

# Healthy Clare Newsletter

## August 2023



[www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)



[healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)

Follow us on Social Media



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



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

HEALTHYCLAREIRELAND



### We're Breastfeeding Friendly

Where everyone enjoys positive wellbeing supported by every level of society and by working together.

We're Breastfeeding Friendly Clare aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities. World Breastfeeding Week is Tuesday, 1<sup>st</sup> August → Monday, 7<sup>th</sup> August 2023 and Healthy Clare would like to encourage all family friendly spaces and places around the county to sign up to the 'We're Breastfeeding Friendly Clare' initiative.

Generally, mothers who breastfeed their babies out and about do so with ease. Some mothers say they feel a little self-conscious breastfeeding out and about the first time, particularly when latching baby on. More often than not, a mother will breastfeed her baby and other people around her will not take notice. A key part of successful breastfeeding is feeding baby when baby wants to be fed ("feeding on demand").

Research tells us the two things that make mothers feel comfortable when breastfeeding out and about are:

1. A welcoming, helpful attitude from staff
2. Other patrons knowing and accepting that babies may be breastfed there  
(*The Breastfeeding Manifesto Coalition and National Childbirth Trust, 2018*)

For more information and to Sign Up please visit

<https://yoursay.clarecoco.ie/breastfeedingfriendlyclare>



Join Clare Garden Festival's Video about Urban Farming! If you have an Urban Farm or Urban Homestead or are part of a community group producing vegetables and fruits with the aim to harvest and sell or feed a family or a community - then please participate in the Urban Farming Video.

As part of the Clare Garden Festival Urban Farming theme with Healthy Clare, they are creating a video featuring snaps and short videos from the festival as well as some real-life examples.

The video will be published on Facebook and on the Clare Garden Festival website.

For more info. contact

[info@claregardenfestival.com](mailto:info@claregardenfestival.com) or call 087 611 7538.

### FREE Healthy Clare 'SunSmart' hats



SunSmart Campaign 2023 has commenced and will run until the **30th of September 2023.**

The aim of the campaign is to increase awareness of the 5 steps that can be taken to protect our skin from the sun and to reduce the risk of skin cancer in Ireland. **(1) Slip** on clothing that covers your skin; **(2) Slop** on sunscreen; **(3) Slap** on a wide-brimmed hat; **(4) Seek shade** - especially if outdoors between 11am and 3pm. **(5) Slide** on sunglasses to protect your eyes. Clare County Council's Rural Development Section are supporting this initiative with Free Healthy Clare SunSmart Hats. Email [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie) and we will send you out one.

# Physical Activity

SEACHTAIN AMUIGH FAOIN AER DI  
**HER OUTDOORS WEEK**  
14<sup>TH</sup> - 20<sup>TH</sup> AUGUST

#FINDYOUROUTDOORS

SPÓRT ÉIREANN  
FAOIN SPEIR

SPORT IRELAND  
OUTDOORS

Clare Sports Partnership are celebrating 'Her Outdoors Week' with an action pack week of fun activities. For more info. Visit <https://claresports.ie/her-outdoors-week-23>

## Monday, 14<sup>th</sup> August

- Outdoor Yoga – Corofin – 10am – 11am
- Kayaking - Ballyalla Lake – 6pm – 7pm

## Tuesday, 15<sup>th</sup> August

- Beach Volleyball – Lahinch – 10am – 11am
- Surfing – Lahinch – 11:30am – 1:30pm
- Currach Rowing – Kilrush – 6-7:30pm

## Wednesday, 16<sup>th</sup> August

- Aqua Aerobics – Killaloe – 7pm

## Thursday – 17<sup>th</sup> August

- Teen Beach Volleyball – Kilkee – 5pm – 6pm
- Adult Beach Volleyball – Kilkee – 6:30pm – 7pm

## Friday, 18<sup>th</sup> August

- Yoga & Dip – Ballyalla Lake – 7am

## Saturday, 19<sup>th</sup> August

- Rock Climbing - Burren – 10am
- Surfing – Spanish Point – 10am

SEACHTAIN AMUIGH FAOIN AER DI  
**HER OUTDOORS WEEK**

SWIM IRELAND

CLARE SPORTS PARTNERSHIP

SPORT IRELAND

**SWIMMIN' WOMEN**  
Aqua Aerobics at Twomilegate, Killaloe Clare  
August 16th - September 6th!

#FINDYOUROUTDOORS

4 Week Programme  
Only €25, Book now!

SCAN HERE

To Book a spot please visit <https://eventmaster.ie/event/DdkETmAcJr>



"Safefoods 'Start' have listed 20 fun games to help keep kids (and adults) active during the summer holidays and all year round.

