

# Healthy Clare Calendar



@HealthyClareIRL



@healthy\_clare



@healthyclaireireland



# 2023



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



An Roinn Sláinte  
Department of Health





Clare



“An early-morning walk is a blessing for the whole day” – Henry David Thoreau

# January

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						1 New Years Day Operation Transformation Starts Ireland Lights Up Starts Lung Cancer Awareness Month
2	3	4	5	6 First Fortnight Starts	7	8
9 European Cervical Cancer Prevention Starts	10	11	12	13	14	15 First Fortnight Ends
16	17	18	19	20	21	22 European Cervical Cancer Prevention Ends
23	24	25	26	27	28	29
30	31					

## Keeping Active

Being physically active is beneficial for both your physical and your mental health and wellbeing. It can help you deal with anxiety and stress and getting outdoors, if you can is important.

Here are some tips to get you going.

1. Start small
2. Be consistent
3. Find ways to fit activity into your day
4. Partner up
5. Don't overdo it



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"Creativity is contagious, Pass it on!" – Albert Einstein

# February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		1	2	3	4 <small>World Cancer Day</small>	5
6 <small>St. Brigid's Day</small>	7 <small>Safer Internet Day</small>	8	9	10	11	12
13 <small>International Epilepsy Day</small>	14	15 <small>International Childhood Cancer Day</small>	16	17	18	19
20	21 <small>Shrove Tuesday</small>	22	23	24	25	26
27 <small>Eating Disorders Week</small>	28 <small>Rare Disease Day Operation Transformation Ends</small>					

## Switching Off & Being Creative

Learning something new, getting back to nature and finding ways to relax can help our general wellbeing.

Creativity and learning can help us relax.

There are many ways of being creative in County Clare.

Visit the Healthy Clare webpage for some ideas.



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"You, Me and the Sea"

# March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		1 Endometriosis Awareness Day	2	3 Demin Day for Dementia	4 World Obesity Day	5
6	7 World Book Day	8 National No Smoking Day International Women's Day	9 World Kidney Day	10	11	12
13 Nutrition & Hydration Week	14	15	16 European Action Week against Racism Starts	17 St. Patrick's Day World Sleep Day	18	19 Mother's Day
20	21 World Down Syndrome Day	22	23	24 European Action Week against Racism Ends	25	26
27	28	29	30	31 Ireland Lights Up Ends		

## Minding Your Body

Forming new habits and re-learning behaviours will lead to a healthier, balanced lifestyle.

Did you know that if you quit cigarettes for 28 days, you are 5 times more likely to quit for good?

The **HSE's Quit** Programme can help you stop smoking for good. The programme includes a plan to help you give up and individual support along the way.

[www2.hse.ie/quit-smoking](http://www2.hse.ie/quit-smoking)



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“The best thing one can do when it's raining is to let it rain” —Henry Wadsworth Longfellow

# April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					1 Bowel Cancer Awareness Month	2 World Autism Awareness Day
3	4 National Arthritis Week	5 National Walking Day	6	7 Good Friday "Hello how are you" Day	8	9 Easter Sunday
10 Bank Holiday	11	12	13	14	15	16
17	18	19	20	21	22	23
24 World Immunization Week	25	26	27	28 World day for Safety & Health at Work National Workplace Wellbeing Day	29	30

## Minding Your Mood

With

- Physical activity
- Connecting with friends
- Doing things you enjoy
- Getting enough sleep
- Eating well
- Learning
- Giving to others

Visit the Healthy Clare webpage for some ideas on Minding Your Mood



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"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato" — Lewis Grizzard

# May



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1  Bank Holiday Bealtaine Festival Starts	2  World Asthma Day	3	4	5	6  Darkness into Light Event	7
8	9	10  World Lupus Day	11	12  World Fibromyalgia Day	13	14  National Bike Week Starts
15  National Volunteering Week Starts	16	17  International Day against Homophobia, Biphobia and Transphobia	18	19	20	21  National Volunteering Week Ends
22  National Bike Week Ends	23	24	25	26	27	28
29  World Health Digestive Day	30  World Multiple Sclerosis Day	31  World No Tobacco Day Bealtaine Festival Ends				

## Eating Well

Eating healthily is a huge part of looking after our general health and keeping ourselves well.

Cooking simple nutritious meals for ourselves and our families is the best way to ensure that we meet all our nutritional needs to stay healthy.

Visit the Healthy Clare webpage for some ideas on Eating Well.



