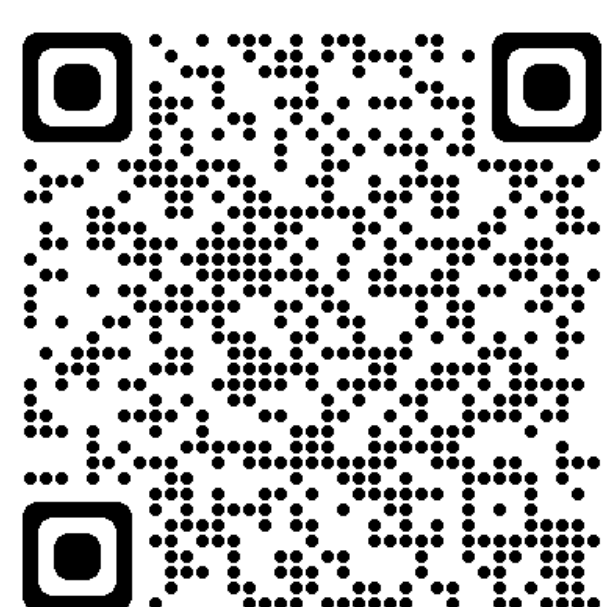


Healthy Clare Newsletter

November 2022



Clare



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



healthyclare@clarecoco.ie

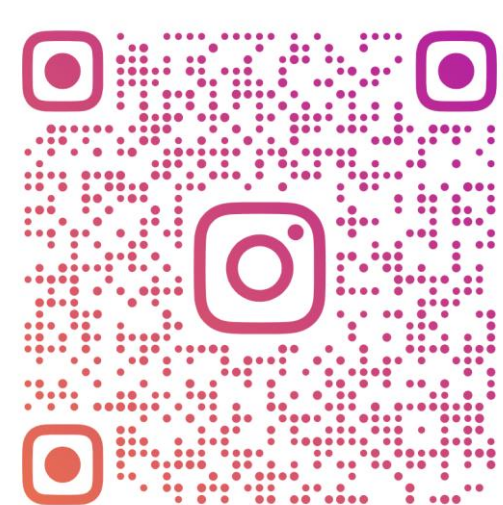
Follow us on Social Media



[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)



[@healthy_clare](https://twitter.com/healthy_clare)



HEALTHYCLAREIRELAND

[@healthyclareireland](https://www.instagram.com/healthyclareireland)

A Note from the Healthy Clare Team

The Healthy Clare team would like to acknowledge all the brilliant events hosted around the county during Mental Health Week 2022.

A special thanks to all our Mental Health Association workers and volunteers who organized week long events in their areas.



North Clare Mental Health Association Wellbeing Day

Lahinch



Ennis Mental Health Association Woodlands Walk

Lee's Road, Ennis



West Clare Mental Health Association Farm Well Event



yourmentalhealth.ie

Information | Support | Services

There are different types of support available for people with mental health difficulties. The HSE lists a range of supports on www2.hse.ie/mental-health/services-support/supports-services/ that are provided by agencies they support.

