

Working together towards  
a Healthier Meath!



# Healthy Meath Newsletter

April 2026

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

**SUBSCRIBE  
HERE**

**Prepared by**

Healthy Meath at Meath County Council



Healthy  
Meath



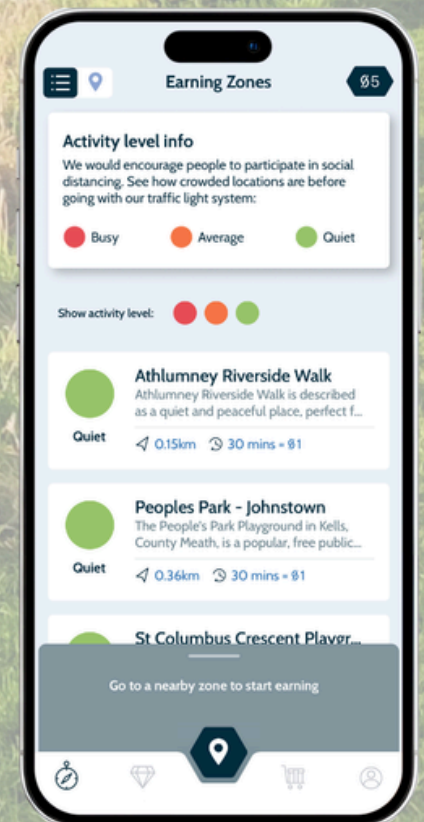
Rialtas na hÉireann  
Government of Ireland



comhairle chontae na mí  
meath county council

# A rewarding way to get outdoors in Meath

Download and enter a draw for a €50 Mí Meath voucher!



## Launching April 2nd

Healthy Meath, the Meath PPN and Civic Dollars are collaborating to encourage and incentivise people to spend more time outdoors and explore local amenities across County Meath.

## How it Works

- Download the Civic Dollars app.
- Find out where your nearest earning zone is and head on over. Zones can include Blackwater park, Bettystown Beach or Bective GAA club and much more.
- Once you're in the zone, you can start earning dollars! The more time you spend in the zone, the more dollars you will earn.
- Once you have received your dollars, donate them via the app to a community group of your choice



For more information



# In Focus for April



## Bowel Cancer Awareness Month

Bowel Cancer Awareness Month is a global campaign focused on education, prevention, and early diagnosis of bowel cancer. Organized by health organizations, charities, and healthcare professionals, the initiative strives to inform people about the risk factors, symptoms, and available screening options for bowel cancer.

