



# Healthy Meath



## Healthy Meath Newsletter October 2022

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

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

We hope that you enjoy and take some time for your health and wellbeing this month.



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





## October is Breast Cancer Awareness Month

**BREAST  
CANCER  
IRELAND**  
researching a cure



1 in 9 women will be affected in their lifetime.

There are currently **3,700** new cases diagnosed annually.

Below are **8** warning signs to look for.



1 A puckering of the skin of the breast



2 A lump in the breast or armpit



3 A change in the skin around the nipple or nipple discharge



4 Dimpling of the nipple or nipple retraction



5 An unusual increase in the size of one breast



6 One breast unusually lower than the other. Nipples at different levels



7 An enlargement of the glands



8 An unusual swelling in the armpit

For more information on breast cancer visit [www.breastcancerireland.com/](http://www.breastcancerireland.com/)

## New Healthy Ireland - Healthy Weight campaign!

Weight gain can happen for many reasons in your 20s and 30s, but there are preventative habits that can help!

- Sleep
- Nutrition
- Regular physical activity
- Stress management

Healthy Ireland have created a range of resources to support.

Learn more at [www.Gov.ie/HealthyWeight](http://www.Gov.ie/HealthyWeight)

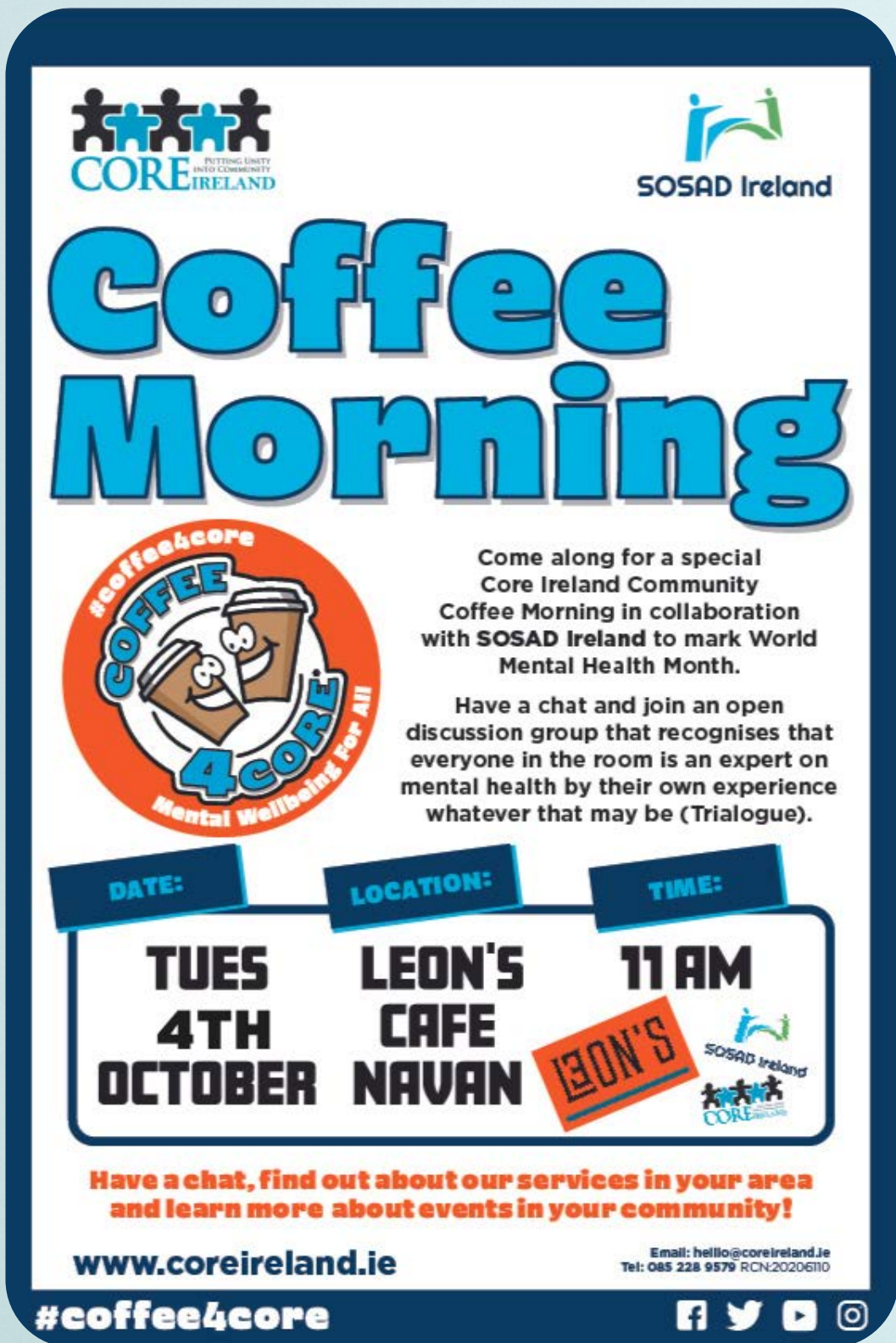






# Mental Health

October is World Mental Health Month. Click [here](#) to find out what is happening across Ireland.



**COFFEE MORNING**

COFFEE4CORE  
Mental Wellbeing For All

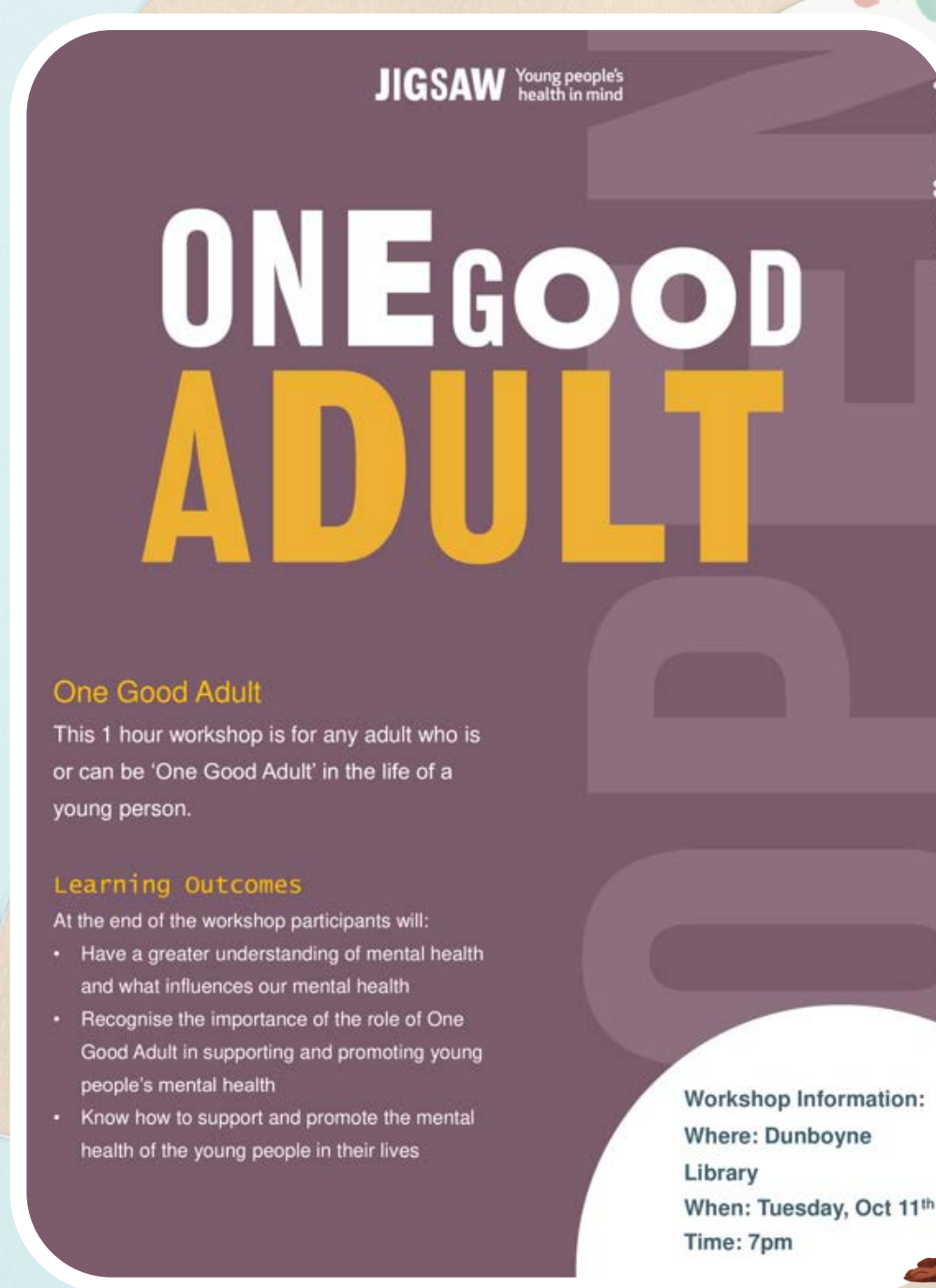
Come along for a special Core Ireland Community Coffee Morning in collaboration with SOSAD Ireland to mark World Mental Health Month.

