Healthy Meath Newsletter June/July 2024

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

Here you will be signposted to various Health and Wellbeing initiatives and online resources available throughout June/July. Remember this summer to:

- Drink Water
- Hang out in Green Spaces
- Take a Break!
- Protect your skin
- Read a book

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

In Focus for June/July

Healthy Meath

Healthy Meath is supporting Communities to be SunSmart this summer!

In an effort to encourage the public to be SunSmart, Healthy Meath has provided 15 sunscreen dispensers across community locations this summer, including playgrounds, beaches, and sports clubs. Keep an eye out for one, and remember to follow the Healthy Ireland SunSmart 5's this summer!

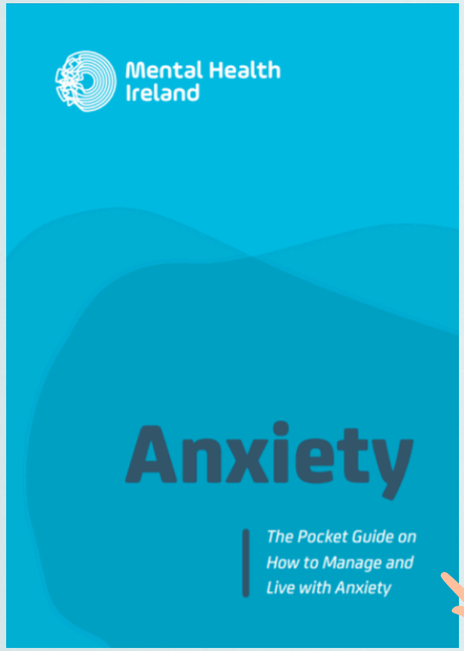
Healthy Ireland Local Government launches new website.

Check out the website here

Healthy Ireland Local Government has launched their eagerly awaited Website. With a growing focus and responsibility being given to Local Authorities for community well-being, Healthy Ireland Local Government plays an important role in encouraging local government to join-up its effort at the local level leading to improved health and wellbeing outcomes.

Mental Health

Healthy Meath



Anxiety can be overwhelming and make you feel a million different ways. Mental Health Ireland have a free downloadable booklet which gives you lots of tips on how to make it more manageable.

Click Here

READ MORE

MENTAL HEALTH IS IMPORTANT

5 Ways To Wellbeing

Are evidenced based actions that were developed by the New Economics Foundation in 2008 that are proven to help promote positive mental health and help us feel good and function well.

When you are struggling or going through a hard time try these 5 actions or even just one.

Click here for a guide of what to do for each action.

1. Menopause and Metal Health
2. Recovery
3. Stress
4. Mental Health & Family Caring: Supporting the Supporters

Many people don't think about yoga when it comes to mental health. But did you know yoga has many benefits when it comes to mental health.

LEARN MORE

Yoga For Depression

CLICK HERE

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.

Aware – Your supporting light through depression | pieta | SOSAD Ireland | SAMARITANS | HSE | Mental Health Ireland | CORE Ireland

Mental Health

Louth / Meath Mental Health Promotion Events - June 2024

For more info or to register for an event, click the link below

11 & 12th

ASIST (Applied Suicide Intervention Skills Training)

REC Ardee 9am-5pm both days

12th

Webinar - Are LGBTQ+ People at Greater Risk of Mental Health Difficulties

Aware Webinar Series, Online 12-1pm

19th

SafeTALK (Suicide Alertness Programme)

Navan Education Centre, 10am to 1.30pm

4th - 25th

Free Chaerobics Classes for Older People

Duleek Court House , every Tuesday in June, 7pm-8pm

Healthy Meath | HSE | text about it 50808 | comhairle chontae na mi meath county council | SAMARITANS Ireland | Connecting for Life Louth and Meath | Healthy Louth

Jigsaw Meath provides a free and confidential youth mental health support service for young people aged 12-25, right in the heart of Navan.

