



Brothers of Charity Clare

love and respect for all towards a full and valued life

The Clare Connect

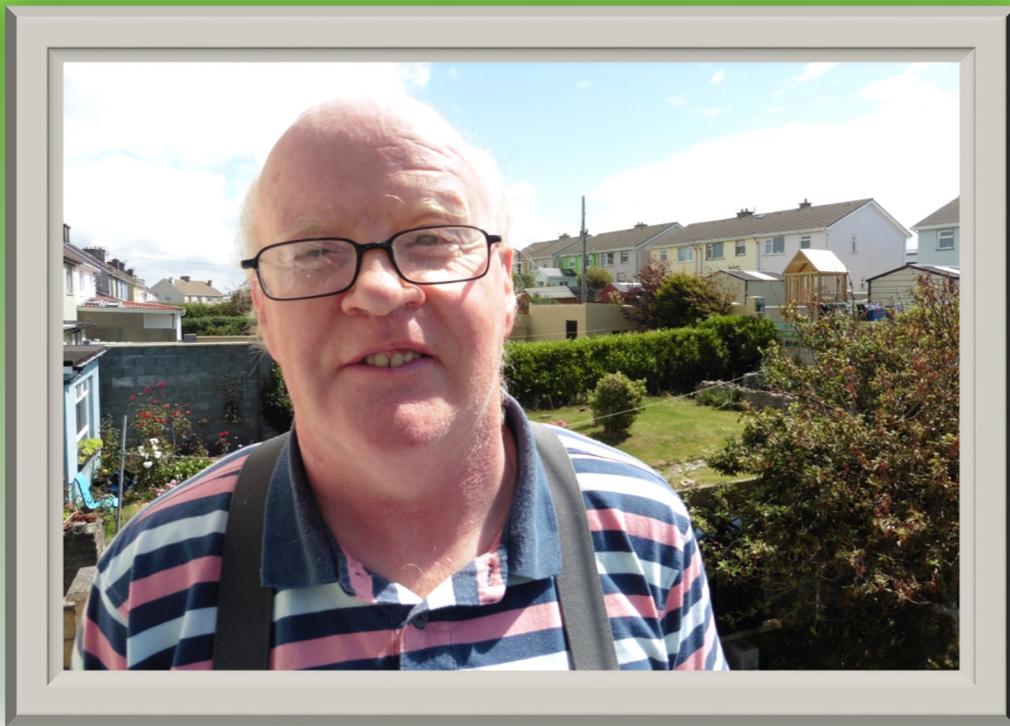
June 2020

The main themes of this Edition of the newsletter is to see what people have been up to over past few weeks and raise



awareness around Reduce, Reuse, Recycle

Brought to you by
the Clare Advocates



Hi my name is Donnie. I live in my own apartment in Cappa. Since the Day Services closed and the Government asked us all to stay at home as much as possible, we've had to spend long periods at home and we've only been able to get out short distances to get some fresh air and do some exercise.

Being at home this long has given many of us the chance to look more closely at how we live and take on activities that help us live healthier and in ways that are more friendly to the environment.

When we look around we see that we haven't been alone in this, our neighbours and our communities have also been playing their part.

In this newsletter we bring you many examples of what we have been doing to improve the way we live, as well as news from people who have been at home with their families. I hope you all enjoy this newsletter put together for you by the advocates in west Clare.

June
29

Phase 3



You can now travel anywhere within Ireland.



Hair salons, barbers, beauticians, hotels, hostels, caravan parks, galleries and museums can open. All remaining retail outlets can open.



Bars that serve food can open with table service only.



All sporting activity can start. Leisure centres, swimming pools. Gyms, yoga, Pilates, dance studios and sports clubs can open.



Theatres, music venues, cinemas, concert halls, indoor recreational venues, such as bowling alleys, bingo halls can open.



People can gather in groups of 50 indoors and 100 outdoors



Adult Disability Day Services and COVID-19 What's Happening? June 2020



More than 18000 people use day services in Ireland. Another 1200 school leavers will join in September.



Day services have been mostly closed since March because of COVID-19. Some services are supporting a few people, and some are staying in contact online.



The HSE has a group looking at a plan on how day services can be opened again.



The group has people from the HSE, services and people to represent people with disabilities.



The safety of people who use the service and staff is very important in this plan.

Public health rules mean less people can go to a service at any time just now.

Next Steps



We need to keep further apart to stop the spread of COVID-19. This will mean less people can attend the day service centre at any one time.



