



Healthy
Meath

Healthy Meath Newsletter

February 2025 - March 2025



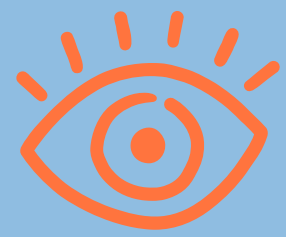
Welcome to the first edition of
Healthy Meath Newsletter for 2025



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



comhairle chontae na mí
meath county council



In Focus for February/March



World Cancer Day 4th February

World Cancer Day is an international day observed on February 4th to raise awareness about cancer, encourage its prevention, mobilise action to address the global cancer epidemic. Led by the Union for International Cancer Control (UICC), it aims to support the goals of the World Cancer Declaration.



The World Cancer Declaration calls upon government leaders and policymakers to significantly reduce the global cancer burden, promote greater equity in the access to cancer services, and integrate cancer control into the global health and development agenda.

For more information search <https://www.worldcancerday.org/>



World Obesity Day 4th March

World Obesity Day is recognised on March 4th every year.

It's aim is to raise awareness of the global obesity crisis and promote action to address its root causes.



Some of the health risks associated with obesity: Stroke, Gallbladder Disease, Obstructive Sleep apnea, High blood pressure, Type 2 diabetes, Osteoarthritis, Depression, Cancer, Gout, and Heart Disease.

Mental Health



National Grief Awareness Week 2025
January 27th - February 2nd highlights the importance of grief awareness. For more information please visit the Irish Hospice Foundation website

Shine support | advocacy | education
for mental illness

Shine Mental Health Recovery Support Services
for adults experiencing mental health difficulties & family members/supporters

Information & Support
A national phone and e-mail service. Contact us to find out about:

- Mental Health Recovery
- Your Local Mental Health & Community Supports
- Accessing Shine's Services

support@shine.ie 086 040 7701

Peer Support Groups
A safe place to explore challenges with peers and learn from each other's experiences

- Groups are community-based, recovery-orientated, and peer co-facilitated
- There are groups for people with mental health difficulties, and groups for family members/supporters

Individual Recovery Planning Support
Meet with a Mental Health Recovery Support Worker (in-person, online, or by phone) who will support you to:

- Define your own mental health and life goals, and develop a plan to help you achieve these
- Identify services, supports, skills, and tools that may help

Recovery Education
Shine provides a variety of talks and programmes to groups and the public

- Learn about key aspects of mental health recovery, stigma, and Shine's services
- Gain knowledge and develop skills to aid your recovery journey

Shine's Recovery Support Services are available to anyone 18+, and are free of charge

To find out more visit www.shine.ie or contact our Information & Support Service on 086 040 7701 or by email at support@shine.ie

Follow us on social media:
@ShineOnlineIE

f i l d X

Registered Charity Number: 20011512 CHY 6380



CALLING ALL YOUTH GROUP LEADERS, VOLUNTEERS, AND COACHES! WOULD YOU LIKE YOUR YOUNG PEOPLE TO TAKE PART IN A SLEEP SMART WORKSHOP WITH JIGSAW?

Email: brenda.bradley@jigsaw.ie
Call: 086 010 4587

JIGSAW
Young people's
health in mind

Jigsaw is a registered charity.
Our charity (revenue) number is CHY 17439. Our Registered Charity number is 20064846.



