

Working together towards
a Healthier Meath!



Healthy Meath Newsletter

June 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

Men's Health Week

Monday 15th –
Sunday 21st June 2026



ONE STEP AT A TIME – progress, not perfection

Find out more at www.mhfi.org



Support for Men

- Connect Counselling – Freephone 1800 577 577 (evenings)
- MyMind – free and low-cost counselling options, including specific supports for men
- For more information for men's mental health: [Mental health supports and services for men](#)



In Focus for June

Mens Health Awareness Week
June 15th - 21st



Healthy Meath



Farmer Wellbeing

Common Stressors

- Paper Work
- Relationship Conflict
- Animal Health
- Regulatory Compliance
- Financial Difficulties
- Health Issues
- Feeling Isolated
- Heavy Work Load

Signs of Stress

- Sleep Difficulties
- High Blood Pressure
- Low Energy
- Negative Attitude & Thoughts
- Loss of Interest & Enjoyment
- Withdrawal from Friends & Family
- Irritability & Mood Swings
- Increased Drinking, Smoking or Drug Use

Five Ways to Wellbeing

- CONNECT**: Reach out and talk to someone when worried. Contact your local GP or your nearest ED if it's an emergency or phone **112 or 999**.
- BE ACTIVE**: Regular exercise benefits both physical and mental health. **SAMARITANS** 24/7 Helpline **116 123**.
- TAKE NOTICE**: Slow down, be present, and notice your surroundings and feelings. **pieta** 24/7 Crisis Helpline **1800 247 247** Text **HELP** to **51444**.
- KEEP LEARNING**: Discover new things to keep your mind fresh. **your mental health** Information on support services **1800 111 888** www.yourmentalhealth.ie
- GIVE**: Acts of kindness boost happiness. Self-care is also important during tough times.

spuneut text about it Free, anonymous, 24/7 messaging service. Text Hello to **50808** www.textaboutit.ie

teagasc Contact your Teagasc Adviser about farming matters www.teagasc.ie

IFA Operates a confidential debt support helpline to assist farmers with financial difficulties. Tel **0818 924 853**

Embrace FARM www.embracefarm.com Support After Injury & Loss **085 770 9966**

Play and Create

Suitable for children aged 3 - 10 years

Bettystown Library

Saturday, 6th June 2026
10 - 11.30am

For children & families

Greetings, Heroes

Suitable for children aged 9-13 years.

Ashbourne Library

Saturday, 6th June 2026
1 - 2 pm

For ages 9 - 13

Interactive Kids Concert

For families with pre-schoolers and older children up to 7 years

Ashbourne Library

Saturday, 6th June 2026
3 - 4 pm

Creative Confidence Workshop with The Gaiety School of Acting

Suitable for young people aged 14-16 years

Navan Library

Saturday, 6th June 2026
3:30 - 4:30pm

For ages 14 - 16

REGISTER NOW

Mad Hatter's Magic and Mayhem

Suitable for families and children up to 7 years old

Kells Courthouse Tourism and Cultural Hub

Saturday, 6th June 2026
1 - 2pm

For children, & families

Botany with Anyone 4 Science!

Suitable for children aged 4-7 years

Bettystown Library

Saturday, 6th June 2026
2 - 2.45pm

For ages 4 - 7

The Spinning Sisters present their Lollipop Aerial Act!

Suitable for all ages

Performance & Workshop

Oldcastle Library

Saturday, 6th June 2026
11.00 - 11:45am
12.00 - 12:45pm
2.00 - 2:45pm

For children & families

Get ready to move, groove, and shine!

For children aged 7 - 10

Navan Library

Saturday, 6th June 2026
12.05 - 12.50 pm

Kells Courthouse Tourism and Cultural Hub

Saturday, 6th June 2026
2.45 pm - 3.35 pm

For ages 7 - 10

ANONYMOUS HEALTH SCREENING!

A simple check today for a healthier tomorrow

BOOKING CODE: MCCWELL2026!

BOOKING LINK: [CLICK HERE](#)



SCAN ME!

YOUR JOURNEY

- 1 BOOK**
Choose your location, package and time. Quick and easy!
- 2 ATTEND**
Come for your screening. It only takes 20 minutes!
- 3 GET RESULTS**
Get a personalised report in up to 10 working days.

 YOUR PRIVACY IS IMPORTANT. 100% CONFIDENTIAL.

OUR SERVICES



Basic -Free

Blood tests included

- Diabetes
- Heart Health
- Cholesterol

Measurements included

- BMI
- Waist Circumference
- Blood Pressure

*Health Screening for participants aged between 18 to 67 only.

CONTACT US  01 661 0500  healthscreen@medmark.ie

 comhairle chontae na mí
meath county council

 **Healthy Meath**

 medmark
WELLNESS

 Rialtas na hÉireann
Government of Ireland

 pobal
government supporting communities

Health Checks



Healthy Meath is offering **FREE** health checks in local libraries this June. This is a great chance to learn more about your overall wellbeing in a quick and supportive setting.

Checks include diabetes risk, cholesterol, heart health, mental wellbeing, lifestyle assessment, BMI, waist measurement and blood pressure.

