







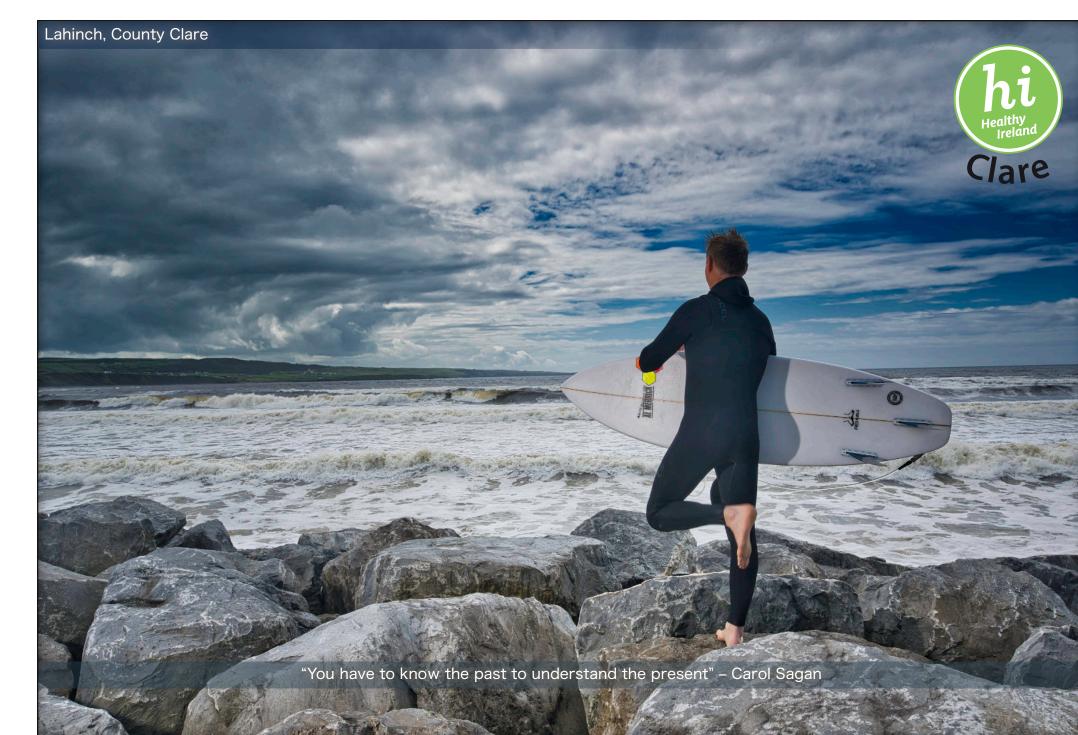
**An Roinn Sláinte** Department of Health







@HealthyClareIRL
@healthy\_clare
@healthyclareireland



# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
New Years Day - Bank Holiday			World Braille Day		Nollaig na mBan First Fortnight Starts	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
European Cervical Cancer Prevention Starts First Fortnight Ends		International Day of Education				European Cervical Cancer Prevention Ends
29	30	31				

## Keeping Active

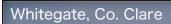
Being physically active is beneficial for both your physical and your mental health and wellbeing. It can help you deal with anxiety and stress and getting outdoors, if you can is important.

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







"When riding a horse we leave our fear, troubles, and sadness behind on the ground." - Juli Carlson

Healthy Ireland

Clare

# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			St Brigid's Day			World Cancer Day
5	6	7	8	9	10	11
Bank Holiday	Safer Internet Day					International Day of Women and Girls in Science
12	13	14	15	16	17	18
International Epilepsy Day	Pancake Tuesday	National No Smoking Day	International Childhood Cancer Day			
19	20	21	22	23	24	25
	World Day of Social Justice					
26	27	28	29			
			Rare Disease Day			

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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# March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				lrish Travellers Ethnicity Day Dementia Day (Denim Day)		World Hearing Day
4	5	6	7	8	9	10
World Obesity Day International HPV Awareness Day Scoot to School Week Starts		World Lymphoderna Awareness Day	World Book Day	International Women's Day Scoot to School Week Ends		Mother's Day
11	12	13	14	15	16	17
			World Kidney Day	World Sleep Day		St Patrick's Day - Bank Holiday
18	19	20	21	22	23	24
		International Day of Happiness World Oral Health Day	World Down Syndrome Day International day for the elimination of Racial Discrimination	World Water Day		World TB Day
25	26	27	28	29	30	31
				Good Friday	World Bipolar Day	Easter Sunday International Transgender Day of Visibility

# Minding Your Body

Forming new habits and relearning 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?

