



Healthy Meath



Healthy Meath Newsletter March/April 2023

Hello everyone, welcome to the third edition of the Healthy Meath Newsletter!

Here you will be signposted to various Health and Wellbeing initiatives and online resources available throughout March/April.

We hope that you take advantage of the longer evenings to get out and about and find something useful inside to improve your health and wellbeing!



April is Bowel Cancer Awareness Month!

Bowel cancer is a common cancer in Ireland. Almost 2700 people are diagnosed with bowel cancer each year.

Bowel cancer can be treated with surgery, chemotherapy, targeted therapies, external radiotherapy and chemoradiation.

Take the Online Bowel Health Checker [here](#)

Or click the video below to find out more information about bowel cancer



Cooking with in season fruit and veg can be cost saving! Check below to see what's in season for March/April

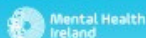




Mental Health

Save the date!

Hello
HOW ARE YOU?



Say Hello on March 30th 2023

Say **Hello** and ask: **How are you?**

Hello				
HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options



Save the date for the 2023 'Hello, How are you?' campaign. Put it in your diary now and start planning your event. More details to come.



www.hellohowareyou.info
e: info@hellohowareyou.info







FREE TWO DAY COURSE

Wellness Recovery Action Plan

Venue:
Meath Partnership,
Kells Co Meath
A82 N6P8

Date & Time:
22nd & 23rd of
March
9:30am- 3pm







TO BOOK OR REGISTER PLEASE CONTACT:

 WELLNESSHUB@MEATHPARTNERSHIP.IE

 087 147 3760 / 087 408 6166



THE FEEL GOOD PROJECT

STAMULLEN

9th, 16th, 23rd & 30th March
7pm - 8pm | Stamullen Parish Hall

Group Music Therapy

with accredited Music Therapist

Limited to 8 participants.
Parent/carer must stay during the session.

All FREE to the public

What is Music Therapy?
 Music therapy is the clinical and evidence-based practice where the use of music-based interventions supports people to improve, restore or maintain health, functioning and well-being.

About the Therapist
 Raimonda is an IACAT – accredited music therapist. Raimonda has experience working in a variety of settings including special schools and working with individuals who have profound and multiple learning disabilities.

To book email duleekdft@gmail.com

 comhairle chontae na mí meath county council

If you or someone you know is struggling with their mental health there are a range of supports available from the below organisations. Click for more info.





Healthy Eating



Healthy Meath

HOPPY EASTER!

Easter Sunday is on the 9th of April and is often associated with sweet treats. Although some chocolate at Easter time is absolutely fine sometimes the amount of Easter eggs that we and our children receive is way more than needed!

Here are some tips to try at home to help you enjoy a healthy and happy Easter this year!

1. Instead of a chocolate Easter egg hunt, why not do some egg painting with the kids, then use these eggs for the Easter egg hunt instead.
2. Get the kids involved in preparing an EGGcellent breakfast. Eggs are so versatile there are lots of fun and simple ways to cook with them.
3. If you have family or friends visiting why not ask them in advance not to bring chocolate Easter eggs.
4. Find a nice family friendly walk that is close to the house and head off to get out for some exercise.
5. If the kids still receive a lot of chocolate eggs, tell them you are going to mind a few and that you will give them back later in the year to enjoy as a treat!
6. Make a donation of some of the extra chocolate eggs to a local charity or food bank.

Eating more fruit and vegetables is great for your body, your mind, and the planet!

The **Life is Better with Fruit and Vegetables** campaign aims to share fun, educational, and feel-good information to help you live life better by eating more fruit and vegetables.