Have a chat and join an open discussion group that recognises that everyone in the room is an expert on mental health by their own experience whatever that may be (Triologue).

**DATE:** TUES 4TH OCTOBER  
**LOCATION:** LEON'S CAFE NAVAN  
**TIME:** 11 AM

Have a chat, find out about our services in your area and learn more about events in your community!

[www.coreireland.ie](http://www.coreireland.ie)  
#coffee4core



JIGSAW Young people's health in mind

## ONE GOOD ADULT

**One Good Adult**

This 1 hour workshop is for any adult who is or can be 'One Good Adult' in the life of a young person.

**Learning Outcomes**

At the end of the workshop participants will:

- Have a greater understanding of mental health and what influences our mental health
- Recognise the importance of the role of One Good Adult in supporting and promoting young people's mental health
- Know how to support and promote the mental health of the young people in their lives

**Workshop Information:**  
Where: Dunboyne Library  
When: Tuesday, Oct 11<sup>th</sup>  
Time: 7pm



## Trim Family Resource Centre October programme:

- Low Cost Counselling - avail of up to 8 sessions at a reduced cost (email [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie))
- Walk & Talk - every Tuesday at 10.30am meet at church car park
- Buggy Buddies - every Tuesday at 10.45am meet at castle bridge
- Babies & Bumps - every Thursday at 9.45am until 10.30am (for mums to be and parents of children up to 1 year)
- Parent Toddler Group - every Thursday 10.45am until 11.30am (parents of children 1 year to 3 years' old)

To sign up or for more info contact details are below.

**Trim Family Resource Centre click [here](#).**  
**Tel:** 046 94388350/087 7383858 **Email:** [info@trimfrc.ie](mailto:info@trimfrc.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.







# Healthy Eating



Healthy Meath

This October instead of focusing on giving up certain foods try to include something to improve your diet!



1. Try to eat 5 portions of **fruit and vegetables** a day
2. Eat **wholegrain/brown** based foods like bread, pasta & oats
3. Add some **fruit, nuts or seeds** to your breakfast in the morning
4. Include **fish** at least once a week
5. Stay hydrated, try to drink an extra glass of **water** every day



## SPOOKTACULAR IDEAS FOR A HEALTHY HALLOWEEN

Halloween can be a challenging time to keep healthy eating habits on track. Try create some healthy Spooktacular treats at home. [BBC Good food](#) have some easy recipe ideas to try!

Check out this [article](#) from The Irish Heart Foundation for some healthy ideas to try this year!



Simple cooking classes with Ashbourne Library



Where:  
Ashbourne Library

When:  
Sat 8th Oct  
10.30 - 11.30am  
12:00 - 1:00 pm



More information

info@thecoolfoodschoo.ie  
www.thecoolfoodschoo.ie

There are several **food banks** available across Meath for those who need support.

