



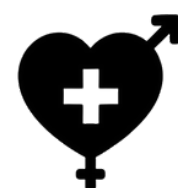
Healthy Meath

Healthy Meath Newsletter November/December 2022

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

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

We hope that you enjoy and take some time for your health and wellbeing over the next few weeks.





Healthy Meath Public Consultation Survey 2022

HAVE YOUR SAY IN A HEALTHY MEATH!



Healthy Meath request the input of individuals, agencies, groups and organisations to help identify the health risks, health priorities and associated target groups across County Meath.

The output of this survey will be used to support our planning for health and wellbeing activities across the County for the next three years.



Click [HERE](#) to have your say in a Healthy Meath!

Get the Flu Vaccine!

Why do you need flu vaccine?

Flu isn't just a cold

Flu can cause pneumonia and bronchitis and can make chronic health conditions worse.



Flu is serious

Up to 500 people die from flu every year in Ireland.

Flu vaccine protects you

You should get the flu vaccine if you:

- are 65 years and older or
- have a chronic health problem such as heart or lung disease or
- are pregnant



Flu vaccine protects others too

You should get the flu vaccine if you are a healthcare worker or a carer or if you live with someone with a chronic health condition.

Flu vaccine is free for people at risk

Talk to your GP (doctor) or pharmacist today about getting the flu vaccine.



For more information click [HERE](#)



LOW COST COUNSELLING

Trim FRC is here to help

ASK US

Call 046 9438850 or email counselling@trimfrc.ie



OUR COUNSELLORS

All trained and here to help and guide you through life's hurdles

ADULT COUNSELLING

For over 18's who need a listening ear.

YOUNG PERSON

Our highly skilled counsellors work with Young People from 12 - 18 years old

PLAY THERAPY

Our Therapist use talk, play and art techniques to work through your child's feelings for 4 -12 year olds

Did you know that Stress, Anxiety, Mood and Sleep are all important components of your mental health.

For more information check out the HSEs new Mental Health Campaign [here](#)



THE FEEL GOOD PROJECT

DULEEK

1st, 8th, 15th, 22nd & 29th November
6pm - 7pm | Duleek Courthouse

Group Music Therapy

with accredited Music Therapist

Limited to 8 participants. Parents/Carers must stay for the 1st session.

All FREE to the public

What is Music Therapy?
Music therapy is the clinical and evidence-based practice where the use of music-based interventions supports people to improve, restore or maintain health, functioning and well-being.

About the Therapist
Raimonda is an IACAT - accredited music therapist. Raimonda has experience working in a variety of settings including special schools and working with individuals who have profound and multiple learning disabilities.

Call 041-988 0523 to book your places or email duleekdft@gmail.com

comhairle chontae na mí meath county council

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

Mid-term Family Cooking Workshop



Thursday
3rd November
10-12pm
at The Bungalow

€5 per family

to register
contact Caroline
caroline@trimfrc.ie
087 6031108
046 9438850



Simple Cooking Classes for Kids with The Cool Food School

KELLS LIBRARY
Saturday, 12th November



11.00 am: Apple Donuts

2.30 pm: Smoothies



Booking Essential
046-9241592



GUT HEALTH NUTRITION

with Sonja Lynch, Registered Dietitian



Thursday
17 November 7pm

In Dunshaughlin Library



Register for your FREE place



The **START campaign** aims to support families to take small steps to eating healthier food and becoming more active.

START looks at seven ways that can help maintain a healthy weight for our children:

- Eat fewer treat foods
- Drink water and milk as regular drinks
- Give the right portion size for children
- Eat more fruit or vegetables.
- Be more physically active
- Limit screen-time
- Increase sleep-time



Remember... it all STARTs with a plan. For information, tips and advice that will help parents to take on a daily win and start your kids on the way to a healthier life visit www.makeastart.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)





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

Running 0-3k and 3-5k Programmes

Programmes starting soon in Navan, Tara & Enfield! Why not kickstart your running career before the end of 2022 with our new 4 and 6 week running programmes?

