



Healthy Meath Newsletter July/August 2023

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

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

Summer has arrived which brings plenty of opportunity to be outdoors. Remember to keep your skin well protected from the harmful rays of the sun and to stay hydrated on these long hot days!



Healthy
Meath



Family Multi-Sport Activities in Blackwater Park:

Family Multi-Sport Activities is a fun programme where parents/ guardians and children can take part in a variety of fun activities together.

This programme returns over the summer months with more tasters in Orienteering, Adventure walk App, Cricket, Rounders, Fun Games & much more. Registration is free, and you can register your family for one or more activities. Please note children must be 5 years or over to participate.

Dates:

- Saturday 8th July 11am
- Tuesday 18th July 7pm
- Saturday 5th August 11am
- Tuesday 15th August 7pm




Register [HERE](#)

Win €8K for your Community Group and Get Meath Growing 2023!

Get Meath Growing is part of the national Get Ireland Growing campaign, which calls on households, communities and workplaces across Ireland, to 'sow a seed' this summer.

Register your community group by 5th July to be in with the chance to win one of fifty GROWBoxes to 'green up' your growing space with a range of delicious salads [HERE](#)

Whether you have space in a community garden, the green area in your estate, sports club or local amenity – you can sign up to get Get Growing in Meath this summer!



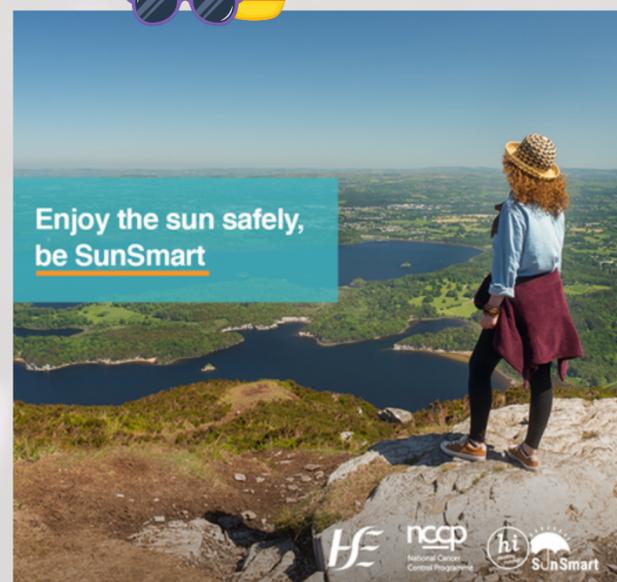
Metra

Warmer weather can mean more insect bites and stings. Find out what to do if you've been bitten or stung and things to do to prevent them Click [HERE](#)



Insect bites and stings

Remember to stay SunSmart!



The 5 S's for protection against skin damage

 Slip	 Slop	 Slap	 Seek	 Slide
on clothing that covers your skin	on sunscreen with SPF 50+ for children	on a wide-brimmed hat	shade, especially if outdoors between 11 am and 3 pm	on sunglasses to protect your eyes

Be SunSmart





Mental Health

Mental Health Talk for People in Sports



LET'S TALK MENTAL HEALTH

GUEST SPEAKER
Rory O'Connor
MC on night Cllr David Gilroy

The Darnley Hotel Athboy
Main St, Town Parks,
Athboy,
Co. Meath,
C15 YP2K

Tuesday 4th July
at 7.30pm

FREE TO THE PUBLIC

HE **JIGSAW MEATH** **THE FEEL GOOD PROJECT**



Meath
Wellness Hub



Meath Wellness Hub aims to support and promote the positive mental health and wellbeing of people living in social and economic deprivation and poverty throughout Meath.

MEATH WELLNESS HUB SERVICES

- One-to-one Counselling and Coaching for mental health and wellbeing
- Wellness recovery action plan (WRAP)
- Support groups;
- Wellness workshops;
- Information & Advocac
- One to One Counselling and Psychotherapy

To Book an appointment, sign up for a workshop or for more info:
Phone: (046) 928 0790
Email: wellnesshub@meathpartnership.ie



THE FEEL GOOD PROJECT
DULEEK

Tuesdays: 4th, 11th,
18h & 25th July
12.30pm-1.30pm | Duleek Courthouse

Baby Massage Classes with Ciara

Please bring your yoga mat and baby blankets.
Babies from 6weeks to precrawlers are eligible for the class.