The HSE and day services will make sure the plan is safe for people using the service and staff. The plan will follow public health rules.



Your service provider will call you to talk about how best they can support you when the service starts back.



The HSE or service provider will contact people leaving school this year or their family. This is to plan for them joining a day service in September.



People who use services and staff will get training about COVID-19 and staying safe.



The HSE will have more details on when services will open and how the service will be delivered by the end of June.

Reduce Reuse Recycle



Reduce reuse recycle

To save the earth we play our part, be mindful, don't do it with half a heart.

There's plastic paper and tin, they all go in the recycling bin. Stick to your guns, and use things more than once... if we keep waste down as low as we can it would be an enriched fairer land. Pull as a team, keep our earth clean.

by Pauline Skehan



COMPOST



RECYCLE



Cardboard is to be left beside yellow bins. All recycling must be completely free of food!

LANDFILL



If in doubt, put in RED!

REUSE



Take these items to the Reuse Depot, located in the orange container next to the entrance of the dining room. The door is always open & slides up!

PROTECTING OUR PLANET STARTS WITH YOU



BIKE MORE DRIVE LESS



reduce REUSE recycle

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



PLANT A TREE



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.



-SHOP-WISELY

Buy less plastic and bring a reusable shopping bag.



Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



Long-lasting light bulbs - ARE A - BRIGHT IDEA

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



This lock down has shown me a different lifestyle; When the Country went in to lock-down due to the Coronavirus I moved full time into my home. I spent a lot of time in-home because of the restrictions and used this time to learn new things.



Claire hanging the clothes out to air dry instead of using dryer

Because shops weren't open, I started to recycle things around my home, I really enjoy painting. Claire

Old tyres that I painted and planted, and I found this roof tile that I also decorated!



Old football turned into a planter and stones with designer patterns!



During lockdown I recycled an old plastic bottle to make a bird feeder. This will help to feed my feathered friends in my garden through the winter months. I look forward seeing small birds feeding. I painted a sunset overlooking the sea, this reminds me of my local beach in Kilkee. I found seashells on the beach during my walks which I glued to the bottom of the bird feeder. Janet





Take a short 4 minute shower instead of a bath



Turn off the tap while brushing your teeth



Install a 'Save-a-Flush' device if you have a single flush toilet



Only run your washing machine and dishwasher with a full load



Fix dripping taps and leaking toilets



When boiling the kettle, only boil enough for your immediate use



Use a water butt to collect rainwater, which can be used to water your garden or wash your car



Turn the tap off when brushing teeth

I use a watering can to water plants instead of garden hose.
Colette



Less than 3% of the Earth's water supply is fresh water.

Of all the Earth's water, 97% is salt water found in oceans and seas

There are 3 forms of water: liquid (that we drink), solid (ice), and gas (vapour)

Reducing food waste starts at home



Mary prepares her shopping list, a clean, tidy fridge makes it easy to see

Teresa and Mary work together to get the shopping list Right!



Teresa and Mary are happy with their list



TERESA AND MARY WORK TOGETHER TO STOP FOOD WASTE, LETS JOIN THEM!!

KEEP FRIDGE CLEAN & TIDY, STORE FOOD CORRECTLY TO REDUCE FOOD WASTE

SUZANNE PREPARES HER LUNCH ON THE LAST DAY OF THE WEEK



SHE USES ALL THE LEFT OVER FOOD IN THE FRIDGE TO MAKE A LOVELY NUTRITIOUS LUNCH FOR HERSELF



THIS IS TO AVOID THROWING OUT GOOD FOOD AND NOT WASTING FOOD.



