

KEEP WELL WATERFORD



KEEP ACTIVE

KEEP IN TOUCH

SWITCH OFF & BE CREATIVE

EAT WELL

MIND YOUR MOOD



Happy New Year to you and yours!

We are delighted to bring you our 'Keep Well' Publication, which we have compiled for the people of Waterford.

'Keep Well' 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 provide guidelines, information, and tips on how we can make a plan to do things that will help us keep well through the coming months . . .

WHAT'S IN HERE FOR YOU?

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- **Keep active** - keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing. Waterford Sports Partnership is here to help you get active & keep active!
- **Stay connected** - check-in on your neighbours; share your online skills by helping a relative, friend or neighbour to use technology to keep in touch; small acts of kindness go a long way, person-to-person connection is important to our wellbeing.
- **Switch off and be creative** - switching off and being creative, reading or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
- **Eat 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.
- **Mind your mood** - lots of things can affect our mood, taking time out to care for ourselves is really important. Getting a good night's sleep, having some designated time to relax, or practising some breathing or relaxation techniques can really help our mood.

Throughout this publication you will find tips on how you and your family can keep well over the coming months, things to do and places to explore in Waterford as well as a few competitions that you can enter too - Enjoy!



KEEP ACTIVE

We all need to Keep Active!

It's recommended that adults engage in 30 minutes of moderate physical activity five days a week and children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day in order to maintain a healthy lifestyle.

Throughout this publication you will find tips on how to get active and different activities that you can do on your own or with friends and family. Remember every little bit counts and you can start small, you might be surprised with the results and how much you enjoy being more active and the way it will make you feel!

Operation Transformation 2021

Operation Transformation returns to our screens in January 2021 for its 14th series. Due to COVID-19 this series of Operation Transformation will be slightly different, but every bit, if not more enjoyable, than previous series. Once again the series is encouraging the Irish public to get active and get healthy over the course of the 8-week show giving the nation the tools they need to get moving, lose weight and feel great.



Similar to other years, five team leaders from different parts of the country have been chosen to take part in the show. Viewers will be encouraged to follow a leader and join them on their fitness journey.



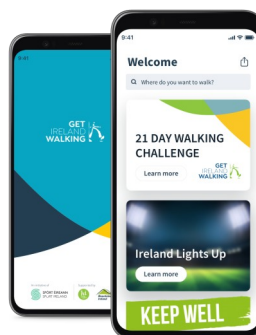
IRELAND LIGHTS UP & GET IRELAND WALKING APP

Get Ireland Walking are supporting the 'Ireland Lights Up' walking campaign which returns in January 2021, in partnership with the GAA and Operation Transformation. This year other sporting organisations will join the GAA to ensure that 'Ireland Lights Up' by turning on their floodlights during the 8-week broadcast of Operation Transformation 2021.

The new App will allow you to book your space to walk safely at a local registered club or venue. The app will regularly add clubs and venues near you on a daily basis; be sure to re-check if your local club has registered and then just sign up!



The app is available FREE for download NOW on the App Store and Google Play.



Come on Waterford, let's get active & keep active in 2021!

Follow Waterford Sports Partnership on Social Media



KEEP IN TOUCH - JOIN OUR MAILING LIST!

Would you like to find out more about our upcoming Programmes & Opportunities to Keep Active?

Simply drop us an email (Insert: 'Join Mailing List' in the Subject line)

to info@waterfordsportspartnership.ie

and we will keep you up to date with what's going on!



Exercise not only changes your body, it changes your mind, your attitude and your mood!

Some of the many benefits of being physically active include:

- Improved fitness
- Better mental & physical health
- More energy
- Feeling better

Waterford Sports Partnership
ACTIVITY PROGRAMMES
BOOKING NOW!

New for 2021! Let's Run 0-5km Podcast

Always wanted to run but never had the confidence to try?

This January we are launching our brand new Let's Run 0-5km Podcast.

The podcast will take you through six weekly training sessions at a time that is convenient for you. All you need is a smart phone, headphones and comfortable footwear.

The podcast will launch on Monday
11th January | Cost €20pp
REGISTER NOW ON WWW.EVENTBRITE.IE



Operation Transformation Men on the Move

Want to start exercising?
Want to feel fitter & have more energy?
We are delivering a five week, men only, outdoor physical activity programme at
WIT Arena (Starting Tues 19th Jan)
Cappoquin AFC (Starting Wed 20th Jan)
€10 Per person
FOR BOOKINGS & MORE INFO VISIT

Activities for All!

Waterford Sports Partnership was one of 29 Local Sports Partnerships in the country that came together to roll-out a 4-week physical activity plan for people with a disability.

The resource supports children to try and reach the minimum of 60 minutes a day and adults 30 minutes a day of physical activity as recommended in Ireland's National Physical Activity Plan. The Activities for All resource is a fun and inclusive way of getting in your daily activity. The resource aims to improve people's fitness, skills and balance as well as helping build confidence to regularly participate in sport and physical activity and is fully adaptive for people of all abilities and ages. There is an activity planner included to help you track your progress for 4-weeks. Simply print out the resource or display it on your phone and be active!

