



Healthy Meath Newsletter February/March 2024

Hello everyone, welcome to the eighth edition of the Healthy Meath Newsletter!

Here you will be signposted to various Health and Wellbeing initiatives and online resources available throughout February/March.

Take care of your body and it will take care of you. Remember, it's not about perfection, but progress. Here's to a healthier 2024!



Healthy
Meath



If you have something you would like to include in the next Healthy Meath Newsletter please email it to healthymeath@meathcoco.ie



Eating Disorder Awareness Week Feb 26th-Mar 3rd

An eating disorder is when you have an unhealthy attitude towards food. It can involve eating too much, eating too little or becoming obsessed with your weight and body shape.

Living with an eating disorder has many different negative effects. It can affect your body, your mental health and relationships with others.

it is important to seek help whether that is professionally or from close friends/relatives as only 5-15% of people actually seek help.

BodyWhys.ie provides a Youth connect online chat support group (13-18) and an adult support group (18+).

To find out more information about eating disorders and how to join the support groups click [HERE](#)



Community Climate Action Programme Fund

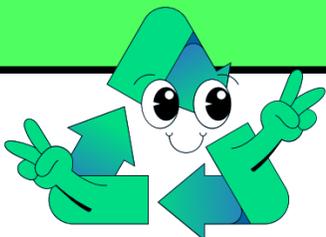
Grant Funding Call – Community Climate Action Programme

Community organisations in Co. Meath with an interest in helping to address climate action in their local areas can now apply for grant funding support from Meath County Council.

Under Strand 1 of the Community Climate Action Programme, Meath County Council will support small, medium and large-scale projects that will shape and build low carbon, sustainable communities through a fund of €811,000. Additional funding is also available under Strand 1A: Shared Island Community Climate Action.

Closing date for applications is 28/02/2024

For more information on eligibility & guidance please scan the QR code below or visit www.meath.ie and search for Climate Action or email: climateactionmcc@meathcoco.ie.



An Roinn Comhshaoil,
Aeráide agus Cumarsáide
Department of the Environment,
Climate and Communications





Healthy Meath, Healthy Lifestyle Campaign

Healthy Meath is supporting communities to promote healthier lifestyles! Our new campaign focuses on raising awareness through six evidence-based healthy lifestyle messages. For more information and to get involved, visit the webpage [HERE](#) or contact healthymeath@meathcoco.ie



WORKING TOGETHER TOWARDS A HEALTHY MEATH
#HEALTHYLIFESTYLE #REDUCEYOURRISK

REGULAR HEALTH CHECKS

Regular health checks are **important** to monitor your overall health and wellbeing

If **diagnosed early** treatments for health problems can be **much more effective**

If you have a concern contact a health professional

SCAN QR CODE USING YOUR PHONE CAMERA FOR MORE INFORMATION

The Healthy Ireland Fund supported by the Department of Health



Pharmacy Health Checks Project - Extended!

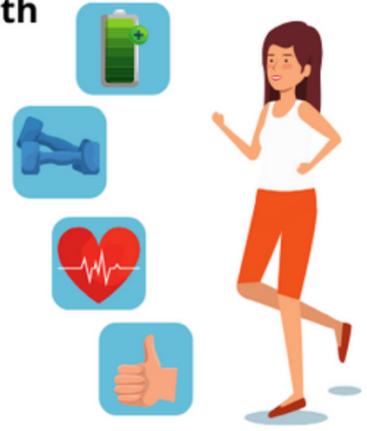


FREE HEALTH CHECKS



Pharmacies across Meath are offering free health checks to members of the public including:

- Lifestyle assessment
- Blood pressure & pulse rate
- Waist circumference
- Cholesterol and blood sugars
- Personalised advice



