

Act Of Kindness Tic-Tac-Toe

Join forces with friends, family or colleagues to complete this game of tic-tac-toe! Find more information inside the newsletter

Send a loved one a kind message	Take part in a citizen science project	Volunteer your time and skills to help a local charity
Pick up five pieces of litter every day	Donate spare change or clothes to local charities	If you know someone is overwhelmed, offer to bring them something from the shop
Donate one food item to the Nourish project	Pick a day to smile at five strangers – they might just pass it on 😊	Do a household chore for someone else in the family



Do you represent a charity, community group, or small business in Meath? We would love to feature you in our upcoming newsletter! If you are interested in being featured, please get in touch with us via a personal message on Facebook @Core_Ireland, by e-mail at info@coreireland.ie, or by phone on 085 1920 150

We welcome all texts as long as they focus on something of benefit to the community. The article can be informative of a group/business, what you do, upcoming events, or a topic you feel deserves attention. If you have any questions, do get in touch. We can also brainstorm together or write a short piece on your behalf.

We kindly ask for all entries to be submitted by Sunday the 10th of March, 2019. Tips: keep the article short and sweet (<200 words); include up to two photos to be published alongside your article; and provide your group/business contact details. We look forward to featuring you in our next newsletter!

CORE

PUTTING UNITY INTO COMMUNITY
MEATH



CORE are delighted to welcome you to our first newsletter of 2019. In it we endeavour to keep you up to date with the inner workings of CORE and act as a hub that connects with and provides services for the community, local charities, and other worthwhile causes.

WHAT IS CORE?

CORE is a community based, volunteer led social initiative situated in Navan and its environs since January 2015. Its function is to help combat the isolation of people within the community, to develop a sense of community spirit and improve the quality of life for local residents, visitors and businesses within the community. We connect the community, local charities and worthwhile causes by focusing on individual projects that will help to restore a real sense of community bringing people and organizations together to



address issues in areas such as mental health, community development, poverty and social exclusions. In this way CORE is evolving and growing as more and more people become involved and are attracted to this CORE principle which is the betterment of our society through positive participation in

our community. CORE is a two-way system, which is as much for the volunteer as the person who is receiving the help in that we forget about ourselves and our own problems as we set about our tasks in a practical way. In this way it improves our own mental health as well as others. It is a unique formula in which everyone benefits.

Nourish! Food Project

The Nourish Project involves volunteers from CORE collecting non-perishable food items from the public through schools, clubs, businesses and other organisations in the Navan area. We re-pack this food into food parcels in Claremont Stadium and distribute them to families in need in the Navan area.

Our goal is to extend this Nourish Project to all of Co. Meath! We are currently approaching businesses and schools in the area with the view of participating in the Nourish Project.

See more inside on how you or your business can get involved!

IN THIS ISSUE

COMMUNITY GROUPS
LOCAL CHARITIES
UPCOMING EVENTS
NOURISH PROJECT
PLASTIC POLLUTION

☎ 085 1920 150

✉ info@coreireland.ie

Facebook Twitter Instagram @Core_Ireland

The Nourish Project: How you can help!

If you would like to donate non-perishable food items or toiletries that can be distributed to families in the weekly food parcels, they can be dropped in to Next To Nature shop in Navan Shopping Centre or feel free to call us and a member of our team can collect items from you. If you are an employer or an employee or a member of a sporting organisation, school or club you might consider adopting the Nourish Project within your company or organisation as part of your social responsibility ethos.

We have developed a programme called **The Joy of Giving**. On your business premises you could house a box into which non-perishable food items can be deposited and we can arrange collection and distribution of same in the Meath area. We ask your members bring one item on a given day once a month to be placed in the box and a Member from Core Nourish Team will then collect same. We can provide posters and leaflets outlining how The Joy of Giving works. See more on page 14 of this newsletter!



Consider adopting the Nourish Project within your school or company!

New Earth Property Maintenance

Should you require a trusted local handyman who can provide such services as:

- Landscaping
- Gardening
- Installation of driveways and patios
- Painting – indoors and outdoors
- Window cleaning

For these and all other general handyman work, contact Bernard on 085 1920150 for further information



CORE is a community based, volunteer-led initiative, evolving and growing!

Get involved and help us to help others.



Cultúr

Cultúr is a Navan-based organisation promoting the empowerment, participation, and rights of ethnic minorities such as immigrants, refugees, and asylum seekers.

Cultúr work across Co. Meath to help ethnic minorities who are experiencing or are at risk of racism, social exclusion and poverty.

Cultúr run a number of projects such as the **net-WORK project** helping migrant women address barriers and obtain employment through enhancing the skillsets of the women in areas such as cultural awareness and job ready skills.

The **Jump Project** also aids migrants achieve better access to training and employment in Meath and improve migrant's employability by providing an opportunity of getting work experience in the field of their qualification, enabling them to search for relevant work. The programme consists of an accredited Business English course, Career Planning Workshops, Work Place Experience Preparation and Work Placements as well as One to One Coaching.

The **Moving On project** works with refugees and asylum seekers who have received their status to ensure they are supported to transition into the community. Using a community work model ensures those affected by the issues are part of the decision making process on means of social inclusion in their new communities.

Cultúr also run English classes in Navan in coordination with Failte Isteach.



Failte Isteach conversational English classes are held on Thursdays 7-9pm 1st floor of St Marys Parish Centre.

For more information on these or other projects please visit www.cultur.ie

FREE Core Services

In keeping with our community spirit we, as volunteers in Core, offer a completely free service for the elderly and disabled.

This consists of small, quick odd jobs such as changing a light-bulb, lifting items out of the attic and moving heavy objects etc.

Call Bernard on 085 1920150

Your company here?



All CORE partners will be acknowledged in our newsletter!