 July 17 See us at:

- Enfield Library – Tuesday 16 June
- Bettystown Library – Wednesday 17 June
- Ashbourne Library – Thursday 18 June



Booking is essential, so don't miss out. Book **here**:
Booking code: MCCWELL2026!



Healthy Eating



Healthy
Meath

Healthy Food Made Easy and Cool Dudes Courses in Meath



Courses are taking place at your local Family Resource Centre including:

- Trim Family Resource Centre
- Kells Family Resource Centre
- East Coast Family Resource Centre

Contact the FRC's directly to enquire / book your free spot on a healthy eating course today!

Cool Dudes is a 5-session, hands-on course where children aged 10-12 years learn to cook healthy, tasty meals. Each session mixes practical cooking with choice, allowing them to pick recipes from a varied handbook. It aims to build skills, confidence and enjoyment in preparing nutritious food.

Healthy Food Made Easy is a 6-week cooking and nutrition course for adults focused on building healthy eating habits. Participants learn about the Food Pyramid and balanced diets while preparing two recipes each session, linked to the topic being covered. The course also includes practical tips on budgeting, shopping and meal planning, along with a guest session from an HSE dietitian.



Become a CommUnity Connect Louth & Meath Champion!

Healthy Meath invites people across Meath who are interested in promoting positive mental health and wellbeing in their community to become a CommUnity Connect Louth & Meath Champion.

One-day training on:

- CommUnity Connect Louth & Meath
- The Five Ways to Wellbeing
- HSE Community Resources & Supports
- Meath Library Supports
- Social Prescribing
- The Public Participation Network
- HSE Resources for Suicide Prevention
- Minding your Own Wellbeing

Details:

- Where: Deerpark Community Hub, Carlanstown, Kells, A82 N9P8
- When: September 14th 2026
- Time: 9.30am-3.30pm
- **Register HERE**
- Lunch and goodie bag provided

For more information on CommUnity Connect Louth & Meath click [HERE](#) or contact healthymeath@meathcoco.ie

Click each logo for more information





Teen Art Therapy Sessions with Playfull Tribe

DULEEK COURTHOUSE
June 2nd, 9th, 16th & 23rd 7pm-8:30pm

STAMULLEN PARISH HALL
June 4th, 11th, 18th & 25th 7pm - 8:30pm

Only 10 spaces available for each class.
Ages 12-14. Art supplies supplied.

ALL FREE TO THE PUBLIC

playful tribe



Bookings are now open
email duleekdft@gmail.com



comhairle chontae na mí
meath county council

The Patient Advocacy Service has launched new Easy Read information leaflets to make its services more accessible for nursing home residents. Available in English and Irish, the leaflets use clear, simple language and images to explain the service, alongside an Easy Read consent form. For more information email info@patientadvocacyservice.ie or calling our National Line 0818 293003.

Patient Advocacy Service
INFORMATION | SUPPORT | EMPOWERMENT

Seirbhís Abhcóideachta d'Othair
SUPPORT | INFORMATION | EMPOWERMENT

Patient Advocacy Service
INFORMATION | SUPPORT | EMPOWERMENT

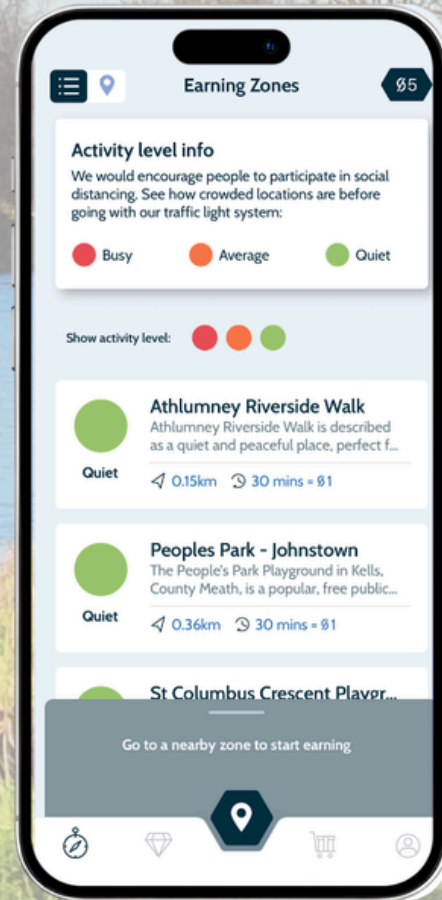
The Patient Advocacy Service
Easy Read Nursing Home Leaflet

An tSeirbhís Abhcóideachta d'Othair
Bileog ar Thithe Altranais Éasca Léamh

The Patient Advocacy Service
Data Protection Consent Form

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



Physical Activity

ACTIVATOR POLE WALKING

6 - Week Programme
For Adults 50+



Monday 8th June



10.30am - 11.30am

€ 10



Laytown & Bettystown Golf Club - A92FE09



Give Blood across Meath this June

**BLOOD DONATION
CLINIC**

A⁺ A B⁺ B AB⁺ AB⁻ O⁺ O⁻

**BLOOD DONATION
CLINIC**

A⁺ A B⁺ B AB⁺ AB⁻ O⁺ O⁻



Scoil Oilibhéir Naofa
Bettystown
Sunday 28th
June 2026
11:30am to 3:00pm

Dunboyne
Dunboyne Castle Hotel
Sunday 7th
June 2026
11:30am to 3:00pm



Check your eligibility & book your appointment at
giveblood.ie or call us on 1800 222 111

giveblood.ie

Follow us for updates & news



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giveblood.ie

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Community & Events: Join Us!



