



# Healthy Meath Newsletter September/October 2023

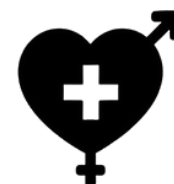
Hello everyone, welcome to the sixth edition of the Healthy Meath Newsletter!

Here you will be signposted to various Health and Wellbeing initiatives and online resources available throughout September/October

If you're thinking about making a change, and building a new health habit - there's no better time than September. Try make yourself a priority and improve your own health and wellbeing this Autumn with some tips from this Newsletter!



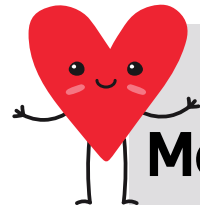
Healthy  
**Meath**



If you have something you would like to include in the next Healthy Meath Newsletter please email it to [aisling.odonnell@meathcoco.ie](mailto:aisling.odonnell@meathcoco.ie)



# In Focus for Sep/Oct



This September in association with Heart Month, Healthy Meath are launching our Free Health Checks Pilot Programme!



## FREE HEALTH CHECKS



Healthy Meath in collaboration with Kenlis and Lynch's pharmacies in Kells and McQuaid's pharmacy in Oldcastle are offering free health checks to members of the public including:

- Lifestyle assessment
- Blood pressure & pulse rate
- Waist circumference
- Cholesterol and blood sugars
- Personalised advice



**FOR MORE INFO OR TO BOOK YOUR FREE HEALTH CHECK CONTACT ONE OF THE BELOW PHARMACIES**

### KENLIS PHARMACY KELLS

(046) 924 7944

kenlis@totalhealth.ie

### LYNCHS PHARMACY KELLS

(046) 924 0515

lynchspharmacy@gmail.com

### MCQUAIDS PHARMACY OLDCASTLE

(049) 854 1138

mcquaidsparmacy@gmail.com



The Healthy Ireland Fund supported by the Department of Health



October 1st - 7th is National Breastfeeding Week!



### Breastfeeding: A good start in life

Information on breastfeeding your baby

Every breastfeed makes a difference

mychild.ie



Online breastfeeding support live chat allows you to communicate with a breastfeeding expert in real-time.

The service is available Monday to Friday from 10am to 3pm

LIVE CHAT

Breastfeeding offers your baby the best start in life and can be a very rewarding experience for you too.

The Department of Health currently recommends that infants are exclusively breastfed for the first 6 months of life.

There are lots of supports and services available for breastfeeding mothers in Ireland. We will highlight these throughout our Newsletter in support of National Breastfeeding Week!

### Breastfeeding support groups in County Meath

- Ashbourne Primary Care Centre
- Kells - Eureka House Tea Rooms
- Dunshaughlin Pastoral Centre
- Trim/Summerhill - contact for location
- Navan - Costa Coffee Johnstown Shopping Centre
- Dunboyne - The Oak Centre

Click [HERE](#) for full details



# Mental Health

## The Meath Mental Wellbeing Network

Healthy Meath in collaboration with SOSAD Ireland are launching The Meath Mental Wellbeing Network.



There are lots of groups, offering support and promoting positive mental health across County Meath.

Healthy Meath would like to gather all of that information and have it accessible in one place.



Please contact SOSAD for more info:

☎ 0833688886

✉ meathhif@sosadireland.ie

All groups and organisations are welcome to put their information forward and become part of the Network!

### Mindfulness with Monique

Thursdays 5th, 12th, 19th and 26 October from 7.30pm to 8.30pm in the Stamullen Parish Hall (K32 EY02)

Bring your own yoga mat and dress comfortably.



Turn2Me is a high-quality, safe, anonymous, and confidential space for you to gain support for your mental health online. They offer free counselling, support groups and a thought catcher daily mood diary.

### AnamCara ONLINE BEREAVEMENT INFORMATION EVENING FOR PARENTS

Tuesday, 5th September 2023 from 7pm

Our guest speaker for September is Peter McCartan. Peter has extensive experience of working with bereaved families when he worked as a Senior Medical Social Worker in Beaumont Hospital. Peter currently works as a family therapist and his talk will cover the Complexity of Grieving the death of our child, identifying the challenges and milestones we may face on that journey.

