Working together towards a Healthier Meath!



Healthy Meath Newsletter

SUBSCRIBE HERE

November 2026

Discover exciting tips, engaging articles, and community resources to support a healthier lifestyle across Meath!

Prepared by

Healthy Meath at Meath County Council

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pobal government supporting communities

Rialtas na hÉireann Government of Ireland

comhairle chontae na mí meath county council

In Focus for November



One Health Festival 2026

During Ireland's Presidency of the Council of the European Union, the All-Ireland One Health Collaborative Network and Healthy Ireland Local Government will facilitate a series of One Health-themed events from 20th November to 27th November 2026. These events will take place across the island of Ireland and internationally, and aim to raise awareness of and advocate for One Health and highlight the interdependency of human, animal, and environmental health. Our event in Meath is taking place on November 26th.



In Focus for November

Following the success of last year's Wellfest for Traveller Men, we are delighted to host a similar event again this year. Thanks to funding secured to support men's health and wellbeing initiatives, a special Men's Health and Wellbeing Morning will take place on **Thursday, 19th of November 2026, from 10am to 12 noon at Navan Traveller Workshop, Fair Green, Navan**.

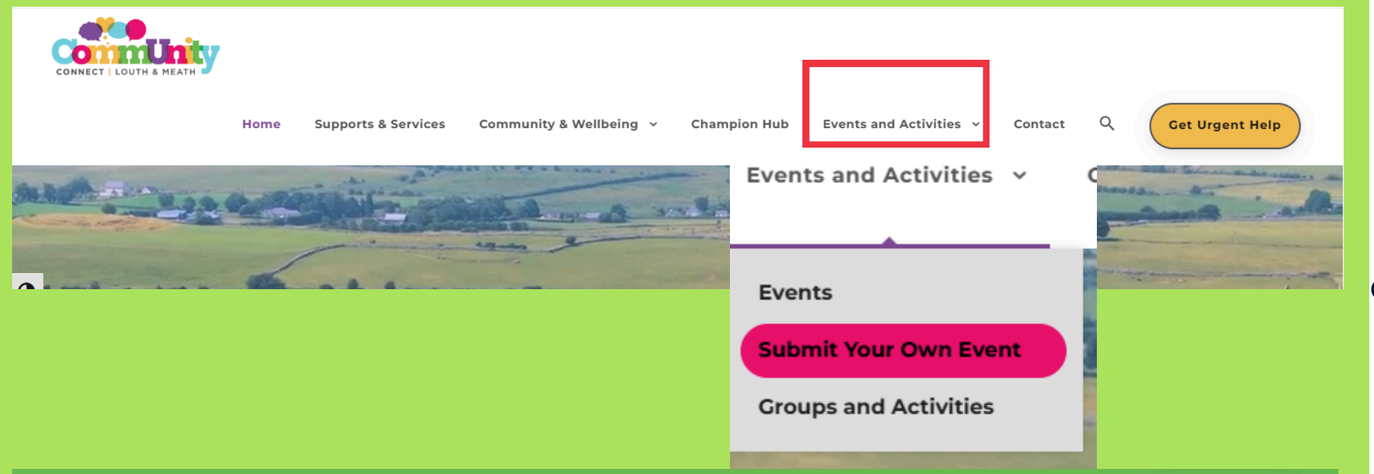
This free drop-in event will feature guest speakers, interactive workshops, quizzes, and information stands covering a wide range of topics related to men's health and wellbeing. It will provide an opportunity to connect, learn about available supports and services, and take positive steps towards better health.