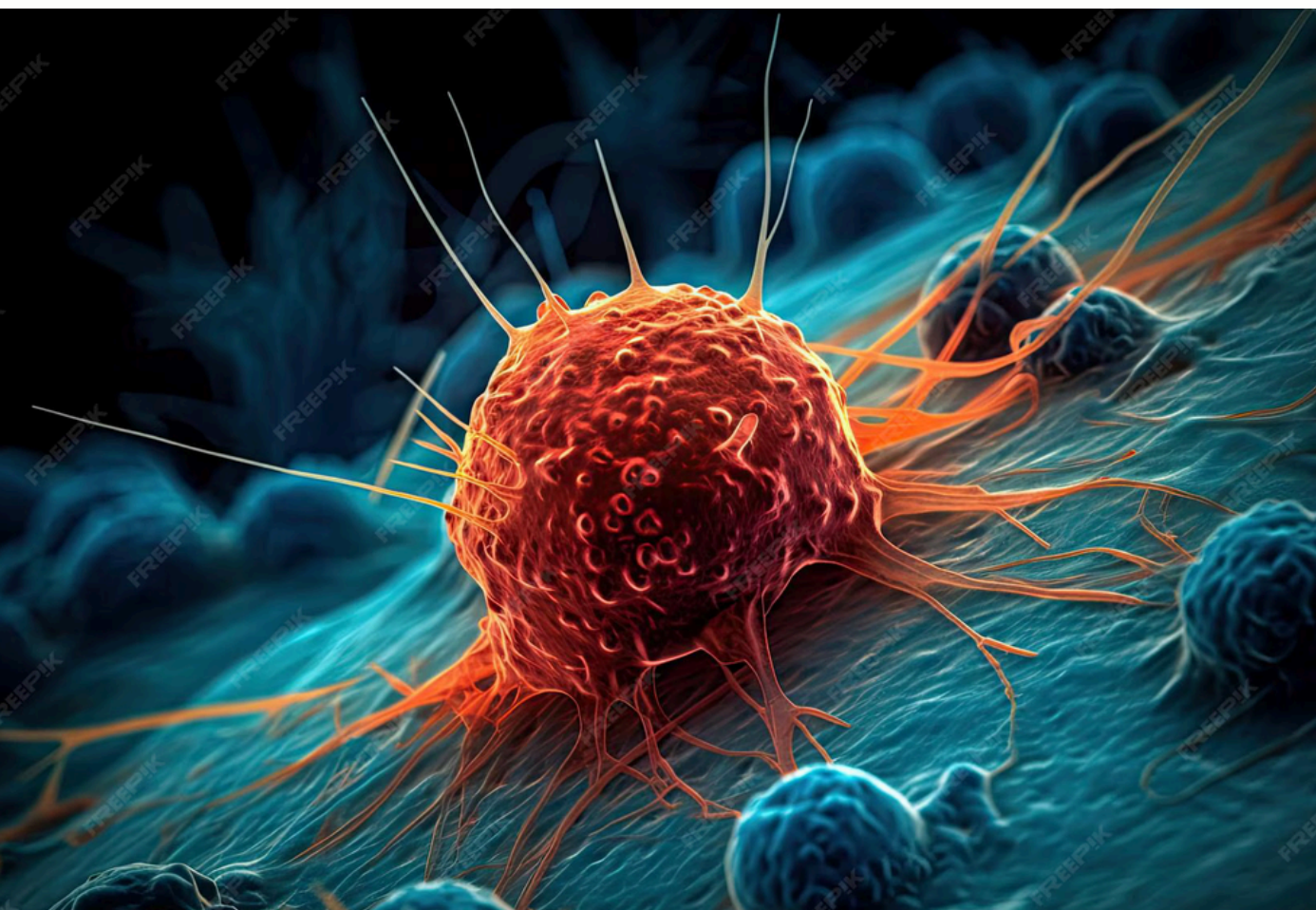
For more information on  
Bowel Cancer, scan the  
QR Code below



In Ireland, everyone aged 58 to 70 can get free bowel cancer screening.

This can help detect bowel cancer before you get symptoms. If bowel cancer is found early, it's easier to treat and there's a better chance of recovery.

**Bowel cancer is the fourth most common cancer and the second leading cause of cancer deaths in many countries. Yet, when diagnosed early, more than 90% of bowel cancer cases can be treated successfully.**



# National Workplace Wellbeing Day



National Workplace Wellbeing Day will be celebrated on Wednesday, 29<sup>th</sup> of April,

National Workplace Wellbeing Day, organised by IBEC, is Ireland's largest celebration dedicated to employee health and wellbeing. The day provides an opportunity for companies to focus on social, mental, and physical wellbeing of their staff, promoting a culture of health in the workplace.

## How to participate



Sign up online to be listed as a participating organization

Plan activities using resources and toolkits provided

Involve wellbeing champions or managers to embed initiatives into daily workplace practices

MENTAL  
Health  
MATTERS



## Suggested Activities

- Lunchtime 5k walks
- Online Meditation
- Virtual team lunches
- Flexible work initiatives such as half days off



NATIONAL  
WORKPLACE  
WELLBEING DAY  
WORKING TOGETHER FOR  
A HEALTHIER FUTURE



# The Healthy Meath Microfund Grant Scheme 2026

Projects related to the below two areas will be considered for funding:

- Promote and improve positive mental health
- Promote and improve healthy lifestyles

For full details click the link in post.  
Closing Date Sunday, April 19<sup>th</sup> 5 p.m.