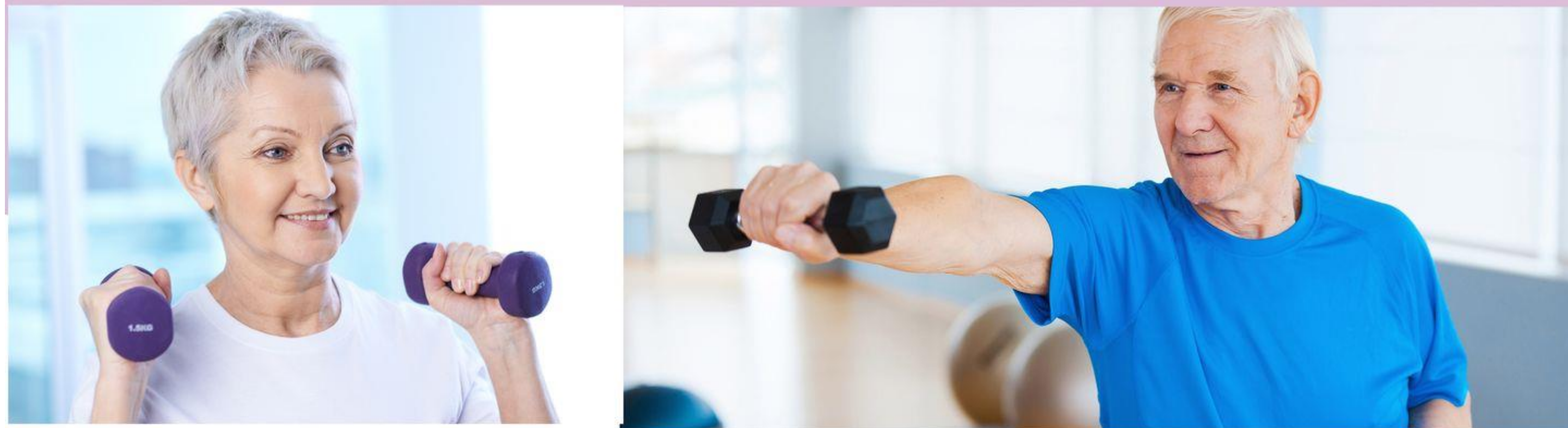
Please note that you can access most of the services without a referral.

For more information you can:

- [talk to a GP](#)
- call the HSE YourMentalHealth Information Line on [freephone 1800 111 888](tel:1800111888), any time

Physical Activity

STRONG & STEADY Active Ageing Exercise Class for Older Adults



Group exercise class incorporating muscular strength training, cardio, core strength, balance, flexibility & co-ordination.

Increase strength Improve bone density Improve Balance
Improve Co-ordination Improve joint mobility.

Functional movement for independent living.

Autumn 2022

Thursday 10 -11am Clarisford Park Killaloe

Tuesday 10-11am Clarisford Park Killaloe

Tuesday 12 -1pm Nenagh Leisure Centre

Wednesday 12-1pm Ogonnell Community Centre

4 consecutive weeks €35 or PAYG €10

Fiona Ward

Active Ageing Specialist

Postural Stability Instructor

FaME (Falls Management Exercise) Instructor

Cancer Exercise Specialist

Exercise for Osteoporosis Instructor

To Book Contact 086 224 0360

West Clare FRC Activities for the over 55's			
What's on in NOVEMBER			
BOOKING ESSENTIAL!			
Weekly Activities			
Day	Time	Activity	Venue
Mon		Well-being, Mindfulness & Meditation	Online & Kilrush Comm Centre
Tues	9.30 am & 11 am	Beginners Computers	Kilrush Comm Centre
	10 am	Yoga	Kilkee Comm Centre
	11.30 am	Sit Fit	Kilkee Comm Centre
	10.30 am	Mindfulness through Art	Kilrush Comm Centre
	12.30 pm	Bingo for fun	Kilrush Comm Centre
	2.30 pm	Cards	Kilrush Comm Centre
Wed	10 am & 11.30 am	Follow-on Computers	Kilrush Comm Centre
	10.30 am	Sit Fit	Kilrush Comm Centre
	12.15 pm	Go For Life exercise Games	Kilrush Comm Centre
	2.30 pm	Sit Fit	Online (via Zoom)
Thurs	10.30 am	Singalong	Kilrush Comm Centre
	10.30 am	Mindfulness through Art	Kilkee Elliott Centre
	12 noon	Chair Yoga	Kilrush Comm Centre
	11 am	Peninsula Social Club	Old Schoolhouse Querrin
Fri	11.30 am	Crochet Intergenerational project Starting 21st October	St Senan's National School

For more information, please contact

West Clare FRC on 065 905 2173 or groups@westclarefrc.ie

MINORITY SPORTS CLUB COMPETITION 2022

- Open to Minority Sports clubs in Clare
- This grant competition is to help a minority sports club to expand their club through recruitment and volunteer capacity
- Apply by 4 pm 4th November 2022
- Maximum amount €2,000
- Apply online on www.claresports.ie

One initiative will be selected

For more information contact Jess@claresports.ie

MEN WANTED

#Activeclare

Calling all Men - Particular over 35's

Want to start exercising?