To register for this event, Click on this link: [Supporting Bereaved Parents](#)

If you would like more information about Anam Cara's Services and resources, including our monthly online or Face-to-Face parent groups, contact us on 085 2888 888 or [info@anamcara.ie](mailto:info@anamcara.ie) or visit our website [www.anamcara.ie](http://www.anamcara.ie)




**THE FEEL GOOD PROJECT**

**DULEEK**

All FREE to the public

12th, 19th, 26th Sept & 3rd, 10th, 17th Oct  
6 week programme | 7.30pm - 9pm

## Life Skills Programme

The programme is delivered over the course of six weeks in 90 minute sessions. With the help of a series of easy-to-follow worksheets and expert guidance from a trained facilitator at each session, you can learn how to better manage the stress of everyday life, recognise and manage unhelpful thoughts, learn new ways of thinking and ultimately begin the journey to a healthier and more confident life.

This programme is suitable for you if you are experiencing anxiety, mild to moderate depression or if you are simply looking to learn more about your mental health and how to look after it.



Before signing up, we ask that participants are available to attend all six consecutive weeks of this programme.

To book, please email [duleekdft@gmail.com](mailto:duleekdft@gmail.com)

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.



Mental Health Ireland





# Healthy Eating



## Nutrition Tips While Breastfeeding!



Follow the food pyramid to maintain a healthy diet & serving size



Stay well hydrated, drink plenty of water when you feel thirsty



If you need to, ask your partner or family member to help prepare food



Make sure that your food is properly cooked and stored correctly



Avoid alcohol until breastfeeding is routine. Always feed your baby first before alcohol



Limit caffeine to 6 cups of tea OR 2 instant coffees OR 1 filtered coffee per day



Avoid eating shark, swordfish and marlin, Limit your consumption of fresh & canned tuna



Keeping a food diary may be helpful to monitor any issues for you and baby



As a new Mum even though you will be very busy looking after your new baby, don't forget to eat regularly as this will help keep your energy levels up! Click here for some healthy snack ideas while Breastfeeding!

## This months recipe is Fish Pie from Safefoods 101 Square meals recipe book.



### Fish pie

This tasty dish is a great opportunity to try out new fish

Cod, herring, trout, mackerel and salmon are all suitable for this dish

#### Ingredients

- › 675 g of filleted fish
- › 1 onion, finely chopped
- › few drops of lemon juice
- › 150 ml of water
- › 275 ml of low-fat milk
- › 25 g of low-fat spread
- › 1 dstsp of plain flour
- › pinch of salt if desired
- › pepper
- › 8 potatoes, cooked and mashed
- › 40 g of frozen peas
- › 2 carrots, chopped

Serves 2 adults and 2 kids



Preparation time 30 minutes



Cooking time 35 minutes



#### Utensils needed

- Casserole dish
- Saucepan
- Measuring jug
- Vegetable peeler
- Chopping board
- Chopping knife
- Potato masher
- Wooden spoon



#### Method

1. Skin the fish and cut into 4 pieces. Wash in cold water.
2. Place in a saucepan with the onion and lemon juice. Add the water and milk. Cover and cook gently for 10 minutes.
3. Drain the fish, saving the cooking stock.
4. Preheat an oven to 200°C / 400°F / Gas Mark 6.
5. Melt the low-fat spread in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball. Remove from heat and add fish stock gradually, stirring continuously. Bring to the boil, reduce heat and cook for another 2 minutes, still stirring.
6. Grease a casserole dish and add a little sauce. Place fish in the dish and cover with the salt and pepper, remaining sauce, peas and carrots.
7. Spoon the mashed potatoes over the filling.
8. Place the casserole dish in the preheated oven and cook for 20 minutes or until piping hot and browned on top.

Download safefoods 101 Square meals recipe book [HERE!](#)



Free Nutrition workshop with Healthy Meath and the Feel Good Project in Duleek  
24th Oct from 7pm to 9pm  
Email [duleekdft@gmail.com](mailto:duleekdft@gmail.com) to book your spot



## Community Sports Hub Navan



The Community Sports Hub Navan runs a range of sports programmes, camps, and events. These programmes are completely free of charge and open to everyone!

- Buggy Buddies: physical activity programme for parents and carers of new babies and toddlers
- Active Women: physical activity and circuit training programme for Women 18+
- Mature movers: physical activity programmes for older adults 55+
- Childrens' programmes: Olympic Handball, Basketball, Hockey, Tag Rugby, Dance, Football and much more
- Youth programmes: Olympic Handball, Basketball, Pickleball, Football, Dance and much more

Autumn programmes and timetables will be announced soon, for full details of all programmes visit the Community Sports Hub webpage [HERE](#)

**Men on the Move** returns to 5 areas in September; Bettystown, Navan, Trim, Oldcastle and Ashbourne. Men on the Move is a 6-week exercise programme designed for men 30yrs+, to improve their overall health & physical fitness. For more info Click [HERE](#)



## Learn 2 Cycle Ashbourne



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.