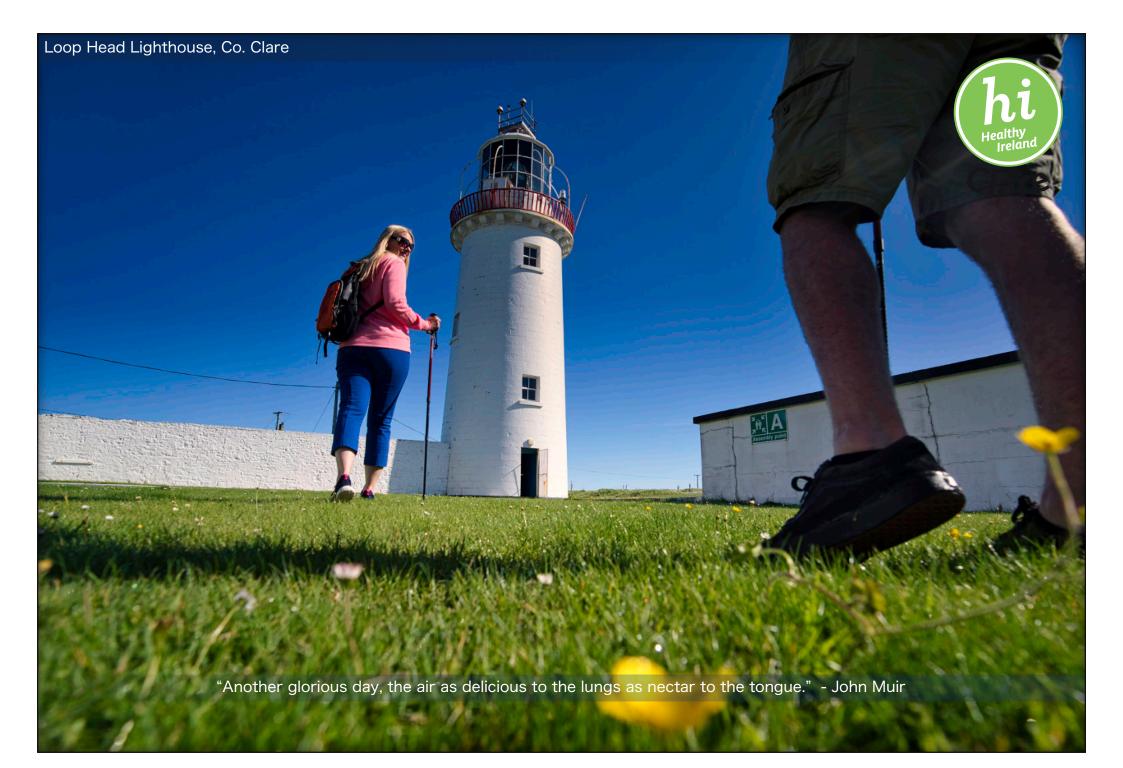
The **HSE's Quit** Programme can help you stop smoking for good. The programme includes a plan to help you give up and individual support along the way.

#### www2.hse.ie/quit-smoking





Marchathon Step Challenge (Mar 1 - 31<sup>st</sup>) | Endometriosis Awareness Month (Mar 1 - 31<sup>st</sup>) | Brain Awareness Week (Mar 13 - 19th) | European Action Week against Racism (Mar 17 - 25th)



April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Stress Awareness Month Easter Monday - Bank Holiday Adolescent and Young Adult AYA Cancer Awareness Week Starts	World Autism Awareness Day					Adolescent and Young Adult AYA Cancer Awareness Week Ends World Health Day
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
22	20	<u>2</u> 4	20	20	21	20
		World Immunisation Week Starts				World Day for Safety & Health at Work Clare Garden Festival
29	30					
	World Immunisation Week ends					