Want to feel fitter and have more energy?

We are delivering a 6 week **FREE, MEN ONLY** physical activity programme in Kilrush

Join Clare Sports Partnership's six-week Men on the Move programme in K Fitt, Kilrush. A strength-based programme that runs twice weekly from 7.15pm until 8.15pm on Tuesdays and Thursdays.

A tutor throughout the programme will lead you.

You will receive information on your well-being and nutritional advice. Exercise in a social environment and with other men of similar ability"

Contact Pat Sexton for more information

pat@claresports.ie and 087 647 1671

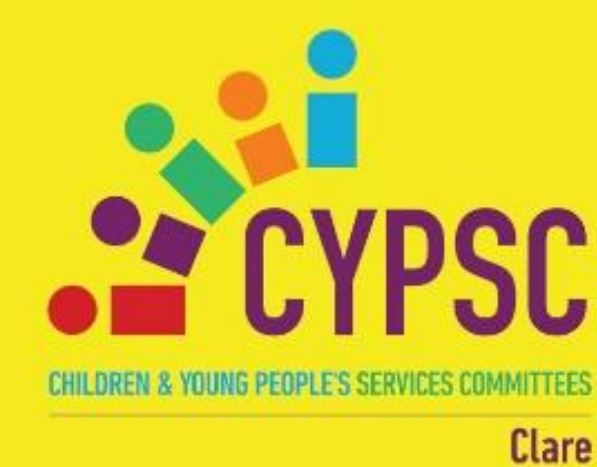
CycleConnects is a plan for new cycle network plans for 22 counties around Ireland and the consultation is open until Friday, 11th November 2022.

<https://consult.nationaltransport.ie/en/consultation/cycleconnects>

The network will help determine what projects will be funded by the National Transport Authority for years to come.

If you want to know more check out this recent webinar (<https://youtu.be/wb8HU-PciG4>) hosted by Engineers Ireland and featuring some of the people behind the project:

Mental Health



Proudly funded by



Need to
talk about
**MENTAL
HEALTH?**
or simply just need to TALK?



Find the service you need **close to you.**

The **Heads UP Clare** website provides the details of mental health services for the **ages of 12-24 years** in your area as well as other youth services and lets you hear about other young people's experiences.



**Help is closer than you
think, so HEADS UP!** For More Information
www.headsupclare.ie

You are not alone.

How can we help?

We want to connect **children & guardians** to the right mental health support in your county/area so you can make that first important step to reach out for support.

You can find:

- Counselling Services
- Online Guidance
- One 2 One Support
- Group Support
- Emergency Services

<https://headsupclare.ie/> is making vital connections happen for young people in Co. Clare.

Funded by Healthy Ireland Heads Up Clare is an initiative of Clare Cypsc and Clare Youth Services, it provides the facts about the mental health services in Clare as well as other youth services.



**West Clare Family
Resource Centre**



THE ALZHEIMER
SOCIETY of IRELAND

Do you live in **West Clare** and are interested in
making our **community Dementia inclusive?**

Dementia Awareness Information Sessions

with Dementia Adviser Fiona Staunton
Alzheimer Society of Ireland

Thursday, 3rd November from 2:30pm – 4pm – Kilrush Community Centre

For more information, please contact West Clare FRC on 065 905 2173 or groups@westclarefrc.ie

2022 International Dementia Conference **Fostering a Dementia Inclusive Ireland**

15th and 16th November 2022

Hybrid Event: In Person at Croke Park, and Online

50+ Dementia Experts from Around the World

Full catering each day

Exhibitor Suite and Information Stands

Networking Opportunities

Relaxation Room

In-Person and Online Attendance Available

Access to Recordings of All Presentations

Main Sponsor:



Academic
Partner:



Brought to you by:

**Engaging
Dementia**

Mental Health

Mental Health & Wellbeing Workshop

MANAGERS

This 3 Hour Online Workshop will explore:

- Perceptions of mental health
- Protective & risk factors
- Practical tips & supports
- Having conversations about mental health
- Enhancing mental health and wellbeing in the workplace

Cost per ticket:
€32.88

BOOK EARLY

See contact details below

Date: 23rd November 22



Check out Mental Health Ireland's brand new training open for individual signups, **"Mental Health & Wellbeing Workshop for Managers"** on the 23rd November at 10am. This training is open to the public and perfect for individuals or small businesses who can't meet the minimum attendee requirement of other trainings and tickets cost €32.88. Places are limited.

