

Working together towards
a Healthier Meath!



Healthy
Meath



Rialtas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council

Healthy Meath Newsletter

SUBSCRIBE
HERE



October 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 October

Know the signs

Find Breast Cancer Early



1 in 7 women in Ireland will develop breast cancer in their lifetime. It is most common in women over 50 years of age, but it can happen in younger women too.

Treatment options and survival rates are better than ever – especially when breast cancer is found early.



Call your GP TODAY if you notice any of the following



A new lump that you can feel in either of your breasts.

A new lump that you can feel in either of your armpits.



A change in the size, shape or feel of one or both breasts or armpits, e.g. a new area of thickened tissue or lumpiness in either breast or armpit that was not there before.



Skin changes on your breast such as puckering or dimpling (the skin may look like orange peel).

An abscess (infected boil) in your breast – this may appear as a red, tender area on your breast.



A change in the appearance of your nipple, such as the nipple flattening or sinking into your breast or turning inwards.



Bloodstained or watery discharge from either of your nipples.



A rash or eczema on or around your nipple.

Don't be scared. Don't delay.
Call your GP today.

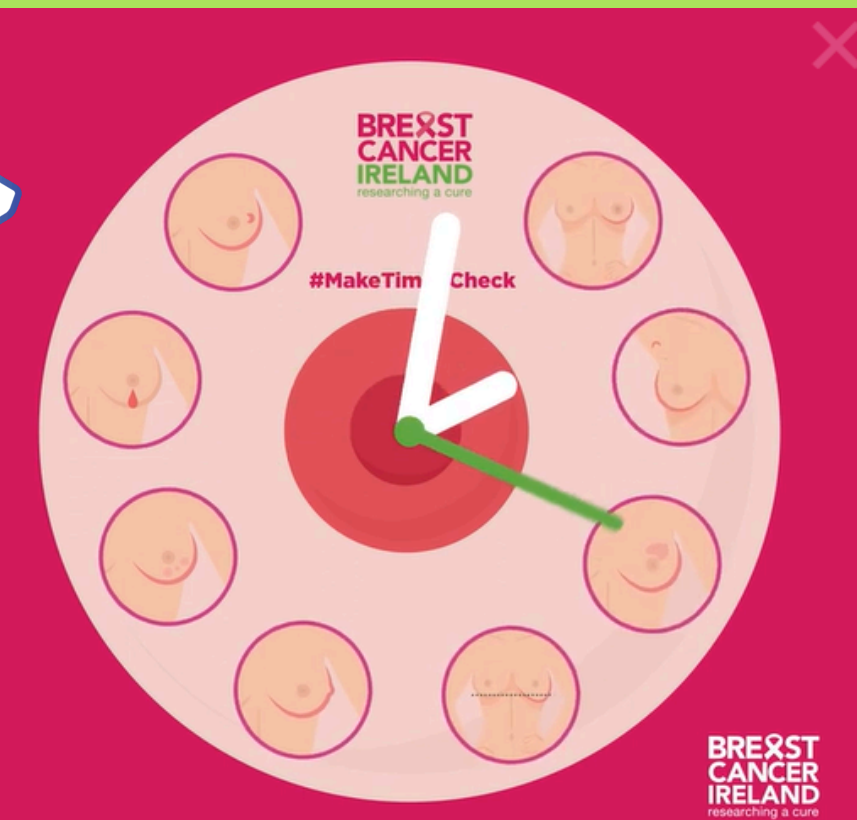
Visit www.hse.ie/findcancerearly for more information

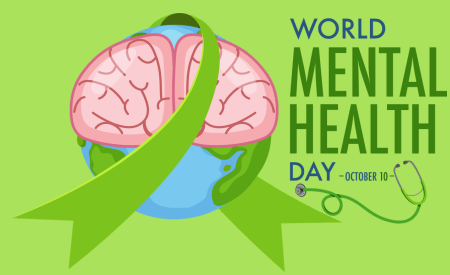
Breast Cancer Awareness Month

1. Breast cancer is more than just a lump. Know what is Normal for you
2. Know what changes to Look and Feel for
3. Look and Feel for Changes
4. Report Any Changes to your Doctor without Delay
5. Attend Routine Breast Screenings if you are 50-64 years of age



**EARLY
DETECTION
IS KEY TO
SURVIVING
BREAST
CANCER**





In Focus for October



World Mental Health Day - October 10th

Introducing the CommUnity Connect Louth & Meath Website!

