

Healthy Clare Newsletter

May 2024

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



healthyclare@clarecoco.ie



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



Dear readers,

It is lovely to be writing this piece for the May Healthy Clare Newsletter while the sun is shining in the window beside me. Our county is a really beautiful space when the sun is out. There is a real sense of things coming to life as trees and flowers are in full bloom. Moods are lifted and ice-cream can be really enjoyed, while strolling outdoors.

We are busy preparing for a return to the Health and Wellbeing Page in the Clare Echo toward the end of April. Please do keep a look out for this feature as it will hold really good information on how you can support your wellbeing in many different areas.

I visited Siobhan and her colleagues in Obair Newmarket on Fergus in April to hear more about the 'Meals on Wheels' programme. Seeing firsthand the invaluable service provided by the project to the local community of Newmarket on Fergus and wider communities in Clare was really inspiring. I could see the commitment of staff and volunteers who had been working since the break of dawn to prepare delicious, balanced nutritious meals to older adults and children at school. Providing such a service to people in need, not only displays a commitment to supporting wellbeing but also shows a sense of care and connection within the community.

A big congratulations to everyone who supported this year's 10th Anniversary celebrations of the Clare Garden Festival. The focus for Healthy Clare this year is to promote 'Food From the Garden'. Growing our own fruit and vegetables is something that we would like to encourage people to do even if they have only small spaces to pot and grow seeds.

A little reminder that as the sun shines that it is important to be safe while outdoors in the sun. In May, the HSE will launch their HSE SunSmart Campaign. Here are 5 things that you can do to protect your skin this summer.

1. Slip on clothing that covers your skin.
2. Slop on Sunscreen on exposed areas using factor 30+ for adults and 50+ for children.
3. Slap on a wide-brimmed hat.
4. Seek shade – especially if outdoors between 11am and 3pm.
5. Slide on sunglasses.

Best wishes, Sam

Healthy Clare launches 2024 Micro Fund

Clare's Local Community Development Committee (LCDC) will launch the Healthy Clare Micro Fund on the 2nd May 2024. This fund is aimed towards recognising the importance of supporting initiatives around the county that promote health and wellbeing across the lifespan. The micro fund is dedicated toward supporting community led, grassroot projects that promote the themes of Healthy Ireland Round 4. The fund will support targeted actions in response to the identified 2 priority outcomes for a Healthier Clare:

1. Healthy Weight
2. Positive Mental Health Promotion

More details of the fund will be published in The Clare Echo on Thursday 2nd May and will be available on the Clare County Council Healthy Clare website.



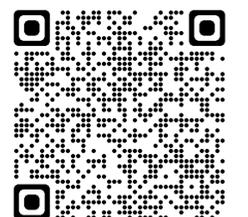
Clare County Council Free Period Products Campaign

We are delighted to continue rolling out our Clare County Council's Free Period Products Campaign in Local Authority spaces, libraries and leisure facilities. We have seen many benefits of supporting these facilities to have a supply of period products that are freely available to members of the public. If your community would like to be involved in this programme we would love to hear from you. If you are a member of the public that has availed of the products, we would also love to hear from you. We welcome all feedback and hope to grow this initiative over the coming months. We can be reached at healthyclare@clarecoco.ie

For more information about the campaign, please visit [Clare County Council's Free Period Products Campaign | Clare County Council Community Engagement \(clarecoco.ie\)](https://www.clarecoco.ie/free-period-products/surveys/clare-s-la-free-period-products-campaign-2)

To give feedback on the campaign please scan the QR code or visit

<https://yoursay.clarecoco.ie/free-period-products/surveys/clare-s-la-free-period-products-campaign-2>



Physical Activity

World Hypertension Day 17th May

Blood pressure check station and advice

Station Road Primary Care Centre, Ennis.

Walk in Lobby area

10.00 – 13.00hrs

All welcome!



The Integrated Cardiology team will hold a brief intervention station on the ground floor in Station Road Primary Care Centre, We will be doing this On World Hypertension Day – 17th May, from 10.00hrs – 13.00hrs

If you need any further information, please contact me, details below.

Fionnuala Fitzpatrick CNM II
Cardiac rehab Co-ordinator
Primary Care Centre, Station road, Ennis, Co. Clare V95 TY4E
Email: fionnuala.fitzpatrick@hse.ie Mobile : 087 451 5359



Be prepared for our Irish weather for sunshine, strong winds & rain all in one day. Get a forecast before setting off, watch out for any changes, if the weather deteriorates, be prepared to alter your route/turn back

<https://www.mountaineering.ie/content/HowToStart/139>



Steps for Stroke 🏃

This May, Croí challenges you to increase your steps every day throughout the month.

Did you know? 🗨 Each year, 7,500 people in Ireland have a stroke. 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.

By taking part in the Steps for Stroke challenge you will help Croí support stroke survivors, their caregivers, and families to overcome challenges by offering valuable support in their recovery. ☐

We aim for this challenge to inspire individuals to embrace an active lifestyle! Physical activity helps to lower your risk of heart disease and stroke by lowering your blood pressure, increasing your 'good' cholesterol levels, helping you maintain a healthy weight and by keeping your heart healthy.

Register and donate €15 in aid of Croí. All participants will receive a Croí snood on completion!