Ar scáth a chéile a mhaireann na daoine

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Foróige

Foróige is Ireland's leading Youth Organisation with over 50,000 young people involved annually. Foróige aims to enable young people to develop personally and within the community. Foróige has many different services:

- **Foróige projects**
- **Foróige Juniors (10-12yrs)**
- **Foróige Clubs & Cafés (12-18yrs)**
- **Big Brother/Sister programme**

There are established Foróige clubs in Oldcastle, Kells, Athboy, Navan, Lobbinstown, Duleek, Slane, Mosney and Ratoath. Foróige clubs offer members (12yrs+) to meet socially once a week for 1-2hrs during the school term. Members take responsibility for the running of the club and activities. This is achieved through a Youth Committee within the club supported by trained adult volunteers.

For more information about Foróige in Meath please contact Breda by phone 086 657 9606 or e-mail breda.orourke@foroige.ie

Teach Mná Navan

Ladies: looking for something new to try this year? Then call in for a coffee and chat at one of the Teach Mnás in Ashbourne, Athboy, and Navan!

In Navan, it's a mix of all ages and they have recently been doing Laughter Yoga, Mindfulness, Quilting and other Arts and Crafts projects

If you'd like to know more about Teach Mnás around Meath, please contact Mary on 046 928 0790

Juniors Clubs are very popular in Ballivor, Duleek, Julianstown, Lobbinstown, Ratoath and Mosney. In junior clubs, volunteers are more involved in the planning of activities, however members also have a chance to voice their opinions and decide on activities. Activities during club time include: team building games, sports, arts and crafts, baking, first aid and various community projects.



Members can interact with other clubs and participate in National activities such as: Talent Shows, Baking competitions, HYPE Music Festival, quizzes, discos, Leadership and Health & Wealth being programmes.

New Volunteers Needed!

CORE is entirely run by volunteers and we are looking for more people to help us out! We are looking for people to help out in the Nourish Project, Our newsletter, administration staff in our new office.

This is a great opportunity to meet new people, learn new skills and put something back into your Community.

We particularly need people with community development skills, social media skills or fundraising experience, but there are many ways to get involved so don't hesitate to give us a shout!

Contact us for further information on volunteering at CORE Meath!

Call Bernard 085 1920150 or e-mail us at info@coreireland.ie



Meath Springboard Family Support Services CLG.

Meath Springboard was established in 1998 as part of a Department of Health Initiative to develop and provide community-based family support services.

Our aim is support adults in their parenting role for the benefit of their children. On average we are working with 110 families at any one time.

Most of the services we provide are funding by Tusla, the Child and Family Agency. The access support and counselling services incur costs which parents are informed about at commencement. We support parents through the following services:

- **Individual programmes of family support** for families where there are specific issues impacting on the child's welfare
- **Children Access Support Service** – we provide staff and space to support children maintain and develop their relationship with their non-resident parent
- **Parent support groups**, we offer groups focused on mothers, fathers and young mothers
- **Counselling support**, we arrange affordable counselling for children and parents

Meath Springboard Family Support Services is a registered charity (CHY No. 13758).



We encourage adults to contact us if they are struggling with a parenting issue. We will either provide support or point the parent in the right direction.

For further information please contact 046 907 8220 or visit www.meathspringboardfamilysupportservices.ie

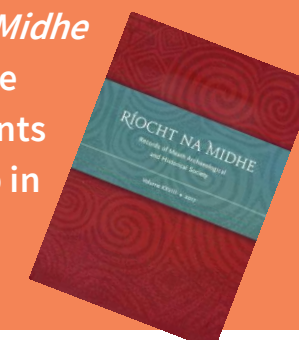
Meath Archaeological and Historical Society

Meath Archaeological & Historical Society is a local historical society based in Co. Meath. Established in 1937, the society lapsed during the Second World War due to paper and petrol shortages which made it impossible to travel, correspond and publish. The society reformed and began to publish its annual journal; *Ríocht na Midhe*, in 1955.

"The object of the Society shall be to locate, preserve, examine, publish and illustrate the antiquities, records and traditions connected with the territory comprised within the ancient Kingdom of Meath..."

The society also organises and delivers a number of lectures based on historical topics in Meath as well as excursions to historical sites across Meath.

If you are interested in joining the Society, please visit www.mahs.ie where you can also purchase copies of *Ríocht na Midhe* and see the many events coming up in Co. Meath in 2019!



Teach Mná

Make Time For You

Learn Something New

Share knowledge

Meet New People

Where: Oaklawns, Community House, Clogherboy, Navan

When: Fridays

Time: 10-12

Like to learn more contact Mary 046 928 0790



Meath Travellers Workshop Ltd.

Meath Travellers Workshops is a voluntary community development organisation. It is a traveller led organisation working together with the settled community to promote Traveller values and identities through training and education.

The main motivation for the setting up of Navan Travellers' Committee was the deplorable living conditions that Travellers lived in and related issues such as Health, Education and Life expectancy.

Our main focus is on educating and facilitating Travellers to get more involved and self-determined. We aim to seek equality for all and run programmes in the following areas:

- Traveller Heritage and Culture Awareness
- Childcare
- Youth and Community Development
- Travellers issues such as Education, Accommodation and Employment

If you would like to learn more please visit www.travellerheritage.ie

You can also look us up on Facebook @Meath Travellers Workshop Ltd.



National Learning Network

DNLN, the training and education division of Rehab Group, has over 50 years of experience in assisting people to learn the skills they need to build lasting careers.

Whatever your circumstances – whether you are long-term unemployed, have an illness, have a mental health issue or a disability – National Learning Network can help you.

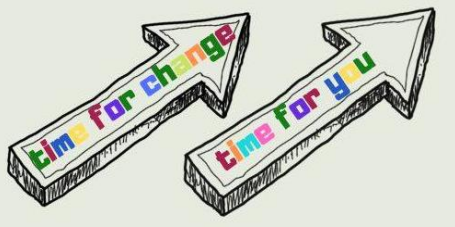
As Ireland's largest non-governmental education and training organisation, NLN offers over 70 different training programmes across the country.

In Navan we offer **six different courses** →

- 1. Access** Rehabilitative training and Independent Living Skills for school leavers
- 2. Advance** Complete a QQI Level 3 in Employability Skills while continuing your education
- 3. Fresh Start** Complete a QQI Level 3 in Employability Skills and gain work experience if you are looking to re-join the work force
- 4. Catering Support** Complete a QQI Level 4 in Employment Skills while learning to work in a kitchen
- 5. Employment Based Training** Complete a QQI Level 4 in Employment Skills and gaining work experience to join the work force
- 6. IT and Reception Skills** Complete a QQI Level 4 in IT and Office Skills and ECDL

Ashbourne Women's Group

Are you ready to make time for you? Would you like to meet other people in your area?