RECYCLE PLASTIC



Martin rinses the plastic



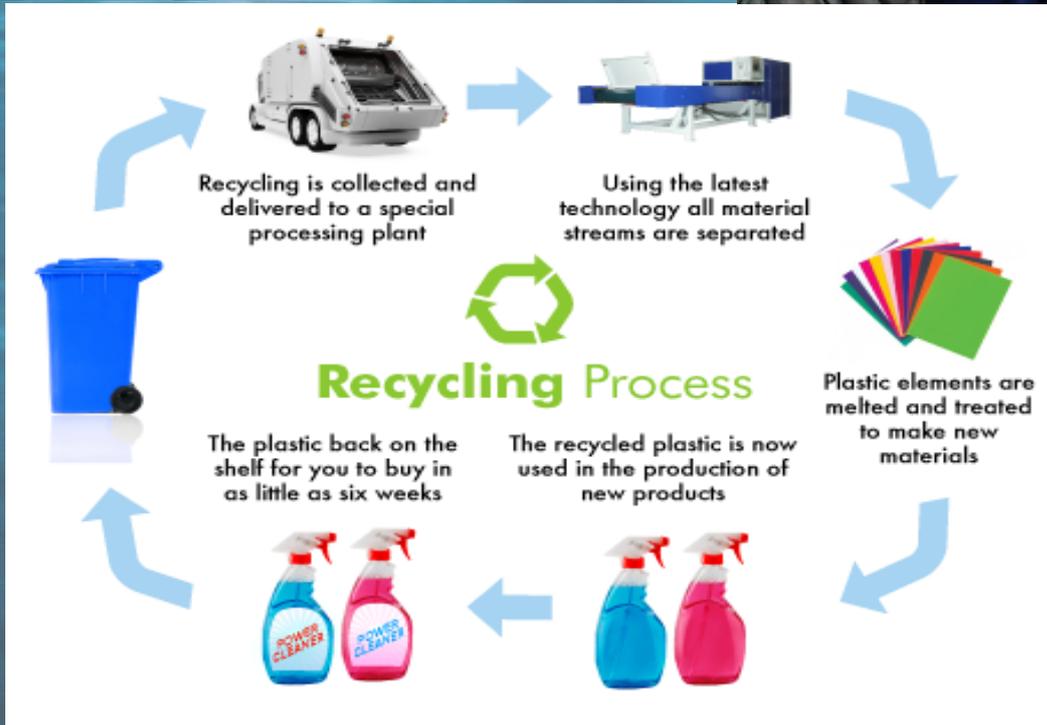
Martin separates the plastic



Martin recycles the plastic



Martin cleans his hands



Recycle Glass

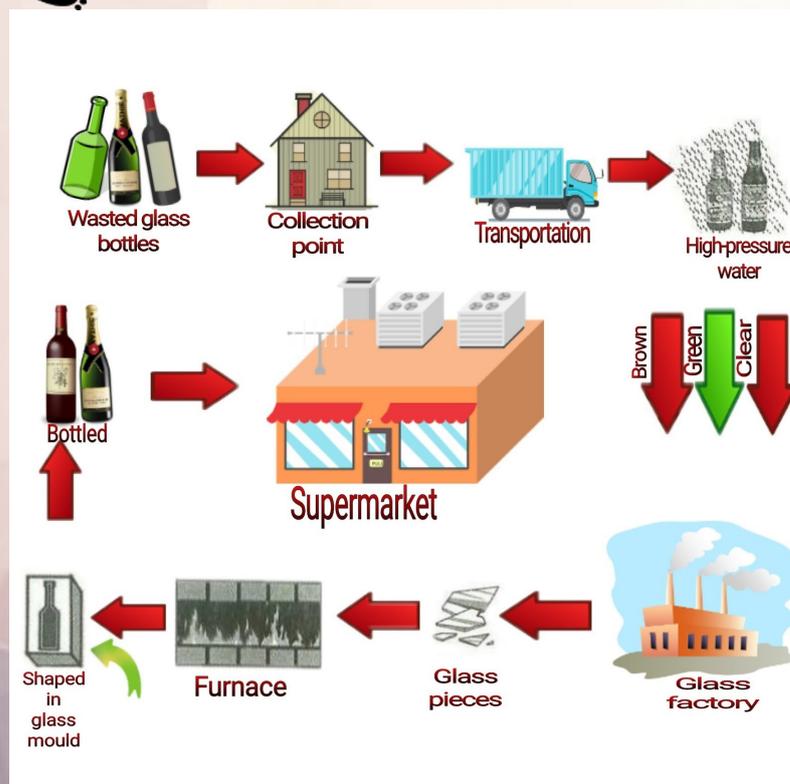


I BELIEVE IT IS VERY IMPORTANT TO RECYCLE ALL GLASS JARS THAT I USE AT HOME. I WASH THE GLASS JARS FIRST.

I AM VERY LUCKY TO LIVE CLOSE TO A BOTTLE BANK. ON MY DAILY WALKS WITH MY DOG I CAN WALK BY THE RECYCLING CENTRE AND CAN DO MY RECYCLING.