The Healthy Ireland Fund Supported by The Department of Health



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Government of Ireland



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meath county council

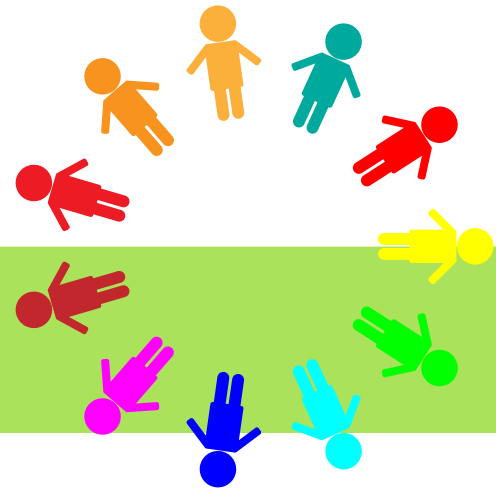
# Healthy Meath Microfund Grant Scheme



## What is the purpose of the Healthy Meath Micro Fund 2026?

Improve population Health and Wellbeing in County Meath, by supporting and encouraging targeted actions in response to the identified 2 priority outcomes needed for a Healthier Meath.

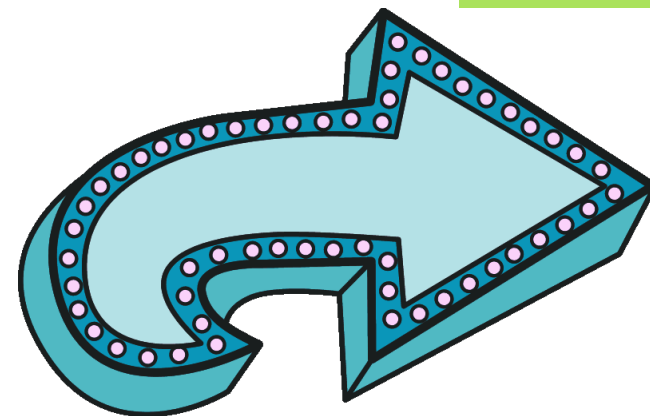
1. Promote and improve healthy lifestyle behaviours to reduce the risk of chronic disease
2. Promote and improve positive mental health in the community



## Who Should Apply

Any Community and Voluntary group promoting health and wellbeing in County Meath may apply. Public sector organisations are not eligible to make an application. Groups are encouraged to register with the Meath Public Participation Network (PPN) and be actively involved in the PPN.

To find out what type of proposals are considered, click here

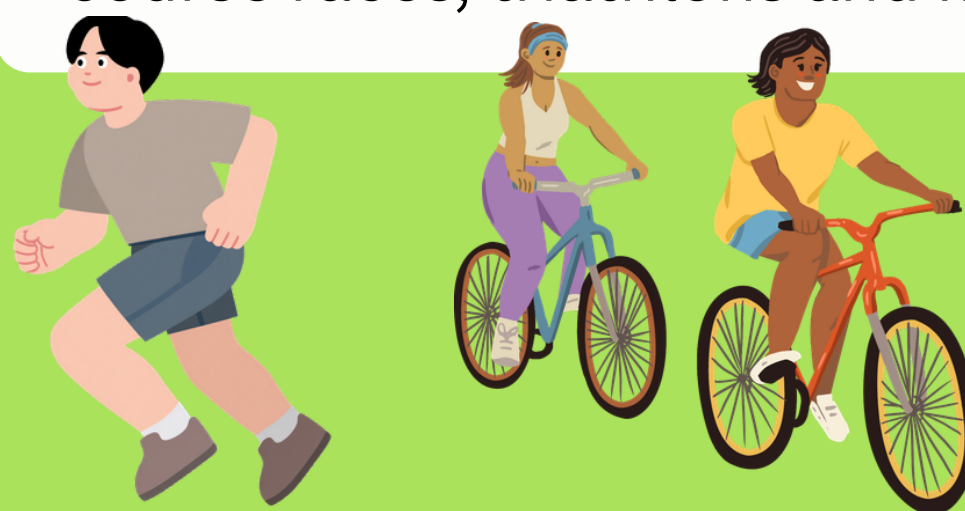




# Physical Activity

Physical Activity improves your health & fitness, strengthens muscles, enhances endurance, and improves your overall wellbeing.