Please see link to the training below:

<https://www.eventbrite.ie/e/mental-health-ireland-mental-health-and-wellbeing-for-managers-workshop-tickets-429107260367>

Cook Well



WEST CLARE
Mental Health

Join Chef Simon Latham in The Lighthouse
a free 4 week introduction to Basic Cookery
skills

Time 11-1pm

November 4th Soup, Salad & Bread

November 11th Dinner & Fakeaway

November 18th Desserts

November 25th Christmas Day

Spaces are limited

Enquiries to 085 8559511

Email :westclaremha@mentalhealthireland.ie



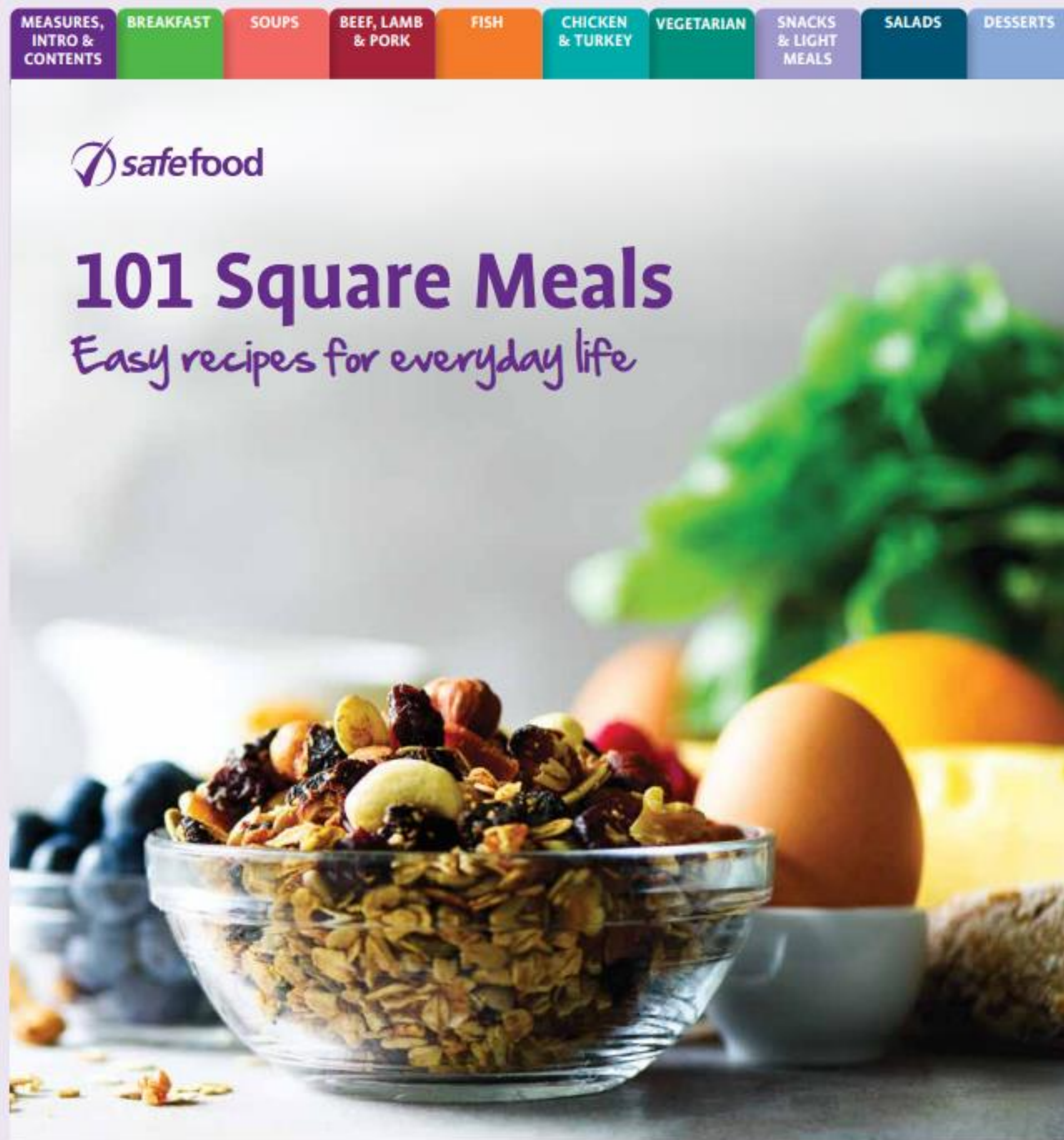
WORKPLACE WEBINAR:

Mental Health in a New Working World
The Only Tools You Need to Lead



Watch back on Mental health Ireland's Workplace Webinar <https://worldmentalhealthmonth-mhi.ie/get-involved/national-wmhm-webinar/>. With 3 amazing speakers all of whom are experts in the space of Workplace Wellness. To view their new 'Wellness Works' framework visit <https://online.flippingbook.com/view/866264810/>

Healthy Eating



The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. The 101 Square Meals recipe book is designed to take this into consideration and provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

Download the book on the following website www.safefood.net/getattachment/8b4e6574-e5c3-410b-8319-8a5a075ef13d/101-Square-Meals-2021-Update.pdf?lang=en-IE



We live in a world where making healthy decisions around food is really challenging. Limiting how much treat foods our children eat is particularly difficult. Now, about a fifth of the calories that children eat come from treat foods.

Treat foods are foods that are high in sugar, fat and salt. Crisps, biscuits, chocolate and sweets provide little in the way of nutrition so we should only eat them occasionally and in small amounts. When our kids fill up on treats, they don't have room for more nourishing foods.

An unhealthy diet will affect our children's health, from dental problems in the short-term, to serious health issues when they are older. Now is a good time to work on building habits that will benefit your children for a life time.

Visit the Safefoods website for tips to help you give treats in smaller amounts and less often. www.safefood.net/treats

Let's go **EASY** on the treats

Drugs, Alcohol and Smoking Supports

Do you want help to quit smoking or vaping?

Call 065 6865841 or email quit.midwest@hse.ie for FREE support to quit from one of our Stop Smoking Advisors



We Are Here To Help



QUIT

HSE Mid West
Community Healthcare



Quit Mid West is the HSE's stop smoking support service in the Mid West, and offers free support and advice for quitting smoking. You can meet your Stop Smoking Advisor at a face to face clinic, by tele-health or on the phone.

They offer weekly quitting support, advice on stop smoking medicines and carbon monoxide breath testing – all of which can triple your odds of quitting.

To book an appointment, or to find out more, please ring Linda on 065 6865841
www2.hse.ie/quit-smoking

HSE Drug and Alcohol Helpline
Freephone

1800 459 459
email
helpline@hse.ie

Opening hours are 9.30am to 5.30pm
Monday to Friday

DRUGS.ie
Drug and Alcohol Information and Support

ask
about
alcohol.ie

DRUG & ALCOHOL SERVICES IN THE MID-WEST

Support is available



Scan Me



MID WEST REGIONAL
DRUGS & ALCOHOL FORUM
Clare • Limerick • N Tipperary

CO-ORDINATING &
SUPPORTING A
REGIONAL RESPONSE
TO SUBSTANCE MISUSE

Visit www.mwrdf.ie/supports/ for a list of local supports and services in Co. Clare

Sexual Health



OVARIAN CANCER PATIENT DAY

Saturday 19th November, 2022

The Dean Hotel, Galway

From 10am - 3pm
Registration at 9.30am

An information day for Ovarian Cancer Patients, Survivors and their friends and families. An opportunity to hear from leading clinicians, therapists and researchers.
A chance to meet fellow patients.