- Trim FRC Community Food Bank (contact Elaine on 0876602088 / elaine@trimfrc.ie)
- Kells FRC Community Food Bank (contact 0469247161 / info@kellsfrc.ie)
- Core Ireland Food Bank (contact 0852289579 / hello@coreireland.ie)





# Healthy Eating



HEALTHY  
FOOD  
MADE  
EASY

## Teen Challenge

Age 13 to 18 years

Learn to cook healthy meals on a budget  
**FREE**

6 week course starts on Thursday 20 Oct  
4.30pm - 6pm



**Book Your Place at 046 9247161**

### Side Quests

- Snack on arrival
- Food Choices
- Shopping Mission
- Cookery Skills
- Eat what you cook
- Survival Skills

Complete the side quests and on full attendance enter a draw for smart phone



HEALTHY  
FOOD  
MADE  
EASY



Learn to cook healthy meals on a budget

**FREE**

6 week course starts on Tuesday 11 Oct  
10am-12.30pm  
in



**Book Your Place at 046 9247161**

Prepare, cook and taste healthy recipes

Learn about healthy eating

Get tips on food shopping

Plan meals on a budget

Relaxed and fun approach

For all ages and abilities



Kells FRC will also run a parent/child series of healthy eating/cooking workshops. Contact the centre on 0469247161 for more info.





# Smoking, Alcohol & Drug Supports



Healthy Meath

**QUIT.ie**

**Join the October #28DayChallenge**

**hi** Towards a Tobacco Free Generation  
...together we can do it!

**COINNIGH UAINN É NOT AROUND US**

**Drug & Alcohol Helpline**  
Freephone  
**1800 459 459**  
Email Support  
**helpline@hse.ie**  
Confidential support & information service  
[www.hse.ie/go/drugshivhelpline](http://www.hse.ie/go/drugshivhelpline)

Please Turn-Over

Please Turn-Over

Join the October #28DaysChallenge to **quit smoking** for good and make October #TheLastStop.

Freephone the Quitline on 1800 201 203 or click [here](#) and choose October 1st as your start date.

Healthy Meath are recruiting more organisations to the **'Not Around Us'** Campaign. The purpose of 'Not Around Us' is to help protect children & young people from second-hand smoke exposure.

Click [here](#) to sign up and get your free signage today.

**Alcoholics Anonymous Ireland**

Details of Alcoholics Anonymous meetings in Meath can be found [here](#).







# Sexual Health



**Free prescription and emergency contraception for women and people aged 17 to 25**

Choose the contraception that suits you best  
Find out more at [sexualwellbeing.ie](https://www.sexualwellbeing.ie)

# spunout

Spunout is Ireland's youth information website created by young people, for young people. It provides content so that young people aged between 16 and 25 are empowered with the information they need to live active, happy, and healthy lives. Click [here](#) for an article detailing **10 tips to look after your sexual health**



Youth Work Ireland  
Meath

## The costs covered include:

- GP or doctor's appointments - to talk about contraception options & repeat prescriptions when needed
- Prescriptions given by your doctor - these will be given free of charge at participating pharmacies
- Your choice of contraception - from the types covered below
- Fittings and removals of implants & IUDs or IUSs (coils)
- Any check-ups or other follow up care needed, relating to your implant or coil
- Emergency contraception (morning after pill)

Visit <https://www.sexualwellbeing.ie/> for more info



## Meath Youth and Adults Groups

LGBTI+ group at Youth Work Ireland Meath. If you are aged between 13 - 24 years of age and would like to join one of YWI Meaths LGBTI+ groups, you can **call 0469093402** or **email [info@youthworkirelandmeath.ie](mailto:info@youthworkirelandmeath.ie)**.

Trim Family Resource Centre host LGBTQ+ peer support groups for young people and adults. **Contact [info@trimfrc.ie](mailto:info@trimfrc.ie)** for details.





