



# Healthy Meath Newsletter

## October/November 2025

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

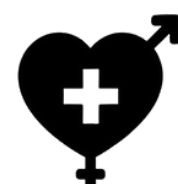
Here you will be signposted to various Health and Wellbeing initiatives and online resources available throughout October / November.



Healthy  
**Meath**



comhairle chontae na mí  
*meath county council*

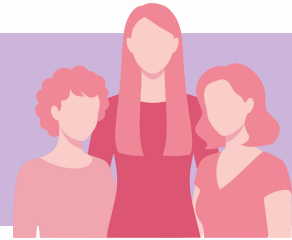


If you have something you would like to include in the next Healthy Meath Newsletter please email it to [healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)





## Breast Cancer Awareness Month



October is Breast Cancer Awareness Month. Breast cancer is the most common cancer in women in Ireland. Around 3,500 women are diagnosed with breast cancer each year. Most breast cancers are found in women who have symptoms. About one third of breast cancers in Ireland are diagnosed through screening.

### Know the signs Find Breast Cancer Early

1 in 7 women in Ireland will develop breast cancer in their lifetime. It is most common in women over 50 years of age, but it can happen in younger women too. Treatment options and survival rates are better than ever – especially when breast cancer is found early.



Call your GP TODAY if you notice any of the following



A new lump that you can feel in either of your breasts.  
A new lump that you can feel in either of your armpits.



A change in the size, shape or feel of one or both breasts or armpits, e.g. a new area of thickened tissue or lumpiness in either breast or armpit that was not there before.



Skin changes on your breast such as puckering or dimpling (the skin may look like orange peel).  
An abscess (infected boil) in your breast – this may appear as a red, tender area on your breast.



A change in the appearance of your nipple, such as the nipple flattening or sinking into your breast or turning inwards.



Bloodstained or watery discharge from either of your nipples.




A rash or eczema on or around your nipple.

Don't be scared Don't delay  
Call your GP today



Visit [www.hse.ie/cancerearlydetection](http://www.hse.ie/cancerearlydetection) for more information

Zoom 



 Freephone: 1800 45 45 55

 Register for screening 

 Download the HSE Breast cancer prevention and early detection information booklet 

## CommUnity Connect Louth and Meath

CommUnity Connect is a community based positive mental health project which has been developed in collaboration between Healthy Meath and Healthy Louth.

There are four components to CommUnity Connect Louth and Meath

- The Resource Pack
- The Network of Community Groups
- The Community Connect Champions
- Louth and Meath Wellbeing Maps



If your community group are interested in signing up to be part of the CommUnity Connect Louth and Meath Network of Champion programme please contact:

[healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie) – 046-9097400



Click here to access the  
CommUnity Connect  
resources





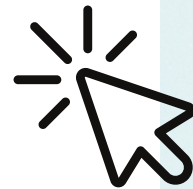


# Mental Health



## Suicide prevention in the workplace

A guide for employers



## Mastering Midlife for Women Workshop

Returns for 1 evening in October! The workshop is ideal for all women from 35+ years, who are wondering how peri-menopause and menopause is affecting them mentally and physically and how making small changes can increase energy levels, improve sleep & mood and decrease weight gain. Cost of 2.5 hour online workshop is €20 – places are limited so early booking is advised. For more details and to register click [HERE](#)



Connecting for Life  
Louth and Meath

Click here for training available in The North East.

All of our training programmes (safeTALK, Understanding Self-Harm, ASIST, Suicide Bereavement Training) are for **over 18s only** and there is no charge to the participant. For face to face training, click to reserve your place in the schedule below. To access the global award winning online training programme "Let's Talk About Suicide" - please click [HERE](#)

24/7 Crisis Supports

**You Are Not Alone:**  
Someone is always there to listen



**SAMARITANS**  
Freephone 116 123  
24 hours - 7 days a week

**spunout**  
text about it  
Text HELLO to 50808  
24 hours - 7 days a week

**pieta**  
Freephone 1800 247 247  
24 hours - 7 days a week

**Childline**  
Chat online 24/7 @childline.ie  
Freephone 24/7 1800 666 666

**your mental health.ie**  
24 hours - 7 days a week 1800 111 888



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.







# Healthy Eating



## Healthy halloween snacks

### BABY FOOD MADE EASY

Find out how, when and what to feed your baby



Free to attend!