Free of charge
Lunch will be provided
Patients are welcome to bring a guest

Register for the event online at www.ovacare.ie
or email info@ovacare.ie

We would like to take this opportunity to
thank our sponsors for their generous support.

www.ovacare.ie

#TalkAboutMenopause

Change in libido
Hot flushes
Night sweats
Insomnia
Low energy
Body shape & weight changes
Mood swings
Changes to periods
Anxiety
Brain fog

Rialtas na hÉireann
Government of Ireland

Women in menopause report experiencing up to seven symptoms at any given time.

The Department of Health has developed gov.ie/menopause, a one stop shop for information about menopause and menopause symptoms, advice on proactive management, how to support someone going through menopause and links to appropriate clinical expertise.

Free home STI test kits available

Order yours today on sexualwellbeing.ie

HE sexualwellbeing.ie

Free home STI testing is now available for anyone aged 17 and older living in the republic of Ireland.

For more information and to order a kit, visit: <https://bit.ly/3SLd7nA>

Emergency Contraception Pills (ECP) are widely available at pharmacies without prescription

sexualwellbeing.ie

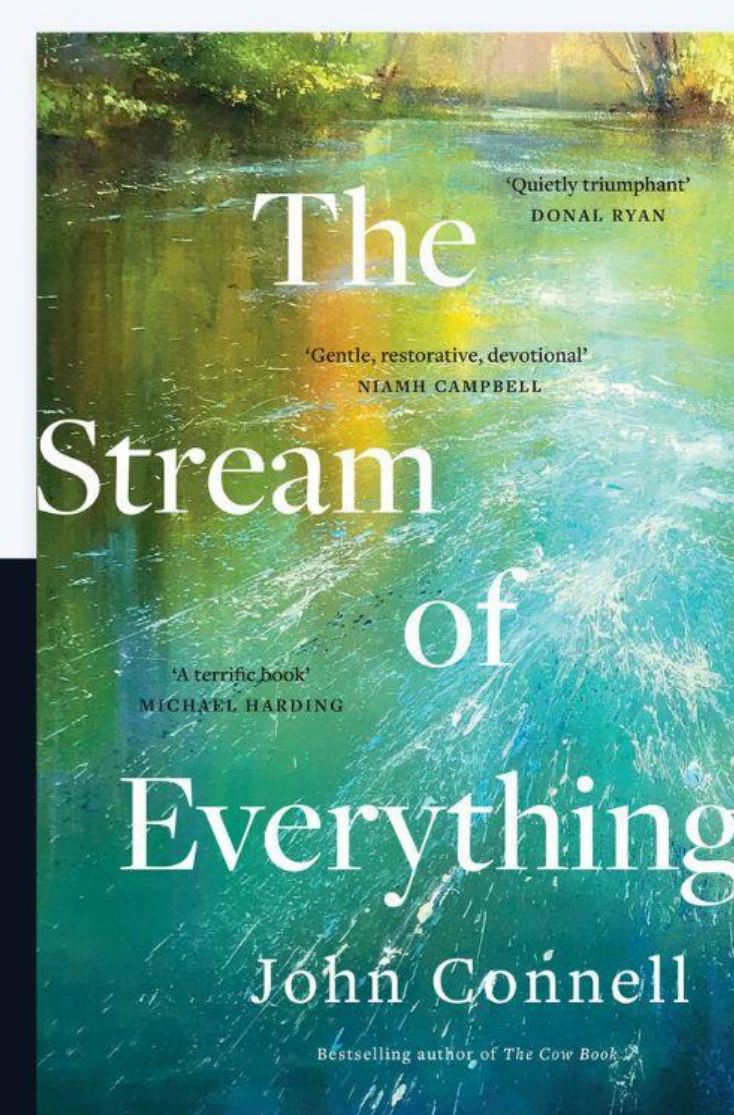
Did you know that free prescription and emergency contraception for women and people aged 17 to 25 are now available from your GP or pharmacy.

