



# Healthy Meath

## Healthy Meath Newsletter for June/July 2025



Welcome to the June/July  
Edition of the Healthy  
Meath newsletter



Remember to stay  
hydrated, wear sunscreen,  
and enjoy the sunshine!



comhairle chontae na mí  
*meath county council*

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



# In Focus for June/July



## MEN'S HEALTH AWARENESS MONTH

### 2025 Campaign - 'Stand shoulder-to-shoulder... and connect for health'

The overall aims of the week are to heighten awareness of preventable health problems for males of all ages, support men and boys to engage in healthier lifestyle choices / activities and encourage the early detection and treatment of health difficulties in males.



## MEN'S HEALTH WEEK

Monday 9th - Sunday 15th June 2025



### Shoulder-to-Shoulder Connecting for Health

Find out more at:  
**www.mhfi.org**



Need to know...

Click on each logo for more info !



# In Focus for June/July



## CERVICAL SCREENING AWARENESS WEEK

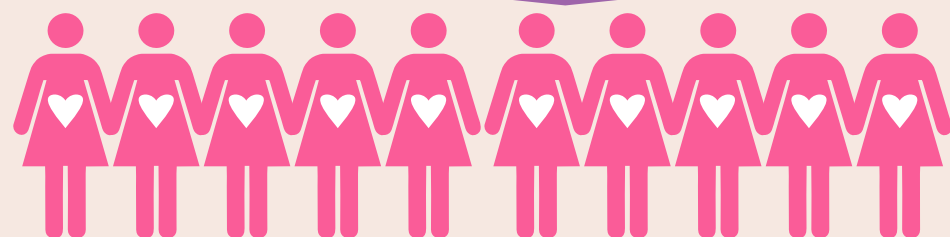
On Average, about 250 women are diagnosed with cervical cancer every year in Ireland

Cervical cancer is cancer of the cells lining your cervix. Initially abnormal (pre-cancerous) changes occur. These abnormal cells are called Cervical intraepithelial neoplasia (CIN). These abnormal cells are not cancerous however if left untreated, can develop into cancerous cells.

Common symptoms of cervical cancer include:

- Abnormal Vaginal bleeding. For example bleeding after sex, after the menopause or between your periods.
- Abnormal vaginal discharge (may have foul smell)
- Pain/discomfort in pelvis area and/or during sex.

For more information see [www.cancer.ie](http://www.cancer.ie)



Cervical cancer

Irish  
Cancer  
Society

Understanding

## Cervical cancer

Caring for people with cancer



# Older Persons

## 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](mailto:navanwomensshed@gmail.com)

Rita 087 630 6448

Barbara 086 861 0105

Meet your friends for a chat and a cuppa!



Have spare time? Want to make new friends while doing something you like or maybe try something new....

Navan Women's Shed is the perfect place for you!



It's  
**TIME**  
for  
**TEA**

Contact Rita or Barbara Today!

Rita : 087 630 6448

Barbara : 086 861 0105







# Older Persons

*"Men's Shed: Build Skills, Build Friendships, Build Community"*

Contact Slane & District Men's  
Shed Today : 0866003636



*Need  
something  
to do....but  
not sure  
what?*

The Shed is a place to:

- Meet, talk and have the craic
- Learn and practice new skills
- Keep fit and get regular exercise
- Do personal and community projects
- Get out and about on walks and trips
- Stay healthy in mind and body

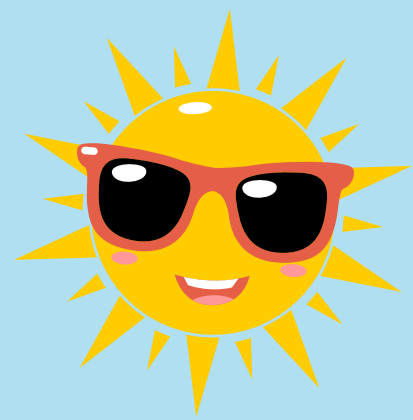


086 6003636



f/slanemensshed





# Healthy Ireland and HSE SunSmart Campaign



The aim of the SunSmart campaign is to increase awareness of the steps you, your family, friends and colleagues can take to protect your skin from the sun.