All FREE to the public

Please book through the **Feel Good Project's Eventbrite**
(Link available on our Facebook)

LivingWorks Start (online suicide prevention skills training programme). For more on programmes running in Louth and Meath click [here](#)

Click here to register for this [workshop](#)

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

FREE HEALTHY EATING WORKSHOP & DEMO!



Where?

Trim Family Resource Centre
Tuesday the 15th August;
10am-11.30am

When?

Kells Family Resource Centre
Tuesday the 18th July;
10am-11.30am

Healthy eating workshop will cover:

- Food groups
- Portion sizes
- Reading food labels
- Meal planning
- Cooking demo
- Healthy habits



For more info and to book your spot contact:

Email: community@meathcoco.ie

Call: [046 9097400](tel:0469097400)



The Healthy Ireland Fund supported by the Department of Health



Healthy Meath



Prep Time: 60 mins

Cooking Time: 30 mins

Serves: 4 Adults

Cost: Medium



BBQ Recipe!
Citrus Summer Chicken

Click the image to watch the video!

In each newsletter we will be sharing a recipe for you to try from the Life Is Better with Fruit and Vegetables resource.



LIFE IS BETTER
with Fruit & Vegetables

20 MINS | SERVES 2

Preparation time: 5 minutes. Cooking time: 15 minutes.

INGREDIENTS

- 2 Large rhubarb stalks, cut into 1-inch pieces
- 2 tbsp Honey
- 100g Strawberries, hulled
- 1 Banana
- 200ml Greek yogurt
- 1 tsp Cinnamon

TO SERVE

Banana, strawberries, raspberries or blueberries

METHOD

- Preheat an oven to 180°C (fan 160°C) Gas mark 4.
- Arrange rhubarb pieces onto a roasting tray and drizzle with honey.
- Roast in a hot oven for 5 minutes and then cool slightly.
- Place the cooked rhubarb, strawberries, banana, yogurt and cinnamon into a food processor or smoothie maker and blend until smooth.
- Spoon into serving bowls and top with extra fruit before serving.



Top BBQ food safety tips with safefood

Always cook BBQ meat to 75° Celsius and keep perishable food in the fridge until you need it.

If you're having a BBQ remember to keep the hot food hot, the cold food cold, and make sure your meat is cooked all the way through.

For more tips watch the video





Parent & Toddler Swimming



The Parent & Toddler Swim programme (12mths-3yrs) is a fantastic way for parents to introduce their young children to water in a supportive environment. The coach led initiative will demonstrate a wide variety of techniques to help your child be comfortable in the water and introduce them to an essential life skill.

- Start Date: Tuesday 4th July and Thursday the 6th July
- Time: 10am for 6 weeks
- Venue: Oldcastle Pop-Up Pool
- Cost: €20
- Register for Tuesday class [HERE](#) or Thursday classes [HERE](#)

Meath Running Group



Meath Running Group continues throughout the Summer. New joggers/runners are welcome!

Meath Running Group starts a new 6 week block in Blackwater Park, Navan on Wednesday 5th July at 7.30pm. **Contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie**

Orienteering – Come n Try!

Orienteering is a fantastic outdoor activity that combines running/walking with navigation (traditionally using a map and compass). Participants use their speed and coordination to locate several flags located around a course in the shortest time possible.

There is both a short and long course available which can both be completed as fast as possible or in your own time. Suitable for all the family! Entry for the come n try sessions are FREE!

- Deerpark, Carlanstown – Wednesday 5th July at 6-8pm. Register [HERE](#)
- Laytown/Seafeld Beach – Wednesday 19th July at 6-8pm. Register [HERE](#).



Socia-Ball for Women



Socia-Ball is a basketball initiative for women mainly emphasizes on participation, fun and fitness. In this fun and social setting, women will have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition.

- Athboy Community Centre – Tuesday 13th July – 22nd August @ 7pm
- Ashbourne Community Centre – Wednesday 5th July – 30th August @ 7pm

To register contact Casey at ctryon@ireland.basketball

Games on the Beach Bettystown

Get the sunscreen ready as Games on the Beach returns once again to Bettystown on Wednesday 12th July!