The Ashbourne Women's Group meet on Thursday mornings from 11:15am at Ashbourne Library upstairs in room 2

New members welcome!

Contact Mary at Meath Partnership on 046 928 0790 for more information

Johnstown Tidy Towns

Johnstown Tidy Towns (JTT) was founded in September 2016. Alan Lawes, Chairman, says the organisation has grown steadily with increasing numbers of people turning up to help with the regular cleans ups and taking part in the litter hit squads.

Smith's Super Valu in Johnstown have offered us their continued support along with other local businesses like Fifty 50 restaurant, Taylor's and O'Brien's bar. Meath County Council have also been a great help with advice on applying for grants that we are entitled to as well as collecting all the rubbish we collect.

The committee's plans for 2019 go a lot further than litter picking. Now firmly established with access to a certain amount of funds JTT are in a position to be a little bit more ambitious!

JTT would like to invite any CORE newsletter readers who would like to get involved to please go to the Johnstown Tidy Towns Facebook page and send them a message or call Alan on 085 175 7216



JTT thanks all the brilliant volunteers and sponsors for their help!

Get Tax Back

The Easy Way To Claim Tax Back!

Get Tax Back has been helping people in Meath claim tax back since 2008. Through their expertise they take the hassle out of claiming tax back.

Taxation can be complicated for people and most PAYE workers are not claiming their full entitlements. Three out of every four clients receive a tax refund. They offer a 'no-refund-no-fee' policy.

So who can claim Tax back?

Single parents, parents with a child with special needs or a disability, part time workers can be due a USC tax refund.

If you have recently become unemployed you may be due tax back. There are many situations where you might be due a refund, so simply call Barry on **087 973 9708** or email him at **barry@gettaxback.ie**. There is no cost to you.

Call Barry Conlon at 087 9739708
E-mail barry@gettaxback.ie
Website: www.gettaxback.ie
Unit 4, Navan Enterprise Centre

TAX REFUND

- ☐ NO
☒ YES

Give Blood

Ratoath

Monday 18th of February
16:30 - 20:00
Ratoath GAA Club,
Sean Eiffe Park

Kells

Wednesday 20th of February
and Thursday 21st of February
17:00 - 20:30
St. Ciaran's Community School



Please see www.giveblood.ie to check your eligibility to give blood prior to attending

Connect Through Sports!

Free Sports Program for Children of 8 to 12 years

The Connect Through Sports program starts in Claremont Stadium on Saturday 2nd March at 10am.

Each Saturday for 8 weeks, children who currently play no sports will get the chance to experience a different sport.

This free program will give children an hour and a half of experience of each of the featured sports!

The sports include:

- Soccer
- Kenpo Karate
- Dance
- Karma Yoga
- Athletics
- Badminton
- Girl Guides
- Tennis

For further information or to book a place please call us on 046 902 9693



CONNECT THROUGH SPORTS **FREE**

SPORTS & ACTIVITIES, BOYS & GIRLS
8-12 Years 10:00am – 11:30am
From **SATURDAY 2ND MARCH**
A variety of sports by qualified coaches
To register please call 046 902 9693 or email maria@claremontstadium.ie

FOOTBALL – KENPO / KARATE – ATHLETICS
YOGA – TENNIS – GIRL GUIDES – DANCE

CLAREMONT STADIUM
SPORTS | SOCIAL | EDUCATION
www.claremontstadium.ie

Irish Girl Guides

Giving girls confidence!

The Mission of the Irish Girl Guides is to enable girls and young women to develop to their fullest potential as responsible citizens of the world. IGG is a uniquely girl-only, youth-driven, active and dynamic organization. It offers a varied and exciting programme for girls and young woman aged 5- 30, and opportunities for leaders of all ages.

IGG is built on the ethos of volunteering and all our members volunteer for the various roles in managing the organisation. IGG employs a small number of staff to support volunteers at both local and national levels. Both staff and volunteers are recognised for the vital roles they play in ensuring we achieve our mission.

In an all-female organisation, the girls are free to progress and express themselves in a comfortable setting. They enjoy the activities as they can “just be girls” without any pressure. They learn to be themselves in a safe environment while learning the skills that will, one day, help them become responsible citizens and adults.

We are always delighted to welcome new members!

For more information, please get in touch via e-mail nerdo@irishgirlguides.ie or by phone +353 166 83898 or see our website www.irishgirlguides.ie

Involve Meath Youth Project

New members are always welcome to the Involve Meath Youth Project! Meetings are every Wednesday at the Oaklawns Community Centre. There are two groups:

- 6-7pm for 10 to 13 year olds
- 7:30-8:30pm for 14 to 19 year olds

We can also run young men and women's groups up to 25 years of age if people are interested.



INVOLVE MEATH YOUTH PROJECT

Contact Kay 087 757 2010 for more information!

Meath Job Club

Meath Job Club provides a range of support and services for both job hunters and employers.

Meath Job Club trains job hunters in effective ways to get work and offers recruitment solutions for employers seeking new staff. Their super-skilled staff of 4 are highly qualified with a combined total of over 60 years' experience in recruitment, information provision, education, training, guidance and career coaching.

Operating in Meath for 18 years, they have a thriving network of employers who come to them for staff and job hunters who've found genuine support in finding their way forward.

They provide tried and tested, evidence-based advice and supports on creating effective tailored applications, help with your CV's, cover letters, application forms and your job hunting strategy. They offer you the chance to do mock interviews with so that you can identify any issues and work on them before you get to the real thing for a positive boost in confidence and motivation.

For employers, they offer free and confidential, time-saving recruitment services.

They meet up to 500 job hunters every year, from across almost every sector and level. They work with their people on a daily basis to get to know them, so that when they propose a candidate, it's based on quality intel.

You can also avail of their information services - they'll walk you through the various DEASP work placement schemes and employment incentives including JobsPlus.