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“Reading takes us away from home, but more important, it finds homes for us everywhere” —Hazel Rochman

# June



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			1  Libraries Summer Starts Programme (June-August)	2	3	4
5  Bank Holiday World Environment Day	6	7	8	9  European Youth Event	10  European Youth Event	11
12  Men's Health Awareness Week	13	14  World Blood Donor Day	15	16  World Kidney Cancer Day	17	18  Father's Day
19	20  UN World Refugee Day	21  UN International Day of Yoga	22	23	24	25
26	27	28	29	30		

## Keep Learning & Being Creative

Immersing yourself in a story or creating a story of your own can help you to relax and de-stress.

**Clare Libraries** offers a wealth of resources both in-person and on-line for members. [www.clarelibrary.ie](http://www.clarelibrary.ie)

**Clare Arts Office** supports creative people, places and projects. Find out more on <https://clarearts.ie>



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"The waves of the sea help me get back to me" - Jill Davis

# July



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					1 <small>Sarcoma Awareness Month</small>	2
3	4	5	6	7	8	9
10	11 <small>UN World Population Day</small>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 <small>World Head and Neck Cancer Day</small>	28 <small>World Hepatitis Day</small>	29	30 <small>International Day of Friendship</small>
31						

## Keeping Active

No matter how old, fit or busy you are, walking works. Aim for a pace that slightly raises your heartbeat and makes you breathe a little faster and feel a little warmer.

Once you can still talk, you're doing well!

For inspiration visit;

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

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

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

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



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Smile at each other, make time for each other

# August



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	1 <small>World Breastfeeding Week</small>	2	3	4	5	6
7 <small>Bank Holiday</small>	8	9	10	11	12 <small>World Youth Day</small>	13
14	15	16	17	18	19 <small>World Humanitarian Day National Heritage Week</small>	20 <small>National Heritage Week</small>
21	22	23	24	25	26	27
28	29	30	31 <small>International Overdose Awareness Day</small>			

## Eating Well

We all have busy lives, some of us are raising families, working full-time and there are many other competing responsibilities. Whatever your circumstances, getting tasty nutritious meals to the table quickly can be a daily challenge.

**Batch cooking** is a great way to get tasty nutritious meals on the table every day. **[www.safefood.net](http://www.safefood.net)** have some great tips on batch cooking



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“Colors are the smiles of nature” —Leigh Hunt

# September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				1  See Change Green Ribbon Campaign (Month)	2	3
4  World Sexual Health Day	5	6	7  World Duchenne Awareness Day	8	9  International Fetal Alcohol Spectrum Disorders	10  World Suicide Prevention Day
11	12	13  World Sepsis Day	14  World Gynaecology Oncology Day (GO Day!)	15	16	17  World Patient Safety Day
18	19	20	21  World Alzheimer's Day	22	23	24  World Cancer Research Day Great Dublin Bike Ride
25  National Walking Day	26	27	28	29  International Day of Awareness of Food Loss and Waste World Heart Day	30	

## Minding Your Mood

Natural environments like woodlands, **the sea and the Burren** are restorative.

They can help reduce stress and aid recovery from stressful events.

Check out Visit Clare's 'to-do list' for some inspiration on the natural places in County Clare.

[www.clare.ie/do-list](http://www.clare.ie/do-list)



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"Nature is not a place to visit, it is home" - Gary Synder

# October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						1 Breastfeeding Week Children's Book Festival International ADHD Awareness Month National Bullying Prevention Month Healthy Literacy Month Breast Cancer Awareness Month
2	3	4	5	6 World Smile Day	7	8 World Dyslexia Day
9 Baby Loss Awareness Week	10 World Mental Health Day World Homeless Day	11	12 World Sight Day	13	14	15
16 World Food Day	17	18 World Menopause Day and SUDEP Action Day	19 World Osteoporosis Day	20	21	22
23	24	25	26	27	28	29
30 Bank Holiday	31					

## Keep Learning & Being Creative

Helps us to switch of and achieving something can make us feel good.

Learning or developing new skills can also help improve our self-esteem and gives us more confidence.

Visit the Healthy Clare webpage for ways to keep learning and being creative.



