



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas

Google

Hope Booklet

“If we can winter
this one out,
we can summer
anywhere.”

Seamus Heaney



Excerpt from A Time for Hope

Hope has to do with believing beyond today and encourages us to follow our dreams.

Hope is trusting that what is happening will eventually make sense, or if it never makes sense, it will still offer an opportunity for growth.

Hope assures us each morning that our life is of value no matter how unsettling or disturbing our current situation may be.

Hope nudges us when it's time to move on and encourages us not to give in.

Hope accepts mystery and trusts the unknown. Hope doesn't pretend that we will get all we want or that there won't be struggle on the way, but it promises growth with the struggles.

Hope is having inner freedom in the midst of fears and weakness.

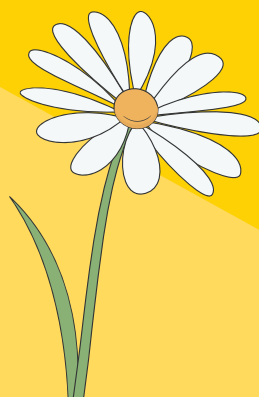
Hope is finding the truth about ourselves in the midst of weaknesses.

Hope is finding the truth about ourselves in the midst of darkness.

Hope is accepting our mortality when we encounter our own physical weaknesses.

Hope is living our dreams even when we experience failure and self doubt.

By Sister Stanislaus Kennedy



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A message from the CEO of South Dublin County Partnership

Dear Resident of South Dublin County

As we all are too aware 2020 was a very difficult year but as we look forward to summer there is some reason for optimism with new Covid 19 vaccines being developed and rolled out. Hopefully by the end of the summer everything will have returned to normal.

The Health and Wellbeing Team here at South Dublin County Partnership are aware that the early months of the year were quite difficult so they put their heads together with our colleagues in South Dublin County Sports Partnership, Healthy Ireland, Google and South Dublin County Council and came up with this Booklet of Hope which we hope will provide information, activities and hobbies which you may like to try.

The booklet also has some relevant phone numbers and don't forget that the Community Call phone number 1800 240 519 is still available if you are feeling lonely or just looking for information – the staff manning the community call will be only too happy to assist you or to point you in the right direction for the help you may need.

Finally, I would like to extend a word of thanks to the Health and Wellbeing team for their work on developing this idea and remember that your mental health is just as important as your physical health so be kind to yourself.

Larry O'Neill
CEO SDCP

Useful Services

Support from the South Dublin County Partnership Health and Wellbeing Team

Get your mind and body fit through Mindfulness and Dance classes.

Contact Catherine Mooney on **catherine.mooney@sdcpartnership.ie**

Individual face to Face support (Covid Permitting) Phone support during lockdown.

We now offer a community based, face to face, Covid compliant, Counselling service.

Contact David Hamill on **087 147 1152**

Care and Repair Service

The South Dublin County Partnership Care and Repair provides a free job service for eligible people aged 65 or over or younger people with a long-term illness or disability are eligible. Examples of work includes minor gardening jobs, small painting jobs and hanging shelves/curtain rails.

You can contact the freephone number **1800 938 884** or email careandrepair@sdcpartnership.ie for further information.

Seniors Alert Scheme

The Seniors Alert Scheme, which is funded by the Irish Government, enables many older people aged 65 or older, of limited means, to continue to live securely in their own homes with confidence, by providing them with a free personal monitored alarm. The pendant can be worn around the neck or on the wrist like a watch. When pressed it connects with a 24-hour monitoring centre.

You can contact Family Carers Ireland on **01 670 5976** for further information.

Alone Support and Befriending Service

The Alone Support and Befriending Service help alleviate the negative impacts loneliness has on your mental and physical health. Trained volunteers provide companionship by visiting or calling to you at least once a week. All volunteers are Garda vetted and supported by experienced mentors. Alone staff will link you with a suitable volunteer. Once you and the volunteer are happy with the match you will arrange future visiting times between yourselves. Alone carries out regular check-in calls to ensure visits are going well. This is a free service for eligible people aged 60 years and older. You can contact Alone on **0818 222 024** for further information or to make a referral.

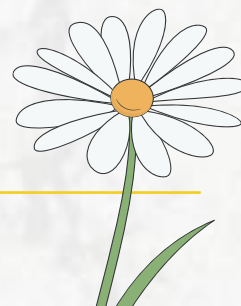
Meals on Wheels

Having meals delivered to your door is a great way of ensuring that you receive a hot nutritious meal every day Monday to Friday. (some meals on wheels services provide additional meals to cover Saturday and Sunday which are delivered on Friday).

For further information on Meals on Wheels in the Clondalkin and Tallaght area and additional services which the organisations provide contact:

Clondalkin – Liscarne Court on **01 626 2679**

Tallaght – Trustus We Care on **01 468 5500**



Useful Numbers

Emergency Services Ambulance, Fire, Garda Siochana		112 or 999
Emergency Departments	Emergency Support	Connolly Hospital: 01 646 5000 Tallaght Hospital: 01 414 2000 St James Hospital: 01 410 3000
GP Out of hours service	Urgent out of hours care service	Luke Doc: 01 406 5158 (Rathfarnham, Templeogue) TLC Doc: 1890 202 224 (Rest of South Dublin) Dub Doc: 01 454 5607 (Dublin South City)
Alone	Support for older people	0818 222 024
Aware Helpline	Listening service for people with depression or those concerned about family or friends	1800 804 848 (10am to 10pm)
Citizens Information Centres	Free information on public services and advice	Clondalkin: 0761 075 100 Tallaght: 0761 078 340
Crime Victims Helpline	Confidential support to victims of crime in Ireland	Freephone: 116006
MABS	Money advice and budgeting service	Tallaght: 076 107 2370 Clondalkin: 076 107 2270
Men s Aid Ireland (formerly AMEN)	Support for men experiencing difficult relationships	01 554 3811
Pieta House Lucan	Provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm	1800 247 247
Samaritans	Emotional Support Service	Freephone: 116 123 or email jo@samaritans.ie
St Vincent De Paul	Provides a variety of supports for people who are experience any form of poverty	01 855 0022
SDCC Community Call	Practical support for people cocooning	1800 240 519
Women s Aid	Support for victims of domestic violence	Freephone helpline: 1800 341 900

Self Care

Self care literally means taking the time to do the things that you enjoy or that make you feel good. Practicing self care can help you to look after your mental and physical health.