We are passionate about supporting young people. Our mission "*An Ireland where every young person's mental health is valued and supported*". Some of the supports Jigsaw offer include; 1:1 brief therapeutic support, workshops for adults and young people and online supports, resources and services. Some of these include;

Community Workshops: Quickview — JIGSAW Young people's health in mind

	Supporting Young People's Mental Health (SYPMH)	One Good Adult	One Good Coach	Self-Care for OGA	What Is Jigsaw	Rally Around Young People (MHPCP)
WORKSHOPS FOR ADULTS	Audience: Parents / Guardians Duration: 1hr Format: Jigsaw Staff F2F or Zoom	Audience: Supportive Adults (workers, volunteers etc.) Duration: 1hr Format: Jigsaw Staff F2F or Zoom	Audience: Adults in sports coaching roles Duration: 1hr Format: Jigsaw Staff F2F or Zoom	Audience: Supportive Adults Duration: 1hr (+15 mins) Format: Jigsaw Staff F2F or Zoom	Audience: Adults / Organisations Duration: 20-30 mins Format: Jigsaw Staff F2F or Zoom	Audience: Supportive Adults Duration: 1hr Format: Jigsaw Staff F2F or Zoom

	Taking Care of Mental Health (MHPCP)	5 A Day for Mental Health	Together for Our Mental Health	What is Jigsaw (Youth Version)	One Good Friend
WORKSHOPS FOR YOUNG PEOPLE	Audience: Young People 16+ (Small group of 6-15) Duration: 1hr - 1hr 15 mins Format: YCEW & Youth Advocate F2F or Zoom	Audience: 3rd Level setting (large groups) Duration: 1hr Format: Jigsaw Staff F2F or Zoom	Audience: Young People 16+ Young People 12-16 Duration: 1hr Format: Jigsaw Staff F2F or Zoom	Audience: Young People (12-25ys) Duration: 20 - 30 mins Format: Jigsaw Staff F2F or Zoom	Audience: Young People (18 -25ys) Duration: 1hr 30 mins Format: Jigsaw Staff F2F or Zoom

JIGSAW MEATH Young people's health in mind

Teen Neuro Space

This youth club is for neuro diverse teens and it is held in the Kells Family Resource Centre.

When? **Mondays 4.30-6pm**

Chips and pizza served with a chilled atmosphere with board games, card games and art

Healthy Eating

Healthy Meath

Online Weaning Session

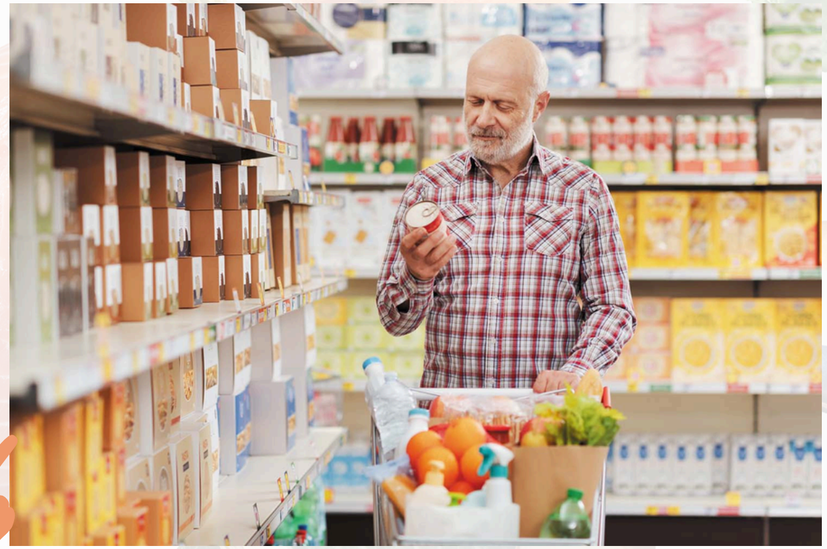
REGISTER NOW

HP.Nutrition@hse.ie
(for registration link)

OR

SCAN ME

Learn How To Shop For Healthier Foods



Did you know that there are several resources that have been created by Sport Ireland Institute Performance Nutrition Team for athletes and anyone active in sport. Click HERE for more!

SPORT IRELAND INSTITUTE

READ MORE

Physical Activity

Games on the Beach Bettystown (Tuesday 16th July)

Get the sunscreen ready as Games on the Beach returns once again to Bettystown on **Tuesday 16th July!**

This Games on the Beach programme will include a wide range of exciting new games and sporting initiatives for children and teenagers including children with additional needs. We are delighted once again to be working with Foróige, East Coast Family Resource Centre, Volleyball Ireland, Irish Olympic Handball Association, Leinster Rugby & Cricket Leinster in what should be a highly entertaining day!

