

Healthy Clare Newsletter

July 2023



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)



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



Healthy Clare Micro Fund 2023



Rialtas na hÉireann
Government of Ireland



Clár Éire Bliánach
Creative Ireland
Programme



To Apply
<https://submit.link/107>
For more info. Contact
healthyclare@clarecoco.ie
Closing Date
7th July 2023

To apply for the Healthy Clare Micro Fund 2023 please visit <https://yoursay.clarecoco.ie/healthy-clare-micro-fund-2023>

Free Period Products!

Take what you need!

Scan me



For information on this initiative visit
<https://yoursay.clarecoco.ie/free-period-products>

Clare County Council's Rural Development Directorate's Healthy Clare team were successful in securing €10,000 funding from the Department of Health to pilot the Local Authority (LA) 'Free Period Products' initiative. The provision of period products in public buildings is a recommendation of the draft 'Period Poverty in Ireland' report by the National Strategy for Women and Girls Committee. As part of this pilot scheme, Free Period Products (i.e. tampons and period pads) are available in participating Local Authority owned and publicly accessible buildings including Clare Libraries, Active Ennis facilities and each of the Municipal District Offices. The aim of the Local Authority's 'Free Period Products' pilot project in Clare is to; (1) Destigmatize periods (2) Combat period poverty in the county and (3) De-Gendering periods. For more information on the LA 'Free Period Products' pilot project please visit <https://yoursay.clarecoco.ie/free-period-products>. Or contact the Healthy County Coordinator, Dena Mc Grath on healthyclare@clarecoco.ie or 087 987 8785.

Supported by Clare County Council, and the LCDC's Healthy Clare initiative and funded by the Department of Health.



Health & Wellbeing Age Expo 2023

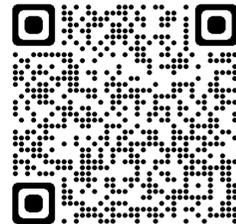
The Health & Wellbeing Age Expo showcased the supports and services available in County Clare that are of interest and use to Older People. The Mid-West Community Healthcare - Integrated Care Programme Older Persons, Active Ennis, Alone, Clare Libraries, Local Link and Slainte an Chlair are just some examples of stallholders at the event. The Irish Heart Foundation carried out FREE health checks during the event. For more info. On the event, please visit <https://yoursay.clarecoco.ie/age-health-expo>

Hosted by Clare's Older People's Council and supported by Clare County Council's Age Friendly and Healthy Clare programmes.

Physical Activity



Autism Assistance Dogs Ireland



Autism Assistance Dogs Ireland are asking you, your friends, family and colleagues to support their puppies and dogs in training by registering for their 14 Swims in July Challenge. The challenge is to take 14 dips or swims in your own time, during the month of July - it is completely up to you to add a mileage goal! Every participant will receive a FREE Team AADI Swim cap in their welcome pack as well as a sponsorship card and paper tracker sheet.

Register as an individual or as a team on www.autismassistancedogsireland.ie/register/swim-23



Derg AC are running an Inclusive Athletics Summer Camp. This camp will take place over 3 days. Open to children 5-16yrs on the ASD Spectrum and Children with Physical Disability or Impairment. **Date:**

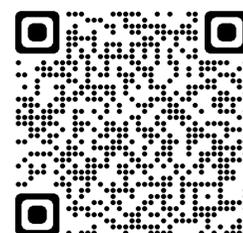
Wednesday - Friday 12th - 14th July 2023

Time: 10am to 1pm daily

Cost: €30

Venue: Clarisford Park, Killaloe

For more info contact <https://claresports.ie/event/derg-ac-inclusive-athletics-summer-camp/>



Clare Sports Partnership in collaboration with various outdoor activity organisations are hosting a Clare Outdoor Recreation Expo throughout July 2023. Paddle Boarding, snorkeling, dragon boating, Nordic walking are just a few of the activities.