The resource can be downloaded from our website: www.waterfordsportspartnership.ie or email info@waterfordsportspartnership.ie and we will post a copy to you!



Activities For All

A 4-week physical activity plan for people with a disability

Sport Ireland and our network of Local Sports Partnerships are passionate about helping people get active, participating in sport or physical activity and ensuring everyone has the opportunity to do so in their own community.

Our national network of Sports Inclusion Disability Officers work to support people with a disability and local communities to get more active. This resource aims to improve peoples fitness, skills and balance in a fun way.

Meet your daily activity requirement of 60 minutes for children and 30 minutes for adult by using this resource.



Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

Why use this resource?

- Improve your fitness, skills and balance in a fun way.
- Build your confidence to regularly participate in sport and physical activity.
- Develop transferable skills for everyday life.

All activities in this pack

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

GIVE PARKRUN A GO IN 2021

Parkrun is a FREE, FUN 5k event that takes place every Saturday in locations all across Ireland & the world!

There are two parkruns in Waterford in **Tramore** and **Waterford Nature Park**. . . .

Here are five good reasons to give it a go!

- 1. Improve your fitness & feel better:** Walking, jogging or running 5k in the open air, or volunteering in the company of friends can really help to improve your health and wellbeing. parkrun is not a race, there is no time limit, and everyone is welcome to take part. After every parkrun you will receive a text message or email confirming your finish time and position, meaning you can track your journey as you progress. parkrun is also great if you are training for other events or sports.
- 2. It's completely free:** There are no subscription fees or membership costs and you don't have to commit to attending in advance. You can come along every week and never pay a penny. You don't have to buy running kit or sportswear to take part at parkrun. Wear whatever you feel most comfortable in, whether that's super-duper lycra, a panda onesie, or a pair of jeans and comfy shoes. Just print your parkrun barcode and bring it along with you. That's all you need.
- 3. Be part of a community:** Whilst some parkrunners try to beat their best time, the social side is just as important as the walking, jogging and running at parkrun. If you are worried about coming on your own... don't be! The support offered at parkrun is great. Everyone walks, jogs, runs or volunteers together. But, you can always bring a friend along, chat and share the post-parkrun glow.
- 4. Have your whole weekend ahead of you:** Not everyone is a morning person, but the great thing about parkrun is you don't have to give up an evening or commit to a whole day. parkruns take place on **Saturday mornings, starting at 9:30am**, meaning once you have finished, you still have the rest of the weekend ahead of you for adventures (or chores!).
- 5. Nobody finishes last:** You don't have to be a runner, or run the course. You can walk every step.

We really hope you're tempted to give parkrun a go! Find out more here www.parkrun.ie

Parkruns went virtual in 2020 but we hope to see them running again in 2021!

KEEP ACTIVE AT HOME!

It is important that people with disabilities are active and get the recommended 30 minutes of moderate physical activity five days a week in order to help maintain and improve their mental and physical health. Cara is a national pan-disability sport organisation providing a collaborative and partnership platform to increase sport and physical activity opportunities for people with disabilities across Ireland and have created a host of resources to keep everyone active from home.

Find out more here: www.sportireland.ie/keepwell/keep-well-disabilities



KEEP ACTIVE



SPORT
IRELAND
OUTDOORS

Why Walk?



Walking can have significant health benefits and can reduce the risk of high blood pressure, stroke and heart attack



Being active is great for your physical and mental well-being. Evidence proves there is a link between being physically active and good mental well-being.



Walking can open up a world of possibilities; walking groups, walking festivals and walking holidays both home and abroad are all opportunities to be explored.



Walking at a brisk pace for 30 minutes a day can help you sleep better in the evening.



Walking Works!

Join the 3.1 million walkers in Ireland



Do things with others; There's strength in numbers - Invite a friend or neighbour to have a socially distanced walk or cycle with you!

We know that more adults are active than before and last year we saw a huge increase in people walking for recreation. No matter how old you are, how fit you are, or how busy you are, walking works. Make a promise to get started, and to stay committed. The goal is to walk actively just five times a week for 30 minutes each time. You can start with just 10 minutes of walking and build from there. Even if you walk out your front door for five minutes and walk back, you're going to feel good - and you're starting to do yourself some good. Aim for a pace that slightly raises your heart beat makes you breathe a little faster and feel a little warmer - but you can still talk - then you're doing well. Once you start to walk at a brisk pace regularly, you'll be amazed at how much you can do and how good it makes you feel.

GET WALKING - NO EXCUSES!

If you're finding it difficult to get active through walking, the following tips will help you to overcome some of the excuses which we place in our own paths.

'I just don't have the time in a day to walk'

It's only takes 30 minutes of your time to do a walk that will help to maintain your health. Just go out the door and walk, there is no extra time needed to travel to a venue or to prepare. Try to fit walking into your daily routine or use it as an opportunity to meet a friend and catch up. Let family and friends know about your plans and ask them to support you to stick with the routine.

