

Working together towards
a Healthier Meath!



Healthy
Meath



Rialtas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council

Healthy Meath Newsletter

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September 2026

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

Prepared by

Healthy Meath at Meath County Council



In Focus for September

September is Heart Month with World Heart Day on September 29th!

- It's Never Too Late to Protect Your Heart! Heart disease and stroke remain among the leading causes of death and disability in Ireland.
- Many of the factors that increase our risk become more common as we get older, including high blood pressure, high cholesterol and type 2 diabetes.
- The good news is that up to 80% of early heart disease and stroke can be prevented through healthy lifestyle changes.
- It's never too late to take steps that can benefit your heart health.



How to keep your heart healthy

Small changes can make a big difference.
Discover 8 simple habits to protect your heart.



Join the Irish Heart Foundation's free Love Your Heart email programme for expert tips, practical tools and ongoing support to build lasting heart healthy habits.

Sign up [HERE](#)

HIGH BLOOD PRESSURE

OFTEN HAS NO SYMPTOMS UNTIL A HEART ATTACK OCCURS

1 IN 3

OF US ARE KILLED BY HEART DISEASE

50%

OF BABIES BORN WITH CHD ARE NOT DIAGNOSED AT BIRTH

1 IN 5

PEOPLE WILL DIE PREMATURELY FROM HEART DISEASE

<20

COUNTRIES HAVE A STANDALONE NATIONAL PLAN TO TACKLE CVD

In Focus for September

Back to School This September: Helpful Information & Upcoming Events

 UCD Institute of Food and Health

School Lunches:

Shaping our school lunches and food environments

Assoc Prof. Celine Murrin
Dr Sarah Browne

 **14th September**
 **7pm**

Public Lecture Series 2026



Lunchbox inspo

Simple, healthy lunchbox ideas to keep children fuelled through the school day.



Off to college?

Everything your first-time student cook needs – kitchen tips and easy, budget-friendly meals.

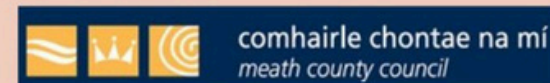
SCHOOL BASED ANXIETY AND DISTRESS

Free Parenting Talk

Speaker:
Dr. Mary O'Kane

Booking
Essential Call
041 2132080

Tuesday 15th
September 7pm
in Bettystown
Library



  Episode #152

Starting School – Back to School

HSE Talking Health & Wellbeing Podcast

Hosted by **Fergal Fox** speaking with **Dr Abigail Collins**



In this episode of the HSE Talking Health and Wellbeing podcast, host Fergal Fox is joined by Dr. Abigail Collins to help families navigate starting primary school and the back-to-school transition.

Dr. Collins shares practical advice covering everything from managing children's anxiety and separation worries to practical preparations like uniforms, school bags, and lunchboxes. The conversation also touches on important health topics, including vaccinations, when to keep children home when unwell, and good hygiene habits. Throughout, Dr. Collins reminds parents to lean on their support networks and, importantly, to be kind to themselves during this significant milestone. For further information go to

www.mychild.ie

Health Checks

Healthy Meath is offering FREE health checks this September.

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.



See us at:

- Duleek Bellewstown GFC - 29th September
- Wilkinstown Community Centre - 30th September

Please email **healthymeath@meathcoco.ie** for booking info.



DIP FOR JIGSAW
Proudly supported by:
Kells Swimming Club
Meath Local Sports Partnership
Swordsdown County GAA
Swim Ireland

50
YEARS
OF
CELEBRATION

TAKE THE PLUNGE
Sign up and join us for Dip for Jigsaw
Laytown Beach, Meath
Saturday 12th September at 10am

Step Together
Rathkenny Community Connect

ALL INCLUSIVE WALK
Sunday 13th September
10:30am – 11:00am
Rathkenny GAA Walking Track **MONTHLY**
Eircode: C15TV20

FOLLOWED BY
Tea, Coffee, Chats & Craic

ALL AGES & ABILITIES
Families, friends & neighbours from everywhere

A GREAT OPPORTUNITY
to mix, socialise and have fun together

Let's walk, chat & connect!