Click **HERE** to discover the list of fun runs, marathons, obstacle course races, triathlons and multisport/adventure races in your area.



Click on the poster below to register

## Webinar Invitation

Working together to make Every Move Count:  
**Introducing the Get Active Programme**



**Time:** 11:30am - 12:30pm  
**Date:** Thursday 16 April 2026

For all healthcare professionals and community partners who have an interest in supporting people to become more active.

The HSE are hosting a webinar called 'Working Together to make Every Move Count: Introducing the Get Active Programme' with the aim of informing healthcare professionals on how to best support patients to become more active.



# Mental Health

The HSE have developed a 'Balancing Stress programme'. You can complete the programme any time and at your own pace. The Programme is designed by psychologists and mental health experts. It teaches practical skills to cope with stress by covering key topics such as understanding stress, managing worry, anxiety, low mood, relationships and building long term resilience.

**CLICK  
HERE**  
For More  
info



**Share your views**  
to help build a healthier Ireland



**CLICK  
HERE!**

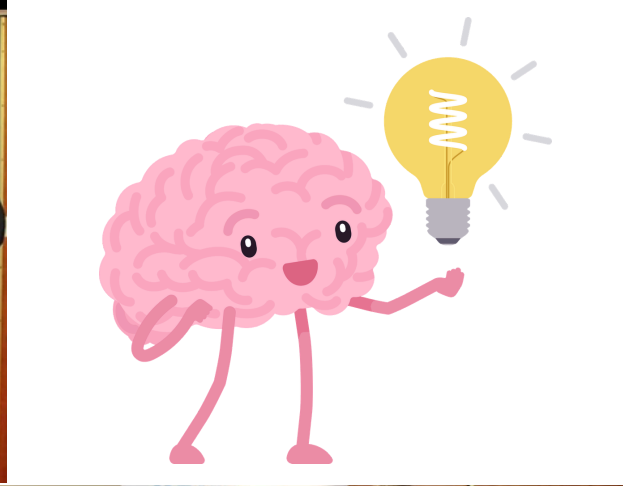
To get access  
to the book:

St. Francis Hospice have designed a booklet for teenagers and young adults to help them navigate their way through grief & loss. With support from AWS in Communities, this book is available free of charge to anyone who might find it helpful.



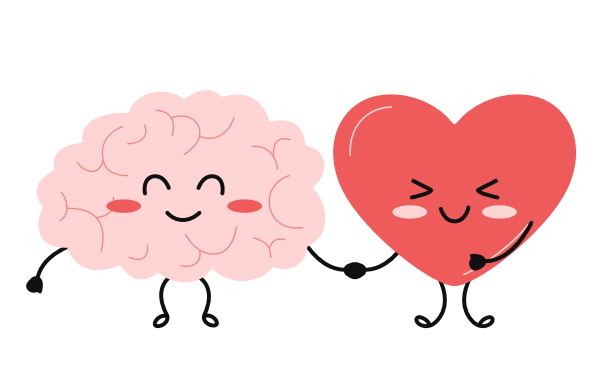
The Department of Health is currently undertaking a public consultation on the new Healthy Ireland Framework. They are inviting members of the public, relevant organisations and their networks to share their views and help shape the future direction of health and wellbeing policy in Ireland.

The consultation is open until 22nd of April and submissions can be made online by scanning the QR code on the poster.