This Games on the Beach programme will include a wide range of exciting new games and sporting initiatives including Beach Handball, Rounders and Beach Volleyball for children and teenagers.

Registration is €5 per person – places are limited so early booking is advised. Register [HERE](#)

**GAMES ON THE BEACH
BETTYSTOWN**
Beach Volleyball, Beach Handball & Rounders!

WEDNESDAY 12TH JULY
Children 8-12 yrs: 11am - 1pm
Teens 13-17yrs: 2pm - 4pm

Cost: €5pp

Scan QR code or see meathsports.ie to register!



Physical Activity

Inclusive Summer Camps

Inclusive Multi-Sport Summer Camps suitable for children with Autism or an Intellectual Disability. The camps will see a variety of sports and activities take place including GAA, Soccer, Badminton, Hockey & Basketball. We encourage participants' siblings to join in the activities also. All parents will be asked to remain for the duration of each day.

Camp 1: Age 5-12 Years

- Date: Tuesday July 25th – Wednesday July 26th
- Time: 11am-1pm
- Venue: Meath & District League Grounds Navan
- Cost: €10 per family

Camp 2: Age 13-17 Years

- Date: Tuesday August 1st – Wednesday August 2nd
- Time: 11am-1pm
- Venue: Meath & District League Grounds Navan
- Cost: €10 per family

To book the camp or canoeing or for more information please contact Terry Donegan on 046-9067887 or email tdonegan@meathcoco.ie

Inclusive Canoeing



Meath LSP and Ribbontail Paddlers Canoe club in Longwood are holding an Inclusive Canoeing session aimed at children with autism/ intellectual disability and their families. Places are limited for this session!

Date: Thursday July 27th; Time: 7pm-8:30pm
Venue: Ribbontail Paddlers Canoe Club, Longwood

FREE ONLINE FITNESS CLASSES!



No equipment needed suitable for all fitness levels!
Starting the 4th of July every Tuesday at 7.15pm for 6 weeks.

- Bodyweight exercises
- Aimed at beginners/ improvers but suitable for all levels
- Will help increase muscle strength
- Will increase fitness and heart health
- No equipment necessary



For more info and to book your spot for these free classes

Email: community@meathcoco.ie

Call: [046 9097400](tel:0469097400)



The Healthy Ireland Fund supported by the Department of Health



Come and Try Petánque

This is another game that falls into the category of boules sports. It's an outdoor game and the big difference with petánque is that you can play it on almost every terrain.

Meath LSP will pilot the game in 3 areas in Meath! You don't have to be a member of a group or active retirement so come along! Please see dates below. This will give the opportunity to groups/participants to learn the rules of the game and to continue playing amongst groups themselves.

- Oldcastle GAA Millbrook, Thursday July 13th at 11am
- St Colmcilles GAA Piltown, Wednesday 19th July at 11am
- Dunboyne Park, Friday 21st July at 11am





For many people festivals are the highlight of the summer. Drugs.ie want your festival experience to be as safe as possible and one to remember for all the right reasons.

Not everyone will use substances at festivals and it is always safest not to use drugs at all. However, we know that drug use takes place across nightlife and festival settings and we want to raise awareness of the current risks and encourage people to reduce the harm.

Click [HERE](#) for more info.

Alcohol and Drugs can Seriously Damage your Health and Wellbeing

The negative mental health & wellbeing effects can include:

- Depression
- Negative thoughts, feelings & behaviours
- Anxiety
- Low mood

The negative physical health & wellbeing effects can include:

- Heart problems
- Cancers
- Brain damage
- Weight gain
- Liver damage

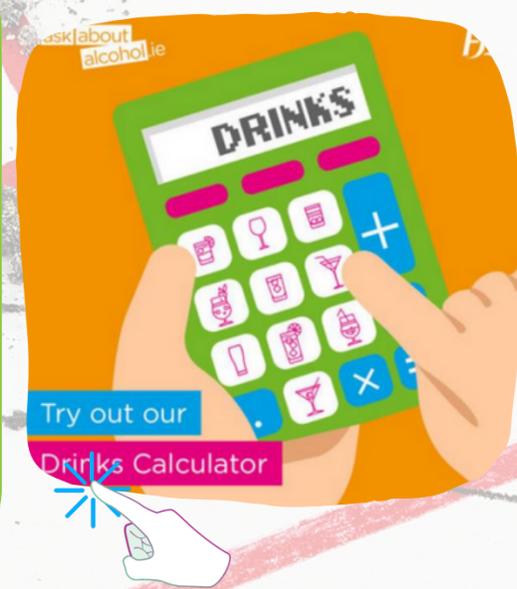


For more info on the harmful effects of drugs and alcohol scan the QR codes. If you are concerned about your health please contact your GP.



