



Healthy  
**Clare**

A Chara,

I hope this email finds you well. We are emailing you today to let you know about some great events happening in County Clare over the next few weeks.

Clare Children & Young People's Services presents...

# Raising Boys

An online seminar with  
**Steve Biddulph**

8pm, Tuesday 9th February

Watch Steve's world famous talk - filmed before the virus arrived, with a live audience, it's like being in the front row! This life-changing seminar is unforgettably moving, funny and practical. Now, you can watch at home in this special event hosted by Clare CYPSC, and open to all parents, grandparents, teachers and carers.

Covering boys of ALL ages, topics include...

- Boys and emotions
- The importance of Dads
- What single Mums can do
- Testosterone!
- Navigating the 3 Stages of Boyhood
- Boys and housework
- And much, much more!

**STEVE BIDDULPH**  
**RAISING BOYS**  
IN THE TWENTIETH FIRST CENTURY

"Biddulph is electrifying"  
- UK Guardian

"Steve Biddulph is a Spellbinder"  
- Sixty Minutes

Steve Biddulph's books are in an incredible four million homes. A psychologist for over 30 years, he has become one of the world's best-loved parent educators.

**Tickets via trybooking..**  
€8 Household, €2 Concession  
<https://www.trybooking.co.uk/WQW>

Clare Children & Young People's Services proudly presents

# Raising Girls

An evening with  
**Steve Biddulph**

Online Screening!  
8pm, Tuesday 16th February

Watch Steve's world famous talk - filmed before the virus arrived, with a live audience, it's like being in the front row! COVERING GIRLS OF ALL AGES this talk will help you raise your daughters to be wise, warm and strong. You can watch at home in this special event hosted by Clare CYPSC Ireland and open to all.

Covering girls of ALL ages, Steve's talk will cover:

- Five stages of girlhood
- The importance of Dads
- Special role of Aunts
- How to help her avoid growing up too fast
- And much, much more!

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**RAISING GIRLS**  
IN THE TWENTIETH FIRST CENTURY

"Biddulph is electrifying"  
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Steve Biddulph's books are in an incredible four million homes. A psychologist for over 30 years, he has become one of the world's best-loved parent educators.

**Tickets through Trybooking**  
€8 household €4 concession  
<https://www.trybooking.co.uk/WQY>

## Clare Children and Young People Services Committee:

Our County Clare Children and Young People Services Committee (CYPSC) has been working with world renowned child psychologist Steve Biddulph for a number of years. Steve has influenced policy in Australia on boys in the education system and has published a number of bestselling books. Steve is running a series of online pre-recorded seminars, one called Raising Boys and one called Raising Girls. The Clare CYPSC is hosting his only Irish show and we have secured a discount (only €4) ticket for people living in Clare. The show is amazing and he covers all ages of boyhood and girlhood. engaging and Please see the details of times and dates on the posters attached.

Please see the links below to sign up:

➤ **Raising Boys:** Tuesday, 9<sup>th</sup> February 2021 at 8pm  
<https://www.trybooking.com/uk/events/landing?eid=15310&>

➤ **Raising Girls:** Tuesday, 16<sup>th</sup> February 2021 at 8pm  
<https://www.trybooking.com/uk/events/landing?eid=15312&>

## Clare County Library

### Online workshop on Healthy Meal Planning

with dietitian Gillian McConnell

11<sup>th</sup> of February 2021 at 11am

Free online event for people aged 18+.

Book your place by calling Kilrush Library on 065 9051504



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

KEEP WELL



Healthy  
Clare



Rialtas na hÉireann  
Government of Ireland



Healthy Ireland  
at your Library



### Clare County Library Nutrition workshop:

On Thursday the 11<sup>th</sup> of February at 11am, Clare Library will be facilitating the delivery of an **online workshop on Healthy Meal Planning** for all the family, with dietitian Gillian McConnell. This is a Free event for people throughout Co. Clare aged 18+. Booking is essential. In order to take part, participants will require remote access to Zoom. Please book your place by calling Kilrush Library on 065 9051504 during branch opening hours. A Healthy Ireland at your Library event.