We are living through unprecedented times. As we try to keep ourselves physically healthy and try not to come into contact with Covid 19 we do not have our usual physical contact with those we love. It is important to look after our mental health during this time. On the following pages you will find some exercises and activities which are aimed at helping you through the next few months.

What can you do to practice self care?

Do things that make you feel good or things that you feel better after you have done them, this can be reading, listening to music, talking on the phone with friends and family.

Eat a healthy diet.

Stay Active – we have included some exercises that you can do at home and some walks you may be interested in trying out when the weather improves.

Get enough sleep – your body and mind will thank you for it and if you can't sleep take time to rest and relax.

Meditate – this is a skill that can be developed with practice and we have included a short mindfulness exercise which you can do when you are washing your hands.

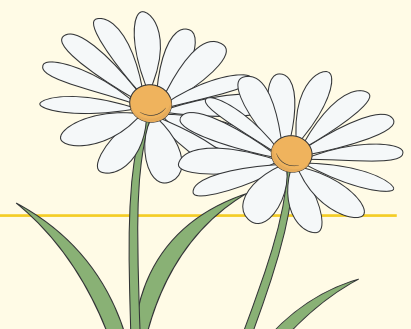
Be kind to yourself – don't be too critical of yourself don't say anything to yourself that you would never say to a friend.

Relationships

Keep in touch: Reach out to those you feel connected to who have a positive impact on your wellbeing.

Talk to someone you trust: A chat with a close colleague, friend or family member can help you to feel supported and better able to manage any challenges.

Keep your sense of humour: Laughing with others strengthens relationships, feels good and helps keep things in perspective.



Mindfulness Handwashing



Turn on the water and find a temperature that is just the right warmth...

Take the soap in your hand and lather...



Feeling your fingers interlace and weave back and forth in their intuitive way...

Take in the aroma of the soap before watching the lather slowly wash away...



Dry your hands with care...

Feel the sensation of warmth and aliveness in your fingertips.



If You Feel Like Singing Do Sing an Irish Song

The Dublin Saunter (by Leo Maguire)

I've been north and I've been south.
I've been east and west.
I've been just a rolling stone,
Yet there's one place on this earth
I've always liked the best,
Just a little town I call my own.

Chorus

For Dublin can be heaven
With coffee at eleven
And a stroll in Stephen's Green.

There's no need to hurry.
There's no need to worry.
You're a king and the lady's a queen.
Grafton Street's a wonderland.
There's magic in the air.
There's diamonds in the lady's eyes,
And gold dust in her hair,
And if you don't believe me,
Come and meet me there,
In Dublin on a sunny summer morning.

I've been here and I've been there.

I've sought the rainbow's end,
But no crock of gold I've found.
Now I know that, come what will,
Whatever fate may send,
Here my roots are deep in friendly ground.

Chorus

And if you don't believe me,
Come and meet me there,
In Dublin on a sunny summer morning.

The Rattlin' Bog (Traditional Irish Celtic)

Chorus

Ho, ro, the rattlin' bog,
The bog down in the valley-o.
Real Bog, the rattlin' bog,
The bog down in the valley-o.
Well in the bog there was a hole,
A rare hole and a rattlin' hole,
And the hole in the bog,
And the bog down in the valley-o.

Chorus

Well in that hole there was a tree,
A rare tree and a rattlin' tree,
And the tree in the hole,
And the hole in the bog,
And the bog down in the valley-o.

Chorus

On that tree there was a branch,
A rare branch and a rattlin' branch,
And the branch on the tree,
And the tree in the hole,
And the hole in the bog,
And the bog down in the valley-o.

Chorus

On that branch there was a limb,
A rare limb and a rattlin' limb,
And the limb on the branch,
And the branch on the tree,
And the tree in the hole,
And the hole in the bog,
And the bog down in the valley-o.

Chorus

Well on that limb there was a nest,
A rare nest and a rattlin' nest,
And the nest on the limb,
And the limb on the branch,
And the branch on the tree,
And the tree in the hole,
And the hole in the bog,
And the bog down in the valley-o.

Chorus

Now in that nest there was a bird,
A rare bird and a rattlin' bird,
And the bird in the nest,
And the nest on the limb,
And the limb on the branch,
And the branch on the tree,
And the tree in the hole,

And the hole in the bog,
Down in the valley-o.

Chorus

In that bird there was an egg,
A rare egg and a rattlin' egg,
And the egg on the bird,
And the bird in the nest,
And the nest on the limb,
And the limb on the branch,
And the branch on the tree,
And the tree in the bog,
And the hole in the bog,
And the bog down in the valley-o.

Chorus

In that egg there was a bird,
A rare bird and a rattlin' bird,
And the bird on the egg,
And the egg on the bird,
And the bird in the nest,
And the nest on the limb,
And the limb on the branch,
And the branch on the tree,
And the tree in the bog,
And the hole in the bog,
And the bog down in the valley-o.

Gratitude 1, 2, 3

First thing each morning take a moment to stop and reflect on three big things and three small things that you are grateful for. An example of this may be good health, happy family, the feeling of the sun on your face, a nice cup of tea, listening to the sound of the birds in the morning, a nice garden whatever you are grateful for.

Three Small Things

1.

2.

3.

Three Big Things

1.

2.

3.



Physio exercises Let's Begin!

TO WARM UP Holding two water bottles in each hand, March on the spot for 30 seconds, rest for 1 minute and repeat 3 times. If you are able to, keep holding the bottles and swing your arms.

All exercises can be progressed by choosing ONE of the following

- ✓ Increasing the number of repetitions of each exercise and or the number of sets.
- ✓ Decreasing the rest time between sets.
- ✓ Increasing adding weight to the exercise.
- ✓ Please follow the instructions in black print for each exercise. Once you are confident doing these, challenge yourself to complete the next level of the exercise in blue print.