Are you curious about how much alcohol is in your favourite drink? Use the HSE's drinks calculator to find out how many standard drinks are in your beverage of choice, as well as the alcohol content and calorie count, in just a few simple steps.

Try the HSE's drinks calculator [HERE](#).



GAA clubs encouraged to become smoke and vape free clubs

Want to join the 60% of Healthy Clubs who have introduced the GAA Smoke & Vape Free Policy. The initiative provides outdoor and pitch-side signage designed to inform patrons that a club executive has implemented a Smoke and Vape Free policy for their club grounds.

For more info & to get involved click [HERE](#) or watch the video below!





Sexual Health

Be LonG To - Organisation

Growing up Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI+) is not always easy. Belong To are here to help you with information, support, and youth groups where you can meet other LGBTI+ young people who have similar experiences to you.

Getting the help and support you need is important. BeLonG To offer non-judgmental, confidential support. They are there for you.

You will find a lot of information on our website. You can also:

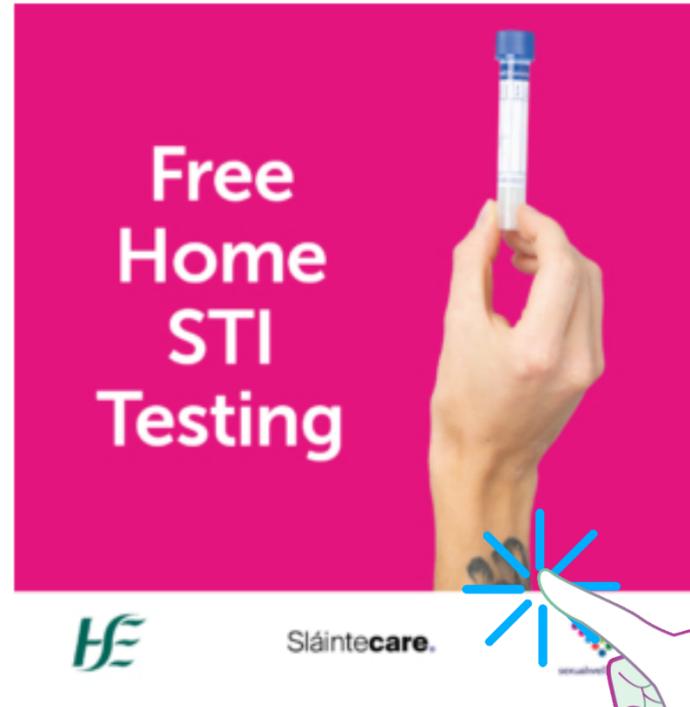
Call Us: 01 670 6223

Email: info@belongto.org

Visit Our Groups



Freely available sexual health supports



LGBT+ Visibility and Support - Adults

Outcomers LGBT Support Service is actively developing community services in Meath, Louth, Monaghan and Cavan. This summer we have two new Outreach Workers creating visibility for LGBT+ adults. We are keen to hear from LGBT+ adults in the community about their interest or need for information on sexual health, or community spaces for socialising and wellbeing, and older people who want to connect with our services.

Email outcomers.outreach@gmail.com or
Call Annie 085 139 3028 OR
Paul 085 139 3026





Older Persons

Meath Dementia service

What is the Dementia Adviser Service?

The Dementia Adviser service provides locally based, one-to-one information, signposting, and emotional support. This is a confidential and free service.



Who is the service for?

This service is for you if:

- you have dementia
- someone in your family has dementia.

We work with people of any age who have been diagnosed, or who are awaiting a diagnosis of dementia. This includes people with Alzheimer's and other forms of dementia.

People can contact us directly. We also welcome referrals from health and social care professionals.

How do I contact this service?

Your local Dementia Adviser is:

- Contact:** Danielle Timmons
- Phone:** 087 947 5037
- Email:** danielle.timmons@alzheimer.ie
- Area covered:** Meath

Nutrition Tips for Older Adults

Enjoy a variety of foods from each food group daily!