Date: Thursdays September 14th – October 19th

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Ashbourne Community School

Cost: €15

To book a place, please contact Terry on 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



**0-3k Walk to Jog Programmes** return for Autumn/Winter! anyone who wants to increase their daily activity and is suitable for both **MEN** and **WOMEN** over 18yrs+ and all fitness levels Cost is €20 for 6 weeks. Booking is essential.

For more info Click [HERE](#)

## Mastering Midlife Workshop



Mastering Midlife returns for 2 evenings in November. The workshop is ideal for all women from 35+ years, who are wondering how peri-menopause and menopause is affecting them mentally and physically and how making small changes can increase energy levels, improve sleep & mood and decrease weight gain.

Cost of 4 hour online workshop is €20 – places are limited so early booking is advised.

Taking place on Wednesday 15th & 22nd November from 7pm-9pm. To register Click [HERE](#)

## Pregnancy Pilates

Pregnancy Pilates class will focus on a wide range of exercises to maintain and improve your physical and mental health during your term as well as preparing your body for labour. The structured programme focuses on strengthening muscles, promoting flexibility, and stabilising the pelvis to help reduce back pain.

This online ZOOM class allows you to take part from the comfort of your own home while receiving the full engagement from our qualified tutor. Starting Wednesday 4th October at 7.15pm online.

Cost is €15. REGISTER [HERE](#)

## Family-friendly picnic 'n' ride on the Boyne Valley to Lakelands County Greenway

Navan Cycling Initiative are joining up with Drogheda Cycling to organise a family-friendly picnic 'n' ride on the Boyne Valley to Lakelands County Greenway.

The total distance is around 15 kilometres and is very flat.

We'll start at Blackwater Park, where free parking and toilets are available. From there we'll head along the Greenway to Doughty's garage at Wilkinstown for a picnic which has picnic tables and toilets, and will be directly connected to the Greenway, making it an ideal pit-stop!

When: Sunday, September 24 · 11:30am - 2:30pm  
IST

Where: Blackwater Park Navan

[Register for FREE here](#)



Stick this beside your desk to get moving during the day!



Making small changes can go a long way in improving your heart health.

**Escape Your Chair! Get up and get moving a minute each hour**

SUN	MON	TUES	WED	THURS	FRI	SAT
	SHOULDER PRESS	JUMPING JACKS	SIDE ARM EXTENSION	NECK TURN	MARCH ON SPOT	
	HEEL RAISE	SHOULDER ROLL	SQUAT	FRONT ARM EXTENSION	STAND ON ONE LEG	
	FORWARD LUNGE	HIGH KNEES	HEEL TAPS	WRIST CIRCLES	BICEP CURL	
	TIGHTROPE	JUMP SQUAT	MOUNTAIN CLIMBER	SIDE LUNGE	HIP ROTATION	

[www.EscapeYourChair.ie](http://www.EscapeYourChair.ie)

Registered Charity CHY 5507 Registered Charity Number (RCN): 20008376

## NextBike by TIER and Meath County Council available in Navan!



Users can use the nextbike by TIER app to choose between the 25 push-bikes and the 25 e-bikes to get to work, see friends or just go for a bike ride.

Users must park the bikes at bike racks around the town centre. When travelling further away from the centre they can park the bikes to the side of the pavement, not obstructing any pathways, doors or stairways, in so called 'flex zones'.

E-bikes cost €1.50 / 30min. Push-bikes cost €1 / 30min. E-cargo-bikes cost €1.50 / 30min. Details of mandatory parking racks, parking bays and flex zones can be found in the nextbike by TIER app. All journeys need to be started and finished within the flex zone at one of the parking bays or selected bike stands.

[Download the TIER app HERE](#)



New in person clinic locations in Navan, Kells & Trim

# MEATH YOU CAN QUIT



## 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 an HSE stop 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](http://QUIT.ie)

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



### THE RISE FAMILY PROGRAMME

A 10-week Online Family Program to create awareness and educate individuals in Cavan, Monaghan, Louth & Meath with loved ones experiencing addiction and substance misuse issues.