FOR MORE INFORMATION OR TO BOOK YOUR FREE HEALTH CHECK, PLEASE CONTACT ONE OF THE BELOW PHARMACIES

- O'Shaughnessy's Pharmacy, Haggard St, Trim. 046-9431928
- All Care Pharmacy, Knightsbridge Nursing Home, Trim. 046-9436585
- McCauleys Pharmacy, Navan Shopping Centre, Navan. 046-9028924
- Hickey's Pharmacy, Johnstown Shopping Centre, Johnstown. 046-9091177
- Your Local Pharmacy, Main Street, Dunboyne. 01-8015412



The Healthy Ireland Fund supported by the Department of Health

Nurture Corner

A quiet time for children aged 4-6 experiencing anxiety or social difficulties. This time gives children the opportunity to explore their world on their terms and helps to grow the confidence and resilience in young children



Family Resource Centre, Commons Rd., Navan
 Next term starts Friday 12th Jan at 3.30p
 Contact 0469073178 or PM on FB for a place for your child



Mental Health



Healthy Meath

Someone is always there to listen to you

ALL DAY EVERY DAY, 24 HRS A DAY

If it's an emergency, Dial 999/112

SAMARITANS
 TALK IT THROUGH, WE'RE HERE TO LISTEN
 116 123
 jo@samaritans.ie www.samaritans.org

your mental health.ie
 Information | Support | Services
 1800 111 888
 www.yourmentalhealth.ie

pieta 1800 247 247
 TEXT HELP TO 51444 mary@pieta.ie
 Pieta supports people and communities in crisis by providing freely accessible, professional services to all.
 www.pieta.ie

SPUN OUT
 SpunOut.ie
 @SpunOut
 SpunOutMedia
 Youth information website created by young people for young people

spunout
 text about it
 Text About It is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support for our mental health & emotional wellbeing
 Text: Free-text YMH to 50808 to start a conversation
 Website: textaboutit.ie

ISPC Childline
 1800 66 66 66
 (24 HRS A DAY, EVERYDAY)
 Text: TALK to 50101
 Online chat - www.childline.ie

turn2me
 Online Therapy & Counselling

MyMind
 Centre for Mental Wellbeing
 (+353) 818 500 800
 Online Therapy & Counselling

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE
MIDOC 1800 302 702 NEDOC 1800 777 911

HSE Seirbhís Sláinte Níos Fearr á Forbairt Building a Better Health Service
 Connecting for Life Midlands, Louth and Meath



Free Private Counselling Sessions

SOSAD will be running an Outreach clinic in Duleek and Stamullen beginning this week.

On Tuesdays in the Duleek Bellewstown & District Community Facility(A92 F2HN)
 On Fridays in the Stamullen Parish Hall (K32 EY02)

Over 16s ONLY. Individuals aged 16-18 must have parental consent.



To Book!

Contact Rachel on 046 907 7682 or meathcoordinator@sosadireland.ie

Connecting for Life has a wide range of free suicide prevention and awareness training programmes available across Midlands, Louth and Meath CHO. They provide information on various emergency services and mental health supports provided directly by the HSE. They also provide 24/7 phone lines and text support services. Scan QR code for the 'Someone is always there to listen to you'.



24/7 Someone is Always There to Listen

SCAN ME

If you or someone you know is struggling with their mental health there are a range of supports available from the below organisations. Click for more info.



Mental Health

Louth / Meath Mental Health Promotion Events - February 2024

For more info or to register for an event, click the link in the post

7th

Understand Self Harm - 1 Day Workshop
Regional Education Centre, Ardee

14th

Compassion Focused Approach to Depression
Webinar, 12-1pm

15-16th

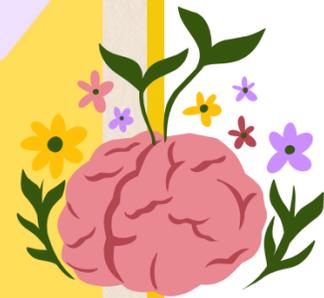
ASSIST Applied Suicide Intervention Skills Training
2 Day Workshop - REC Ardee