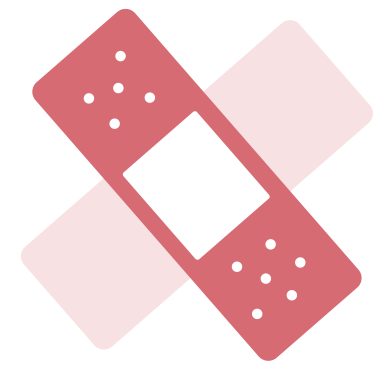


# Mental Health

Simonstown Gaels recently announced a new multi-year partnership with Jigsaw Meath, their chosen charity and a vital mental-health support service for young people across the county. The partnership was officially launched in recent weeks, marking an important step in their commitment to promoting wellbeing both on and off the field. Jigsaw Meath is featured on the club jerseys for both the men's and ladies teams.



# HERE



Trim Family Resource Centre's Newsletter for April is now available, where you can discover all the services and events taking place during the month of April.



Visit the website



TAKE CARE OF YOUR MIND

spunout academy

MENTAL Health MATTERS

Spunout is running a **'Safer Conversations Online'** programme which will teach people how to stay safe online when interacting with online content relating to suicide, self-harm and eating disorders.

The course includes short explainers, videos, lived-experience insights from young people, and interactive activities to support learning at your own pace.

For more info, scan the QR code below



# Healthy Eating

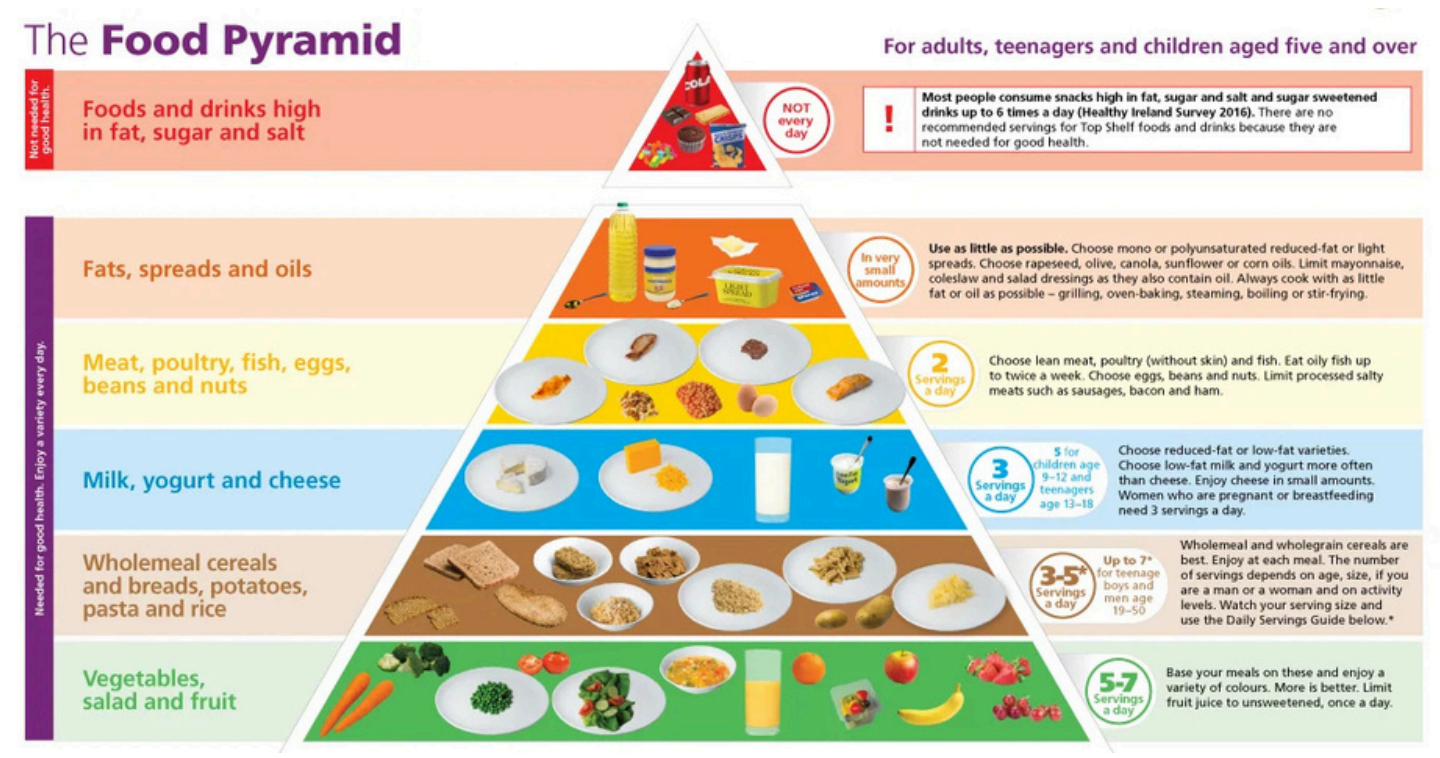
Nutrition promotes growth, supports immunity, increases energy levels, maintains healthy weight, and improves overall health & wellbeing