Mental Health

Volunteers wanted

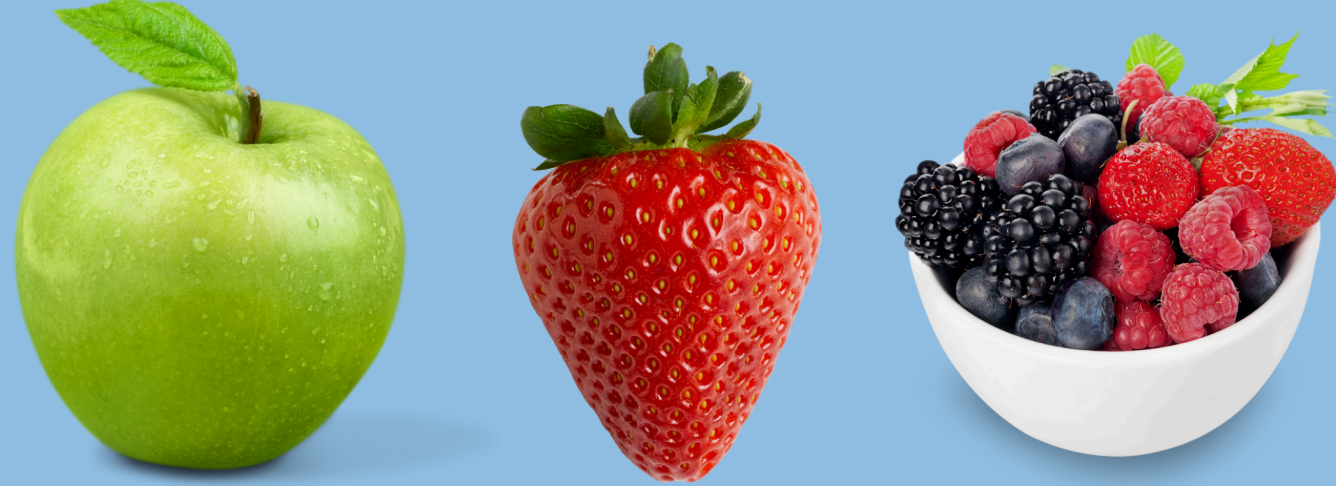
Jigsaw are looking for young people to take part in a sleep smart workshop.

If you would like to join
Contact Brenda;

brenda.bradley@jigsaw.ie
or call 0860104587.



JIGSAW
Young people's
health in mind



Nutrition

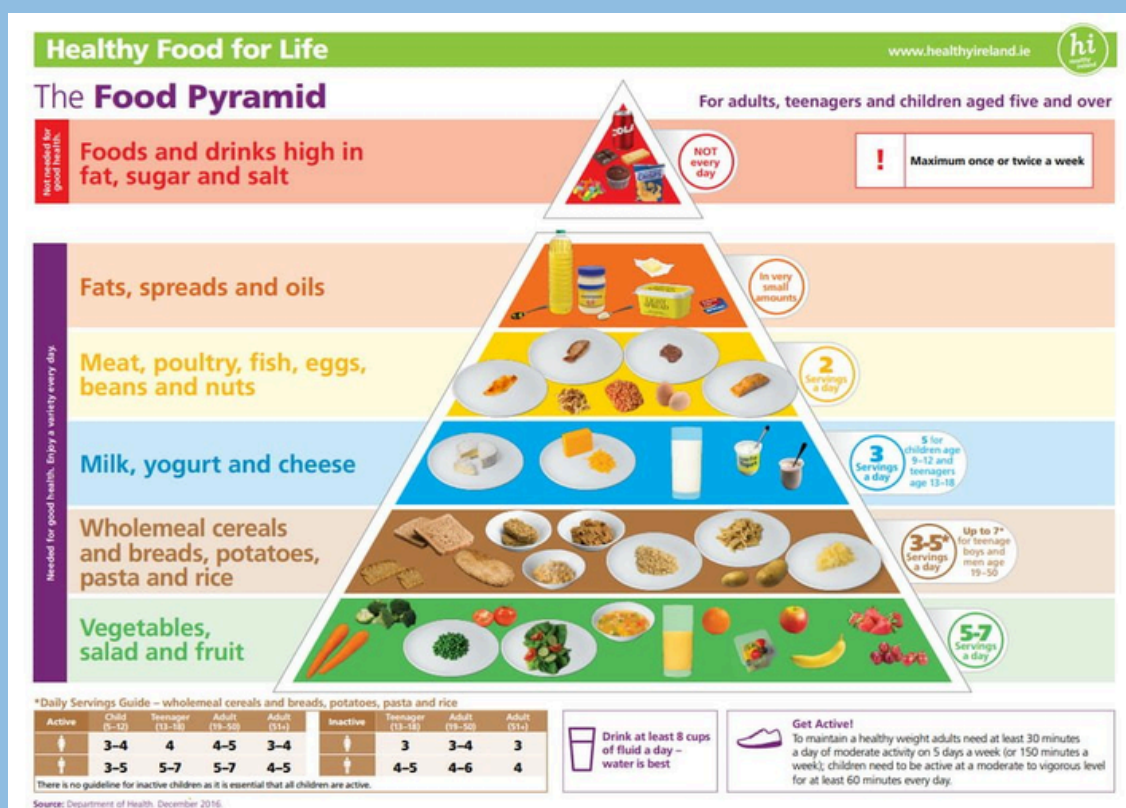
Benefits of eating healthy:

A healthier body weight
 A reduced risk of type 2 diabetes, heart disease and cancer
 A healthy cholesterol level
 An improved sense of wellbeing
 For more information
<https://www2.hse.ie/living-well/healthy-eating/how-to-eat-well/>

Are you somebody who struggles with textures or tastes of certain foods? Why not try a smoothie? Having fruit/veg in the form of a smoothie can help you up your daily intake of fruit & vegetables.