### Operation Transformation Event:

#### Operation Transformation Virtual 5K February 18th-20th 2021

This year the Operation Transformation 5K, in association with Athletics Ireland, will be held virtually on

**Thursday, Friday and Saturday, the 18th 19th and 20th of February.**

Registration Link: <https://ot.rte.ie/events/the-operation-transformation-5k/>

You MUST register to take part in this event, and please ensure you adhere to the most recent **Government guidelines** at all times while taking part in this virtual event. We encourage you to share and circulate details of the virtual event.



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## A Book of Hope

Artist Ana Colomer is inviting older writers to submit a short story, letter or poem, (500 words maximum.) written to a child in their life for her new project **A Book of Hope**. It could be written to a grandchild, a nephew or niece, a friend's child, or even to themselves when they were little. It could be factual or fictional, but she would ask them to write about life as they knew it when they were children, and mention things such as toys, games and food that are not common anymore.

As it will be a book for children, submissions should be written in a child friendly tone.

A panel will select some of the pieces of writing which will then be compiled into **A Book of Hope** which she will edit and illustrate. Clare County Library has kindly agreed to display all the submissions received.

Ana hopes that the project will benefit two different groups - the older group of writers, and the younger group of readers.

Please submit all pieces of writing to [artwithana@gmail.com](mailto:artwithana@gmail.com) by the 10<sup>th</sup> of February 2021



*Online* Clare  
Garden  
Festival  
WEBINARS

Live on **Facebook**  
- hosted by Carmen Cronin



Clár na hOibríochtaí Pobail An tArdán an Chláir  
Clare Local Community Development  
Committee



government supporting communities

The Healthy Ireland Fund supported by the Department of Health and  
the Department of Children and Youth Affairs.

**KEEP WELL**  
IN YOUR COMMUNITY



Rialtas na hÉireann  
Government of Ireland

## Herbs & Mental Wellbeing

Thursday, 11<sup>th</sup> February @ 8pm

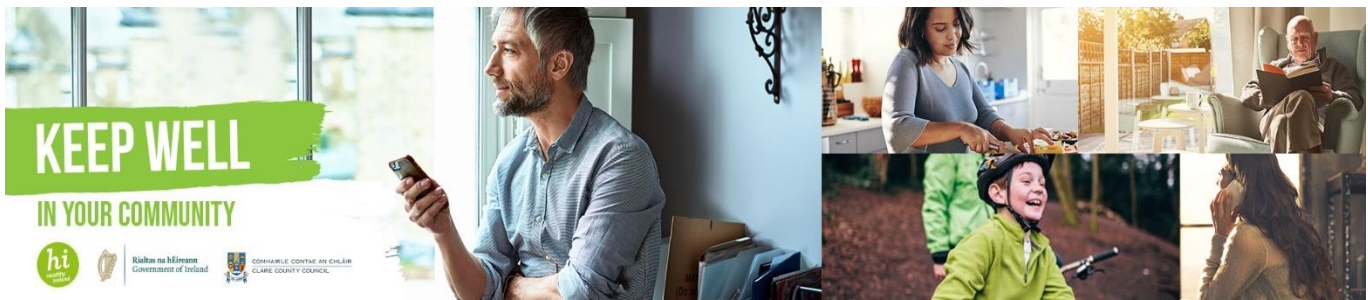


With Herbalist  
Vivienne Campbell

[theherbalhub.com](http://theherbalhub.com)

### The Clare Garden Festival Event: (Live on their Facebook Page)

The Clare Garden Festival is hosting a Webinar with Herbalist Vivienne Campbell around the theme Herbs & Mental Wellbeing. To register email [info@claregardenfestival.com](mailto:info@claregardenfestival.com). There will be NO set registration fees for the moment. Instead they ask that people Give-what-you-can here:



## County Clare's **Keepwell** Campaign

The 'Keep Well' campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will signpost to activities and resources that will help us keep well through the coming months.

The Keep Well campaign is focused on five main themes.

1. **Keeping active** - Keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.
2. **Staying connected** - Staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.
3. **Switching off and being creative** - Switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
4. **Eating well** by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.
5. **Minding your mood** - It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing and to keep ourselves well.