

CORE

PUTTING UNITY
INTO COMMUNITY

MEATH



Core Community Magazine goals

CORE are delighted to welcome you to your community magazine, a platform to connect with & provide services for residents, charities & businesses in Meath, and visitors to the area. Simply put, our goals are to:

- Connect the community with local charities and businesses
- Help improve quality of life for residents and visitors alike

Send us your photos of Meath!

Do you want to be featured on next month's front cover or inside the pages of the magazine?

Send us your photos or artwork of a springtime Meath!

This month's cover shot was taken by Jane Murphy in Dalgan Park. Find more of her beautiful photos on Instagram @messymoopa

IN THIS ISSUE

COMMUNITY
HEALTH & WELLBEING
THE ARTS
YOUTH
EDUCATION
RURAL LIFE
ENVIRONMENT
AND MUCH MORE!



085 1920 150



info@coreireland.ie



@Core_Ireland

The Nourish project

Alongside the CORE Community Magazine that you are currently reading, we at CORE also hope to promote fairness, cultivate health and strengthen our community through the Nourish Project.

The Nourish project works to deliver food donated by the community to individuals and families in need in our community. The receiver will know that each and every item was hand-picked by another member of their community with the sole intention of helping.

To discover more about how you, your group, or your company can donate or get involved, turn to page 5 for more information or get in touch: Call 085 192 0150 or check out coreireland.ie and our social media @CoreIreland1

"YOU ONLY NEED TO DONATE ONE ITEM ONCE A MONTH TO REALLY MAKE A DIFFERENCE TO SOMEONE IN YOUR COMMUNITY!"



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SEND US YOUR IDEAS, PHOTOS, ART, OR WRITING AT [INFO@COREIRELAND.IE](mailto:info@coreireland.ie)

#LoveNavan

#LoveNavan is a great new initiative creating a positive buzz about Navan town. Already the first town meeting on February 27th got the 150 or so attendees chatting away and brainstorming. The team behind this initiative have bold ambitions, and this was just the first step in working together with the community to make the Navan community even better. If you couldn't make it to the first meeting, it's not too late! #LoveNavan needs to hear from every member of our community, young and old, resident or visitor, recent arrivals and life long Navanites!

We all have opinions and ideas that can contribute to making our community even better. Sign up on www.lovenavan.ie and stay tuned for more exciting updates on what's to come!

Have you
signed up to
#LoveNavan?



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



OBJECTIVES OF #LOVENAVAN

- # make Navan a vibrant town to live, work, play, visit and do business
- # promote a positive image
- # encourage togetherness between the community, businesses, and the arts
- # celebrate Navan's culture, entertainment and arts
- # take advantage of, celebrate, and promote Navan's beauty spots & heritage sights
- # capitalise on amenities such as sports grounds, theatres, and rivers
- # encourage and improve the appearance and upkeep of the town



DUNSANY CROSSROADS
By Mark Gaughan

BEYOND Café

Recovery Café in Kells



An integral part of all recovery journeys is effective community participation and this is particularly so when supporting persons dealing with mental health issues. Recovery is not only an issue of personal motivation but also about acceptance by family, friends and the community as a whole.

It was with this belief in mind that it was decided to explore the development of a Kells version of a Recovery Café to invite people to come together in a public setting to discuss mental health, wellbeing, and how we can be more proactive in self care.

The Café Pebbles in Kells was chosen as our venue facilitator, and our pop-up coffee events are called BEYOND.

At the first BEYOND Café gathering in February we had two special guest presentations: Tom O'Doherty, a local amateur photographer, gave a presentation sharing his photography experiences; and Fiona Colgan, Development Officer for Mental Health Ireland, linked the photography theme to her program *"The Five Ways to Wellbeing"* to demonstrate how we can connect more deeply with life through the lens of a camera.

"MENTAL HEALTH RECOVERY IS A PROCESS FOR EVERYONE TO EMBRACE, WHETHER WE'RE OVERCOMING DISTRESS OURSELVES OR LOOKING TO SUPPORT SOMEBODY ON THEIR RESPECTIVE JOURNEY"

Everyone is welcome to join our meetings in BEYOND to share their stories and experiences.

BEYOND is organized by: Marie McMahon, Community Mental Health Nurse; Finola Colgan, Development Officer Mental Health Ireland; Bernard Kenny, Peer Educator DCU/Recovery College.



For more details on how to get involved, please call Bernard at 085 192 0150



HILL OF SLANE

By Karen Petro @jerseygirlstravel

This magazine is a volunteer-led community project and we want you to get involved in shaping it! Send us your ideas, photos, art, or writing at info@coreireland.ie

Open Day: Solas Glan community garden

Tuesday, April 2, 2019 at 10 AM – 12 PM
Solas Glan, Ardraccon, Navan

Everyone is welcome to join in for sowing and other tasks in the garden and poly tunnels. New to gardening? They can show you how and are ready to answer any questions you may have about organic gardening.



The Nourish Project

We at CORE hope to promote fairness, cultivate health, and build community with the Nourish Project.

This project addresses the lack of access to healthy food for individuals and families living on low-incomes. We highlight that the community is behind the food parcels: the receiver will know that each and every item was hand-picked by another member their community with the sole intention of helping.

To do this work, we need support from people just like you in our community! Help us grow the Nourish Project across Meath by creating places for food in your community.

To discover more about how you can donate or get involved, get in touch! Call 085 192 0150 or check out coreireland.ie or our social media @CoreIreland1

"YOU ONLY NEED TO
DONATE ONE ITEM
ONCE A MONTH
TO REALLY MAKE A
DIFFERENCE TO SOMEONE
IN YOUR COMMUNITY!"