The new free short-acting, long-acting and emergency contraception service for women and people aged 17 to 25 will cover the full cost of:

- Prescription contraception including GP visits to discuss suitable options, and;
- Fitting and removing different types of long-acting reversible contraception.

Find out more at www.sexualwellbeing.ie - <https://bit.ly/3SNg5Yr>

Other



THE STREAM OF EVERYTHING JOHN CONNELL

Friday, 11th November at 7:30pm – Scariff Library

Author John Connell will be interviewed by Clare Native Jim O'Brien on his latest book, *The Stream of Everything*. For more information please contact (061) 922 893 or library_mailbox@clarecoco.ie



Tuesday
Chill Out - 4pm-6pm (14-16yrs)

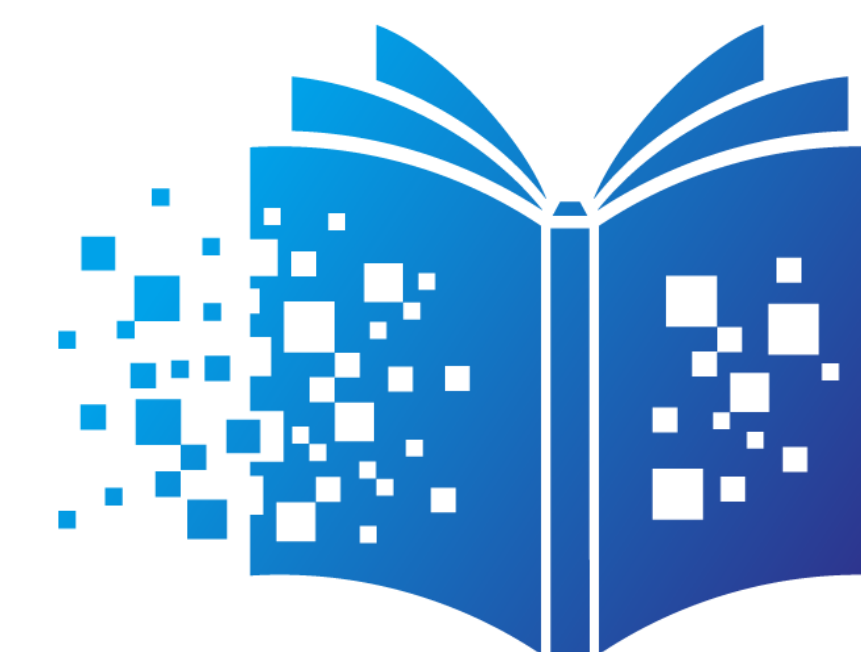
Friday
First Year Group - 3.30pm - 4.30
The Legends Group - 5pm-6.30pm - 14-15yrs
Friday Evening Cook 'n' Chat - 7pm-8.30pm - 16 - 17yrs

Saturday
Junction Youth Cafe - 3pm-6pm - 14-17yrs
Contact Helena on 0858047580 for more info