0-3k programme is suitable for complete beginners and 3-5k programme is suitable for improvers. All programmes are led by qualified coaches. 6-week programme costs €20 and 4-week programme costs €15.

- Enfield GAA club, Monday 7th Nov @ 7pm (6 weeks). Register [here](#)
- Tara AC - Ross Cross, Monday 14th Nov @ 6.30pm (4 weeks). Register [here](#)
- Navan AC Claremont Stadium, Monday 14th Nov @ 7pm (4 weeks). Register [here](#)



LINE DANCING

STARTING THURSDAY 10TH NOVEMBER
FROM 10:45 - 11:45 AM @ GAA HALL
€10 TOTAL PER PERSON FOR 4 WEEKS



To Register
Contact Kathrin
kathrin@trimfrc.ie or
Call 046 9438850



Learn 2 Cycle Trim

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks outdoors focuses on empowering parents and giving them the tools to support their child in learning to cycle.

Date: Thursdays Nov 3rd – Dec 8th
Time: 4:30pm- 5:30pm. Duration: 6 weeks
Venue: Trim GAA. Cost: €15

To book a place, please contact Terry on 0469067887 or email tdonegan@meathcoco.ie



Coaching Children Workshops!

Meath LSP and Sport Ireland Coaching will deliver Coaching Children Workshops starting **8th November 2022!**

The course is for coaches of any sport. Coaches will complete online theory work, workshops via zoom (x2 evenings a week) and a practical session at the end of the programme.

For more details contact Una at upearson@meathcoco.ie or complete the registration form [here](#).



Community Sports Coaching Programme

The Community Sports Coaching Programme aims to develop the skills of community leaders, coaches and club representatives through the provision of education and training inclusive of the following qualifications:

- National Governing Body (NGB) of Sport awards (GAA dual foundation, FAI Kick start 1 & 2, Athletics leaders award, Volleyball, Olympic Handball and Basketball introductory award).
- Community awards (Community Walking leader, Sport Ireland Active Leadership, Safeguarding 1 & 2, Sports Injury First Aid, Disability Inclusion training)

Closing date for expression of interests is Friday 4th November 2022. Contact Ruairí at rmurphy@meathcoco.ie



ALCOHOL PRESSURE SUPPORT DRUGS ADDICTION MENTAL HEALTH

THE FEEL GOOD PROJECT

STAMULLEN

All FREE to the public

Nov 3rd | 7.30pm | Stamullen Parish Hall

Teens Substance Abuse - Support for Parents

Lorraine Wright, HSE Counselor & Psychotherapist
Substance Use Service for Teens S.U.S.T

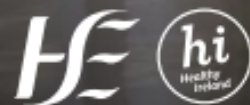
You can

QUIT

We can help

If you're ready to QUIT, we're ready to help.

Because if you stop smoking for 28 days you're 5 times more likely to stop for good.



Read on for the tips, tools and support you need to make your last stop

ask about alcohol.ie

What kind of drinker are you?
Take the test



#AskAboutAlcohol

Alcohol self assessment tool

Take the HSEs alcohol test to find out more about what type of drinker you are and the impact of your drinking. Take the test [here](#).

ask about alcohol.ie

DRUGS.ie
Drug and Alcohol Information and Support

HSE DRUG AND ALCOHOL HELPLINE

Freephone

1800 459 459

email

helpline@hse.ie

Opening hours: 9:30 am to 5:30 pm
Monday to Friday



Free Home STI Testing
Order your free home STI test kit on sexualwellbeing.ie



sexualwellbeing.ie  **SH:24** Sláintecare. 

#TalkAboutMenopause

Change in libido


Hot flushes **Night sweats**


Insomnia **Low energy**

Body shape & weight changes **Mood swings**

Changes to periods **Anxiety**

Brain fog



 Rialtas na hÉireann
Government of Ireland

The HSE free home STI testing service is available to anyone aged 17 or older who lives in the Republic of Ireland. Individuals can order a home test kit online, return samples to the lab by post and get test results by text message or phone call.

The HSE national home STI testing service is completely free and confidential.