# 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
		EU Diversity Month SunSmart Skin Cancer Prevention Month		National Workplace and Wellbeing Day		World Hand Hygiene Day
6	7	8	9	10	11	12
May Day - Bank Holiday	World Asthma Day	World Ovarian Cancer Day		World Lupus Day	Darkness into Light	World Fibromyalgia Day International Nurses Day
13	14	15	16	17	18	19
				World Hypertension Day International Day against Homophobia, Biphobia and Transphobia		World IBD Day
20	21	22	23	24	25	26
National Volunteering Week Starts	World Day for Cultural Diversity for Dialogue & Development					National Volunteering week end
27	28	29	30	31		
		World Health Digestive Day	World Multiple Sclerosis Day	World No Tobacco Day		

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# **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.





**Healthy Clare** 

No Mow May (May 1 - 31) | EU Diversity Month (May 1 - 31) | SunSmart Skin Cancer Prevention Month (May 1 - 31) | Brain Tumour Awareness Month (May 1 - 31) | Bealtaine Festival (May 1 - 31) | National Bike Week (May 11-19)





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25

26

UN International Day Against Drug Abuse and Illicit Trafficking

MONDAY

Hidradentis Sup Week Starts

Men's Health Awareness Week

Bank Holiday

10

Starts

17

24

3



28

29

30

Pride Month Ends

# 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 inperson and on-line for members. www.clarelibrary.ie

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

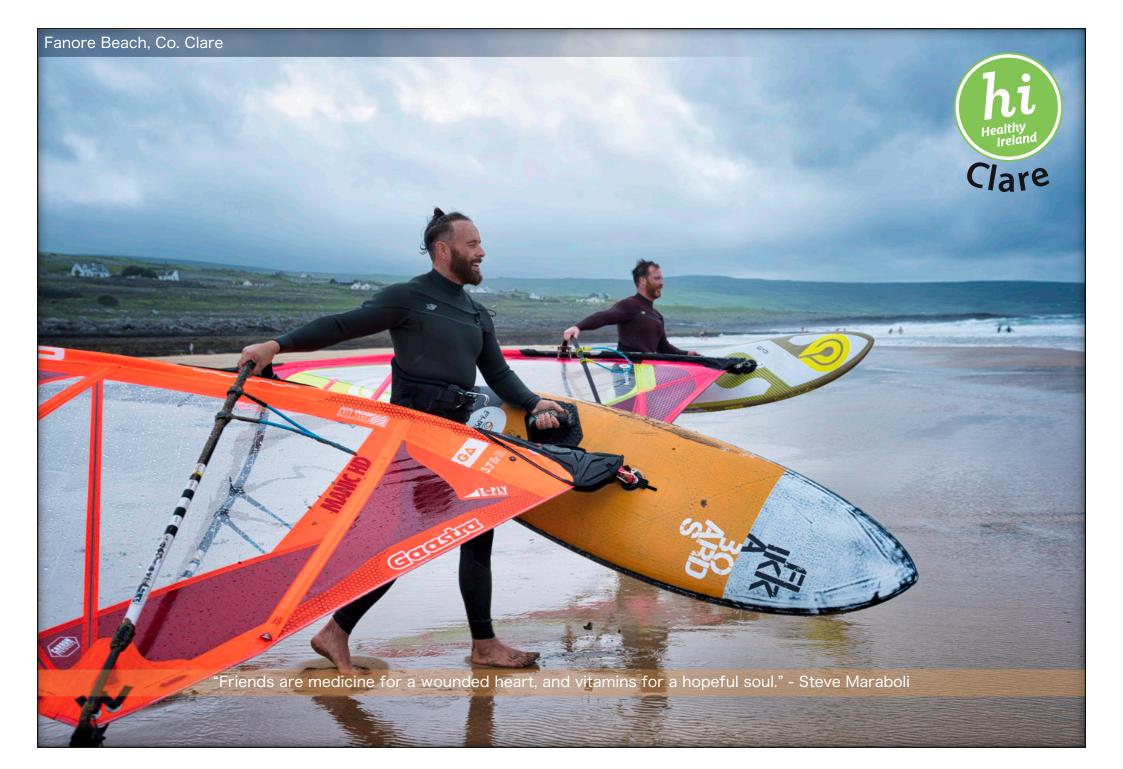




### **Healthy Clare**

Summer Stars Programme (June - August)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Sarcoma Awareness Month	National Diversity and Inclusion Day					
8	9	10	11	12	13	14
			UN World Population Day			
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		International Self Care Day				World Hepatitis Day
29	30	31				
	International Day of Friendship					