These include:

- Making your own Obstacle courses,
- Family Sports Days,
- Tightrope Walking,
- Traffic Lights, and
- Treasure Hunts to name a few.

For details visit [www.safefood.net/start/active-play-ideas](http://www.safefood.net/start/active-play-ideas)



Active Ennis Leisure Complex is a great place to help you get fit, stay healthy and have fun, all in one place.

## Active Ennis Classes Include;

- ❖ Children's Swimming Lessons – September / October 2023
- ❖ Pilates
- ❖ Chair Fitness
- ❖ Yoga
- ❖ Body Blast
- ❖ Tai Chi
- ❖ HIIT Aerobics - High Intensity Interval Training
- ❖ Aqua Aerobics
- ❖ Lunch Crunch
- ❖ Step Aerobics
- ❖ Rock & Roll

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

Call - 065 682 1604 or Email - [info@activeennis.ie](mailto:info@activeennis.ie)

# Mental Health



## “Understanding Acute Mental Health Services for Families, Carers & Supporters”

This course by Mid West Aries provides family members with everything they need to know about their loved one’s admission to an acute psychiatric unit. It provides clear, accurate information on admissions (voluntary and involuntary), introduces the multi-disciplinary team (MDT), explains care planning and discharge planning, gives practical information on the unit itself, as well as self-care tips and signposting to resources. Throughout the course, you will hear from family members who share their unique lived experience.

To access the course visit

<https://tinyurl.com/UnderstandingACMHS-UHL>



- Tuesday 1<sup>st</sup> August 2pm – 4pm
  - **Managing Wellbeing & Mental Health Recovery**
    - Wednesday 2<sup>nd</sup> August 10am – 12pm
      - **Let’s Talk Depression**
    - Thursday 4<sup>th</sup> August 10am – 12pm
      - \* **How do I keep connected and stay hopeful to support my Wellbeing**
    - Tuesday 8<sup>th</sup> August 2pm – 4pm
      - **Let’s talk Resilience**
    - Wednesday 9<sup>th</sup> August 10am – 12pm
      - **Creativity for Wellbeing**
- Tuesday 15<sup>th</sup> August 2pm – 4pm
  - **Family Recovery in Mental Health**
    - Tuesday 22<sup>nd</sup> August 2pm – 4pm
      - **Part 1 – Exploring Self Care**
    - Wednesday 23<sup>rd</sup> August 10am – 12pm
      - **Part 2 – Building my Self Care Toolkit**
    - Thursday 24<sup>th</sup> August – 10am – 12pm
      - **Part 3 – Building my Self Care Toolkit**
    - Tuesday 29<sup>th</sup> August 2pm – 4pm
      - \* **How can I find meaning in my Life and feel more empowered?**

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

or email [Margaret.keane9@hse.ie](mailto:Margaret.keane9@hse.ie)



## The Rainbow programme provides:

- A 9 week listening, group support for children & young people aged 7-17 years
- Children of similar age meet together weekly, minimum 6 per group
- Separate groups are formed for Bereavement and Parental Separation

For more info visit

[www.shannonfrc.com/rainbows](http://www.shannonfrc.com/rainbows)

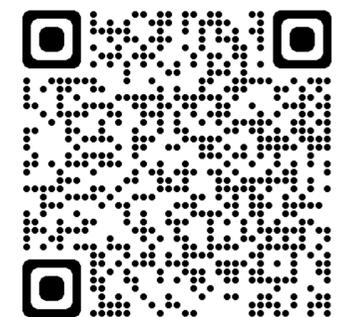


The Minding Your Wellbeing Programme aims to help you develop a positive outlook by looking after your mental health and wellbeing.

