

Working together towards  
a Healthier Meath!



# Healthy Meath Newsletter

SUBSCRIBE  
HERE

May 2026

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



Healthy  
Meath



Rialtas na hÉireann  
Government of Ireland



comhairle chontae na mí  
meath county council

Prepared by

Healthy Meath at Meath County Council

# In Focus for May

## SunSmart

The aim of the SunSmart campaign is to reduce your risk of skin cancer by increasing awareness and engagement with the steps you, your family, friends and colleagues can take to protect your skin from the sun



Follow the SunSmart 5 S's to reduce your risk of skin cancer



**S**lip on clothing that covers your skin



**S**top on sunscreen on exposed areas using factor 30+ for adults and 50+ for children



**S**lap on a wide-brimmed hat



**S**eek shade – especially if outdoors between 11am and 3pm



**S**lide on sunglasses



Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.

**Skin cancer is the most common form of cancer in Ireland with over 11,000 cases diagnosed annually.**

**Skin cancer is largely preventable by protecting skin from UV rays and not using sunbeds.**

**If you work outdoors, you are exposed to 2 to 3 times more UV radiation from the sun than people who work indoors, putting you at higher risk of developing skin cancer**

**No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.**



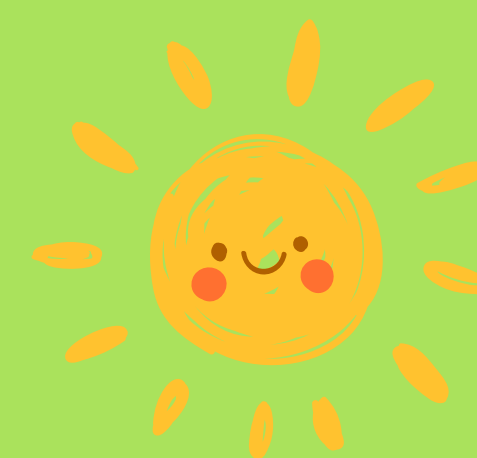
**Be SunSmart**  
Protect your child's skin



**Be SunSmart**  
Protect your child's skin



# SunSmart



Children's skin is more sensitive. Sunburn in childhood increases lifetime skin cancer risk. Use clothing, hat, sunscreen, and shade for children when outdoors. Encourage lifelong SunSmart habits from a young age.

### Symptoms of sunburn include:

- Redness
- Swelling of the skin
- Pain
- Blisters
- Dry, itching, and peeling skin 3 to 8 days after the burn.

### For more info

If your child gets a sunburn, these tips can help make your child more comfortable:

- Have your child take a cool bath or use cool compresses on the sunburned area
- If your child's skin has blisters, don't break them open. They can get infected.
- Keep your child out of the sun until the burn is healed.
- Give your child extra fluid for several days to prevent dehydration



# World Maternal Mental Health Day

World Maternal Mental Health Day is observed on the first Wednesday of May each year to raise awareness about maternal mental health issues and promote support for mothers experiencing mental health challenges.



1 in 5 women worldwide experience a perinatal mood and anxiety disorder

Estimates are 7 in 10 women hide or downplay their symptoms

About 1 in 10 dads develop depression during this time



Click on the 'World Maternal Mental Health Day' logo for more information

## How to get Involved:

- **Share stories and experiences:** Encourage open discussions about maternal mental health to break the stigma and provide support to those affected.
- **Educate yourself and others:** Learn about the signs and symptoms of maternal mental health disorders and share this knowledge within your community.
- **Use social media:** Amplify the message by sharing information, resources, and personal stories using the official hashtags.