To mark World Mental Health Day, we are delighted to announce that the CommUnity Connect Louth & Meath website is now live!

We believe that strong communities help people thrive. This website is designed to connect people with local activities, services, supports and opportunities that can improve health, wellbeing and social connection across Louth and Meath.

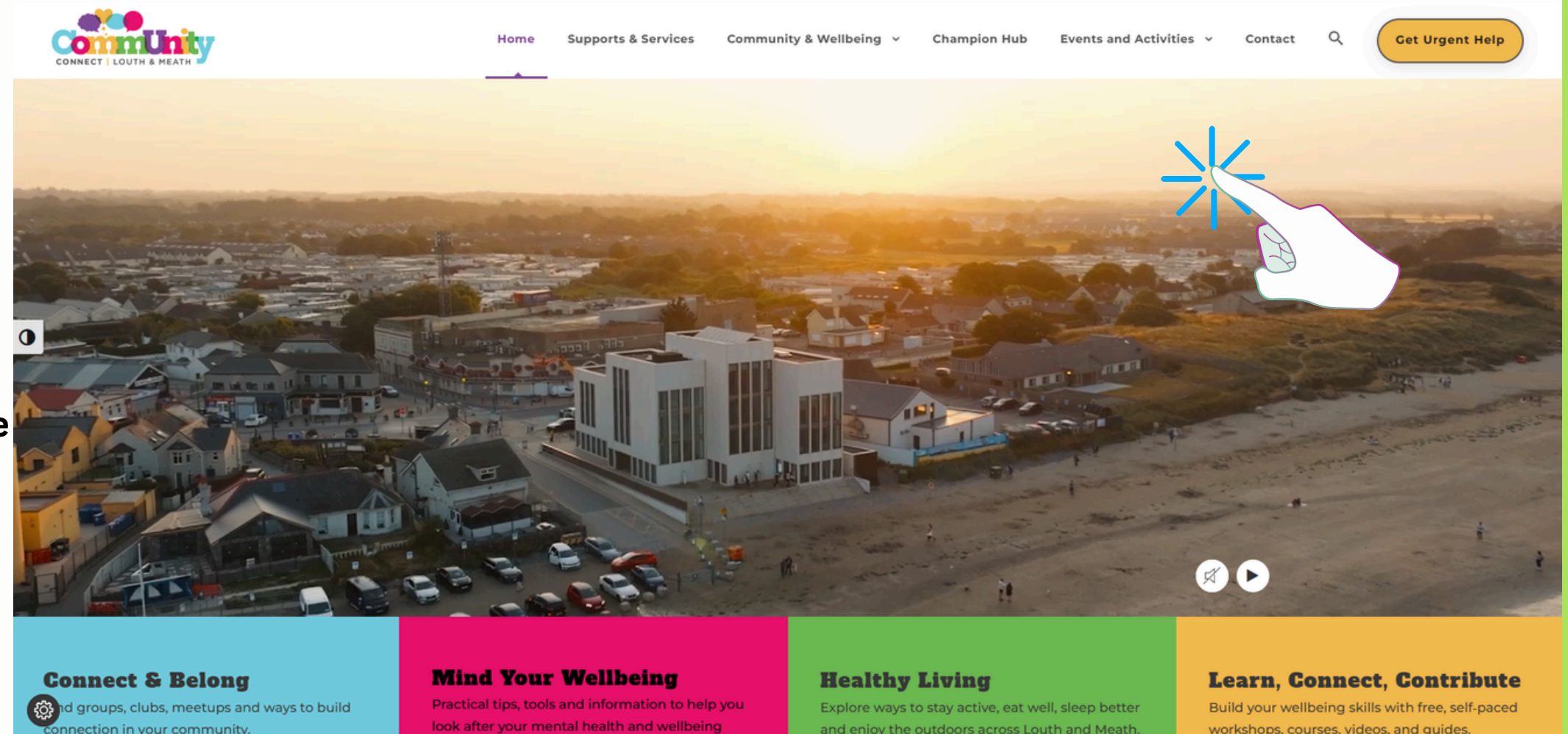
Whether you're looking to meet new people, get active, learn something new, or support others in your community, we're here to help you find what matters to you.