'After a busy day, I'm just too tired to walk'

Try fitting in a walk when you feel most energetic, this could be early in the day. Walking will actually give you more energy. Try it out and notice the difference in your energy levels for the day.

'I have an illness and really don't feel like walking'

Talk to your doctor about getting active at your next visit. You could also check out the health promotion organisations for advice on your illness and walking.

'I'm really unfit and I never walk'

Walking is one of the easiest ways to get active. You can set your own pace and length of walk. Over time you can gradually increase this.

'I'm too old to start walking'

It's never too late to start walking. Walking regularly can help to maintain your physical health.

'I'm overweight and wouldn't feel comfortable'

Combining walking and healthy eating is a really good way to lose weight. Walking is a very safe way to start to get active and people of all ages, shapes and fitness levels are embracing walking as a way to get active and shed the weight.

'My family and friends are not interested in walking'

Chat with them about walking, its benefits and why you want to try it out. Invite them to join you, they might find they enjoy it too. Ask them to support your efforts to get active through walking.

'I really just can't get motivated to get moving'

Try planning ahead arrange to meet a friend for a walk. That way you will be more likely to go rather than change your mind at the last minute. Try our 21 Day Walking Challenge!

Source: Get Ireland Walking

GET
IRELAND
WALKING



STEP-UP WATERFORD!

GET IRELAND WALKING APP LAUNCHED

Get Ireland Walking (GIW) has launched its first App as part of the 'Keep Well campaign to support people in a changing landscape and make walking supports and events more accessible digitally.

21 Day Walking Challenge!

We're challenging you to walk at least once a day for 21 days in a row. Aim to walk for at least 30 minutes each day. You don't have to do it all at once you can build up to 30 minutes or more by being active for at least 10 minutes in the early days. Just keep increasing the length of your walk and watch the minutes add up.

By using the free app you will keep a record of your walking every day. By tracking how long or how far you walked, you'll see proof of your improvements and receive tips and encouragements along the challenge! This is a great motivation to keep going!

The app is available FREE for download NOW on the App Store and Google Play.

DOWNLOAD THE APP TODAY & GET WALKING!



'No matter how slow you go, you are still lapping everybody on the couch.'



Boost Your Mood with Food

What we Know: A diet low in fruit and vegetables can contribute to a range of mental health problems. This is because a balance of vitamins, minerals and fibre are needed to keep the brain healthy.

Wake up with Water: If you don't drink enough you may find it hard to concentrate and think clearly, make you feel tired and may even start to feel constipated (which puts no one in a good mood!). Try to drink 10 – 12 cups of fluid a day. Water is a cheap and healthy option but you can also include milk, tea, coffee, juices, smoothies and soup as part of fluid intake.

Manage your caffeine intake: Remember that caffeine is a stimulant and will just give you a quick burst of energy and then might make you feel anxious and depressed, disturb your sleep and give you withdrawal symptoms if you stop suddenly. Try switching to decaffeinated versions for a few of your cups in the day. Don't forget caffeine is also in energy drinks, cola and chocolate.

Routine with Food: Skipping meals might mean your blood sugar level drops and you may feel tired, irritable and depressed. So eating regular meals and snacks and choosing foods that release energy slowly will help keep your sugar levels steady. Start your day with a good breakfast and keep a regular intake of meals and snacks the rest of the day. Avoid foods that make your blood sugar rise and fall rapidly, like sweets, biscuits, sugary drinks and alcohol.

Feeling Fab with Fats: Your brain cells need fatty acids to function and communicate properly, such as omega-3. However these fats are not produced naturally by the body so we need to get them through the food we eat. These healthy fats are found in oily fish, nuts & seeds, olive and sunflower oils and avocados. Try to avoid a lot of saturated fats like butter, cakes, pies and other highly processed foods. So rather than avoiding all fats, go for the right ones.

Get Your 7 a Day: Fruits and veg contain vitamins and minerals that help to keep us both mentally and physically well. Try to include a variety of different coloured fruit and veg in your diet every day to get a good range of nutrients. Don't forget that frozen and tinned fruit and vegetables are a great way to get some fibre into your diet and are handy, cheap and versatile when cooking for a family. As a guide, one portion is about a handful or a small bowl.

Get enough Protein: Protein contains amino acids which make up chemicals your brain needs to regulate your thoughts and feelings. Protein also helps you to feel fuller for longer so make sure each meal contains some protein. Protein sources includes lean meat, fish, beans, soya products, cheese, eggs and nuts & seeds.

Look after your Gut: The healthy bacteria living in your gut send messages to your brain to keep healthy. For healthy digestion have plenty of fibre, fluid in your diet. Healthy gut foods include fruits, vegetables, wholegrains, beans and bio yoghurts.

It might take a little while to get used to the changes you make, so change slowly and give yourself time to adjust.

NEED SOME CALM?