21st

SafeTALK Programme
DKIT, Dundalk

8th & 22nd

Parenting Talks with Dr Mary O'Kane
Trim Library, Trim



7 February 2024
[Understand Self Harm - 1 Day Workshop](#)
Aims to develop participants' knowledge and understanding of self-harm and the reasons underlying such behaviour.
9a.m. Regional Education Centre, Ardee

14 February 2024
[Webinar - A Compassion Focused Approach to Depression](#)
Online Webinar, 12-1p.m.

15-16 February 2024
[A.S.I.S.T. \(Applied Suicide Intervention Skills Training\)](#)
2 Day Workshop, Workshop. Regional Education Centre, Ardee, Co. Louth

21 February 2024
[SafeTalk Programme](#)
Suicide Alertness Programme. DKIT, Dundalk

8 & 22 February 2024
[Parenting Talks with Dr Mary O'Kane](#)
Trim Library, Trim



If you or someone you know is struggling with their mental health there are a range of supports available from the below organisations. Click for more info.



Get your kids involved in the Community Sports Hub Navan- Olympic Handball. Ages 6-9 and 9-12 on the 19th of February.

Kids will be thought how to play and try out Olympic handball. Fun way to get your kids to step out their comfort zone to try a new sport and get active.

Register [HERE](#)



READ MORE >>

SPRING INTO MOTION!

Meath Sports Partnership is running a Spring Into motion initiative to keep everyone more active. They are offering a variety of different events to get involved in. Click [HERE](#) to find out what programmes to get involved in and when they are being ran

Men Get Active!
Starting from 1st February every Thursday Men's Circuit Class on going for 6 weeks.
Starting from 10th February every Saturday Men's Social Soccer on going for 6 weeks.

Active Men Programmes 2024

PROGRAMME	VENUE	STARTS	TIME	SCHEDULE
Social Basketball	Ashbourne Community School	Wednesday 24 th January	8pm	Wednesdays for 6 weeks
Men's Circuit class	Claremont Stadium, Navan	Thursday 1 st February	8pm	Thursdays for 6 weeks
Social Pickleball	Colaiste na hIrise	Wednesday 31 st January	8pm	Wednesdays for 6 weeks
Social Soccer	East Meath United	Saturday 10 th February	4.30pm	Saturdays for 6 weeks

Enquiries & registrations to Ruairi Murphy
Rmurphy@meathcoco.ie | 0469067887



Sport For All!

Meath sports partnership also provides a Sports Ability programme where adults and children with disabilities can get involved in sport.

The key objective is to promote that everyone is equal and to ensure there is full inclusion for everyone.

Events starting from 1st February click [HERE](#) for more information about programmes.



COMMUNITY SPORTS HUB NAVAN ACTIVITIES
JANUARY - MARCH

PROGRAMME	AGE	VENUE	STARTS	DURATION	TIME
Family Multi-Sport Activities	5+	Blackwater Park	Saturday 20 th January	1 day	10.30am -12.00pm
Family Orienteering	5 +	Blackwater Park	Saturday 27 th January	1 day	10.30am -12.00pm
Family Rounders	5 +	Blackwater Park	Saturday 3 rd February	1 day	10.30am -12.00pm
Family Multi-Sport Activities	5 +	Blackwater Park	Saturday 10 th February	1 day	10.30am -12.00pm
Midterm Multi-Sport Camp	5-12 yrs	Claremont Stadium	Thurs 15 th - Fri 16 th Feb	2 days	10am - 1pm
Olympic Handball	6-9 yrs & 9-12 yrs	St. Stephens NS	Mon 19 th Feb - 1 st Apr	6 weeks	4.00-6.00pm
Tag Rugby	6-9 yrs & 9-12 yrs	Scoil Naomh Eoin	Tues 20 th Feb - 26 th Mar	6 weeks	4.30-6.30pm
Basketball	8-9yrs, 10-11yrs, 12-14yrs	St. Pauls NS	Wed 6 th Mar - 24 th Apr	6 weeks	4.00-7.00pm
Active Women	18+	St. Pauls NS	Wed 6 th Mar - 24 th Apr	6 weeks	7.00-8.00pm
Multi-Sport	6-9 yrs & 9-12 yrs	Scoil Naomh Eoin	Thurs 22 nd Feb - 28 th Mar	6 weeks	4.00-6.00pm