THE JUNCTION

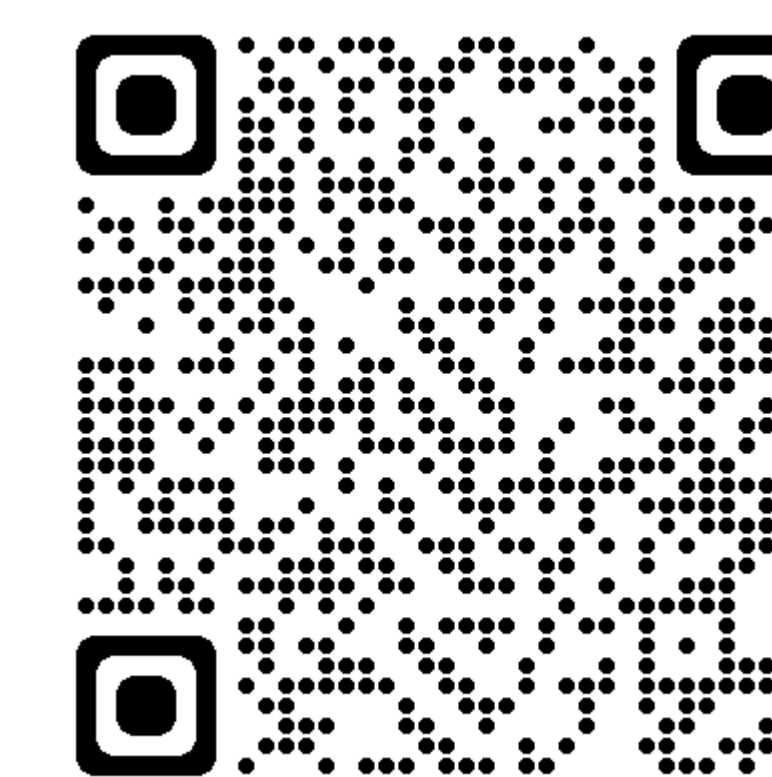
YOUTH AND COMMUNITY BUILDING



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

www.clarelibrary.ie



Scariff Library - 091-922893 | scariff_library@clarecoco.ie

- **Sparks Youth Film Festival - 1st Nov. - 5th November**

A selection of FREE film workshops over the mid-term break on sound FX recording, pixilation animation, stop motion animation and special effects filmmaking with a final screening event.

- **Junior Graphic Novel Club – 2nd Nov. at 4pm (1st Meeting)**

Junior Graphic Novel Club for children aged from 7 to 10 years. at the first meeting they will be reading *InvestiGATORS* by John Patrick Green.

- **Clare Reads 2022 Event – 11th Nov. at 7.30pm**

Join in this annual shared reading experience by borrowing a copy from your nearest library or from BorrowBox app.

Newmarket Library - 061 368411 | newmarket@clarelibrary.ie

- **Mid-term Storytime and craft Thursday, 3rd Nov. at 3.00pm**

Storytime followed by a craft session. Suitable for 3 to 6 year olds.

- **Baby and Toddler Stories & Play - 11th Nov. at 11am**

Baby and toddler storytime followed by a play session.

Kilkee Library - 065-9056034 | kilkee@clarelibrary.ie

- **Intro. to Online Library Services - 10th Nov - 2pm**

Discover how to access electronic library books and audio books; Download e-magazines; Access online language and e-learning courses; Renew library books online; Request books online, view loans, connect to online newspapers.

Kilrush Library - 065 9051504 | kilrush@clarelibrary.ie

- **Junior Book Club Meeting - 24th Nov. – 3.30pm**

Suitable for 9 – 12 year olds. This month we are reading 'The Swallow's Flight', by Hilary McKay.

- **Adult Fiction Book Club Meeting - 29th Nov. - 6pm**

This month they are reading *Pachinko* by Min Jin Lee.

Shannon Library – 061-364266 shannon@clarelibrary.ie

- **Children's Movie Screening – 4th Nov - 11am**

Clifford The Big Red Dog (PG)

- **Junior Book Club Meeting – 5th Nov. – 11:30am**

9-12 year olds. This month they're reading *The Creature Keeper* by Damaris Young.

- **In Branch Book Club Event – 8th Nov. - 7pm**

This month they're reading *The Girl with the Louding Voice* - Abi Daré.

- **Back for the Future STEM Escape Room - 16th Nov. 3.30pm**

BiOrbic, Ireland's National Bioeconomy Research Centre, brings you Back for the Future, an escape room type game.

The theme of the escape room is climate change and players save the planet by solving a variety of science puzzles, guided by an actor and advanced AI. Each game will last approx. 45 minutes and is for groups of 4-6 people. Participants should be approx. 12+ years and accompanied by at least one adult, ideal for family groups with older children.

Ennis Library - 065 682 4207 | devalera@clarelibrary.ie

- **First Friday Lunchtime Poetry - 4th Nov. – 1-2pm**

Happening on the first Friday of every month. This informal event invites you to read your own work; read poems by your favorite author or to come and listen.

- **Adult Book Club Meeting - 16th Nov. - 11am**

This month they are reading *The Boy Between: A Mother and Son's Journey From a World Gone Grey* by Amanda Prowse.