Try Belly Breathing

Many of us are feeling a bit stressed out and anxious at the moment. Breathing techniques can help us feel more relaxed at ease & in control

LEARN HOW TO BELLY BREATHE

1. Start by finding a comfortable position either sitting or lying down.
2. Relax your shoulders.
3. Place one hand on your chest.
4. Place the other hand on your abdomen.



5. Breathe in deeply through your nose for a count of four.
6. As you breathe in focus on expanding your belly like a balloon.
7. Breathe out slowly for a count of four, feeling your belly pushing the air out of your lungs.
8. Repeat the breathing cycle five times or until you are relaxed

BENEFITS OF BELLY BREATHING

- ✓ Can reduce stress levels
- ✓ Lowers Heart Rate
- ✓ Can lower blood pressure
- ✓ Can help you feel more in control.

Source: Sport Ireland
(Jessie Barr, Performance Psychologist,
Sport Ireland Institute)

Register now for a FREE Webinar with Gillian McConnell on
'Healthy Meal Planning for all the Family'

on Friday 22nd January at 11am.

Phone 0761 10 2141 or email library@waterfordcouncil.ie

#HealthyIrelandatYourLibrary



WORRIED ABOUT A SUDDEN CHANGE IN YOUR WEIGHT?

Unplanned weight loss: If you or someone you know is experiencing unplanned weight loss that might be related to illness, social isolation or reduced appetite, it is important to tell your GP or public health nurse. They can recommend some dietary resources that can help, such as high-energy high protein cookbook called Making the Most of Every Bite. The cookbook and other resources are available on hse.ie/nutritionsupports but make sure you seek advice from your GP, nurse or dietitian first.

Unplanned weight gain: Changes in everyday routines, like working from home, stress, physical activity, sleep and eating can affect your weight. Visit hse.ie/healthyeatingguidelines for information on portion sizes and meal ideas, or talk to your GP or healthcare professional.



FAMILY FUN!



Orienteering

A FREE, FUN, FAMILY ACTIVITY!

Have you got kids with a sense of adventure? Who love to learn new skills and have fun in the fresh air?

Do you want a sport the whole family can enjoy together? Where you can all progress at your own pace and enjoy a unique sense of achievement?

Then orienteering is the sport for you. Orienteering is the sport of navigation that requires you to find your way from one point to another using only a map, your brains and sometimes a compass. It's easy to learn and a fun way to exercise your body and mind, as you enjoy the outdoors. It's a sport for everyone and is something that can be easily learned by people of all ages and abilities. Orienteering is usually done in the woods, hills or parks, with the participants on foot. Orienteering develops many skills including problem solving, team work, decision making and self awareness. It really is fun for all the family.

There are five Permanent Orienteering Courses in Waterford at: Waterford Nature Park, Kilbarry; The Peoples's Park, Waterford; Kilmacthomas; Dunmore East and Tramore
Maps & Answer Sheets for these course can be downloaded from our website - www.waterfordsportspartnership.ie/orienteering

Kilmacthomas
scale 1:3000 (1cm=30metres)
 Contour interval 2m

Legend

- Area forbidden to cross
- Lamp post
- Sign
- Bench
- Large bin
- ESB pole
- Boulder large/small
- Hedge impassable
- Wall impassable
- Fence impassable
- Steep embankment
- Contour 2m
- Knoll

Part A Course: Length 1KM
 START AT POST

1. Post	2. Post
F A	O T
3. Single	4. Wall Corner
E L	A S
5. Under viaduct	6. Single tree
M S	M L
7. Post	8. Knoll SW side
C B	R

ciste na gcuntas diomhaoin the dormant accounts fund

SPORT EIREANN SPORT IRELAND

Irish Orienteering Association WATERFORD ORIENTEERS

Survey and cartography by: Andrew Cox and Pat Healy July 2018

Explore Waterford

Family walks are a great way to get active together and enjoy being outdoors. We are spoilt for choice in Waterford with so many beautiful places to walk and explore. From mountains to beaches to woodlands and Coillte recreational sites. you are sure to find something to suit you! Make a plan during the week to walk as a family at the weekend.

There are so many fantastic locations to chose from, here are just a few suggestions . . .

- Fenor Bog
- Ballysaggart Towers
- Woodstown Beach
- Cliff Walk Ardmore
- Faithlegg Wood or The Minaun
- Waterford Greenway
- The Dune Walk Tramore
- Anne Valley Walk Dunhill
- Mahon Falls
- Bunmahon Boardwalk
- Colligan Woods

Stay Connected!
 Drop someone a postcard from lovely Waterford!



Visit the Walking Section of our website
www.waterfordsportspartnership.ie.

Where you can download the Walk Waterford Brochure which contains 20 Mapped Waterford Walks

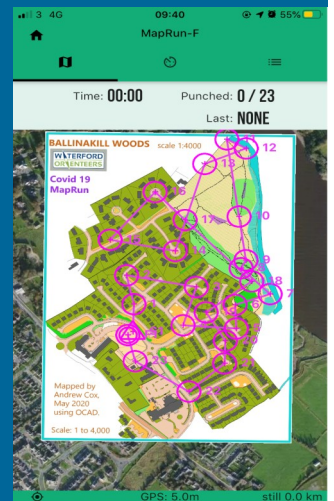
GO VIRTUAL!