The programme provides an opportunity for you to learn more about:

1. mindfulness
2. gratitude
3. self-care
4. resilience

It includes a series of 5 videos. Each video is about 20 minutes and are available on the HSE’s dedicated webpage [www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html](http://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html). There is also an accompanying workbook that Healthy Clare have in stock. If you would like a copy please email us on [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie)



# Eating Well



## Apply for funding

To encourage healthy eating at home

Funds available for online community projects



**Safefood** is inviting organisations to apply for funding to deliver an online project that meets the criteria of the CFI at Home Programme. The purpose of the CFI at Home Programme is to support families in their own homes to develop their cooking skills and healthy eating habits. Projects could include all or some of the following elements:

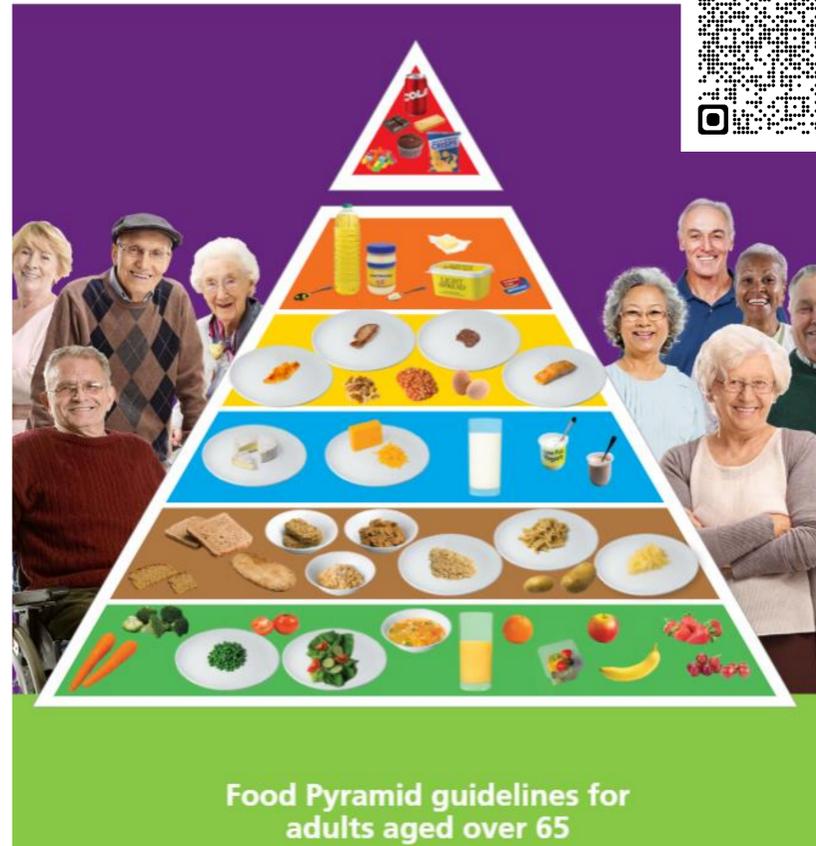
1. Learning how to prepare & cook a recipe
2. Attending an online cookery session
3. Online support groups for sharing ideas and tips
4. Online interactive talks delivered by a dietitian or registered nutritionist

Interested organisations can apply for funding up to a maximum of €2,000

To read the criteria and apply visit:

[www.healthycommunities.ie/applying-for-cfi-at-home-funding](http://www.healthycommunities.ie/applying-for-cfi-at-home-funding)

## Healthy Eating for Older Adults



Food Pyramid guidelines for adults aged over 65

The Healthy Eating for Older Adults booklet is for adults aged over 65 who are in good health, mobile and living at home. It has been developed in partnership with the FSAI (Food Safety Authority of Ireland), the HSE, the Irish Nutrition and Dietetic Institute and Safefood. The aim of this advice is to help you stay well, by nourishing your body with healthy food and by staying active every day.