On the day 3 sessions will take place:

- 11am—1pm (Children with additional needs 6-12yrs)
- 11am – 1pm (Children 8-12yrs)
- 2pm – 4pm (Teens 13-17yrs)

Each session will comprise of 4 activities:

¨ Beach Handball with Irish Olympic Handball Association
¨ Cricket with Cricket Leinster
¨ Beach Volleyball with Volleyball Ireland
¨ Tag Rugby with Leinster Rugby
→ For more details and to register please see: https://www.meathsports.ie/outdoors/games-on-the-beach/

HER Outdoors

HER Outdoors returns once again from 12th – 18th August. We will be hosting some fabulous events for women and girls to showcase activities in the outdoors.

HER Outdoors week aims to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity. Meath LSP are hosting a variety of events for girls and women of all ages – come and try something new and see the opportunities that are available in the great outdoors. For more details see https://www.meathsports.ie/women-in-sport/her-outdoors-week/

DON'T FORGET

"Exercise not only changes your body. It changes your mind, your attitude and your mood."

Zoom to read!

Boyne Valley to Lakelands Greenway Officially Opened

Inclusive Summer Camps

Inclusive Multi- Sport Summer Camps suitable for children with Autism or an Intellectual Disability. The camps will take place outdoors over two days and 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.

Camp1: Age 5-12 Years
Date: Tuesday July 16th – Thursday July 18th
Time: 11am- 1pm
Venue: Meath & District League Grounds Navan
Cost: €10 per family

Camp2: Age 13-17 Years
Date: Tuesday August 13th – Thursday August 15th
Time: 11am- 1pm
Venue: Meath & District League Grounds Navan
Cost: €10 per family

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

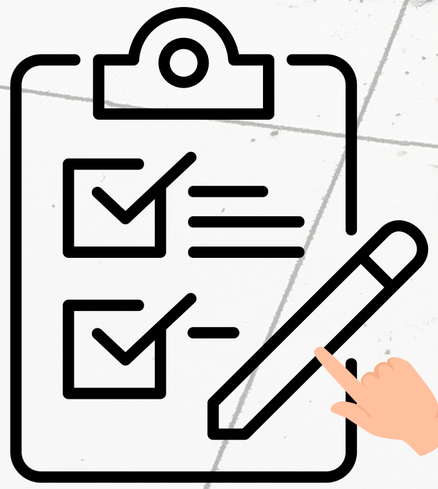
For activities for older adults go to page 8.

Smoking, Alcohol & Drug Supports

Healthy Meath

The World Federation of Public Health Associations Tobacco Control Working Group are conducting research into the knowledge and attitude of young adults (18-34 years) in relation to tobacco endgame strategies and e-cigarettes.

Take part in the survey below if you are within the age range. Time of completion around 5 minutes.



Positive Choices

Drug and Alcohol Information

Get informed, stay smart, stay safe

Positive Choices is an Australian drug and alcohol website that has plenty of information and resources such as:

- Factsheets
- Videos
- Apps
- Games
- Webinars
- Activities

Click here for more information

Visit drugs.ie for even more info on drugs and alcohol in Ireland

Drug & Alcohol Helpline

Freephone

1800 459 459

Email Support

helpline@hse.ie

Confidential support & information service

www.hse.ie/go/drugshivhelpline

Please Turn-Over

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Please Turn-Over

Sexual Health

Support for Parents and Families of LGBTQ+ Youth

Belong To's new Family Support Service offers one-to-one support for the families of LGBTQ+ young people across Ireland.

Our Family Support worker can meet you in-person or online and share information and resources. We will also answer online queries or arrange a time to talk over the phone. This is a free and confidential service for parents, carers and family members of LGBTQ+ young people.

