



Healthy Meath Newsletter

April/May 2024

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

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

With the days getting longer there are plenty of opportunities across the County to improve our Health and Wellbeing. Remember a little progress each day adds up to big results!



Healthy
Meath



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



CommUnity Connects Consultation Invite

Shaping a Resilient Future Together –
Your Input is Key!



Event Details

Location	Date	Time
Ardboyne Hotel, Navan	1/5/24	10am-12pm
Online via Zoom	2/5/24	7pm-8.30pm



What to Expect?

- Engaging discussions about mental health and wellbeing.
- Opportunities to share your thoughts and ideas.
- Collaborative brainstorming sessions to shape the 'Community Connects' initiative.
- Tea/Coffee & Scones on arrival followed by a light lunch (in-person events only)

Why you should attend!



This event is your chance to play a crucial role in developing a community initiative dedicated to supporting mental wellbeing. Whether you have innovative ideas to contribute, or simply want to learn more about our exciting new initiative, your presence will make a difference.



If you are a community volunteer and are interested in attending please RSVP by emailing healthymeath@meathcoco.ie or calling **0469097400** by the 17th of April

Healthy Meath Microfund 2024



The Healthy Meath Micro Fund supports communities and voluntary groups wishing to undertake specific Health and Wellbeing Projects under 2 relevant categories:

1. Promote and improve healthy lifestyle behaviours to reduce the risk of chronic disease
2. Promote and improve positive mental health in the community

Minimum grant- €500
Maximum grant- €2,000

Applications will be opening soon.

Keep an eye on Meath County Councils social media or send an email to healthymeath@meathcoco.ie to receive a link to the application form.



healthymeath@meathcoco.ie



046 909 7400





In Focus for Apr/May



Healthy Meath

20th- 26th of May



By offering our time and skills to support the needs of others, we not only strengthen our communities, but also deepen our own sense of belonging and connection.

Click [HERE](#) to find out more!



Make a positive impact in the lives of older people in Meath by volunteering for AgeWell.



Volunteers
needed

**VOLUNTEERS
NEEDED**

Join us in sharing kindness to others!

JOIN US!

agewell
Live Well, Age Well



agewell@thirdageireland.ie



087 318 6710 (Paul)
087 350 3362 (Annmarie)



Mental Health



Healthy
Meath

All FREE to the public

THE FEEL GOOD PROJECT

APRIL CLASSES

The Healthy Ireland Fund Supported by The Department of Health

The Art of Managing Stress & Anxiety	The Art of Self Care
Tuesdays 2nd & 9th April 7.30pm - 8.30pm in Duleek Courthouse	Tuesdays 16th & 23rd April 7.30pm - 8.30pm in Duleek Courthouse
Thursdays 4th and 11th April 7.30pm - 8.30pm Stamullen Parish Hall	Thursdays 18th & 25th April 7.30pm - 8.30pm Stamullen Parish Hall
Book your class through eventbrite only	

The Art of Managing Stress & Anxiety

BOOK NOW

The Art of Self Care

BOOK NOW



THE FAMILY RESOURCE CENTRE
COMMONS RD, NAVAN

Nurture Corner **For 9-12 years**

Starting Friday 12th April at 3.30pm-4.30pm

Nurture Corner provides a quiet space for children experiencing anxiety or social difficulties. It provides them with opportunities to explore their world, helping them to develop confidence and resilience.

Contact [0469073178](tel:0469073178) or via FB [messenger](#) to book a space



PARENTS PLUS Working Things Out

An evidence-based CBT programme for adolescents, aged 11 to 16), promoting positive mental health and teaching coping skills to overcome specific problems.

Working thing 6-week course taking place:
Wednesday 10th April-15th of May

It will take place in East Coast Family Resource Centre,
The course will be facilitated by Victoria O Donoghue and Kim Grenham
For more information or to reserve your place, please contact: 087 3488669

ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.
www.parentsplus.ie

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





Mental Health



Supporting Children and Young People with Bereavement and Parental Separation

The Rainbows programmes will start in 5 Strand Haven on Thursday the 11th of April from 4pm to 5pm for Rainbows Level 2 Separation Age Group (9-10 year olds).

The Rainbows Programmes provide

- A 9-week listening, group support programme for children and young people following a bereavement or parental separation.
- Children and young people of a similar age
- Separate groups are formed for Bereavement and Parental Separation
- Rainbows is not counselling or professional therapy.

For further enquiries or to enrol your child:
Please Contact East Coast Family Resource Centre on 0419812230/0876443364



THRIVE Project



Enjoy activities and games to build emotional and mental fitness

Ages: 8-12
13+

With Sue Mullen of The Thrive Project
Location: Prayer Room

Contact FRC on 0876443364

- Understand emotions
- Calming the mind and body
- Emotional Freedom Technique (EFT)
- Build a mental fitness 6 pack



TRIM FAMILY RESOURCE CENTRE

Spring & Summer 2024 Newsletter



Family Carers Ireland

No one should have to care alone

National Freephone Careline
1800 24 07 24

www.familycarers.ie



my mental health always matters



PARENTS PLUS
Healthy Families

A parenting course promoting healthy living.