[www.gov.ie/pdf/?file=https://assets.gov.ie/262117/4780e735-5390-4de9-a3b2-aa5230c74c91.pdf#page=null](http://www.gov.ie/pdf/?file=https://assets.gov.ie/262117/4780e735-5390-4de9-a3b2-aa5230c74c91.pdf#page=null)

An open evening at the Pavilion Wednesday August 2nd @ 7pm for the upcoming **Pilot Meals on Wheels scheme and service for the Lisdoonvarna , Doolin , Kilshanny , Toovahera , Kilfenora areas**. The scheme is being hosted and facilitated by Lisdoonvarna Failte CLG in partnership with OBAIR Newmarket on Fergus supported by the HSE & Funding through Our Rural Future. All interested are welcome. For further information on this pilot scheme locally contact Cllr Joe Garrihy 0n 0868219624 or [cllrgarrihy@gmail.com](mailto:cllrgarrihy@gmail.com)

ENNIS FOOD BANK



**JULY - SEPT 2023**

**ST. COLUMBA'S CHURCH,  
BINDON STREET**



**THE FOOD BANK IS LOCATED AT THE BACK OF THE CHURCH**

**DATE:** EVERY 3rd FRIDAY OF THE MONTH  
(21.07.23, 18.08.23, 15.09.23)

**TIME:** 10am – 10.30am: Priority queue for the elderly and vulnerable  
10.30am – 1pm: Drop in service



MEALS ON WHEELS

SCAN QR CODE & ORDER



Meals on Wheels Service

# Tobacco Free, Reducing Drugs & Alcohol Related Harm

**FREE  
Nicotine  
Replacement  
Products**



**Free support available to  
HSE staff by phone,  
video call or  
face to face**



**Quit  
Mid West**



**Call 065  
6865841 to  
request a call  
from an  
advisor**



**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](http://www.alcoholicsanonymous.ie)

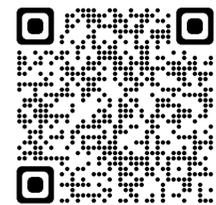
**GAMBLINGCARE.ie**  
Supporting individuals and families  
365 Days of the year: 1 800 936 725



#GamblingCare

Phone lines are open until 11pm every night, to help and support people and families being harmed by gambling in Ireland. Problem Gambling is a year-round problem, and their supports are available for you 365 days of the year. Visit [www.gamblingcare.ie](http://www.gamblingcare.ie) for referrals to a range of supports or call the National Helpline on 1800 936 725 between 9am and 11pm daily.

**MEDICS  
ARE YOUR  
MATES**



**HSE DRUGS.ie**  
Drug and Alcohol Information and Support

[www.drugs.ie/festivals](http://www.drugs.ie/festivals)

The HSE recently launched a drug harm-reduction campaign aimed at people attending Irish music festivals this summer. They are partnering with a small number of festivals this year to put in place **Safer Nightlife harm reduction programmes** onsite. The multi-component campaign involves outreach at festivals' 'back of house' drug checking through the use of surrender bins, media awareness and a social media campaign.

**Sourcing without a PRESCRIPTION?**



**You can't trust the contents**

#ReduceTheHarms

**HSE DRUGS.ie**

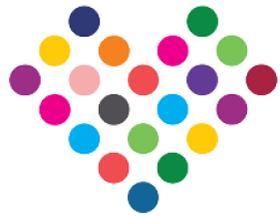
Benzodiazepine tablets or sticks/bars sold on the Irish drug market can contain higher doses than expected, new drugs or combinations of drugs. This can increase the risk of overdose.