According to new Safefood research, Children and teenagers in Ireland see a significant amount of unhealthy food ads on social media. The report indicates they see an average of 15 to 19 marketing posts every hour – roughly one every four minutes.

Click on the image below to read the full report.

Scan the QR code to register for the 'Baby Food Made Easy' Weaning Session.



## BABY FOOD MADE EASY

Find out how, when and what to feed your baby



# Older People

Looking out for older people during adverse events can help save lives, reduce complications, support mental wellbeing, prevent isolation, and build community resilience

The Meath Community Preparedness Alliance is open to all people living in Co. Meath who feel they may need extra support during an adverse event.

Members of the public can register for the Meath Community Preparedness Alliance below:

**An Adverse Event could be defined as**

- A red weather warning as determined by Met Éireann
- Direction from national government to the Local Authority to stand up local coordination groups
- An incident that impacts on communities for more than 24 hours and requires a coordinated response. This includes any event that poses a direct threat to the safety, health, or welfare of older and or those with additional support needs
- Examples could include localised flooding or response to an emergency as defined by the major emergency plan.



## WHO WILL MY INFORMATION BE SHARED WITH?

The organisations involved in the Local Coordination group include:

- An Garda Síochána
- The Health Service Executive (HSE)
- Meath Partnership



## OUR SUPPORTS DURING ADVERSE EVENTS



### DATABASE FOCUSED SUPPORT

Meath County Council in conjunction with other organisations from the County may use the database to focus support on areas impacted by the event



### PHONECALL SUPPORT

People identified as needing additional support may be contacted by phone to ensure all is ok and provide steps to prepare for event



### ON SITE VISITS

On site visits can be arranged for people who may be in need of additional support before and during adverse events

## WHEN WILL MY INFORMATION BE USED?



Your information will only be shared in the event of an Adverse Event as defined above.

# Community & Events: Join Us!

FREE OVER 18'S EVENT

## LGBT+ COFFEE MEET UP

Get in touch: WhatsApp 085 139 3028  
outreach@outcomers.org | Insta @outcomerslgbt

HELLO MEATH



1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAY OF THE MONTH

Leon's Cafe & Wine Bar.  
Market Square, Navan. C15 XF40

10:30-12:30

LEON'S






### PARENTS PLUS

## Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

A 6 week course taking place every Wednesday from 15<sup>th</sup> April in Connect FRC, 171 Moneymore, Drogheda A92WE19.  
time: 9.45am-12.15pm

There is a one off fee of €10 to register which includes a parent booklet which you will use weekly as part of the course.