For some parents and family members, it can be a challenging time when their child comes out as LGBTQ+. It is normal to feel confused, upset or that you don't know enough. **At Belong To, we are here to help you.**

Reach Out When You Are Ready

Email family@belongto.org
Call 01 670 6223
Visit www.belongto.org

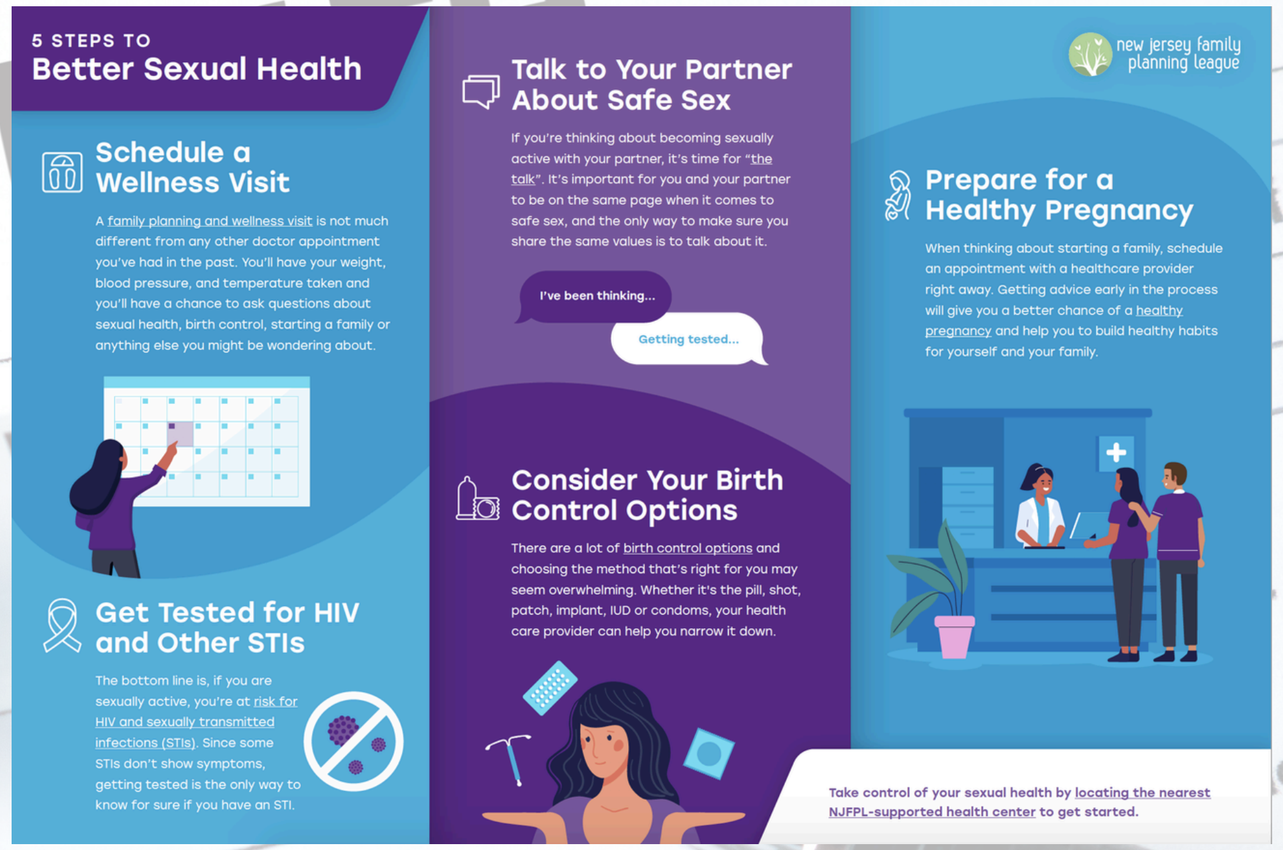
funded by:

The Community Foundation for Ireland

Belong To LGBTQ+ Youth Ireland

Rialtas na hÉireann Government of Ireland

pobal government supporting communities



Man2Man.ie

Click here to learn more important things about Mens Sexual Health

Older Persons

Sociaalization for older adults is key to live a plentiful life. It helps improve your quality of life, and helps cognitive decline like memory loss and some forms of dementia.

Check out these two social clubs and join to make some new friends and stay connected with others

Exercise is important no matter what age you are. Especially for older adults exercise helps in many ways. Below are some examples of exercise classes to take part in or even just go for a 30 minute walk.

BENEFITS

- Enhances cognitive function
- Prevents disease
- Prevents falls
- Helps with bone density
- Boosts immunity
- Reduces feeling of isolation

Mature Movers

This **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.

Mature Movers Summer programme begins in May, check out the timetable below to try a class near you!