— WORLD —  
**MATERNAL**  
MENTAL HEALTH  
— DAY —

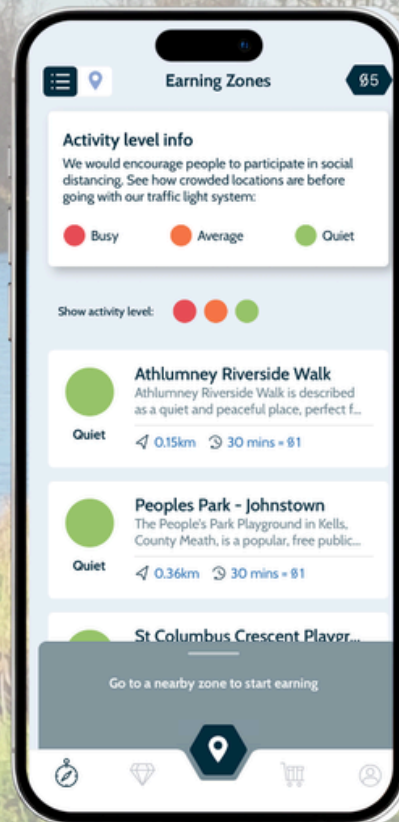


**WORLD**  
**Maternal Mental Health Day**



# A rewarding way to get outdoors in Meath

Download and enter draws for a €50 Mí Meath voucher, Meath GAA Top and FitBit!



iOS

Download the App Now

SCAN ME



Android

Download the App Now

SCAN ME



The Healthy Ireland Fund Supported by Meath County Council and The Department of Health.



Public Participation Network Meath



Healthy Meath

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

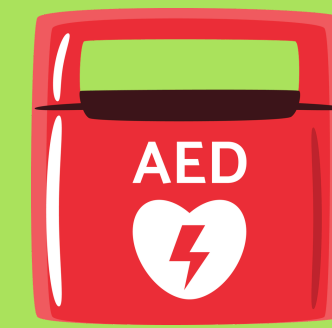
SCAN ME





**Public  
Participation  
Network  
Meath**

# Meath PPN



On behalf of Meath PPN, we're reaching out to ask for your help with a simple but impactful initiative.

We're working to create a countywide map of AEDs across Meath, and we'd love CFR groups to share the locations of any AEDs you currently manage or oversee. This mapping exercise will help build greater awareness of the existing network of life-saving equipment and make it easier for communities and responders to act quickly when every second counts.

As volunteers at the heart of a community response, your contribution is vital. By sharing this information, you'll not only highlight the incredible work already being done, but also inspire others to get involved, increase visibility of AEDs, and encourage more people to learn how to save a life.

Scan the QR code to  
fill out the form



OR

**Send us:**

- AED location(s)
- Townland/area
- Access details (e.g. 24/7 or restricted hours, unlock code etc)

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

**Give Guiding a Go!**

Become a member or a volunteer

Try new activities  
Make new friends  
Enjoy the outdoors  
Boost self-esteem  
Learn about the world  
[www.irishgirlguides.ie](http://www.irishgirlguides.ie)

Groups in Oldcastle, Kells, Navan, Trim, Dunshaughlin and Ashbourne




**Irish Girl Guides**

#givinggirlsconfidence  
all ages from 5+

All adults involved are volunteers, Garda vetted and receive regular training. All that's needed is enthusiasm, a sense of responsibility, and a desire to Do Your Best!

Activities take place September until June.

**BROWNIES** 7-10  
**SENIOR BRANCH** 14-30  
**LADYBIRDS** 5-7  
**GUIDES** 10-14  
**LEADERS** 18 & OVER



**Give Guiding a Go with Irish Girl Guides**

The core values of the organisation means Guiding is a comfortable space to be yourself, whilst being encouraged to grow in knowledge and confidence. You get to make new friends, enjoy new experiences, boost self esteem and learn through games while having fun.

Being involved can support your mental health, our enjoyment of the outdoors can help with physical activity, and we provide Spaces and Places for Health and Wellbeing.

# Mental Health



Recent studies have shown there is now overwhelming evidence of severe and widespread direct harms (such as sextortion and cyberbullying), and compelling evidence of troubling indirect harms (such as depression and anxiety) linked to social media use in adolescents

