

KEEP WELL KILDARE



KEEPING ACTIVE



Vision

In keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.

KEEPING ACTIVE

Siel Bleu

Is a not for profit organisation who provide life enhancing exercise programmes to older adults and patient groups. Siel Bleu Ireland is the first specific effort to promote exercise among older adults and patient groups in Ireland, with the aim of improving overall wellbeing. They provide at home [guide videos](#) & have a [Youtube Channel](#)



Slí na Sláinte Walking Routes

Slí na Sláinte, meaning “Path to Health”, is an innovative scheme developed by the Irish Heart Foundation and supported by the HSE and the Irish Sports Council, to encourage people of all ages and abilities to walk for leisure and good health. The Slí na Sláinte Walking Routes are mapped, measured routes which use attractive signage at kilometre intervals on established walking routes to help walkers identify the distance they walk. Click [here](#) for a list of Slí na Sláinte routes in County Kildare. Or Check out the Kildare Towpath routes [here](#).

Coillte Walking Trails

Step it out and dive into the great outdoors on one of our magical walks in a beautiful location in Ireland. Whether you are looking for a gentle, forest ramble, or a challenging mountain hike, take your pick. We have an inspiring option to suit you. Our 3,000 kilometres of trails will bring you on unforgettable journeys with breath-taking scenery as a backdrop. Pack the family and a picnic and meander along lush trails in one of our 12 Forest Parks. Check out the map [here](#).



KEEPING ACTIVE

Naas Library Photography Club

Have a camera at home and like to get out and about or to take pictures of the beautiful scenery we have here in Kildare. Then be sure to check out and join Naas Library Photography club where you can share your images and make connections with other like minded individuals. Find out how to join on their Facebook group [here](#) or follow along on Kildare Libraries Vimeo Channel [here](#)

Allotments

Kildare County Council has Allotments in the Wonderful Barn in Leixlip. There are 55 allotments on the site. There are two sizes of allotment available. These are 100 & 150 square metres in size. The allotments are rented on an annual basis. For more information check out the website [here](#).

Playgrounds & Skate Parks

There are several public playgrounds and skate parks in Kildare. Check out the listings for Playgrounds [here](#) and for Skate Parks [here](#).



KEEPING ACTIVE



Kildare Sports Partnership

The Sports Partnership have put together fitness leaflets with a handy guide of [Home Exercises for Older Adults](#) and an Inclusive [Family Circuit Challenge](#). You can also access information on activities in K Leisure in Athy, Naas and Newbridge [here](#) or visit the [Kildare Sports Partnership's You Tube Channel](#).

Healthy Ireland At Your Library

The Healthy Ireland at Your Library service is available in all local libraries across the country. So, what does this mean for you? Your Library provides

- Guidance on access to health information
- Books on Health and Wellbeing you can search our catalogue [here](#).
- Large Collections of books on health and wellbeing
- Online Health Information : [E-books](#), [e-audiobooks](#) and [e-magazines](#).
- Programmes and Events : Talks, discussions and workshops relating to various health and wellbeing topics check out our [Vimeo Channel](#)

You will find the Healthy Ireland Booklist [here](#) and these book titles can be borrowed from any library in Ireland. For further information contact your local library branch.

For information on how to join the Library and access all these resources check out our Blog [here](#).



EATING WELL



EATING WELL

Vision

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.

EATING WELL

Grow it Yourself

Grow it Yourself are launching the Grow it Forward programme, which is designed to help the nation eat well by inspiring and supporting people to grow, cook and eat some of their own food at home. Participants will register through their local library to grow some of their own food with a free GIY starter kit and encouraged to 'grow it forward' to 9 others by passing on seeds, seedlings or produce.



Safefood's START

Safefood's START campaign is encouraging parents to use the time they spend together as a family as a good opportunity to introduce healthy habits at home. The campaign asks parents to make the most of their family time by adding a healthy habit to their routine.



Stop Food waste

Stop Food Waste has useful tips on meal planning, shopping, cooking, and plenty of free resources.



EATING WELL

Healthy food For Life

The [Healthy Food For Life](#) resources are for the entire population over the age of five and they define the Irish Government recommendations on healthy eating and a balanced diet.