 Fruit & Veg	 Protein	 Take a Vitamin D (15µg) supplement daily - For bone & muscle health
 Healthy Fats	 Carbs	 Avoid using salt - Use herbs & spices for flavour
 Dairy	 Fluids	 Watch your weight - Unintended weight loss can be a sign of malnutrition
		 If you have a low appetite - Eat small amounts of high energy foods little and often
		 Mind your teeth - Visit your dentist regularly

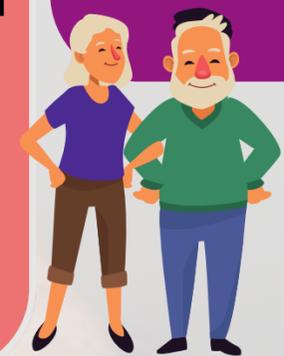
Age Friendly Meath | comhairle chontae na mí meath county council | hi Healthy Meath



MEATH BEFRIENDING SERVICE

Meath Befriending Service is a project run by Meath Volunteer Centre. Meath Befriending Service recruits and trains volunteers to visit people who are socially isolated. The Service is designed to alleviate the negative impacts loneliness can have on people and improve clients wellbeing through social interaction. All Meath Befriending Service volunteers are screened, Garda vetted and supported by professional staff.

For more info click [HERE](#)



As you grow older, it's as important as ever to eat well. This can help you to keep well and stay active. If you have a specific health condition, your doctor will advise you on the best diet for you. But if you're in good health, then follow the general healthy eating advice.



Spaces & Places

Gormanston Beach & Ben Head

With the sunny weather why not take a trip to Gormanston beach and Ben head! It is one of the most overlooked beaches in Meath, and it's well worth visiting if you fancy a nice long stroll.

It's sat right on the Meath/Dublin border and stretches for miles until it reaches Laytown, where you can cross the water at a little bridge.

The only disadvantage with Gormanston Beach is that parking can be very tricky when the weather is fine.



Workplace Wellbeing



HSE Health & Wellbeing Podcast

The discussion covers the background to the Healthy Workplace Framework – Healthy Ireland at Work, and why and how the recently launched Healthy Workplace Website will guide workplaces on the best things they can do to develop and improve the wellbeing of their staff.

Check out the new Healthy Ireland at Work website at: www.healthyworkplace.ie.

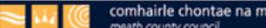
This website aims to be the one-stop-shop for everything you need to make your workplace a Healthy Workplace!



Healthy Meath Updates

Irish National Cancer Screening Programmes

	 <p>BreastCheck The National Breast Screening Programme</p>	 <p>CervicalCheck THE NATIONAL CERVICAL SCREENING PROGRAMME</p>	 <p>BowelScreen The National Bowel Screening Programme</p>
<i>Who?</i>	Women 50-69 years	Women & people with a cervix 25-65 years	Men & Women 60-69 years
<i>What?</i>	Breast X-ray (mammogram)	HPV cervical screening test	Faecal test (home test)
<i>When?</i>	Every 2 years	Every 3 years (25-29) Every 5 years (30-65)	Every 2 years

 comhairle chontae na mí
meath county council
 
 An tSeirbhís Náisiúnta Scaghadála
National Screening Service



Free Health Checks!



The Irish Heart Foundation will be providing FREE blood pressure and pulse checks in their Mobile Health Unit in the below locations across Meath throughout the summer!

- Trim Family Resource Centre - 26th of June
 - Fair Green Car Park Navan - 22nd of June & 7th of September
 - St Marys Church Car Park Navan - 29th of June
 - Laytown Parochial Hall - 18th of July
- NO APPOINTMENT NEEDED!



Healthy Meath have a number of different initiatives running which fall under the themes of positive mental health and prevention of chronic diseases.

Some recent highlights include:

- Health checks with the Irish Heart Foundation
- Promotion of National Screening Services
- Attending the Age Friendly Meath Event
- Organising Positive Mental Health Workshops in conjunction with Mental Health Ireland



For more info on Healthy Meath initiatives contact aisling.odonnell@meathcoco.ie



Healthy
Meath



Thanks for reading 😊

If you have something you would like to include in the next Healthy Meath Newsletter please email it to aisling.odonnell@meathcoco.ie