

Working together towards
a Healthier Meath!



Healthy Meath Newsletter

February 2026

Discover exciting tips, engaging articles, and community resources to support a healthier lifestyle across Meath!



Rialtas na hÉireann
Government of Ireland



Prepared by

Healthy Meath at Meath County Council

**SUBSCRIBE
HERE**





Irish Cancer Society 



Freephone Support Line
1800 200 700

In Focus for February

World Cancer Day

For information about cancer prevention, early detection and different cancer types click [here](#)



World Cancer Day on **4th February** is a reminder that over 44,000 people in Ireland are diagnosed with cancer each year.

In Meath and nationwide, prevention and early detection save lives.

Save the date: World Cancer Day Webinar 2026

The Irish Cancer Prevention Network is hosting a free World Cancer Day Webinar on 4th February 2026, focusing on "Small Steps, Big Impact: Physical Activity for Cancer Risk Reduction." Register by clicking the image [HERE](#)



Free World Cancer Day Webinar

Small Steps, Big Impact: Physical Activity for Cancer Risk Reduction

Wednesday, 4th February 2026

12pm to 1:15pm

Visit www.hse.ie/cancerprevention for the registration link

Brought to you by the Irish Cancer Prevention Network



Irish Cancer Prevention Network



An tSeirbhís Náisiúnta Scaghdála

National Screening Service



nccp National Cancer Control Programme

Cancer Prevention Awareness Days 2026 

QUIT Smoking!

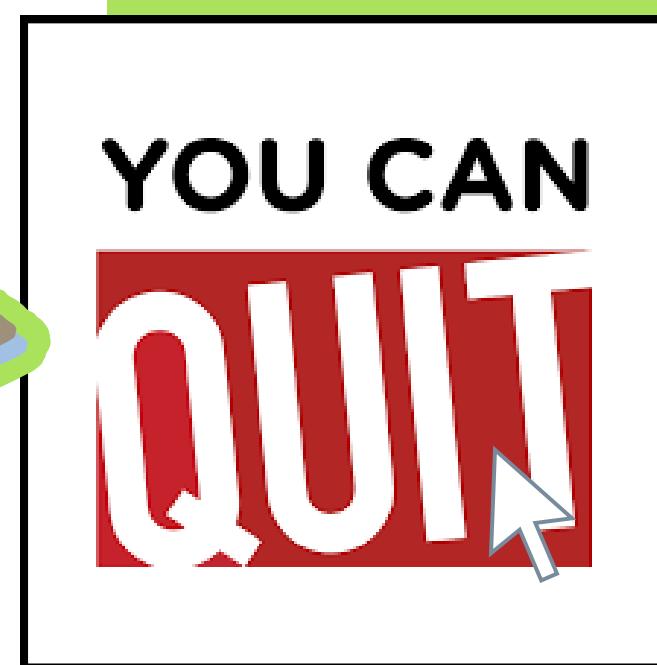
National No Smoking Day - February 18th

Vaping Teens and the Truth

This episode of HSE Talking Health and Wellbeing looks at vaping and nicotine use among young people. Martina Blake and Kirsty Whyte explain why vaping isn't "harmless vapour" and how products are designed to appeal to teenagers. They introduce the HSE's Take a Deep Breath campaign and share tips for talking to teens, spotting dependence, and knowing when to get help. The episode also outlines how the HSE Quitline and HSE.ie support young people who want to quit.



For more information on the benefits of quitting smoking [click here](#)



Freephone 1800 201 203 to get started!



Order a Quit kit today!

The Quit Kit includes a:

- guide to quitting with information and tips to help you quit for good
- money box to save the cash you do not spend on cigarettes
- pad of sticky notes and Quit pencil - every time you reach to write a note, know we are here to support you
- card for your wallet with our contact details and tips for dealing with cravings

The quit kit does not include free nicotine replacement therapy (NRT).

If you want to get free NRT, select the option to have a call with a stop smoking advisor when you sign up.