1 Knee Strengthening

Sit tall in a chair with your back well supported.
Straighten your right leg fully and bring your toes up towards you.
Hold for 5 seconds.
Lower the leg slowly.
Repeat 10 15 times, on each side.

Progression

Level 1 Repeat the exercise twice.

Level 2 If you have a light weight, strap this onto your ankle.



2 Arm Strengthening

Sitting tall.
Hold a tin securely in each hand.
Lift one arm over your head at a time.
Replace onto your lap.
Repeat 10 15 times, on each side.

Progression

Level 1 Repeat the exercise twice.

Level 2 Increase the weight of the tin as you are able.



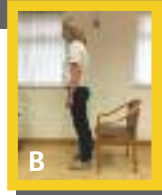
3 Sit to Stand

Where possible put your chair against the wall.
Move your bottom forwards in your chair.
Bring your feet behind your knees.
Lean forwards bringing your head over your knees.
Push off with both hands to stand up.
Step back until you feel the chair against your legs.
Bend in the middle, reaching back for the arm rests and slowly sit back down.
Repeat 10–15 times as you are able.

Progression

Level 1 If you can, stop using your hands to push up. Place your hands across your chest.

Level 2 If you have light weights, hold a weight in each hand by your side or across your chest.



4 Calf and Toe Raises

Stand tall in front of your kitchen sink or the back of a sturdy chair.
Hold on with both hands and look ahead.
Place your feet hip width apart.
Lift up onto your toes slowly, making sure you are not leaning forward.
Lower your heels back onto the ground slowly.
Then place your weight onto your heel and lift your toes and the front of your feet off the ground, keeping your bottom tucked in, making sure not to lean backwards.
Lower your feet back to the ground slowly.
Repeat 10–15 times as you are able.

Progression

Level 1 Tip Toe walking – holding onto a kitchen counter table walk on your tip toes for 30 seconds.



5 Sit to Stand

Stand tall in front of your kitchen counter or the back of a sturdy chair.
Hold on with both hands.
Standing on your left leg, keep your right leg straight and your right foot facing straight forward.
Lift your right leg out to the side slowly.
Return your right leg to the starting position slowly.
Repeat 10–15 times on each side as you are able.

Progression

Level 1 Repeat the exercise twice.

Level 2 If you have a light weight, strap this onto your ankle.

Level 3 Side stepping – holding onto a kitchen counter table step sideways the length of the counter table, leading with your RIGHT leg and then returning leading with your LEFT leg.



yourself to complete these exercises.

6 Step Up

Stand at the base of a step stairs, use hand rails for support.
Step up with the RIGHT leg leading, and then step down.
Repeat up to 10 times with the RIGHT leg leading.
Step up with the LEFT leg leading, and then step down.
Repeat up to 10 times with the LEFT leg leading.

Progression

Level 1 If you have light weights, strap these onto your ankles.



7 Balance Heel Toe Standing

Facing your kitchen counter, hold onto your counter with two hands and look ahead.
Place right foot directly in front of the left foot.
Hold this position for 10 seconds.
Change feet and hold for 10 seconds.

Progression

Level 1 Use one hand for support.

Level 2 Try no hand support, hover your hands over the kitchen counter to provide support if needed.



8 Balance One Leg Stand

Hold onto your kitchen counter with two hands and look straight ahead.
Stand on your left leg.
Hold for 10 seconds.
Repeat on the right leg.

Progression

Level 1 Use one hand for support.

Level 2 Try no hand support, hover your hands over the kitchen counter to provide support if needed.



Walks in South Dublin County Area

Walking is one of the healthiest, cheapest, and most convenient of physical activities to promote good health. The following pages contain information and maps on walks in the South Dublin County Council area. You can find additional routes on www.sdcsp.ie walking you will also find information on walks incorporating walking and using the outdoor gym equipment you see in many of our public parks on www.sdcsp.ie fitwalk circuits or call 01 414 9000.

For more information of walking in South Dublin County visit www.sdcsp.ie gettingactive

When you are exercising outdoors there are a few things that you should think about for your safety

- Be Safe be Seen – During the day wear bright coloured clothing, if you are walking at night wear reflective material on your clothing and carry a flashlight
- Stick to well lit places and places where there are other people around
- Wear sturdy appropriate shoes that give your feet proper support

Walking in Urban Areas

- Walk on smooth, flat surfaces on the footpaths
- Stay as far away from traffic as possible (don't walk too close to the kerb)
- Always cross at pedestrian crossings and use the lights as your guide
- Never assume a driver sees you– before you cross the road make sure you have plenty of time, rushing increases your risk of falling

Walking in Rural Areas

- Walk during daylight hours
- Choose well-lit & well-used routes or routes with places to sit in case you want to stop for a rest
- Stay alert at all times
- Walk on the path where possible. Watch for uneven paths that may be a tripping hazard
- If you must walk on the road always face oncoming traffic