Non-perishable Food Items Wish List

Perhaps the next time you head to the food shop, add one of these non-perishable items from our wish list to your shopping list for donating. Opt for low sodium/sugar and high fibre options when possible.

1. **Canned Beans** loaded with protein and 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 and 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) these are handy as no fridge is required to keep them 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

Get 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 with a 'no-refund-no-fee' policy.

Taxation can be complicated for people and most PAYE workers are not claiming their full entitlements. Three out of four clients receive a tax refund. Single parents, parents of a child with special needs or disability, part time workers, can all be due a USC tax refund. If you have recently become unemployed you may also 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

Public Participation Network (PPN)

The Public Participation Network was set up in 2014 to be the main point of contact between the local authority and the community and environmental, voluntary led groups around the country. Each local authority has a PPN and groups are requested to register to become part of the PPN.

In Meath there are nearly 800 groups currently registered and this continues to grow. The advantages of becoming a member of the PPN include:

- OPPORTUNITY TO BE INVOLVED IN THE DECISION MAKING PROCESS IN MEATH
- CONTRIBUTING TO SHAPING THE FUTURE OF MEATH
- BEING KEPT INFORMED IN RELATION TO WHAT IS HAPPENING IN MEATH
- RECEIVING INFORMATION ON FUNDING OPPORTUNITIES
- NETWORKING AND INFORMATION SHARING WITH OTHER GROUPS
- AVAILING OF TRAINING OPPORTUNITIES



To register, a group must complete the registration form which is available on the Meath PPN website or by contacting the PPN Resource Worker on the details below:



www.meathppn.ie



046 909 7417



meathppn@meathcoco.ie



PPN Resource Officer, Community Department, Buvinda House, Dublin Road, Navan (C15 Y291)

Registering with the PPN

In order to register with the PPN in Meath a group will need to be active and have a postal address in Meath. Groups need to operate on a not for profit basis, be volunteer led, non political and independent. Groups should have clearly stated aims and objectives, financial procedures, meet regularly and in existence for at least 6 months.

Upon registering, a group is requested to select a pillar. There are 3 pillars and the one selected by a group should reflect their main focus.

The 3 pillars are:

Community/Voluntary: Main focus on local community issues and activities that promote the overall wellbeing within their community.

Environmental: Main focus on the protection and sustainability of the environment.

Social Inclusion: Main focus on the promotion of an equal and just society for those who are marginalised and whose rights are not being respected.

Structures within PPN in Meath

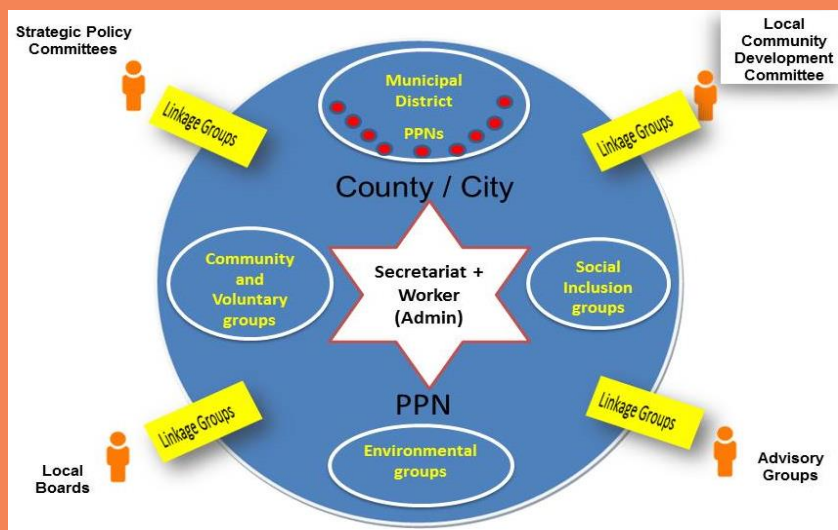
The PPN is a flat structure which means all members have an equal voice.

The Plenary (all registered groups) is the decision making body and meets twice a year to direct the operation of the PPN and ratify PPN activities.

The Secretariat is the administrative body, elected by PPN groups, responsible for ensuring that decisions made at the Plenary are followed up on. There are currently 12 members on the Secretariat in Meath: 1 from each Municipal District and 2 from each of the Pillars.

Interest groups are formed to give PPN members the opportunity to influence policy and decision making on specific issues within Committees. There are Meath PPN representatives on the following Committees:

- 4 Strategic Policy Committees
- Joint Policing Committee
- Board of Meath Partnership
- Local Action Group
- Leader Independent Evaluation Committee
- Local Community Development Committee (LCDC)



THIS MAGAZINE IS A VOLUNTEER-LED COMMUNITY PROJECT AND WE WANT YOU TO GET INVOLVED IN SHAPING IT!
SEND US YOUR IDEAS, EVENTS, PHOTOS, ART, CRAFTS, OR WRITING AT [INFO@COREIRELAND.IE](mailto:info@coreireland.ie)

The 5 Positives Challenge

Creative ways to lead a happy life, by Marianne Kane

The 5 positives challenge will help you combat stress and improve your daily happiness level. I started the routine years ago after listening to a mindfulness recording. While meditating I was guided to think of 5 things that I am grateful for that make me happy. At the time I was extremely stressed in my job and was feeling very overwhelmed. I found it difficult to think of anything positive...