To boost your fibre intake, try:

- Picking high-fibre cereals like wholewheat biscuits, shredded wholegrain, or porridge.
- Choosing wholemeal or granary bread, higher-fibre white bread, and wholegrains such as wholewheat pasta, bulgur wheat, or brown rice.
- Eating potatoes with the skin on, like baked or boiled new potatoes.
- Adding beans, lentils, or chickpeas to meals.
- Including plenty of vegetables in dishes or as sides.
- Having fresh fruit, dried fruit, or fruit canned in juice for dessert (save dried fruit for mealtimes to protect teeth).
- Snacking on fruit, veg sticks, rye crackers, oatcakes, or unsalted nuts and seeds.

Healthy Eating

Fibre February

Around 80% of people in Ireland are fibre deficient eating just 18 grams of fibre per day on average (recommended daily intake is 25-35 grams per day). Getting enough fibre helps lower our risk of heart disease, diabetes and weight gain.



More information on fibre visit SafeFood [click HERE](#)

Learn all about how to wean your baby! [Click to Register](#)

BABY FOOD MADE EASY
Find out how, when and what to feed your baby

Ask questions or just listen, it's up to you!
97% would recommend the workshop to a friend!
"A lot of information overload out there online so this was very straightforward and informative. Feeling much more confident and looking forward to getting started."
"Thank you! I feel more confident about weaning now"
"That was a great session, thanks so much!"

Free to attend!

FOODMADE EASY

Jan to Mar
JAN 13TH
FEB 10TH
MAR 10TH

April to June
APRIL 14TH
MAY 12TH
JUNE 16TH

July
JULY 14TH
JULY 28TH

September
Sept 8th

Oct to Dec
OCT 13TH
NOV 10TH
DEC 8TH



Mental Health

HSE Louth Meath and HSE Cavan Monaghan, in partnership with the HSE National Office for Suicide Prevention are offering a wide range of free suicide prevention training programmes – both online and in person across Counties Louth, Meath, Cavan and Monaghan. Details on the various programmes plus dates and booking links are available [HERE](#).



 **REGISTER NOW**



Community Singing with Soloist
Caithriona Mongey Madden

Find your voice, meet new friends and feel good

Venue: Trim Library

Date : First Friday each month, next session Friday 6th February

Time: 2.30pm

Booking Essential

Free Event!

Sing-a-Long memories

comhairle chontae na mÍ
meath county council



Volunteer Opportunity

Become a Youth Advocate with Jigsaw Meath

Guide us in understanding what is important to young people

Who? Young People aged 16-25years who live, work or study in Meath



Join Our Team!

Deadline :
Wednesday 11th February 5pm

Your Role:

- Create understanding of youth mental health
- Raise awareness within the local community
- Promote positive mental health and wellbeing for young people
- Amplify youth voice and lived experience
- Encourage youth engagement and participation
- Play a key role in Jigsaw's youth voice and engagement approach

How to Apply?

- www.jigsaw.ie/volunteer
- or
- For general enquiries email: brenda.bradley@jigsaw.ie



Click each logo for more information



Physical Activity

February can be a challenging month for mental wellbeing, with shorter days and motivation often dipping. One simple, accessible way to boost mood is cycling. Even a gentle ride helps reduce stress, clear the head, and release feel-good endorphins; no intense fitness or experience required.

Cycling outdoors adds extra benefits at this time of year. Fresh air, daylight, and steady movement can make a real difference, especially on a safe, traffic-free Greenway where you can ride at your own pace.



Community cycle rides take place every **Friday at 2 pm** from **Park Beo Greenway Hub** (weather permitting).

They're free to join if you have your own bike, and if you don't, you can get 50% off bike rentals using the code **COMMUNITY**.

SCAN ME





MEATH
Local Sports Partnership
— SPORT IRELAND —

2into3
Transforming Social Impact

THE BASICS OF CLUB GOVERNANCE

DATE: THURSDAY, 5TH FEBRUARY
TIME: 7:00-8:30PM
COST: €8

**VISIT OUR WEBSITE FOR MORE
INFORMATION:**
WWW.MEATHSPORTS.IE

Physical Activity

Women in Sport Week 2026: Monday 2nd – Sunday 8th March.