Exercising in cold weather

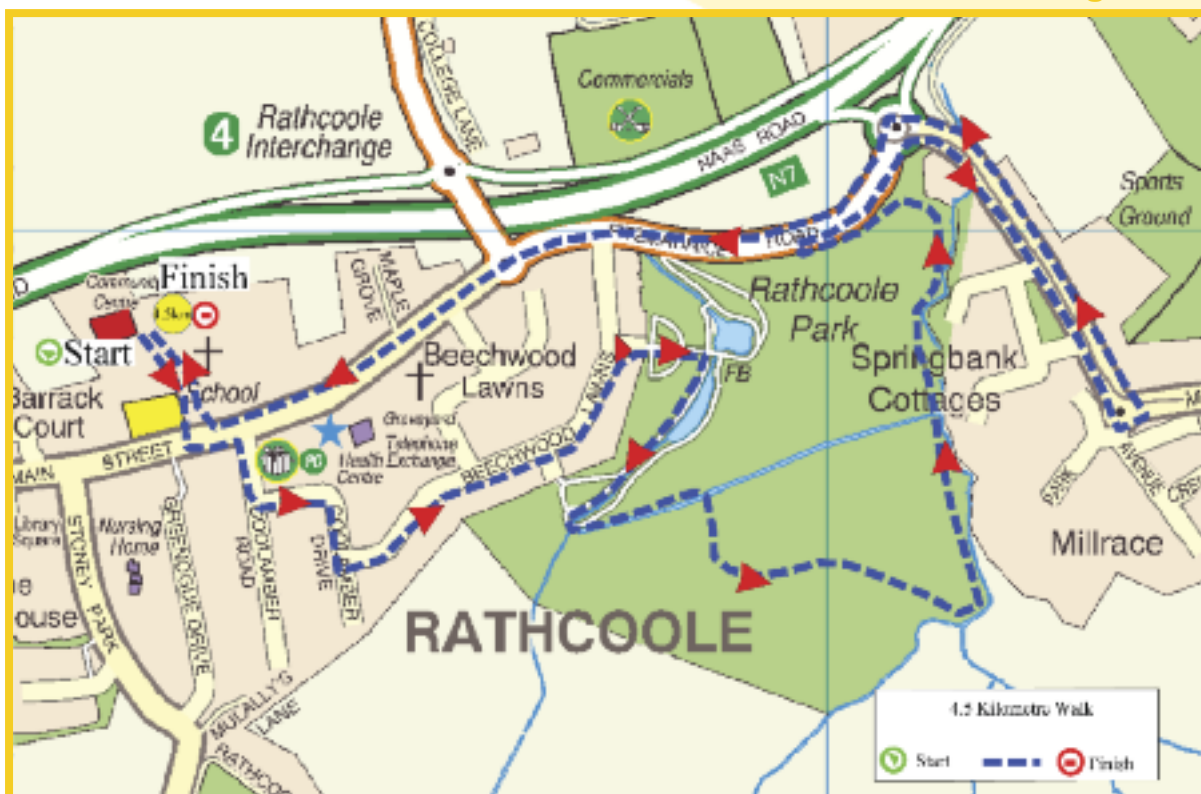
- If it's very windy or cold, exercise indoors and go out another time
- Watch out for snow and icy footpaths
- Warm up your muscles first. Try walking or light arm pumping before you go out
- Wear the right clothes. Wear several layers of loose clothing (layers trap warm air between them and will keep you warm)
- Wear a waterproof coat or jacket if it's snowy or rainy. Wear a hat, scarf, and gloves