For more information or to reserve your place for
8th April 24
Please contact East Coast FRC:
041-9812230/ 087-6443364



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Mental Health Ireland





Healthy Eating



Enjoy these delicious chocolate banana oat muffins! Click [HERE](#) for full recipe.

Ingredients

- 3 very ripe bananas
- 2 cups old fashioned rolled oats
- $\frac{3}{4}$ cup milk*
- 1 egg
- 1 tablespoon baking powder
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{3}$ cup dark chocolate chunks or chips

Instructions

1. Preheat oven to 350 degrees F. Grease a 12 cup muffin tray.
2. Combine the bananas, oats, milk, egg, baking powder, vanilla, cinnamon, and salt in a blender and blend for 30 seconds to 1 minute or until oats are fully broken down. The batter should be smooth.
3. Spread the batter out evenly across the muffin cups (about $\frac{1}{2}$ cup in each).
4. Top with the chocolate chunks.
5. Bake for 30 to 35 minutes or until the center of the muffins has set and the edges are a golden brown.
6. Allow muffins to cool for 5 minutes before removing them from the tray.



Monday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Portion tip:
A five year old
needs about 1/3
the food an
adult does

Breakfast

- A bowl of high fibre breakfast cereal with low fat milk and small glass of fruit juice



Lunch & Morning Snack

- 2 slices of wholemeal bread with cooked ham and lettuce
- 6 cherry tomatoes, cream cheese and small tub of stewed fruit



Afternoon Snack

- Kiwi



Dinner

- Family shepherd's pie



Recipe

Family shepherd's pie

Serves 4 Adults

Ingredients

- 900g / 2lb potatoes, peeled and diced
- 300g / 10oz. carrots, peeled and sliced
- 100g / 4oz. onion, peeled and chopped
- 450g / 1lb lean minced beef
- 1 x 400g / 14oz. tin of chopped tomatoes

Method






1. Preheat your oven to 180°C / 350°F / Gas Mark 4
2. Cook the potatoes and carrots in boiling water until tender (around 20 minutes)
3. Meanwhile heat vegetable oil in a small saucepan and cook the onion until softened
4. Add the minced meat to the onion, cook and season, stirring occasionally, until browned all over. Drain off any excess fat
5. Add the tinned tomatoes. Cover, bring to the boil and then simmer for about 20 minutes, then transfer to a casserole dish
6. When the potatoes and carrots are cooked, drain them and return to the saucepan. Mash the potatoes and carrots together with a potato masher or potato ricer until smooth
7. Spoon the carrot and potato mixture on top of the minced meat mixture and bake in the pre-heated oven for 30 minutes or until the top starts to brown.

Vitamin D supplements are essential for bone and muscle health

People in Ireland do not get enough vitamin D from their diet or from the effect of sunlight on their skin. The Department of Health recommends vitamin D supplements for everyone. The amount you need depends on your age, skin tone, your situation and the time of year.



Recommended daily vitamin D supplements

	How much per day	When to take
 Infants 0-12 months	5 micrograms (µg)/200 IU	All year round if breastfed exclusively or if taking less than 300ml of infant formula per day
 Children 1-4 years	5 micrograms (µg)/200 IU	During the winter months (Halloween to St Patrick's day)
 Children 5-12 years	10 micrograms (µg)/400 IU	During the winter months (Halloween to St Patrick's day) or all year round for those with reduced sun exposure or darker skin tone
 Teenagers and adults	15 micrograms (µg)/600 IU	During the winter months (Halloween to St Patrick's day) or all year round for those with reduced sun exposure or darker skin tone and every day during pregnancy
 Older adults Over 65 years	15 micrograms (µg)/600 IU	All year round

Check with your pharmacist or healthcare professional to ensure that you are taking the right supplement.



Did you know Vitamin D is vital to bone health, muscle movement and nerve connections to the brain.

Click [HERE](#) to know where you can get vitamin D from and how much you should be getting each day for optimum health.

HOW?

Don't know HOW to kick start your healthy eating journey?

WHAT?

Don't know WHAT to prepare or how to plan your meals?



Just click on the link for a START 5 day meal planner



Healthy Eating

Why meal planning is good for your health

-  You buy the food you need
-  Helps you avoid treat food
-  You avoid special offers
-  Helps reduce food waste
-  Helps you save money

Find out more at safefood.net/transform






How to tell if food is low in salt, sugar and fat

	Green is low	Amber is medium	Red is high
	Per 100g		
Fat	3g or less	3g to 17.5g	Over 17.5g
Saturated fat	1.5g or less	1.5g to 5g	Over 5g
Sugars	5g or less	5g to 22.5g	Over 22.5g
Salt	0.3g or less	0.3g to 1.5g	Over 1.5g

Find out more at safefood.net/transform



How to read nutrition labels

-  High in fibre means 6g or more per 100g
-  Low in fat means 3g or less per 100g
-  Low in sugars mean 5g or less per 100g

