

# Healthy Clare Calendar





COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

Doras feasa fiafraí.

The door to wisdom is  
to ask questions.



Clare / An Clár

'Walking is good for the soul. A walk in the woods, through the park or along the shore, will lift even the darkest of moods' Fran Swainston.

## EANÁIR JANUARY



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
		1 New Year's Day - Bank Holiday	2	3	4 Nollaig na mBan First Fortnight Starts World Braille Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 International Day of Education	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

Check out [www.gov.ie/en/publication/16d3c-keeping-active/](http://www.gov.ie/en/publication/16d3c-keeping-active/) for tips and advice on how to get started.



Healthy Clare



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCILBreithnigh an abhainn  
sara dtéir ina cuilithe.Observe the river  
before you venture  
into its currents.

'If there is magic on this planet, it is contained in water.'

FEABHRA  
FEBRUARY

LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
					1	2
3 St Brigid's Day - Bank Holiday	4 World Cancer Day	5	6	7	8	9
10 International Epilepsy Day	11 Safer Internet Day	12 National No Smoking Day	13	14	15 International Childhood Cancer Day	16
17	18	19	20 World Day of Social Justice	21	22	23
24	25	26	27	28		
Rare Disease Day						

Switching  
Off & Being  
Creative

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

Creativity and learning can  
help us relax.

There are many ways of being  
creative in County Clare.

View the Healthy Clare  
Monthly Health and Wellbeing  
Newsletter for activities  
around the county; [https://  
www.clarecoco.ie/services/  
community/healthy-clare/  
newsletters/](https://www.clarecoco.ie/services/community/healthy-clare/newsletters/)  
Also check out Creative  
Communities;  
[www.creativeireland.gov.ie](http://www.creativeireland.gov.ie)



Healthy Clare





COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

Feileann spallaí  
do bhallaí chomh  
maith le clocha móra.

Small shards suit as  
well as big stones for  
building walls.



Clare / An Clár

'If you truly love nature, you will find beauty everywhere' Vincent Van Gogh.

## MÁRTA MARCH



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
					1	2
					Irish Travellers Ethnicity Day	
3	4	5	6	7	8	9
World Hearing Day	World Obesity Day International HPV Awareness Day	Ash Wednesday	World Book Day		International Women's Day	
10	11	12	13	14	15	16
			World Kidney Day	World Sleep Day		
17	18	19	20	21	22	23
St Patrick's Day - Bank Holiday			International Day of Happiness World Oral Health Day	World Down Syndrome Day International Day for the Elimination of Racial Discrimination	World Water Day	
24	25	26	27	28	29	30
World Tuberculosis Day						World Bipolar Day
31						

International Transgender  
Day of Visibility

World Lymphodema Awareness Week: 3rd to 7th of March: [www.cancer.ie](http://www.cancer.ie)  
Seachtain na Gaeilge: 1st to 17th March: [www.snag.ie](http://www.snag.ie)

## 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 Safefood Ireland for ideas on eating well which contains healthy budget friendly recipe ideas, including pancakes for Pancake Tuesday: [www.safefood.net](http://www.safefood.net)



Healthy Clare



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCILAithnítear  
cara i gcruatan.It is in hardship that a  
friend is recognised.

Clare / An Clár

'True friendship comes when the silence between two people is comfortable' David Tyson.

AIBREÁIN  
APRIL

LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
	1 Adolescent and Young Adult AYA	2 World Autism Awareness Day National Walking Day	3	4	5	6
7 World Health Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Clare Garden Festival
28 World Day for Safety & Health at Work	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 Mental Health Ireland, 5  
Ways to Wellbeing for ideas on  
Minding Your Mood;  
[www.mentalhealthireland.ie/  
five-ways-to-wellbeing](http://www.mentalhealthireland.ie/five-ways-to-wellbeing)



Healthy Clare



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCILDúiseacht le dúthracht  
le breacadh an lae.Wake with enthusiasm  
at the dawning of  
the day.

'Hope is not optimism, which expects things to turn out well, but something rooted in the conviction that there is good worth working for' Seamus Heaney.

## BEALTAINE MAY



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
		1	2		3	4
			National Workplace Wellbeing Day			
5 May Day - Bank Holiday World Hand Hygiene Day	6 World Asthma Day	7	8 World Ovarian Cancer Day	9	10 Darkness Into Light World Lupus Day	11 Mothers Day
12 World Fibromyalgia Day International Nurses Day	13	14	15	16	17 World Hypertension Day International Day Against Homophobia, Biphobia & Transphobia	18
19 World IBD Day	20	21 World Day for Cultural Diversity for Dialogue & Development	22	23 Pride Month	24	25
26	27	28	29 World Health Digestive Day	30 World Multiple Sclerosis Day	31 World No Tobacco Day	

## 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 with individual  
support along the way.

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



Healthy Clare





COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

Giorraíonn beirt bóthar.  
Two people shorten the road.