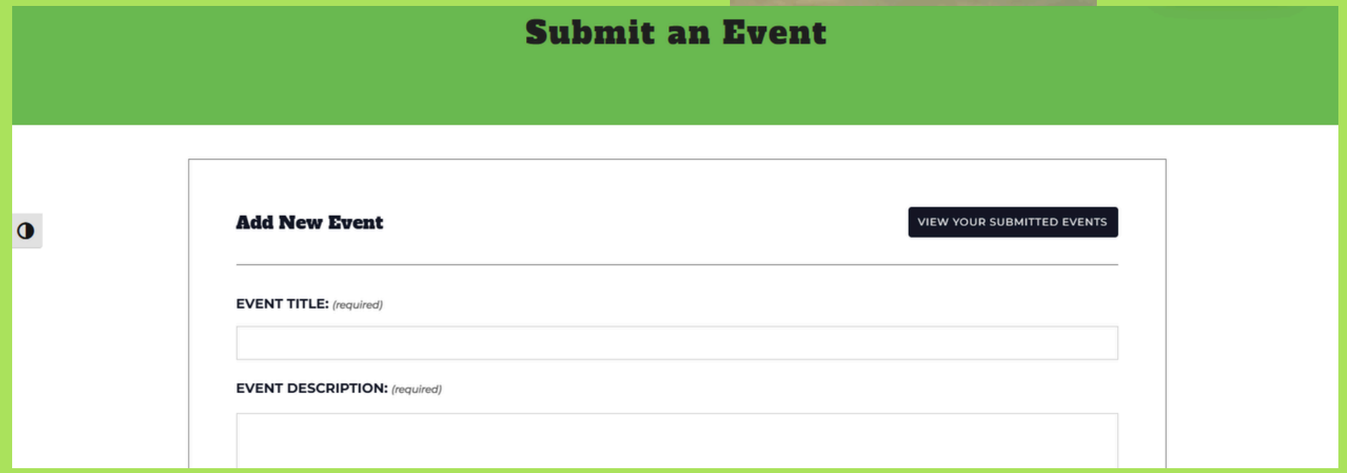
Men's Day 17th November

To mark International Men's Day 2026, HSE Health & Wellbeing in conjunction with the Men's Development Network, SETU and the Men's Health Forum in Ireland are hosting this Men's Health webinar. Join us and hear about some great initiatives happening to support men's health and wellbeing in Ireland. There will be a range of speakers from different organisations including, SETU, Tosú, Lads & Dads and Movember and featuring an interview with Andy Moran, Mayo's All Ireland winning Manager. Register **here.**



Submit Your Event on the CommUnity Connect Louth & Meath Website!





Did you know you can now submit your own health and wellbeing events directly to the CommUnity Connect Louth & Meath website? All events must align with at least one of the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, or Give.

To submit an event, visit **www.cclm.ie** and select "Events & Activities", then click "Submit Your Own Event". Complete the online form by adding your event details, including the event name, description, date and time, image, and selecting the most appropriate 5 Ways to Wellbeing category.

Events should be free or low-cost and take place in Louth or Meath. Events connected to a recognised national health and wellbeing initiative may also be considered, even if taking place outside these counties.

Once you have entered all the required information, simply click "Submit". Our team will review your submission, contact you if any further information is needed, and then publish the event on the website for the community to discover.

Help us showcase the great health, wellbeing and community activities happening across Louth and Meath by submitting your event today!

Mental Health

Healthy Meath

Digital Mental Health Tools, Supports and Services *for Adults*

Information & Self-Help

General information on Mental Health - *for anyone who is seeking basic information*

- www.yourmentalhealth.ie — General information on mental health for anyone seeking basic information.
- Minding Your Wellbeing — Practical tools and tips to support your mental health.
- Balancing Stress — Practical skills to cope with stress.

Personalised Support

Personalised information and signposting - *for anyone who is seeking personalised information*

- 'My mental health plan' on www.yourmentalhealth.ie (sleep, stress, anxiety, mood)
- spunout navigator — Tools to help you find the right support.

Talk & Connect

Interactive support from a peer or volunteer - *for anyone who is seeking support and wants to engage with a person*

- ispcc — Digital Mental Health Programmes for young people and parents.
- Grow Mental Health — Online support groups and online chat.
- spunout text about it — Free anonymous 24/7 text support.
- aware — Online support groups and phone support.
- togetherall — Share experiences in a safe, anonymous space. Benefit from practical wellbeing tools and resources. Gain access in minutes, available all day, every day.

The HSE Health Promotion & Improvement Team North West have developed this resource to highlight the range of digital mental health tools, supports & services available for Adults.

Professional Support

Further support - *for anyone who wants to engage with a trained mental health professional*

- MyMind — Face-to-face or online affordable therapy.
- SilverCloud by Amwell — Guided online CBT with a trained supporter.
- turn2me — Free online counselling and facilitated support groups.
- connect Professional Telephone Counselling & Support — Free anonymous telephone service for adult survivors of childhood abuse, trauma, or neglect.
- JIGSAW Young people's health in mind — Live chat and facilitated online group chat (age 12–25).