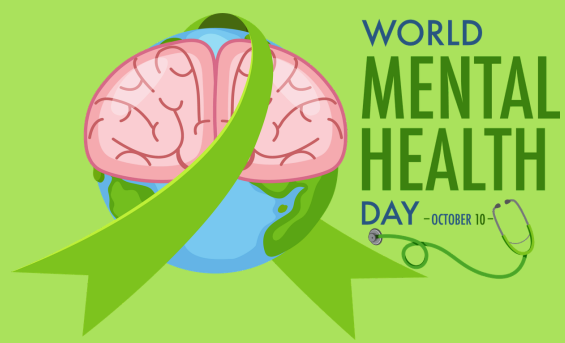
 Explore the Website – Click on the image below or enter www.cclm.ie into your browser!

How You Can Help:

- ✓ Visit the website and explore what's on offer
- ✓ Share the website with your colleagues, friends, family and networks
- ✓ Promote it through your newsletters, social media channels and community groups
- ✓ Provide feedback to help us improve and develop the website over time

Thank you for your continued support, and we would greatly appreciate your help in spreading the word about this new resource.





In Focus for October

World Mental Health Month



 Free October Webinar Series  Scan here for more information	
Sat 3rd 10:30am	When the Headlines Feel Too Much
Mon 5th 12:30pm	Nature's Impact on Health & Wellbeing
Wed 7th 2pm	When the Headlines Feel Too Much
Tues 13th 6:30pm	When the Headlines Feel Too Much
Thur 15th 12:30pm	Let's Talk: Supporting Teen Mental Health & Wellbeing
Tues 20th 10:30am	When the Headlines Feel Too Much
Thur 22nd 2:30pm	Working Together in Our Community
Tues 27th 11:30am	Supporting Mental Health in a 24 hour Workplace
Fri 30th 1pm	When the Headlines Feel Too Much



Join our Family Members Support Group

Are you a family member or friend who supports someone with experience of mental illness or mental health challenges?

Would you like to meet other family members and friends in a safe, facilitated group for support and to explore recovery?

Why not join your local Shine family peer support group?

NEW MEMBERS WELCOME

"I feel the curtain has been pulled back for me. I GOT it! Two wonderfully wise, bright, enthusiastic, knowledgeable and helpful facilitators."

"Everyone was respectful and mindful, we progress at a different pace. It's very encouraging to know we are not alone."



1st Thursday of the month.



7pm – 8.30pm



Teach Raithneach Heritage and Cultural Centre.



086 040 7701



support@shine.ie



MINDFULNESS

with Starlit Holistic & Lighting the way



A gentle guided meditation infused with energy healing, creating space to relax, release and restore. No experience is needed. Participants are recommended to bring water and a cosy blanket!