HSE 2025 BABY FOOD MADE EASY	Jan to Mar	JAN 14TH FEB 11TH MAR 11TH
	April to June	APRIL 8TH MAY 13TH JUNE 17TH
	July	JULY 8TH JULY 29TH
	SEPTEMBER	Sept 9th
	Oct to Dec	OCT 14TH NOV 11TH DEC 9TH

CLICK HERE

SCAN TO REGISTER



This is a HSE Department of Health Promotion & Improvement CHO8 Louth/Meath Health & Wellbeing Initiative and is hosted by Senior Community Dietitians.

Safefood in collaboration with the GAA have developed a suite of resources to support juvenile players, parents and coaches in choosing the right foods to support their Gaelic games activity and overall health and wellbeing.



### Healthy eating for sport

Coaches Guide



### Fuel their game

A guide for parents







## Walktober 2025!

Walktober will give people an opportunity to get involved in our Activator Pole walking programmes during the month of October! Meath LSP will hold Activator Pole walking in 6 areas for 4 weeks during October! €20 for 4 week programme.

- Laytown - Laytown Beach - Monday 6th October
- Navan - Blackwater Park- Tuesday 7th October
- Ratoath - Fairyhouse - Wednesday 8th October
- Kells - Walkwalk Loop - Thursday 9th October
- Trim - Porchfields - Friday 10th October
- Nobber- Greenway- Friday 10th October



To register please contact Terry on 0469067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

## Volleyball for Women

Come & Try Volleyball for Women 18+ taking place in Coláiste na hInse, Bettystown continues Wednesday 1st October at 7pm. Led by a fully qualified coach, this easy to learn introduction to volleyball is fun, active and a great way to meet new people while keeping fit. Suitable for beginners and improvers. For more details and to register click [HERE](#).



## Coaching Teenage Girls Workshop

The 3-hour workshop is designed specifically to support coaches/parents of girls aged 12-17 years of age! The training is developed to enable coaches/parents to create a positive experience of sport and physical activity for girls in their formative years and provide an environment where girls and young women can develop holistically. The workshop will focus on:

- Keeping Teenage Girls playing sport
- The Needs of teen girls in sport today
  - Maturation, body image & sport
  - Communication and social skills



Date: Monday 20th October

Time: 6pm

Cost: €10

Register [HERE](#)



## Olympic Handball Coaching

This Olympic Handball Coaching workshop on 14th October in Trim GAA is designed for any teachers delivering Olympic Handball in PE or in school/ after schools or for Coaches/Volunteers/Parents working in the community. The workshop is delivered by highly experienced and qualified tutors from Irish Olympic Handball Association. Pre-Registration is essential. Places are limited and available on a first come first serve basis. Register [HERE](#).





## Smoking, Alcohol & Drug Supports



Healthy  
Meath

# QUIT

In this episode of the HSE Talking Health and Wellbeing Podcast, we explore the challenges young people face when navigating alcohol in Ireland today.

For more information for parents on preventing alcohol use in young people, visit the HSE website [HERE](#)

We Can Quit is a free group programme for people who want support to quit smoking.

The programme runs for 7 to 12 weeks. You get support to quit from a local facilitator, people in your group and a local pharmacist. You are 5 times more likely to quit for good if you:

- commit to quit for 28 days
- get support to change your behaviour
- use stop smoking medicines

For more information click [HERE](#)





# HSE Talking

Health & Wellbeing



## Youth, Alcohol & Health

with Sive Brennan  
& Martina Byrne

Hosted by Noreen Turley

#90

**DRUGS.ie**  
Drug and Alcohol Information and Support

**CLICK HERE**



## Drug & Alcohol Helpline

Freephone

# 1800 459 459

Email Support

## helpline@hse.ie

Confidential support & information service

[www.hse.ie/go/drugshivhelpline](http://www.hse.ie/go/drugshivhelpline)

 Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Please Turn-Over



Please Turn-Over





# Sexual Health



**What You Need  
To Know About  
Contraception**



**LGBT  
IRELAND**

For Inclusion  
For Equality  
For Everyone



**NATIONAL LGBT HELPLINE  
1800 929 539**

Available Monday – Thursday (6.30pm – 10pm), Friday (4pm–10pm), Saturday and Sunday (4pm–6pm).



**TRANSGENDER FAMILY SUPPORT LINE  
01 907 3707**

Available twice weekly, Tuesday (10am–12pm) and Sunday (6pm–9pm)



**ONLINE CHAT  
Online Chat Support**

Available Monday – Thursday (6.30pm – 10pm), Friday (4pm–10pm), Saturday and Sunday (4pm–6pm).