To find out more or to see the full schedule please visit contact <https://claresports.ie/embracing-clares-outdoors/>





€50

Participants must be over 18 years

Open Water Swim Programmes 2023

Starting in the following locations for six-weeks

- Kilkee Beach. Monday 3rd, July @6.30pm
- Cappa Kilrush, Tuesday 4th, July @6.30pm
- Whitestrand Miltown, Tuesday 4th, July @6.30pm
- Whitestrand Doonbeg, Wednesday 5th, July @6.30pm

One Session weekly

All Sessions are 45 Minutes

You must be able to swim to enter

Wetsuits are mandatory

Swimming buoy will be used

Contact pat@claresports.ie for more details



Helium Arts are hosting FREE creative art workshops in 2023 for 8-12 year olds with a lifelong physical health condition.

Ennis Dates: 18-20 Jul 2023 (Tues-Thurs) Morning and afternoon sessions available **Venue:** C.B.S. Primary School, New Rd, Lifford, Ennis, Co. Clare, V95 NX02. To register contact hello@helium.ie to request a booking form. For any other queries please contact 083 010 3240. <https://helium.ie/workshops/10527-2/>



Mental Health



Creativity for Wellbeing



Learn How to Get Creative for Wellbeing!

- ✓ What does creativity mean to you?
- ✓ How does creativity support wellbeing and mental health?
- ✓ What are the barriers to you starting your creative journey?
- ✓ Start your personalised Creativity Planner



13th July 2023
10.30am - 1.00pm



The Lighthouse,
West Clare
Mental Health Association,
Lime Kiln Road, Kilrush Co Clare
V15 XCS8

TO BOOK CONTACT:
James Fennelly - Tel. 085 8559511
Email: westclaremha@mentalhealthireland.ie

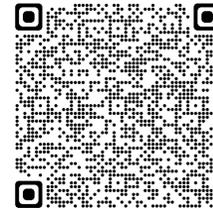


The Lighthouse, Kilrush (West Clare Mental Health Association) together with Mid West Aries have a Creative Workshop for your wellbeing on 13th July 2023, at 10.30am – 1pm. For more information or to book contact James Fennelly on 085 855 9511 or contact www.westclarementalhealthi.e



Suicide Prevention in the Community

Connecting, Communicating, Caring



The HSE have produced a practical guide for Suicide Prevention in the Community. To access a copy please contact www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/suicide-prevention-in-the-community.pdf

Your mental wellbeing @ work



Don't bottle things up
ask for help if you need it

Take your Breaks
change of scene and fresh air

Celebrate Achievement
don't focus on what you haven't done

In-House Support
what wellbeing support is available at work?

Work-Life Balance
make time for non-work activities and meeting friends

Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



July 2023



Tuesday 5th July 10am – 12pm

• **Managing Wellbeing & Mental Health Recovery**

Tuesday 11th July 2pm – 4pm

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

Tuesday 18th July 2pm – 4pm

• **Part 1: Exploring Anxiety**

Wednesday 19th July 10am – 2pm

• **Part 2: Managing Anxiety**

Tuesday 25th July 2pm - 4pm

• **Creativity for Wellbeing**

Thursday 27th July 10am – 12pm

• **Self Care- Building my Resilience**

For more info and to sign up visit <https://midwestaries.eventbrite.ie> or email Margaret.keane9@hse.ie



FIVE WAYS TO WELLBEING



UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

Royal College of Surgeons in Ireland are inviting young people between 16-25 to tell them about their mental health and wellbeing since the onset of the COVID-19 Pandemic. It takes about 10 mins.

For more information about the study can be found on

<https://teenpath.eu/>

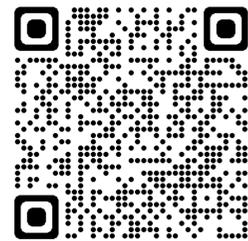
The survey questionnaire can be accessed directly here:

<https://www.surveymonkey.co.uk/r/F3F668T>

Eating Well



Eating well as you get older



As you grow older, it's as important as ever to eat well.