DULEEK COURTHOUSE

October 6th, 13th, 20th and 27th
from 7:30-8:30pm

STAMULLEN PARISH HALL

October 8th, 15th, 22nd and 29th
from 7:30-8:30pm



comhairle chontae na mí meath county council

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

ALL FREE TO THE PUBLIC

Click each logo for more information



Older People

seniorline

National Confidential Phone Service for Older People

Freephone 1800 80 45 91

Lines are **OPEN 365 DAYS** 10am - 10pm



Offering:

- a listening ear
- support
- befriending
- confidentiality
- empathy

**On your own ?
Worried about something ?
Just need someone to talk to ?
All our volunteers are older people too....**

*Not for you? Please pass on to an
older person who needs this service*

third age
PROGRAMME

www.thirdageireland.ie/seniorline

seniorline

National Confidential Phone Service for Older People

VOLUNTEERS NEEDED

We are always looking for volunteers

Would you like to
make a difference
in an older
person's life?

Training is
provided in
Donnybrook,
Dublin, or
Summerhill, Co.
Meath



*For more information or to register your
interest, please phone 046 9557766*

third age
PROGRAMME

www.thirdageireland.ie/seniorline

Household Food & Health Study



HELP SHAPE OUR FOOD FUTURE

Join the Household Food & Health Study

Researchers from universities across the island of Ireland are inviting households to take part in an exciting study exploring how we shop, eat, and live, and how our choices affect our health and our planet.



Who Can Take Part?

The Household Food & Health Study is about understanding how our diets, lifestyles, and food choices are changing as we move towards healthier and more sustainable ways of eating.

Any household on the island of Ireland – all members of the household over 4 years old are eligible to take part. By taking part, you'll contribute to research that may shape future food and health initiatives, helping make Ireland's food future fairer, greener, and healthier for all.



What's Involved?

1

Complete a Short Online* Survey

- Health & lifestyle
- Eating habits
- Shopping behaviours
- Attitudes to sustainable diets

*If you do not have access to a device, paper copies can be sent by post



2

Self-collect measurements at home

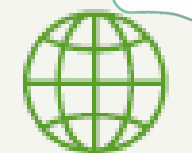
- A cheek swab
- A small finger-prick blood sample
- Height, weight & waist measurements
- Blood pressure reading (Optional)



Find Out More

Visit our website:

<https://www.householdfoodstudy.org>



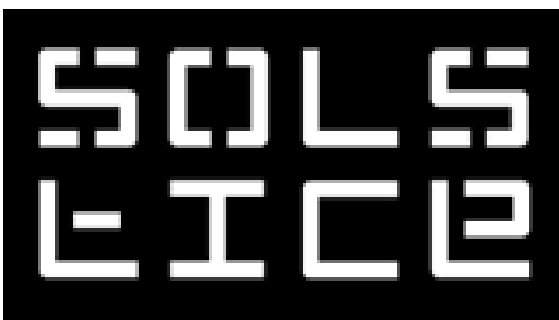
 CC CENTRE Sustainable Food Systems

 Ulster University

 QUEEN'S UNIVERSITY BELFAST

 University College Dublin Ireland's Global University

 UCC University College Cork, Ireland Coláiste na hOileáirí Corcaigh



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!



Sightless Cinema: Lost and Found an evening of audio plays in the dark

Sat 31 Oct | 7pm | €12 - €14

This immersive evening invites audiences
to experience storytelling in a different
way. Through a captivating programme of
surround sound audio plays, featuring
comedy, drama and music, audiences are
transported into a world of vivid characters
and unexpected journeys. This experience
offers something thought-provoking,
entertaining and truly unforgettable..

Click [HERE](#) to register!



Sensory Connections

Select Wednesdays throughout
exhibitions | 10am (60 mins) | €5 | Small
groups with additional needs

This programme invites small groups of children
and adults with additional needs to explore
exhibitions in a relaxed and engaging way.
Through guided gallery visits and hands-on
sensory activities, participants are encouraged
to connect with the artworks at their own pace .
Whether discovering new creative experiences
or simply enjoying time together, these tailored
sessions offer a meaningful and inclusive way to
engage with art.

Click [HERE](#) to register!



Some of Our Children by Quintessence Theatre

Fri 16 Oct | 8pm | €17 - €19

Quintessence Theatre bring this powerful and
thought-provoking production inviting audiences
to explore the lived experiences of children in
Ireland's foster care system. Inspired by real
stories and brought to life through dynamic
ensemble storytelling, the play combines
moments of humour, humanity and emotional
depth to shine a light on the challenges faced by
some of the State's most vulnerable young people.