So I focused and started to think about simple things that make me smile. Still, it was difficult to remove my mind from the dark space, but after a few silent moments I came up with 5 things that make me smile:

1. MY FUNNY LITTLE DOG PIXIE
2. MY BIG LOVABLE DOG HARVEY
3. SWEET POTATOES (A NEW THING TO ME)
4. GOING TO THE CINEMA
5. COMPLETING A TASK

I finished the mindfulness session on a high; it shocked me how much this small act influenced my day. I was more connected to my work and felt in control. I also felt happier: I kept remembering funny moments and felt gratitude instead of having an attitude.

What you need to complete the 5 Positives Challenge

All you need for the 5 Positives Challenge is a pen, paper and 5 minutes. You can as creative as you wish with it and use other materials, like a whiteboard, canvas, post-its...

STEP 1: QUIET YOUR MIND

Start by turning off your phone and ensure that you do not have any distractions. Quiet your mind and think of 5 things in your life that you are grateful for that make you happy.

STEP 2: ACKNOWLEDGE YOUR POSITIVES

Now write down your 5 positives on a piece of paper or other medium. Take time to acknowledge the feelings that your list evokes. Take time to smile and breath and enjoy this happy time for 5 minutes.

STEP 3: DISPLAY YOUR 5 POSITIVES CHALLENGE

The key to success here is to put your list somewhere that is visible to you throughout the day. I write mine on a whiteboard in my office but you can stick them to a wall or your fridge. This way as you get caught up in day-to-day tasks you will get friendly positive reminders every time you see the list.

When to do the 5 Positives Challenge

This challenge is so easy, you can perform it anytime, anywhere. I perform it daily, usually when I first wake in the morning. Upon my alarm at 7am I open my eyes and take 5 minutes to think of 5 positives and write them down when I get out of the bed. I do not turn on my phone until I have completed the challenge.

There really is no time like the present. So grab a pen and jot down your 5 Positives today. You can keep them to yourself or share them with friends on social media. Practicing gratitude and starting your day positively will have a dramatic effect on your mental health.



Be kind to others and let them know how to do this challenge so that they too can have a happy day. I hope that the 5 positives challenge helps you to feel happiness this week.

For more creative tips and advice on how to introduce creativity into your life, follow Marianna on social media and on her blog.



mariannakane.com/creative-advice-blog



@mariannakanedesign



mariannakane



Herbalism

Herbalism, or herbal medicine, is the use of plants for their medicinal purposes. Plants have long been the basis for medical treatments and such traditional medicine is still practiced widely today.

Seasonal herbalism is at its best in the spring when many healthy "weedy" plants begin to grow. By knowing which plants are safe to use, we can harness their energy and strength. Nettles, dandelions, violets, and chickweed show-case their vitality by sprouting up to greet the first warm rays of the spring sun.



If you'd like to learn more about herbalism and the healing power of plants, contact Jenny McElvaney. Jenny also offers Acupuncture and Nutritional Therapy, and has created a line of handcrafted candles and hair and skincare products.



Summerhill, Meath



www.jennymcelvaney.com



info@jennymcelvaney.com



+353 (87) 097 9711



Jenny McElvaney

Nettle harvest

Nettles should be harvested in spring before they bloom

1. Pick nettles in the middle of a meadow, away from roads and dog walking paths
2. Wear gloves to collect the whole nettle, cut at the root
3. Collect a lot as the dried leaves really shrink!
4. Wear gloves to rinse the nettles under running water
5. Spread the nettle to drain over newspaper or a towel
6. Cut into ~20 cm sections, bunch 5 sections together with rubber bands or string
7. Hang nettle bunches to dry outside (the scent of fresh nettles is very strong!)
8. When the bunches are completely dry (after about 2 days) remove the leaves and crumble them into glass jars (don't use the dried stalk as this tastes like cardboard)
9. Use the dried leaves like spinach in pancakes, stews, soups, pies, milkshakes, or pesto (use in moderation to avoid a bitter taste). You can also use nettle tea as part of your skin or hair care routine!



"COMPARED TO SPINACH, NETTLE CONTAINS MORE CALCIUM, MAGNESIUM, POTASSIUM, IRON, AND PHOSPHORUS"



The Park Run

What is a Park Run?

From humble beginnings in 2004 when 13 runners got together on a blustery day in Bushy Park, UK, Park Run is now an international family of two million registered runners & volunteers.

Held in parklands all over the world on weekend mornings, Park Runs are free events organized by teams of dedicated volunteers from the local community.

PARK RUNS ARE OPEN TO ALL — ALL AGES AND RUNNING ABILITIES CAN TAKE PART — YOU CAN RUN, JOG OR WALK THE COURSE

How long are the runs?

Park run events are 5km (just over 3 miles), measured as accurately as possible. It was agreed that 5km appeals to the widest number of participants; the perfect goal for those just starting out in running, while also helping more experienced runners keep tabs on their training. It can be run socially; as a club training session; competitively; or as part of a longer distance session.

A 5KM PLANNED CIRCUIT IN A SAFE AND SECURE PLACE WITH PEOPLE OF ALL AGES AND FITNESS LEVELS — WITH AN ADDED BONUS OF BEING FREE!

Wendy's Story

Wendy, a Navan lady, shared her story with us and explained how she came to be doing the Park run.

Wendy suffered an Acquired Brain Injury three years prior to doing her first park run. The accident left her unable to walk, but with help from hospitals such as the National Rehabilitation Hospital, she was able to walk again.

Upon learning that the National Rehabilitation hospital were raising money for some new developments, Wendy decided this would be her opportunity to give something back and help raise money for their cause. Wendy's family and friends were also on board with her goal: they decided to run a mini marathon!