HSE Nutrition

You'll find advice on why eating well is important for families, examples of nutritious meals and how to start making healthy changes at home on the [HSE Nutrition](#) page. Choosing a mixture of foods in your diet will help you get to get all the nutrients you need to be healthy.

Library Cook Books

You can always borrow cookbooks from your local library we have a huge range both online on [Bolinda Borrowbox](#) and in branch you can even [search our catalogue online](#) and reserve books you would like or contact your local library directly to order a book. For a list of Kildare Libraries click [here](#). Would you prefer a cookery magazine? Those are available to borrow from your library both in branch and [online](#) too. For information on how to join the Library and access all these resources check out our Blog [here](#).



SWITCHING OFF & BEING CREATIVE



SWITCHING OFF

Vision

Switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.

SWITCHING OFF & BEING CREATIVE

Your Library Online

Check out Kildare's online library – you have access to ebooks, audiobooks, newspapers, magazines, music, comics, Language classes and online courses – All of which can be accessed with your library card and PIN number. Unsure how to access these services give your local library a call or keep your eyes peeled for our Library Blog How To posts.

Kildare Housebound Delivery Service

Following the announcement by government that the entire country was to move to Level 5, Kildare Library Service is providing a housebound delivery service to library users who are over 70 or who are medically vulnerable.

Kildare Online Bookclub

Join the Kildare Library online bookclub – there is a chat on Facebook but the meeting is every month on Zoom so you don't need to be a regular Facebook user. The books borrowed are all available through Borrowbox.



SWITCHING OFF & BEING CREATIVE

Rewarding Reads

Rewarding reads is a new campaign from Libraries Ireland and Creative Ireland that is celebrating Irish writers and encouraging people of all ages to discover the joy or reading. Libraries have a wealth of books for all ages and interests as well as online library services including free access to eBooks and audiobooks. Join online at librariesireland.ie/join or by contacting your local library.



Online Story Time

Check out the [Kildare Library Vimeo Channels](#) for a range of videos including [author talks](#), story times for [babies and toddlers](#) and [older children](#) and much more.



Learn A Language

Learn a new language through Kildare Libraries. Online through [Transparent Languages](#). Kildare Libraries are also running online Irish Language classes for absolute beginners, intermediate and advanced levels via Zoom.



SWITCHING OFF & BEING CREATIVE

Start A New Hobby

Pick up a new hobby or learn a new skill or craft using [Universal Class](#) free through Kildare Libraries. Did you know Kildare Libraries has a Photography Club? Check it out [here](#). Also Keep an eye on our various Social Media accounts for more information about events, activities and what's happening at your local library.

[Facebook](#)
[Instagram](#)
[Twitter](#)
[Vimeo](#)
[Blog](#)

Kildare Readers Festival

We just celebrated our annual readers festival here in Kildare and had a wealth of events, activities and author talks take place online. Missed the festival don't worry you can still access the online content [here](#).

Discover Kildare

Kildare is actually a great place, not just because of it's proximity to Dublin but because there are so many things to do, places to visit and great spots to eat. Check out some lists of [things to do](#) in the county here and [discover Kildare](#) for yourself!



STAYING CONNECTED



KEEPING IN CONTACT

Vision

Staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.

STAYING CONNECTED

Kildare Community Call

A dedicated helpline to assist at risk members of the public in accessing non-emergency and non-medical supports and advice during the current public health emergency. The Covid Helpline hours are now extended and will operate from 8am to 8pm – 7 days a week.
Phone: 045 980 202 or Freephone 1800 300 174
Email: covidsupport@kildarecoco.ie
TEXT 'KILDARE' followed by your name
NAME to 50555

Good Morning kildare

Good Morning Kildare is a free telephone call by the community for a friendly chat about everyday things. You can contact this service on 045 859 037 or goodmorningkildare@yahoo.ie.

Older Voices Kildare

Older Voices Kildare Is a Social Inclusion Initiative which specifically targets isolated categories of older persons, including Older LGBTQI persons, Travellers, People with Disability, and Individuals who are experiencing social exclusion through lack of or limited social capital. The contact numbers for this service are Denise Croke, 087-1411669 and Susan Higgins, Befriending Support Worker, 087-1149175.