hi **EVERYBODY WELCOME!** **community**
CONNECT | LOUTH & MEATH

BROOMFIELD & DISTRICT RESIDENTS ASSOCIATION
Workshop IN CONJUNCTION WITH *lmetb*
COPING WITH STRESS

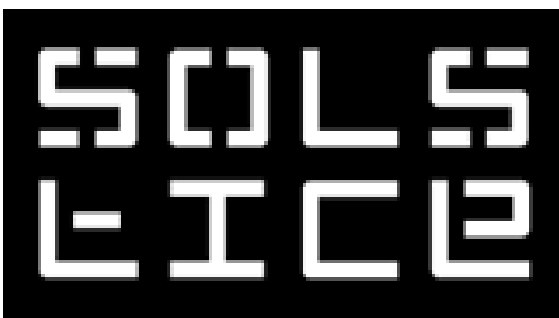
DATE: Tuesday, 16th December
TIME: 10am – 12 noon
VENUE: Teach Raithneach, Starinagh, Collon, Co. Meath

Practical tools and strategies to help you manage stress and support wellbeing.

TO BOOK OR FOR MORE INFORMATION
Contact Gráinne on 086-3707227

All Welcome

Click each logo for more information



Mental Health at Solstice



Silver Swans Ballet Classes for the over 55's

**Wed 2 Sep 2026 - Wed 7 Oct 2026 |
10am & 11am**

€12 per class or €66 for a block of 6. To
book your place visit our Box Office here at
Solstice or phone 046 9 092300

Royal Academy of Dance licensed teacher
Michelle Kehoe A.I.S.T.D. who has been
teaching ballet for over 25 years.

Click [HERE](#) for more info!



Meath Move Gathering 2026

**Sat 5 Sep 2026 | All Day Event |
Prices Vary Per Activity (Free - €20)**

Curated by SAY Collective, this year's
gathering invites the local community to
explore the world of dance. From
interactive classes and family-friendly
activities to inspiring performances from
emerging and established dance artists.
Whether you're looking to get moving,
watch, or simply be part of something new,
there's something for everyone.

Click [HERE](#) to register!



TENDING – Growing Connections: Sensory Art & Gardening

Mon 21 Sep | 3pm | FREE EVENT

Celebrate The Studio, an artist-led project with
residents and staff at Beaufort House, Navan.
Facilitated by artist Penelope Lacey, explore an
exhibition of nature inspired artworks created
over the last six months, the premiere of a
documentary film capturing the essence of the
project, and seasonal refreshments, and treats
grown by residents

Click [HERE](#) to register!



Don't Forget to Remember + Q&A

Mon 21 Sep | 7.30pm | FREE ENTRY

Don't Forget to Remember is a powerful
documentary following Irish street artist Asbestos
as he navigates his mother's Alzheimer's disease.
Through art and personal reflection, it explores
love, family and connection beyond memory.
To mark World Alzheimer's Month, the screening
will be followed by a Q&A with artist Asbestos and
director Ross Killeen, facilitated by Matthew Gibb
of the Dementia Services Information and
Development Centre, St James's Hospital.

Click [HERE](#) to register!



Yoga4Health

Yoga4Health is a 10 week evidence based Programme validated by Westminster University. www.yoga4hi.ie



On Mat Or Chair To Suit You!
no prior experience required



Be part of the 10 week Programme and discover how to:

- Manage Stress effectively
- Lift Feelings of Anxiety, Depression and Isolation
- Adopt lifestyle changes that help those at risk of Type 2 Diabetes & Heart Disease

What do the classes involve?

Breathing Practices

Simple Yoga Postures

Meditation & Mindfulness

Strengthening & Stretching

Community Connections

Relaxation

Course starts: Wednesday, 16th September 2026

Time: 10:15 – 11:45 a.m.