# Keeping Active

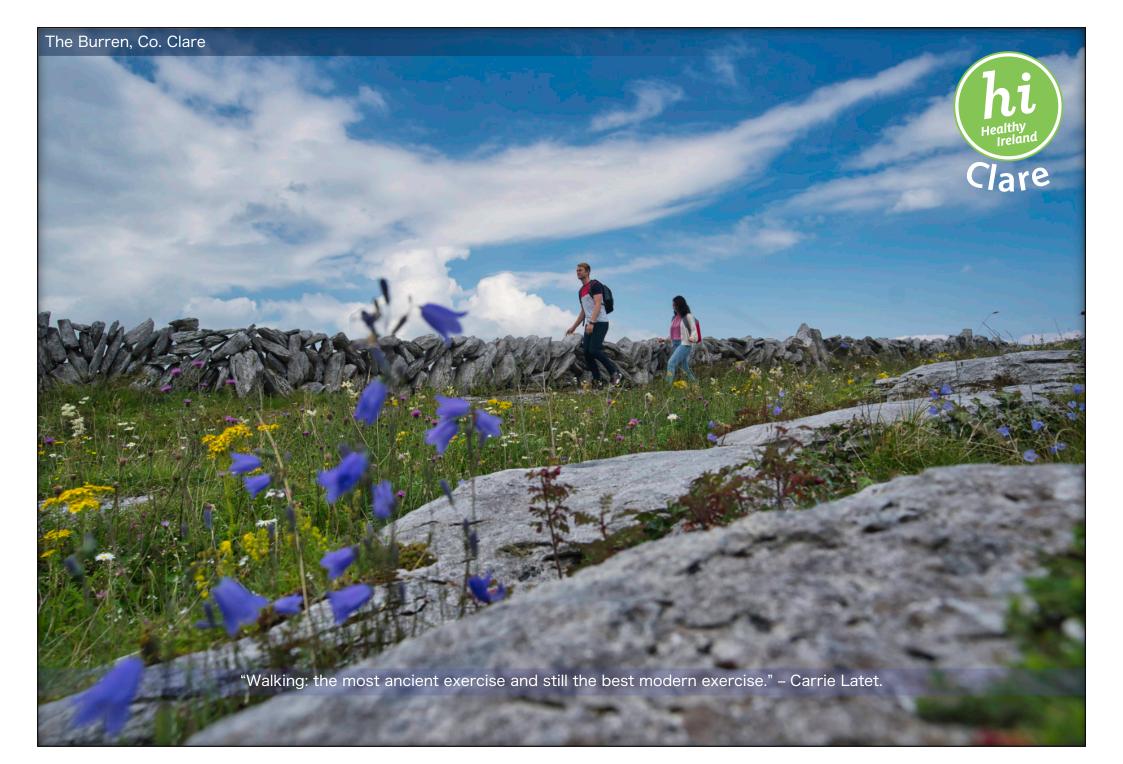
No matter how old, fit or busy you are, walking works. Aim for a pace that slightly raises your heartbeat and makes you breathe a little faster and feel a little warmer.

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

For inspiration visit; www.claresports.ie www.getirelandwalking.ie www.cyclingireland.ie www.parkrun.ie