Find out more at safefood.net/transform



MEASURES, INTRO & CONTENTS	BREAKFAST	SOUPS	BEEF, LAMB & PORK	FISH	CHICKEN & TURKEY	VEGETARIAN	SNACKS & LIGHT MEALS	SALADS	DESSERTS
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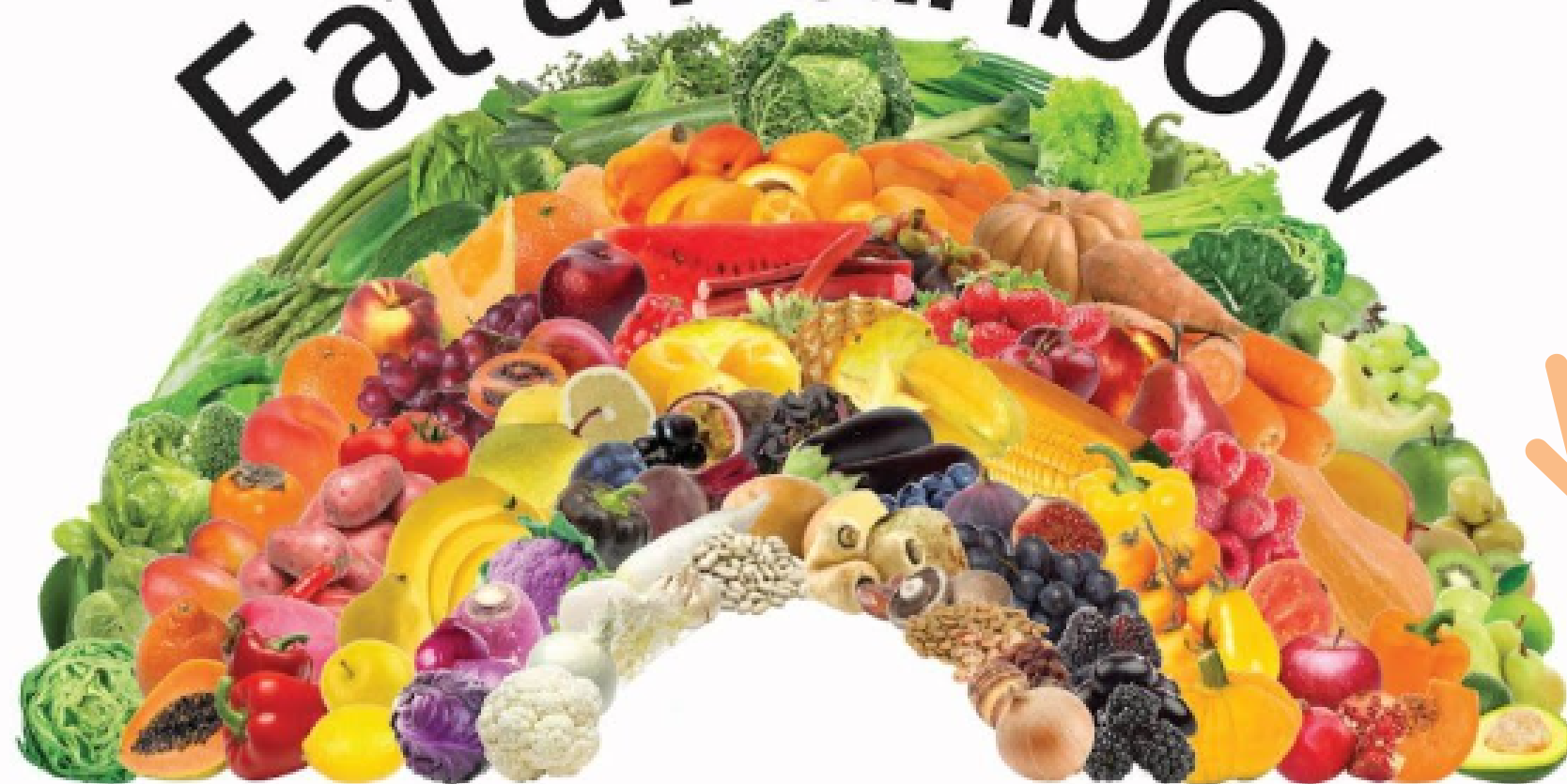


101 Square Meals

Easy recipes for everyday life



Eat a Rainbow





Get started on your fitness journey with the free HSE Strength and Conditioning Videos available [HERE](#)



Social Running 0-3k 3-5k

Want to increase your daily activity and fitness levels?

Join this 6 week programme. The programme will be led by qualified coaches who will guide and support you step by step to help you go from walking to jogging to finally running. Great way to make new friends and socialise with others!

REGISTER



Strength and Conditioning for Beginners Session 1

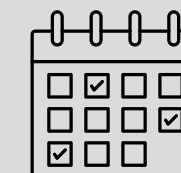


Did you know you only have to be active for 10minutes a day to see benefits to your health!



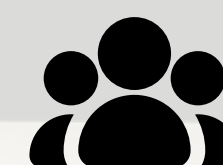
Where?

Navan, Tara, Trim, Enfield



When?

Starts Monday 8th April



Who?

Men and women 18+



Badminton for Teens & Adults – Coláiste na hInse, Bettystown.