Virtual Orienteering MapRun-F

With thanks to Waterford Orienteers MapRun-F has come to Waterford!

What is MapRun-F?

MapRun-F is an Android/iOS orienteering app that provides GPS based punching and timing for courses. These maps are available for use by the public at any day or time!



There are currently seven courses available located in;

- Ballinakill Woods
- Dungarvan
- Dunmore East
- Lismore
- Passage East Heritage Course
- Tramore Sand Dunes (advanced orienteers)
- Tramore Inclusion Park
- Waterford City

To read more on virtual orienteering and how to use the app visit our website: www.waterfordsportspartnership.ie.



"Just play. Have fun. Enjoy the game." - Michael Jordan



CROSSWORD PUZZLE

'I loves Me County' How well do you know the Déise?

CROSSWORD CLUES

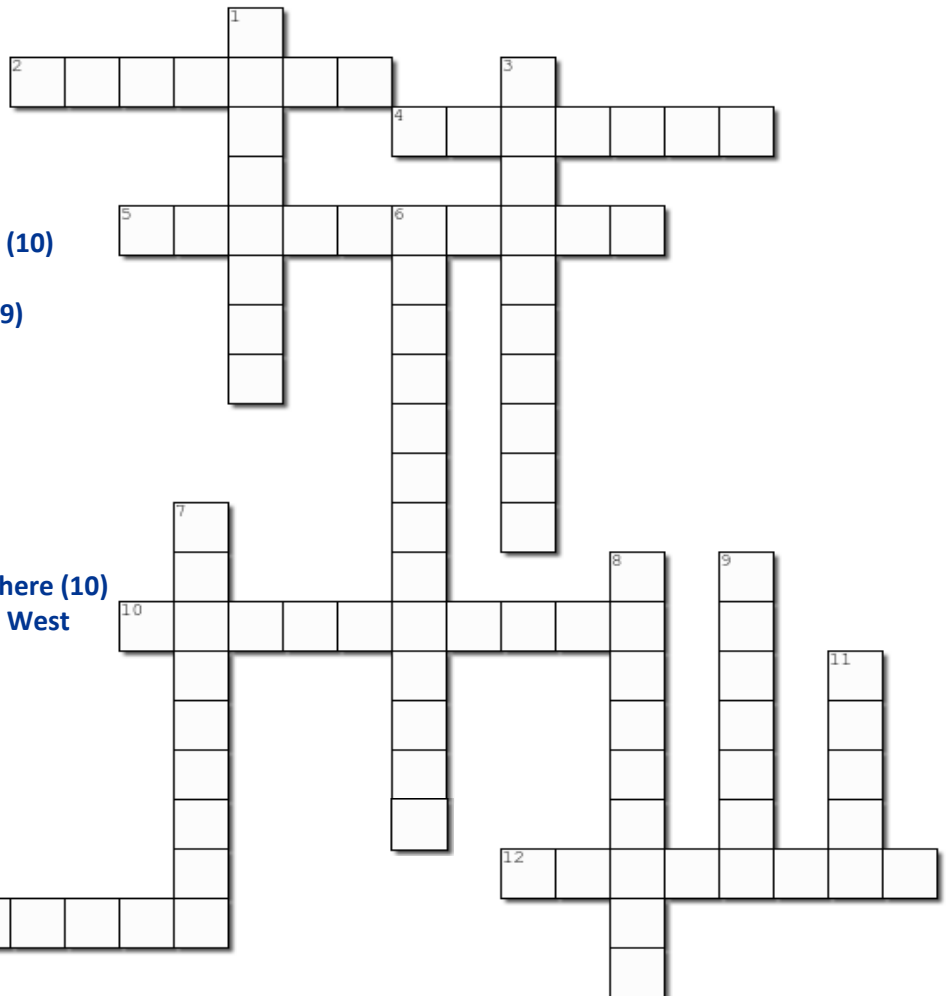
DOWN

- 1. Waterford Mountain Range (8)
- 3. Spooky Waterford Greenway Tunnel (10)
- 6. Scenic Nire Valley Village (13)
- 7. You'll cross Devonshire Bridge here (9)
- 8. Waterford City iconic Tower (9)
- 9. Famous for its stunning castle (7)
- 11. There's a bog here (5)

ACROSS

- 2. You'll find a Round Tower here (7)
- 4. 'Great Strand' as gaeilge (7)
- 5. Michael 'the brick' Walsh hails from here (10)
- 10. They make very tasty cheese in this West Waterford Village (10)
- 12. Famous Waterford Goats (8)
- 13. Copper Coast Village (8)

Answers will be available on www.waterfordcouncil.ie/keep-well



CHILDREN'S ART COMPETITION

What's your favourite way of being active?

Is it hurling, rugby or soccer? or maybe it's dancing, skipping or hopscotch?

Get creative and draw a picture of yourself being active with your friends or family.