Enquiries & registrations to Una upearson@meathcoco.ie | 0469067887

Self care tips for people with addicted loved ones. Click [HERE](#) for more information

Smoking, Alcohol & Drug Supports

I HONOR MYSELF BY FILLING MY CUP:

IT ENABLES ME TO EXTEND THE SAME CARE TOWARD OTHERS.

SELF CARE MATTERS

WWW.FASN.IE

Recovery Is About Progression Not Perfection.

WE LU

National no Smoking Day
Feb 14th

READ MORE >>

Vaping and e-cigarettes

A HSE information booklet for parents, guardians and young people

Did you know in smokers carbon monoxide which is present in smoke, displaces the oxygen in the bloodstream and deprives the heart, brain and other vital organs of oxygen.

AND smoking just one cigarette can take 11 minutes off your life.

Watch the short video explaining what FASN does by clicking the link below.



REGISTER NOW

YOU CAN QUIT

Sign up for free for your own personal Quit plan to stop smoking today!

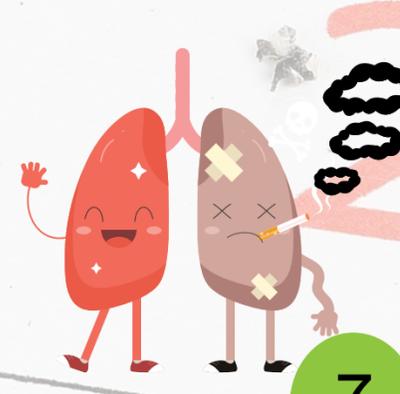
- Through the plan you can get:
- daily support by email and text messages
 - a QUIT account to track your progress
 - 1-to-1 support from a trained advisor
 - tips from people who've successfully stopped smoking

THE FAMILY ADDICTION SUPPORT NETWORK SERVING CAVAN, MONAGHAN, MEATH AND LOUTH

FASN SUPPORT
HELPLINE: 087-9046405

- ACCESS TO PEER SUPPORT GROUPS** - We facilitate weekly peer support groups in Cavan, Monaghan, Louth and Meath for family members and loved ones.
- ONE TO ONE SUPPORT SESSIONS** - Access one to one support by telephone, online or face to face to discuss your individual circumstances
- EDUCATIONAL PROGRAMS** - Get access to the educational programs to support and help family members and loved ones - online or in person.
- COUNSELLING** - Get access to free & low cost counselling online or in person
- WELLBEING & EDUCATIONAL WORKSHOPS** - We provide free access to Wellbeing, Self Care and Educational workshops

FASN www.fasn.ie





County Meath smoking cessation service. Get support to QUIT today!!



The year you **QUIT** for good

The Meath Stop Smoking Service is a FREE, friendly and supportive service for people in the community who want to stop smoking.

The service offers FREE stop smoking medication and support on your quit journey from an HSE stop smoking advisor.

You are 5 times more likely to quit for good with our help.

Weekly in person clinics across Co. Meath, by appointment only:
Navan: Monday
Trim: Thursday
Kells: Friday

For more information on quitting smoking check out QUIT.ie



QUIT SMOKING

How:

Contact:

Now open for registration and referrals
In person or phone call appointments available
Kate: 087 451 2808 | NEQuit@hse.ie





Sexual Health

FOR PARENTS OF 13-18 YEAR BLOS

Making the 'Big Talk' many small talks

Supporting conversations between parents and their children about relationships and sexuality.

sexualwellbeing.ie

My Options

All the information and support you need in an unplanned pregnancy

FREE CONDOMS

FREE CONDOMS

FREE CONDOMS

Now available at college and through postal services

MORE INFO

A resource to support parents having conversations with their teenagers aged 13 to 18 about relationships and healthy sexuality development.