Meath Job Club is an employment services initiative funded by the Department of Employment Affairs & Social Protection and sponsored by the Crann Support Group.

Contact by phone or text at 046 907 8968 or 085 866 5783

Located at 29 Flower Hill, Navan (free parking at rear of building)

Find them on Facebook as Meath Job Club

E-mail:
caroline@meathjobclub.com
sabrina@meathjobclub.com

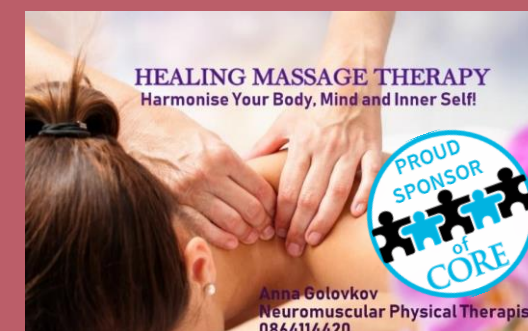
The benefits of massage therapy

How can massage therapy help to relieve symptoms of depression, stress and anxiety? Massage therapy relieves the physical symptoms of depression such as back, joint and muscle pains, fatigue and sluggishness. It can also help you sleep better as your body maintains its state of relaxation long after the massage is over. If you get a massage in the morning the feeling will remain throughout the day and carry on into the night when you go to sleep.

What is the science behind massage therapy relieving stress? We face stress daily but when we're depressed that stress can become unbearable and make us feel unable to cope. In order to decrease physical and emotional stress, massage therapists use different techniques to stimulate blood flow and manipulate the tissues. An hour long massage lowers stress-inducing cortisol levels and regular massage can help boost your immune system.

Massage therapists go through rigorous training to learn how to create a relaxing environment for their clients

How can massage therapists help to deal with depression? Besides learning proper massage techniques, therapists learn what types of music, sounds and scents are best suited for a massage session. When all these facets work in tandem, massage therapists are doing their part to relieve you of the symptoms and feelings associated with depression.



HEALING MASSAGE THERAPY
Harmonise Your Body, Mind and Inner Self!

PROUD SPONSOR of CORE

Anna Gotovkov
Neuromuscular Physical Therapist
0864114420

CSR - Corporate Social Responsibility

What is corporate social responsibility?

CSR is defined as 'the responsibility of enterprises for the impact on society'. More consumers are seeking information about the ethics and social commitment of the business they buy from.

It is running a business in a responsible and sustainable manner and contributing to the local community. It's about ensuring your staff and customers wellbeing while being environmentally friendly and working to improve the local community.

Some very large companies tend to have policies and staff dedicated to CSR. Small and medium-sized enterprises are just as charitable and ethical as their larger counterparts but they tend to spend less time quantifying and publicising it.

Businesses are often unsure where to start or whether their company is large enough to support a CSR programme.

The truth is your business is never too small to implement the basic elements of a CSR policy and make the first steps to a full program.

Using CORE Ireland as part of your CSR Program

We do the majority of the work! Our volunteers will provide all the literature and training necessary through our own presentations. The presentations themselves will focus on CORE's emphasis on community spirit and the connection between the community and business.

We only ask for your time, services and cooperation, never your money. CORE is not a monetary organisation and we do not accept money from members of the public. We only ever accept voluntary services and products, we do not ask for monetary donations.

By working with us, we will spread the name of your company to everyone we work with. We also publish this newsletter which can feature an editorial on your business in a regular slot. We will also feature your business on our social media pages on twitter and Facebook, and we have our own website to further spread the word of the good work your company is doing.

CORE's vision is to give back to the community. As a pathway to this, our current aim is to make Navan the first corporate socially responsible town. By working with us, your company and your staff would be playing a huge role in ensuring that our community is given every opportunity to reach its full potential.

Why CSR?

55% of consumers are willing to pay more for products from socially responsible companies!

Your business here?



No business is ever too small to implement the basic elements of a CSR policy and make the first steps to a full program.

If you would like to know more, please contact any of our volunteers!

+353 (85) 196-9016
+353 (85) 192-0150
info@coreireland.ie



Having an active CSR Program will...

Improve Public Image

By publicising efforts and letting the general public know about engagement with a non-profit organisation, companies increase their chances of being favourable in the eyes of consumers

Boost Employee engagement

Nearly 60% of employees who are proud of their company's social responsibility are more engaged in their jobs

Create a Positive Workplace Environment

The positive feelings associated with charity work often create a better atmosphere in the working environment. It can create a more holistic feeling and bring co-workers together with a sense of community and encourage Personal and professional growth for employees

Have a positive impact on the community

Smaller, community based organisations often have a strong link with the community. As CORE is able to do more with your help, the impact on the community is greater and can greatly help the lives of everyone who is a part of the project as a result

Implementing the Nourish project as part of your corporate social responsibility

One of CORE's local initiatives is The Nourish Project which involves volunteers from CORE collecting Non-Perishable food items from the public through schools, clubs, businesses and other organisations in the Meath area. We also collect perishable food items from Supermarkets through a National Organisation called Food Cloud. We then re-pack this food into food parcels to distribute to families in need in the Navan area.

We distribute up to 40 food parcels to families every week. Our goal is to extend Nourish to all of Meath.

We feel that this initiative creates social awareness amongst employees of the unseen problems in our society. The Nourish Project engages with people from all backgrounds to help make the community a more welcoming place.

CORE would like the opportunity to partner with your company and implement the Nourish project as part of your corporate social responsibility.

This is how you could get involved.

- Appoint a member of staff to oversee the promotion of the Nourish Project in your business
- On a designated day, once a month, each employee would be asked to bring in 1 non-perishable food item, this may be from their kitchen cupboard. The food would be placed in a container in a designated area in the building
- A volunteer from Core will collect the food on an agreed upon day

We would be happy to have one of our members come to you to speak with you and/or your staff about this project and discuss how we could further develop this initiative together.

We would also welcome any individual staff member who would like to volunteer with us for packing and distributing the collected food.