This can help you to keep well and stay active. If you have a specific health condition, your doctor will advise you on the best diet for you. But if you're in good health, then follow the general healthy eating advice.

It's important that you keep active if you can. Walking, gardening, dancing and climbing stairs all count. This helps keep older bodies flexible. There are a few little extras to consider in your later years too...

Visit www.safefood.net/family-health/older-adults to read about

- Healthy Bones
- Fibre & a Healthy Gut
- Eating Less
- Healthy Snack Ideas
- Looking after your teeth
- Cooking for One
- Getting help in the home

BORD BIA
IRISH FOOD BOARD

Irish Food Markets



Irish food markets provide a fantastic community resource and allow us to source local produce and truly benefit from the interaction with those who farm, grow, catch, make, and bake our food! Markets also provide an opportunity for small farmers and food producers to sell their produce and connect with their customers. From bakers to butchers and cheesemakers to growers and a vast array in between, you can often find all of your weekly food shopping needs at your local market! visit www.bordbia.ie/farmers-markets to see where the nearest farmers market is to you.



Healthy weight for you

This is a 12-week weight loss programme that helps you reach a healthy weight through personalised meal plans. There are vegetarian and non-vegetarian meal plans, and a meal tracker to support your safe and healthy weight loss journey. Each meal plan includes nutritionally analysed recipes for breakfast, lunch, dinner, and snacks.

www.safefood.net/healthy-weight-for-you/Home

HEALTHY WEIGHT FOR YOU

A 12-week weight loss programme

The first step is to check your BMI to see if the programme is suited to you:



T DUBLIN
OLLSCOIL TEICNEOLAÍOCHTA
BHAILE ÁTHA CLIATH
TECHNOLOGICAL
UNIVERSITY DUBLIN

HELP US TACKLE FOOD WASTE
Join our survey



Technological University Dublin is working on a research project titled "Food Waste in Ireland, Assessment, Environmental & Economic Burden, and Mitigation Strategies." This project is being supervised by Dr Anushree Priyadarshini and Dr. Paul Hynds. They wish to quantify the volumes of household food waste generated across Ireland, identify food waste habits, and assess the environmental and economic losses incurred from the waste. To achieve this, they have developed a short 10-minute multiple-choice survey -

<https://www.surveymonkey.com/r/HWW2YGN>. Participants who complete the survey will also receive a free e-brochure with valuable food waste management tips. The data collected from this survey will be used to develop tailor-made strategies for reducing food waste.

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**



HSE Safer Nightlife Programme
Episode #18 - Talking Health & Wellbeing



**'The types of
drugs available
have
completely
changed.'**
- Nicki Killeen



In this episode Nicki Killeen, Project Manager working on HSE Emerging Drugs Trends, discusses the HSE Safer Nightlife Programme which was set up to reduce the harm of drugs used in “nightlife” settings and at music festivals in particular. Nicki explains how the ‘back of house’ approach allows for drugs to be gathered and analysed through “surrender bins” and supports the team to identify substances of concern, provide real time information in relation to drugs circulating and engage with festival goers to reduce drug-related harms. For more information go to www.drugs.ie



Integrated Alcohol Service

- The IAS Team works with adults aged 18 and over living in the Mid-West (Clare, Limerick and North Tipperary)
- We provide a confidential counselling, case management and key working service; working with people who are concerned about their alcohol use and are looking to make positive changes
- Our work includes: Screenings, Key Working & Case Management, One to One Counselling, (Face to Face & Remote) Family & Concerned Person Support Work, Support Groups, Controlled Drinking and Work towards Abstinence.
- Access to the service is via drop-in screening, with service users self-referring. Referrals into the service from other professionals are not necessary
 - If you know someone who is concerned about their alcohol use, or would like to explore your own use and how to make positive changes, you can contact us on **061 492 016** to arrange a screening
 - Screenings are carried out over the phone and we can then work with the you face to face (and we will be working in sites across the Mid West) or via telephone/video counselling if that is more accessible
 - If you are curious about the service, but are not sure about what the right options are for you and how you use alcohol please contact us to discuss with a team member