Teens (boys & girls 10-17yrs) - Wednesday 5pm

Adults (men & women 18+) - Wednesday 6pm

Badminton is a great sport and an ideal way to gain fitness and play socially. This programme is led by qualified Badminton Ireland Coaches and ideal for complete beginners and improvers. Places are limited, early booking is advised.

For more details and to register, please email

lodowd@meathcoco.ie



Women on Wheels

Would you like to improve your cycling skills?

This 6-week programme includes Bike Maintenance, Bike Safety, Bike Handling Skills and learning to cycle as part of a group. There will also be weekly bike spins between 10k – 30k to increase stamina and bike fitness.



Wednesday 15th May at 7pm.

Cost is €20 and places are limited so early booking is advised.

For more details and to register, please email lodowd@meathcoco.ie

Bike Maintenance Workshop - Navan

Meath LSP are once again offering a Bike Maintenance workshop for men and women, this simple M Check Bike Maintenance Workshop could save you time and money. Cost is €5 and includes a puncture repair kit. The workshop concentrates on Gears (front & back), Brakes, Tyres, Puncture Repair, Headset and Cranks.

Monday 13th May at 7pm.

For more details and to register, please email lodowd@meathcoco.ie



Activator Poles

Activator Poles have been developed by therapists in Canada for people who have balance concerns or mobility issues but want to fitness walk. The poles are used in a forward position, provide stability, support and confidence to people worried about their balance or falling and enables them to get up and get going with a purpose again. Activator Pole walking focuses on promoting long term fitness and independence through increasing balance and functionality.

Activator Poles Navan

Date: Thursdays April 11th – May 16th

Time: 11am-12pm

Duration: 6 weeks

Venue: Blackwater Park

Cost: €30

Activator Poles Gibbstown

Date: Mondays April 8th – May 6th

Time: 11:30am-12:30pm

Duration: 6 weeks

Venue: Doughtys Park Beo (C15EY0P) Greenway

Cost: €30

Activator Poles Laytown Beach

Date: Fridays April 12th – May 17th

Time: 11am-12pm

Duration: 6 weeks

Venue: Laytown Beach (Gilna's Cottage Inn)

Cost: €30

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

Community Sports Hub Navan – Come & Try Olympic Handball for Adults

Starts Wednesday 1st May in St Stephens NS 8-9pm

Olympic Handball is a fun game based on throwing a ball and moving around a court. Points are scored by throwing the ball into the goal.

Due to the rules and nature of the game and the small court size, Olympic Handball is suitable for all abilities, skills and fitness levels.

For more information or to book a place, contact Una at upearson@meathcoco.ie.





Smoking, Alcohol & Drug Supports



Healthy Meath

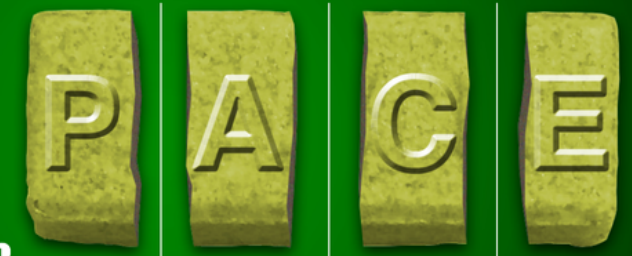
**WORLD NO TOBACCO DAY
31ST MAY**

Drug Related Intimidation Programme

Choose your pathway and help yourself or your loved ones to find the right path to help.

Click [HERE](#) for more info.

Start low and go slow...



What's in the powder?



SUPPORT

INFORMATION

CONFIDENTIAL

ADVICE

NON - JUDGEMENTAL

REFERRALS

OPTIONS

YOUR CHOICE

Other relevant information on drug use to become aware of for students.



The year you QUIT for good

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

The service offers FREE stop smoking medication and support on your quit journey from an HSE stop smoking advisor.

You are 5 times more likely to quit for good with our help.

Weekly in person clinics across Co. Louth and Meath, by appointment only:

Louth

Drogheda: Wednesday
Dundalk: Friday

Meath

Navan: Monday
Trim: Thursday
Kells: Friday

How: In person or phone call appointments available

Contact: NEQuit@hse.ie
Louth: Mark 087 266 7685 or Madeline 087 236 3040
Meath: Kate 087 451 2808





Smoking, Alcohol & Drug Supports



Healthy Meath

HSE Drugs and Alcohol Helpline

FREE HELPLINE- 1800 459 459

EMAIL- helpline@hse.ie

This is a free confidential service where you can talk about concerns relating to drugs and alcohol whether that is about yourself or a loved one. You will get information about services available and tips on what is the best thing to do.

Don't be afraid to reach and get the help needed!!!



Know your limits!