Click [HERE](#) to register!



BLOOD DONATION CLINIC

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



Follow us for updates & news



giveblood.ie



HELP
SAVE
LIVES

**Duleek Boy's National
School
Duleek**
Thursday 15th October
5pm to 9pm

**Dunboyne
Dunboyne Castle Hotel**
Sunday 18th
October 2026
11:30am to 3:00pm

**Eureka House
Kells**
Wednesday 21st
October 2026
3:45pm to 8:00pm

**Aura Leisure Centre
Trim**
Wed 7th & Thurs 8th
October 2026
3:45pm to 8:00pm



**Irish Blood
Transfusion Service**
Seirbhís Fuilaeistriúcháin na hÉireann

giveblood.ie



Activator Pole walking is designed for people with balance or mobility concerns who want to stay active. The poles provide added stability, support and confidence, helping participants improve balance, fitness and independence.

Walking with Activator Poles can improve stability, reduces impact on hips/knees, help to develop core strength, improve posture and promotes better gait pattern.



Venue	Date	Time	Cost
Fairyhouse (Ratoath)	30 th September - 21 st October (Wednesday's)	10am - 11am	€20
Blackwater Park (Navan)	30 th September - 21 st October (Wednesday's)	11:30am - 12:30pm	€20

Meath Local Sports Partnership News Bulletin
SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Sports Ability

Inclusive Cycling Hub - Park Beo Wilkinstown

The Inclusive Cycling Hub located at Park Beo Greenway Hub in Wilkinstown. The Inclusive Cycling Hub is supported by the Sport Ireland Dormant Accounts Fund under the Sports Inclusion Disability Projects (SIDP) and provides a number of Inclusive adapted bikes for people with a disability free of charge. Pre-booking for Bikes is essential.

The Boyne Valley to Lakelands Greenway is a 30km stretch for walkers & cyclists along the route of the old railway line from Navan in Co. Meath to Kingscourt in Co. Cavan.

Location: Park Beo Greenway Hub Wilkinstown, Navan, Co. Meath, C15 EY0P

Opening Hours: Tuesday-Sunday: 10am-5:30pm

Booking Link: [HERE!](#)

Children Upright handcycle


Tandem Bike


Tricycle


Wheelchair Platform Bike


Contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 / tdonegan@meathcoco.ie

Click on the images for more information and to register

Community & Events: Join Us!