Take a photo of your picture and email it to: info@waterfordsportspartnership.ie

or post your entry to Art Competition, Waterford Sports Partnership, Civic Offices, Dungarvan, Co. Waterford

(Remember to write you name, age & parent/guardian phone number on the back)

CLOSING DATE FOR RECEIPT OF ENTRIES IS FRIDAY 19TH FEBRUARY 2021

**You'll be entered into a draw to win
a €100 voucher for your local sports shop!**



BE CREATIVE

Have you joined your Local Library?

Do you know you can join Waterford Libraries for free?

All library services are welcoming and available to everyone.

Join at www.waterfordlibraries.ie or call in when we are open and start using the Library as well as our eServices (including digital books, magazines, newspapers, classes and more) straight way!

eServices include

Borrowbox: Thousands of free eBooks and eAudiobooks to your phone, tablet or desktop.

RBDigital: Free eMagazines from Hello magazine to The Economist with several back issues.

Pressreader: Free eNewspapers for all over the world and can be translated into 21 languages.

Universal Class: Over 500 free online courses.

Transparent Languages: Learn over 100 languages for free.

For information and help with eServices contact your nearest local library and staff will be able to assist you over the phone. If you need to update your library membership or reset your PIN you can do this over the phone or email library@waterfordcouncil.ie

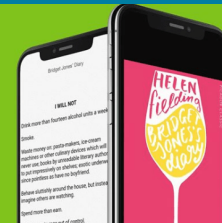


Do things with others; There's strength in numbers!
Start a small rewarding reads phone or zoom Book Club group!

LIBRARY CONTACT DETAILS

Ardkeen Library	0761 10 2755
Carrickpherish	0761 10 2696
Central Library	0761 10 2975
Dungarvan Library	0761 10 2141
Lismore Library	0761 10 2377
Tramore Library	0761 10 2594
Portlawn Library	051 387402

All library contact details are on www.waterfordlibraries.ie



Thousands of eBooks available to borrow from your local library. Join today.

All Waterford Libraries events are now online and if you have missed any events you can log on to www.waterfordlibraries.ie to view past events such as Bealtaine Festival, Heritage Week and Culture Night. www.facebook.com/WaterfordCouncilLibraries is where you will find many events to entertain the family from crafts, history pieces, storytimes, poetry and so much more!



Recommended Reads at your Library!

Here's what's popular at Waterford Libraries at the moment.

Adult Fiction

Hamnet by Maggie O'Farrell

Home Stretch by Graham Norton

Grown Ups by Marian Keyes

Adult Crime Fiction

Our Little Cruelties by Liz Nugent

The Thursday Murder Club by Richard Osman

After the Silence by Louise O'Neill

Adult Non Fiction

A Light that Never Goes Out by Keelin Shanley

Beyond the Tape by Dr Marie Cassidy

Champagne Football by Mark Tighe

Enjoy some Rewarding Reads with your library

Libraries are teaming up with Creative Ireland to remind everyone that they can #StartANewStory and discover lots of 'Rewarding Reads' through their library, even while COVID-19 restrictions are in place.

Recognising that we might all be looking for a little distraction, the Rewarding Reads campaign is here to let everyone know that a wealth of books for all ages and all interests are available through the library, and reading can be an excellent way to relax, escape, boost creative wellbeing or learn something new.

Online library services, including free access to eBooks and Audiobooks, will continue throughout all stages of the Government's Living with Covid-19 plan. All library members have access to these services completely free, and anybody can join online or by contacting your local library.

The Rewarding Reads campaign features a diverse range of Ireland's literary icons, from classic writers to new talents, as well as books across all genres. Authors featured in the campaign include Flann O'Brien, Emma Dabiri, Vicky Phelan, Roddy Doyle, John Boyne and Sally Rooney.

Children's Books: There is a huge amount of great books at your library to help children read and develop a love of reading but I would always ask your local librarian for suggestions. Librarians know the popular books and authors such as Derek Landy, J.K. Rowling, David Walliams and Julie Donaldson and are able to point children in the direction of what to read.

Children love to be read to and there is nothing better than a bedtime storytime!



8

"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten." – Neil Gaiman

Minding Your Mental Health

Lots of us are finding all of the changes to our lives as a result of COVID-19 upsetting and difficult to deal with. Here are some tips to help you mind your mental health during this time.



Daily routine - Having a healthy daily routine is really important for mental health. During difficult times like this, it's best if you can keep some structure in your day. This means eating well, physical activity and exercise, regular sleep habits, and things that you like or enjoy, such as reading a book or being creative.

Stay connected - Stay connected with other people in ways that are safe for you. If you are not able to meet family or friends because of restrictions, stay in regular contact by phone, letter or email.

Try to listen only to the facts - Keep a realistic perspective of the situation based on facts. Stay informed but set times and limits for news. If you find yourself becoming overwhelmed by the news, try to talk about it with someone.