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"I go to nature to be soothed and healed, and to have my senses put in order" —John Burroughs

# November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 MS Readathon National Stress Awareness Day Movember Prostate Cancer Awareness Campaign	2 World Soul Day	3	4	5
6	7	8	9	10	11	12
13 World Kindness Day	14 World Diabetes Day	15	16	17	18 Clare Reads	19 International Men's Day
20	21	22	23	24	25	26
27	28	29	30			

## Minding Your Body

### Be Winter Ready by

- Planning ways to keep warm and eat well
- Do keep active indoors
- Ask relatives and neighbours for help if you need it - keep their phone numbers beside your phone

For more info. visit the 'Be Winter Ready' page

[www.gov.ie/en/campaigns/aa78b9-be-winter-ready](http://www.gov.ie/en/campaigns/aa78b9-be-winter-ready)



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"Christmas is doing a little something extra for someone" – Charles M. Schulz

# December

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				1  World Aids Day	2	3  International Day of Persons with Disabilities
4	5  International Volunteer Day	6	7	8	9	10  International Human Rights Day
11	12	13	14	15	16	17
18	19	20  International Human Solidarity Day	21  Longest Night of the Year	22	23	24  Christmas Eve
25  Christmas Day	26  St. Stephen's Day	27	28	29	30	31  New Years Eve
1 January 2024  New Year's Day Family time at your library						

## Keeping Active

Make a plan to stay healthy and active this winter. As staying active helps protect both our physical and mental health and wellbeing.

**The HSE Health & Wellbeing** team have created a suite of online exercise videos, helping us keep active indoors over the colder wintry days.



[www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/](http://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/)



**Healthy Clare**

## Promotion & Prevention Services

## Supports & Services

### Mental Health

#### **YourMentalHealth.ie**

W: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

P: 1800 111 888

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#### **Heads Up Clare**

W: [www.headsupclare.ie](http://www.headsupclare.ie)

P: 065 123 456

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#### **Mental Health Ireland**

W: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

P: 01 284 1166

#### **Samaritans**

P: 116 123

W: [www.Samaritans.ie](http://www.Samaritans.ie)

E: [joe@samaritans.ie](mailto:joe@samaritans.ie)

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#### **Pieta House – Suicidal Distress /Self Harm**

W: [www.pieta.ie](http://www.pieta.ie)

P: 1800 247 247

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#### **Text About It**

Text 50808

### Sexual Health

#### **Sexual Wellbeing**

W: [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)

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#### **GOSHH**

W: [www.goshh.ie](http://www.goshh.ie)

P: 061 314 354

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#### **Healthy Ireland – Menopause Campaign**

W: [www.gov.ie/en/campaigns/menopause/](http://www.gov.ie/en/campaigns/menopause/)

#### **Sexual Health Services**

W: [www.hse.ie/eng/health/hl/yoursexualhealth/](http://www.hse.ie/eng/health/hl/yoursexualhealth/)

P: 1800 700 700

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#### **Free Home STI Kits**

W: [www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/](http://www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/)

### Tobacco & Vape Free

#### Quit Mid West – HSE Smoking Cessation Team

P: 065 686 5841  
E: [quit.Midwest@hse.ie](mailto:quit.Midwest@hse.ie)

### Healthy Eating

#### Safefoods

[www.safefood.net](http://www.safefood.net)  
P: 0818 404 567

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#### Healthy Ireland Healthy Weight Campaign

W: [www.gov.ie/en/campaigns/healthy-ireland](http://www.gov.ie/en/campaigns/healthy-ireland)

#### Bodywhys (Eating Disorders Associations of Ireland)

W: [www.bodywhys.ie](http://www.bodywhys.ie)  
E: [alex@bodywhys.ie](mailto:alex@bodywhys.ie)  
P: 01 210 7906

### Physical Activity

#### Clare Sports Partnership

W: [www.claresport.ie](http://www.claresport.ie)  
P: 065 686 5434

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#### Active Ennis

W: [www.activeennis.ie](http://www.activeennis.ie)  
P: 065 682 1604

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#### Active Kilrush

W: [www.activekilrush.ie](http://www.activekilrush.ie)  
P: 065 682 1604

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#### Clare Get Sidetracked Walks

W: [www.clare-getsidetracked.ie/walks/](http://www.clare-getsidetracked.ie/walks/)  
P: 065 686 6800

#### FitLine

P: 1800 303 545 (Freephone)  
[www.ageandopportunity.ie/active/fitline/](http://www.ageandopportunity.ie/active/fitline/)

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#### Institute of Public Health

W: [www.publichealth.ie](http://www.publichealth.ie)  
P: 028 906 48494

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#### Sport Ireland

W: [www.sportireland.ie](http://www.sportireland.ie)  
P: 01 860 8800



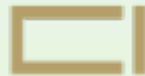
# Clare



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



Clár Éire taidínach  
Creative Ireland  
Programme  
2017-2022



Rialtas na hÉireann  
Government of Ireland



COMHAIRLE CLARE  
CONTAE AN CHLÁIR COUNTY COUNCIL

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