Another alternative you can try is having fruits with yoghurt. This is a great way of getting protein and essential nutrients into the diet. Including some granola or nuts can help even more with nutrients. Nutrients such as vitamin E, vitamin K, magnesium, zinc and copper and more. Try this next time.



The food pyramid is a guideline on how much of each food group we should be consuming.

Vegetables, fruits and salad should ideally be included with every meal with a good source of protein to keep us feeling full.

See Food Pyramid for more details.

Physical Activity

Meath Local Sports Partnership

Active Social Morning

Active social mornings take place in the following areas:

- Simonstown GFC Navan, Tuesday mornings 11am
- Bettystown Golf Club, Wednesday mornings 11am

Take part in various game-based activities such as Boccia, Kurling, Cornhole hole. Suitable for adults 50+ of all abilities.

Cost: €10 per 4-week block

If you would like to join the group contact Paula on 0469067887 or email pcunningham@meathcoco.ie



Learn 2 Cycle Ashbourne

Date - Thursday March 20th - April 24th.

Time - 4:30pm to 5:30pm

Duration - 6 weeks

Venue - Ashbourne Community School

Cost - €15

For more information on Learn 3 Cycle Ashbourne contact Terry by email tdonegan@meathcoco.ie or call 046-9067887

Fitness Made Easy

Date - Wednesday February 19th

Time - 11am

Duration - 6 weeks

Venue - BT Fitness, Unit 6 Beechmount Home Park Navan

For more information on Fitness Made Easy contact Paula by email pcunningham@meathcoco.ie or call 046-9067887

Chair Yoga

Exciting new chair Yoga/wellness class for adults 50+. This is a unique programme which combines multiple elements of Yoga, mindfulness, breathwork and physical activity, exercises can be chair bases or standing to suit the individual taking part.

The class is taught by a qualified yoga instructor and includes an uplifting sing along to finish off each session. Coming soon to Piltown and Duleek. Contact Paula on 046067887 or email pcunningham@meathcoco.ie to register your interest.



Meath Local Sports Partnership

Zumba Gold

Zumba Gold is a lower intensity version of the popular dance-based exercise class. With easy-to-follow moves, focusing on improving range of motion, balance and cardiovascular fitness, this upbeat class is perfect for those who's new year resolution is to move more.

Come and try the class in,
Navan – Claremount Stadium – dates TBC
Trim – GAA Club – dates TBC
Cost - €20 per 4-week block.
Contact Paula on 0469067887 or email
pcunningham@meathcoco.ie to book your place.

Multi-Sport for Teens Kells

Multi-sport programme for teens, come along and try a range of sports including Olympic Handball, Basketball, Tag Rugby, Soccer, where the main aim is fun and participation. Great opportunity for young people to have fun and try some new sports. Suitable for boys and girls aged 12 – 16

Venue: Eureka Secondary School Kells
Start date: Tuesday 11th February 7pm
Cost : €10 *subject to €1 booking fee
Contact Paula 0469067887



**Starts 11th February
@7pm
Eureka Secondary
School Kells**

**€10 FOR 6
WEEKS**

Come & Try a range of sports/activities including football, basketball, olympic handball and more where the main emphasis is on fun & participation!
Suitable for boys and girls aged 12-17
Give it a GO!!

For more details or to book contact paula on 0469067887 or email pcunningham@meathcoco.ie

Coach Education and Training Pathway for Women

To support club development and encourage more women to take on leadership roles in sport, Meath LSP and National Governing Bodies in Soccer and Rugby and providing Coach Development Pathways for women to become Coaches, Referees and Officials.

Coach Development Pathway and will include:

- Coach Certified Training
- Safeguarding
- Coaching Teenage Girls

If you or your club would like to nominate females to take part in this new Female Coach Education Pathway please see:
<https://www.meathsports.ie/women-in-sport/> or contact Lisa at lodowd@meathcoco.ie

Womens Social Soccer is back!