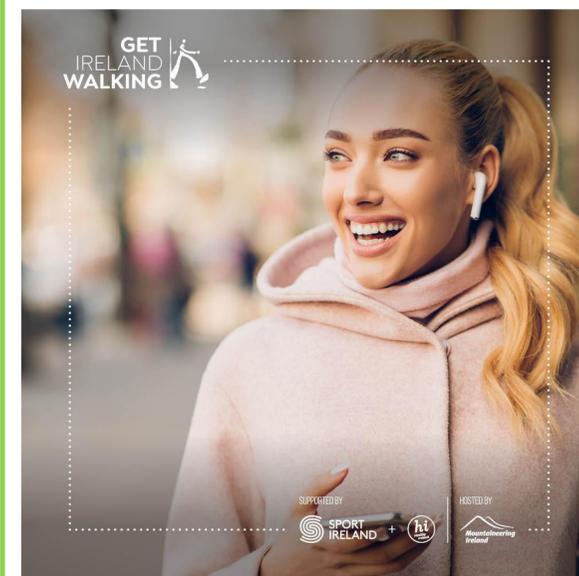
For more information visit <https://croi.ie/stepsforstroke>

To register as an individual or a TEAM please visit <https://stepsforstroke.ieregister.ie>



Girls Squad is all about fun, friendship, and getting active! Let's laugh, leap, and live it up together! Empowering young girls through athletics and fitness education in a fun and supportive six-week program. Athletics is a team sport so sign up your school now and let's be the best versions of ourselves

<https://www.thegirlssquad.ie/>



Why not listen to this excellent podcast episode on making a more walkable world?

Click on the link below

<https://pca.st/0to39kqk>



Mental Health



Where will you be taking part in Darkness Into Light this year?

Darkness Into Light is a global movement from Achill Island to Australia, it's incredible to see people from all over the world come together to remember loved ones lost and to look to a brighter future.

Sign up to join us for the most important sunrise of the year at - <https://www.darknessintolight.ie/>



Mental Health Ireland is thrilled to announce the upcoming third national Hello, How Are You? day, scheduled for May 15th this year. Hello, How Are You? is a campaign about connection and meaningful conversations surrounding mental health. We invite individuals, communities, workplaces, friends, and families to join us in saying 'Hello' and asking 'How Are You?' in a genuine and meaningful way.

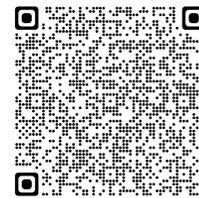
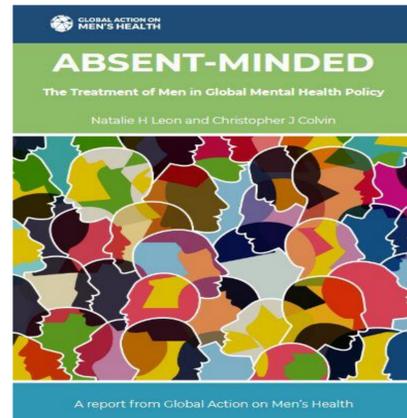
You can find more information, free downloadable resources and toolkits at the dedicated website:- <https://hellohowareyou.info/> You can also purchase some merch at the shop!

For further information or assistance, please don't hesitate to reach out to Claire Flynn 085 8768522 or clairef@mentalhealthireland.ie directly or contact support@hellohowareyou.info.



There are a number of places available on a safeTALK workshop scheduled to take place in the Fire Station training room, New Road, Ennis, Co Clare Wednesday May 8th 9.30am-1.30pm. This workshop is being coordinated by Clare County Council. Can you please circulate this email to your contacts? Those interested can register via this Bookwhen link

<https://bookwhen.com/suicidepreventiontrainingm/w/e/ev-s2ty-20240508093000>



Men's mental health problems are clear. Globally, the rate of suicide in men is more than twice as high as in women. Men consume nearly four times more pure alcohol per capita than women. Many men attach stigma to mental health issues and often do not seek help. Men may also 'externalise' their distress through behaviour that is anti-social or aggressive. Yet, at the same time, common mental health problems, such as depression and anxiety, often remain under-diagnosed and under-treated in men. Global Action on Men's Health has just released a report titled 'Absent Minded' which examines the treatment of men in mental health policy worldwide. See the report and the launch video at: <https://gamh.org/absent-minded>

Eating Well

Good sources of fibre



safefood.net/healthy-eating

Fibre can help lower the risk of heart disease, diabetes and weight gain.

So, what's a good source of fibre

- ✓ Wholegrain bread, pasta, rice and cereals
- ✓ Vegetables
- ✓ Fruit
- ✓ Potato skins
- ✓ Beans, lentils and peas
- ✓ Dried fruit, nuts
- ✓ Seeds

And drink lots of water to help the fibre work properly. Here's more on fibre:

<https://www.safefood.net/healthy-eating/fibre>



When do you think about breakfast?

When you wake up? The night before? When you're in the supermarket aisle staring at the cereals?

Making even a small plan for breakfast can help you feel more organised and help to #StopBreakfastFoodWaste.

Check out our top tips at: <https://stopfoodwaste.ie/.../make-the-most-of-your-breakfast>



Setting good food habits in childhood can last a lifetime but providing daily nutritious lunchboxes for school that the kids will eat can be a struggle.

Get the school term off to a positive start with some useful planning tips from Safefood

<https://www.safefood.net/start/healthy-eating>



Are you supporting a family member with an eating disorder?

If so, this **free** online 4-week programme for families and friends is for you



When: May 1st, 8th, 15th and 22nd
(4 Wednesday Evenings)

Time: 7.00pm - 9.00pm
(Evening Programme online via zoom)



Attendance is **FREE** but booking is essential.

For booking information please contact:
Christopher (pilar@bodywhys.ie)



Chips were included on almost all menus whilst vegetables were included in few



Chips were available as a side with 72% of meals



Vegetables were included as a side with 24% of meals

Chips were available as a side with 72% of meals on children's menus while vegetables were available with 24% of meals.