**ONLINE GROUPS  
Monthly Peer Support Groups**

Sign-Up for Monthly Peer Support Groups for mutual support and connection.

## spunout

**What is HPV?**

HPV is a group of more than 100 viruses that can cause cancer. Read the SpunOut factsheet for more information!







# Older Persons



## Age Friendly Ireland survey - An Ageing Workforce in Ireland | Our Readiness and Preparedness.

The purpose of this survey is to gather a deeper understanding of the diverse perspective and needs of older workers in our current workforce.

**As we all know, Ireland is facing the significant challenge of a rapidly ageing population.** The data we collect from this survey will be instrumental in ensuring that our workforce is prepared to support and retain employees of all ages.

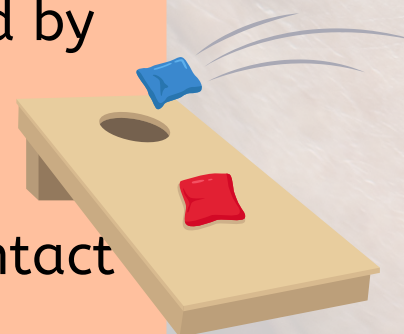
**We need your help!** Please take a few moments to complete the survey yourself.



## Come & Try Active Social Morning in Simonstown GAA

This programme is perfect for adults 50 + who would love to be active or stay active in a relaxed social environment. Activities on the day will include, Cornhole, Boccia and Kurling, followed by tea/coffee and a chat.

Tuesday 30th September at 11am in Simonstown Gaels. Contact Paula for more information or to book your space, [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie) or call 0469067887.



MEATH COUNTY COUNCIL TOGETHER WITH MEATH AGE FRIENDLY ALLIANCE INVITES YOU TO

# MEATH CARES ABOUT OLDER PEOPLE

*Athboy*



Showcasing a range of supports and services available to the older population in County Meath. Information stands and talks throughout the event

 WEDNESDAY 8<sup>TH</sup> OCTOBER 2025

 11AM - 2.30PM

 ATHBOY CONVENT COMMUNITY CENTRE, KILDALKEY ROAD, ATHBOY, CO. MEATH, **C15 P280**

**REGISTER NOW**

Booking is recommended as places are limited. For further details or to register attendance for you or your group call us on **046 9097400** or email **[community@meathcoco.ie](mailto:community@meathcoco.ie)**

Light refreshments will be provided. We look forward to seeing you there!

 comhairle chontae na mí  
meath county council





# Spaces & Places

Visit the Spire of Lloyd as seen on the Traitors!



## Opening Hours

Online Booking is essential click [Here](#) !

Three Tours every Friday Morning

15th March - 27th September (excl. Good Friday 29th March)

10:00am - 10:30am

10:45am- 11:15am

11:30am-12:00pm

This inland lighthouse, located just outside Kells, was designed by Henry Aaron Baker designer of the King's Inn, Dublin for Thomas Taylour, First Earl of Bective, in memory of his father (also Sir Thomas Taylor) in 1791 and provided work during the time of a local famine.

From the hill one can see magnificent views of the surrounding countryside as far as the Mourne Mountains in County Down, Northern Ireland on a clear day. Relax and have fun with the family in the playground area.



# Workplace Wellbeing

HSE Balancing Stress Programme

## Balancing Stress<sup>®</sup>

Practical skills to cope with stress

CLICK HERE

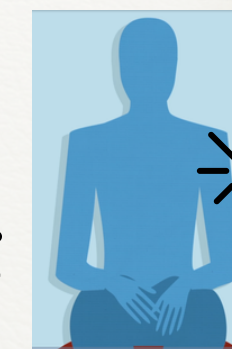
Everyone experiences stress at times. This programme can help you understand and manage stress.

In 6 sessions, you will learn practical ways to deal with stress, worry, anxiety, low mood and depression.

You do not need to register for the programme. You can watch the videos any time and at your own pace. Each video is around 35 minutes long.

Click images below for some exercises to manage stress.

Belly breathing exercise



Guided imagery relaxation exercise





Healthy  
**Meath**



Autumn is a gentle reminder  
that **changes** can be beautiful

Thanks for reading 😊

If you have something you would like to include in the next Healthy Meath Newsletter please email it to [healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)