Starting in January/February 2025 this social soccer programme is ideally suited to women 16+ from beginners to improvers. The initial programme will begin with a 6-week.

Come & Try Social Soccer and will be suitable for complete beginners, improvers and those returning to soccer after a long period. The programme will be available in 8 clubs across Meath! To find a location near you and to register see:

<https://www.meathsports.ie/social-soccer-for-women-girls-16/> (free of charge)



Women in Sport

Women in Sport Week (3-9th March—Save the date!)

Women in Sport Week takes place from 3rd –9th March with International Women's Day on Saturday 8th. The aim of Women in Sport Week is to celebrate women and girls who take part in all aspects of sport and physical activity!

Meath LSP will be offering a wide variety of sporting activities for women & girls of all ages, abilities and fitness levels. This is a great opportunity to try something new and re-engage with a sport you may not have played for a while.

Programme will include:

- Volleyball for Women
- Mother & Girls Activity Event for women and girls with a disability
- Swimmin Women
- Table Tennis for Women
- Hockey for Girls
- Tool Box Talks for Women

If you would like to try out something new or revisit an old sport then come along and join us for a host of activities during Women in Sport Week. A full timetable of activities will be available soon – please see our webpage for regular updates

<https://www.meathsports.ie/women-in-sport/women-in-sport-week/>

Social Tag Rugby

Meath LSP and Leinster Rugby are collaborating with local rugby clubs to bring you a FREE Women's Social Tag programme. Suitable for women of all ages (18+) and fitness levels – this programme is ideal for complete beginners and those with previous rugby experience.

Non- competitive, relaxed and fun, this new 6-week programme is a great way to gain fitness and learn a new skill without the rough and tumble of regular rugby. Fun & Friendly Tag Blitz with participating clubs will take place on Saturday 5th April. The programme will start in January 2025 in two areas:

- Ashbourne Rugby Club – Ashbourne – Monday @ 6.30pm
- North Meath Rugby Club – Kells – Tuesdays @ 7.30pm





Sexual Health



NCYI(National Youth Council of Ireland) have an e-learning programme for introducing Youth Sexual Health Promotion. It is free of cost and takes 60-90 minutes to complete. It is all online so it can be done from comfort of your own home.

The objectives of this e-learning programme:

- What is meant by sexual health & sexuality
- Children and young people's sexual development
- The policy context of sexual health in Ireland

For more information
<https://www.youth.ie/training/an-introduction-to-youth-sexual-health-promotion-elearning/>

Learning outcomes:

- Have an understanding of what is meant by sexual health and sexuality wellbeing
- Have an awareness of the sexual health policy context in Ireland
- Have an awareness of children and young people's sexual development
- Have numerous resources that will continue to support you in relation to youth sexual health



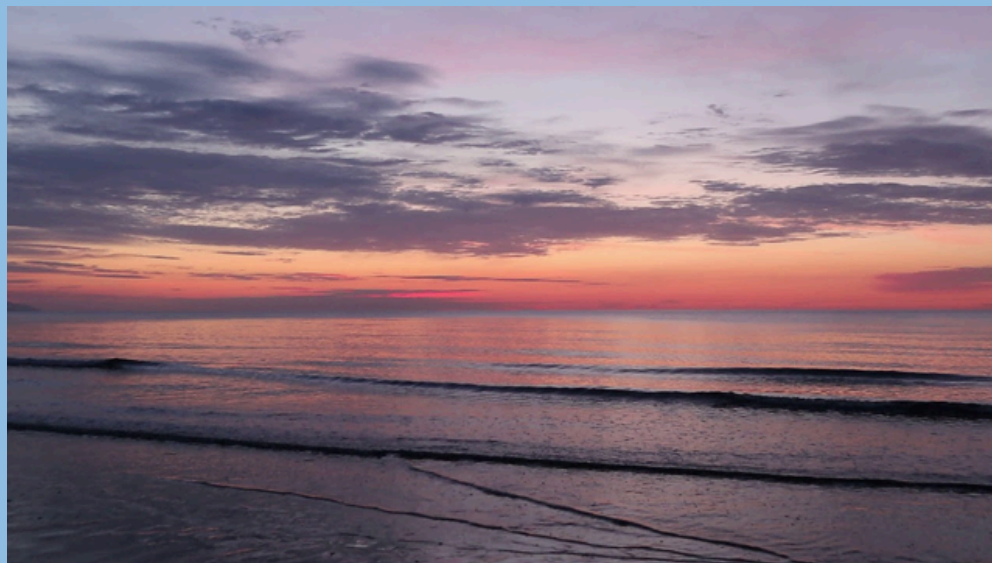
Spaces and places for Health & Wellbeing