Maps

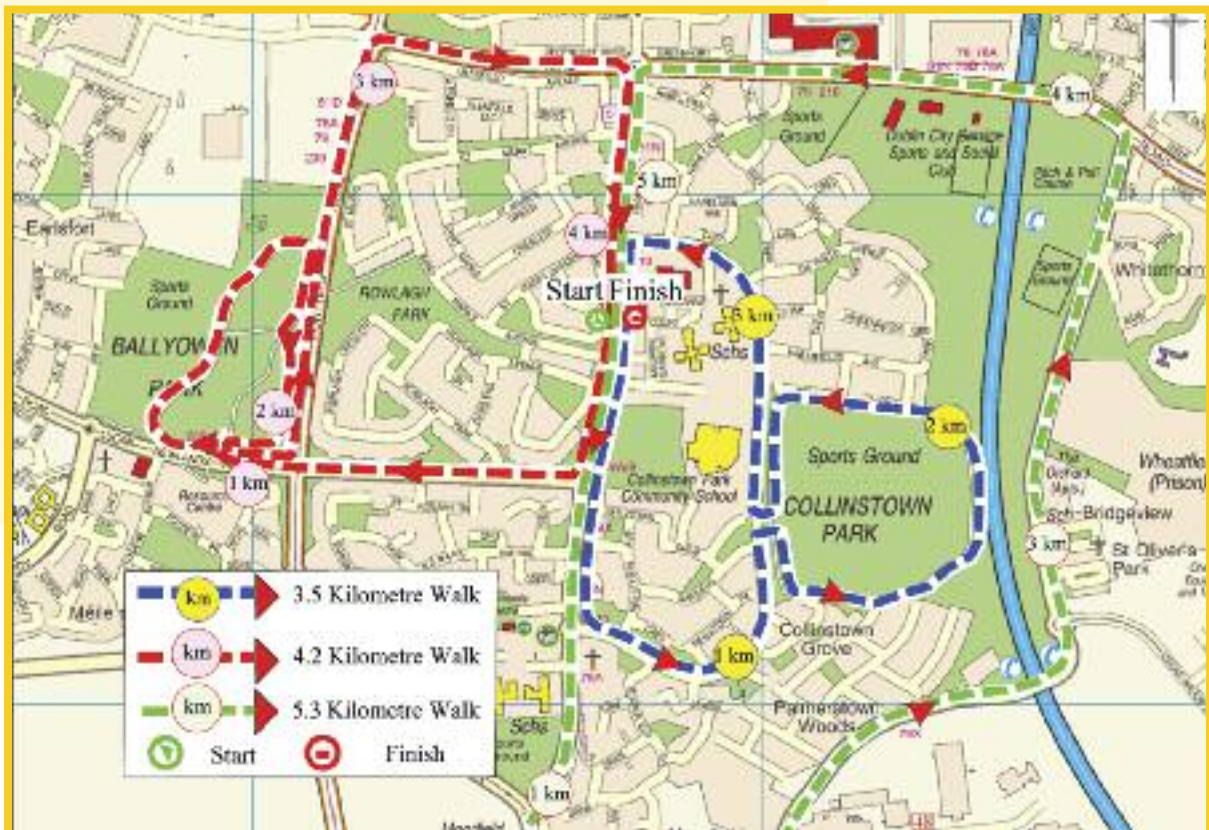
Brookfield Community Centre Walk



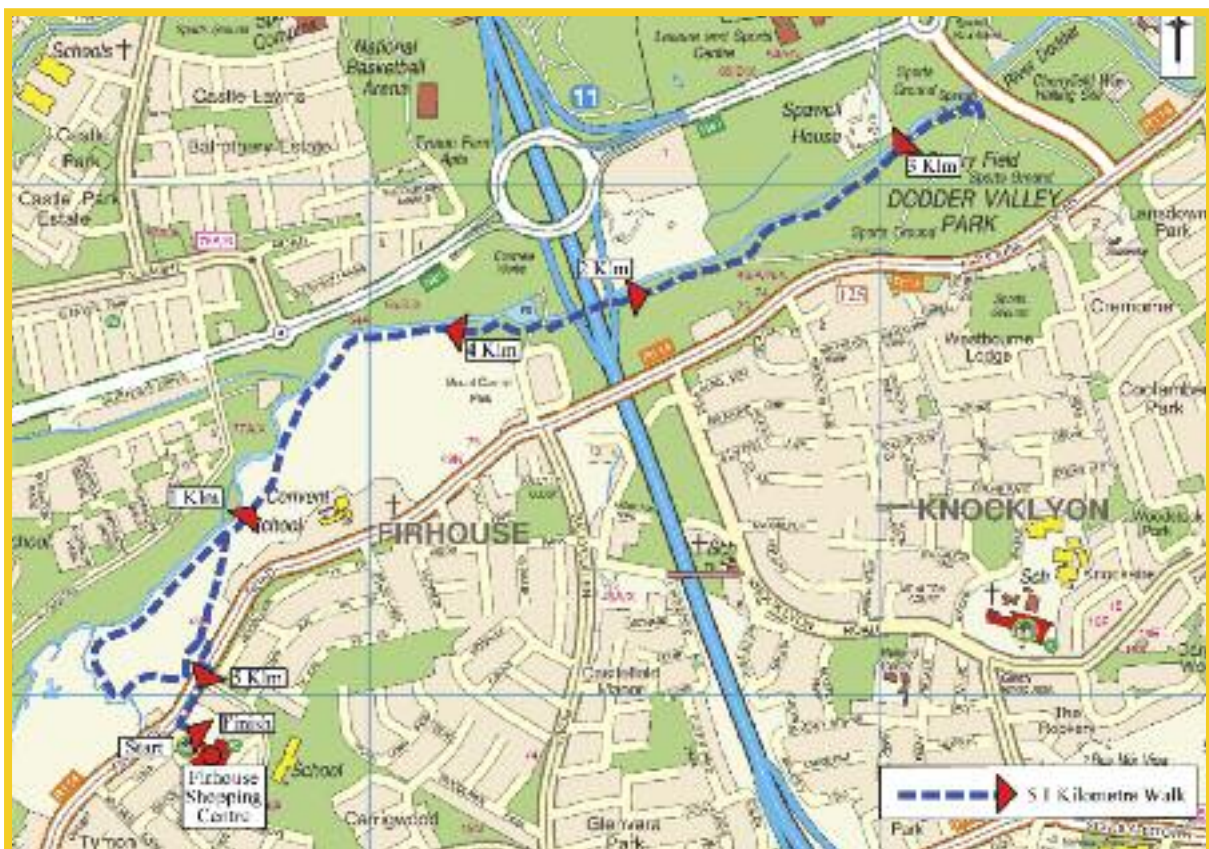
Rathcoole Walking Route



Ronanstown, Clondalkin Walking Route



Dodder Valley Park Walking Route



Tymon Park Walking Route



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation – the national heart and stroke charity – it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended 30 minutes of physical activity on most, or preferably all days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1

km intervals. Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

The beautiful Tymon Park forms a greenbelt of 130 hectares (over 300 acres) between the established residential areas of Tallaght and Templeogue and is divided in two by the M50 motorway with pedestrian bridges linking the eastern and western sections of the park.

There are two Slí na Sláinte routes within Tymon Park: 1. The yellow Slí

route is 2.5km on the Tallaght side of the park which starts at the Tymon North Road entrance and follows a rustic path along the historic Tymon Lane and around the park. 2. The 3km red Slí route starts just inside the Wellington Lane entrance to the park and continues around the park taking in wildflower meadows, tree-lined avenues and wildfowl lakes and wetlands.

Daytime routes only and routes can be walked in either direction.

For more information of walking in South Dublin County visit www.sdcsp.ie gettingactive

Cookery

Farmhouse Vegetable Soup

Prep time: 15 mins

Serves: 3

Cooking time: 45 mins

Ingredients

3 carrots
1 turnip
1 parsnip
1–2 leeks
1 onion
8 mushrooms
3 tomatoes or a 400g tin of tomatoes
1 tsp of vegetable oil
150 ml of low fat milk
Pinch of salt (if desired)
Pepper
1 low salt vegetable stock cube dissolved in
575 ml of boiling water

Method

Wash peel and dice the carrots, turnip and parsnip. Wash and chop the leeks, chop onion and slice mushrooms, skin and chop the tomatoes. Heat the oil in a large saucepan and gently fry onion and mushrooms, add carrots, turnips, parsnips and leeks and fry gently. Gradually stir in the milk, add stock and bring to the boil, stirring continuously. Add tomatoes, pepper and pinch of salt (if desired). Cover saucepan and simmer gently for about 45 mins.

Brown Soda Bread

Ingredients

250g wholemeal flour
200g plain white flour
1 teasp. Bread soda, sieved with the white flour
1 egg
350ml buttermilk (approx.)

Method

Preheat the oven to Gas Mark 6, 200°C (400°). In a bowl, sift white flour and bread soda together and mix with wholemeal flour and salt. Combine the egg with the buttermilk and mix into the flour mix. Add a little more buttermilk if the mix is too dry – it should be a soft dough. Pour the dough into a lightly oiled loaf tin (you can sprinkle sesame seeds or porridge oats over the top for taste if you like). Bake for 45–50 minutes. You know it is cooked when you tap the bottom of the loaf and it sounds hollow. Remove from the tin and wrap the loaf in a clean tea towel while it is cooling. This will keep the crust soft.

Tea Brack

Ingredients

1lb (450g) plain flour
1lb (450g) Sultanas
1lb (450g) Raisins
1lb (450g) Brown Sugar
1.25 pints of Black tea
3 eggs beaten
3 level teaspoons baking powder
3 level teaspoons mixed spice
1/2 cup of flour

Method

Soak the fruit and sugar in the tea overnight. The next day sift the flour, baking powder and mixed spice and mix into the soaked fruit, add the beaten eggs. Divide between 3 one pound loaf tins (lined and well-greased) and cook in the centre of a heated oven 160°C or 325°F or gas mark 3 for 1 hour 30 minutes (or until a skewer comes out clean and dry when stuck into the centre of the brack). Cool on a wire rack. This recipe is suitable for freezing.