Need urgent help?

- Contact your GP or local out-of-hours doctor's service
- In an emergency always call 999 or 112 for immediate support
- Call the Samaritans 24-hour Freephone listening service on 116 123
- 'Text About It' is a free service you can contact 24 hours a day. It offers everything from a calming chat to immediate support for your mental health and emotional wellbeing. Free-text: HELLO to 50808 for an anonymous chat with a trained volunteer, any time.

All digital Mental Health Tools, Supports and Services above are supported by the HSE. For clickable links and more information on how to access, scan the QR code.

Scan to access these supports

Click each logo for more information

Shine — Supporting people affected by mental ill health

JIGSAW Young people's health in mind

SAMARITANS

BODYWHYS The Eating Disorders Association of Ireland

MyMind Centre for Mental Wellbeing

pieta

Mental Health



Pieta support is now available at Pieta Meath – Bettystown Primary Care Centre.

People can access in-person therapy from Bettystown Primary Care Centre by appointment, as well as phone and video support.

📍 Pieta Meath – Bettystown Primary Care Centre, Primary Care Centre, Block G1, Croi Nua, Bettystown, Co. Meath, A92 HE2P

🕑 Monday: 12pm - 5pm, Wednesday and Friday: 9am - 2pm

Need support?

To access Pieta's free therapy services, call 0818 111 126. No referral is needed.

If you are in crisis, call our 24-hour Freephone Crisis Helpline on 1800 247 247 or text HELP to 51444. Standard message rates apply.

More information is available at pieta.ie

Click each logo for more information

Shine
Supporting people affected by mental ill health

JIGSAW
Young people's health in mind

SAMARITANS

BODYWHYS
The Eating Disorders Association of Ireland

MyMind
Centre for Mental Wellbeing

pieta

Health Eating

Energy Drinks Checker

Safefoods research shows that, on average, a 500 ml energy drink has about 10 level teaspoons of sugar and as much caffeine as 2 cups of espresso.



The Food Environment

Ever leave a shop with snacks you didn't mean to buy? Or end a seaside walk with a coffee and a bun? It's because of the food environment - the food that surrounds us.

The food environment shapes what food we buy and eat. It's the places where we make decisions about food including where we live, work and come together. It depends on the food and drink that's available, affordable and advertised to us.

Read more about the food environment and how the range of unhealthy options available is impacting our health **HERE**.

Safefood

Rathkenny Community Centre





Healthy Meath

Meath Libraries Science Festival



Full STEAM Ahead! is a Science Festival presented by Meath County Council Library Service, taking place across the county from October 31st to November 28th 2026.

With more than 120 events across the county from natural skincare to farm safety; from CSI to fashion; and from sustainable crafts to macrophotography, there truly is something for everyone, regardless of age, interest or ability.

So join us as we go Full STEAM Ahead into the festival, and test our hypothesis that science is relatable, accessible, and above all else, fun!

Booking

You can view the full programme of events for Full STEAM Ahead! in our brochure, **here**.

For school events, see pages 5-18.
For public events, see pages 19-30 or view our event listings below.
To book any of our events, all booking information is available on page 3 of the brochure.

BLOOD DONATION CLINIC

A+ A- B+ B- AB+ AB- O+ O-

Check your eligibility & book your appointment at giveblood.ie or call us on 1800 222 111

giveblood.ie

Follow us for updates & news

Healthy Meath



Ardboyne Hotel
Navan

Mon 23rd, Tues 24th
Wed 25th & Thurs 26th
November 2026
3:45pm to 8:00pm

Slane Community Centre

Slane

Sunday 15th November, 2026

11:30am to 3:00pm



Irish Blood Transfusion Service
Seirbhís Fuilaistriúcháin na hÉireann

giveblood.ie

Physical Activity

Active Social Mornings Adults 50+

Looking for a fun way to stay active, meet new people and enjoy a relaxed social atmosphere? Join our Active Social Groups for Adults 50+, a welcoming 4-week programme starting in November.Each session combines light exercise with enjoyable game-based activities such as Boccia, New Age Knurling and Cornhole.