Meath has lots of great outdoor spaces for recreation. Laytown Coastal Beach Walk which includes 10.3 km of beach walking space for the views and fresh sea breeze. It is flat which makes for all abilities. There are coffee shops and other facilities within walking distance if you are hungry or tired after the fresh sea air!.#BEACTIVE

It is never too late to look after your health, start by being active today.

Go to <https://www.alltrails.com> for more places to be active.

For anyone looking for a shorter distance but with keeping nice views, Loughcrew Cairns is an ideal trail. The trail is 1.3km and takes around 30 minutes to complete. The cairns were built over 1000 years ago. Also within a close distance there are places to eat and drink to recover after your walk.



National No Smoking Day



Tobacco



National No Smoking Day takes place this year on 5th March 2025 (Ash Wednesday).

Whether you've tried quit smoking before or this is your first attempt, the 5th March is a day to commit to becoming smoke-free and reaching out for support. Evidence shows if you quit smoking for 28 days, you are 5 times more likely to quit for good.

Kate Gerard is your local HSE Stop Smoking Advisor in Meath, Kate helped over 200 people through their quit journeys in 2024. The service is FREE and Kate can help you develop a personal quitting plan, which looks at your addiction levels, smoking habits and emotional attachment to tobacco.

Contact: Kate 087 451 2808 for more information or email NEQuit@hse.ie

Clinics in Kells, Navan & Trim



★ Make a Difference in Your Community! ★

Join the AgeWell Programme as a Volunteer Companion

Are you looking for a way to give back and bring joy to someone's life? With just one afternoon a week, you can make a meaningful difference for older people in your community.

What You'll Do:

- ✓ Provide companionship and conversation
- ✓ Offer support and encouragement
- ✓ Help assess needs and ensure ongoing care
- ✓ Be a vital bridge between clients and the Primary Care Team

As a Volunteer Companion, you'll not only offer friendship but also play a key role in identifying changes in your client's needs and connecting them to appropriate supports through the AgeWell programme.

Why Volunteer with AgeWell?

- ★ Flexible schedule – fit volunteering into your routine
- ★ Meet incredible people and form lasting connections
- ★ Be part of a supportive, community-driven initiative
- ★ Help strengthen links between clients and healthcare services

Who Can Join?

We welcome volunteers aged 50 and over who want to make a positive impact and share their time with others. No special skills are required—just kindness, patience, and a willingness to listen.

Get Started Today!

- ☎ Call us at 046 95 57766
- ✉ Email us at agewell@thirdageireland.ie

Together, we can combat loneliness, ensure continuity of care, and create a stronger, healthier community.

age well
Live Well, Age Well

third age
Responding to the Opportunities
and Challenges of Ageing in Ireland

Older People

Would you like to make a difference in your community? Contact AgeWell about becoming a volunteer companion. For further information call 0469557766 or email agewell@thirdageireland.ie



VOLUNTEERS NEEDED

Join us in sharing
kindness to others!

JOIN US!

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

age well
Live Well, Age Well

age well
Live Well, Age Well

Standing Up to Bullying Starts Here

Anti-Bullying
Training for Parents

Free virtual
training sessions

Learn how to support
your child with bullying
issues and understand
the Anti-Bullying
Procedures for
Post-Primary Schools



4th February – 10am or 7:30pm
5th February – 10am or 7:30pm
6th February – 10am or 7:30pm
7th February – 10am



NPC
SUPPORTING PARENTS
SUPPORTING CHILDREN

Other



Menopause and Me

“The many ways to manage your Menopause”

Join us for a free webinar on
Wednesday, 12 February 2025,
7pm - 8.30pm



Aisling Mulcahy
Clinical Nurse
Specialist



Dr Brian Kennedy
GP & SMS
Menopause Specialist



Dr Cathy Casey
Consultant
Gynaecologist &
Obstetrician



Dr Eimear Farrell
Senior Clinical
Psychologist



Charlene Hyland
& Michelle Maher
Clinical Specialist Pelvic
Health Physiotherapists