October



Office
22 Mornington Drive,
Trim,
Co. Meath.
T5R853

Bungalow
Mornington Avenue,
Trim,
Co. Meath
C15FC03

046 9438850
info@trimfrc.ie



Monday 12th Seed Harvesting Takes place at the Bungalow. Come along and learn how to harvest seeds and hear from Boyne Rivers Trust. Tuesday 6th Confident Me 6:00 - 6:30pm 8 week programme for 11 to 13 years. Costs €25. Encourages improved self-esteem and confidence. Wednesday 14th Waste Audit 12:00-2:00pm Learn to improve on Recycling, Reusing, and making sure we are correctly using our bins to help reduce waste and cost. Wednesday 7th Young Inventors 6:00pm - 7:00pm at The Bungalow. For kids aged 9 - 13 years. Weekly Lego, robotics and coding workshops. Saturday 10th Adult Art Classes 10:00am - 12:00pm Relaxed and inclusive art sessions where participants can explore different creative techniques and develop their artistic skills. Monday 12th Zero Tolerance 2:00 - 4:00pm in The Bungalow. Working group for Meath Womens Refuge Zero Tolerance Campaign. Tuesday 6th Parent Support Group 10:00 - 11:30am at Trim Library. Join us for an information session on The Changing Lives Initiative. For parents of children who may have signs of ADHD.	Weekly Thursday The Happy Hive Group Weekly on Thursdays at The Bungalow. 9.30am - 10.15am Babies & Bumps for Under 1's 10.30am - 11.15am Parent Toddler for ages 1 - 4. Tuesday 13th Nature & Nurture River Walk Starts at the Church car park. Join us for a walk along the River Boyne to learn about all the wonderful plants and learn how we can nurture them as they nurture us. Sunday 11th & 25th The Rewind Film Club 4:30 - 6:00pm at The Bungalow. Film club where everyone watches the chosen movie in their own time and meet to discuss with others. Friday 9th Kinship Carer Group 10:00am - 12:00pm in the Bungalow. This group will provide advice and support for those in a kinship care role. Saturday 10th The Network: Cyberpsychology 11:00am - 1:00pm For children aged 8-13. Fun activities about using the internet and gadgets safely, managing screen time, social media, online risks and AI. 1st, 2nd, and 3rd 25th Anniversary Celebration Join us at the Castle Arch Hotel for three days of events celebrating 25 years of working in the community. Thu: 11:00am - 1:00pm Strategic Plan Launch Fri: 11:00am - 1:00pm Community Day Sat: 11:00am - 1:00pm Family Fun Day
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Other Programmes and Events:

Digital Drop In Help & Support - Tue: 10:00am - 12:00pm Trim Library. Wed: 2:00 - 4:00pm Ballivor Library. Fri: 10:00am - 12:00pm Enfield Library.

Walk & Talk - Everybody is welcome! Every Tuesday from 10:30 at the Church car park

Men's Music Group - A place to play music and meet with other men in a friendly environment. Every Friday from 6:30 - 8:30pm in the bungalow

Fáilte Isteach - Conversational English Classes. Every Wednesday from 7-9pm Bungalow and Fri 10-12pm Trim Library

Social Prescribing - Hoping to improve your health & wellbeing and not sure where to start? Find out about community supports and activities by contacting socialprescribing@trimfrc.ie or call 046 9438850.

Drop-In Family Support - A welcoming and non-judgmental space where you can access assistance, guidance, and resources. Drop in or contact diane@trimfrc.ie to arrange an appointment.

Level Up - For young people 16 - 24 years old who are currently out of employment or education and are in need of extra supports. Contact jackie@trimfrc.ie or call 087 3898818.

Counselling - For young people aged 12 - 17 years old and adults over 18. Contact counselling@trimfrc.ie.

...and many more programmes!

www.trimfamilyresourcecentre.ie



POSITIVE PSYCHOLOGY Course

Learn. Grow. Thrive.

Discover practical skills to build resilience, boost wellbeing and live a more fulfilling life.



 **5 WEEKS**
Fridays
Starting Friday 25th September until Friday 23rd October

 **TIME**
9:30am to 11:30am

 **VENUE**
LMETB Building,
Tara Road, Bettystown

 **To book your place, please contact:**
Edel on 087 448 7943 | **Jacqui** on 087 218 3789



**BOOKING
IS ESSENTIAL**

Places are limited!

This course is organised by East Coast Family Resource Centre in partnership with LMETB







Invest in yourself. You're worth it. ♥

Community & Events: Join Us!



Circle of Security

INTERNATIONAL

Stronger connections for a lifetime

Circle of Security is a parenting **programme** designed to help caregivers better understand and meet children's attachment, emotional and self-esteem needs.

Circle of Security®
Parent Attending To The Child's Needs



SECURE BASE
I need you to...
Support My Exploration
Watch over me
Delight in me
Help me
Enjoy with me

SAFE HAVEN
Protect me
Comfort me
Delight in me
Organize my feelings
I need you to...
Welcome Me
Coming To You

ALWAYS BE: BIGGER, STRONGER, WISER & KIND.
WHENEVER POSSIBLE: FOLLOW YOUR CHILD'S NEED.
WHENEVER NECESSARY: TAKE CHARGE.