# Physical Activity

## Walktober 2022 Challenge

Open to all family members

EXCITING 4 WEEK PROGRAMME TO COMPLETE

# 30km or 80km IN OCTOBER

Register [here](#)

Receive a **FREE** Walking Challenge Calendar

Registration is **FREE!**

COMPLETE 30 or 80 KILOMETERS IN OCTOBER

MEATH Local Sports Partnership | SPORT IRELAND LOCAL SPORTS PARTNERSHIPS | hi Healthy Ireland | HÉ | meathtourism



## Some ways to get moving this October!

- **Lunch walks** - take a quick walk on your lunch break from work
- **Buddy up** - find a friend or colleague to workout with
- **Every little helps** - moving for 10 mins at a time benefits your health
- **Do a free trial** - many apps & fitness classes offer free sessions before having to sign up to a subscription
- **Start simple** - try fast walking, a 15 min at home work out or stretching

Try to be active for at least 30mins 5 days a week!



## Meath Park Runs Every Saturday at 9.30am - Free for all!

Details of locations are linked below and you can sign up to any run for free [here](#)

- **Navan** Blackwater Park
- **The Battle of the Boyne** Visitor Centre, Oldbridge
- **Deerpark**, Deerpark Heights, Carlanstown, Co. Meath, A82 N9P8
- **Porch Field** on the Navan side of the Ring Road, Trim, Co. Meath







Meath Local Sports Partnership have a range of programmes available throughout October. Some highlights are outlined below.

## Community Sports Hub Navan

Free 4 week Community Activity programmes

Programme	Description	Time	Venue	Age	Dates
<b>MONDAY</b>					
Tag Rugby	Come & Try Tag Rugby	4:30-5:30pm 5:30-6:30pm	Scoil Naomh Eoin	6-9yrs 9-12yrs	Mon 3 <sup>rd</sup> – 24 <sup>th</sup> October
Run, Jump, Throw	Run Jump Throw is a 6-week multi-activity programme suitable for children with Autism or an Intellectual Disability.	4-5pm	Claremont Stadium, Navan	6-12yrs	Monday 19 <sup>th</sup> September – 24 <sup>th</sup> October *Book via email only*
<b>TUESDAY</b>					
Multi-Sport	A variety of fun multi-sport activities	4:30-5:30pm 5:30-6:30pm	St. Stephen's NS St. Stephen's NS	6-9yrs 9-12yrs	Tues 4 <sup>th</sup> – 25 <sup>th</sup> October
'Walktober' Adventure Walk	Come & Try the Adventure walk app for Children in Blackwater Park	5-6pm	Blackwater Park	6-12yrs	1 session only Tuesday 11 <sup>th</sup> October
<b>WEDNESDAY</b>					
Futsal	Come and Try fun football sessions – a mixture of indoor and outdoor	4:30-5:30pm 5:30-6:30pm	Scoil Naomh Eoin	6-9yrs 9-12yrs	Tues 4 <sup>th</sup> – 25 <sup>th</sup> October
Active Women	Exercise based activity for women, a mixture of circuits and different exercises along with some light walking and jogging	7-8pm	Venue TBC	Over 18	Wed 5 <sup>th</sup> – 26 <sup>th</sup> October
<b>THURSDAY</b>					
Fit Dance 4 Kids	A fun dance class comprising of a variety of dances e.g contemporary, latin, cheet, ball-room etc	6-7pm	Claremont Stadium hall	6-12yrs	Thurs 6 <sup>th</sup> – 27 <sup>th</sup> October
<b>SATURDAY</b>					
Family Multi-Sport Activities	Fun 2-week Multi-Sport Activities for parents/ guardian and children to enjoy together e.g., Rounders, Obstacle course, Orienteering etc.	11am – 12pm	Blackwater Park	5-12yrs Children, Adults 18+	2 sessions only Sat 8 <sup>th</sup> & 15 <sup>th</sup> October

Register [here](#).

## Sports Inclusion & Disability Awareness

Meath LSP in conjunction with Cavan Sports Partnership are delighted to host a **FREE Sports Inclusion and Disability Awareness Webinar on Tuesday 11th October at 7pm-8.30pm online via Zoom!**

This is a FREE webinar aimed at people who are interested in taking the first step in making their activities inclusive.

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



## Active Women Circuits Dunboyne

The **4-week programme** will strengthen and tone to help maintain a healthy body and mind. Using a variety of core and body strengthening exercises, this new class is **suitable for women (18+) of all fitness levels**, especially complete beginners.