**HSE MID WEST
COMMUNITY HEALTHCARE**

Mental Health | Older Persons | Disabilities
Primary Care | Health & Wellbeing



**HSE DRUG AND
ALCOHOL HELPLINE**

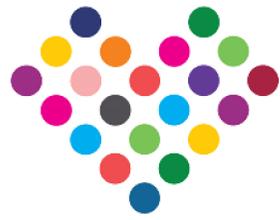
1800 459 459

helpline@hse.ie



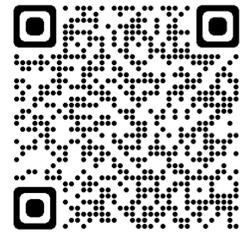
The HSE Drugs & Alcohol helpline provides support, information and guidance to anyone with a question or concern. For more information on standard drink measurements and your drinking patterns visit www.askaboutalcohol.ie

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Make Sure You're Protected

Females under 25 are eligible for **FREE HPV vaccines** at dedicated clinics in Clare, Limerick and North Tipperary.



"When I got my diagnosis I decided that I would do anything to stop this from happening to anyone else."

Laura Brennan, 1994 - 2019

The HPV vaccine protects against HPV related cancers including cervical cancer. As part of the Laura Brennan catch-up programme, book your vaccine now on HPV.ie



www.hse.ie/eng/health/immunisation/pubinfo/schoolprog/hpv/



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>

TALKING
HEALTH & WELLBEING

#16 Choose Screening
with Fiona Murphy and Grace Rattigan

Fiona Murphy, Chief Executive of the HSE National Screening Service (NSS) and Grace Rattigan, one of their Patient and Public Partnership representatives talk about the importance of the four national screening programmes to help prevent or recognise disease early when it is easier to treat. Screening saves lives and the NSS recently launched their new strategy 'Choose Screening', putting engagement with people to the forefront of how they do their work. Fiona talks about the significance of this person-centered approach, the journey of the development of the strategy and how the NSS aims to ensure that screening is an informed-choice for people.

Visit www.screeningservice.ie for more on the HSE National Screening Service that looks at 4 national population screening programmes: 3 that screen for cancer, and 1 that screens for diabetic retinopathy



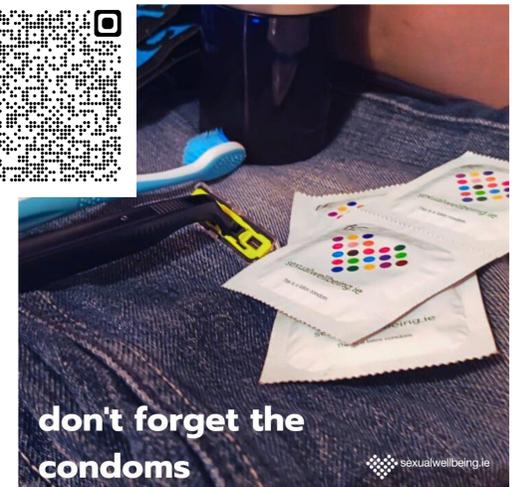
HIV, SYPHILIS,
HEPATITIS C

Contact

operations@goshh.ie

or 061 314 354 or

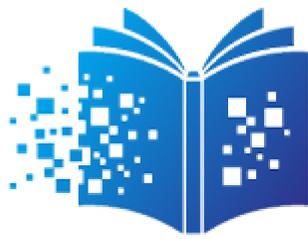
DM on Social Media



don't forget the condoms

Condoms offer the best protection against STIs and are 98% effective when used correctly every time.. Learn more on the HSE's website www.sexualwellbeing.ie/sexual-health/contraception/your-choices/condoms/male-external-condom.html

Other News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



www.clarelibrary.ie



065 6846350



library_mailbox@clarecoco.ie



www.facebook.com/clarecountylibrary



<https://lote4kids.com/member-home/>

[LOTE Online for Kids](#) is available through your FREE membership with Clare Libraries. It's an online database of digital books in World Languages, that allows kids to enjoy the magic of books in LOTE (Languages Other Than English). Each book also comes with English translations to help kids learn languages.