**LESS THAN 17
STANDARD
DRINKS PER
WEEK**



**LESS THAN 11
STANDARD
DRINKS PER
WEEK**



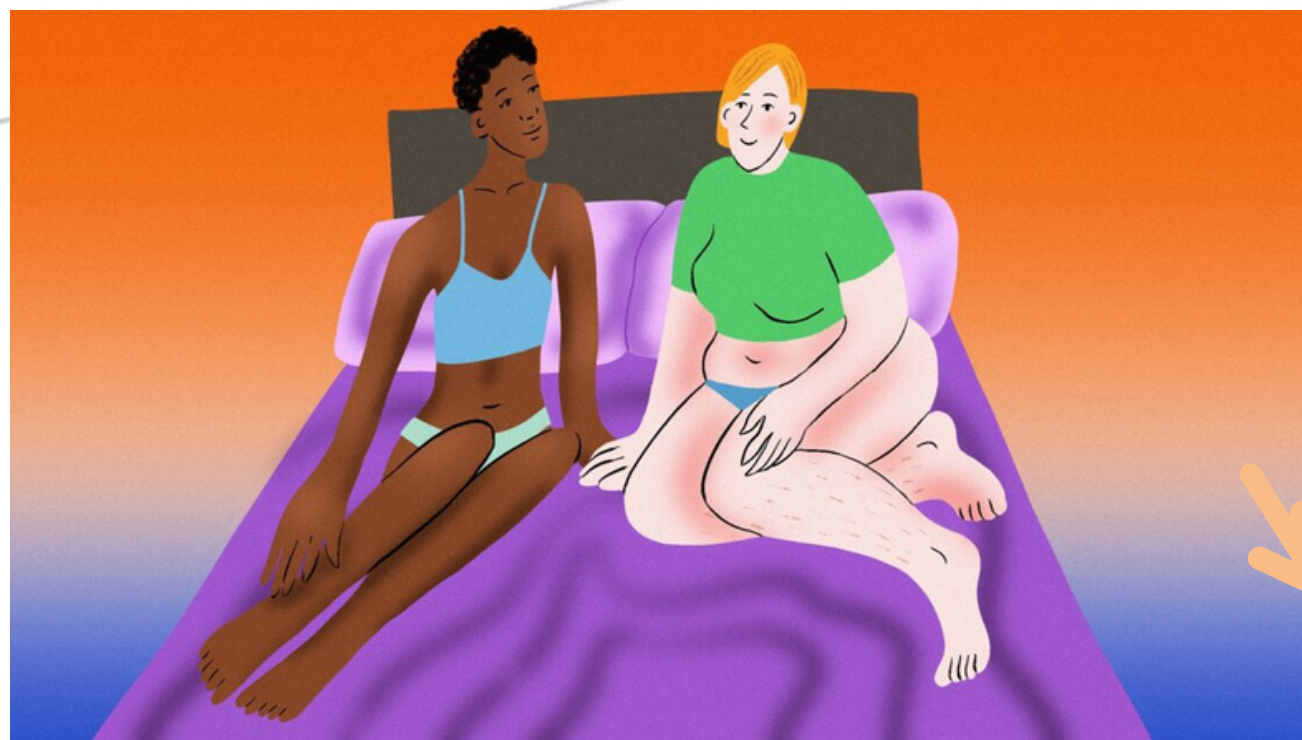
**1 SMALL GLASS
OF WINE = 1
STANDARD
DRINK**