DATE
8th sep – 2nd nov

TIME
10.00 – 11.30am

WHERE
5 Strand Haven, Laytown

FACILITATORS
Kim Grenham/
Eve Kent

Free programme/
refreshments available

In this programme you will:

- Understand your child's emotional world
- Strengthen your relationship and connection
- Support your child's confidence and self-esteem
- Build a calmer, more connected family life

LIFESTYLE DEVELOPMENT

Family Resource Centre EAST COAST

0419812230 | Frc@crannsupportgroup.ie | www.crannsupportgroup.ie

Connect Cafe

ACT. BELONG.COMMIT

Do Something. Do something with Someone. Do Something Meaningful

Join us for a Friday Morning

10am-12noon

Breakfast & chat

FREE Light Breakfast. Everyone Welcome!

Drop in on your own or bring a friend

Anytime Between 10am and 12noon

We'd love to see you!

in Meath Travellers Workshops kitchen

CYWS Hall, Fairgreen, Navan.C15 D5DR

Take a moment to connect, relax and enjoy good food together
Act-Belong-Commit
Supporting positive health and wellbeing in our community







Rainbows Ireland
Supporting Children and Young People with Bereavement and Parental Separation

The **Level 3 (age 11-13) Bereavement** Rainbows programme is starting in **East Coast FRC** Oct 2026

The Rainbows Programmes provide:

- A 10-week listening, group support programme for children following bereavement.
- Children of a similar age will be in the same group.
- Rainbows is not counselling or professional therapy.

For further enquiries or to enrol your child
Contact: East Coast FRC on 0419812230
Limited place available

ciste na gcuntas díomhaoin
the dormant accounts fund

TÚSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

WHAT WORKS
SHARING KNOWLEDGE
Improving Children's Futures

Community & Events: Join Us!



POSTPARTUM WORKSHOP with 'Takes a village Doula'

An interactive workshop on Postpartum Wellbeing
Postpartum recovery & wellbeing (emotional & physical).
Suitable for both pregnant & postpartum attendees.

DULEEK COURTHOUSE
Tuesday 29th September
from 7:30-9.00pm

STAMULLEN PARISH HALL
Thursday 1st October
from 7:30-9.00pm

Takes a Village Doula
Orla Nealis

**ALL
FREE
TO THE
PUBLIC**



comhairle chontae na mí
meath county council

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



PARENTING TEENS Workshop with 'Help Me To Parent'

This talk gives parents a deeper understanding of adolescent development
and practical tools to improve communication, manage conflict, and build a
relationship with their teenager that lasts into adulthood.

STAMULLEN PARISH HALL
Tuesday 13th October
from 7:30-9.00pm

**DULEEK BELLEWSTOWN
& DISTRICT COMMUNITY FACILITY**
Thursday 15th October
from 7:30-9.00pm



**ALL
FREE
TO THE
PUBLIC**



comhairle chontae na mí
meath county council

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

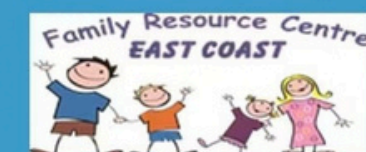
Youth Club every
Tuesday @ 5.30

**Where – 5 Strand
Haven Laytown**
Eire code – A92D378
Age: 13-15 years

Young people get to meet in a safe
environment, chat play pool ect

East Coast Family Resource
Centre Believes in youths

Contact or Text Victoria 087 3488669
Email
victoria.odonogue@crannsupportgroup.ie



Quick Tips



Check your Breasts

Breast cancer is more than just a lump. Know what is Normal for you



CommUnity Connect Website

Check out the new positive mental health and wellbeing website for Louth & Meath



The Solstice Events

Check out some events happening at the Solstice



Research

Get Involved with the Household Food & Health Study

Stay Connected!

Subscribe to our
Newseltter

**SUBSCRIBE
HERE**

Email

healthymeath@meathcoco.ie

Social Media

@meathcoco

Phone

046-9097400



SCAN HERE