EILEEN



Grow your own food



Donnie grows his own tomatoes, courgettes, peppers, aubergines, strawberries and pumpkins in the polytunnel. Each day he keeps an eye on the vegetables, watering them and pulling up weeds.



Breda grows a variety of lettuce and tomatoes in her garden. With all the fine weather they have been able to have bbq's and started using the nice lettuce they've grown



BUYING SECONDHAND



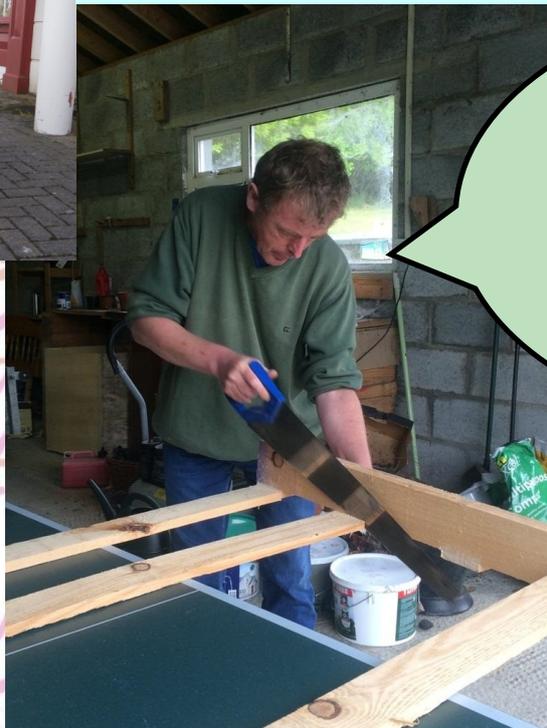
The reason why I go to the charity shops is to help the blind people and the animals by giving them some money, and because the clothes are nice and good value for money. The people there are lovely and genuine and I like to go into them. Shopping at the charity shop is good for the environment because clothes are being reused instead of being thrown away. I'm happy the charity second hand shop has reopened now.

Martha



John has not been able to work since the Covid 19 restrictions.

John and his colleagues, Brian, Derek and Kieran are supported to run their own business "Woodwebs" specializing in furniture upcycling, woodcraft and carpentry.



"I miss my friends. I miss my work. Go away virus. I cut old pallets for the fire but it's not the same."

DRIVE LESS, WALK MORE

Before the lockdown we all used the cars a lot, being at home during this time has given us a lot of time to get out and about walking, and given us the opportunity to explore our surroundings and local places.

We're saving money Larry will be delighted to hear and less than half the usual car fuel consumption has been used during the lockdown.

We now find ourselves walking more with the fine weather and enjoying our local environment. This has helped us get through this difficult time and improved our health also.

This has made us think more about using cars only when we really need to, this will also help the environment.