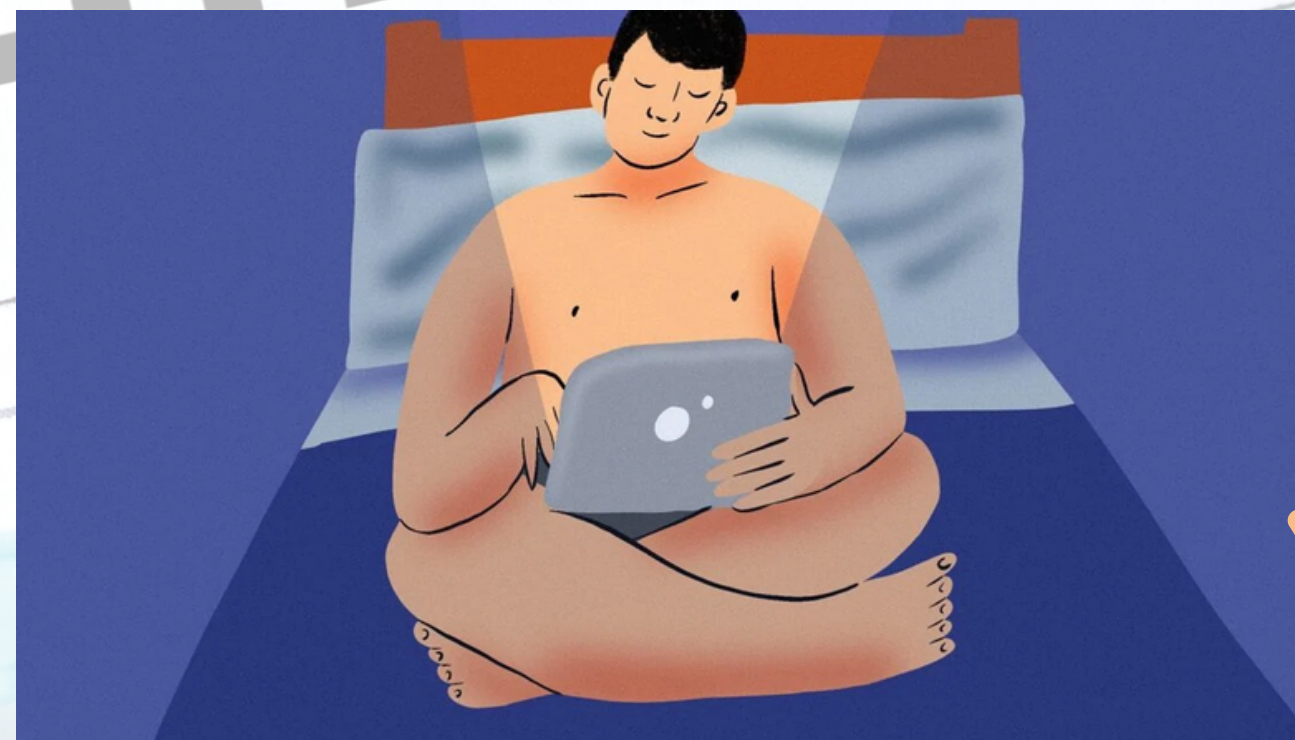


Sexual Health

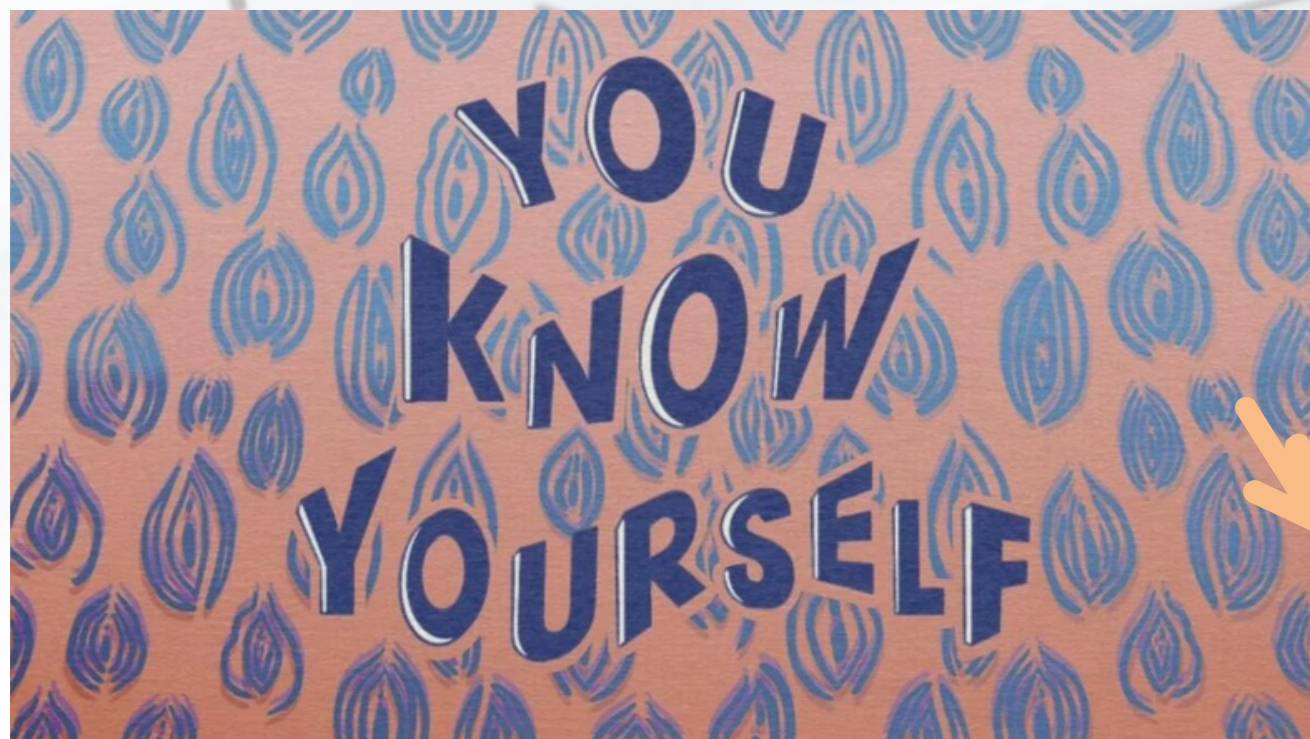
10 Tips to Look After Your Sexual Health