Where: Bettystown Library, A92 AEC6

10 week Course with a break for the October Bank Holiday week.
Free of charge – funded by Healthy Meath

To Book, Contact Your Yoga4Health Teacher Susan at 087 255 17 21

Course starts: Wednesday, 16th September 2026

Time: 7:00 to 8:30pm

Where: Duleek/Bellewstown GAA A92 XW32

10 week Course with a break for the October Bank Holiday week.
Free of charge – funded by Healthy Meath

To Book, Contact Your Yoga4Health Teacher Susan at 087 255 17 21



BLOOD DONATION CLINIC

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



giveblood.ie

Follow us for updates & news



Fairyhouse Racecourse

Tuesday 1st

September 2026

3:45pm to 8:00pm

St. Patrick's GAA Stamullen

Thursday 10th

September 2026

3:45pm to 8:00pm

Drumree GAA Dunshaughlin

Sunday 13th

September 2026

11:30am – 3:00pm

Scoil Naomh Eoin Navan

Tuesday 15th

September 2026

5:00pm to 9:00pm



Show Hall Oldcastle

Wednesday 16th

September 2026

3:45pm to 8:00pm

Pillo Hotel Ashbourne

Tues 22nd, Wed 23rd

& Thurs 24th

September 2026

3:45pm to 8:00pm

Scoil Oilibhéir Naofa Bettystown

Sunday 27th

September 2026

11:30am to 3:00pm

**HELP
SAVE
LIVES**



**Irish Blood
Transfusion Service**

Seirbhís Fuilíastríúcháin na hÉireann

giveblood.ie



The Meath Local Community Safety Partnership





ALL ABOUT YOUTH

CONNECTING YOUNG PEOPLE TO ACTIVITIES, SERVICES, SUPPORTS AND **OPPORTUNITIES** ACROSS COUNTY MEATH

 **SPORTS**
 **DANCE**
 **YOUTH SERVICES AND SUPPORTS**
 **WELLBEING**



LIVE PERFORMANCES ★ DISCOVER OPPORTUNITIES ★
INTERACTIVE DEMONSTRATIONS ★ FASHION SHOW

FREE ENTRY

 **SOLSTICE ARTS CENTRE NAVAN**
 **SUNDAY, 20TH SEPTEMBER 2026**
 **2PM-5PM**

 **MEET LOCAL CLUBS, ORGANISATIONS AND SERVICES**
 **DISCOVER WHAT'S OUT THERE TRY NEW ACTIVITIES**

Your community. Your future. Get involved! 

The Meath Local Community Safety Partnership (LCSP) invites members of the public to attend its upcoming public meeting:

Date: 24th September 2026

Time: 7:00pm

Location: Solstice Arts Centre, Navan

This is an opportunity to learn more about community safety initiatives across County Meath and hear updates from the Partnership.

✓ To register your attendance, click

HERE





SCAN TO REGISTER

Meath Public Safety Meeting

Solstice Arts Centre
Thursday, 24 September 7pm

All questions for meeting must be submitted to
communitysafety@meathcoco.ie by 5pm on 15/9/26.

BABY FOOD MADE EASY

Find out how, when and what to feed your baby



2026

BABY FOOD MADE EASY



FOR MORE INFORMATION EMAIL: HP.NUTRITION@HSE.IE

[CLICK HERE TO REGISTER OR SCAN](#)



This is an initiative of the HSE Department of Health Promotion & Improvement Louth Meath & hosted by Senior Community Dietitians

Healthy Eating



The Meath County Council Local Authority Integration Team have been running a series of Workshop Cookery events in collaboration with Meath Partnership in Lismullin Cookery School, Ashbourne and in Navan in the Unity Centre. People from all over the world have been attending these events and showcasing some recipes from their home countries. The emphasis is on fun but the cultural education in learning other techniques and other ways of using fresh Irish ingredients is also proving to be a great experience for all. A couple of examples are an Irish chef of 35 years learning a new cooking technique from an elderly Ukrainian lady or a Nigerian twist on Irish stew which seemed like it would not work on paper but turned out to be very nice.

The last session will be running in the Unity Centre on Friday the 4th of September. All are welcome to attend so if you have an interest in learning about new dishes and cooking techniques from around the world and at the same time making new friends, please feel free to come along.





MEATH
Local Sports Partnership
SPORT IRELAND

Physical Activity



PARENT & TODDLER 4-WEEK PROGRAMME



9TH - 30TH SEPT @ 1PM



NAVAN SWIMMING POOL



€20



MEATH
Local Sports Partnership
SPORT IRELAND

**SWIM
IRELAND**



SWIMMIN' WOMEN 4-WEEK PROGRAMME



9TH - 30TH SEPT @ 1.45PM



NAVAN SWIMMING POOL



€20



MEATH
Local Sports Partnership
SPORT IRELAND

**SWIM
IRELAND**

Women in Sport Leadership Development programme

Are you someone who is currently involved in a club or sporting organisation who might like support to take on a leadership role in sport?