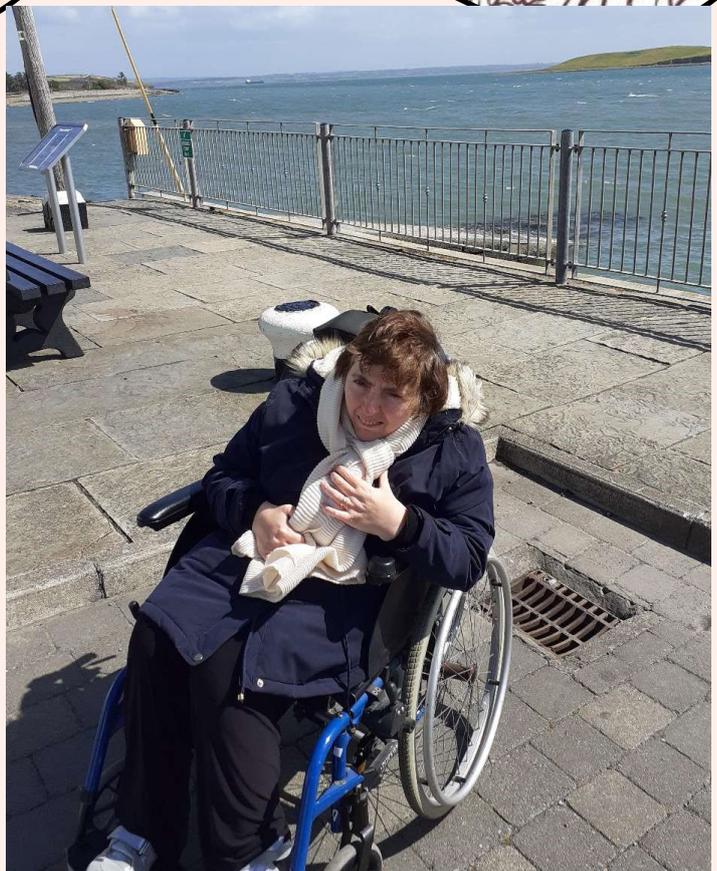


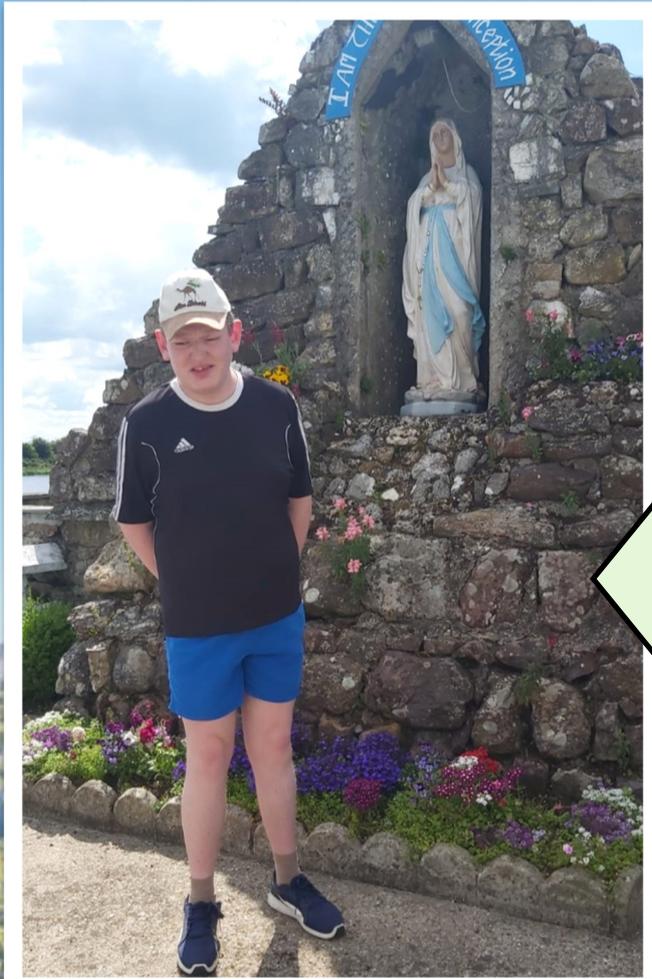
CATHAL ENJOYING A WALK IN THE WOODS

My name is Helen. With this Covid 19 it is extremely hard. I miss my family, but I keep in touch with them, also my friends. I miss my activities. I am also doing walk with me challenge on apps with few people from VT. We count our steps and take pictures of ourselves walking. It is great fun. We keep in touch. It is a tough time, it is also important to do meditation and listen to nice music, do some exercises, like walking and get some fresh air. I hope this helps everyone. keep spirits up, keep smiling,



Mary feels good after getting out for walks in Cappa and enjoys the fresh air and views





James visiting his local holy statue and enjoying some sunshine

Hi I'm Larry. I really enjoy going for walks throughout the week. The Marina where I walk regularly, was closed due to Covid 19 but has recently reopened so I can enjoy my walks there again and seeing the boats.



My Time During Lockdown Janet

Kilkee Beach

Kilkee is my local beach. Here I am taking a stroll along the horse-shoe shaped bay. Kilkee is a very popular tourist destination but due to the lockdown it has been very quiet.



St. Chaoi's well, Kilkee

The water has long been a curative for sore eyes, but you must follow the instructions that are given. Firstly, recite 5 Our Fathers, then 5 Hail Marys, 5 Glory-Be's and 9 rounds of the well while reciting the rosary. By then, all being well, your sore eyes should be better!



The Vandeaur Walled Gardens, Kilrush

Just across from the entrance to the Vandeaur Walled Garden are the Kilrush Woods. The forest area covers 160 hectares of woodland. During my time in lockdown I really enjoyed going for walks here and especially loved picking flowers for my home.



The Cliff Walk, Kilkee

The cliffs in Kilkee offer amazing views along the paved paths. The walks are peaceful and quiet; this time of year I find gorgeous sea pinks which only grow along the coast. I enjoyed picking these to bring home and place in my kitchen to brighten it up.