9 Things to Know Before Having Sex



Know Your Gynaecological Health

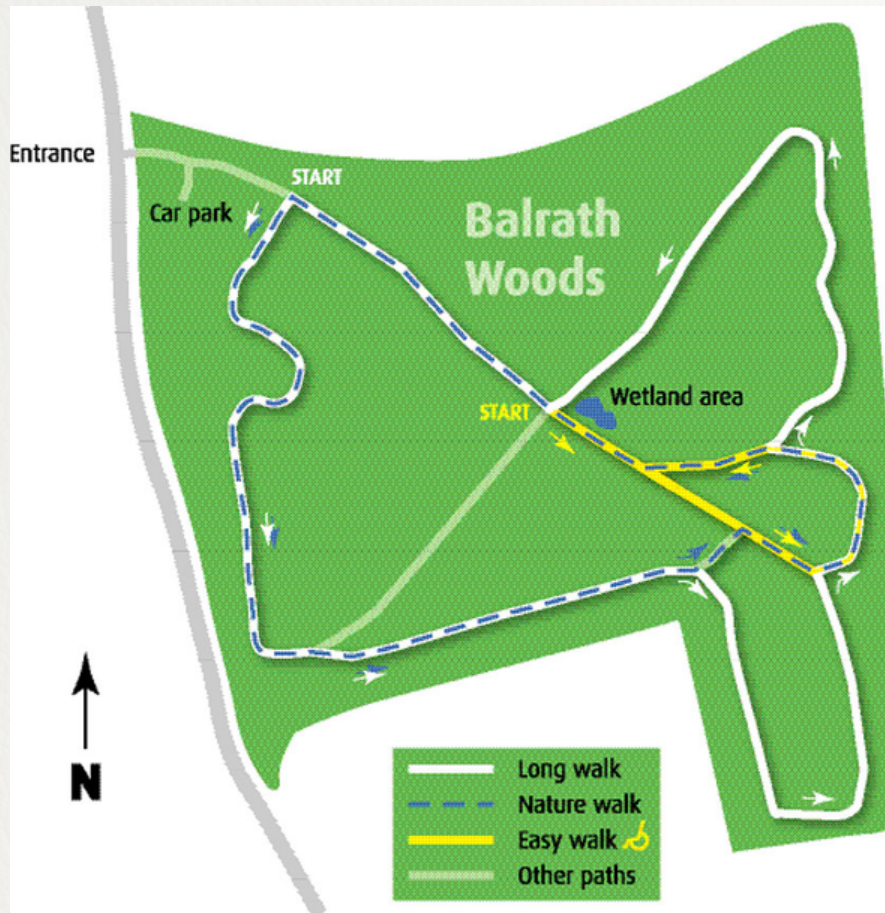


7 Tips for Building a Healthy Relationship





Spaces & Places



Balrath Woods
Situated in Burtonstown Co. Meath, 18 mins away from Navan. It has 3 options long walk, nature walk and easy walk.



2.1km loop trail which approx. on average takes 30 minutes. Abundance of wildlife and flora.



Workplace Wellbeing

10th National Workplace Wellbeing Day 26th April

Ireland is the first country in Europe to dedicate a day to workplace well-being. It offers a moment to rebalance and refocus on supports that will benefit employees' social, mental and physical well-being. Click [HERE](#) to find out more.



A workplace that is regularly active is a workforce with lowered risk of chronic conditions such as heart attack, stroke and diabetes.

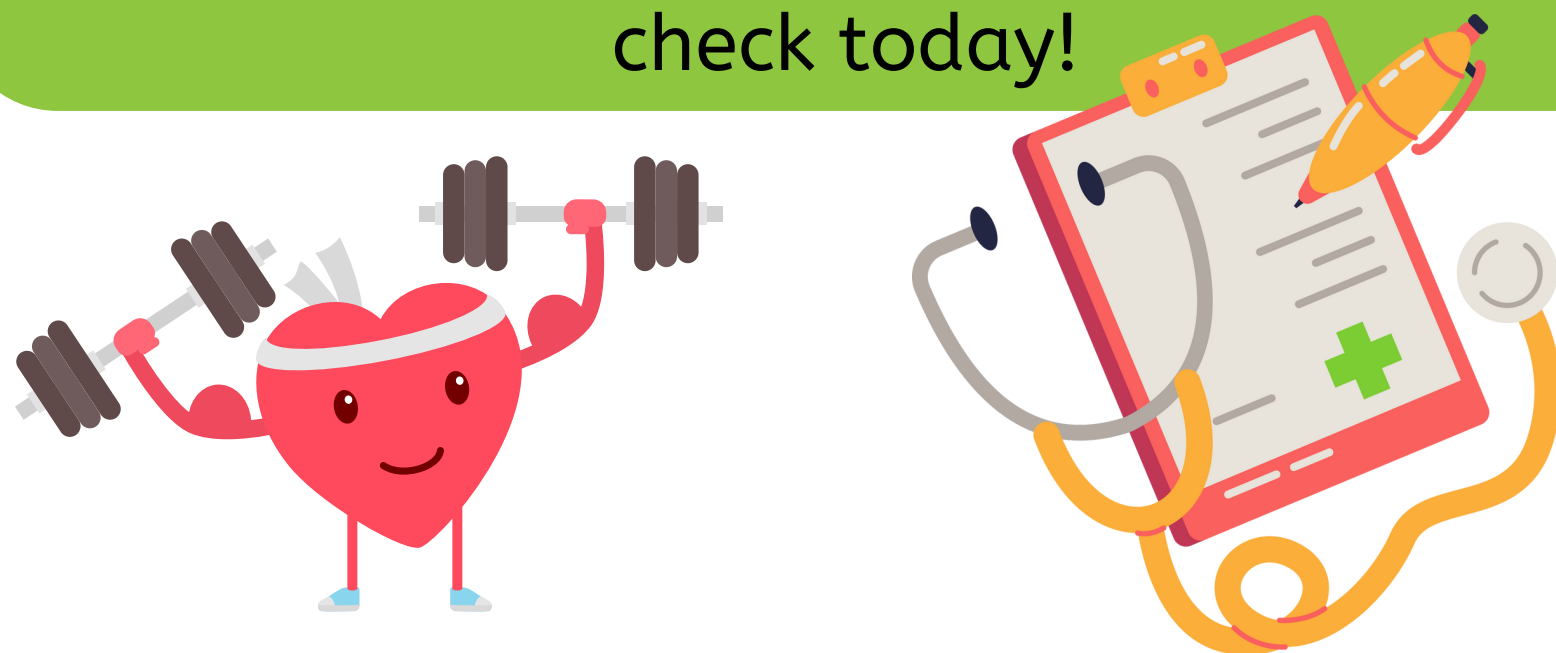


CLICK HERE

Chronic Disease Risk Management Programme extended across Meath!