Click HERE to download booklet or click link below for 9 animated videos.

CLICK HERE



My Options:

Free phone helpline for unplanned pregnancies.

Provides information about abortion services, medical support and judgement free counselling.

Phone: 1800828010 or click HERE for more information

Learn more about symptoms, what you can do and how to order your free test NOW!

click here

Free home STI tests

Find out more about HIV and free HIV testing

click here

PrEP is a pill that prevents HIV

PrEP

Older Persons

"A healthy outside starts from the inside"
-Robert Ulrich

Adults 50+ get Active!

Get involved in the Spring Into Motion older adults programme.



Did you know physically active older adults benefit from reduced risks of early death, recurrent falls, cognitive decline and dementia.

Healthy eating guidelines for older adults, click the link to find out more information.

CLICK HERE



Adults 50+ Programmes 2024



PROGRAMME	VENUE	STARTS	TIME
Activator Poles	Blackwater Park	Thursday 25 th January	11am – 12pm
Activator Poles	Laytown Beach (Gilna's Cottage Inn)	Friday 26 th January	11am – 12pm
Activator Poles	Gibbstown (Wolfe Tones GAA)	Tuesday 23 rd January	7.30pm – 8.30pm
Mature Movers Navan	Pitch and Putt Navan	Monday 29 th January	10.30am – 11.30am
Mature Movers Piltown	St. Colmcille's GAA	Monday 29 th January	11am -11:50am & 12pm - 12:50pm
Mature Movers Athboy	St James Hall	Tuesday 30 th January	11am – 12pm
Mature Movers Kells	Eureka House Kells	Wednesday 31 st January	12pm – 1pm
Mature Movers Ashbourne	Ashbourne GAA	Wednesday 31 st January	11am – 12pm
Mature Movers Ballinacree	Ballinacree Community Hall	Wednesday 31 st January	10am -11am
Mature Movers Trim	Trim GAA	Wednesday 31 st January	10am -11am
Mature Movers Ratoath	Ratoath Community Centre	Thursday 1 st February	10.30am - 11.30am
Pickleball Claremont	Claremont Stadium, Navan	Tuesday 23 rd January	12pm - 1pm
Pickleball Bettystown	Colaiste na hInse	Wednesday 24 th January	8pm – 9pm
Pickleball Ashbourne	Ashbourne Community Centre	Thursday 25 th January	10.30am – 12pm
Pickleball Gibbstown	Gibbstown (Wolfe Tones GAA)	Thursday 25 th January	8pm – 9pm



Adults 50+

For more information contact Ruairi at 0469067887 or click HERE



Ratoath Alzheimer Social Club



Last Friday of the month 2024 from 11 am - 1 pm

JOIN US!

Ratoath Community Centre
Ratoath Co.Meath
Contact - Liam Burke
phone number- 087 9740871
email address -liam.burke@alzheimer.ie

Our Club is a fun social gathering where anyone affected by Alzheimer's can access information and support each other and exchange ideas/

experiences info: www.alzheimer.ie
The Alzheimer Society of Ireland, National Office,
Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868



Social prescribing for older adults

Social Prescribing is to connect people with community groups, organisations and statutory services.

Specifically important to reduce loneliness, depression and stress.

And improve quality of life, life satisfaction and self-esteem.



For more information contact Kate Fitzpatrick

Mobile: 0892457745

Telephone: 0469438850

Email: kate@trimfrc.ie



Second Saturday of the month 2024 from 11 am - 1 pm

JOIN US!