With the doctors consent they started training. The Park Run was mentioned and looked into, and it turned out to be perfect place to start their running training. There was absolutely no pressure to run. They worked out a plan and began training. Each person would fit in some training in their own time mid-week, and they would meet on Saturday's to do the park run together.

Wendy's story becomes even more uplifting and inspirational when we learn that not only did the ladies complete the mini marathon (see photo below), they were also able to raise a whopping €15,000 for their cause! Wendy goes back to the hospital for regular appointments and can see the work being done that she helped contribute to.

Navan Park Run



BLACKWATER PARK
EVERY SATURDAY
9 AM

The Navan Park Run takes place every Saturday from 9am in Blackwater Park. You just show up and log in. When you register you get a time token which, if you want, you can collect at the finish line, enabling you to measure the speed of your run. You don't have to collect it, but it can act as a fun challenge to aim for a faster pace each time.

There is a good social aspect too. It's an easy place to meet and talk with new people, each with a different reason for doing the Park Run.. just like Wendy.



Healing Massage Therapy

Not only do many traditional cultures practice massage as a medicine, but there's also a lot of science behind the powerful effects of massage.

Massage Helps Treat Arthritis, the chronic inflammation of joints that damages cartilage. Massage reduces stress hormones and increases pain-killing hormones. The pressure from massage reduces joint tension by stimulating muscle & connective tissue receptors.

Massage Treats Muscle Injuries and Enhances Recovery After Exercise. Soft tissue massage improves muscle repair after injuries and strains. Massage stops muscle soreness by reducing swelling and stopping the release of bradykinins and prostaglandins from inflammatory white blood cells. Massage increases muscle repair by promoting cell growth and reduces inflammation from exercise-induced muscle damage by blocking production of inflammatory cytokines.

Massage Helps Individuals Suffering from Fibromyalgia, a chronic condition with symptoms of pain, rigid joints, and intense fatigue. massage relaxed the body, reduced muscle spasms, relieved pain, and increased blood flow for the patients with fibromyalgia.

Massage Improves Stroke Rehabilitation. Acupuncture and massage relaxes muscles and improves circulation around blocked arteries and blood vessels. Touch massage helps rehabilitation by decreasing anxiety and pain, improving the quality of life and sensorimotor functions. It increases activity in brain regions associated with feelings of pleasure and emotional regulation. Facial rehabilitation (which includes muscle training, massage, and meditation-relaxation) helps manage facial paralysis. massage stimulates cut off nerves in target muscles and leads to full recovery of muscle movement.



Massage Therapy has many other benefits and can also help treat:

- chronic lower backpain
- pain from spinal cord injuries
- myofascial pain syndrome & temporomandibular joint pain
- improve mental health; reduce anxiety, stress, and insomnia
- boost the immune system; lower blood pressure and improve heart health

If you'd like to learn more about the benefits of massage, please don't hesitate to contact massage therapist Anna Golovkov.

Navan, Meath

086 411 4420

Handcrafts: crafting people together

Every Thursday evening a group of people meet. We may come from different places and walks of life, but we have a common passion: HANDCRAFTS.

Every Thursday from 6.30pm to 8.30pm we meet in the Meeting Room at Navan Library. We would like to take this opportunity to thank Navan Library for the free use of the meeting room and tea/coffee to accompany our chats.

We have a wide selection of talented crafters amongst our group. Everything from flower arranging, paper folding, decoupage, patch-work, both crochet and fabric, crochet jewellery, upcycling, embroidery, sewing, textile art projects and mixed media projects feature.

We arrive with great enthusiasm each week to share latest projects, discuss improvements to be made, and encourage each other in our individual efforts to crochet that hat or knit that blanket. We are all experts in our own areas of interest and share and trade our skills amongst our members.

Winter months bring out the hooks and needles to create hats, scarves and gloves, and seasonal cards. Our busiest time of year tends to be the summer. Everybody is in great form; summer projects and bold bright colours are a regular feature. New members usually arrive with new crafting ideas and creative endeavours, and we welcome new members at any time.

The group is free to join, just bring along your current project and join in the fun!

The Calming Effect of Sewing

By Deirdre Clogher



It is good to be of an age that grew up with the sewing machine regularly taking up space on the kitchen table, where my mother would work on her latest project. It is a happy soothing memory to recall as it symbolizes for me normality, stability, and yes... domestic bliss! Linked with these memories were trips to buy fabric and the creative possibilities that lay in the colours and textures of the numerous rolls of fabric.

Many people will understand these sentiments as the sewing revolution continues to grow.

If you want to find out more about sewing, check with your local library for information on sewing, knitting, and general craft groups free for anyone to join!

More people are returning or beginning to create their own made-to-measure wardrobe and share these makes with a worldwide sewing community through social media. The popularity is not surprising as sewing, particularly hand sewing, is an effective way to combat depression: the concentration and absorption calms the mind to reduce stress as hand and mind work in harmony. The sense of accomplishment in making even a small sewing project can boost mental health and improve the immune system.

Community sewing brings this peacefulness to another level as we work together on a common endeavour. It is an opportunity to connect with people through a shared interest. In an increasingly individualized society it is a way to stay in touch with each other and create a sense of belonging. The chats that ensue over the occasional broken needle and thread tension, the cup of tea during the break and the weekly reunion of sewing friends are soothing to the soul.



What is Anxiety?

Anxiety can begin with worrisome thoughts about a particular situation or problem. This can lead to "catastrophising" or irrational fears that belittle the person's capabilities for coping, leading to behavioural efforts to deal with the anxiety.