Women in Meath can take the next step on their leadership journey in sport with a unique development programme that includes an experiential equine experience

Meath LSP are delighted to offer the Women in Sport Leadership Development Programme, and we are asking clubs to nominate a female club member/coach/parent/volunteer who would like to learn more skills, increase their confidence and build a supportive network.

Course Details:

- Start Date: Wednesday 16th September
- Finish Date: Saturday 21st October
- Modules take place over Wednesday evenings 7-9pm & 2x Saturdays (half day each)
- Cost: €50 per participant (payable on successful application)



Testimonials from previous participants

"A truly unique experience that challenges you to reset, reflect, and grow both personally and professionally."

"This experience is unlike anything else. It gives you the space to reset, grow, and discover a stronger version of yourself."

To Register: Please complete Club Nomination Form [Here!](#) or contact Lisa at lodowd@meathcoco.ie for more information

Click on the images for more information and to register

Community & Events: Join Us!

SUPPORTING ANXIOUS CHILDREN

Free Parenting Talk

Speaker:
Dr. Mary O'Kane

Booking
Essential Call
01 8358185

Thursday 17th
September
7pm in
Ashbourne
Library



Ages 5-7, 7-10, 10-14 and 14+

GIRL GUIDES TASTER EVENT

Come and see what we do

Claremont Stadium Navan

Thursday 10th September from 6.30pm

www.irishgirlguides.ie Text 086 1367786

Community & Events: Join Us!



Chaerobics Classes

DULEEK COURTHOUSE
September 1st, 8th, 15th & 22nd
from 7:30-8:30pm

STAMULLEN PARISH HALL
September 3rd, 10th, 17th & 24th
from 7:30-8:30pm

Carmel's Chaerobics
"Sit and Get Fit"

Please bring water and wear suitable clothes and footwear for exercise.

ALL FREE TO THE PUBLIC

To book call 041 988 0523
or email duleekdft@gmail.com

comhairle chontae na mí
meath county council



Meath DZ Family Fun Climate Action Days

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

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

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

Dunboyne DZ
6th Sept – Dunboyne Community Centre
(Runs 14:00 to 18:00)

Kells DZ
13th Sept – Headfort Arms Hotel

Dunshaughlin DZ
20th Sept – Dunshaughlin Community Centre

Duleek DZ
27th Sept – Duleek, Bellewstown and District Community Centre

Register Here



comhairle chontae na mí
meath county council

Community & Events: Join Us!



HEALTH & WELL BEING
5 x Week Course

Invest in your health, nourish your mind, and live your best life.

with Imetb

be mindful

- NUTRITION** (Eating Well)
- EXERCISE** (Stretching & Movement)
- RELAXATION** (Breathing techniques, meditation)
- SLEEP** (Preparing the body & mind for good sleep)
- BRAIN GYM** (Tips to keep your brain healthy)

imetb
Meath Education Training Board

DATES: Sept 15th to Oct 20th
(No class on Oct 13th)

TIME: 10:00am - 12:00noon

WHERE: Teach Raithneach

Contact Gráinne - 0863707227

A Learner Detail Registration Form will be required to complete on commencement of course.

HEALTH IS WEALTH

RAISING RESILIENT CHILDREN

Free Parenting Talk

Speaker:
Dr. Mary O'Kane

Booking Essential
Call 046 909 7361

Tuesday 8th
September 7pm
Navan Library



Quick Tips



Heart Health

Small lifestyle changes can make a big difference. Visit The Irish Heart Foundations website to learn more.



Back to School

Make this school year a great one with healthy lunchbox ideas and parental supports.



Learn How to Swim

Meath LSP have swimming programmes for women, babies and toddlers this September



Try the Girl Guides

Taster Session in Claremont Stadium on September 10th!

Stay Connected!

Subscribe to our
Newseltter

**SUBSCRIBE
HERE**

Email

healthymeath@meathcoco.ie

Social Media

@meathcoco

Phone

046-9097400



SCAN HERE