Read the full report

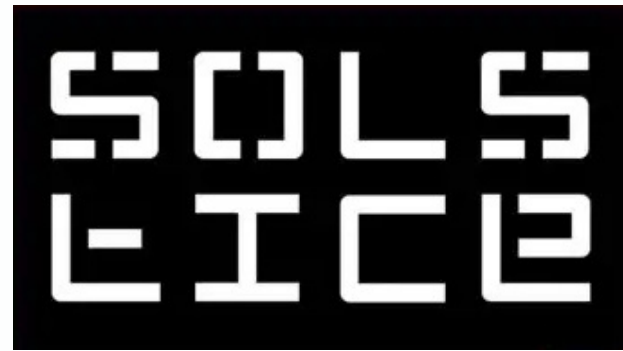


# JIGSAW

## Free Mental Health & Wellbeing Workshops for Young People in Meath

Are you working/volunteering with young people aged 12–25 in Meath? Our Building Blocks workshops offer free, practical, and engaging sessions designed to support youth mental wellbeing in group settings. These interactive workshops focus on building everyday protective factors—like coping skills, confidence, emotional awareness, and healthy relationships.

To find out more, click on the Jigsaw logo above



# Mental Health

The Solstice is hosting an event titled "Reading Between the Lines" on the 7<sup>th</sup> of May



Book here:



Immersed in the exhibition and publication Boy Dancer on display in our Foyer Gallery, join members of Bóann Writers' group for a relaxed evening of reflection and shared musings evoked by the works of poet Annemarie Ní Churreáin and visual artist Niamh McCann.



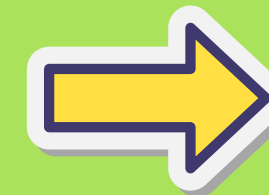
Bereavement & Loss Workshop

## Loss & Grief in Later Life

14 May 2026



Scan the QR code to discover all future support group meetings occurring in Meath



To die and grieve well wherever the place



The Irish Hospice Foundation is running a Bereavement & Loss Workshop on the 14<sup>th</sup> of May. The workshop will be experiential in nature using multi-media, group work techniques and mindfulness. It will draw on the current literature and theory in loss and grief in later life. How grief is experienced across various cultures will be also explored.



Register for Workshop

# Physical Activity

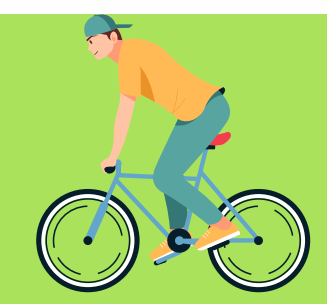
Regular physical activity provides significant physical and mental health benefits.

In adults, physical activity contributes to prevention and management of noncommunicable diseases such as cardiovascular diseases, cancer and diabetes and reduces symptoms of depression and anxiety, enhances brain health, and can improve overall well-being.

In children and adolescents, physical activity promotes bone health, encourages healthy growth and development of muscle, and improves motor and cognitive development.



Bike Week 2026 will run from Saturday 9th – Sunday 17th May 2026.



May is a great time to get out and try a running challenge. Discover 5km, 10kms and more here.

To discover some bike week events in Meath click here



For more info



## Make a Difference in Your Community!

Join the AgeWell Programme as a Volunteer Companion

Are you looking for a way to give back and bring joy to someone's life? With just one afternoon a week, you can make a meaningful difference for older people in your community.

### What You'll Do:

- Provide companionship and conversation
- Offer support and encouragement
- Help assess needs and ensure ongoing care
- Be a vital bridge between clients and the Primary Care Team

As a Volunteer Companion, you'll not only offer friendship but also play a key role in identifying changes in your client's needs and connecting them to appropriate supports through the AgeWell programme.

### Why Volunteer with AgeWell?

- Flexible schedule – fit volunteering into your routine
- Meet incredible people and form lasting connections
- Be part of a supportive, community-driven initiative
- Help strengthen links between clients and healthcare services

### Who Can Join?

We welcome volunteers aged 50 and over who want to make a positive impact and share their time with others. No special skills are required—just kindness, patience, and a willingness to listen. Visits happen Monday to Friday, 9am to 5pm

### Get Started Today!

Call Paul 087 318 6710, Annmaire 087 350 3362, Marianne 087 395 9269

Email us at [agewell@thirdageireland.ie](mailto:agewell@thirdageireland.ie)



# Older People

Supporting the elderly population is crucial for enhancing their quality of life, ensuring their dignity, and fostering a more inclusive society as the global population ages.