St. Martins Well, Querrin

St Martins well is visited most in November when rounds are walked in three circular footpaths, five rounds and a decade of the rosary for each round. I brought my own cup to have a refreshing cup of well water in between walking five rounds.



STEPS CHALLENGE

5 week Challenge

TeamWalk
with me

Goal to walk
10,000 steps
a day

Ennis VT are currently doing a 5 week steps challenge, both staff and learners are aiming each day is to get 10,000 steps done. They are on week 5 now and will be finished by the 28th of June. They have a group WhatsApp called Team Walk with me, each day they upload photos of steps and pictures from walks.



Holly Glover



Helen Nagle



Mary Hunt



AnnMarie O'Brien



Sylvia O'Doherty



Edel Hanrahan



Patrick Hannon

*Some of our favourite places
to go for a walk*



You don't have to go fast; you just have to go

The
Walking
Challenge 

What is the steps challenge?

The steps challenge is a five week walking challenge, to walk more. The aim is to get you walking and counting your steps daily. Steps can be accumulated in many ways. Take the stairs instead of the lift. Walk during your break and after work. Most of us walk between 3,000 to 5,000 steps a day. We challenge you to make up the extra steps so that you reach the goal of 10,000, which is the recommended number of steps for health benefits.

It might take longer for those who are inactive at present. You can break up the steps into ten minute walks at a time and still get the health benefits.

Steps to Health is for everyone, regardless of your fitness or ability levels. Aim to increase your step count on a daily basis. Remember, every step counts!



An update on what advocates from around the county have been doing from home !



Tomas Enjoying some woodwork - Making raised flower beds for Miltown Respite House recently.



Home is alright, but I am bored myself.

I am lonely. I want to go back to work because I like it. I miss my friends in The Brothers of Charity. I miss my friends in town. I miss the Respite House. That's closed now. I miss the staff. I miss my neighbours.

That's it! Fran

I've stayed at home all this time with my Mum and my sister Rita. I've been in my room a lot using my computer, making jigsaws, and knitting. I've also helped Rita around the house—making the beds and washing up.

I've spoken to some of my friends over the phone a few times.

This has been a hard time for me because I miss my friends so much. I also won't be able to go London this summer to visit my family.



I've been feeling a bit down. I can't wait for all this to be over."

Kathleen

My name is Edward and I'm at home since March 13th 2020 because of the virus. I miss my social hours on Thursday evenings and the bookshop in the morning. I also miss the fun and the company at the respite house and the centre. I miss the lads. I'm going back to work part time in SUPERVALU on Monday and Tuesday from 10am until 2pm starting on the 14-6-2020. I'm looking forward to returning to work because I'm nearly 3 months out of work and I haven't seen my workmates in a long time. I have only visited once in all that time.



Hi I'm Orla, I've been helping Dad with the farm, making bread and cooking with Mum, going for walks and using my computer. I've learnt how to use Zoom. I haven't seen my friends in a long time. It's felt at times kind of lonely. I would love to go back to my routine. If there was a way of getting back to reality, I'll be happier.



Sarah happy to receive her May edition of the Advocacy newsletter



I learned how to do lots of things independently around my home like doing my own laundry, cooking, housework and gardening while still going out for some local walks.



Since lockdown the weather has been really nice, we have been able to go for walks and have our meals out in the sunshine. Pauline has been to the shops during quieter times. We are looking to the future and hoping that a vaccination can be found for the virus.



I know that everyone has found it difficult during this time. I have not been able to hug my family and this I find very hard. I also don't see them that much but I am using WhatsApp's video call and this is helping.

I enjoyed making new dishes like Shepherd's Pie, Chicken Noodle Stir Fry and Banana Bread. Sylvia



Katie enjoying planting flowers & gardening



THE HEALTH BENEFITS OF GARDENING

<p>Stress Relief</p>  <p>Gardening can help reduce the level of stress hormone Cortisol</p>	<p>Immunity Booster</p>  <p>Direct exposure to dirt and plants can help boost your immune system</p>	<p>Work Out</p>  <p>3 hours of moderate gardening could equal a 1 hour gym session</p>
<p>Bacteria Friends</p>  <p>Soil contains a natural antidepressant that can make us happier</p>	<p>Green Diet</p>  <p>Those who grow veggies are more conscious about having a healthy diet</p>	<p>Brain Health</p>  <p>One study revealed that daily gardening can reduce risk of dementia by 30%</p>