PARENT SUPPORT NETWORK

Together, we're stronger

You're not alone. Let's support each other.

A relaxed and welcoming space to talk, listen, share and get support from other parents who truly understand the journey.

A peer support and sharing group for parents of children with additional needs.



Connect
Meet other parents who understand.



Share
Exchange experiences, ideas and practical tips.



Support
Find encouragement, information and community.

Launch Event to mark **Family Carers Week**
Monday 8th June | 7pm – 9pm
Kells Family Resource Centre



The group will continue on the **4th Monday of each month.**



We want this group to work for you.
 We will explore the support needs of parents and design the group to meet needs.
Please bring along your ideas and requests.


Peer Support


Information & Resources


Friendly & Relaxed


Understanding & Empathy



Ideas & Solutions






Want to stay updated or get in touch?
info@kellsfrc.ie





LGBT+ SUPPORT SERVICE

NAVAN LGBT+ COFFEE MEET UP



Are you an adult who is part of the lesbian, gay, bisexual and transgender community?

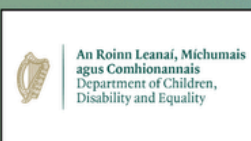
Join us in Leon's, 22 Market Square, Navan for a social meet up for LGBT+ adults.

1st & 3rd
Wednesday
of the month

10.30am to 12.30pm

Contact Us

Phone: 085 139 3028
 Mail: info@outcomers.org



An Roinn Leanaí, Míchumais agus Comhionannais
 Department of Children, Disability and Equality



HAVE YOUR SAY



IN MEATH LOCAL COMMUNITY SAFETY PLAN

What is a local community safety plan ?

- A 3-year plan to improve community safety and wellbeing
- Developed by Meath Local Community Safety Partnership
- Informed by local evidence and lived experience

HAVE YOUR SAY
TAKE PART IN THE SURVEY

↓

Scan the QR Code or visit tinyurl.com/meathsafety



Survey Closes 5pm 14th June 2026



comhairle chontae na mí
 meath county council

Community & Events: Join Us!



Connection Café Local History Talk with Community Historian Brendan Matthews.

Bettystown Library
 10:30am – 12:00pm
 Friday 12th June

Booking Essential
To book a space contact:
Edel – 087 448 7943
Jacqui – 087 218 3789



ACT BELONG COMMIT

Stronger Together:
connected communities
bring positive change

act
belong
commit

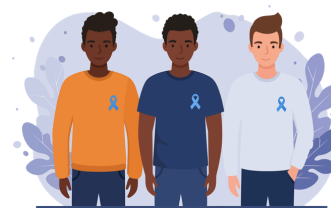
- ACT**
 - Gardening
 - Arts & crafts
 - Group outings
- BELONG**
 - Weekly group meetings
 - Learning together
 - Community events
- COMMIT**
 - Group participation
 - Continued learning
 - Caring for the community

Arts & Crafts Session with Kitty & Little Pie for adults

Bettystown Library
 10:30am – 12:00pm
 Friday 5th June

Booking Essential
To book a space contact:
Edel – 087 448 7943
Jacqui – 087 218 3789

Quick Tips



Mens Health

Taking care of your health is very important for men. Mens Health Awareness Week takes place in June.



Cruinniú na nÓg 2026

Check out the range of events happening across Meath for children and teenagers!



CommUnity Connect Louth & Meath

Become a local positive mental health champion!



Health Checks

Register for your free health check in one of our Libraries in June

Stay Connected!

Subscribe to our
Newsletter

**SUBSCRIBE
HERE**

Email

healthymeath@meathcoco.ie

Social Media

@meathcoco

Phone

046-9097400



Healthy
Meath

SCAN HERE



The graphic features a central illustration of a park with winding paths, trees, and people engaged in various activities like walking, cycling, and picnicking. Overlaid on this are several circular icons representing different aspects of wellbeing: a graduation cap, a handshake, a bicycle, a person with a question mark, a heart with a hand, and a person with a question mark. At the top left, the 'Community' logo is displayed with the tagline 'CONNECT | LOUTH & MEATH'. A hand icon points down towards the logo. In the top right corner, a green box contains the text 'Wellbeing Map MEATH'. The bottom of the graphic contains a row of logos for partner organizations: LCDC (Louth County Development Centre), Pobal (government supporting communities), Comhairle Chontae na Mí (Meath County Council), Healthy Louth, Healthy Meath, and the Government of Ireland.

Community
CONNECT | LOUTH & MEATH

Wellbeing Map
MEATH