Starting **Friday 21st October at 6pm** in Oak Centre, Dunboyne. Cost is €15 for 4 weeks. Register [here](#).

## Pickleball for ages 50+

Starting on **Thursday 29th September at 11am in Trim GAA**. Suitable for all abilities! The rules are simple and easy for beginners to learn:

- Can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
- Is played with a paddle bat and a plastic ball.
- Can be played as doubles or singles.
- Can be enjoyed by all ages and skill levels.
- Cost is €20 for 4 weeks.

To book a place contact **Luke** at **luke.condie@meathcoco.ie** or call **0469067887**





# Older Persons



Invites you to join the  
**Older People's Council**  
Open Event

**Wednesday 19<sup>th</sup> October 2022**

11am -2pm

Ardboyne Hotel, Navan, Co Meath

**Guest Speakers on**

Crime Prevention/Dementia/Wills/Planning for the Future

**| Yoga | Information Stands|**

Lunch provided

To **register** email [community@meathcoco.ie](mailto:community@meathcoco.ie) or phone Áine Bird on **0469097400**



comhairle chontae na mí  
meath county council



Come to meet our Dementia Advisers  
**MOBILE INFORMATION BUS**  
4th October, 4 - 7 pm  
Navan Library





For more information, please call Danielle on **087 947 5037**  
<https://alzheimer.ie/get-support/mobile-information-service/>



**Trim Family Resource Centre Senior Alert Scheme**

Eligible seniors aged 65+ living alone or looking for extra security can **apply for a pendant / bracelet that is connected to a 24/7 monitored centre.** An annual fee applies after the first year.

For more info call **Kathrin on 04694388**



## POSITIVE AGE

Need Transport for Shopping, Health, Appointment?

CALL: (046) 907 4830

Need a weekly call, for a chat?

CALL: (046) 948 3030

Positive Age and TFI Local Link LMF are working together....



### Meath Local Sports Partnership

**Chair Pilates** - Dunboyne Community Hall, 18th October 10.30am, €20 for 6 weeks

**Dance for Life (50+ years)** - Eureka House Kells, 20th October 10.30am, €30 for 6 weeks.





# Spaces & Places

## Visit the Beach!

We are lucky to have over 10km of beautiful coastline in our County. Why not pop down to Bettystown, Laytown or Mornington beach for a walk or run this October!



## Balrath Woods.

There are three different walks at Balrath, and each has a colour code. The Long Walk, which circles the woods' perimeter, will take about 30-minutes and has a variety of terrains.



# Workplace Wellbeing



HSE Health Promotion and Improvement Department



## STAFF HEALTH AND WELLBEING COFFEE MORNING

Come along to a "drop in" Coffee Morning to promote World Mental Health Day and experience bite-size taster sessions of HSE staff health and wellbeing supports.

**Date:**  
Friday,  
7th October  
2022

**Location:**  
HSE Building,  
Bective Street  
Kells, Co. Meath  
Eircode: A82 NX32

**Time:**  
Drop In from  
10.30am to  
12.30pm

If you would like more information please email: [louise.farrelly@hse.ie](mailto:louise.farrelly@hse.ie) or [david.mcsweeney@hse.ie](mailto:david.mcsweeney@hse.ie) or you can call us at 087-4515467 or 087-1140296

Health Promotion and Improvement Midlands Louth Meath is managed by:  
Emer Smyth, Health Promotion and Improvement/Health and Wellbeing Manager  
T: 087 2585080 | E: [emermaria.smyth@hse.ie](mailto:emermaria.smyth@hse.ie)