# **Eating Well**

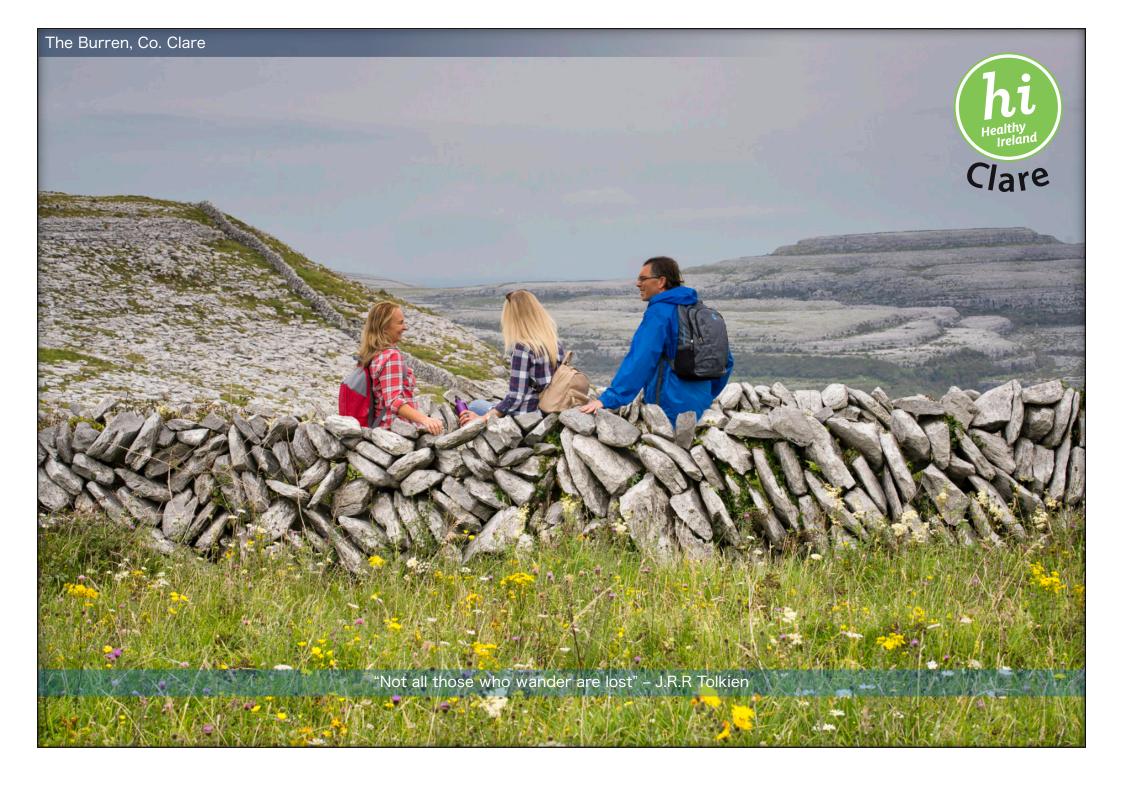
We all have busy lives, some of us are raising families, working full-time and there are many other competing responsibilities. Whatever your circumstances, getting tasty nutritious meals to the table quickly can be a daily challenge.

Batch cooking is a great way to get tasty nutritious meals on the table every day. www.safefood.net have some great tips on batch cooking





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			World Breastfeeding Week Starts			
5	6	7	8	9	10	11
Bank Holiday		World Breastfeeding Week Ends				
12	13	14	15	16	17	18
International Youth Day					National Heritage Week Starts	
19	20	21	22	23	24	25
World Humanitarian Day					National Heritage Week Ends	
26	27	28	29	30	31	
					International Overdose Awareness Day	
					1	



# September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
						See Change Green Campaign 1-30th
2	3	4	5	6	7	8
		World Sexual Health Day			World Duchenne Awareness Day	
9	10	11	12	13	14	15
International Fetal Alcohol Spectrum Disorders	World Suicide Prevention Day			World Sepsis Day		World Lymphoma Awareness Day
16	17	18	19	20	21	22
	World Patient Safety Day	Mouth Cancer Awareness Day		Culture Night	World Alzheimer's Day World International Peace Day	
23	24	25	26	27	28	29
International Day of Sign Languages						International Day of Awareness of Food Loss and Waste World Heart Day
30						
International Recovery Day National Walking Day Positive Ageing Week starts						

# 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









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# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	Intl. Day of Older Persons Alone National Breastfeeding Week Starts			World Smile Day	World Teachers Day	Positive Ageing Week ends
7	8	9	10	11	12	13
National Breastfeeding Week Ends	World Dyslexia Day		World Mental Health Day World Sight Day World Homeless Day	National Coming Out Day	World Hospice & Pallative Care Day	
14	15	16	17	18	19	20
		World Food Day		Development Language Delay Awareness Day World Menopause Day		World Osteoporosis Day
21	22	23	24	25	26	27
28	29	30	31			
Bank Holiday	World Stroke Day		Halloween			
			N. (1. (0. (4. 21)   D	Awareness Month (Oct 1-31)   Wal		