Feelings of anxiety can be intense. The main feelings are apprehension, fear of the worst happening and feelings of anticipated disasters that must be guarded against. As the cycle of anxiety continues the sufferer can experience panic attacks seemingly out of nowhere. These may produce intense physical sensations that further feed anxiety, causing the panic to continue. Anxiety Disorders include:

- **Phobias:** an intense and irrational fear about objects or situations i.e. heights, enclosed places, crowds, germs, animals, numbers etc.
- **Social Phobia:** fear of embarrassment/humiliation in front of others
- **Obsessive compulsive disorder (OCD):** wishes or thoughts that persist and intrude into consciousness and cannot be stopped by the sufferer
- **Generalised anxiety disorder (GAD):** general feeling of anxiousness/worry generally accompanied by sweating, irregular breathing, rapid heart rate
- **Panic Disorder:** intermittent anxiety which can be manifested by panic attacks with sensations of dizziness, sweating, trembling, palpitations, chest pains, and feelings of imminent danger and impending doom

Recovery from anxiety can be reached by counselling and psychotherapy, particularly a Cognitive Behavioural approach which looks at thoughts, behaviour, feelings, and physiology common in anxiety related disorders.

If you need to talk to someone about anxiety or any other issue, get in touch with Dowdstown Counselling Services:



CYWS Hall, Fairgreen, Navan



www.dowdstowncounsellingservices.com



dowdstownhouse@eircom.net



046 903 1196

Solstice Arts Centre

VISUAL ARTS EXHIBITION

MUSIC +MAKER

Open 9th March – 24th May
@Solstice Arts Centre, Navan

George Bolster + David Sylvian
Karen Donnellan + Alma Kelliher
Clare Langan + Irene and Linda Buckley

Jóhann Jóhannsson

John Lee + Petter Berndalen
Alice Maher + Trevor Knight
Séamus Murphy + PJ Harvey
Rory Tangney + Colm O'Hara

MUSIC +MAKER brings selected contemporary artists and musicians/composers together in diverse ways. It speaks of collaborations and relationships that can sometimes be ephemeral or augmented over the years, but that are ultimately created with a sincere poetic grace and mutual understanding.

FREE EVENT

Running in association with
MUSIC +MAKER:

Artist Talk with John Lee
Fine Furniture Maker

Thursday 28th March, 19:30
Admission free, no booking
required, just come along on the
day!

John Lee established his workshop in Meath in 2004, finely crafting unique timber pieces that are now highly sought after. John's current work is inspired by naturally occurring geometric forms. He explores the enhancement of the natural properties of timber while experimenting with form, function and finish. John will showcase a variety of his work at this event and speak about his newest collaboration with musician Petter Berndalen (This is How we Fly).



SOLSTICE

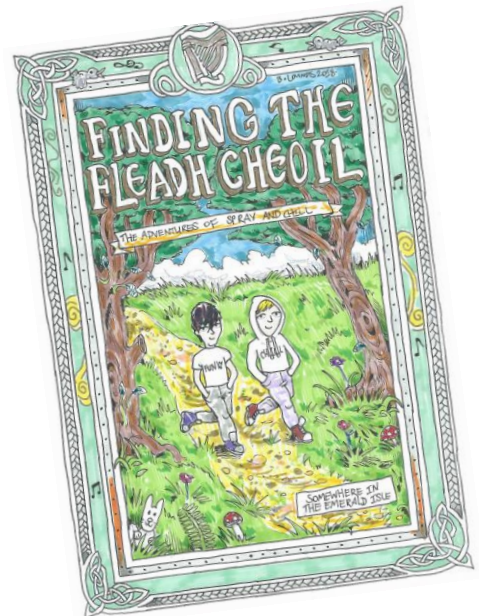
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☎ +353 (0)46 9092300

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Send us your ideas, photos, art, or writing at info@coreireland.ie

Finding the Fleadh Cheoil

Brian Lounds is an aspiring comic book artist with a background in Graphic Design and Digital Media. His first comic 'Finding the Fleadh Cheoil' was released for the 2018 Fleadh. Brian is now working on a second comic for 2019 that will feature the adventures of two friends travelling to the music festival in Drogheda, meeting colourful characters along the way. Brian is also fond weaving themes of Irish folklore into his stories.



Follow Brian on social media for sneak peeks of what's to come!

📍 Bettystown

📷 @brianloundsart

🌐 www.brianlounds.com

WHAT SHOULD THESE
PAGES LOOK LIKE?

FAILTE — WELCOME TO THE YOUTH PAGES OF THE CORE COMMUNITY MAGAZINE.

WE WANT TO HEAR
FROM YOU!

Open invitation: do you have an idea for our youth page?

Firstly, we'd like you to answer the following questions:

- Q 1.** Are you between the age of 10 and 20?
- Q 2.** Do you know of anything happening in Meath that might be of interest to your age group?
- Q 3.** Are you up for a challenge and some fun?
- Q 4.** Would you like to join our online magazine team and help share information with others?

If you've answered yes to any of the above questions, we at CORE would love to hear from you. No previous experience is necessary, just a desire to connect with your peers and community, and hopefully even meet other like-minded young people around Meath.

We are bringing out this monthly community magazine to provide information **for** everyone and **by** everyone in our community.

If you know of anything happening in Meath, let us know. The topic can be anything and we are interested in a range of different topics i.e. from areas of mental health, study groups, music, concerts, fitness, etc.

We want you guys to take the opportunity to have your say. Maybe your whole class, sports or other hobby group could get involved? Email us at info@coreireland.ie or find us on FB @CoreIreland1

Are you involved in a TY class in Meath?