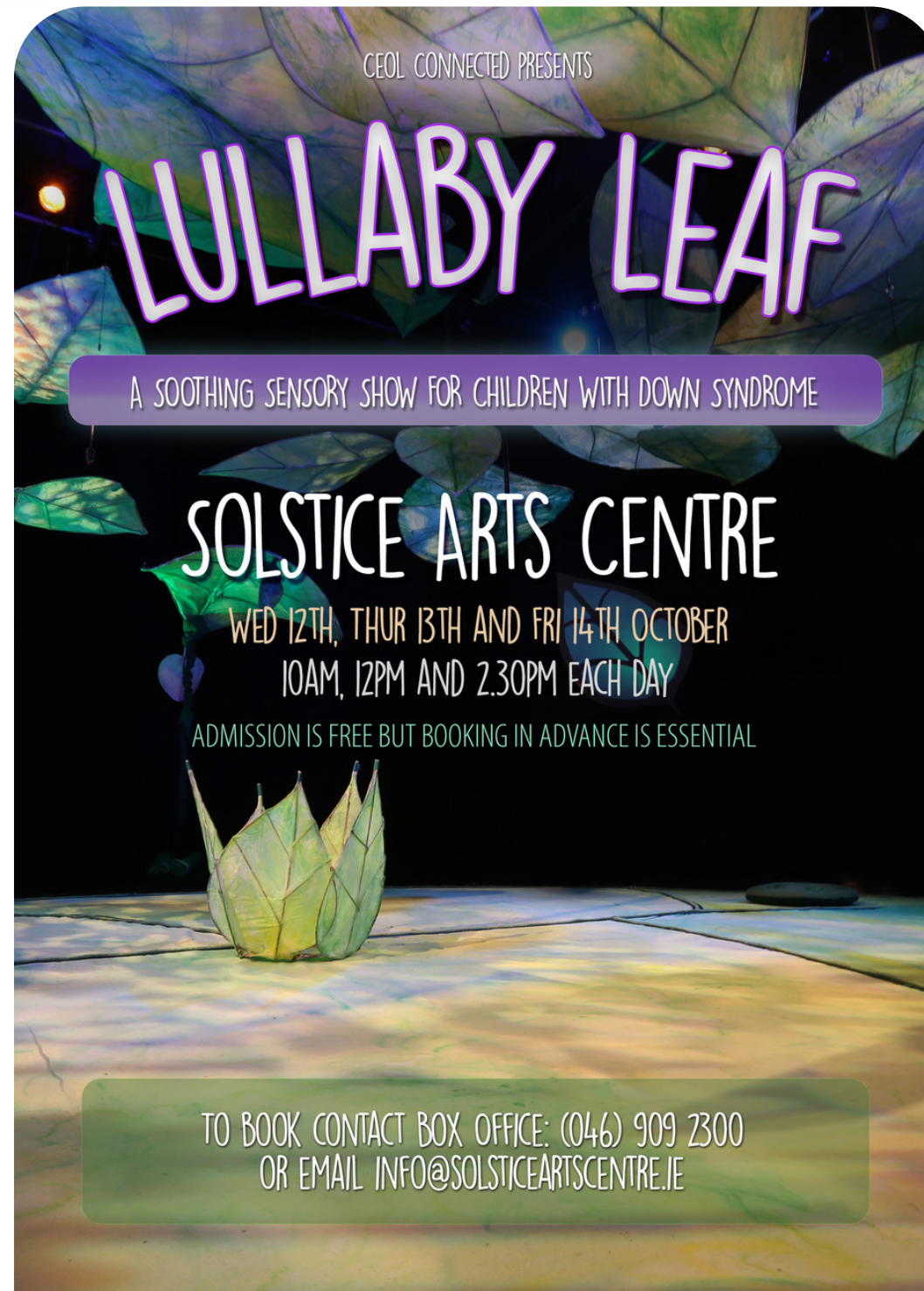
# Other Info



Do you know that asthma affects 1 in 13 adults in Ireland?

Help Researchers in TUD understand your experience with asthma by filling in this survey! It is 100% anonymous and requires less than 7 minutes to complete!

Click [here](#) to participate.



1 in 4 women die from heart disease and stroke yet research has shown that heart disease in women has been **under-researched, under-diagnosed, and under-treated** for far too long.

The Irish Heart Foundation is running the 'Her Heart Matters' campaign to **increase awareness of the risk of heart disease and stroke in women** and the fact that this **risk increases** as women enter **menopause**.

A range of resources have been developed to help you protect your heart health during and after menopause. To sign up and get more information visit: <https://irishheart.ie/>







Healthy  
**Meath**



Thanks for reading!  
**The Healthy Meath Team.**