### DOES SOMEONE YOU LOVE HAVE ALCOHOL OR/AND DRUG ISSUES?

We know how difficult this is. FASN are hosting the highly recommended Family Educational Program for Family Members developed by the The Rise Foundation, which offers practical support, relevant education, coping strategies and the opportunity for people to connect through their shared experiences.



### OUR PROGRAMME SCHEDULE

There are 3 separate online programs beginning

MONDAY 9TH OCT 2023  
TUESDAY 10TH OCT 2023  
THURSDAY 12TH OCT 2023  
FROM 6.30PM TO 9.30PM

TO REGISTER, EMAIL [INFO.FASN@GMAIL.COM](mailto:INFO.FASN@GMAIL.COM) OR CALL 0879046405

### Trusted Education

This FREE online therapeutic program is run one evening per week, for 3 hours per session. Each program is attended by up to 10 participants and is facilitated by 2 qualified and experienced RISE addiction counsellors. The format is a combination of lectures and group therapy. Sponsored by CYPSC LOUTH & MEATH & HSE



[WWW.FASN.IE](http://WWW.FASN.IE)



# Sexual Health

## spunout's text message support service

spunout  
text about it

Do you need someone to talk to right now? spunout's text message support service 'Text About It' is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support for mental health and wellbeing.

- Free-text SPUNOUT to 50808 (ALL MAJOR NETWORKS)
- Text SPUNOUT to 0861800280 (48/AN POST/CLEAR MOBILE)

## Tracking your Menstrual Cycle

Tracking your menstrual cycle can be a helpful way of understanding your body and emotions. There are apps available where you can track your cycle, but you can also track your menstrual cycle yourself using a calendar or diary. Your menstrual cycle begins the first day you bleed on your period. You may have spots of blood or a dark brown discharge the days before your period, but mark Day 1 of your cycle as when a continuous flow begins.

[Continue reading this article HERE](#)



## Freely available sexual health supports!



Sláintecare.



What You Need To Know About Contraception

sexualwellbeing.ie Plain English Approved by NMA hi healthy Ireland



**LGBT IRELAND**

For Inclusion  
For Equality  
For Everyone

### NATIONAL LGBT+ HELPLINE

freephone 1800 929 539

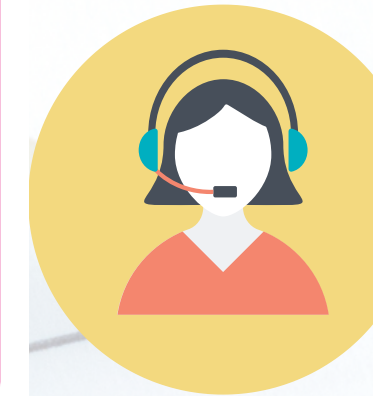
Monday to Thursday: 6:30pm to 10:00pm,

Fridays: 4:00pm to 10:00pm,

Weekends: 4:00pm to 6:00pm

Out of Hours:

Freephone the Samaritans on 116-123 24/7 and 365 days a year.



LEARN MORE

FIND SUPPORT IN YOUR AREA  
LGBT+ YOUTH GROUPS – Please contact individual groups of interest to you.

[Click HERE](#)





# Older Persons

## Options for Care



### Self care

Colds  
Sore throats  
Hangovers

Take care of minor ailments at home with a first aid kit and a well-stocked medicine cabinet.



### Pharmacy

Headaches  
Tummy aches  
Coughs

Ask your local pharmacist for advice on common minor illnesses.



### GP Surgery

Feeling ill  
Back pains  
Ear aches

Make an appointment with your GP if you're feeling unwell and it is not an emergency.



### Local Injury Unit

Minor injuries  
Broken bones  
Burns

Get treatment for minor injuries, broken bones, dislocations and burns.



### Out of Hours GP

GP Service outside normal clinic hours

If you urgently need to see a GP outside of normal hours, contact your local GP out-of-hours service.



### ED or 999/112

Choking  
Chest pains  
Breathing problems

Visit an ED or call 999 or 112 if someone is seriously ill or injured and their life is at risk.

When care is needed, consider all the options.



There are lots of other **Active Retirement Groups** In County Meath to search for your local one [click HERE!!](#)



## Ashbourne Senior Citizens



There is a very active senior citizens group in the parish who meet during weekday mornings in the day centre close to the credit union.

Apart from the regular morning activities the group go on day trips and organized holidays and breaks over the year.