In each newsletter we will be sharing a recipe for you to try from this amazing resource. Check out their website [here](#)

Ingredients

Summer Garden Salad

- 2 carrots (peeled and topped and tailed into 3 cm slices)
- 1/2 cauliflower (cut into large florets and then into slices)
- 1 white of the leek (cut into rounds 3 cm thick)
- 1/2 broccoli (cut into large florets and then into slices)
- 1tbsp white miso paste
- 4 tbsp mayonnaise
- 1 juice of a lemon
- 4 tbsp of French mustard
- 4 tbsp of honey
- 1 mushroom for garnish (thin slices)
- A handful of washed mixed baby leaves (spinach, charred leaves, rocket, lettuce leaves)



Method

1. Slow roasted broccoli: Cut the broccoli and cauliflower into thick slices to create the steaks and drizzle with soy sauce. Bake in the oven for 8 minutes until cooked.
2. Grilled leeks: Slice the leeks lengthwise and cook in the grill until charred and wilted.
3. Roasted carrots in Soya & Miso: Peel the carrots and cut into centimetre slices and coat with the white miso paste. You can do this in a zip lock bag and leave in the fridge for 5 hours to marinate. After marinating, roast the carrots in the oven, on an oven tray with water (just enough to cover the carrots) for 30- 40 minutes at 165c. The water will evaporate. Cook until soft and roasted.
4. Mustard and Lemon Dressing: Mix the honey, mustard and lemon juice in a bowl until all mixed together into a dressing.
5. Miso Mayonnaise: Mix the mayonnaise and the miso paste together with a fork and then add the washed lettuce. Lightly mix in the lettuce to coat all the leaves.

LIFE IS BETTER
with Fruit & Vegetables



Learn 2 Cycle Navan



Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks outdoors focuses on **empowering parents and giving them the tools to support their child in learning to cycle**. Participants will be guided by our experienced tutor from the Cycling Safety School.

Starting Thursday 6th April at 4.30pm in Claremont Stadium, Navan. Cost is €15 for 6 weeks.

To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Ready to Go Orienteering



A new orienteering training initiative that aims to train and equip participants with the skills and ability to teach the fundamentals of orienteering!

Ideally suited for Teachers, Youth Work leaders, School Liaison officers and Community Leaders, the 6-hour training will equip you with the skills and ability to teach the fundamentals of orienteering to others.

Cost: €60 per person.

Training, Training resources and an Orienteering Pack will be provided

When & Where?

- NAVAN on Thursday 9th March at 9.15am – 3.15pm
- LAYTOWN on Wednesday 19th April at 9.15am – 3.15pm

To book click [here](#)

Women in Sport Week (6th - 12th March)

To celebrate Women in Sport Week 2023, Meath LSP are rolling out a **variety of taster sessions and programme initiatives** for Girls and Women of all ages and fitness levels.

This is a fantastic opportunity to try a new sporting activity or revisit an old one and get back out there again! If you require more information on these or any other Women in Sport programmes please click [here](#)

Contact Lisa at lodowd@meathcoco.ie



MARCHATHON

Team-Up and Get Walking

1st-31st March



SIGN UP NOW
[ActiveTravelLogger.ie](https://www.activetravellogger.ie)

Register [HERE!](#)



Circuits for Over 50's

Circuits for Over 50's is a physical activity programme for adults which includes exercises to improve strength, mobility and fitness.

The programme for adults (50+) is circuit based i.e. there is 10 stations with body weight exercises. The physical activity session will be led by a tutor for 1 hour per week.

Cost: €25 for 6 weeks.

- Trim: Monday 6th March @11am in Trim GAA
- Navan: Wednesday 8th March @11am in Claremont Stadium

For more information, please call Luke on 046-9067887 or email luke.condie@meathcoco.ie



ALCOHOL DRUGS ADDICTION MENTAL HEALTH PRESSURE SUPPORT

THE FEEL GOOD PROJECT

DULEEK

7th, 14th, 21st & 28th March
7.30pm - 8.30pm | Duleek Courthouse

Tai Chi Classes

All FREE to the public

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

comhairle chontae na mí meath county council

CALLING ALL YOUNG PEOPLE (aged 12-17) IN MEATH!



Youth Physical Activity Survey

Young People aged (12-17yrs)

WE WANT YOUR FEEDBACK!