Meath Arts Group

Founded in 2006 Meath Arts Group is a cultural, non-political, non-profit organisation. Meath Arts Group brings professional, emerging and hobby artists together to share their art and creativity with each other and the community.

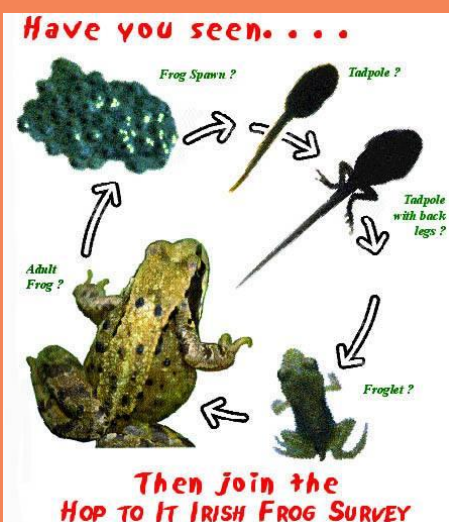
The group encourages artists of all ages and ability to express their creativity, to build their confidence, to learn from each other and to meet and get to know other artists working in their community. Each member brings their own practice to the group, be that drawing, painting, photography, textile, sculpture, paper, stained glass, print making or mixed media.

If you are interested in the visual arts or would like to become a member, please visit www.meathartsgroup.ie where you can find information on current and upcoming exhibitions, works and workshops

“Hop To It” survey

Every year the Irish Peatland Conservation Council (IPCC) needs the help of people all over Ireland to take part in the National Hop To It Frog Survey.

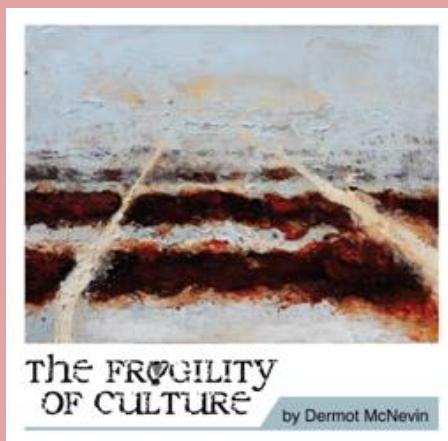
Let's hop to it and put Meath's frogs on the map! You can submit your records online about where you can see frogs, spawn and tadpoles! You can also order a recording card on 045 860133



For more information on how you can help, visit <http://www.ipcc.ie>

Events

Showing at the Toradh gallery in Ashbourne Library & Cultural Centre until March 29th is “The Fragility of Culture” by Trim based artist Dermot McNevin is a collection of new abstract paintings accompanied by a film piece inspired by the Irish Harp



Free Screening: “The Lives of Others”. Thursday, 28th of February at 7:30 PM – 9 PM, in the Solstice Arts Centre in Navan Free admission, booking essential. See solsticeartscentre.ticketsolve.com for free tickets.

“In 1984 East Berlin, a secret police agent conducts surveillance on a writer and his lover, becoming increasingly absorbed by their lives.”

The screening runs in conjunction with the visual arts exhibition *Surveill  -e-s*, on display in the Level 3 Gallery.



Birdwatch Ireland Meath

Meath hosts a variety of different bird species that play an important role in our ecosystem. In some cases, it serves as a refuge for some of Ireland's most endangered birds, particularly the red-listed Yellowhammer.



Female Yellowhammer © Clive Timmons



It was for this reason that Birdwatch Ireland established the Birdwatch Ireland Meath Branch in 2011. The main body of the organisation consists of (l-r in above photo) Paul Gallagher, Franck Ar Monner and Terry Cassidy.

All activities by BWI Meath are open to the general public unless otherwise stated.

Since its founding, the Meath branch has organised a number of outings, walks, talks and other events that promote Meath's diverse environmental heritage. It was with this same goal in mind that Birdwatch Ireland Meath named 2019 “The Year of the Farmer.” Farmers play an important role in maintaining a healthy biodiversity for an array of wildlife in Meath. As such the branch will be hosting a number of outings throughout the year on farms, to highlight farmers' environmental work and how integral it is to Meath's eco-system.

Our next event is on Saturday the 23rd of February at 12 pm in Mornington to see the array of birds species in this area. We will meet at the Bird Sign near the OLD Church at Mornington @ 12. The old Church is about ½ km north of the new Church on the banks of the Boyne estuary. The sign is beside the coast road from Drogheda.

Birdwatch Ireland Meath would also like to hear from any farmers currently working on projects on their land that look to give nature a helping hand.

If you would like to get involved or join us on any of our outings please get in touch by e-mail: birdwatchirelandmeath@gmail.com

Follow us on Facebook or Twitter @birdwatchmeath

NEXT FREE EVENT!
Sat 23rd Feb
Mornington Outing
Come see the array of bird species in this area



All welcome!

Citizen Science projects

Biodiversity Data Centre
<http://pollinators.ie>

- “Biodiversity Data Capture” app (or online) to upload records & photos
- Bumblebee monitoring
- Solitary Bee monitoring

Irish Wildlife Trust
www.iwt.ie

- Waterways for Wildlife
- National Reptile Survey
- Ladybird Survey

Bat Conservation Ireland
www.batconservationireland.org

- Daubenton Bat Survey
- Car-based bat monitoring project
- Brown long-eared bat roost monitoring
- BATLAS

BirdWatch Ireland
www.birdwatchireland.ie

- BirdTrack
- Garden Bird Survey
- Swift Bird Survey
- Spring Alive

EPA
www.epa.ie/enforcement/report/seeit

- “See it Say it” app to report environmental complaints

Do you represent an environmental group working within Meath?

Get in touch with CORE & submit a short piece on your group or an article on an important environmental topic you think we should cover in our next newsletter!

Dowdstown Counselling Services

Counselling aims to provide an opportunity to address your difficulties and work towards positive change in a safe & secure environment. We aim to empower and support clients to live full and worthwhile lives.

Dowdstown Counselling Services LTD, a registered charity, located in CYWS Hall, Fairgreen, Navan, provide counselling and bereavement services for the people of Meath and surrounding areas.

We offer affordable counselling and bereavement support provided by a team of fully qualified and accredited psychotherapists.