Week activities: 10.30a.m. to 1.30p.m.

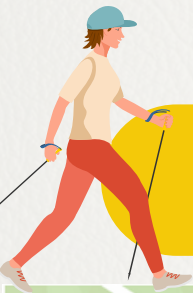
- Monday: Exercise & movement, curling and skittles.
- Tuesday: Computer classes
- Wednesday: Coffee morning at the Ashbourne Court. Aerobics at Jackie Skelleys.
- Thursday: Tea, Chat, Cards & Bingo.

Why not drop in and make new friends. All Welcome. Contact: Ann Moore, 086 350 9900

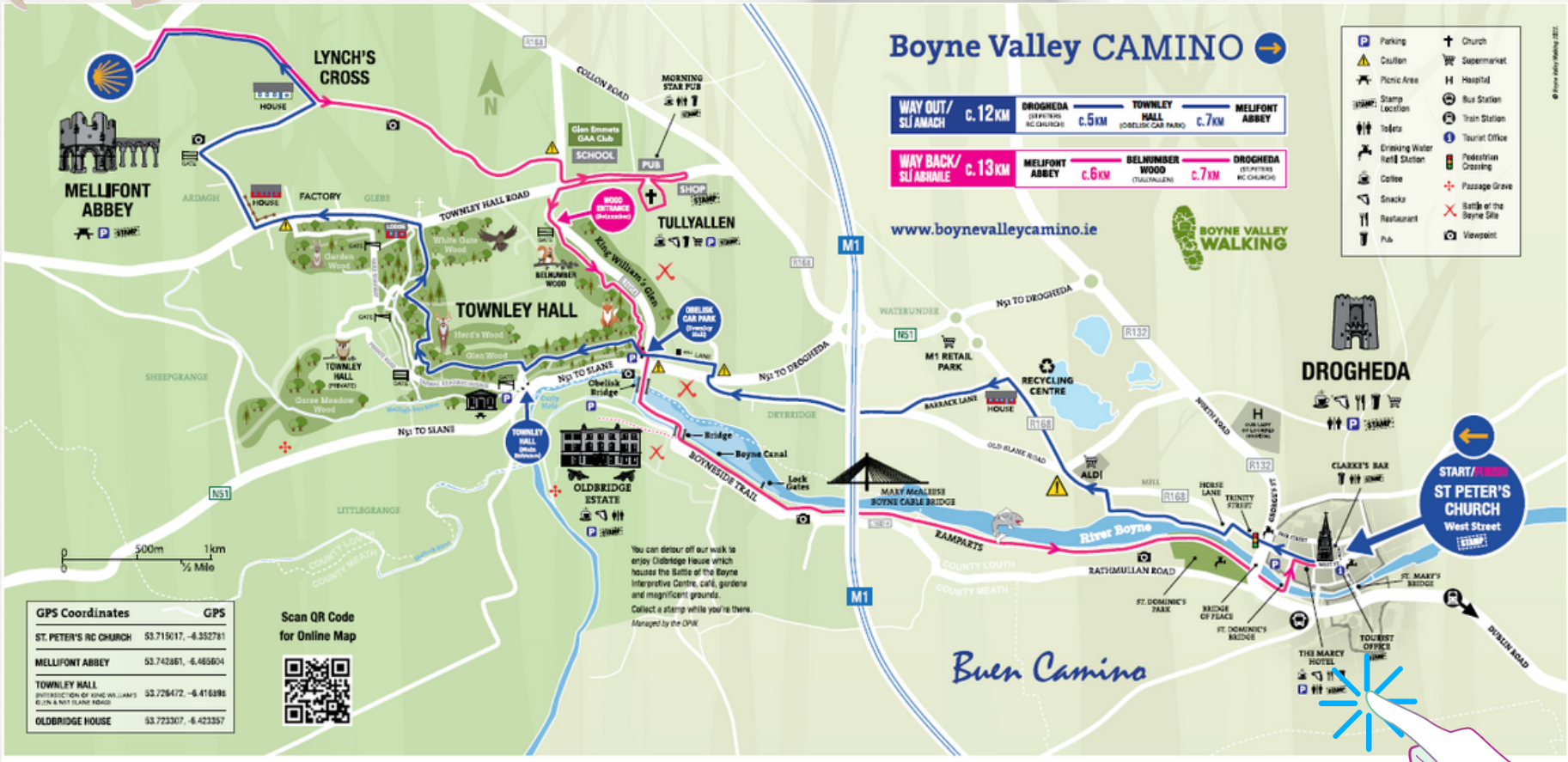
## Mature Movers returns in September!