For more information or to reserve your place, please contact:  
Susan or Sinead at 089 2084483/ 0858062312



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

Empowering Professionals to Support Families

www.parentsplus.ie



BOOK OF MEMORIES

CAFÉ

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

*For people living with memory loss / dementia, their family and friends*



Eureka House, Kells, Co. Meath, A82 DX47

Free Admission • All Welcome

Tea & Scones Served  
Contact No: 087 146 9624



# Community & Events: Join Us!



**MOSNEY VILLAGE COMMUNITY SHOWCASE**  
CONNECT • DISCOVER • GET INVOLVED

**Mosney Village Food Hall**  
31 Tuesday, 31<sup>st</sup> March  
12:00PM – 2:00PM

Want to have your say on activities?  
Access family & youth supports?  
Find education & training?  
Get advice & information?

Meet Local Organisations | Ask Questions  
Gather Information | Get Information

**FREE EVENT** | Light Refreshments Provided

For More Information: ECFRC 0419812230

Healthy food made easy (HFME) is a programme of six sessions:

- Building a food pyramid
- The food provider
- Focus on the fats
- Food for life
- Shop smart
- The road ahead

When - Tuesday 14<sup>th</sup> April - Tuesday 19<sup>th</sup> May  
Where - 5 Strand Haven, Laytown  
Time - 10.00 - 12.00  
Contact Vic on 0873488669 to book a place



**MEN'S YOGA**

**Colmcilles GAA, Piltown**

Thursday 19<sup>th</sup> March  
Thursday 26<sup>th</sup> March  
Thursday 2<sup>nd</sup> April  
5:00 PM

- Improve Flexibility
- Build Strength
- Reduce Stress
- Suitable for All Levels

**Booking is Essential**  
**Contact:**  
Jacqui – 087 218 3789  
**Please bring your own mat**



# Community & Events: Join Us!



**Taking Action for Whole Health & Wellbeing**

**2 Day Wellbeing Programme**

Thursday April 16th 9.30am-3pm  
Friday April 17th 9.30am-1pm  
Castle Arch Hotel, Trim  
€5 for the two day programme



Copeland Center  
FOR WELLNESS AND RECOVERY

Taking Action for Whole Health and Wellbeing - A 2 day wellbeing programme

- Lunch included on the first day.



**START YOUR POLYTUNNEL FROM SCRATCH**

HOSTED BY  
**Gardeners DynamicK**

GROWING YOUR OWN FOOD WITHOUT COSTING THE EARTH!  
**SPECIAL GUEST: COLMAN POWER**

**€45**  
REGISTER ON  
EVENTBRITE



**SATURDAY 18<sup>TH</sup> APRIL AT 10AM - 3PM**

**HOW TO START:**  
NO DIG BED  
SOWING SEEDS  
PLANTING POTATOES

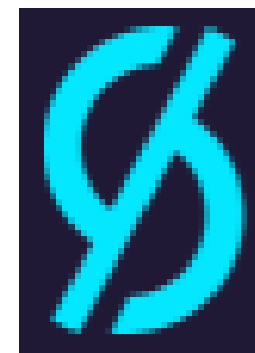
**VENUE**  
AN GOOGAUNE SCIRE  
THE OLD SCHOOL HOUSE  
KILSKYRE A82 YF72

**BRING: WARM CLOTHES,  
STRONG FOOTWEAR,  
GLOVES, PACKED LUNCH  
TEA & COFFEE  
PROVIDED**



Join us for a fun, hands-on workshop where you'll learn tips and tricks to make your garden flourish this season.

# Quick Tips



## Civic Dollars

Download the Civic Dollars app to earn rewards and support local communities by spending time outdoors



## Know The Signs

If you are between the ages of 58 - 70, you can get free bowel cancer screening.



## Look out for Colleagues

National Workplace Wellbeing Day will be celebrated on Wednesday, 29<sup>th</sup> of April



## Eat Healthy

Nutrition is important for growth, energy levels, and overall wellbeing

# Stay Connected!

Subscribe to our  
Newsletter

**SUBSCRIBE  
HERE**

**SCAN HERE**



**Email**

[healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)

**Social Media**

@meathcoco

**Phone**

046-9097400



Healthy  
**Meath**