Get more information and harm reduction at

<https://drugs.ie/newbenzos>

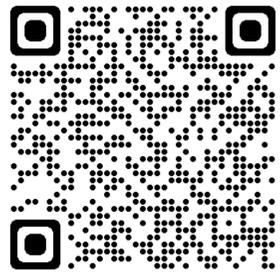


# Sexual Health



sexualwellbeing.ie

Find out more at [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)



**Understanding how HIV is and is not transmitted can help reduce misconceptions and stigma**

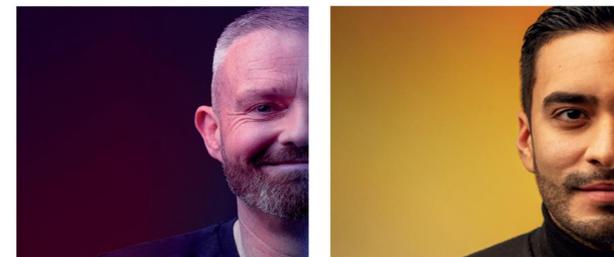
sexualwellbeing.ie



**BE PART OF RESEARCH**



GOSHH have received requests from a number of researchers conducting academic research as part of academic studies or on behalf of community organisations. More information can be found at [Upcoming academic research \(mailchi.mp\)](mailto:Upcoming academic research@mailchi.mp) and if you have any questions or queries on any of the topics please contact the researcher directly.



**Effective treatment means you can't pass on HIV to partners.**

sexualwellbeing.ie hi HSE

Effective treatment of HIV means you can't pass on the virus to partners. Help keep yourself and your partners healthy by seeking treatment. Undetectable equals Untransmittable. To know more please visit [www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/information-on-hiv/hiv.pdf](http://www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/information-on-hiv/hiv.pdf)



## Period Dignity For All!

We are providing free period products for anyone who menstruates. Just call into our office and ask for "A Pack".

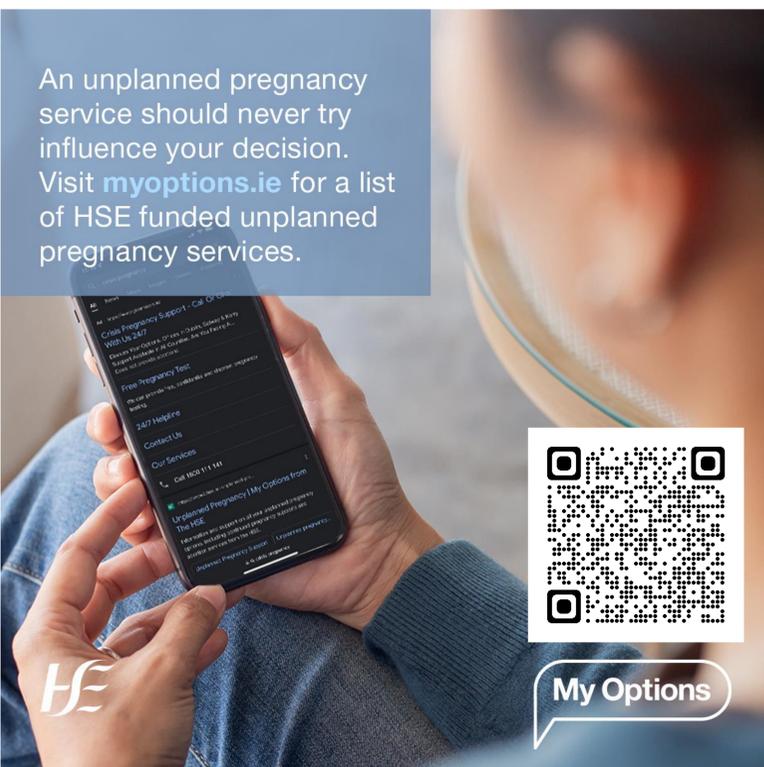
"Packs" include enough day & night sanitary pads for a 7 day menstrual cycle as well as fragranced disposal bags for hygienic disposal & information about menstruation. For sex workers soft tampon sponges will also be included.

GOSHH Mid West Simon Community HSE

GOSHH, in co-operation with the Mid West Simon & HSE are providing free period products for anyone who menstruates, as part of a campaign to end period poverty and promote period dignity for all. To avail of free period products just call into the GOSHH office and ask for 'A Pack'.