That's a key finding from the What's on the Children's Menu? report published by Food Standards Agency (FSA) and local councils. Read some healthier catering tips for children's menus. <https://www.food.gov.uk/.../healthier-catering-tips-for...>



Got exams coming up

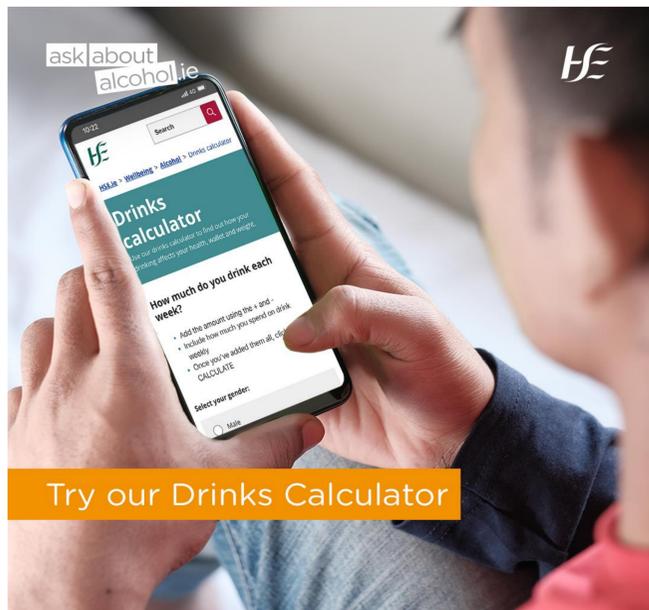
Eating healthy food helps keep your body and mind in tip top condition

Read Safefood's blog to find out what to eat to keep you on track for a good performance:

<https://www.safefood.net/Blog/June/Boost-your-brain-power>

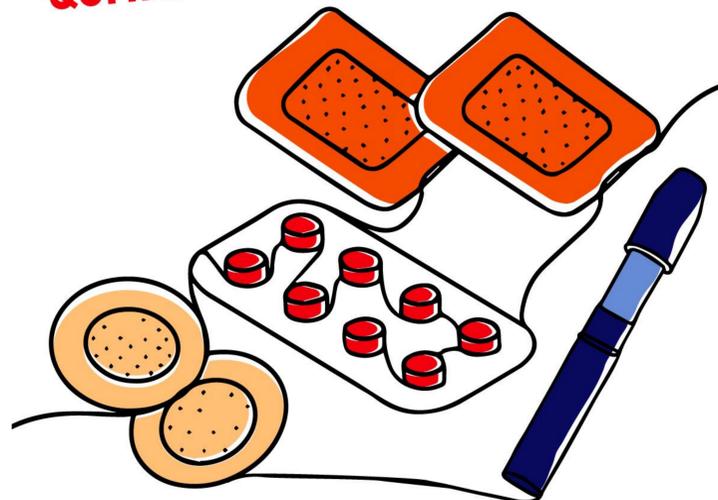


Tobacco Free, Reducing Drugs & Alcohol Related Harm



Are you curious about how alcohol affects your well-being?
 Use the HSE's Drinks Calculator to gain insight into your consumption and make informed choices for a healthier lifestyle:
<https://www2.hse.ie/wellbeing/alcohol/drinks-calculator/>

QUIT.ie



Have you tried NRT?

NRT (Nicotine Replacement Therapy) is now available for free through the HSE.

Contact the Quitline on 1800 201 203 or talk to your local stop smoking advisor.

They will help you decide which type of NRT is best for you and give you extra support to quit smoking for good.

Find out more: <https://www2.hse.ie/living-well/quit-smoking/nicotine-replacement-therapy/>



Take this 5-minute survey to help them improve the information on drugs.ie

Take our survey here <https://surveys.hse.ie/s/L8HPD6/>

HSE Drug and Alcohol Helpline
 Freephone
1800 459 459
 email
helpline@hse.ie
 Opening hours are 9.30am to 5.30pm
 Monday to Friday

DRUGS.ie
 Drug and Alcohol Information and Support



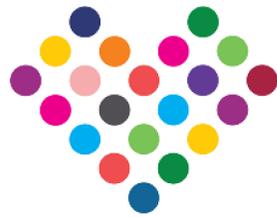
GAMBLINGCARE.ie
SUPPORTING SAFER GAMBLING
 ADVICE - ADVOCACY - REFERRALS TO SUPPORT SERVICES
 GAMBLINGCARE.IE 1-800-936-725

Help with Problem Gambling?



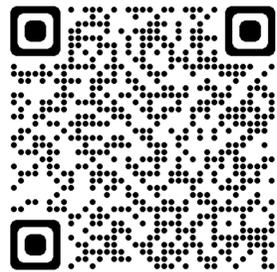
GAMBLINGCARE.ie

Sexual Health



sexualwellbeing.ie

Find out more at www.sexualwellbeing.ie



Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

You can find up to date information about sexual health on www.sexualwellbeing.ie



In this podcast episode, Martin Davoren, Executive Director of the Sexual Health Centre discusses sexual health in the context of the Centre's evolution, services, and new developments in the area. Martin highlights collaborations by the Sexual Health Centre with various agencies to improve sexual health services in Cork and how this area has seen significant innovation in recent years with the development of the HSE Free Home STI Testing Service, Free Contraception, and many other services and supports.

Please leave us a review on your chosen podcast channel or on the HSE Health and Wellbeing YouTube channel to promote the content to others who are interested in the area, and to get in touch with the podcast email Healthandwellbeing.communications@hse.ie.

Notice anything different?
Get your GP to check it out.

Symptoms of prostate cancer include:

- Passing urine more often, especially at night
- Trouble starting or stopping the flow
- A slow flow of urine
- Pain when passing urine
- Blood in the urine or semen
- Feeling of not emptying your bladder fully

Contact our Support Line in confidence
Freephone 1800 200 700
supportline@irishcancer.ie

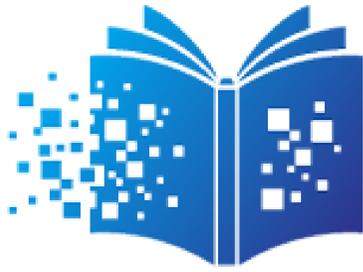
Order your free home STI test kit

The HSE free home STI (sexually transmitted infection) testing service is available to anyone aged 17 or older who lives in the Republic of Ireland. You can

1. [order a test kit at sh24.ie](http://order.a.test.kit.at.sh24.ie)
2. return your samples to the lab by post
3. get your test results by text message or phone call

<https://www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/>

Other Health & Wellbeing News



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL
Libraries



www.clarelibrary.ie



065 6846350



<https://twitter.com/clarelibrary>



library_mailbox@clarecoco.ie



www.facebook.com/clarecountylibrary



www.instagram.com/clarecountylibrary

Want free books, audiobooks, newspapers and magazines? All you have to do is download these apps and sign in with your library number and PIN. That's it. It really is that simple. Give it a go!