Healthy Meath have extended our free health checks service. Dunshaughlin Haven Pharmacy Kavanaghs is now providing free health checks in addition to five other pharmacies (see image for details).

Contact the pharmacy to get your free health check today!



FREE HEALTH CHECKS



Pharmacies across Meath 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 INFORMATION OR TO BOOK YOUR FREE HEALTH CHECK,
PLEASE CONTACT ONE OF THE BELOW PHARMACIES**

- O'Shaughnessy's Pharmacy, Haggard St, Trim. 046-9431928
- All Care Pharmacy, Knightsbridge Nursing Home, Trim. 046-9436585
- McCauleys Pharmacy, Navan Shopping Centre, Navan. 046-9028924
- Hickey's Pharmacy, Johnstown Shopping Centre, Johnstown. 046-9091177
- Your Local Pharmacy, Main Street, Dunboyne. 01-8015412
- Haven Pharmacy Kavanagh, Dunshaughlin Shopping Centre. 01 8259801



Healthy
Meath



government supporting communities



Rialtas na hÉireann
Government of Ireland



The Healthy Ireland Fund supported by the Department of Health

Chronic Disease Risk Management Programme Pilot report launch.

Healthy Meath in partnership with Roche Diagnostics and the Irish Pharmacy Union will present the findings from our pilot of the Chronic Disease Risk Management Programme on the 18th of April in the Ardboyne Hotel Navan at 1pm.

Please RSVP if you wish to attend. Details here



For the Launch of the County Meath Free Health Checks Pilot Report!

What?

Healthy Meath, Roche Diagnostics and the Irish Pharmacy Union wish to invite you to the launch of our County Meath Free Health Checks Programme Pilot Report.

When?

Thursday the 18th of April from 1-2pm

Where?

The Ardboyne Hotel Navan, C15 C9YA

Lunch will be served at the event.



Please contact Healthy Meath to RSVP to this event:

 046-9097400

 healthymeath@meathcoco.ie

The Healthy Ireland Fund supported by the Department of Health



Meath GAA Health & Wellbeing Annual Gathering

Healthy Meath have recently joined the Meath GAA Health and Wellbeing Committee and attended their annual gathering for Healthy Club Officers in Dunganny on the 26th February.

Lots of topics were discussed on the night including:

- Funding Sources
- Health and Wellbeing Initiatives
- Critical Incident Response Plan + Alcohol and Substance Use Workshops
- The Role and Duties of a Healthy Club Officer

Healthy Meath look forward to more collaboration with Committee partners going forward.



Healthy Meath, Healthy Lifestyle Campaign!

Healthy Meath were delighted to deliver a workshop as part of our Healthy Lifestyle campaign to members of Clann Na Gael GAA Club in Athboy in March. Our campaign aims to increase awareness about the importance of living a healthy lifestyle to reduce the risk of developing a chronic disease. For more info on the campaign or to get involved visit [HERE](#).



Healthy Lifestyle Workshop



Join us for an engaging discussion on how to promote healthy lifestyles in our community!

When?

**Tuesday 16th April 7-8pm
Wilkestown Community Centre**

Where?

**Booking essential, limited
availability -
info.wcentre@gmail.com**

The workshop will be facilitated by Aisling O'Donnell, Healthy Ireland Coordinator, Meath County Council. The first 5 sign ups will receive a free goodie bag



The Healthy Ireland Fund Supported by The Department of Health



Healthy Meath



Rialtas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council





Other Info



ALL IRELAND
SOCIAL PRESCRIBING
NETWORK



**Kate Fitzpatrick can be contacted by calling or
texting 0892457745, or email
socialprescribing@trimfrc.ie for more information
or to initiate the process**

Launch of Meath Social Prescribing.

South West Meath residents have reason to celebrate as a new Social Prescribing service has been officially launched, funded by the HSE and based in the heart of the community at the Trim Family Resource Centre. Spearheaded by Social Prescribing Link Worker, Kate Fitzpatrick, this initiative promises to revolutionise healthcare delivery in the region.

Social Prescribing is a holistic approach to health and wellbeing that recognises the multifaceted nature of health issues. Instead of simply prescribing medication, Social Prescribing connects individuals over the age of 18 with non-medical resources and support networks within their community to address underlying factors affecting their health. This can include activities such as exercise classes, art workshops, support groups, or volunteering opportunities.



Healthy
Meath



Thanks for reading 😊

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