## VOLUNTEERS NEEDED

Join us in sharing kindness to others!

## JOIN US!

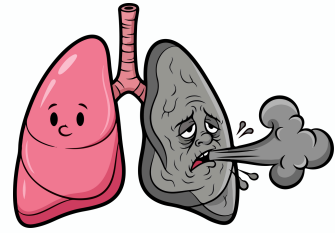
As a companion, you are trained to use the AgeWell App, which helps to keep older people living independently in their own homes and also promotes social engagement and good health. Reimbursement of expenses



The call for submissions to the 2026 National Age Friendly Recognition and Achievement awards is now live and the closing date is 29th May 2026. We are seeking innovative projects from across a range of areas that have real impact on the lives of older people and have the potential to be showcased and replicated.

Click on the logo below for more info





# Tobacco



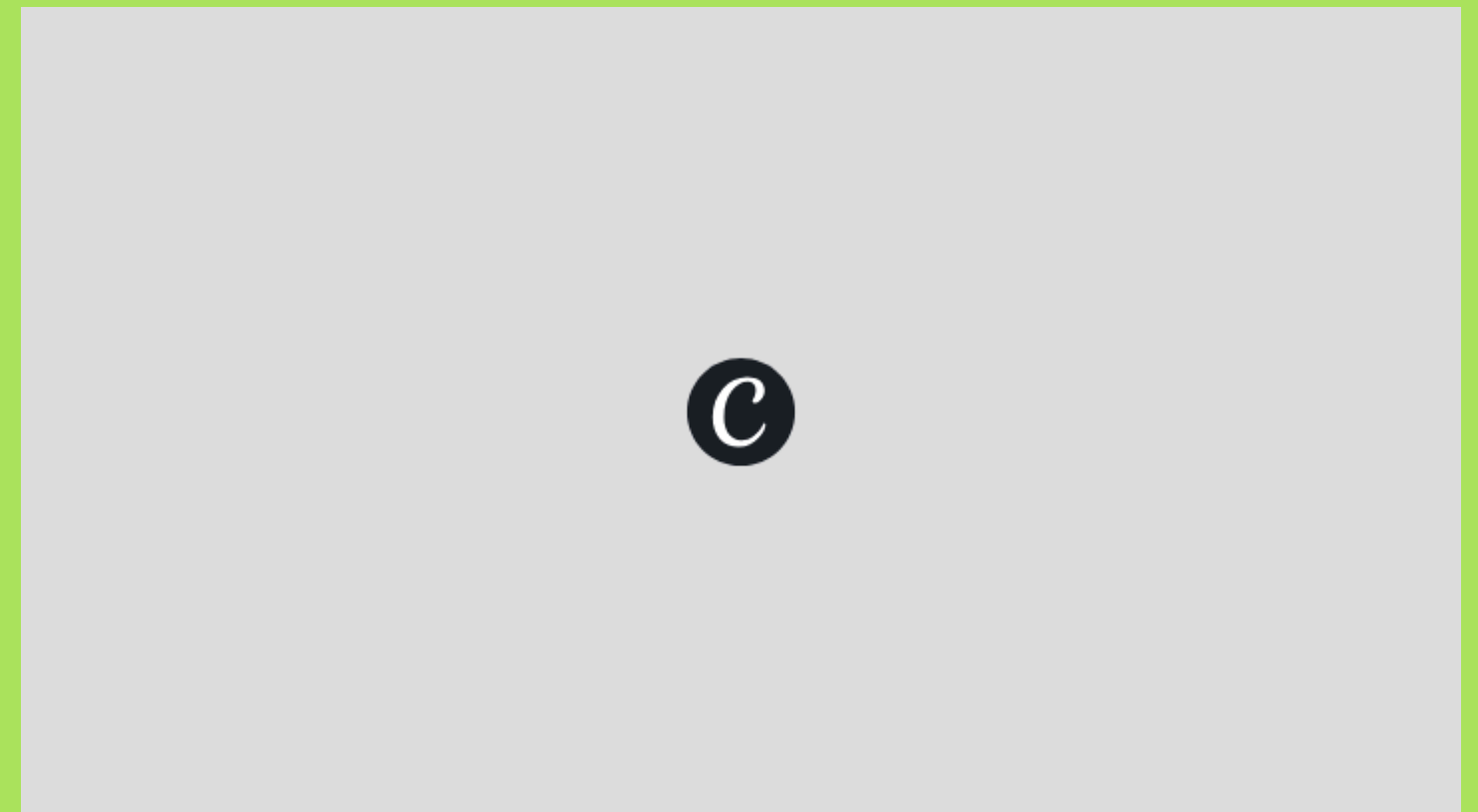
On May 31st, communities across the world will mark World No Tobacco Day. This year's theme is "unmasking the appeal: countering nicotine and tobacco addiction", shines a light on how tobacco and nicotine products are designed to hook users – particularly young people and adolescents.

