

Healthy Clare Calendar



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



An Roinn Sláinte
Department of Health



Clár Éire Iddánach
Creative Ireland
Programme
2017-2022



@HealthyClareIRL

@healthy_clare

@healthyclareireland

Lahinch, County Clare



“You have to know the past to understand the present” – Carol Sagan

January

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

Operation Transformation | Ireland Lights Up | Lung Cancer Awareness (Month) | Park Run

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



Healthy Clare

Whitegate, Co. Clare



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

February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

Operation Transformation | Ireland Lights Up | Eating Disorder Awareness Week 26th Feb - 3rd March

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.



Healthy Clare

Kilkee, Co.Clare



"Dance with the waves, move with the sea, let the rhythm of the water set your soul free." – Christy Ann Martine

March

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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

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

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



Healthy Clare

Loop Head Lighthouse, Co. Clare



“Another glorious day, the air as delicious to the lungs as nectar to the tongue.” - John Muir

April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Stress Awareness Month Easter Monday - Bank Holiday Adolescent and Young Adult AYA Cancer Awareness Week Starts	2 World Autism Awareness Day	3	4	5	6	7 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 World Immunisation Week Starts	25	26	27	28 World Day for Safety & Health at Work Clare Garden Festival
29	30 World Immunisation Week ends					

National Spring Clean Programme (April 1 – 30) | Testicular/Oesophageal Cancer Awareness Month (Apr 1 - 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



Healthy Clare

Bunratty Castle, Co. Clare



Clare

"The best part of memories is making them" - Meik Wiking

May



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

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)

Spanish Point, Co. Clare



“Every grain of sand is a story of a family being together”

June



MONDAY

TUESDAY

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FRIDAY

SATURDAY

SUNDAY

					1 Pride Month Starts	2
3 Hidradentis Sup Week Starts Bank Holiday	4	5 World Environment Day	6	7 Hidradentis Sup Week Ends	8	9
10 Men's Health Awareness Week Starts	11	12	13	14 World Blood Donor Day	15 Irish Aids Day World Elder Abuse Awareness Day	16 Fathers Day World Kidney Cancer Day Men's Health Awareness Week Ends
17	18	19	20 UN World Refugee Day	21 Un International Day of Yoga Shortest Night of the Year	22	23
24	25	26 UN International Day Against Drug Abuse and Illicit Trafficking	27	28	29	30 Pride Month Ends

Summer Stars Programme (June - August)

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

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



Healthy Clare

Fanore Beach, Co. Clare



"Friends are medicine for a wounded heart, and vitamins for a hopeful soul." - Steve Maraboli

July



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

www.getirelandwalking.ie

www.cyclingireland.ie

www.parkrun.ie



Healthy Clare

The Burren, Co. Clare



“Walking: the most ancient exercise and still the best modern exercise.” – Carrie Latet.

August



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

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



Healthy Clare



"Not all those who wander are lost" – J.R.R Tolkien

September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						1 See Change Green Campaign 1-30th
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	15 World Lymphoma Awareness Day
16	17 World Patient Safety Day	18 Mouth Cancer Awareness Day	19	20 Culture Night	21 World Alzheimer's Day World International Peace Day	22
23 International Day of Sign Languages	24	25	26	27	28	29 International Day of Awareness of Food Loss and Waste World Heart Day
30 International Recovery Day National Walking Day Positive Ageing Week starts						

Heart Month (Sept 1-30) | Childhood Cancer Awareness Month (Sept 1-30) | Blood Cancer Awareness Month (Sept 1-30)

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



Healthy Clare

Mullaghmore, Co. Clare



“So much joy can be found in slowing down” – Emily Ley

October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	1 Intl. Day of Older Persons Alone National Breastfeeding Week Starts	2	3	4 World Smile Day	5 World Teachers Day	6 Positive Ageing Week ends
7 National Breastfeeding Week Ends	8 World Dyslexia Day	9	10 World Mental Health Day World Sight Day World Homeless Day	11 National Coming Out Day	12 World Hospice & Palliative Care Day	13
14	15	16 World Food Day	17	18 Development Language Delay Awareness Day World Menopause Day	19	20 World Osteoporosis Day
21	22	23	24	25	26	27
28 Bank Holiday	29 World Stroke Day	30	31 Halloween			

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)

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

Carron, Co. Clare



Clare



"Home is where the herd is"

November

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

Global Lung Cancer Awareness Month (Nov 1-30) | Bereaved Children's Awareness Week (Nov 18-24) | Clare Reads

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



Healthy Clare

Shannon Aviation Museum, Co. Clare



"If you have knowledge, let others light their candles in it" Margaret Fuller.

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 International Migrants Day	19	20 International Human Solidarity Day	21 Longest Night of the Year	22
23	24 Christmas Eve	25 Christmas Day - Bank Holiday	26 St. Stephen's Day - Bank Holiday	27	28	29
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/



Healthy Clare

Promotion & Prevention Services

Supports & Services

Mental Health

YourMentalHealth.ie

W: www.yourmentalhealth.ie

P: 1800 111 888

Heads Up Clare

W: www.headsupclare.ie

P: 065 123 456

Mental Health Ireland

W: www.mentalhealthireland.ie

P: 01 284 1166

Samaritans

P: 116 123

W: www.Samaritans.ie

E: joe@samaritans.ie

Pieta House – Suicidal Distress /Self Harm

W: www.pieta.ie

P: 1800 247 247

Text About It

Text 50808

Sexual Health

Sexual Wellbeing

W: www.sexualwellbeing.ie

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/sexually-transmitted-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.mwrtdf.ie/supports/

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

Healthy Ireland Healthy Weight Campaign

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

Bodywhys

(Eating Disorders Associations of Ireland)

W: www.bodywhys.ie
E: alex@bodywhys.ie
P: 01 210 7906

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: www.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



Clare



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



Contact us: healthyclare@clarecoco.ie