Upcoming event: Country Music Night Fundraiser!

Thursday, 2nd of May at Teach Na Teamrach on Trim Road in Navan. The show starts at 9pm with 10e admission. Featuring artists such as Niamh Lynn, Matt Leavy and Paul Leavy to name a few.

- Abuse
- Addiction
- Anger Management
- Anxiety & Panic Attacks
- Couple Counselling
- Depression
- Eating Disorders
- Family & Relationships
- Life Changing Circumstances
- Loss & Bereavement
- Personal Growth Issues
- Suicidal Ideation
- Teen/Adolescent Challenges
- Trauma/Shock and Work Related Issues

For more information please visit our website: www.dowdstowncounsellingservices.com

You can also call us on 046 902 0671 or 086 166 3586

Men can be victims of domestic abuse too

Men experiencing domestic abuse is not widely spoken about in Ireland. Yet it is very common and it may be that you know someone that is or has been a victim of male abuse. Of course, it is even more likely that some male acquaintance of yours is suffering silently from domestic abuse and feels he cannot share his pain with you or indeed anyone else. Amen is a lifeline for these men suffering in silence.

Amen Support Services was created in 1997, and has been working tirelessly since then to directly support men and their families who have experienced domestic abuse. In addition to this work, focus has been placed on raising awareness. This ensures that men who disclose abuse are believed and supported in an appropriate manner, by family, friends, colleagues and professionals. We run a confidential helpline, offer nationwide one to one support clinics, court accompaniment, counselling services and life skills workshops.

Amen supports all men experiencing domestic abuse in Ireland, regardless of their sexual orientation, ethnicity, religious or cultural background.



If you have a query or need support you can find out more at www.amen.ie or contact our team at 0818 22 22 40 or email info@amen.ie

Meath Volunteer Centre

Meath Volunteer Centre is a county-wide community based service that offers a recruitment and placement service for anybody in County Meath who is interested in volunteering. Meath Volunteer Centre also provides support and training to organisations in County Meath on all aspects of volunteer management.

Meath Volunteer Centre currently work with over 200 Volunteer Involving Organisations in Meath and have an average of 150 active volunteering opportunities at any one time.

We provide a range of services for Volunteers, where you can:

- Avail of our Free Volunteer Placement service
 - Find out more about volunteering opportunities without having to make a commitment
 - Talk with someone in our Volunteer Centre on the how, why and where of volunteering
 - Participate in our volunteer centre led initiatives - helping volunteers in Meath drive change and make a difference
- Through our Free Placement service, if you need volunteers we will try and source them for you
 - We can meet with you to help with any issues about taking on volunteers for the first time, or to review current procedures, or anything generally to do with volunteering, such as attracting volunteers, managing volunteers, references, good practice, expenses...
 - Training for Volunteer Involving Organisations about involving volunteers
 - We provide a Garda Vetting Service (see more online) for volunteer involving organisations who do not have an authorised signatory in their organisation
 - We don't charge for the majority of our services and we keep things confidential.
 - Have a look around our web site, it is full of information on volunteering and volunteer development and is updated regularly.

If you would like to hear about specific volunteering opportunities or if you would just like to hear more about the work of the Centre, please do not hesitate to contact us by email at info@volunteermeath.ie or by phone at (046) 928 0790

Meath Volunteer Centre is part of a wider network of volunteer centres. Further information on the network can be found at www.volunteer.ie

“How wonderful it is that nobody need wait a single moment before starting to improve the world”

— Anne Frank

Public Participation Network

Be part of the decisions that impact on your community!

The PPN is a communication network of over 440 community, voluntary and environmental groups from Meath. It is the main link between the Local Authority and the Community for consultation. It is the mechanism for selection of Representatives from the community to sit on Local Authority committees.

Who can register?

Community, Voluntary and Environmental Groups in Meath who meet regularly, have more than 4 members and have stated aims and objectives.

You can find the registration form on www.meathppn.ie or request a copy at catherina.orourke@meathco.co.ie or phone 046 9097534



Do you represent a voluntary group working to improve social inclusion in Meath?

Get in touch and submit a feature on your group, an event, or a short article on a topic you feel would improve social inclusion in our communities that we should cover in our upcoming newsletter!



What Are The Social Media Channels My Kids Are On?

Written by Eimer Duffy, FIT Social Media



Many will agree that social media affects our business and personal lives. One lunchtime I met up with a friend, and while we were chatting she mentioned her daughter who recently turned 13 and was on about Snapchat. My friend hadn't a clue about Snapchat and was worried, asking my advice as a mother who works in social media. She made me think again about what social media channels my kids are on. There are many apps that are steadily growing in popularity with kids. I talk about apps with my own kids, they don't like it. They hate it when I ask about the latest Snapchat or Instagram filters, mention hashtags or show them a selfie I was "thinking" of posting! In their eyes I'm embarrassing, but for me it's my angle regarding their safety, in the hope that they will be happy to come and discuss things with me, rather than online (and we can expand our social media conversations on how to be safe, to what not to post or say etc. online). Here is some info on the three free platforms my teenage kids are on at the moment (my youngest is still in primary school so won't be let on social media for quite a while). I am also on them, to which my kids "throw their eyes up to heaven" knowing I am on them too!

#1 Snapchat

My kids seem to be always Snapchatting on their mobiles. Taking photos and videos, posting them with filters, stickers and text, sending messages to their friends and once they have been viewed they disappear.

This has great appeal to kids and teenagers, but images and videos can be screenshot which means they can be saved by others and don't disappear.

#2 Instagram

Instagram is very visual. You can share photos & videos (adding filters, stickers, text) with friends. You can post stories (photos, videos) which appear at the top of the screen to be seen first. You can increase the reach of a post by using hashtags in captions and comments.

The Explore tab is used to find new people and see what's trending. A location tag shows where a photo was posted so it's safer not to tag a location.

#3 Whatsapp

This is more of a messaging app. You can send single messages to a friend or lots of people at the same time in a Whatsapp group, make Whatsapp phone calls or share photos, videos and voice messages.

You can also share your live location (but it has to be turned on in your phone settings you need to give the app permission to use it). Personally, I think it's safer not to do so.