Trim GAA Club, Trim
Date: November 2nd - November 23rd (Mondays)
Time: 12:30pm - 1:30pm

Simonstown GAA Club, Navan
Date: November 4th - November 25th (Wednesdays)
Time: 10:30pm - 11:30pm

Contact Paula on 046-9067887 or email pcunningham@meathcoco.ie to book your place or for more information.





Activator Pole Walking

Activator Pole walking focuses on promoting long term fitness and independence through increasing balance and functionality.

Activator Poles Duleek
Date: November 2nd - November 23rd (Mondays)
Time: 10:30am - 11:30am
Duration: 4 Weeks
Venue: Duleek Bellewstown GAA
Cost: €10
Register **HERE**

Activator Poles Navan
Date: November 4th - November 25th (Wednesdays)
Time: 12pm - 1pm
Duration: 4 Weeks
Venue: Blackwater Park
Cost: €10 - per family

Register **HERE**

MEATH
Local Sports Partnership
SPORT IRELAND

Physical Activity

Healthy Meath

Run Jump Throw Navan

The Run Jump Throw programme ran over 6 weeks is aimed at children with additional needs aged 5-12 years. The sessions will include a variety of Sports, Fun Games and Obstacle Challenges all adapted to the participants needs. The involvement of siblings is encouraged during the programme.

Date: November 2nd - December 7th (Mondays)
Time: 4pm-5pm
Duration: 6 Weeks
Venue: Claremont Stadium Navan
Cost: €10 - per family



Learn 2 Cycle

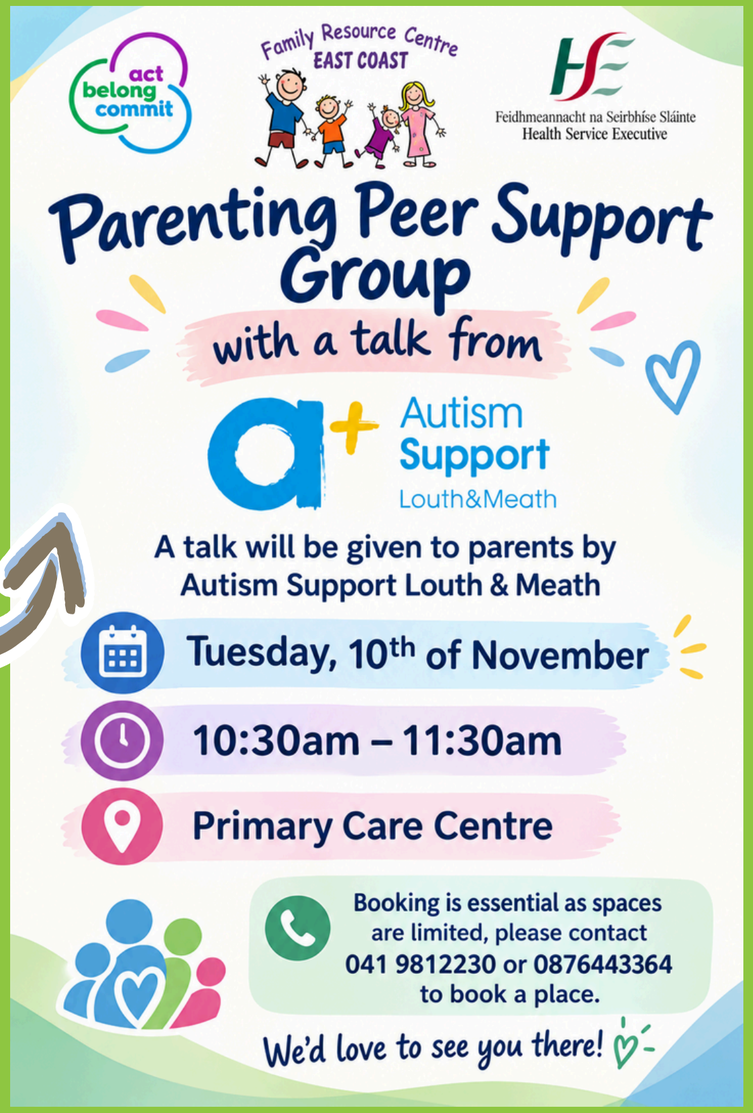
Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks and focuses on empowering parents and giving them the tools to support their child in learning to cycle. Participants will be guided by our experienced tutor from the Cycling Safety School.