- ✓ Perimenopause & Menopause
- ✓ The Complex Menopause Clinic and who is it for?
- ✓ What your GP can do to support you
- ✓ Minding ourselves through menopause
- ✓ Menopause and your pelvic floor
- ✓ Health resources including how to stop smoking, alcohol use, healthy eating, sexual wellbeing and physical activity

Click here, <https://bit.ly/3WnQ1WF>

or

Scan the QR Code to register



lmetb
Bord Oideachais agus
Oiliúna Lá agus na Mí
Louth and Meath Education
and Training Board



Further Education and Training (FET) Open Day

Drop in to find out about full-time and part-time education and
training opportunities for adult learners and school leavers

WHERE AND WHEN?

Friday 7th of February
Drop in anytime between 10am and 2pm!

Adult Education, LMETB
Tara Road, Bettystown, Co. Meath
A92 XE64



www.lmetb.ie/fet



@lmetbfet



1800 991 898



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
European Union

Arna chomhchistiú ag Rialtas na hÉireann agus ag an Aontas Eorpach
Co-funded by the Government of Ireland and the European Union

SOLAS
oibríonn an fhoghlaim

Other



Meath County Outdoor
Recreation Plan 2025 - 2029

Have your say!

Scan QR code to take
part in survey

A promotional poster for the Meath County Outdoor Recreation Plan 2025-2029 online survey. The background is a scenic view of a river flowing through a lush green landscape under a blue sky with white clouds. The poster features several text elements and logos. At the top, a green banner reads "MEATH COUNTY OUTDOOR RECREATION PLAN 2025 - 2029". Below this, a large green speech bubble contains the text "HAVE YOUR SAY" in yellow. To the right of the speech bubble is a QR code with the text "Scan for survey" underneath it. At the bottom, there are several logos: the Meath Local Sports Partnership logo, the Canoeing Ireland logo, the Meath Partnership logo (with the tagline "engage - enable - participate - progress"), the Meath County Council logo (with the text "comhairle chontae na mí" and "meath county council"), the Discover Boyne Valley logo (with the tagline "Birthplace of Ireland's Ancient East"), and the Coillte logo.

Other



The Brews Hill Clubhouse

In September 2023, the team at Acquired Brain Injury Ireland in Meath formally opened a new Clubhouse for survivors of Brain Injury at Brews hill, Navan. This day facility – the first brain injury Clubhouse in the county – provides peer support, group and cognitive neuro-rehabilitation to help people impacted by acquired brain injury to build independence and learn new skills. Weekly activities vary from art to yoga, history to woodwork.

For more information about Acquired Brain Injury Ireland and The Brews Hill Clubhouse, contact:

Kate Leonard, Local Service Manager

T: 0876375825

E: kleonard@abiireland.ie

W: www.abiireland.ie

NAVAN WOMEN'S SHED

Est 2022

Every Second Wednesday
Pitch & Putt Club, Dan Shaw Road, Navan

- Arts & Crafts • Events
 - Dancing • Courses in First Aid
 - Knitting & Crochet Club
 - Pitch & Putt Scramble on a Monday night and also Cinema Nights.
 - Meet-Ups and linked in with HSE supporting healthcare for women & mental health for women.
- Healthcare talk included.

navanwomensshed@gmail.com

Rita 087 630 6448

Barbara 086 861 0105

Meet your friends for a chat and a cuppa!

Other



Well done to Simonstown Healthy Club Committee for their recent participation in the Irish Life Every Step Counts Challenge.

They are currently 10th in the ranking among all Leinster clubs, keep it up Simonstown!

YOU ARE INVITED TO

LAUNCH

An initiative to promote and support positive mental health
in communities across Louth and Meath



Rescheduled :
Deerpark Community Hub
Friday 28th February at 10am

Join us for some yoga, mindfulness and
gentle walking on the day

Please register your interest in attending by emailing
healthymeath@meathcoco.ie before Friday 21st February 2025

Healthy Meath Updates

Storm Éowyn caused chaos around the country and led to the cancellation of our CommUnity Connects Launch in January!

This event has been rescheduled for Friday 28th February.

Please contact
healthymeath@meathcoco.ie if
you would like to take part.