If you require management of your social media or website, Eimer at FIT Social Media makes sure your business is seen in the best possible light with a better online presence, giving you peace of mind to focus on other areas of your business. FIT Social Media is located in Trim and was founded to help Small Businesses, Non-Profit Organisations and Individuals who wish to achieve a great online presence through training, or have a need for their platforms to be managed.

Social Media Consultancy, Training, Management and Holiday Cover
Website Consultancy, Training, Management and Holiday Cover
Additional Services Content Creation and Live Event Social Media

If you require any further information or would like a consultation,
Call Eimer on 086 8492 032

Email: eimer@fitsocialmedia.ie

Website: <https://fitsocialmedia.ie>



@FITsocialmedia



The Dublin North, North East Recovery College Spring Courses 2019



Course: "Thoughts, Feelings, Actions" in collaboration with the Louth, Meath Education Training Board

Develop personal knowledge around how our thoughts feelings and actions interact and can work to enhance our wellbeing. This course will explore the benefits of brining more empathy, compassion and understanding into our lives.

On this course, students will explore:

- How our thoughts, feelings and actions inform our wellbeing
- The benefits of empathy, compassion and acceptance
- Expressing emotions effectively
- Dealing with fear and challenging emotions
- Recovery: what it might look like for you and others

Course start date: Wednesday February 27th (2 – 4 pm)

Format: six weekly afternoon sessions

Venue: Recovery College, Kells Resource Centre, Meath



Course: "Infected with Happiness through Art" in collaboration with the Trim Family Resource Centre

We all want to be happy, and there are countless ideas about what happiness is. This course provides students with fun, creative ways to nurture more positive and happy outlooks on life.

On this course, students will explore:

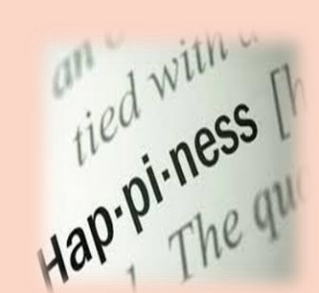
- Explore what happiness means personally
- Develop creatively to support feeling good
- Find your sense of fun and allow yourself to laugh
- Developing connectivity and engage with others

Course start date: Thursday March 14th (11 – 1 pm)

Format: six weekly afternoon sessions

Venue: Recovery College, Trim Resource Centre (15 Wellington Avenue), Trim

Contact Maria 046 9438 850



To register, contact the Recovery College

Phone: 01 700 7907

Email: recoverycollege@dcu.ie

Website: www.recoverycollege.ie



The Nourish Project

The people we serve are not dependent on us for all their food needs, so the Nourish programme first and foremost aims to top up available food stocks based on an understanding of current access to food. Supplementary rations are mostly given to families with small children.

Perhaps the next time you head to the food shop, bulk up your shopping list with a few of these non-perishable items from our wish list. Try to go for low sodium & sugar, and high in fibre options. They're the items that your neighbours in need can really put to good use!

Non-perishable Food Items Wish List

1. **Canned Beans** loaded with protein & fibre, yummy and nutritious.
2. **Canned Vegetables** colourful, nutrient-dense and fibre-rich
3. **Cooking Oils (Olive and Canola)** these are essential items, canola and olive oils are the best choices
4. **Crackers:** ideal snacks, whole grain crackers are the best bet
5. **Dried Herbs and Spices** tasty & healthy addition to any meal, oregano, basil, pepper, thyme, garlic powder, cinnamon
6. **Fruit (Canned or Dried)** an excellent snack and provide some nutrition and fibre. Choose fruit canned in water or fruit juice rather than sugary syrups
7. **Granola Bars** quick and easy, look for whole grain varieties
8. **Instant Mashed Potatoes** last longer and require minimal tools and ingredients to whip up
9. **Ready Meals** an entire shelf-stable meal in one package, a plus for those without stocked kitchens. Look for pasta, rice and soup
10. **Nuts** a handful of nuts provides protein and nutrients in a hurry
11. **Pasta** is a food bank staple, whole grain has more fibre & nutrition
12. **Peanut Butter** is tasty and high in protein
13. **Rice** is filling, versatile and easy to prepare and store. Go for brown rice when possible, because it provides more fibre
14. **Shelf-stable milks** (oat milk is the most ecological and caters to all diets) no fridge required to keep this fresh
15. **Soups and Stews** canned or packaged, these items act as a warm and filling lunch or dinner
16. **Whole Grain Cereal** is popular with all ages and makes a healthy breakfast or snack. Select varieties that are low in sugar and high in fibre.
17. **Baby food and toiletries** such as formula, food, and creams
18. **Special dietary goods** such as sugar free, gluten free or lactose free items

You need only donate **ONE** item **ONCE** a month to really make a difference to someone in your community

A huge thank you to the House of Joseph Prayer Group in Athlumney, Navan, for another generous monthly donation!



CORE Meath are looking for a nutritionist to volunteer with us on this project!

We would also like help in creating a hand out of recipes using the items we provide.



Please don't hesitate to contact us with any queries!

Call 085 192 0150 or check out coreireland.ie or our social media!

Tips on healthy & affordable eating

- Stop consuming sugary drinks and sweets
- Reduce alcohol consumption
- Eliminate junk food & other highly processed foods. Punishing your body with poor nutrition so your brain can get a minor temporary high from junk food is a bad way to respect your health
- Choose tap water as your drink of choice*
- Consume less meat and dairy products
- Choose protein foods that come from plants more often
- Aim for a greater intake of whole fruits, nuts, whole grains and vegetables
- There are many inexpensive whole foods that are nutrient- and fibre rich, like root vegetables, brown rice, legumes, oatmeal, apples, tofu...
- Be aware: food marketing can influence your choices
- Be mindful of your eating habits
- Take time to cook and eat
- Involve others in planning and preparing meals, eat together
- Enjoy your food
- Avoid food waste**

Make these suggested changes gradually and you'll soon notice a difference and live a healthier life.