Date: November 5th - December 10th (Thursdays)
Time: 4pm-5pm
Duration: 6 Weeks
Venue: Trim GAA Indoors
Cost: €15 - per family

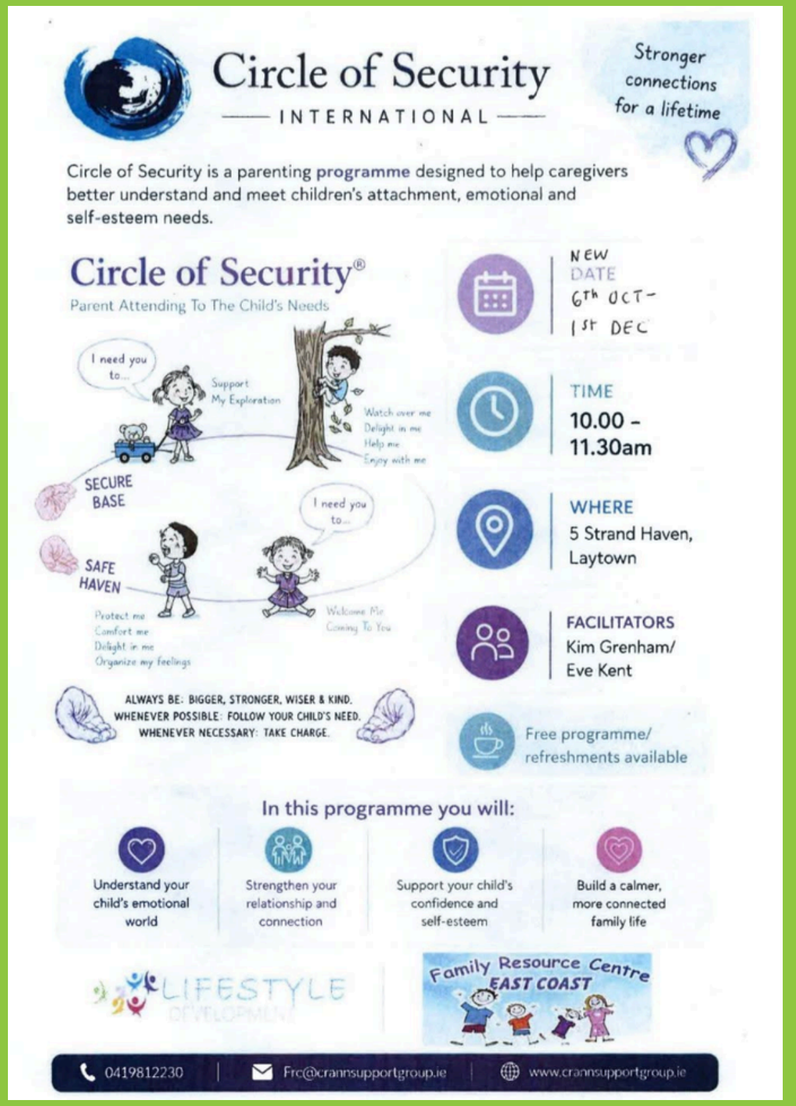


For more information or to book a place please contact our Sports Inclusion Disability Officer Terry Donegan on tdonegan@meathcoco.ie or call 0469067887

Community & Events: Join Us!







Community & Events: Join Us!





Community & Events: Join Us!







Community & Events: Join Us!





Quick Tips



Mens Day

Check out the HSE webinar and drop-in event at Meath Travellers Workshop on November 19th for Mens Day 2026

Promote your Events

You can now add your events to the CommUnity Connect Louth & Meath Website - www.cclm.ie

Full Steam Ahead!

Check out the range of events happening throughout November for The Meath Libraries Science Festival.

One Health

Learn more about One Health at the event happening in Kentstown on November 26th

Stay Connected!

Subscribe to our Newseltter

SUBSCRIBE HERE

SCAN HERE

Email

healthymeath@meathcoco.ie

Social Media

@meathcoco

Phone

046-9097400

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