Area	Venue	Day	Time	Duration
Mature Movers Navan	Pitch and Putt Navan	Monday 20th May	10 .30am to 11.30am	Mon for 6 Weeks
Mature Movers Athboy	St.James Hall	Tuesday 21st May	12pm - 1pm	Tues for 6 Weeks
Mature Movers Ashbourne	Ashbourne GAA	Wednesday 22nd May	2pm – 3 pm	Wed for 6 Weeks
Mature Movers Kells	Eureka House Kells	Wednesday 22nd May	12pm – 1 pm	Wed for 6 Weeks
Mature Movers Ratoath	The Venue	Thursday 23rd May	10.30 am-11.30am	Thurs for 6 Weeks

To register or for more information please contact Ruairí on rmurphy@meathcoco.ie

Spaces & Places

Bettystown Beach awarded first Blue Flag in over 30 years!

Location:

The East Coast of Meath, Bettystown, 15 minute drive from Drogheda

Distance:

5km of beautiful sand

Things to do near Bettystown Beach:

- Grab a coffee or a snack from Relish Cafe
- Walk along the beach to Laytown or Bettystown
- Visit Drogheda
- Go to Bru Na Boinne (25 minute drive)

Workplace Wellbeing

Workplace Wellbeing is important for many reasons but one big one is for the fact that it helps employee's work well.

Healthy Workplace Ireland has outlined and gave quick resources on how to start promoting all these aspects in the workplace.

While thinking about workplace wellbeing we have to remember all aspects mental health, healthy eating, physical activity, smoking and alcohol.

CLICK HERE

More Info

‘Sunbed Use And Risk To Health Awareness Event‘

As part of the National Cancer Prevention Plan 2023-2026 the NCCP are continuously looking for ways to raise awareness to the risks of sunbed use.

This year they are holding a webinar to educate those who engage with sunbeds to help them understand the risks associated with sunbed use and Melanotan II.

When? 4th June

10am-12.30pm

Click this link to register!

Join the new National Screening Service- Patient and Public Partnership.

We want to hear from people of all backgrounds.

Be part of a strong volunteer network of people willing to share ideas and life experiences to improve our National Screening Service for breast, bowel and cervical cancer, and for an eye disease in people with diabetes.

No specific experience or time commitment necessary; training is provided.
We can help if you have access needs.

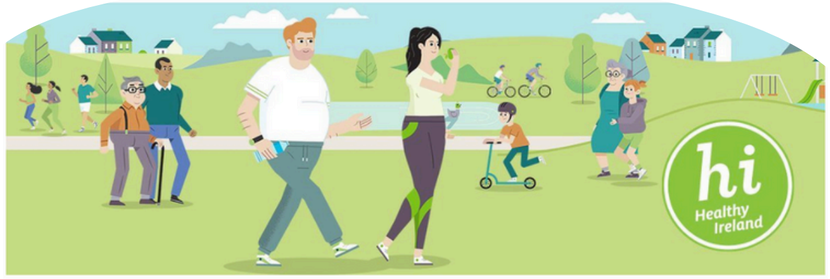
Email: ppplead@screeningservice.ie

BreastCheck — An Clár Náisiúnta Scagthástála Gach The National Breast Screening Programme
CervicalCheck — An Clár Náisiúnta Scagthástála Ceirbheacs The National Cervical Screening Programme
BowelScreen — An Clár Náisiúnta Scagthástála Putóige The National Bowel Screening Programme
Diabetic RetinaScreen — An Clár Náisiúnta Scagthástála Reitini do Dhiabéitéigh The National Diabetic Retinal Screening Programme

Healthy Meath Updates

County Meath Chronic Disease Risk Management Programme

Healthy Meath launched the County Meath Chronic Disease Risk Management Pilot Report in the Ardboyne Hotel on April 18th. The report highlights that health issues such as high blood pressure, obesity, and poor dietary habits were prevalent among some participants who received a health check. However, when individuals were contacted 4 weeks after their health check, many reported improved lifestyle habits based on the personalised advice they had received from the pharmacist at their health check.



The Healthy Ireland Fund Supported by The Department of Health

Healthy Meath Microfund Grant Scheme

Healthy Meath received an unprecedented 60 applications to the Microfund scheme. The applications are currently being reviewed by members of The Meath LCDC Health and Wellbeing Subgroup, and applicants will be updated in June.