On average 13,000 cases of skin cancer are diagnosed annually in Ireland. Skin cancer is the most common form of cancer in Ireland and the number of people diagnosed each year is rapidly rising.

Skin cancer is hugely preventable by protecting yourself from UV rays.

Way's to protect yourself from UV rays;

- Sunscreen
- Hats & Glasses
- Protective Clothing
- Limit time outdoors in the mid-day



**S**lip on clothing that covers your skin, long sleeves, collared t-shirts



**S**lop on sunscreen on exposed areas using factor 50+ for children



**S**lap on a wide-brimmed hat



**S**eek shade - especially if outdoors between 11 am and 3 pm



**S**lide on sunglasses to protect your eyes

**Be SunSmart**



For more information please visit [www.hsehealthandwellbeingnews.com](http://www.hsehealthandwellbeingnews.com)



# Baby Food Made Easy

## BABY FOOD MADE EASY

Find out how, when and what to feed your baby

Ask questions or just listen, it's up to you!

97% would recommend the workshop to a friend!

"A lot of information overload out there online so this was very straightforward and informative. Feeling much more confident and looking forward to getting started."

"Thank you! I feel more confident about weaning now"

"That was a great session, thanks so much!"

Free to attend!

Are you weaning your baby or planning to wean? Do you have questions? Join our monthly online Webex Sessions to learn more and get your questions answered! These live sessions are not recorded, so it's a great opportunity to ask questions in real-time.

How does it work?

This free 90-minute Webex Session begins at 10:30 am on the day of the event. Participants will be muted during the session but can interact by asking questions through the chat function. The sessions are typically held on the second Tuesday of every month.

[Click here to register](#) OR scan the QR code below. For more details, please email us at [HP.NUTRITION@HSE.IE](mailto:HP.NUTRITION@HSE.IE)

Before the event, participants will receive a link to access the session, and after the session, we'll send you our tried and tested weaning recipes and tips via email. We look forward to having you join us!

This is a HSE Department of Health Promotion & Improvement Louth/Meath Health & Wellbeing Initiative and is hosted by Senior Community Dietitians.

SCAN TO REGISTER



Is it time to start weaning your baby?

Louth/Meath Health & Wellbeing initiative is a series of Webex sessions hosted by Senior Community dietitians so you can ask questions and learn everything you need to know!

For more Information Email:  
[HP.NUTRITION@HSE.IE](mailto:HP.NUTRITION@HSE.IE)

Scan to Register



2025

BABY FOOD MADE EASY

Jan to Mar JAN 14TH, FEB 11TH & MAR 11TH

APRIL 8TH, MAY 13TH & JUN 17TH April to June

July 8TH & 29TH

SEPTEMBER 9th

Oct to Dec OCT 14TH, NOV 11TH & DEC 9TH

FOR MORE INFORMATION EMAIL: [HP.NUTRITION@HSE.IE](mailto:HP.NUTRITION@HSE.IE)

[CLICK HERE TO REGISTER OR SCAN](#)

Health Promotion & Improvement Louth Meath  
Health & Wellbeing Division



# Meath Local Sports Partnership



## Inclusive Teenage Summer Camps

Inclusive Multi-Sport Summer Camps suitable for teens aged 13-17 years with additional needs. The camps will take place outdoors over two days and will see a variety of sports and activities take place including Volleyball, Pitch & Putt, Badminton & Rugby. We encourage participants' siblings to join in the activities also. All parents will be asked to remain for the duration of each day.

Date: Tuesday August 12<sup>th</sup> – Wednesday August 13<sup>th</sup>

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](mailto:tdonegan@meathcoco.ie)



## Her Outdoors 11<sup>th</sup> - 17<sup>th</sup> August

HER Outdoors 2025 returns from 11th – 17th 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.

