Jessica Scott-Whyte

@IrishKidsBooks
@IrishKidsBooks

Clare Libraries are providing a link to Irish Children's Books at <https://discoveririshkidsbooks.ie/>. There are lots of ideas for books written by Irish authors that are suitable for children of all ages to read. Additionally, they provide recommendations of other authors children might enjoy if they have a preference for a particular writer.

Clare Libraries have numerous events occurring throughout the County. They have many facilities including Borrow Box, and numerous services and a link to Cultural Services. To find out more go to [Clare County Library \(clarelibrary.ie\)](http://Clare County Library (clarelibrary.ie))



Affordable & Accessible

PLAY THERAPY SERVICE

Now available.
For further information contact
North West Clare Family Resource Centre
Parliament Street, Ennistymon,
Co. Clare, V95 NX86
065-7071144
085-120 6568
playtherapy@northwestclarefrc.ie

The North West Clare Family Resource Centre have a Play Therapy Service. This will help children to work through difficult emotions without needing words, make sense of challenging life experiences, develop more age-appropriate coping skills, build self-esteem and self-acceptance and improve social skills and empathy towards others. Contact them for more information: 065 707 1144 / 085 120 6568.

West Clare Family Resource Centre
Activities for over 55s

January Timetable
Thursday, 11th January at 2pm – Tea Dance
with music by Larry McEvoy
Thursday, 25th January at 2.30pm –
Information talk : Mental Health with Claire
Flynn from Mental Health Ireland

To find out more go to : [West Clare Family Resource Centre - West Clare Family Resource Centre \(westclarefrc.ie\)](http://West Clare Family Resource Centre - West Clare Family Resource Centre (westclarefrc.ie))

Other Health & Wellbeing News

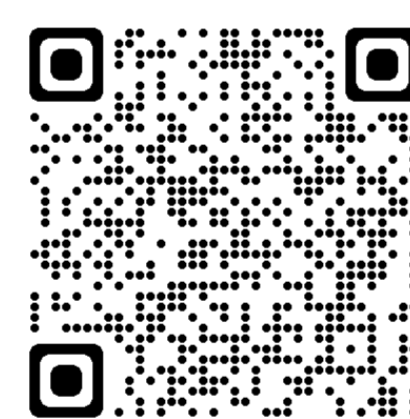
HSE hi
Dementia: Understand Together
 Episode #28 - Talking Health & Wellbeing

'Dementia is an umbrella term, there are so many types of dementia.'
 - Fiona

31:22

In this podcast, we hear about the HSE Dementia: Understand Together campaign which aims to raise awareness and understanding of dementia and inspire communities to become inclusive. Host Noreen Turley speaks to guests Fiona Foley, Senior Project Manager HSE National Dementia Office, and Kathleen Farrell, who is living with Lewy body dementia and is a member of the Irish Dementia Working Group. In the podcast we hear about the various types of dementia, early signs and symptoms and where to go for help if you have dementia or are a family member supporting a person with the condition. Kathleen is very open about living with dementia and shares her personal experiences and she goes on to outline some of the supports available to her. Kathleen also highlights the importance of education among all community groups and organisations to create inclusive communities all over Ireland.

To find out more go to [Episode 28 HSE Talking Health and Wellbeing Podcast: Dementia - Understand Together – YouTube](#)



Circle of Security Parenting Programme 2024

9 weeks: Tuesday 23rd January to Tuesday 19th March.
At Shannon Family Resource Centre.

COSP
 Shannon Family Resource Centre

You can register your interest and find out more information by checking out the weblink below.

Contact Cathal 087 1232489 for further information.

www.shannonfrc.com/cosp

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webwise.ie

ONLINE SAFETY TIPS FOR PARENTS

- 1. GET INFORMED**
Get started by visiting webwise.ie/parents. You'll find expert advice, how to guides, explainers and helpful talking points for parents.
- 2. HAVE THE CHAT**
Have regular conversations with your child on the important things to look out for online and any potential risks.
- 3. AGREE RULES**
Agree on a clear set of rules in your home about internet use and around screentime. Remember the importance of a healthy balance!
- 4. ASK FOR HELP**
Reassure your child that they can always come talk to you about anything that comes up online.
- 5. LEAD BY EXAMPLE**
Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour!
- 6. JOIN IN**
The internet is a great resource for children! Play your child's favourite computer game and discover the online world together.

Visit webwise.ie/parents for more expert advice, support and resources

PDST
 An Irish Children's Rights Alliance
 Department of Education and Skills

Co-financed by the European Union
 Connecting Europe Facility

Webwise have an [#OnlineSafety](#) Tip - Agree on a clear set of rules in your home about internet use and around screentime. Remember the importance of a healthy balance!
 Visit the Webwise [#Parents](#) Hub webwise.ie/parents for more tips, advice, and resources on key online safety topics.

THINK TYPE 1 DIABETES? THINK TEST

T E S T

- T** THIRST INCREASED
- E** ENERGY REDUCED
- S** SUDDEN WEIGHT CHANGE
- T** TOILET TRIPS INCREASED

1 IRISH CHILDHOOD DIABETES NATIONAL REGISTER

Designed by final year Advertising and Marketing Communications students at TU Dublin

TYPE 2 SUPPORT PROGRAMMES

CODE
 Community Orientated Diabetes Education



Diabetic RetinaScreen



DIABETIC EYE SCREENING

REGISTER NOW

FREEPHONE 1800 45 45 55



Diabetes have a variety of tools on their website, providing information to help with the management of Diabetes.

To find out more go to :[Home - Diabetes Ireland : Diabetes Ireland](#)