Whistlemount Day Centre
Kells rd, Navan Co.Meath
Contact - Liam Burke
phone number- 046 9027007
email address -liam.burke@alzheimer.ie

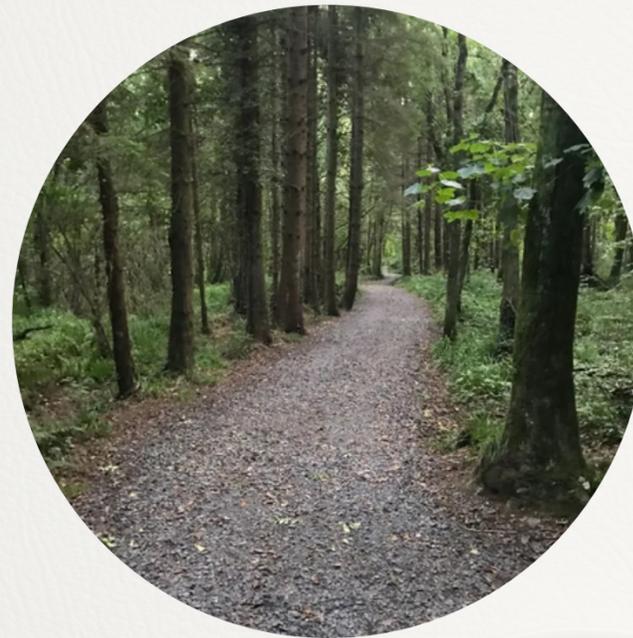
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The Alzheimer Society of Ireland, National Office,
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Spaces & Places



Jamestown Bog Walking Trail
Suited in Bohermeen Co.Meath. 4.3km loop trail generally considered an easy route and takes on average 1h 3mins to complete. Enjoy this great trail for running and or walking.

Abundance of wildlife, fauna and flora with a mobile coffee van near the entrance along with benches to relax before or after.



Workplace Wellbeing



It is important to outline the importance of mental health in the workplace.
The workplace can be one that promotes and protects positive mental health leading to healthy relationships and higher self-esteem.
However, the workplace environment has the power to contribute to the development of mental health difficulties.



Healthy Workplace Ireland has outlined and gave quick resources on how to start promoting positive mental health in the workplace.
Check it out at www.healthyworkplace.ie





Other Info

Supporting Parents Campaign
This campaign is essentially about ensuring parents are aware of the excellent parenting supports available nationally.
For more information click [HERE](#).



Supporting Parents

A new local and national information and advice resource for all stages of parenthood see gov.ie/supportingparents for more

FREE PARENTING TALKS

Speaker: Dr. Mary O'Kane

Booking Essential Call 046 9436063

In Partnership with Trim Family Resource Centre & SMART

Supporting Anxious Teens Thursday 11th January 7pm
Raising resilient Children Thursday 25th January 7pm
Parenting in the online world Thursday 8th February 7pm
Parenting Tweens and Teens Thursday 22nd February 7pm

comhairle chontae na mí meath county council Trim Library



Navan Community Singers

Join Navan community singers today. The choir is always open to new members with no audition necessary. There is a strong emphasis on connecting with each other as a group and with your local community. They perform a wide range of events including charity events, choral competitions, festivals and weddings.



Contact Details:
Instagram- Navan_singers
Facebook- navancommunitysingers
Mobile- 0879946028
Email- navancommunitysingers@gmail.com

TUSLA FAMILY RESOURCE CENTRE, NAVAN
OUR JAN-MARCH 2024 PROGRAMMES

MONDAYS

- PARENT & TODDLER GROUP: ONGOING FROM 8TH JAN AT 9:45AM
- BABY MASSAGE: STARTING 15TH AT 10:00AM
- HAPPY HOUR PLAYGROUP: BACK ON 8TH JAN AT 3:30PM

TUESDAYS

- TRAVELLER WOMEN'S GROUP: BACK 9TH JAN AT 10:30AM
- ADDITIONAL NEEDS PLAYGROUP (6YRS+): BACK ON 9TH JAN AT 3:30PM
- HAPPY HOUR PLAYGROUP: BACK ON 9TH JAN AT 3:30PM

WEDNESDAYS

- PP MIDDLE YEARS: STARTING 17TH JAN 10.30AM
- ADDITIONAL NEEDS PLAYGROUP (0-5YRS): BACK 10TH JAN AT 3.30PM

THURSDAYS

- PP ADOLESCENTS: STARTING ON 18TH JAN AT 10.30AM

FRIDAYS

- NON-VIOLENT RESISTANCE (NVR): STARTING 19TH JAN AT 10:30AM (ONLINE)
- NURTURE CORNER: BACK ON 12TH JAN AT 3:30PM

CONTACT US ON 0469073178 OR ON FB MESSENGER FOR INFO!