This week is all about providing more opportunities for ALL females to escape to the outdoors and try something new. Meath LSP are hosting a variety of events for girls and women of all ages and will include the following:

- Angling for women and girls – Navan
- Sea Swimming Workshop for Women 18+ in Bettystown
- Yoga & Dip 18+ in Laytown
- Cycling Event for Women & women with a disability on the Boyne to Lakelands Greenway (meeting at Park Beo Wilkinstown)
- Kayaking & Paddlesports for Women & Teens in Longwood, Trim and Bettystown
- Come & Try Archery
- Orienteering in Kells and Slane
- Beach Activities for Girls Bettystown
- Activator Pole Walking Trim
- Snorkelling in Lough Lene
- Trail Running in Mullahgmeen Forest Park

Registration will open mid-July, for more details please

[CLICK HERE](#)

## 3x3 Inclusive Basketball Navan

This group is for children with additional needs aged 13-17years.

Date: Tuesday July 15<sup>th</sup> – August 5<sup>th</sup>

Time: 5pm- 6pm

Venue: Blackwater Park Navan

How to book: To book contact Terry at [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 046-9067887.







Are you feeling down or  
overwhelmed?

Speak your mind, nothing is ever  
too small to share!

### Myth:

Talking about mental health  
makes things worse.



### Reality:

Talking is the first step in  
healing, so talking about  
mental health can lead to a  
healthier you.



# Mental Health

## Some Mental Health Services & Supports

### Jigsaw

046 907 1702  
[www.jigsaw.ie](http://www.jigsaw.ie)  
[meath@jigsaw.ie](mailto:meath@jigsaw.ie)

### Sosad

046 907 7682  
[www.sosadireland.ie](http://www.sosadireland.ie)  
[navan@sosadireland.ie](mailto:navan@sosadireland.ie)

### Samaritans

116 123  
[www.samaritans.org](http://www.samaritans.org) (Live Chat)  
[jo@samaritans.ie](mailto:jo@samaritans.ie)

### Pieta House

1800 247 247  
[www.pieta.ie](http://www.pieta.ie)  
Text HELP to 51444

### Crisis Text Line Ireland

Text TALK to 086 1800 280



## Support Brave Anxiety Emotions



**JIGSAW**  
Young people's  
health in mind

Contact Jigsaw Meath's Youth &  
Community Engagement worker today  
for :

Free promotion workshops, talks or to  
discuss any community engagement  
projects you might need support with



Brenda Bradley  
(086) 010 4587 / (046) 907 1702

# JIGSAW

Young people's  
health in mind



## NEART – Jigsaw's mental health supports for post-primary schools

NEART is a partnership between Jigsaw, the National Centre for Youth Mental Health and the National Educational Psychological Service/Department of Education. NEART was formed to provide a comprehensive suite of mental health and wellbeing resources, training and programmes for post-primary schools over the next 3 years.

The NEART initiative provides learning opportunities for students to promote mental health and wellbeing, as well as mental health webinars and e-Learning courses for parents and school staff. NEART will complement the supports already available in schools which include the provision of guidance counselling, the work of NEPS, as well as other existing wellbeing programmes and initiatives, including the Student Support Team structure.

Parents Registration - via [NEART – For parents and guardians – Jigsaw](#)  
School Staff Registration - via <https://jigsaw.ie/neart/>

Once registered, you will receive a monthly newsletter from NEART with updates about live webinars and other supports you can avail of in the coming months.

## Neart Resources - Year 1

### Webinar Recordings for Parents

- Understanding Anxiety [View recording](#)
- Friendships & Mental Health [View recording](#)
- Managing Exam Stress [View recording](#)
- Self-care for Parents / Guardians: [View recording](#)

### Neart Podcast for Parents / Guardians

We're delighted to announce the Neart Youth Mental Health Podcast is now live! The primary audience for our podcasts series is parents/guardians.