- BorrowBox is for eBooks and audiobooks
- PressReader is for newspapers
- Libby is for magazines

There are thousands to choose from. For more information click on the link below

<https://clare.borrowbox.com/>

Sensory Kits at your local library.

All of our libraries have Sensory Kits available for use within the library premises during library opening hours.

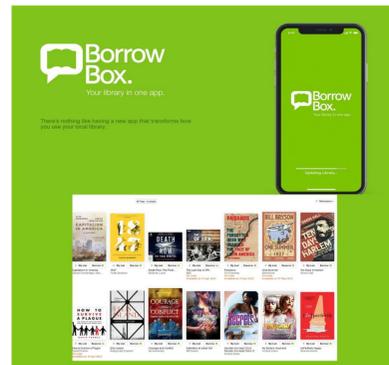
The contents of the kits aim to aid in fine and gross motor skills, regulation, and sensory processing, including items like games, puzzles, bean bags, fidget toys, ear protectors, timers, and dark dens.

If you would like to use the Sensory Kit while in the library just ask at the library desk.

Each library may have slightly different items in their kits and items are not available for borrowing or taking home.

For more details on Sensory Kits, please follow the link here

<https://clarelibraries.ie/services/sensory-kits/>



Over 1200 students have participated in our TY Programme, 'Creating a Dementia Inclusive Generation.' Over 1200 students are learning about dementia, and helping to reduce the stigma that surrounds the condition. Wow! 🙌

Does your school wish to take part? It's completely free, and you have the option to hold a fundraiser for The Alzheimer Society of Ireland.

Now available in Irish, this expansion celebrates language inclusivity and aligns with our commitment to inclusivity 🙌

Learn more and get involved:
<https://ow.ly/9NKR50RhcxN>

North West Clare Family Resource Centre
What's on in May 2024
Phone us: 065 707 1144
Parliament Street, Ennistymon, Co. Clare

Private Groups
Groups hosted by NWCFCRC
Closed to new entrants
Contact us to join
Feel free to walk-in and meet us

DAY	TIME	ACTIVITY	ORGANISED BY
Monday	10.15 - 12.15	Infant Massage	Joeann
	10.30 - 12.30	Kids Club (Ballyvaughan, Village Hall)	Jenny, Anastasiia
	4pm - 6pm	Teen Club	Jenny Anastasiia
Tuesday	10.30 - 12.30	Drop-in Service (Parliament Street)	Joeann
	11.30 - 1pm	My Family And Me Programme	Eva
	2.40 - 3.45	Homework Club	Joeann
	4pm - 6pm	Integrated Youth	Deiric, Jenny, Anastasiia
	4.30 - 6pm	Youth Bike Maintenance	Deiric
	7pm - 8pm	Yoga Class	Kaye
Wednesday	7am - 8am	Yoga Class	Kaye
	9am - 4pm	Employability	Jennifer
	10am - 1pm	Textile Crew (Parliament Street)	Joeann
	11am - 12pm	Food Cloud	Joeann
	1pm - 2.30	English Classes "Fáilte isteach"	Jenny, Anastasiia
	2pm - 5pm	Money Advice & Budgeting Service	Barbara
	2.40 - 3.45	Homework Club	Joeann
	4pm - 6pm	Youth: Clare Youth Action	Deiric
	6.45pm - 8pm	Irish Class	Deiric
	7pm	Men's Shed	Deiric, Joeann
6.15 - 7.15pm	Fitness Class	Killian	
Thursday	9am - 2pm	Employability	Jennifer
	10am - 1pm	Gardening Course	Joeann
	10.30 - 12.30	Kids Club (Lahinch Leisure Centre)	Jenny, Anastasiia
	2.40 - 3.45	Homework Club	Joeann
	4pm - 6pm	Youth Girls Group	Deiric
	6pm - 8pm	Youth Shack Youth Club (Parliament St)	Deiric
Friday	9.30 - 12.30	Parent & Toddler Group "Cairde Nua"	Joeann
	9am - 5pm	Intro: Employment and Income Supports	Tommy
	10am - 12pm	Kids Club (The Pavilion, Lisdoonvara)	Jenny, Anastasiia
	11am - 12pm	Breastfeeding Group (every 2nd week)	Joeann
	1.30 - 3pm	Youth: Youth Programs / Drop-in	Deiric
	3pm - 4.30	Youth: Soccer (gender mixed)	Deiric

We also offer:

- Childcare (Little Deers)
- Counselling (general, gambling addiction) & Play Therapy

Other Health & Wellbeing News

Get SunSmart! Children's Art Competition

Prizes: An OPW Family Heritage Card, a Family Day Pass for Dublin Zoo and a National Book Token

Runner up prizes also up for grabs



Closing date: 31st May 2024

More info at www.gov.ie/getsunsmart



The Get #SunSmart Art Competition is back for the third year! Open to all pre-school and primary school children, with a chance of winning OPW - Office of Public Works family heritage card, Dublin Zoo family day pass, AND a National Book token worth €20!

For further information click on the link below:
<https://www.gov.ie/en/publication/0704b-get-sunsmart-childrens-art-competition/?referrer=https://www.gov.ie/getsunsmart/>

Deadline: 5pm Friday, 31st May



As I Am

IRELAND'S
AUTISM
CHARITY



Calling everyone in...

Ennis, Co Clare

We've a new Hangout

Taking place once monthly, for tweens & teens

Register for our Child & Family Support Programme at the link in our bio.

To attend make sure you are registered on our Child & Family Support Programme.