INTERNATIONAL CHILDHOOD CANCER DAY
15 FEBRUARY



4 FEBRUARY
WORLD Cancer Day

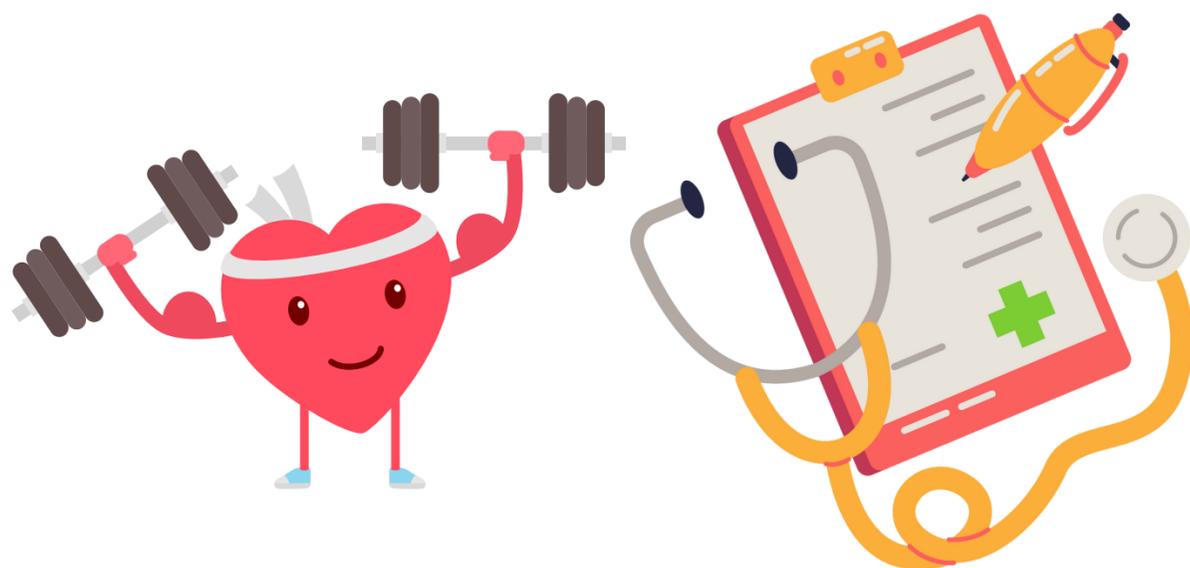
World Cancer Day 4th Feb.
Click [HERE](#) to know how to get involved and help support on the day.



Chronic Disease Risk Management Programme extended across Meath!

Healthy Meath have extended our free health checks service to each MD in 2024. Starting in Navan, Trim and Dunboyne in early February.

Contact one of the pharmacies to get your free health check today!



FREE HEALTH CHECKS



Pharmacies across Meath are offering free health checks to members of the public including:

- Lifestyle assessment
- Blood pressure & pulse rate
- Waist circumference
- Cholesterol and blood sugars
- Personalised advice



FOR MORE INFORMATION OR TO BOOK YOUR FREE HEALTH CHECK, PLEASE CONTACT ONE OF THE BELOW PHARMACIES

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- All Care Pharmacy, Knightsbridge Nursing Home, Trim. 046-9436585
- McCauleys Pharmacy, Navan Shopping Centre, Navan. 046-9028924
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- Your Local Pharmacy, Main Street, Dunboyne. 01-8015412