Episodes so far:

- **Managing Exam Stress**
- **Self-care at Exam Time**

- You can follow this link or search "Neart Youth mental health" on your podcast platform. [CLICK HERE](#)

### Resources for School Staff

- Trauma-informed approaches for school staff (collaboration with NEPS): [Watch recording](#)
- Supporting the mental health of LGBTQ+ Young People (in collaboration with Belong To): [Watch recording](#)
- Self-compassion as a strategy for self-care for school staff (with input from Spectrum Life): [Watch recording](#)



**When you visit...**  
Once you've made an appointment, here's what to expect when you first come to a Jigsaw service.

**1. Welcome**

When you arrive, you'll be welcomed by a member of the team.

**2. Get comfy**

Take a seat on one of our comfy couches and enjoy a cuppa.

**3. Meet a team member**

You'll meet one of our team to have a chat about what's on your mind and to talk about what supports you need.

**4. Plan another session**

After your initial session, we'll arrange another on-line session a few weeks later to see how things are working out.

**5. Decide what happens next**

You'll talk to our team member and decide if you've got what you need or if you need more support.



Scan now for more advice and support online:



Or visit [jigsaw.ie](https://jigsaw.ie)



**WE ARE  
HERE  
FOR  
YOU...**

jigsaw.ie



Jigsaw is an early intervention, primary care service for young people's mental health.

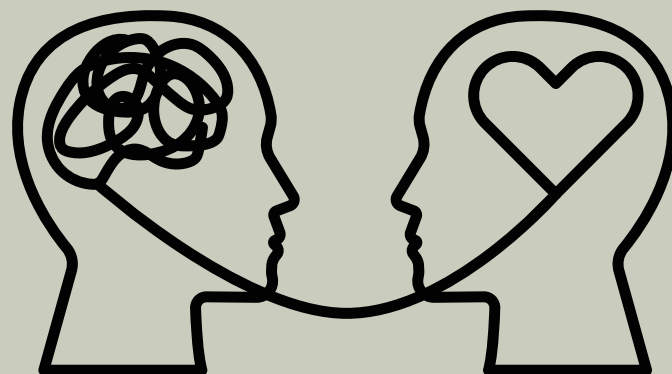
**JIGSAW**  
Young people's  
health in mind

Jigsaw is a registered charity. Our charity (revenue) number is CHY 17423. Our registered charity number is 20064846.

**MORE INFO**



*Be  
KIND  
to  
YOURSELF*



*"you are"  
NOT ALONE  
• in this •*

# JIGSAW

## Young people's health in mind

**What is Jigsaw?**

Jigsaw is a mental health service. Our focus is on early intervention for young people at primary care level.

This means that Jigsaw helps young people going through mental health difficulties. We aim to offer support at difficult periods of their lives before these issues become more serious and in need of longer, more intensive mental health supports.

Getting support early on can help strengthen a young person's resilience for the future, teaching them positive ways to cope with difficulties. This can nip a lot of more serious problems in the bud before they snowball into something less manageable. It can prevent some young people from developing long-term and serious mental health problems later in life.

**Jigsaw supports young people facing a range of different challenges and difficulties, from struggling with relationships at home or with friends, to feeling down or anxious.**

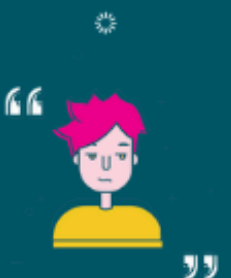
As everyone's situation is unique, we may need to find out more about the young person's circumstances before we know if we are the right service for them. Some of the things we take into account when making this decision are: the type of difficulties they are experiencing, how long they have been present, how severe they are and any previous efforts made to manage or resolve the difficulties.

**How can I access a Jigsaw service?**

If you are a parent or guardian of a young person aged between 12 to 25, you can access a Jigsaw service by calling or emailing your local Jigsaw. If your young person is under 18, Jigsaw requires your consent. If they are over 18 years old, they do not need your consent.