<https://forms.office.com/pages/responsepage.aspx...>



Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management skills and confidence to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programmes: Clare Q2 2024

Venue	Day	Time	Start date	Finish date
Raheen Community Hospital, Tuamgraney	Friday	10.30am-1pm	19 th April 2024	24 th May 2024
Shannon Family Resource Centre	Thursday	10.30am-1pm	23 rd May 2024	4 th July 2024
Ennis Primary Care Centre	Wednesday	10.30am-1pm	12 th June 2024	17 th July 2024

To book your place contact

Philip Hennessy Tel: 087-1799396,
Email: philip.hennessy2@hse.ie

www.hse.ie/LivingWell



*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



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



Be SunSmart

Make sun protection part of your daily routine from April to September, even when it is cloudy.



Skin cancer is the most common form of cancer in Ireland with over 11,000 cases diagnosed each year. The number of people being diagnosed with skin cancer in Ireland is rising rapidly.

Protect yourself and your family by being SunSmart especially from April to September, even when it's cloudy. Follow the #SunSmart 5 S's:

- Slip on clothing
- Slop on sunscreen (SPF 30+ for adults, 50+ for children)
- Slap on a wide-brimmed hat
- Seek shade
- Slide on sunglasses

Learn more by clicking on the link below:

<https://www.hse.ie/eng/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html>

Bereavement Support

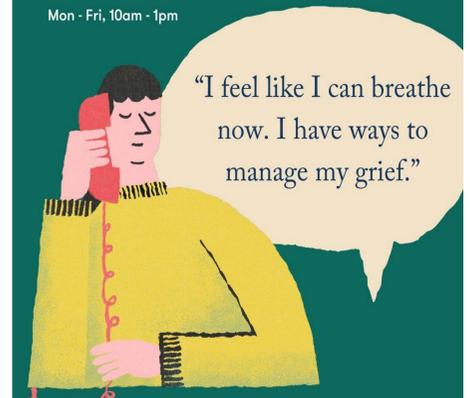
The Bereavement Support Line, set up by Irish Hospice Foundation in partnership with HSE Ireland is a national freephone service 1800 80 70 77, available Monday to Friday, 10am-1pm.

Who can call?

- Any adult who:
- Has been recently bereaved
 - Is concerned about somebody else who has been bereaved
 - Is finding a previous bereavement feels more difficult at this time
 - Wants to find out about guidance and resources their workplace can offer in relation to bereavement.

Further supports available here www.bereaved.ie

Irish Hospice Foundation
Bereavement Support Line
1800 80 70 77
Mon - Fri, 10am - 1pm



Other Health & Wellbeing News

Celebrate the charity's 40th Anniversary and World IBD Day together!

CORK PATIENT DAY

LIVE Gut((CAST))
NEW Gutcast episode recorded LIVE at this event!

Sessions on the day include:

- "Gut Feelings" by Aideen Stack, Health Psychologist
- "Love Your Gut" by Majella O'Keffee, Registered Dietitian

SUNDAY
19TH OF MAY 2024

12PM - 6:00PM

CORK
THE KINGSLEY HOTEL

www.crohnscolitis.ie

Crohn's & Colitis Ireland

REGISTER NOW

SCAN ME




GOLF CLASSIC

In aid of Clarecare's Development Fund
(Community Care Centre, Shannon, Bushypark Addiction Treatment Centre and other community development initiatives)

SAVE THE DATE :

Thur 23rd & Fri 24th May 2024

Location: Woodstock Ennis

Enjoy a great day of golf, while raising funds for Clarecare.

Prizes include
Range Finder watches,
Waterproof golf bags,
Golf Shoes,
Umbrellas,
Ladies Prizes

**Team entry-
4 players
€200**

To book your team in, please call the booking line 065-6829463 please give your team a name.

To make your payment please log onto www.clarecare.ie and click on the donate button.

Enter your €200 and then please input Team name into the text box, you will be emailed a receipt.

www.clarecare.ie

TEAM BOOKINGS
065-6829463



33 Henry Street, Limerick, Ireland

+353 818 474 474

communications@grow.ie

www.grow.ie



Senior Chair Exercise



Let's dance and stay healthy!

5 euro per class

**Reduce joint stiffness
Improve mobility**

Join our weekly class every Thursday at 12-1pm.

At Shannon Family Resource Centre.
To book your place call 061-707-600

www.shannonfrc.com

50+ LGBTI* SOCIAL GROUP

Lesbian, gay, bisexual, transgender and intersexual adults 50+ from the Midwest and surrounding areas coming together



JOIN US

The 50+ social group in Limerick city provides a safe and welcoming space for members of the LGBT+ community to come together once a month, enjoy a cuppa, and make new friends in a relaxed atmosphere

JOIN US

To find out more details or to register please contact David at communitydev@goshh.ie or (061) 314 354

Shannon Parenting Peer Support Group

Parenting Peer Support Group

Supporting Each other in Parenting at Shannon Family Resource Centre, eircode: V14 XV97