STAYING CONNECTED



Age Actions

Age Actions' Getting Started KIT supports older people to keep in touch with their loved ones during the Covid-19 pandemic. Now it is more important than ever to keep in touch with family and friends so Age Action drew on their Getting Started programme which offered face to face digital skills classes, to create easy How To Guides. The Getting Started KIT is made up of seven How To guides that will support older people to learn, use, and be confident using smartphones and applications. RTÉ broadcast the video tutorials which were presented by Mary Kennedy on RTÉ One on the Today with Maura and Dáithí programme in April. The video tutorials are available to view on the [Age Action YouTube Channel](#).

Kildare Libraries will soon begin an Age Friendly - Online Tutoring programme in partnership with Libraries Ireland. More information to be provided soon

Library Book Clubs Online and In Branch

Your local Kildare Libraries are always running bookclubs give your local library a call and see if there is a book club you would like to join and they can organise a delivery of the books to you. For a list of Kildare Libraries click [here](#). For more information on our once a month Facebook Book Club check out our page [here](#). This group hosts a chat on Facebook but the meeting is every month on Zoom so you don't need to be a regular Facebook user. The books borrowed are all available through [Borrowbox](#).



STAYING CONNECTED

Stay Connected Helplines

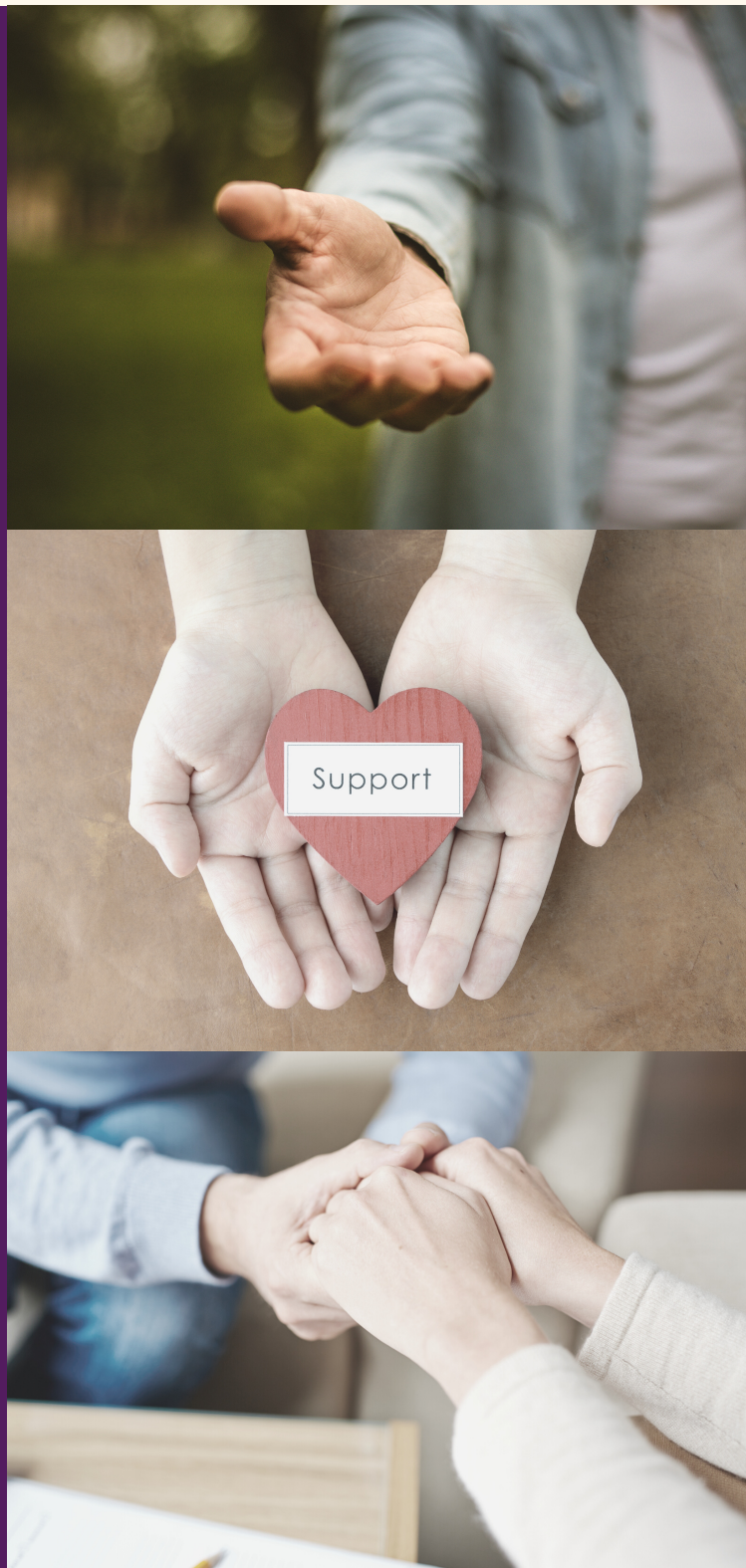
It is very important that social contact is maintained with people who are isolated in their homes at this time, even if it's a friendly phone call. Even if you are not a formal volunteer, checking in via call or text with a vulnerable person in your locality can make a huge difference. There are also a range of initiatives that people can avail of during this time:

ALONE provides a telephone support line, seven days a week from 8am – 8pm, for all older people, their families, and those who are medically vulnerable. If you need any advice, reassurance or additional support call them at: 0818 222024

Gardaí – if you have any safety concerns, or need any essential items brought to you, contact the Gardaí, they will be more than happy to assist you or direct you to relevant services

Third Age Ireland have a Seniorline which is a confidential listening service for older people, with trained volunteers. Freephone 1800 804591

Friends of the Elderly also run a friendly call service for those who just need a chat. Its available free and nationwide. Call 01 8731855



MANAGING YOUR MOOD



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Vision

Equipping people with information on where to go if they need support. This will also be linked with the local community helpline to ensure that people can access the support they need.

MANAGING YOUR MOOD

HSE Health & Wellbeing

HSE Health & Wellbeing has launched a new, free, online mental health and wellbeing programme called Minding Your Wellbeing. This evidenced based programme, focusing on the promotion of mental wellbeing, has been adapted from a face-to-face programme into a series of online videos for everyone at this time.

HSE Stress Control

HSE Health and Wellbeing are offering a free Stress Control programme, beginning on 2 November 2020. Stress Control is an evidence-based programme that teaches you practical skills to deal with stress. The programme helps participants recognise the signs of stress. It covers topics including how stress affects our bodies and our thoughts. It teaches skills to overcome panicky feelings and tips to getting a good night's sleep. Dr Jim White will live-stream the classes, free-of-charge, starting on Monday 2 November 2020. You can watch the sessions either in the afternoon or evening.

[Free HSE Stress Control Classes online.](#)

Kildare Library Vimeo

Check out the [Kildare Library Vimeo Channels](#) for a range of videos on different topics.



MANAGING YOUR MOOD

Kildare Libraries Housebound Delivery Service

Following the announcement by government that the entire country was to move to Level 5, Kildare Library Service is providing housebound delivery service to library users who are over 70 or who are medically vulnerable.

Books to Relax & Distract

Recognising that we might all be looking for a little distraction over the coming winter months, libraries across the country in partnership with Creative Ireland are letting 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 at www.librariesireland.ie or by contacting your local library.

HSE Your Mental Health

HSE Your Mental Health website for advice on minding your mental health.



MANAGING YOUR MOOD

Kildare Libraries Toys, Technology & Training (TTT)

The Kildare Libraries TTT project is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs. Based in Athy, Leixlip and Naas Libraries, a specialised collection of toys and equipment is available and can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library. The series of talks and workshops for this year's Toys Technology and Training Programme has moved online. You can check out our TTT Vimeo Channel [here](#).

Kildare Libraries Let's Talk About Parenting

The Let's Talk about Parenting Programme is a series of talks and workshops organised by Kildare Library Service with support from various agencies and organisations such as the HSE Primary Care Psychology Team, TUSLA Child and Family Agency, the County Kildare Childcare Committee, Foróige and is funded by Kildare County Council. Talks are designed to support Parents in their Parenting role but are also relevant to e.g. Healthcare Professionals, Teachers and anyone working with children. You can check out our [Let's Talk About Parenting Vimeo Channel](#) [here](#).



Kildare Library and Arts Services
Toys, Technology and Training
Free Talks and Workshops