* If your tap water is undrinkable, find further information on water filtration systems by calling Irish Water at 1890 278 278

** See our blog for ways to reduce food waste! Our Nourish project makes us very keen to raise awareness on this issue

New food guide inspiration

In a food guide updated for 2019, Canadians are encouraged to follow four guidelines on what foods to eat regularly, what foods to avoid, and the importance of cooking and preparing meals at home



“Healthy eating is not just about WHAT you eat, but also about WHERE, WHEN, WHY and HOW you eat”

Not involved in a business? You can still donate!

If you would like to donate non-perishable food items or toiletries that can be distributed to families in the weekly food parcels, they can be dropped in to Next To Nature shop in Navan. You can also call us and a member of our team can collect items from you!

Where? Next To Nature, Navan Shopping Centre

When? Try to donate regularly, if possible, e.g. monthly

What? Non-perishables only, please



NEXT TO NATURE

Next to Nature is a health food store located in the Navan Shopping Centre (store 41). You can call them on 046 902 7916 or find them on Facebook @nexttonaturenavan

Plastic Pollution: Reduce Your Use of Plastic

Plastic pollution has a devastating effect on the environment and negatively affects people's health.

In the last 50 years global production of plastic has risen exponentially producing over 6 billion tonnes annually, 8 million tonnes of which ends up in our oceans. Plastic can take up to a 1,000 years to decompose. Burning it is even worse due to the large amount of poisonous chemicals released. Plastic pollution also poisons our water table, potentially resulting in the seeping of pollution into our reservoirs.

According to EU regulations, any company producing over 10 tonnes of packaging/year with an annual turnover above

€1 million must take packaging away from customers. This doesn't apply for members of Repak, a non-profit set up by Irish businesses to help coordinate the recycling of products. Members include: Lidl, Aldi, Dunnes, Tesco. Many supermarkets say they're committed to tackling the issue of plastic packaging, and though Repak members are not required to accept customers' packaging in store, some still choose to do so.



However, companies, businesses and individuals alike need to move away from just recycling plastic to reducing our use of plastic in general. Manufacturers also need to provide more bulk products for purchase.

There are many things people can do on a personal level. Even small changes can help reduce plastic pollution and improve our local environment!

Be vocal!
Tell your local supermarket you don't want unnecessary packaging or packaging that can't be recycled!

Athbags

A voluntary group based in Athboy, Athbags aims to replace plastic shopping, produce & bakery bags with cloth bags to help in the fight against plastic pollution.



The group meets monthly for chats, tea and sewing. New members always welcome! Get in touch! athbagsinfo@yahoo.com Facebook: @athbags

Keep it simple!

With this list of helpful tips to reduce plastic from members of the @Zero Waste Ireland Facebook group

Choose items in glass or paper packaging instead plastic

Don't pack fruit & veg in pointless plastic

Save your glass jars and bottles for purchasing bulk food and for storing leftovers

Use a reusable coffee cup, you can even make your own →

Replace plastic wrap with beeswax food wrap

Always carry a folded up bag to pack shopping items into

Take your own paper bag for bread & containers for deli items

Avoid crisps, biscuits, or other 'single servings' in small plastic bags. Buy in bulk, store in air tight container; use reusable bags to portion for lunches etc.

Buy loose leaf tea to avoid tea bags with plastic in them

Shop locally, buy seasonally: veg will be fresher & tastier, will have far less air miles, and this supports your local economy! Visit Farmers Markets, like in Trim or Navan, that require minimal packaging in transport

Make your own cosmetics or cleaning supplies →

Use solid bars of soap and shampoo. There are many lovely natural Irish hand-made bars that are great for your skin!

Ditch disposable makeup wipes, use a luxurious face cloth instead! You can have a few rolled up in your bathroom, ready to be reused

DIY Keep-cup

#1 MAKE A SLEEVE
craft a reusable coffee cup sleeve (e.g. felt, knitted), or reuse thick rubber bands (e.g. from your veggies) to protect your hands from the heat

#2 UPCYCLE A JAR
find an old jar with a wide mouth. Make sure to also keep the lid!

#3 WRAP IT UP
place your homemade cup sleeve or rubber bands around the jar, make sure it's snug, and you're good to go!

Free water refills with Refill Ireland

See the Tap Map (www.refill.ie/tap-map) to find places in Meath where you can refill your water bottle for free. Darnley Lodge Hotel in Athboy, Solstice Arts Centre in Navan, and the Battle of the Boyne Visitor Centre in Drogheda are leading the way, and Refill are looking for more businesses to sign up as refill locations!



Three is the magic number!

Save money & plastic by cleaning your house with just three natural ingredients

- #1 White Vinegar Removes grease, mildew, odours, stains, and wax build-up
- #2 Baking Soda Cleans, deodorizes, softens water, and scours
- #3 Lemon Juice A strong food acid effective against many household bacteria



All-Purpose cleaner

1/2 cup vinegar + 1/4 cup baking soda + 2 litres of water. Use for: showers, chrome fixtures, windows, mirrors, and kitchen surfaces (not granite or marble!). Portion down to fill an old spray bottle

Carpet freshener

Liberally sprinkle one cup of baking soda on carpet, adding 10 drops of your favourite essential oil if you wish. Let sit for a few hours and then vacuum

Cutting board cleaner

Rub a slice of lemon across a chopping block to disinfect. Rinse

Toilet Bowl Cleaner

1/4 cup baking soda + 1 cup vinegar, pour into basin and leave for a few minutes. Scrub with brush and rinse. For rust stains, spray with vinegar and leave overnight before brushing with baking soda

Sanitizer

Heat distilled white vinegar (5%) to 55 C and spray onto chosen surfaces. Let sit for one minute before wiping clean

Ireland's Daily Rubbish

WASTE
7,500
TONNES

COST
€1 MILLION
Per day that could be spent on
valuable services and infrastructure

500,000 DISPOSABLE CUPS

220,000 PLASTIC BOTTLES

1.5 MILLION CANS

200,000 BINS

1 MILLION NAPPIES

€3 MILLION WORTH OF FOOD

€360,000 HOME CLEANING PRODUCTS

Statistics from *One Day: How Ireland Cleans Up* which aired on Monday 14th January 2019 on RTÉ One