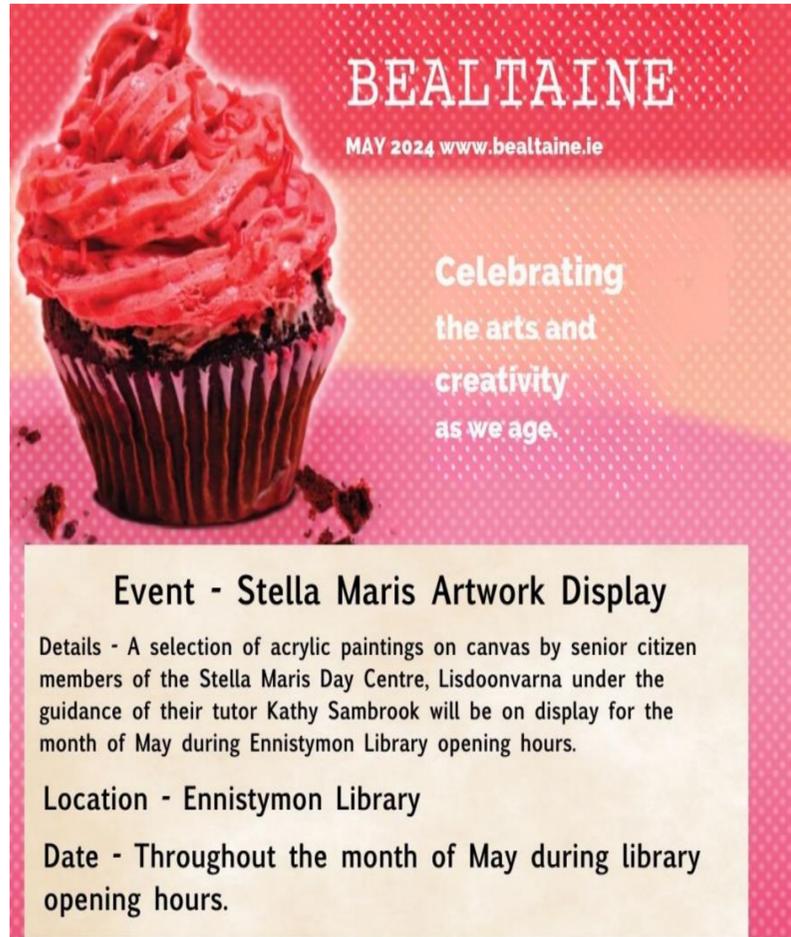
Next Meeting
Monday 13th May 2024
9:30am-11am

TOPICS OF DISCUSSION
Parenting struggles, problem solving, sharing local information, parenting workshops on identified topics such as self care and much more beside....

For More Information Call:
Cathal 087 1232489
www.shannonfrc.com

An Roinn Leanaí, Comhionannais, Michumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth
Made with PosterMyWall.com

Other Health & Wellbeing News



BEALTAINÉ
MAY 2024 www.bealtaine.ie

Celebrating the arts and creativity as we age.

Event - Stella Maris Artwork Display

Details - A selection of acrylic paintings on canvas by senior citizen members of the Stella Maris Day Centre, Lisdoonvarna under the guidance of their tutor Kathy Sambrook will be on display for the month of May during Ennistymon Library opening hours.

Location - Ennistymon Library

Date - Throughout the month of May during library opening hours.



BEALTAINÉ VOICES

SATURDAY, MAY 4TH AT 2PM
Steps of Ennis Courthouse

Lismorahaun Singers Ennis Gospel Choir Forever Young Choir
St. Michaels Villas Choir Ballyea Choir

Led by **Mike Hanrahan**,
2024 Bealtaine Festival Ambassador
and Clare Age Friendly Ambassador



Bealtaine Festival
An Age & Opportunity arts initiative

Brought to you by Clare Arts Office | www.clarearts.ie



What's On
May 2024

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

TUES 07 Managing Wellbeing & Mental Health Recovery
2pm - 4pm
In this workshop we will explore different views on wellbeing and recovery in mental health. We discuss what and who can help with managing your wellbeing and mental health.

THURS 16 Self Care - Building My Resilience
10am - 12pm
In this workshop we will explore how we can build our resilience through the practice of simple daily self care routines.

WEDS 22 Creativity for Wellbeing
10am - 12pm
In this workshop we will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.

TUES 28 Let's Talk Resilience
2pm - 4pm
In this workshop we will discuss our understanding of resilience and why it is important for our mental health and wellbeing. We will explore personal tools and strategies.

BOOK NOW ON EVENTBRITE
<https://midwestaries.eventbrite.ie>

For More Information Contact:
Margaret Keane | margaret.keane9@hse.ie




Bike Week is a celebration and promotion of the benefits of cycling. It will take place from Saturday 11th to Sunday 19th May 2024.

There will be lots of exciting events happening throughout Ireland during the week. These will be posted on this page over the coming weeks. We look forward to celebrating another successful Bike week in 2024.

For information on Green-Schools Ireland Bike Week 2024 events please

<https://www.transportforireland.ie/getting-around/by-bicycle/bikeweek/clare/>



Scariff Library
Age Friendly Mornings
Each Tuesday 10:30am - 1:00pm

Contact tel: (061) 922 893 or email: scariff_library@clarecoco.ie for more information



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL
Libraries

THINGS TO DO
If You're Feeling Down

- Spend time in nature
- Talk to a friend
- Paint or draw
- Do a mindful breathing session
- Write in your journal
- Do some yoga or light exercise

www.mentalhealthireland.ie



Reach out to a friend, family member, or loved one, and priorities quality time together.

Whether it's sharing a meal, going for a walk, or simply enjoying each other's company, connections with others nourish the soul and lift the spirit.

Other Health & Wellbeing News



Creative Communities, Roinn Árainn Éireann, Clare County Council, COMHARLE CONTAE AN CLAIR

Soundscapes & Seascapes, Fuaimdhreacha agus Muirdhreacha

Soundscapes & Seascapes is an interactive, 3-hour sensory workshop by the sea (cois farraige) in West Clare with local musician Sionnáin (Michelle Shannon). It is a space to connect to the soundscapes, (fuaimdhreacha) and seascapes (muirdhreacha) of a very special wild and largely secluded landscape of Cleadagh Bay in Spanish Point, Co Clare.

24th – 26th May, 2pm – 5pm

This workshop is free of charge, but booking is essential.

To book <https://www.eventbrite.ie/e/soundscapes-seascapes-tickets-880886233437>



Creative Communities, Roinn Árainn Éireann, Clare County Council, COMHARLE CONTAE AN CLAIR

Ennistymon Culture in the Square

The event is a free cultural community event held in Ennistymon Town Centre on Bank Holiday Monday May 6th. Local musicians will provide a variety of music and the public will be invited to dance on the dancefloor constructed by the local Men's Shed.

Refreshments will be provided whilst those attending will visit stalls displaying the work of local crafts people. The event will also provide an opportunity for the newest members of the community, in particular residents from Poland, Syria and Ukraine to showcase their culture through food and dance.