Do you want to work with us on these youth pages? Get in touch:

 info@coreireland.ie

 @CoreIreland1

We all need a little support sometimes

Samaritans offer 24h emotional support on freephone 116 123, by text 087 260 9090 or by email jo@samaritans.ie

Pieta House provides 24 hour crisis support and information on Freephone 1800 247 247

Drugs.ie has a free online 'Live Help' chat service. Drugs Helpline 1800 459 459

Teentxt is a live one-to-one text messaging support service for young people up to the age of 18, just text the word "Talk" to 50101

Aware provides support and information for people who experience depression or bipolar disorder and their concerned loved ones - freephone 1800 80 48 48.

Childline is a 24-hour national listening service for young people up to the age of 18, freephone 1800 666666.

STUDENTS!

Would you like your experience as a volunteer to be counted towards your college course?

Would you like to be a part of an Erasmus+ project to help develop an online platform in order to do this?

Would you like to be in with the chance to earn a trip to Brussels?

PLEASE GET IN TOUCH WITH VICKI!

 046 928 0790

 vicki@volunteermeath.ie

Employer Based Training at the National Learning Network

EBT is a vocational and personal development training programme based in Navan. It was developed to meet the needs of people who may need extra support in transitioning between being at home, out of work or not fitting in to the traditional school system and progressing to further education or employment.

It is designed to help you get a job. This work-based training course offers you a work placement in a job that interests you, so you get real-life training, skills and experience in a job that you want. You will spend up to three days a week learning in the classroom and two to three days a week in on the job training.

People who may benefit from the EBT programme would be those who may have experienced a setback due to an accident or illness and need to re-evaluate their health or what direction they're headed. Those that are ready to get back to work but may benefit from a job placement/work experience to help transition.

It is wonderful to see students progress, particularly in their own way, as progression is different for everyone. In the last number of years, we have seen an increase in students securing work and moving on to further education.



How do I apply? People can make direct contact with us if they feel the programme might suit them, see details below. We also get referrals from GPs, Counsellors, Social Workers, Department of Social Protection, Occupational Therapists, and Mental Health Services.

Application Process

1. Contact Kevin or Helen to get forms. Phone us on 046 902 1975 or e-mail us kevin.harvey@nln.ie, helen.mallon@nln.ie
2. Complete Application Form
3. Complete Health Report (completed by GP or Health Professional)
4. Forward forms to Facilitator
5. Facilitator will call Applicant to arrange a casual meeting

Course details

- 12 Months
- 12 People on Programme
- Location: Kennedy House, Kennedy Road, Navan; work placements will depend on where you live
- QQI Level 4 Major Award in Employment Skills - Communications, Work Experience, Career Planning, Workplace Safety, Customer Service and IT Skills
- Social Welfare payment is not affected
- Start dates are flexible, we operate on continuous intake

Health and Happiness Workshop

Learn simple tools for mental and emotional wellbeing

Navan Library
Thursday, March 28th
7.30 – 8.15

Booking Essential,
call 046 902 1134



We all need good physical health, but our mental and emotional health is just as important. This is all about how we think and feel, how life affects us, how we cope with challenges and engage with others, and the choices we make.

The workshop includes:

- Light stretches
- Practical Breathing techniques that you can apply to better handle situations, live with ease, and find more joy
- Relaxation
- Question & Answer Session

Come along and learn how to harness your own Breath as a powerful tool to maintain physical, mental and emotional well-being.

Mental Health Programme

Ashbourne Library
Thursdays 2pm – 4pm
(Ages 18+)



A free, informal 12 Step recovery programme to deal with issues such as depression, stress, or worry.

Call 1890 474 474 for details

The Recovery College

Our mission is to create an inclusive culture of mental health recovery in the community, through partnership working with key services and agencies, providing transformative education under the headings:

- Health and Wellbeing
- Enriching Life
- Relationships
- Life Skills

Co-operative Learning

In the spirit of collaboration, we work to ensure there is a good balance of students participating with either personal or professional experience. Our courses are open to:

- People overcoming distress
- Supporters (family & friends)
- Professionals
- Interested others

Co-Production & Recovery

People with personal experience work in respectful partnerships with professionals to co-design, co-deliver, and co-evaluate all aspects of the college.

Recovery is about discovering or rediscovering our sense of purpose, connectedness, and personal identity in the presence or absence of illness or diagnosis.



Recovery Education Programme: Spring/Summer 2018

COURSE	VENUE
Creative Facilitation Skills	Recovery College Room, DCU
Mindfulness & Compassion	Dundalk Institute of Technology
Thoughts Feelings Actions	Recovery College Room, DCU
Crafts for Wellness	Finglas Addiction Support Team Venue Finglas
Get Yourself Connected through Drama	LMETB, Navan
Understanding & Renegotiating Trauma	Dundalk Institute of Technology
Know Yourself, Your Tools & Your Triggers	Dundalk Institute of Technology
Barriers & Bridges	LMETB, Navan
Healing Voice Workshops	Interfaith Centre, DCU
Dip Your Toes Into Creativity	Dundalk Institute of Technology

The Recovery College provides empowering community based recovery education to anyone with an interest in mental health recovery. For more information, contact the Recovery College:

 01 700 7907
 recoverycollege@dcu.ie
 www.recoverycollege.ie



Coping with the pressures of farming

Read and explore the full publication for free at:

www.teagasc.ie/publications/2017/coping-with-the-pressures-of-farming.php

Staying well mentally is just as important as staying well physically. Dealing with stress and strain, the ups and downs of life are part and parcel of daily living for everyone.