To find out more, or to order your free home STI test kit visit:
www.sexualwellbeing.ie/hometesting

If you or someone you know is concerned, has symptoms of an STI or needs urgent support, please contact your GP or local STI clinic.

The need to start an open conversation around menopause was a key insight from the radical listening exercise commissioned by the Women's Health Taskforce, to improve women's health outcomes and experiences of healthcare. The Department of Health have launched a new campaign to support women to recognise the signs and symptoms of menopause and to offer a range of materials to raise awareness.

For more info check out the website [here](#). Or attend the Free Women's Health / Menopause Workshop on Nov 10th at 7.30pm in Stamullen Parish Hall. Call 041 9880523 or email duleekdft@gmail.com to book your place today.



Older Persons



Singing for Wellbeing

Starting Wednesday 16th November 11:30am-12:30pm @ The GAA

€10 total per person for 4 weeks



TO REGISTER CONTACT KATHRIN KATHRIN@TRIMFRC.IE OR CALL 046 9438850



TRIM COMMUNITY MUSIC PROJECT



SUNDAY NOVEMBER 13TH & 27TH



SETS DANCING
3 - 4 PM



TUNES & SONGS
4 - 6 PM

**NO REGISTRATION REQUIRED!
JUST COME ON DOWN TO THE BUNGALOW C15 FC03!
FAMILY FRIENDLY!
DONATION OF 2 EURO PER PERSON**


Mature Movers

The 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.

If you would like to participate in the Mature Movers Activity Programme in your area please contact Luke Condie on 046-9067337.

- Navan - 7/11/22 10am Pitch & Putt Club Navan
- Piltown - 7/11/22 11.45am St Colmcilles GAA
- Athboy - 8/11/22 12pm St James Hall
- Balinacree - 9/11/2022 10am Parish Hall
- Trim - 9/11/2022 10am Trim GAA
- Kells - 9/11/2022 12pm Eureka House
- Ashbourne - 9/11/2022 4:30pm Ashbourne Community School (Mezzanine)
- Ratoath - 10/11/2022 10am Ratoath Community Centre

Cost: €30 for 6 weeks.



Long-Term Illness (LTI) Scheme



Find out more and apply today




Long Term Illness Scheme

If you have a medical condition covered by the Long-Term Illness Scheme, you can get free drugs, medicines and medical and surgical appliances for the treatment of that condition.

Healthy Meath are delighted that **The Solstice Arts Centre** are offering a **15% discount** to Healthy Meath newsletter readers with code: **HMN15**.

Book online on solsticeartscentre.ie or contact Box Office on **046 9092300** and quote the discount code.



THEATRE:
Fishamble presents: FORGOTTEN by Pat Kinevane. Sat 12 November, 8pm. Tickets: €18/16
Book [here](#)

Meath Traveller Workshop presents: Ireland's Call. Wed 16 Nov, 7pm. Tickets: free,
Book [here](#)



MUSIC:
Finghin Collins, Sharon Carty & John Finucane: Longing Tour. Thu 10 November, 8pm. Tickets: €18/16
Book [here](#)

An Cosán Draíochta
Fri 11 November, 8pm. Tickets: €18/€16
Book [here](#)



Eimear Quinn live at Solstice
Wed 21 Dec, 8pm. Tickets: €22/20
Book [here](#)



Managing Stress!

Sometimes work gets stressful. Learning how to manage it is important for our health.

1. Take time out to care for yourself and recharge. Read/listen to a book. [Meath Libraries](#) have a huge range of books available
2. Break down goals. This can help put things in perspective and make tasks feel less daunting
3. Talk to someone, be it your manager, colleagues or family and see what resources they can offer you.
4. Set boundaries, turn off your work email / phone outside of work hours if appropriate for your occupation



stresscontrolTM
Face your fears; be more active; boost your wellbeing



Stress Control in association with the HSE and Healthy Ireland will teach you a range of great skills to fight stress. It also provides free online relaxation and mindfulness sessions which can be found [here](#).



Healthy Meath



Thanks for reading!
The Healthy Meath Team.