Be mindful - If you smoke or drink, try to avoid doing this more than usual. Both can affect your mood and overall health and won't help you in the long-term. *If you would like help to stop smoking, Freephone 1800 201 203 or visit quit.ie*

Over the last few months you may have noticed some of the following changes or difficulties for you or someone you care about:

- increased anxiety
- feeling stressed
- finding yourself excessively checking for symptoms, in yourself, or others
- becoming irritable more easily
- feeling insecure or unsettled
- fearing that normal aches and pains might be the virus
- having trouble sleeping
- feeling helpless or a lack of control
- having irrational thoughts

If you need support

- **GPs** are available and can help if you are experiencing mental health problems. You can phone to make an appointment and they can arrange a phone or video consultation if that suits you better.
- **Mental health help lines**, including the Samaritans, can be a support through crisis or distress. **You can call the Samaritans on 116 123 and calls are free from landline phone or mobile.**
- **Text support services** are also an option. You can text HELLO to 50808 for a calming chat and immediate support if you are going through a mental health or emotional crisis. This is a HSE funded service.

*For more information on mental health and services, please visit the HSE website www.yourmentalhealth.ie or call the Your Mental Health Information Line on **1800 111 888**. Suicidal thoughts and feelings can sometimes be part of a mental health crisis. Please remember that if you are in crisis or feeling suicidal, or if you know someone who is at immediate risk of harm, you can call the emergency services on **112** or **999** for help.*

Don't underestimate the importance of a good night's sleep!

PRACTICE A GOOD

SLEEP HYGIENE ROUTINE

If you are having issues with sleep at the moment, the first thing to consider is your "sleep hygiene routine". Sleep hygiene is simply a variety of good practices and habits that will help you to get a good night's sleep. When it comes to sleep hygiene, consistency is key, so make sure you are practicing these habits every day.



REGULAR RHYTHM

Having a regular bedtime and wake time is the first step to improving your sleep as it sets your circadian rhythm, meaning your body knows when it should be asleep and awake.

KEEP IT COOL

Your body temperature drops to its lowest while you sleep so a cool room (16-18C) is thought to be the ideal temperature. An overly warm room can cause restlessness and disturb your sleep.



NATURAL LIGHT

Exposure to natural light within an hour after waking up can help to "set" your internal clock (circadian rhythm) which will help to regulate your sleeping pattern. You feel more alert during

the day as well as feeling ready to sleep at night.

DON'T CONFUSE

Using your bed for other activities such as study, work or watching TV will confuse your brain and stop it associating your bed with sleep. Use other areas of the house or room for those activities.



A WIND DOWN ROUTINE

Instead of watching TV or using your phone, try to develop a relaxing "wind-down" bedtime routine. It could include reading, skin care, meditation or yoga. Whatever activities comprise your routine, make sure to do them every night at around the same time so that it signals to your brain and body that you are preparing for sleep.

KEEP IT DARK

Making sure your bedroom is dark and quiet. Remove distractions that could prevent you from falling asleep.



NO CAFFEINE

It almost goes without saying, but taking caffeine close to bedtime will result in sleep disturbance because it blocks the production of "adenosine" in the body, which is what causes us to feel sleepy. Try to set a daily cut-off- time for your caffeine intake.

NO SCREENS

As difficult as it is, putting your phone and other screens away 30 minutes before bed is important. Not only does the blue light suppress the production of melatonin which is associated with sleep onset, but using your phone will engage your brain and prolong sleep.



Sweet dreams!

Source: Sport Ireland Institute

KEEP ACTIVE

Keep active at every age!

Waterford Sports Partnership was one of 29 Local Sports Partnerships in the country that came together to roll-out a 4-week physical activity plan for older adults as part of Positive Ageing Week 2020.

The resource will support people to try and reach the minimum of **30 minutes of daily physical activity for adults**, as recommended in Ireland's National Physical Activity Plan. It will help an individual's strength and confidence in their body, which will support them to be more physically active as well as developing transferable skills for everyday life. The resource is fully adaptive for people of all abilities and ages. There is an activity planner included to help you track your progress for 4-weeks. Simply print out the resource or display it on your phone and be active!

The resource can be downloaded from our website:

www.waterfordsportspartnership.ie

or email info@waterfordsportspartnership.ie

and we will post a copy to you!

KEEP ACTIVE AT HOME!

USEFUL ONLINE RESOURCES | OVER 50'S ONLINE EXERCISE SESSIONS

'Movement Minutes'

Live classes on Facebook, search 'Age & Opportunity'

'Siel Bleu at Home'

Live classes on Facebook & You Tube search 'Siel Bleu Ireland'



Older Adult Home Exercise Plan

Sport Ireland and our network of Local Sports Partnerships work with trusted professionals and valued volunteers to engage communities across the country to deliver inclusive, impactful and sustainable opportunities to become physically active.

Older Adult Home Exercise Plan

This is a 4-week home exercise initiative for Older Adults of all abilities. Over a 4-week period, the guidelines are to try and reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan.

Try to be active for 30 minutes in one go or for 3 bouts of 10 minutes at a time. A good idea would be to combine the exercises in this booklet with some other aerobic activity such as walking, cycling or gardening.