Irish farming is going through a period of great change and transformation that can bring uncertainty and additional stress for people in rural areas. Isolation and loneliness can exacerbate mental health concerns and make problems seem insurmountable.

Sometimes stressful situations lead to greater pressure resulting in feelings of being unable to cope. On such occasions being able to reach out to some one to talk to and get advice from, can make all the difference to sorting out the troubled situation or problem. By reaching out and maintaining contact with family, friends, neighbours and advisors we can reduce that sense of isolation and share the burden.

Objectives of "Coping with the pressures of farming" publication:

- To promote positive mental health among isolated people living in rural areas
- To encourage seeking help for emotional wellbeing by increasing awareness of rural support services
- To reduce financial stress by encouraging more efficient ways of managing resources
- To improve community understanding of what mental health is and challenge fears/stigma which hinder seeking necessary professional help
- To promote and encourage the development of social farming

See the full publication for how and where you can access "Further Information" through direct contact with organisations, useful websites, help-line numbers, and other publications.

BirdWatch Ireland Meath looking for wildlife friendly farm projects

The Meath branch of Birdwatch Ireland would like to hear from and acknowledge any farmers working on projects on their land that give nature a helping hand. Richard Timmons recently showed them around his farm in Rathkenny where his efforts to help wildlife habitats have resulted in significant numbers of Yellowhammer birds (see next page for full article).



Female Yellowhammer © Clive Timmons

If you know of a farm site, like Richard's, that BirdWatch Ireland Meath could visit, please call Paul at 086 086 9760

FUNDRAISER EVENT

In aid of affordable counselling at Dowdstown Counselling Service

2nd May, Teach Na Teamhrach, Navan. Tickets are only €10!

A great night of music to suit the whole family, with Matt Leavy, Glor Tíre's Paul Leavy, Voice of Ireland's Nigel Connell, Laura Colgan, The Celtic Blondes, Alanna Maher, Niamh Lynn & Keelan Arbuckle.



"THINGS WHICH
MATTER MOST MUST
NEVER BE AT THE
MERCY OF THINGS
WHICH MATTER LEAST."

JOHANN WOLFGANG VON GOETHE

Birdwatching on a March day in Rathkenny (and the craic was good)

Space was at a premium for the visit to Richard Timmons Farm in Rathkenny, Co. Meath on a Saturday morning on March 9th. Richard's shed, which served as a viewing point in the middle of his bird sanctuary, could only fit a limited amount of people so numbers were reserved to the nine that turned up on the day. A cold windy morning greeted those attendees that hoped to catch sight of yellowhammers and maybe even a tree sparrow.

Numbers appear to be particularly high on Richard's farm. We saw dozens of yellowhammers, greatly outnumbering the chaffinches and greenfinches feeding on the ground with them.

Yellowhammers are real farmland birds and much flightier than garden birds. Any noise we made resulted in them diving for cover, into the briars. Richard has let the briars to grow as they also serve as natural cover against predators of Yellowhammers such as Sparrow-hawks.

There was also a tree-creeper busy working its way around the trunk of a tree just outside the viewing point, and numerous great tits, blue tits, and coal tits on the bird feeders. One of our group even caught sight of a tree sparrow too.

A successful outing was had by all and such efforts by Richard prove that his role in maintaining Meath as a sanctuary for this Red Listed bird is really paying off.

Meath Branch of Birdwatch Ireland would like to organise more walks on farms in Meath, so if you know of a site where we would be welcome, like Richard's farm, please get in touch.

There will be several dawn chorus morning walks later in the spring so keep an eye out for these and join in as everyone is welcome! For updates, you can join our e-mailing list, call Paul, or follow us on Facebook.



Birdwatchirelandmeath@gmail.com



Paul: 086 086 9760



@BirdwatchIrelandMeath

"THIS OUTING WAS PART OF THE MEATH BRANCH OF BIRDWATCH IRELAND'S SERIES OF WALKS ON FARMS IN CO. MEATH TO PROMOTE THE WORK FARMERS DO TO HELP BIODIVERSITY IN THE COUNTY."

Richard met us at Kilberry cross and our convoy (see photo at right) set off for the wildlife sanctuary he has developed which boasts a large population of yellow-hammers and a number of tree sparrows every winter. Richard has been feeding yellowhammers in his sanctuary during the winter for many of years now. He keeps a tonne of barley in a hopper and all of this is to feed the birds.

The yellowhammer was already a Red List species [meaning it is of high conservation concern -- Ed.] when Richard started his conservation efforts. Although numbers have remained relatively strong in Meath, they have disappeared from the west and north of the country.



BIG THANKS TO RICHARD FOR ALL HIS HARD WORK!

Do you have a favourite spot to walk, run, picnic, or even meditate in Meath? Send us your stories and photos at info@coreireland.ie



SLANE – HIGH RIVER LEVELS ON THE RAMPARTS WALK
Annina Niskanen

Tara Skryne Preservation group

The Hill of Tara is one of the richest archaeological landscapes in Ireland. It contains ~150 archaeological monuments spanning over 5000 years from Neolithic to modern times. This ceremonial landscape of medieval kings became the symbolic capital of Ireland in literature. The hill is also an amenity enjoyed by locals and visitors alike.

The Tara Skryne Preservation Group (TSPG) is a volunteer, non-political organisation comprised of individuals who want to protect Tara. TSPG provides a visible local presence by cleaning up or organising community events on the hill.