If you are a young person aged 18-25, you can access a Jigsaw service by calling or emailing your local Jigsaw.

If you are a young person aged under 18 Jigsaw requires the consent of a parent or guardian. You can access a Jigsaw service by asking a parent or guardian to contact your local Jigsaw for you.



**Contact your local Jigsaw service:**

call: **046 907 1702**

email: **meath@jigsaw.ie**

Address: **25 Brews Hill, Navan,  
Co. Meath  
C15 X2ND**







# Public Participation Network **Meath**

## Meath PPN - Louie and Frankie Book Project and Workshop - Supporting Young People in Dealing with Difficult Emotions

Louie and Frankie is a book developed by artist Fionn, to illustrate the significance of understanding, exploring, and expressing emotions constructively for young individuals.

Young People often encounter overwhelming challenges, such as relocating, transitioning to new educational environments, and navigating relationships with peers and family members.

Through the characters' journey in Louie and Frankie, young individuals learn that collaborative problem-solving, open dialogue regarding difficulties, and embracing emotional experiences empower them to discover solutions and harness their inner strengths.

The Workshop is fun and interactive, with each participant getting their own copy of Louie and Frankie to take home. We can provide refreshments and healthy snacks and, weather permitting, a 'Walk & Talk' for older attendees to discover more about the book and journal.



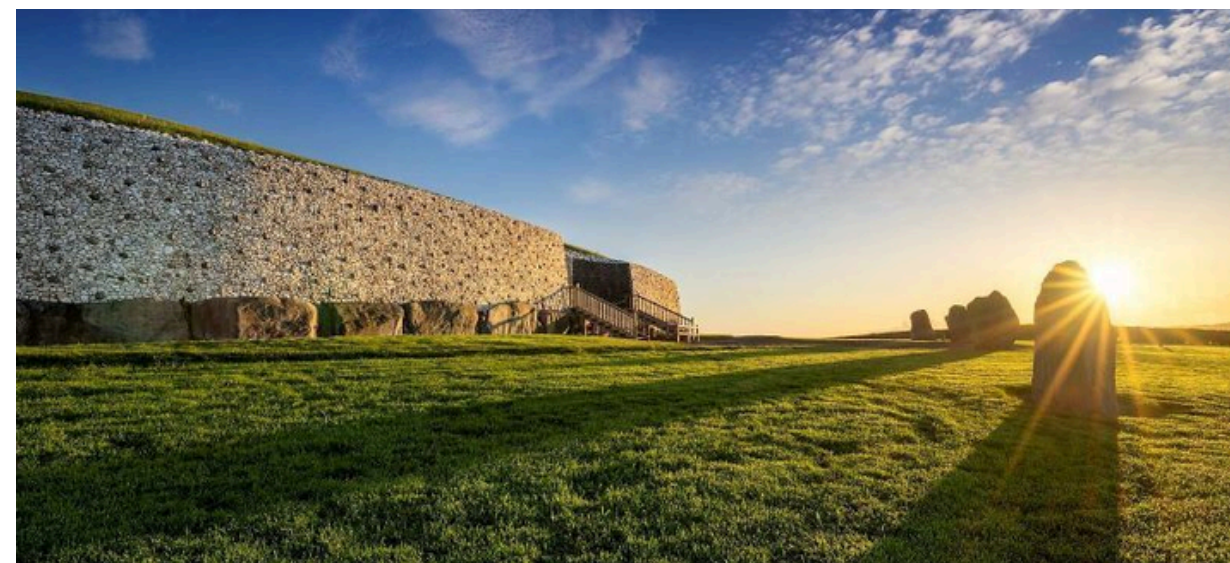
If your community group is interested in hosting a workshop, please contact [meathppn@meathcoco.ie](mailto:meathppn@meathcoco.ie)





Thanks for reading!

Hope you are all enjoying  
Summer!



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