6th May 2024, 12.30pm – 3.30pm

Location: Glenree public car park opposite Ennistymon Library

No booking required.



Creative Communities, Roinn Árainn Éireann, Clare County Council, COMHARLE CONTAE AN CLAIR

Taking Creative Control - Managing your Menopause through Art

'Taking Creative Control- Managing your Menopause through Art' project will be run in Mna Le Cheile Women's Shed which is based in the Shannon Family Resource Centre, Rineanna View, Shannon, Co Clare for 6 weeks starting May 2024 and facilitated by Kay O Donoghue MA in Arts & Engagement.

May 21st - 25th June, 7pm - 9.30pm

If you wish to participate you can contact mnalecheileshannon@gmail.com or by WhatsApp on 0872349130



Good sleep is essential for wellbeing and affects so many aspects of our lives, from maintaining a healthy weight to protecting our mental wellbeing. Try to aim for 8 hours per night if you can. SpunOut.ie have some great tips here <https://bit.ly/3PXAD1s>



Level 1 Computer skills

[learnwithnala.ie](https://www.learnwithnala.ie)



Do you need help with using a Personal Computer?

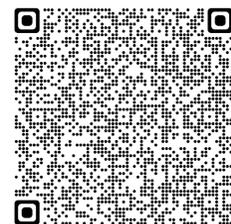
This free online course will help you develop your skills in using a Personal Computer.

You will learn to:

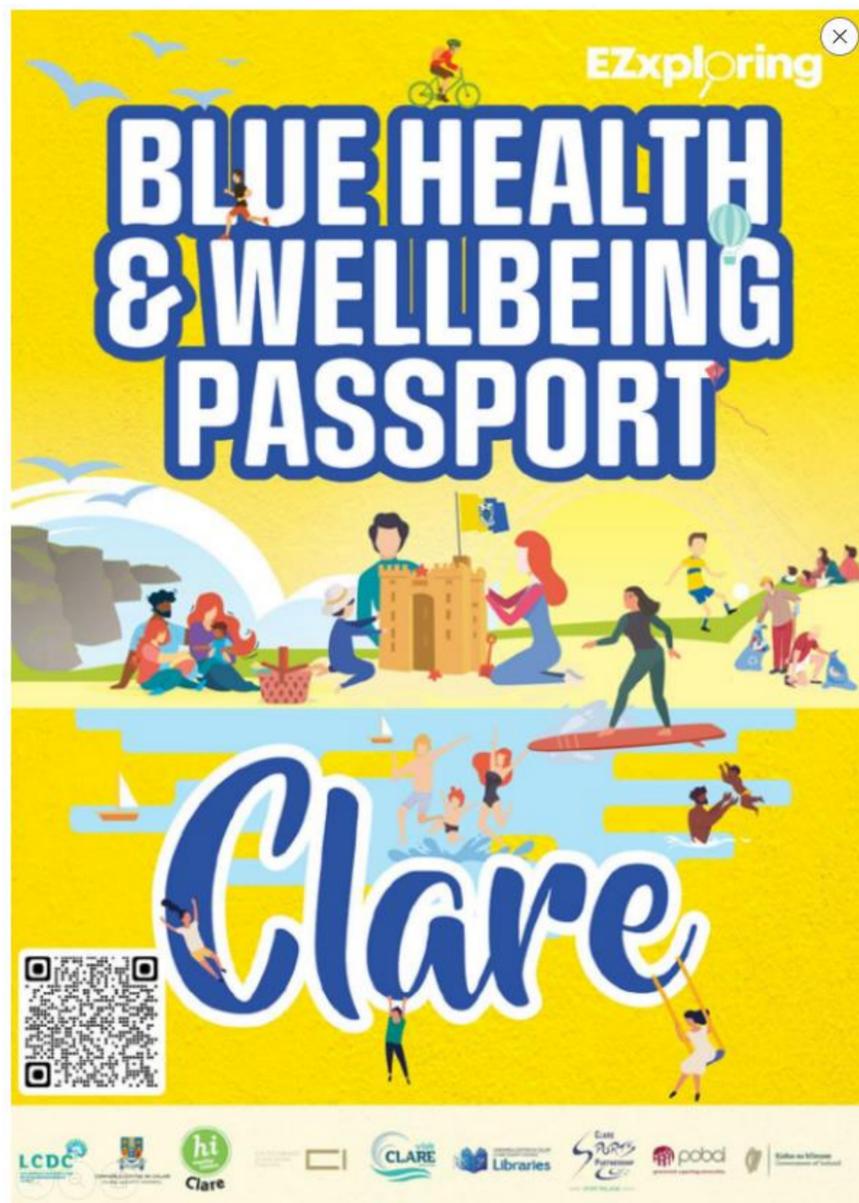
- recognise the main parts of a Personal Computer
- use a mouse and other common devices
- understand what types of software are used
- communicate with instant messaging and email