TSPG calls for the preservation of what remains of this ancient landscape as well as greater protection for all National Monuments. This means, for example, opposing the proposed route of the Leinster Orbital motorway which they believe runs too close to the Tara Landscape Conservation Area (LCA) and Brú Na Bóinne.

The Tara Skryne Preservation Group have created a "Green Heart strategy", believing that Meath can use its heritage to create much needed local jobs without compromising the cultural importance of Tara. Get in touch for more details!



The group will always welcome new volunteers! Volunteering with TSPG offers a great opportunity to learn new things and meet new people.



You'll get sense of achievement at contributing to the protection & preservation of Ireland's heritage. Children are often welcome, providing a wonderful opportunity to teach them about history, geography, and folklore. Whether you want to be more active, or help out in a quieter manner, please get in touch!



@Tara Skryne Preservation Society



pauline.bleach@gmail.com



tspg.org

WALK OF THE MONTH

Lloyd Walking Trail, Kells



3 km field walk. Good facilities for children to play, Spire of Lloyd and views to admire, a ring fort walk and picnic tables.

The walkway is maintained by Kells Local Heroes, volunteers always welcome! Contact 087 137 1508



FREE EVENT

Spring Migration Birds to look out for in Co. Meath



WILD GESE



SWALLOW



SWIFT

**Monday 25th March @ 11:30
Trim Library**

Terrence Cassidy of BirdWatch Ireland will give a talk on what migratory birds to look for this spring and answer any questions you may have. Kid friendly, all welcome!

Planting a Native Woodland at Beaufort College

Showing great initiative, the students and staff planned a Native Woodland for their school yard. Student Ben Caldwell helped plan and implement the woodland and 50 saplings were donated by Meath CoCo. Beaufort College is actively involved in the Green Schools Programme, and this project helps them become a more sustainable and greener school. For more updates on their brilliant work, follow them on Twitter and FB: [@BeaufortCollege](#)



STEPHEN AND OGY



BEN

My name is Ben Caldwell. I am a 2nd year student in Beaufort college. We decided to plant trees in Beaufort College. We wanted to do something to help the environment. Trees help us fight climate change by taking carbon from the air, storing carbon in the trees and soil, putting oxygen into the atmosphere.

We got 50 trees from Meath County Council. They are all native trees to Ireland. The mix is ten of each of the following:

- BLACK ALDER
- FIELD MAPLE
- SILVER BIRCH
- MOUNTAIN ASH
- SWEET CHERRY

There was a lot to organize on the day. Mr Cleary, Ms McDermot, and Ms O'Neill all helped to organize all of us. Classes Curie and Loughcrew were involved. We had to prepare the ground and decide where each tree would go. It was a really rewarding project. First years have a special area with their own trees. My responsibility is now to look after the trees in the future. I would definitely do this project again.



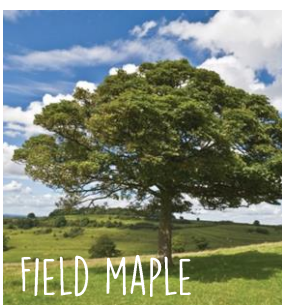
CLASS LOUGHCREW



BLACK ALDER



SILVER BIRCH



FIELD MAPLE



MOUNTAIN ASH



SWEET CHERRY

Is your school or community involved in helping improve our environment?
Let CORE know about at: info@coreireland.ie

You can find out more about the National Green Schools Programme at greenschoolsireland.org.
"National Walk to School Week" hopes to get pupils, parents and teachers to walk to and from school to celebrate the environmental, health, social and financial benefits of an active school journey. Schools across Ireland are invited to take part in this event taking place from Monday May 13th to Friday, May 17th 2019.

Spring Flowering Plants Project

The National Biodiversity Data Centre and the Botanical Society of Britain & Ireland need your help in recording 14 of our most common spring flowers. As addictive as Pokémon Go, but with an educational twist. Anyone can get involved as the flowers are easily recognisable in fields, woodlands, riverbanks and roadsides near you. Currently popping up in Meath are Lesser celandine, Primrose, and Common dog-violet. Once you start looking for blooms, you'll become more aware and appreciative of your surroundings. Spending time in nature improves energy levels and induces a positive outlook on life.



Allium ursinum
WILD GARLIC
CREAMH



Hyacinthoides non-scripta
BLUEBELL
COINNLE CORRA



Petasites fragrans
WINTER HELIOTROPE
PLÚR NA GRÉINE



Ficaria verna
LESSER CELANDINE
GRÁN ARCÁIN



Anemone nemorosa
WOOD ANEMONE
LUS NA GAOITHE



Lathraea squamaria
TOOTHWORT
SLÁNÚ FIACAL



Primula veris
COWSLIP
BAINNE BÓ BLEACHTÁIN



Viola reichenbachiana
EARLY DOG-VIOLET (RARE)
SAILCHUACH LUATH



Arum maculatum
LORDS-AND-LADIES
CLUAS CHAOIN



Orchis mascula
EARLY-PURPLE ORCHID
MAGAIRLÍN MEIDHREACH



Primula vulgaris
PRIMROSE
SABHAIRCÍN



Viola riviniana
COMMON DOG-VIOLET
FANAIGSE



Cardamine pratensis
CUCKOOFLOWER
BIOLAR GRÉAGHÁIN



Oxalis acetosella
WOOD-SORREL
SEAMSÓG

If you see these flowers, please submit your records at:
<https://records.biodiversityireland.ie/start-recording>

For more information:



www.biodiversityireland.ie



051 306 240



info@biodiversityireland.ie

We want to hear about your nature experiences!
Do you have a photo/story to share? E-mail us:
info@coreireland.ie