Clare / An Clár

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

# MEITHEAMH JUNE



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
						1
2  June - Bank Holiday	3	4	5  World Environment Day	6	7	8  World Children's Day
9	10	11	12	13	14  World Blood Donor Day	15  Father's Day World Elder Abuse Awareness Day
16	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						

## 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.clarelibraries.ie/events/](http://www.clarelibraries.ie/events/)

**Clare Arts Office** supports creative people, places and projects. Find out more on [www.clarearts.ie](http://www.clarearts.ie)



Healthy Clare





COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

Is mór é luach  
na foighne.

Patience is  
worth a lot.



Clare / An Clár

'Imagination is the playground of the mind, where dreams take flight.'

## IÚIL JULY



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
	1	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 <small>International Self Care Day</small>	25	26	27
28 <small>World Hepatitis Day</small>	29	30	31 <small>International Day of Friendship</small>			

## 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)



Healthy Clare



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCILIs maith an scáthán  
súil charad.A friend's eye is  
a good mirror.

'In every walk with nature, one receives far more than he seeks' John Muir.

LÚNASA  
AUGUSTLUA  
MONMÁI  
TUECÉA  
WEDDÉA  
THUAOI  
FRISAT  
SATDOM  
SUN

1

2

3

4

5

6

7

8

9

10

August  
- Bank Holiday

11

12

13

14

15

16

17

International  
Youth Day

18

19

20

21

22

23

24

World Humanitarian  
Day

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. Safefood have some great tips on batch cooking.

Check out: [www.safefood.net/how-to/batch-cooking](http://www.safefood.net/how-to/batch-cooking)



Healthy Clare





COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

Mol an óige agus  
tiocfaidh sí.

Praise youth and  
youth will respond.



Children see magic because they look for it' Christopher Moore.

## MEÁN FÓMHAIR SEPTEMBER



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
1	2	3	4 World Sexual Health Day	5	6	7 World Duchenne Awareness Day
8	9 International Foetal Alcohol Spectrum Disorders Day	10 World Suicide Prevention Day	11	12	13 World Sepsis Day	14
15 World Lymphoma Awareness Day	16	17	18	19 Culture Night	20	21 World Alzheimer's Day World International Day of Peace
22	23 International Day of Sign Languages	24	25	26	27	28
29 International Day of Awareness of Food Loss and Waste Day World Heart Day	30 International Recovery Day					

## 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.

<https://visitclare.ie/>



Healthy Clare



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCILNíl aon tinteán mar do  
thinteán féin.There's no place like  
home.

Clare / An Clár

'Sunsets are proof that no matter what happens, every day can end beautifully' Kristen Butler.

DEIREADH FÓMHAIR  
OCTOBER

LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
		1 International Day of Older Persons	2	3 World Smile Day	4	5 World Teachers Day
6	7	8 World Dyslexia Day	9	10 World Mental Health Day World Sight Day World Homeless Day	11 World Hospice & Palliative Care Day National Coming Out Day	12
13	14	15	16 World Food Day	17 Development Language Delay Awareness Day	18 World Menopause Day	19
20 World Osteoporosis Day	21	22	23	24	25	26
27 October - Bank Holiday	28	29 World Stroke Day	30	31 Halloween		

Keep  
Learning &  
Being  
CreativeHelps us to switch off and  
achieving something can  
make us feel good.Learning or developing new  
skills can also help improve  
our self-esteem and give us  
more confidence.Visit [www.creativeireland.gov.ie/en/](http://www.creativeireland.gov.ie/en/) for ways to keep  
learning and being creative.

Healthy Clare





COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

Tarraingíonn scéal  
scéal eile.

One story leads on  
to another.



Clare / An Clár

'I took a walk in the woods and came out taller than the trees' Henry David Thoreau.

## SAMHAIN NOVEMBER



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
					1 Movember Prostate Cancer Awareness Campaign	2
3	4	5	6	7	8	9
10	11	12 World Pneumonia Day	13 World Kindness Day	14 World Diabetes Day	15	16
17 World COPD Day	18 European Antibiotic Awareness Day	19 International Mens Health Day	20	21 World Pancreatic Cancer Day	22	23
24 International Day of Elimination of Violence Against Women	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/)



Healthy Clare



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCILNí neart go cur le  
chéile.There is no strength  
without unity.

'May this month bring you blessings, peace, love and abundance.'

## NOLLAIG DECEMBER



LUA MON	MÁI TUE	CÉA WED	DÉA THU	AOI FRI	SAT SAT	DOM SUN
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				



Clare County Council  
would like to wish you all  
a safe happy Christmas  
and peaceful 2026.