The 6-week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities. Cost: €30 for 6 weeks. Places are limited, Please contact Ruairí to book a place on 046-9067887.



## Walk the The Boyne Valley Camino!



The Boyne Valley Camino is a self-guided, 25km looped walk from Drogheda, which forms part of the Celtic Camino series. It was created by the Boyne Valley Walking and Drogheda Walks teams.

The walk goes along the Boyne, through beautiful Townley Hall woods, via two OPW sites of Mellifont Abbey and Oldbridge House, through the village of Tullyallen, along the Boyne Canal, and returns to Drogheda along the stunning Boyneside Trail. Download a Boyne Valley Camino Map and Guide by clicking on the image above!



## Breastfeeding Info for Working Mothers!

If you are working and breastfeeding your baby, you are entitled to take time off work each day to breastfeed. This applies to all women (or birthing parents) in employment who have given birth within the previous 2 years (104 weeks).

At the choice of your employer, you are entitled to:

- Breastfeed in the workplace or express breast milk, where suitable facilities are available in your workplace, or
- Have your working hours reduced (without loss of pay) to facilitate breastfeeding where suitable facilities are not available.
- If you are working and breastfeeding, you are entitled to take 1 hour off work (with pay) each day as a breastfeeding break for up to 2 years (104 weeks) after birth.
- This time may be taken as: One 60 minute break; Two 30 minute breaks OR Three 20 minute breaks



Breaks may be longer and more frequent if agreed between you and your employer. Check with your employer what their policy is.

**MORE INFO**



Part-time workers are also entitled to breastfeeding breaks, calculated on a pro-rata basis.

# Healthy Meath Updates

## Simonstown Gaels GFC are SunSmart!

Simonstown Gaels GFC are taking part in the SunSmart pilot programme!



Please use the sunscreen at the front of the club and beside the outdoor toilets to protect yourself from the harmful rays of the sun.

We would also encourage all members to scan the QR CODE on the display board and take the quick survey!



**When Stroke strikes, act F.A.S.T.**

**FACE** Has the person's face fallen on one side? Can they smile?

**ARMS** Can the person raise both their arms and keep them there?

**SPEECH** Is the person's speech slurred?

**TIME** To call **112** or **999** if you see any single one of these signs.

[irishheart.ie](http://irishheart.ie)

Members of Simonstown Gaels GFC took part in the Sunsmart Pilot Sunscreen Dispenser Programme.

Healthy Meath held a FAST awareness information stand in Meath County Council to support staff to be Stroke aware. Thanks to The Irish Heart Foundation for providing the resources!



Healthy Meath in collaboration with Navan Womens Shed ran a Healthy Lifestyle programme throughout the summer including health checks, nutrition workshop and a pilates course. Well done to all who took part.



Healthy Meath in partnership with The Irish Pharmacy Union & Roche Diagnostics launched our Chronic Disease Risk Management Programme in Kenlis and Lynchs Pharmacies in Kells and McQuaids Pharmacy in Oldcastle. This pilot will commence on September 4th!

# Healthy Meath Updates



Members of Comhairle na nÓg Meath and Prosper Meath have been busy this summer working on their collaborative positive mental health video project which Healthy Meath are also involved in. We are very excited to see the final version which will be launching on the 26th of October!

Meath Travellers Workshop Youth Justice Project group have had a busy summer doing lots to support both the mental and physical health of Young Travellers. The girls group took part in a 7-week swimming program at the pop-up pool in Oldcastle and attended a HER MOVES beach day. The boys got in on the beach action also where they participated in beach volleyball and Orienteering. Both groups completed a 3-day sports leadership program with Meath Sports partnership. A great summer of fun, sport and friendship was had by all involved. Healthy Meath are delighted to have supported this initiative!



Healthy Meath recently collaborated with Meath Befriending Service & Teach Mná to provide a Nutrition Workshop for clients. The workshops primary goal was to educate the clients about the significance of nutrition in their daily diets. The event had a large attendance and received positive feedback. Clients were treated to a wealth of valuable information, including healthy recipes and practical tips. These insights are intended to seamlessly integrate into their everyday diets. Notably the workshop featured the expertise of Nutritionist Sinéad Griffin who shared her collection of convenient and nutrition recipes.



Healthy  
**Meath**



Thanks for reading 😊

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