Adults of all ages should be physically active, at a moderate intensity, for at least 30 minutes a day



Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

Why use this resource?

- It helps us age better – we are living longer and being active enhances the quality of those added years.
- It helps us retain our independence – it is important to be able to do things in life that enable us to live as independently as possible.
- It helps protect us from common diseases like heart disease and diabetes. It also reduces our risk of falling.
- Being physically active can help us feel better – physically and mentally by keeping our minds sharp!

All activities in this booklet

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).

Teaching your child to Cycle Balance Bikes

Tricycles and training wheels are classic equipment for teaching children to ride a bike. But there's a different type of training bike that's getting a lot of attention: The balance bike! Balance bikes have actually been around for quite a while. They're extremely popular around Europe and more parents around the world are turning to balance bikes to get their tiny tots moving.

HIGHLIGHTS:

Balance bikes are low bikes without pedals, designed to help toddlers and young children to practice balance and coordination before transitioning to a regular bike. Balance bikes benefit children in many ways, including:

- Giving them a sense of control
- Helping them master one bike-related skill at a time.
- Building confidence.
- Supporting other areas of development, such as motor planning, spatial awareness, and balance.

Parents should be sure their child's balance bike is the correct height (feet can be planted on the ground with ability to push off).

We've developed a video to help to help you teach your child to cycle a Balance Bike. Check it out on the 'Cycling Section' of our website www.waterfordsportspartnership.ie



CHECK OUT OUR YOU TUBE CHANNEL

There are 150+ videos for people of all ages that can help you get active & keep active!

Search 'Waterford Sports Partnership'

GET ACTIVE! STAY ACTIVE!

FREE RESOURCES
& VIDEOS

KEEP ACTIVE AT HOME!

WE'VE LOTS OF FREE RESOURCES & LINKS
ON OUR WEBSITE - CHECK THEM OUT

@ www.waterfordsportspartnership.ie



"Ageing is just another word for living." - Cindy Joseph



STAY CONNECTED

WATERFORD Community Call



We are here if you need someone to talk to or practical help or support.

National government, local government and the community and voluntary sectors have joined together in the Community Call initiative to provide a dedicated helpline in each local authority area to offer support if you need it.

The Waterford Community Call can provide:

- Delivery of food, medication, fuel or other household items
- Someone to talk to or keep in touch with
- Other practical supports
- Signposting and referral to reliable information and services

Get in touch!

You can contact the Waterford Community Call helpdesk by phone or email.

1800 250 185

covidsupport@waterfordcouncil.ie

ALONE

Supporting older people to age at home

ALONE's Coordinated Support service provides practical support and coordinates services for and with older people to address challenges and to find solutions.

If you need support, or would like to make a referral, please call our national phone line: 0818 222 024

Visit: www.alone.ie
email: hello@alone.ie



Aware provides support services to individuals managing their own experience of depression, anxiety, bipolar disorder, as well as to people who are concerned about a loved one.

All these supports are offered free of charge. Support Line and Support Mail are available seven days a week and Support & Self Care Groups take place weekly.

Visit: www.aware.ie
Telephone: 1800 804848
email: supportmail@aware.ie

JIGSAW

Young people's health in mind

Jigsaw provides effective mental health support and advice for young people, parents and those working with young people. Online and face-to-face options are available.

Visit: www.jigsaw.ie
Telephone: 1800 544729
email: help@jigsaw.ie
Text: Text 'Call me' to 086 180 3880

KEEP WELL

IN YOUR COMMUNITY

For more information and to keep up to date with
Keep Well Waterford

Visit: www.waterfordcouncil.ie/keep-well

'We are in this together'



**CUT ME OUT
& STICK ME ON THE FRIDGE**

Use our Activity Tracker to record your active minutes and start 2021 on the right foot!

FOUR WEEK | ACTIVITY/KEEP WELL TRACKER

Adults should aim to be active for 30 minutes 5 days a week!

Every evening decide which activities you are going to do tomorrow.
Make a commitment & stick to it!

WEEK	WEEK 1 (Example)		WEEK 2		WEEK 3		WEEK 4	
	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes
MONDAY	30	20						
TUESDAY	30	35						
WEDNESDAY	0	15						
THURSDAY	30	30						
FRIDAY	30	35						
SATURDAY	0	20						
SUNDAY	30	15						
My Weekly Total	150	170						
How did I do this week?	I am happy with myself. I was active for 20 minutes more than my target and I feel great.							

Credit: Sport Ireland



Take a photo of your completed tracker & email it to keepwell@waterfordcouncil.ie to be in with a chance of winning a Healthy Waterford Keep Active Pack (Fitness Mat, Water Bottle, Hi Vis Vest, Fitness Tracker & Hygiene Hook) ENTER BEFORE FRIDAY 19th FEBRUARY

WANT TO TRACK ANOTHER FOUR WEEKS?
Download the 'Tracker' from our website
www.waterfordsportspartnership.ie