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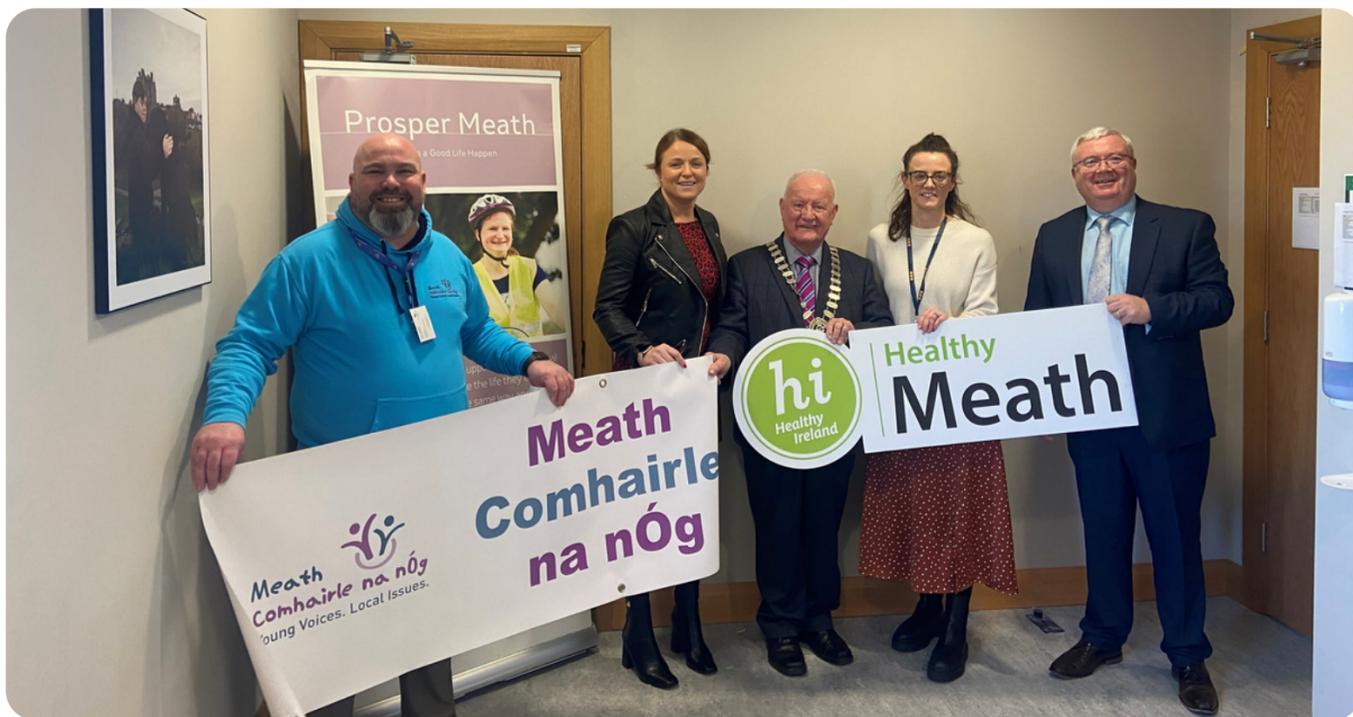
Healthy Meath Updates



The Meath LCDC Health and Wellbeing Subgroup met on the 25th of January.

The Healthy Meath, Healthy Lifestyle Campaign has kicked off. Groups will receive their packs for the campaign in early February.

For more info on Healthy Meath initiatives contact healthymeath@meathcoco.ie



MENTAL HEALTH

Prosper Meath held an event to launch the Healthy Meath positive mental health awareness video on January 4th in their Watergate Street Centre. Watch the Video here.

WATCH NOW



Positive Mental Health with Meath Comhairle na nÓg and Prosper Meath\

Youth Work Ireland Meath
22 subscribers

Subscribe

9



Share

Save





Healthy
Meath



Thanks for reading 😊

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