Find out more and register

<https://www.learnwithnala.ie/product...>

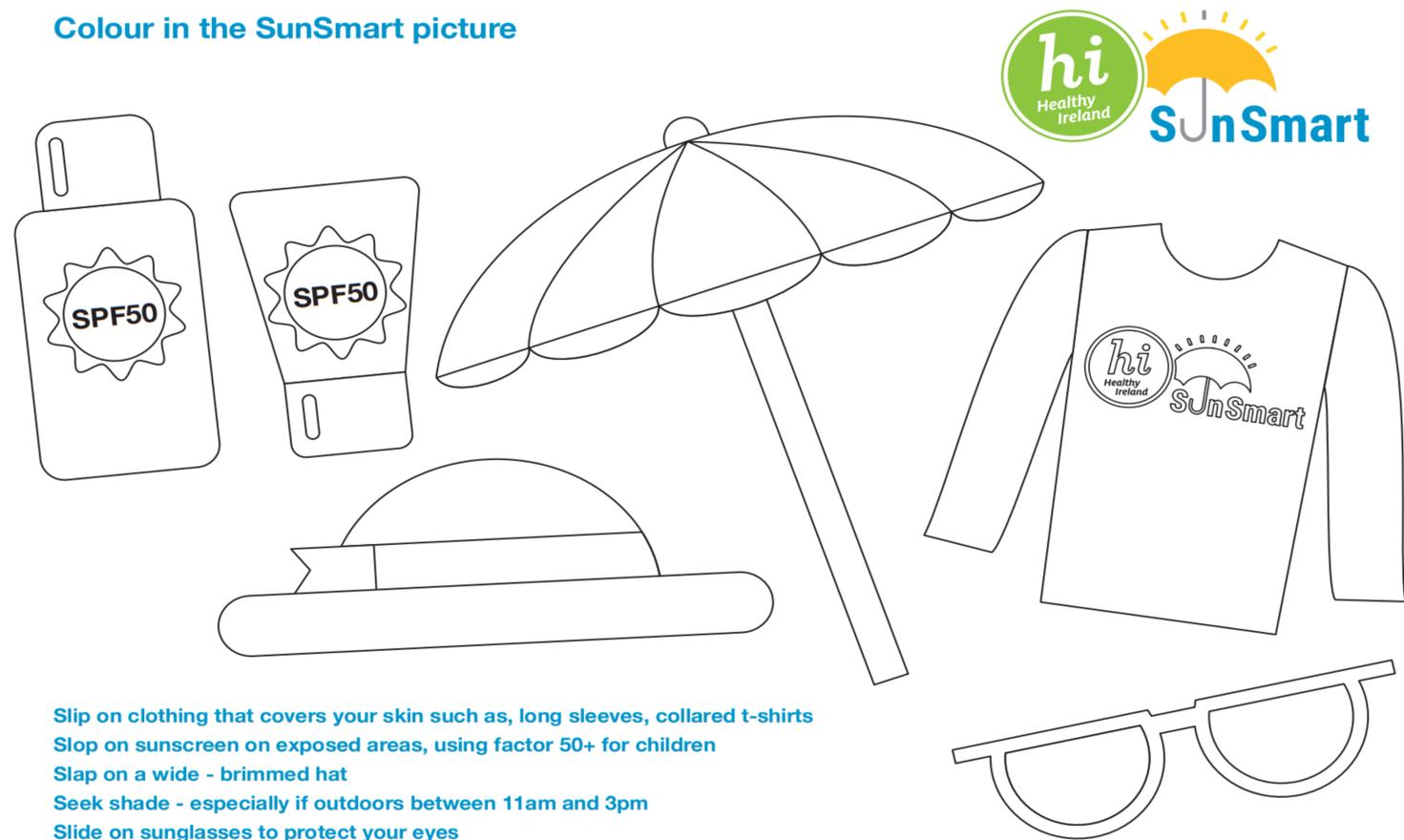


Other Health & Wellbeing News



As summer arrives why not pop into Clare County Council to pick up a copy of our Blue Health and Wellbeing Passport. This guide takes you on a journey through Clare to visit its many beaches and playgrounds. Copies are available at reception in the Arás Building in Ennis and many of the Municipal District offices throughout the county.

Colour in the SunSmart picture



Slip on clothing that covers your skin such as, long sleeves, collared t-shirts
 Slap on sunscreen on exposed areas, using factor 50+ for children
 Slap on a wide - brimmed hat
 Seek shade - especially if outdoors between 11am and 3pm
 Slide on sunglasses to protect your eyes

SUN SAFETY WORD SEARCH

R	D	C	V	H	F	U	E	V	M	O	N	F	X	X	P	O	O	N	C
O	S	R	L	S	E	K	L	M	U	M	E	S	L	A	H	N	T	A	X
B	G	V	U	I	A	D	B	T	C	A	N	R	A	L	R	S	B	O	N
C	P	E	T	C	Y	F	D	T	B	U	A	D	U	S	I	O	U	V	D
V	M	P	G	C	U	O	E	S	Y	D	C	F	I	G	G	C	V	G	N
N	K	A	E	P	O	M	U	T	I	K	N	D	O	K	N	C	N	U	L
A	S	Y	D	R	H	N	U	A	Y	R	P	L	S	X	E	E	S	O	H
E	O	Y	S	A	S	P	T	L	K	N	O	E	V	M	X	F	O	P	U
Y	B	T	A	C	N	I	A	F	A	T	P	U	A	P	Y	B	O	O	O
P	G	T	R	R	O	G	A	H	A	T	L	R	O	P	M	X	U	S	F
N	Y	E	P	N	V	M	E	M	E	T	I	S	E	E	F	S	S	R	M
I	E	D	C	R	O	P	R	R	R	G	U	V	Y	L	T	U	G	P	N
N	E	X	A	N	N	E	Y	A	O	R	F	I	E	I	N	S	M	F	A
A	D	S	A	H	D	N	V	V	E	U	B	B	S	G	I	R	U	E	C
L	R	L	A	P	S	I	C	I	K	R	S	H	L	N	Y	R	G	T	S
E	E	Y	F	O	O	K	S	S	N	D	O	A	L	C	O	A	S	H	H
M	P	T	V	L	F	S	D	I	H	P	S	B	E	E	M	S	I	G	G
B	N	G	E	I	U	H	C	O	O	S	K	F	V	A	O	H	E	I	D
D	N	T	F	C	F	K	F	N	E	N	V	F	D	O	U	H	K	R	V
F	A	M	R	Y	R	L	D	S	S	P	E	C	T	R	U	M	L	B	F

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BRIGHT
 BURN
 CUMULATIVE
 DAMAGE
 DANGEROUS
 DERMATOLOGIST
 EXPOSURE
 EYES
 MELANIN
 MELANOMA
 OUTDOORS
 PEAK
 RADIATION
 RASH
 RAYS
 SAFETY
 SHADY
 SKIN
 SPECTRUM
 SUN
 SUNGLASSES
 SUNSCREEN
 ULTRAVIOLET
 VISION