LOTE Online for Kids can help you:

1. Grow and diversify your children's LOTE and digital book collections
2. Engage culturally and linguistically diverse (CALD) families in your communities
3. Help ESL kids to learn English while holding onto mother tongue
4. Provide an additional resource kids learning languages at school.



Bags of stories and fun for every child starting school in 2023!

Pick up their **FREE** Little Library Book Bag at your local library



Inside your Little Library Book Bag



Clare Libraries invite children to join the annual Summer Stars Reading Adventure and become a Climate Awareness Champion. Summer Stars, the annual summer reading programme for children runs from the 12th of June to the end of August 2023. Summer Stars is a non-competitive reading promotion initiative. Every child who reads even one book/ebook is regarded as having completed the programme – and it's all completely free! Children can sign up for Summer Stars at any of one of the fifteen library branches in Clare. They will get their own Summer Stars Reading card and other rewards to encourage continued reading during school summer holidays.

www.clarelibrary.ie/eolas/library/services/childrens/summer_stars.htm

Other News

Know the signs of sepsis



- S** – Slurred speech and/or confusion
- E** – Extreme shivering, muscle pain, fever
- P** – Not passing urine
- S** – Shortness of breath and/or fast heart rate
- I** – If it feels like you are going to die
- S** – Skin that looks blotchy or a rash that doesn't fade when you roll a glass over it

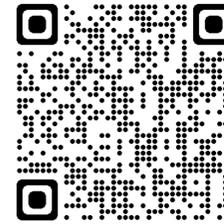


Sepsis is a life-threatening condition triggered by infection that affects the function of the organs. It is treated most effectively if recognised early. For more information on the signs and symptoms of sepsis, visit www2.hse.ie/conditions/sepsis/



Clare Volunteer Centre

Ionad d'Obair Dheonach an Chláir



www.volunteerclare.ie

VOLUNTEER YOUR TIME

CHECK OUT THE MANY WAYS IN WHICH YOU CAN VOLUNTEER YOUR TIME AT EVENTS, ONLINE OR FACE TO FACE

W: WWW.VOLUNTEERCLARE.IE
T: 065 68 455 17



Healthy Workplaces

Episode #17 - Talking Health & Wellbeing



'The culture of a workplace mediates for the impact of wellbeing.'

- Biddu O'Neill



Clare County Council got a mention in the HSE's 'Healthy Workplaces' talk with Biddu O'Neill from Healthy Ireland in the Department of Health. The discussion covers the background to the Healthy Workplace Framework – Healthy Ireland at Work, and why and how the recently launched Healthy Workplace Website will guide workplaces on the best things they can do to develop and improve the wellbeing of their staff.

Listen to the whole episode on

www.youtube.com/watch?v=35wiCL7SbWs

To visit the new Healthy Ireland at Work website →

www.healthyworkplace.ie

Save & Share!

**Safeguarding & Protection Team
Freephone Number**

0818 101 101



There is a Safeguarding & Protection Team in the Mid West Community Healthcare Area covering Limerick, North Tipperary and Co. Clare.

If you have a Safeguarding Query you can: Tel: 067 46428 / 067 46470 Email: Safeguarding.cho3@hse.ie

Men's Heart Health (Reboot your Life)



Irish Heart Foundation

Our Reboot your Life booklet is designed to help men improve their heart health

Reboot' is a campaign to support and empower men aged 40-55 to be more active or discover new passions that will benefit their health. To download a copy Booklet contact Irish Heart Foundation.