Sowing the Seeds of Mindfulness

It is a known fact – the activity of gardening is an exercise for both body and mind. Mindfulness can reduce insomnia, increase focus, reduce stress and helps improve your overall health and immunity, so it's time to get on your balcony or in your garden and get out, get healthy and get growing.

Here are 3 activities you can do in the garden while practicing mindfulness

- **Planting flowers or shrubs** sow your favourite seeds or bulbs to grow some colourful flowers or green shrubs in the garden, when sowing the seeds, be in the present and think positive thoughts.
- **Clear out the weeds from the flowerbeds** an unattended flowerbed is like an unattended mind, it can become overgrown with weeds. Get out the trowel and dig out those weeds and let your beautiful shrubs, flowers and thoughts prosper.
- **Give back** by growing and gardening, people are immediately more aligned with nature, give something back to the nature around you by feeding the birds with peanuts and seeds.

Maybe you want grow plants from seeds to save money. It's definitely cheaper than buying transplants. It will also be easier to find seeds of varieties not typically available for sale as transplants. Whatever the reason, starting plants from seeds is probably not as hard as you think. And growing plants all the way from seed to maturity is one of gardening's most rewarding endeavours.

Here are the basics in 10 steps

1. Choose a container

Seed-starting containers should be clean, measure at least 2-3 inches deep and have drainage holes. They can be plastic pots, cell packs, peat pots, plastic flats, yogurt cups, even eggshells. As long as they are clean (soak in a 9 parts water to one part household bleach for 10 minutes), the options are endless. You can also buy seed-starting kits, but don't invest a lot of money until you're sure you'll be starting seeds every year. If you start seeds in very small containers or plastic flats, you'll need to transplant seedlings into slightly larger pots once they have their first set of true leaves. Keep in mind that flats and pots take up room, so make sure you have enough sunny space for all the seedlings you start.

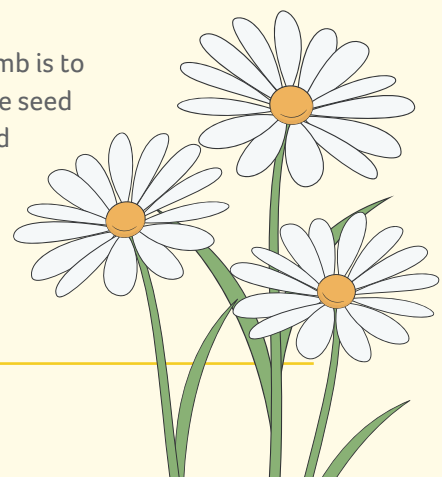


2. Start with quality soil

Sow seeds in sterile, seed-starting mix or potting soil available in nurseries and garden centers. Don't use garden soil, it's too heavy, contains weeds seeds, and possibly, disease organisms. Wet the soil with warm water before filling seed-starting containers.

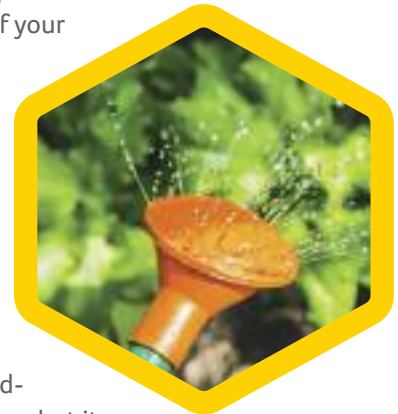
3. Plant at the proper depth

You'll find the proper planting depth on the seed packet. The general rule of thumb is to cover seeds with soil equal to three times their thickness – but be sure to read the seed packet planting instructions carefully. Some seeds, including certain lettuces and snapdragons, need light to germinate and should rest on the soil surface but still be in good contact with moist soil. Gentle tamping after sowing will help. After planting your seeds, use a spray bottle to wet the soil again.



4. Water wisely

Always use room-temperature water. Let chlorinated water sit overnight so chlorine can dissipate or use distilled water. Avoid using softened water. It's important to keep soil consistently moist, but avoid overwatering, which promotes diseases, that can kill seedlings. Try not to splash water on leaves. An easy way to avoid this – as well as overwatering – is to dip base of your containers in water and allow the soil to absorb moisture from the bottom until moist. Some seed-starting kits supply a wicking mat that conducts water from a reservoir to dry soil. This may be the most goof-proof method of watering seedlings but you still have to be careful that the soil doesn't stay too wet. Whatever you do, don't miss a watering and let seeds or seedlings dry out. It's a death sentence.



5. Maintain consistent moisture

Prior to germination, cover your container to help trap moisture inside. Seed-starting kits typically come with a plastic cover. You can also use a plastic bag, but it should be supported so it doesn't lay flat on the soil. Remove covers as soon as seeds sprout. Once seedlings are growing, reduce watering so soil partially dries, but don't let them wilt.

6. Keep soil warm

Seeds need warm soil to germinate. They germinate slower, or not at all, in soils that are too cool. Most seeds will germinate at around 28°C. Waterproof heating mats, designed specifically for germinating seeds, keep soil at a constant temperature. You can buy them in most nurseries and garden centers. Or, you can place seed trays on top of a refrigerator or other warm appliance until seeds sprout. After germination, air temperature should be slightly below 21°C. Seedlings can withstand air temperature as low as 10°C.

7. Fertilize

Start feeding your seedlings after they develop their second set of true leaves, applying a half-strength liquid fertilizer weekly. Apply it gently so seedlings are not dislodged from the soil. After four weeks, apply full-strength liquid fertilizer every other week until transplanting.

8. Give seedlings enough light

Not enough light leads to leggy, tall seedlings that will struggle once transplanted outdoors. In mild winter areas, you can grow stocky seedlings in a bright south-facing window. Farther north, even a south-facing window may not provide enough light, especially in the middle of winter. Ideally, seedlings need 14-16 hours of direct light per day for healthiest growth. If seedlings begin bending toward the window, that's a sure sign they are not getting enough light.