This survey will help us understand the types of sport & physical activities YOU would like to see available for **YOUNG PEOPLE** in Meath!

SCAN ME!

Complete this Survey to to be in with a chance to win a €50 online JD Sports Voucher!!

Link HERE!

MEATH Local Sports Partnership SPORT IRELAND LOCAL SPORTS PARTNERSHIPS



What kind of drinker are you?

[Take the test](#)

Take this self-assessment test to find out if your relationship with alcohol is about right or whether you're overdoing it and need to take action:

<http://bit.ly/3XIWZFc>



Get the support you need to quit for good.

The Meath Stop Smoking Service is a FREE, friendly and supportive service for people in community who want to quit smoking.

The service offers FREE stop smoking medication and weekly support on your quit journey from a HSE quit smoking advisor. You are 5 times more likely to quit for good with our help.

For more information on quitting smoking check out QUIT.ie

When: Now open for registration and referrals
How: In person, phone and video call appointments available
Contact: Claire 087 452 8454 or Kate 087 451 2808



HSE DRUG AND ALCOHOL HELPLINE

Freephone
1800 459 459

email
helpline@hse.ie

Opening hours: 9:30 am to 5:30 pm
Monday to Friday

Meath Community Drug and Alcohol Response (MCDAR) is a confidential community service based in Trim and Navan providing the following services to individuals and family members who may be experiencing difficulties with addiction.

- Advice and support
- One to one key working and Group work
- Harm Reduction
- One to one Family Support
- Member of Meath inter agency strengthening families programmes

Contact: 087 0933759
Email: mcdartrim@gmail.com



8 red flags in relationships.

A red flag is a warning sign that someone's behaviour may be unhealthy.

The relationships we have are very important to our mental and emotional well-being. They can impact how we feel and how we get on in other parts of our lives, like at school, college, or work. Most relationships can go through ups and downs, but if a relationship impacts us negatively more than it does positively, this can be a warning sign that the relationship is overall not good for us. 8 signs include:

1. They want you to spend all of your time with them
2. They try to control you
3. They get angry easily
4. They always accuse you of doing something wrong
5. They invade your privacy
6. They want to be in constant contact
7. They force or pressure you to do things you don't want to do
8. They are violent or threaten to hurt you or themselves

Link to the full on SPUNOUT article [here](#)

The Sexual Health and Crisis Pregnancy Programme (SHCPP), HSE Health and Wellbeing, has added new resources to their educational range for parents titled 'Making the Big Talk Many Small Talks'.

The range aims to support ongoing conversations between parents and children about relationships, sexuality and growing up. The resources launched include:

- Making the 'Big Talk' many small talks, for parents of 13 – 18 year olds (booklets for parents of 4-7 year olds, and 8-12 year olds are already available)
- Making the 'Big Talk' many small talks', Video collection. Nine short animated videos for parents of young children.
- Research Summary: The importance of parental communication in supporting children's and young people's relationship and sexuality development.

Full details, including how to access the new and existing resources are available [here](#).



Older Persons



agewell

Live Well, Age Well

Become an Agewell Companion

AgeWell engages men and women aged 50 and older as companions in the **Meath** area, to visit less able older people in their homes.

These Companions help to:

- * reduce Isolation
- * identify evolving health problems
- * and help link older people to healthcare and Community Services.

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

IS THIS SOMETHING THAT WOULD INTEREST YOU?

For further information on becoming an AgeWell Companion

contact **The AgeWell Team** at agewell@thirdageireland.ie

or

Paul 087 3186710

Annmarie 087 3503362



THE Alzheimer SOCIETY OF IRELAND

Denim Day for Dementia takes place nationwide on Friday, 3rd of March!

Getting involved in Denim Day is simple; follow these easy steps:

1. Register for your pack [here](#).
2. We'll send you everything you need to hold your denim day – posters, coin collection boxes, stickers and a how-to guide.
3. Hold your Denim Day – make the event more fun by holding a lunchtime activity!
4. Let everyone know about it by sharing your pictures on social media using '#denimday. Don't forget to tag us.