For more information email [info@goshh.ie](mailto:info@goshh.ie)

An unplanned pregnancy service should never try influence your decision. Visit [myoptions.ie](http://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 non-judgmental. For a list of HSE-funded unplanned pregnancy services visit [www.myoptions.ie](http://www.myoptions.ie)



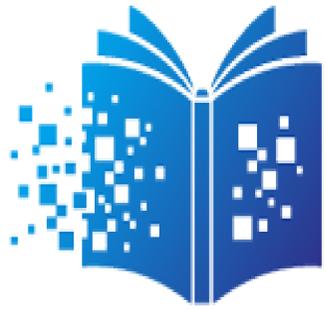
**Find out more about #FertilityFacts**

sexualwellbeing.ie

Your menstrual cycle is unique to you and ovulation may occur at a different time each month. External factors such as stress, travel, or illness can affect it too!

For more info. visit [www.sexualwellbeing.ie/sexual-health/contraception/fertility-facts/](http://www.sexualwellbeing.ie/sexual-health/contraception/fertility-facts/)

# Other News



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

# Libraries



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



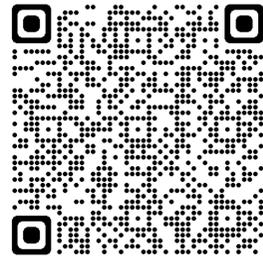
065 6846350



[library\\_mailbox@clarecoco.ie](mailto:library_mailbox@clarecoco.ie)



[www.facebook.com/clarecountylibrary](http://www.facebook.com/clarecountylibrary)



**VOLUNTEERS WANTED**

**WORLD MENTAL HEALTH MONTH**

**OCTOBER 2023**

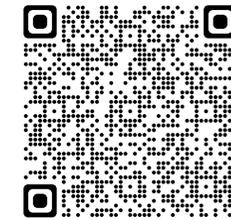
<https://www.eventbrite.ie/e/mental-health-irelands-volunteer-information-session-tickets-664536455427>

LEARN MORE

Get involved in the fun of World Mental Health Month this October! Mental Health Ireland are looking for volunteers to support them this World Mental Health Month.

There are lots of fun opportunities available in October and beyond! Meet the team on 1st of August to see how you can get involved by visiting [www.eventbrite.ie/e/mental-health-irelands-volunteer-information-session-tickets-664536455427](https://www.eventbrite.ie/e/mental-health-irelands-volunteer-information-session-tickets-664536455427)

If you are unable to attend the information session, please email [volunteering@mentalhealthireland.ie](mailto:volunteering@mentalhealthireland.ie)



## Healthy Ireland at your Library

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

The Marie Keating Foundation Mobile Unit will visit Clare Libraries during August, September, and October. A specialist nurse will be available to provide evidenced based up-to-date information on the most common types of cancer and will provide information to people on how to recognise signs and symptoms of the various types of cancer. People can also learn about the supportive services on offer within the community.

The unit will visit the following libraries;

- **Kildysart Library** - Friday, 4<sup>th</sup> August – 10am – 3pm Tel: (065) 6832113 | Email [kildysart@clarelibrary.ie](mailto:kildysart@clarelibrary.ie)
- **Kilkee Library** - Friday, 11<sup>th</sup> August 10am – 3pm Tel: (065) 9056034 | Email: [kilkee@clarelibrary.ie](mailto:kilkee@clarelibrary.ie)
- **Scariff Library** - Friday, 29<sup>th</sup> September – 10am – 3pm Tel: (061) 922893 | Email: [scariff\\_library@clarecoco.ie](mailto:scariff_library@clarecoco.ie)
- **Kilrush Library** - Friday, 13<sup>th</sup> October – 10am – 3pm Tel: (065) 9051504 | Email: [kilrush@clarelibrary.ie](mailto:kilrush@clarelibrary.ie)

**Clarecare**  
Together We Care

## DAY CARE Centres

Clarecare has three day care centres, located in Ennistymon, Ennis and Killaloe. Offering a variety of health and well-being services, from Hairdressing, Exercise classes, Yoga, Meditation, Dementia Specific activities, and a hot nutritious meal.

All 3 centre's offer a bus service, door to door to ensure you or your loved one's safe arrival. Please check directly with the centre manager in regards to the bus runs and your location.