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

Healthy Meath Updates

Wellness Warrior Menopause Workshops

Catherine O'Keefe from Wellness Warrior recently delivered two menopause information workshops in Kells FRC and East Coast FRC. Participants said it was an amazing source of evidence-based information, reassurances, and signposting. The workshops were interactive and very supportive. Each of the women got the information they came for, and Catherine provided additional support where needed. Thanks to Catherine and the two FRCs for hosting!

Yoga 4 Health

The Heathy Meath-funded Yoga 4 Health programme just finished up at Kells FRC. 18 individuals participated in this evidence-based initiative, with participants reporting the benefits of the programme on their physical and mental health and wellbeing. Thanks to Martina for delivering this excellent initiative.

CommUnity Connect Consultation

Healthy Meath, in collaboration with Healthy Louth, held a hugely successful public consultation on our new positive mental health project called CommUnity Connect. 30 groups were represented on the day, and the feedback gathered will be used to support our project planning. The resource pack is due to be released at the end of July! Thanks to all for attending.

Healthy Meath Updates

Kells Men's Shed Collaboration

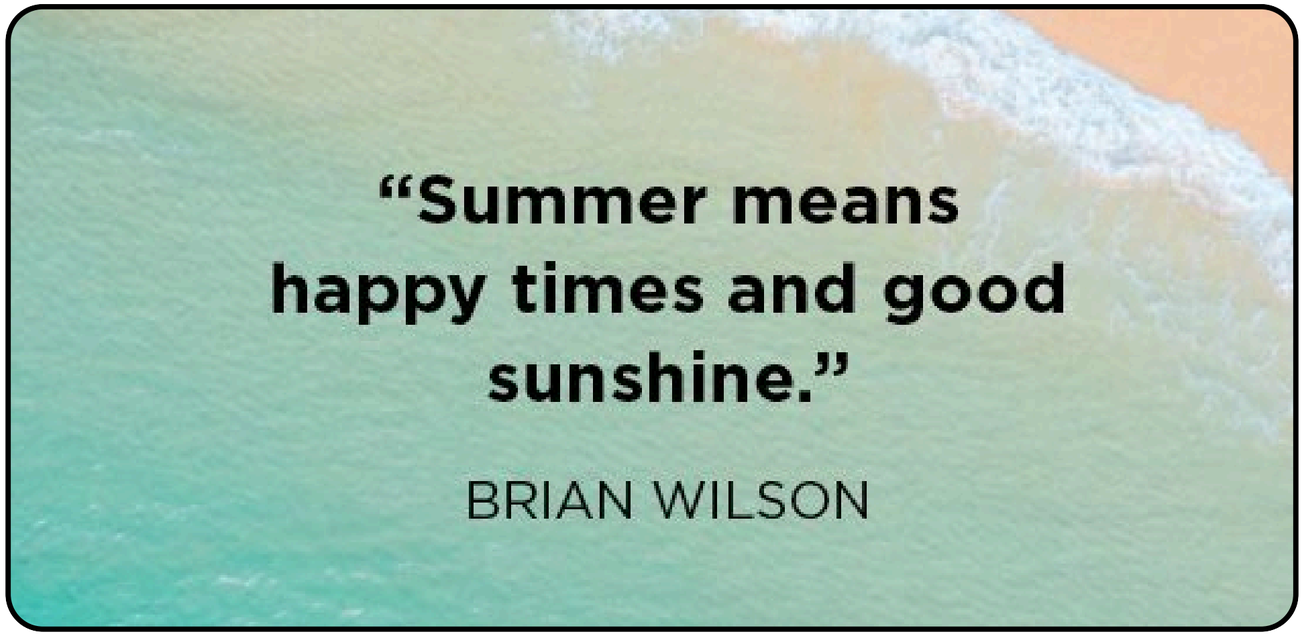
Well done to members of Kells Men's Shed who recently completed a healthy lifestyle programme funded by Healthy Meath. The men participated in yoga, activator pole walking sessions, and health checks with the Irish Heart Foundation. Feedback has been very positive.

Workshop at Wilkinstown Community Centre

Wilkinstown Community Centre recently signed up for our Healthy Lifestyle campaign, and we were delighted to deliver a workshop to members of the committee in May. Thanks to all for attending!

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