Self-managing multiple chronic health conditions



Calling over 65's to test new health and wellbeing system

Dundalk Institute of Technology and Trinity College Dublin are running a healthcare research trial, to test how smart technology can support people to manage multiple chronic health conditions.

If you, or someone you know, is over 65 years of age and have two or more of the following conditions, you are invited to find out more about our trial:

- COPD, Chronic Bronchitis, Emphysema, or Asthma
- Congestive Heart Failure
- Heart Disease, Coronary Artery Disease or Cardiovascular Disease (High Blood Pressure, Atherosclerosis, Angina, Arrhythmia)
- Diabetes



You don't need to be familiar with computers as you will be supported throughout by our researchers, if invited to use any technology. For more information call **042 9370296** or email seuro@dkit.ie



This Advancing Proactive Digital Integrated Care study, called SEURO, is funded by the European Union, under a research programme called Horizon 2020.





Spaces & Places

Girley Bog Eco Walk, Kells, County Meath

Girley Bog Eco Walk is a 3.5 miles/ 5.6 km waymarked National Loop. The loop covers a combination of forest and bogland – and has been developed as an eco-walk. The main element of the loop is within the bogland where there is a wonderful variety of birdlife, plants and animals.

Full details on directions, its location and advice on what to bring for a lovely walk at Girley Bog can be found [here](#)



Workplace Wellbeing



A National Framework for Healthy Workplaces in Ireland 2021-2025



The framework aims to support the growth of effective approaches to enhancing health and wellbeing in the workplace setting.

The framework recognises that changes are needed in the culture, policies and practices in workplaces to deliver improvements in physical and mental health and wellbeing and work-life balance, improving the health of Ireland's workforce. Click [here](#) to read the framework

National Workplace Wellbeing Day

Ireland's biggest celebration of workplace health and wellbeing!



Ibec's 9th **National Workplace Wellbeing Day** will take place on Friday 28th April 2023. Register [here](#)



Other Info

Solstice Events

THEATRE:

AdoleTa! Friday 3rd March, 10am (school show) & 6.30pm (family show). Tickets €4 per pupil / teachers free / €8 adults / €5 children.

Tonic. Thursday 30th March - Sat 1st April, 8pm. Tickets €16 standard / €14 concession.

Joseph and his Amazing Technicolour Dreamcoat (St. Mary's Musical Society). Wednesday 19-Sunday 23rd April, 8pm Wed-Sat, 2.30pm Sun. Tickets €21.50 / €80 family of 4

MUSIC:

Gatehouse: A Treat of Trad. Saturday 11th of March, 8pm. Tickets €16 standard / €14 concession / €10 children under 12 years of age

Irish National Opera presents: Massenet – Werther. Tuesday 25th April, 8pm. Tickets €30 standard / €27 concession / €15 student

Karan Casey with Niamh Dunne & Seán Óg Graham. Friday 28th April, 8pm. Tickets €20 standard / €18 concession



To book and for more information on each event please visit www.solsticeartscentre.ie



What is covered each week?

Week 1	<ul style="list-style-type: none"> Using your mind to manage symptoms Fatigue and getting a good night's sleep Introduction to action plans
Week 2	<ul style="list-style-type: none"> Dealing with difficult emotions Physical activity, exercise, preventing falls
Week 3	<ul style="list-style-type: none"> Decision making Pain management Healthy eating
Week 4	<ul style="list-style-type: none"> Better breathing Reading food labels Communication skills
Week 5	<ul style="list-style-type: none"> Medication management Positive thinking, dealing with low mood and feelings of depression
Week 6	<ul style="list-style-type: none"> Making informed treatment decisions Planning for the future

Courses are online and are starting for individuals living in Meath throughout March.

Please contact **Aine McNamee**
Living Well Programme Coordinator
aine.mcnamee@hse.ie / 087 114 0371





Healthy Meath



Thanks for reading 😊