# 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.





**Healthy Clare** 

International Walk to School Month (Oct 1-31) | Healthy Literacy Month (Oct 1-31) | Breast Cancer Awareness Month (Oct 1-31) | Walktober Step Challenge (Oct 1-31) World Dyslexia Awareness Week (Oct 7-13) | Baby Loss Awareness Week (Oct 9-15)



# November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				Movember Prostrate Cancer Awareness Campaign	World Soul Day	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	World Pneumonia Day	World Kindness Day	World Diabetes Day			
18	19	20	21	22	23	24
European Antibiotic Awareness Day	International Men's Health Day	Universal Children's Day World COPD Day				
25	26	27	28	29	30	
International Day of Elimination of Violence against Women			Awareness Week on Alcohol Harm Starts		Movember Prostrate Cancer Awareness Campaign Ends	

# 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







# December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
						World Aids Day
2	3	4	5	6	7	8
	International Day of Persons with Disabilities		International Volunteer Day			
9	10	11	12	13	14	15
	International Human Rights Day					
16	17	18	19	20	21	22
		International Migrants Day		International Human Solidarity Day	Longest Night of the Year	
23	24	25	26	27	28	29
	Christmas Eve	Christmas Day - Bank Holiday	St. Stephen's Day - Bank Holiday			
30	31					
	New Years Eve					

# 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/





### **Promotion & Prevention Services**

## **Supports & Services**

Wenta	пеани
YourMentalHealth.ie W: www.yourmentalhealth.ie P: 1800 111 888	<b>Samaritans</b> P: 116 123 W: www.Samaritans.ie E: joe@samaritans.ie
Heads Up Clare W: www.headsupclare.ie P: 065 123 456	Pieta House – Suicidal Distress /Self Harm W: www.pieta.ie P: 1800 247 247
Mental Health Ireland	

Montal Haalth

Text About It Text 50808

## **Sexual Health**

Sexual Wellbeing W: www.sexualwellbeing.ie

W: www.mentalhealthireland.ie P: 01 284 1166

> **GOSHH** W: www.goshh.ie

P: 061 314 354

#### Healthy Ireland - Menopause Campaign

W: www.gov.ie/en/campaigns/menopause/

Sexual Health Services W: www.hse.ie/eng/health/hl/yoursexualhealth/ P: 1800 700 700

#### Free Home STI Kits

W: www.sexualwellbeing.ie/sexual-health/sexuallytransmitted-infections/sti-testing/home-sti-test/

## **Drugs & Alcohol Related Harm**

HSE Ask About Alcohol Tel : 1800 459 459 Email Support : helpline@hse.ie Mid-West Regional Drugs & Alcohol Forum www.mwrdtf.ie/supports/

### **Promotion & Prevention Services**

### **Supports & Services**

### **Tobacco & Vape Free**

#### **Quit Mid West - HSE Smoking Cessation Team**

P: 065 686 5841 E: quit.Midwest@hse.ie

### **Healthy Eating**

Safefoods www.safefood.net P: 0818 404 567 Bodywhys (Eating Disorders Associations of Ireland) W: www.bodywhys.ie E: alex@bodywhys.ie P: 01 210 7906

#### Healthy Ireland Healthy Weight Campaign

W: www.gov.ie/en/campaigns/healthy-ireland

### **Physical Activity**

#### **Clare Sports Partnership**

W: www.claresport.ie P: 065 686 5434

Active Ennis

W: www.activeennis.ie P: 065 682 1604

Active Kilrush W: ww.activekilrush.ie P: 065 682 1604

#### **Clare Get Sidetracked Walks**

W: www.clare-getsidetracked.ie/walks/ P: 065 686 6800 FitLine

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

Institute of Public Health

W: www.publichealth.ie P: 028 906 48494

#### **Sport Ireland**

W: www.sportireland.ie P: 01 860 8800



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



Contact us: healthyclare@clarecoco.ie