9. Circulate the air

Circulating air helps prevent disease and encourages the development of strong stems. Run a gentle fan near seedlings to create air movement. Keep the fan a distance away from the seedlings to avoid blasting them directly.

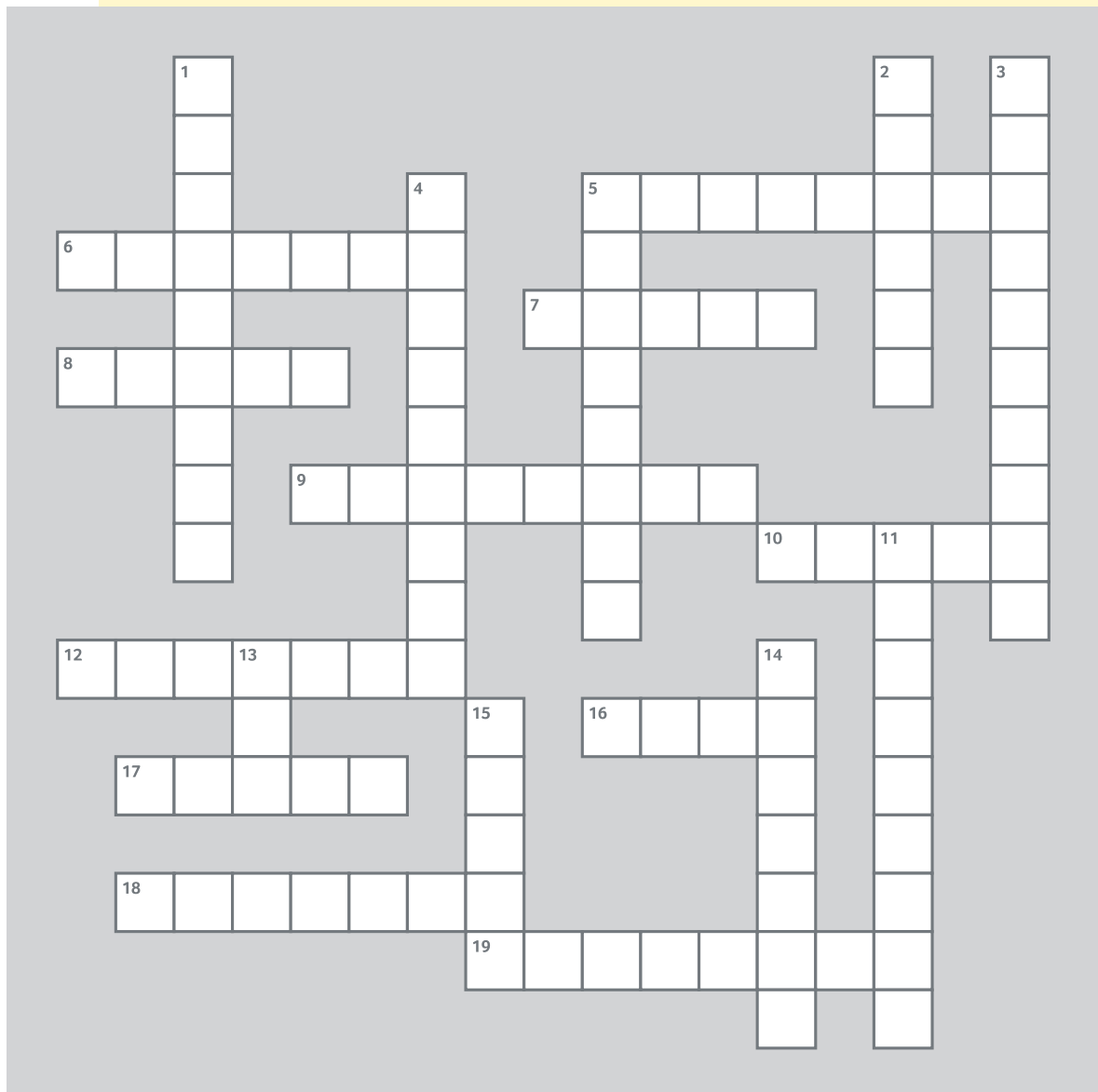
10. Harden off seedlings

Before moving seedlings outdoors, they need to be acclimatized to their new, harsher surroundings. This procedure is called "hardening off." You can do this by moving your seedlings to a sheltered location. Once the chance of frost has past put them out for 1 hour on the first day, gradually building up to 7 hours per day by the end of the week. Your seeds are then ready to be planted out into your garden or on your balcony.



Now watch your beautiful flowers and tasty vegetables grow and thrive.

Animal Crossword



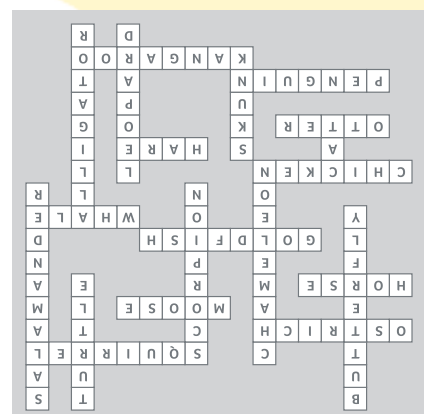
Across

- 5. Nut collector
- 6. Emu's cousin
- 7. Bullwinkle, for one
- 8. Centaur, in part
- 9. Aquarium favorite
- 10. Sea spouter
- 12. Barnyard bird
- 16. Fox's prey
- 17. Furry swimmer
- 18. Bird with flippers
- 19. Aussie hopper