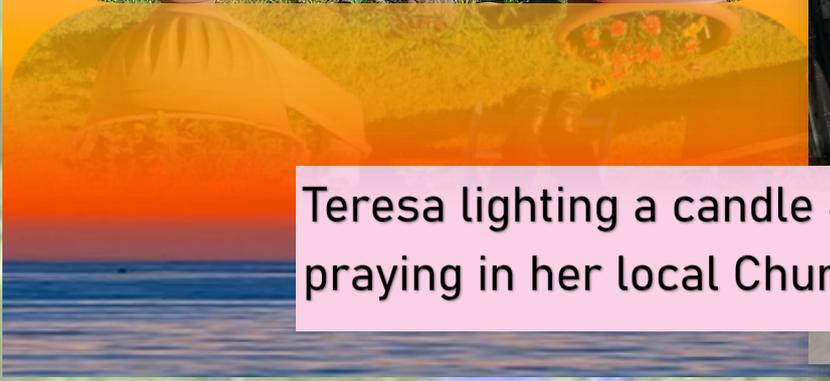
Sarah enjoying her Art and photos



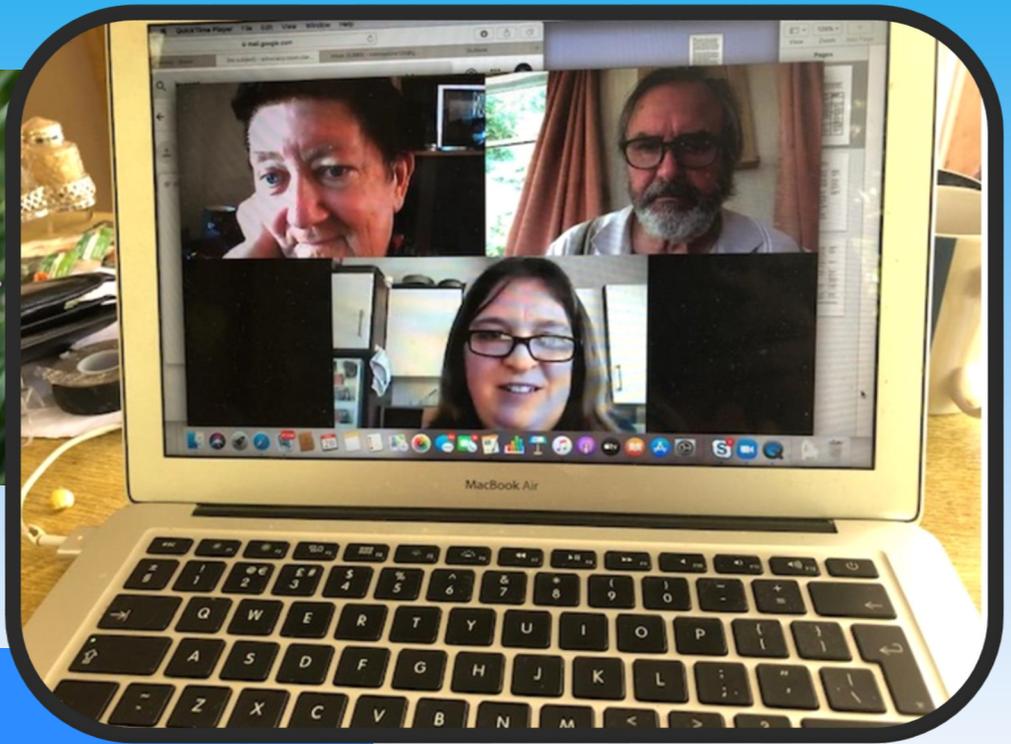
Shóna collecting pebbles for Arts & Crafts projects



Simon and Joe enjoying some music In the garden



Teresa lighting a candle & praying in her local Church



zoom

Pauline, Rob and Claire doing a Zoom call this has been a brilliant way to keep in contact and keeping in touch with everyone during the Covid 19.



My name is Patricia. It is very strange times since Covid 19. I have been getting up all hours, a big change from 8 o'clock. It is great that the restrictions have eased a bit now that I can see my sisters and brothers and nieces and nephew again. I have been reading some stories from my Kindle, been on my exercise bike, and watched a lot of T.V.



Many people have had the opportunity to use their technology skills over the last number of months to keep in contact with family through whats app calls, friends through zoom chats, advocacy groups and zoom meetings, online yoga (zoom), zoom choir sessions & watching mass in their local church with webcams.