Date for your diary! Meath LSP will host a wide variety of activities specifically for women and girls across the county. The aim of this week is to highlight the benefits of being active and provide visibility of the opportunities available in your local area. Activities suitable for all ages, abilities and fitness levels. For more details click [HERE](#)

Meath LSP is excited to launch two great programmes in Kells Swimming Pool this February and March!

The Basics of Good Club Governance Webinar

This informative webinar will be delivered by 2into3 consultants, a specialist sports governance consultant. This webinar will target anyone on new and existing Club Committees and Officers. This will include a general overview of committee roles.

- Thursday 5th February
- 7pm–8:30pm
- Cost: €8pp

Don't miss this opportunity to stay informed on the correct procedures for good governance in your club.
Click image for more information

Swimmin' Women

A 4-week programme for women 18+, perfect for beginners or improvers. Learn to swim or boost your technique. It is led by qualified coaching and costs €20 for 4 weeks..
Limited spaces—don't miss out!

Parent & Toddler Swim

A fun, supportive way to introduce your little one to the water. This €5 coach-led taster session helps you:

- Build water confidence
- Practice safe pool entry and exit
- Support floating
- Enjoy playful, creative water time
- Help your child get used to water on their face



Community & Events: Join Us!



Friends of Breastfeeding
Mum to Mum Group

Ratoath

Time: Friday 10:00-12:00

Location: Scouts Den A85TX29

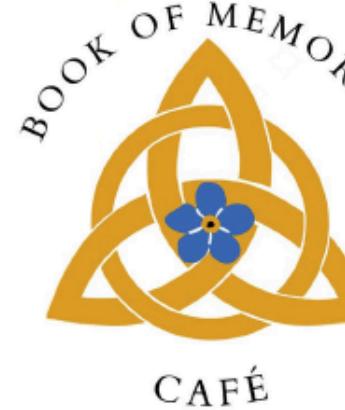
Mums-to-be, mums, children, families, all welcome come along for a coffee & chat and meet new friends!
 Donations welcome (suggested €2)

Contact Anne 0852379712

Follow Insta @mum2mumratoath

Follow Friends of Breastfeeding on Facebook for breastfeeding info, weekly listings of Mum to Mum groups and updates for our annual breastfeeding events and baby fair

WWW.FRIENDSOFBREASTFEEDING.IE
 Email: enquiries@friendsofbreastfeeding.ie Facebook: Friends of Breastfeeding



BOOK OF MEMORIES
CAFÉ

Held on the 1st Thursday of each month from 12 - 2pm

For people living with dementia, their family and friends

Eureka House, Kells, Co. Meath, A82 DX47
Free Admission • All Welcome

Tea & Scones Served
 Contact No: 087 069 7459

Irish Dementia Network, Alzheimer Society of Ireland, Alzheimer Society of Northern Ireland, Healthy Ireland



Chair Exercise
 With Catherine Clancy

Booking Essential

Monday 26th January
Last Monday of every month
11am
Trim Library

comhairle chontae na mi
 meath county council

Quick Tips



Eat more fibre

Fruit, vegetables and wholegrain foods are excellent sources of fibre



Move More

Get involved in one of the activities, either cycling, swimming or chair exercise!



Quit Smoking

If you smoke - STOP!



Know the signs

Know the early signs of cancer and check yourself regularly!

Stay Connected!

Subscribe to our
Newsletter

**SUBSCRIBE
HERE**



Email

healthymeath@meathcoco.ie

Social Media

@meathcoco

Phone

046-9097400



Healthy
Meath



The graphic features a colorful, stylized map of a park or community area. It includes a winding path, a lake, and various icons representing different aspects of community life and well-being. These icons include a handshake, a graduation cap, a bicycle, a person running, a person walking with a dog, a person with a stroller, a person with a speech bubble, a person with a checkmark, and a person with a thumbs up. The map is set against a background of green hills and a blue sky with white clouds. At the top right, there is a green box with the text "Wellbeing Map MEATH". At the bottom, there are logos for several organizations: LCDC (Local Community Development Committee), pobal (government supporting communities), comhairle chontae na mÍ (Meath County Council), Healthy Louth, Healthy Meath, and Rialtas na hÉireann (Government of Ireland).