Emergency phone numbers for Christmas: Tel: 999 or 112

Shannon Doc Out of Hours:

Tel: 0818 123 500 Website: [www.shannondoc.ie](http://www.shannondoc.ie)

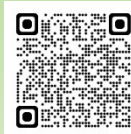
Samaritans

Tel: 116 123 Website: [www.Samaritans.ie](http://www.Samaritans.ie)

## 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



## Clare County Council 'Free Period Products' Campaign as part of the Dept. of Health Period Poverty Initiative.

We are delighted to continue rolling out 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. For more information about the campaign, please visit Clare County Council's Free Period Products Campaign | Clare County Council Community Engagement (clarecoco.ie)

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](https://yoursay.clarecoco.ie/free-period-products-campaign-2)



## 'Not Around Us' Campaign.

The aim of the 'Not Around Us' campaign is to work "Towards a Tobacco and Vape Free Clare".

The purpose of the 'Not Around Us' campaign is to:  
Help Protect children and young people from secondhand smoke  
Contribute to the Denormalisation of smoking for children and young people  
Reduce Environmental Nuisance, the cost of cleaning and damage that discarded tobacco products create  
Signpost to the HSE Quit services  
Raise Awareness and Support amongst all stakeholders in Clare on tobacco/vape free Ireland and everyone playing a part in supporting it

If your organisation is interested in participating in the campaign, please link with me via email at [healthyclare@clarecoco.ie](mailto:healthyclare@clarecoco.ie) or mail it to:

Healthy Clare,  
Rural Development Department,  
Clare County Council,  
Áras Contae an Chláir,  
New Road, Ennis, Co. Clare  
V95 DXP2



For more details, visit: Not Around Us Campaign | Healthy Clare | Rural and Community Development | Services | Clare County Council (clarecoco.ie)

## Promotion & Prevention Services

## Supports & Services

### Healthy Eating

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

**HSE Healthy Eating guidelines & resources**  
W: [www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/](http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/)

**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

**Healthy Ireland Healthy Weight Campaign**  
W: [www.gov.ie/en/campaigns/healthy-ireland](http://www.gov.ie/en/campaigns/healthy-ireland)

**Institute of Nutrition and Dietetics (INDI)**  
**Food Fact Sheets:** [www.indi.ie/all-food-facts-and-fact-sheets.html](http://www.indi.ie/all-food-facts-and-fact-sheets.html)  
**Recipes:** [www.indi.ie/get-cooking-all-recipes.html](http://www.indi.ie/get-cooking-all-recipes.html)

### Mental Health

**YourMentalHealth.ie**  
W: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)  
P: 1800 111 888

**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)

**Heads Up Clare**  
W: [www.headsupclare.ie](http://www.headsupclare.ie)

**Grow Mental Health**  
W: [www.grow.ie](http://www.grow.ie)  
P: 0818 474474 / 086 1526966

**Pieta Suicidal Distress /Self Harm**  
W: [www.pieta.ie](http://www.pieta.ie) P: 1800 247 247

**Text About It** Text 50808

### Physical Activity

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

**Clare Get Sidetracked Walks**  
W: [www.clare-getsidetracked.ie/walks/](http://www.clare-getsidetracked.ie/walks/)  
P: 065 686 6800

**FitLine**  
W: [www.ageandopportunity.ie/active/fitline/](http://www.ageandopportunity.ie/active/fitline/)

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

**HSE Strength and conditioning videos for beginners and up:**  
<https://www.youtube.com/playlist?list=PLtgannkj2UG4NGmnp0maQdTzm-zdYeTd>

**Institute of Public Health**  
W: [www.publichealth.ie](http://www.publichealth.ie) P: 028 906 48494

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

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

### Tobacco & Vape Free

**Quit Mid West - HSE Smoking Cessation Team**  
P: 065 686 5841 E: [quit.Midwest@hse.ie](mailto:quit.Midwest@hse.ie)

**Quit.ie**  
W: [www2.hse.ie/living-well/quit-smoking/](http://www2.hse.ie/living-well/quit-smoking/)

### Drugs & Alcohol Related Harm

**HSE Ask About Alcohol**  
P: 1800 459 459 E: [helpline@hse.ie](mailto:helpline@hse.ie)  
**HSE Integrated Alcohol Service**  
P: 061 492016

**Mid-West Regional Drugs & Alcohol Forum**  
W: [www.mwrdtf.ie/supports/](http://www.mwrdtf.ie/supports/)

### Sexual Health

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

**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

**GOSHH**  
W: [www.goshh.ie](http://www.goshh.ie) P: 061 314 354

**Rape Crisis**  
W: [www.rapecrisis.ie](http://www.rapecrisis.ie) P: 1800 311 511

**Free Home STI Kits**  
W: [www.sexualwellbeing.ie/sexual-health/sexuallytransmitted-infections/sti-testing/home-sti-test/](http://www.sexualwellbeing.ie/sexual-health/sexuallytransmitted-infections/sti-testing/home-sti-test/)





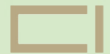
[www.clarecoco.ie/services/community/healthy-clare/](http://www.clarecoco.ie/services/community/healthy-clare/)



Rialtas na hÉireann  
Government of Ireland



Clár Éire Iddánach  
Creative Ireland  
Programme  
2017-2022



An Roinn Sláinte  
Department of Health



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



Connecting for Life



— SPORT IRELAND —