The HSE 'Take a deep breath' campaign encourages parents to speak to their children about vaping and nicotine use. More information about young people and vaping / nicotine use is available [HERE](#)



Register for your local Stop Smoking Service by scanning the QR code

Scan QR code to request a call back or call / email



QUIT

## Co. Meath Free Stop Smoking Clinic's

- Dunshaughlin
- Trim
- Navan
- Kells

- 12 weeks of **FREE** stop smoking patches and lozenge/gum/spray
- 1:1 support from a HSE Stop Smoking Advisor
- Learn how to manage cravings



Susan Mac Nicholas

HSE Stop Smoking Advisor

087 114 9071



NEQuit@hse.ie

# Spaces & Places for Health & Wellbeing

## THE GATHERINGS

Cacao & Breath -  
'Open & Awaken'  
Friday 15th May

Cacao & Meditation -  
'Rooted & Radiant'  
Friday 12<sup>TH</sup> June

Cacao & Movement -  
'Wild Reset'  
Friday 31<sup>st</sup> July

Cacao & Shamanic Journey  
'Path of the Inner Guide'  
Friday 21<sup>st</sup> August



In an exciting new collaboration with Cnoc na Chroí, discover some of the wellness events coming up at Park Beo Greenway Hub



## Cnoc Na Chroí - Open Heart Circles

Monthly reset in Nature.  
Open skies. Open hearts.  
Open becoming.

### What to Expect:

- Arrival + Cacao Ceremony
- Grounding & Breath
- Journaling
- Movement
- Guided Meditation
- Card Pull & Closing Circle

Friday 15th May  
At 6:30pm

Park Beo  
Greenway Hub,  
Wilinstown,  
C15 V6WF

Energy  
Exchange - €25  
90 Minute Circle

Contact Nicole  
to Book Your Space Today

085 274 4141  
@themistyhollows

# Community & Events: Join Us!



## DECADES OF DANCE

Day: 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 25<sup>th</sup> May

Time: 11am  
Location: Trim Library  
No partners required.  
Free Events.  
Booking essential.  
Call Trim Library on 0469436063

Join choreographer Laura Martin in Decades of Dance sessions at Trim Library in May:

- Tuesday 5th May 11am:
  - 1920s style Charleston etc.
- Tuesday 12th May 11am:
  - 1950s Rock and Roll style dance with some hand jive and jitterbug.
- Tuesday 19th May 11am:
  - 1960s style Dance using signature moves like the twist and the swim
- Monday 25th May 11am:
  - 1970s Disco Dance - Including the hustle and some Sat night Fever moves!

MAY 2026

## Bealtaine AT THE LIBRARY

Ireland's national festival celebrating the arts and ageing.







## SKILLS BASED SESSIONS

JIGSAW ARE OFFERING A SERIES OF SKILL BASED WORKSHOPS TO SUPPORT PROTECTIVE FACTORS FOR WELLBEING.




### BUILDING BLOCKS

- Building sense of self
- Finding your why
- Coping with pressure
- Looking after yourself
- Connecting with others
- Being kind and compassionate
- Seeking help and supporting others
- Healthy digital habits

If you are interested or want more details, please contact [Brenda.bradley@jigsaw.ie](mailto:Brenda.bradley@jigsaw.ie) / 086 010 4587

The National Centre for Youth Mental Health, Jigsaw, is a registered charity in Ireland. Registered charity number 20064894. Charity revenue number 17423

**JIGSAW** Young people's health in mind

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





# Community & Events: Join Us!



Trim Library  
Friday 1<sup>st</sup> May 2.30pm

Booking essential.