**To enquire about how to join/eligibility please contact**

- Ennistymon 086-1448957 Open Tuesday - Friday
- Ennis 086-4183535 Open Monday - Friday
- Killaloe 086-1448962 - Open Tue/Wed/Thu

# Other News



**COPD Support Ireland**  
www.copd.ie

In partnership with NCP Respiratory & Funded by the HSE

## COPD Support Group

**EXERCISE, SOCIALISE, LEARN.**

**Are you living with COPD ?**  
Chronic Obstructive Pulmonary Disease

- Weekly exercise class
- Social chat & activities
- Exercise at your own pace
- Suitable for all fitness levels
- Physical Fitness Trainer Led Class
- Friendly group
- Great fun for adults of all ages
- Regular COPD expert talks

**All Welcome to our**  
**Clare COPD Support Group**  
Exercise Classes every Wednesday  
from 12.30pm-1.30pm  
Located in the Maria Assumpta Hall, Station Rd, Ennis,  
Co. Clare

To join Tel: 083 086 4118 | email : support@copd.ie | www.copd.ie



**Welcome to the Webwise Parents Hub!**

Here you'll find all the information and support you need to ensure your child makes the most of their time online. The #TalkListenLearn campaign supports children and parents/guardians online. **Having regular open conversations is one of the most effective ways of supporting your child online.** Start the chat using our Topic Generator!

Webwise have an online Parents Hub giving information and support to parents/guardians to ensure their child makes the most of their time online. For more info go to : [Parents - \(webwise.ie\)](https://www.webwise.ie/parents)

**Reduce your pain. Reclaim your life.**

**Living Well with Arthritis**

**Living Well with Arthritis, Ennis**

Fri, Oct 6, 14:00

West County Hotel • Ennis



[www.eventbrite.ie/e/living-well-with-arthritis-ennis-tickets-684951988837?aff=ebdsoporgprofile](https://www.eventbrite.ie/e/living-well-with-arthritis-ennis-tickets-684951988837?aff=ebdsoporgprofile)

**HSE TALKING** PODCAST  
HEALTH & WELLBEING

**Episode 20**  
Parents Matter

**WITH PROF. BOBBY SMYTH**  
Hosted by Noreen Turley




In this episode, the HSE speak to Professor Bobby Smyth, Consultant Child and Adolescent Psychiatrist, on the role of parents in the area of substance prevention and education, as part of an ongoing campaign 'Parents Matter' to promote information about substances and how to engage children and young people on this matter. To find out more contact [HSE Health and Wellbeing - YouTube](https://www.hse.ie/healthandwellbeing)

**Arthritis Ireland**



Arthritis Ireland have arranged a Coffee Morning for Tuesday, 1<sup>st</sup> August at 11am at the Glor. Refreshments will be provided by Arthritis Ireland, and while there you can take advantage of the art display on show. If you have any questions or queries, feel free to contact them at [community@arthritisireland.ie](mailto:community@arthritisireland.ie).

**engage**




**CONNECTING WITH MEN**

**FREE ONE DAY WORKSHOP**  
**LIMERICK, 12TH SEPTEMBER, 2023**

EMAIL MARK FOR REGISTRATION FORM:  
[Mark.Dooley@hse.ie](mailto:Mark.Dooley@hse.ie)  
CLOSING DATE 28TH AUGUST

**ENQUIRIES**  
EMMA - 087 298 4476  
JOHN - 087 238 1988

**Aim of the Engage Connecting with Men workshop:**  
To assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues.

This one day experiential workshop focuses on the importance of the right engagement with men, the **engagement process (i.e. WHY and HOW to build relationships with men)** rather than offering a new or revised health programme (i.e. WHAT to offer them).

**Topics covered on the day:**

- How to create a 'safe space' for working with men.
- Exploring what a 'male friendly' health programme or service looks like in practice.
- Exploring how gender influences the values and attitudes that men develop in relation to their health, and how this influences their health behaviours.
- Reflection on participants' own value base, experience, skills, attitudes towards and expectations of men.
- Understanding of what men's health is and why it is important.
- The determinants of health that shape health outcomes for men