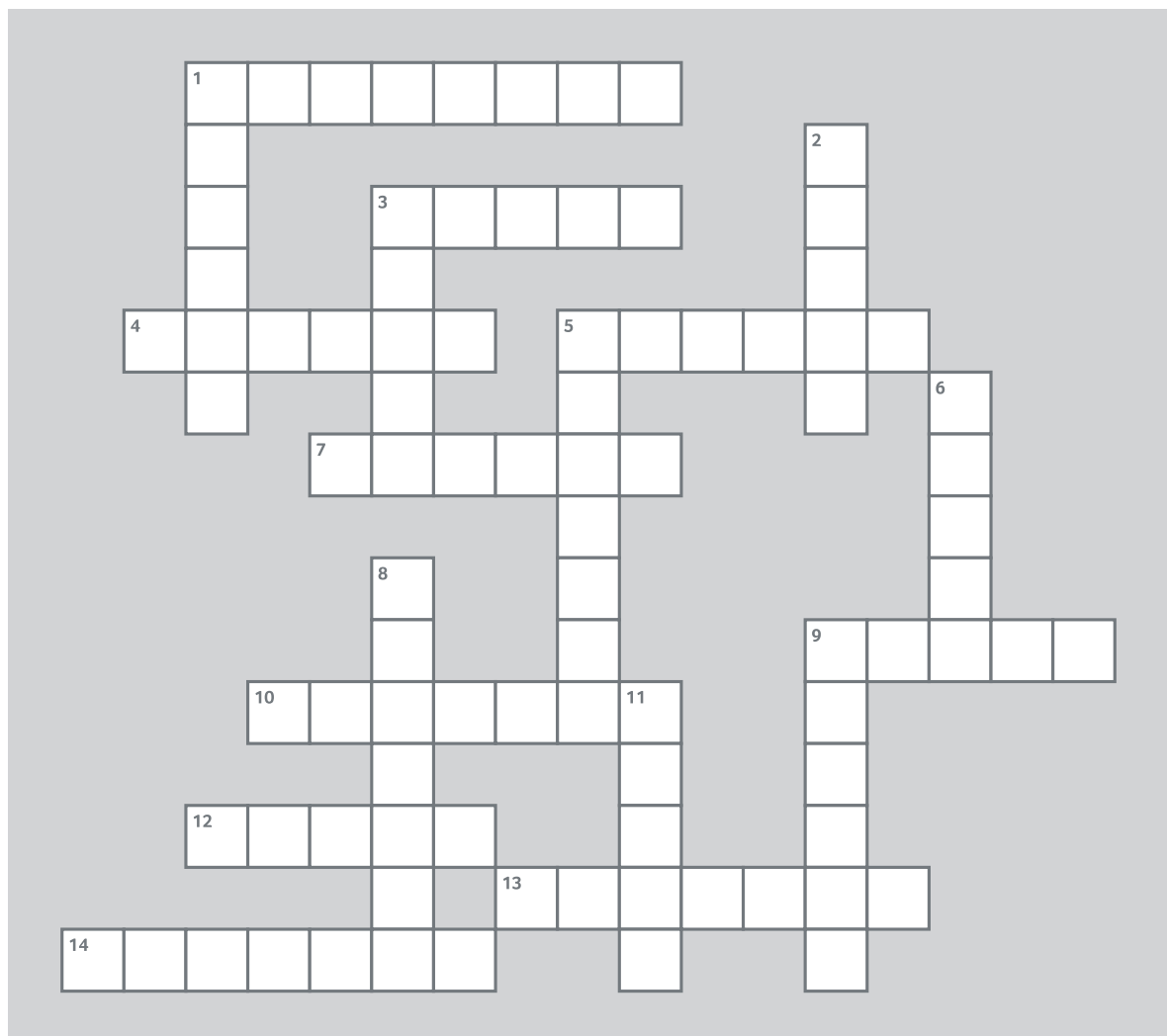
Down

- 1. Monarch, e.g.
- 2. Slowpoke
- 3. Lizard's relative
- 4. Quick change artist?
- 5. Desert stinger
- 11. Everglades denizen
- 13. Alley ____
- 14. Spotted stalker
- 15. Odor emitter

Solution



Golden Age of Hollywood Crossword



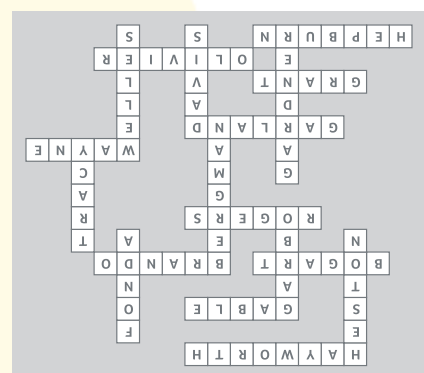
Across

1. Gilda Mundson Farrell, 1946
3. Rhett Butler, 1939
4. Charlie Allnut, 1951
5. Stanley Kowalski, 1951
7. Kitty Foyle, 1940
9. John T. Chance, 1959
10. Dorothy Gale, 1939
12. Roger Thornhill, 1959
13. Heathcliff, 1939
14. Holly Golightly, 1961

Down

1. Judah Ben-Hur, 1959
2. Mister Douglas Roberts, 1955
3. Felicitas von Rhaden, 1926
5. Ilsa Lund, 1942
6. Joe Wilson, 1936
8. Kitty Collins, 1946
9. Charles Foster Kane, 1941
11. Margo Channing, 1950

Solution



KEEP WELL

IN YOUR COMMUNITY



Rialtas na hÉireann
Government of Ireland



Keep Well Government Resilience Campaign

This will be one of the most difficult s that we've faced in a long time. Nothing has ever felt so abnormal in living memory. We're not going to attempt to dismiss that or force an outlook on people. But we want to be upbeat. We will acknowledge that 'this' isn't normal before pointing to things we can all do 'everyday' to make it a bit easier. We will encourage people to make a weekly plan to do these things. Things like:

- **Keeping active and being outdoors** – even during the winter, it is important to help physical and mental health and wellbeing.
- **Staying connected** – staying connected with people and addressing isolation as person-to-person connection is important to our wellbeing.
- **Switching off and being creative** – switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
- **Eating well** – by nourishing your body and mind we can positively impact our physical and mental wellbeing.
- **Managing your mood** – equipping people with information on where to go if they need support e.g. HSE's Your Mental Health website.



MANAGING YOUR MOOD



KEEPING ACTIVE



KEEPING IN CONTACT



EATING WELL



LOCAL RESOURCES



SWITCHING OFF





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