## Community Singing

Find your voice, meet new friends and feel good

MAY 2026  
**Bealtaine**  
AT THE LIBRARY




THE  
**FEEL GOOD**  
PROJECT

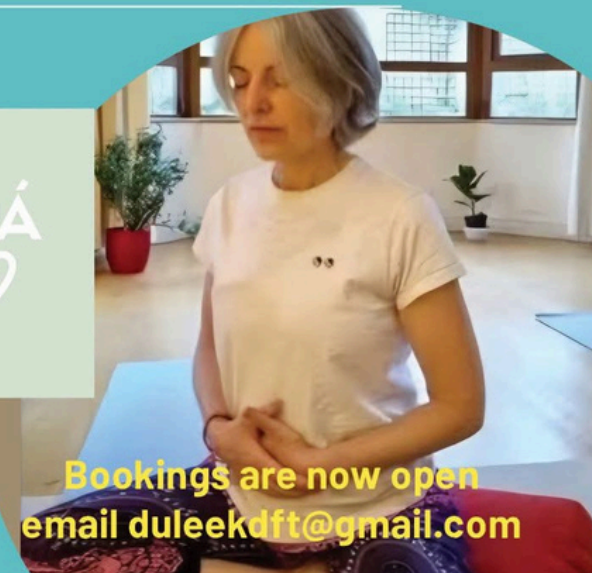
# Meditation with Gráinne

**DULEEK COURTHOUSE**  
Every Tuesday in May from 7:30pm-8:30pm


**STAMULLEN PARISH HALL**  
Every Thursday in May from 7:30pm - 8:30pm

ALL  
**FREE**  
TO THE  
PUBLIC

GRÁ  
♡



Bookings are now open  
email [duleekdft@gmail.com](mailto:duleekdft@gmail.com)



## Meath DZ Family Fun Climate Action Days

Visit our Family Fun Climate Action Days kicking off this Summer! All events are **FREE** and run from 11am to 3pm!

Events are packed with family fun activities providing valuable tips and information on how we can be more sustainable.

- The Toy Library
- Clothing Swap
- Furniture Repair Café
- Family Cycle & Bike Repair Demo
- Facepainting
- Upcycling Demo
- Sustainable Home Gardening Demo
- Energy Retrofit Van
- Sustainable Energy Community Mentors

**Navan DZ**  
10<sup>th</sup> May - Simonstown GAA

**Ashbourne DZ**  
17<sup>th</sup> May - Donaghmore Ashbourne GAA

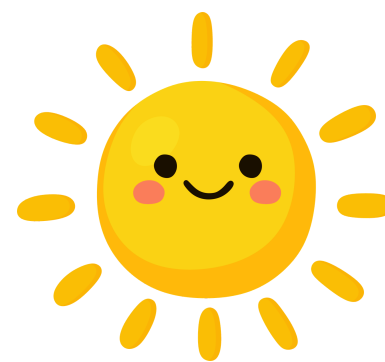
**Laytown/Bettystown DZ**  
24<sup>th</sup> May - Scoil Oilibheir Naofa

**Ratoath DZ**  
7<sup>th</sup> June - Ratoath College

**Trim DZ**  
14<sup>th</sup> June - Trim GAA

**Register Here**

# Quick Tips



## Protect Yourself from the Sun

Follow the SunSmart 5 S's to reduce your risk of skin cancer



## Civic Dollars

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



## Stay Active

Bike Week 2026 will run from Saturday 9th – Sunday 17th May 2026. Get Involved!



## Look After Your Mother

World Maternal Mental Health Day is about promoting support for mothers experiencing mental health challenges.

# Stay Connected!

Subscribe to our  
Newsletter

**SUBSCRIBE  
HERE**

**SCAN HERE**



## Email

healthymeath@meathcoco.ie

## Social Media

@meathcoco

## Phone

046-9097400



Healthy  
**Meath**

