



Healthy Meath Newsletter

May/June 2023

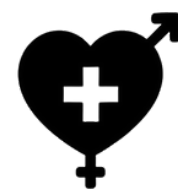
Hello everyone, welcome to the fourth edition of the Healthy Meath Newsletter!

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

Summer is the perfect time to get outdoors, take up a new hobby or join a group. Hopefully this months newsletter will provide some inspiration to support your health and wellbeing goals!



Healthy
Meath



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



SunSmart Campaign 2023



The HSE and Healthy Ireland SunSmart campaign is back! Skin cancer is the most common type of skin cancer in Ireland, and most cases are preventable by protecting skin from the sun's UV rays and not using sunbeds. Protect your skin from the sun whether at home or abroad. Follow the SunSmart 5 S's: Slip, Slop, Slap, Seek and Slide.

Participate in the campaign by following the Healthy Ireland SunSmart 5 S's to protect your skin and/or entering the Get SunSmart! Children's art competition.

Get SunSmart!
Children's art competition

Prizes: An OPW Family Heritage Card, a Family Day Pass for Dublin Zoo and a National Book Token
Runner up prizes also up for grabs!

Closing date
31st May 2023

#SunSmart

- Slip** on clothing that covers your skin, long sleeves, collared t-shirts
- Slop** on sunscreen on exposed areas using factor 50+ for children
- Slap** on a wide-brimmed hat
- Seek** shade - especially if outdoors between 11 am and 3 pm
- Slide** on sunglasses to protect your eyes

Be SunSmart

The Feel Good Project are offering a free talk for parents on Starting 'Big School' with Dr Mary O Kane.

Starting "Big School"
Free Talk for parents by Dr. Mary O'Kane

Your child is starting 'Big School' in September, this means new experiences, new friends, and a whole new identity as a Junior Infant.

Naturally you want to support them in making this transition a success. How should you best prepare your child for this major transition in their lives?

In this session, Dr Mary O'Kane offers some very practical advice on the most important skill sets for children during this transition, and how best to support your child over the summer in developing these skills

Tuesday 6th of June from 7.30pm in the Duleek Courthouse

To book, please email duleekdft@gmail.com

CORE Ireland
Volume. 06 Issue. 01

- How to Raise a Confident Child
The surprising approach to developing your child's self-confidence.
- How to Start a Daily Gratitude Practice
Tips and tricks for cultivating a more positive mindset.
- The Impact of Physiology on Psychology
Explore the link between your physical health and your mental well-being.

Core Ireland Mental Wellbeing Magazine Summer 2023



Mental Health



DIL is back in 2023!

Save the date: Join us at sunrise (4:15 am) on **Saturday, 6th of May 2023**, for the next **Darkness Into Light** event. Locations across Meath include:

- Laytown Bettystown
- Ratoath
- Navan
- Moynalty
- Enfield
- Trim

[To sign up](#)



Free Workshop!

Promoting Positive Mental Health & Wellbeing in Your Community

Where? Buvinda House, Navan, Co. Meath


When? Tuesday May 2nd 6.30-8.30pm

Who? Adults who are interested in promoting positive mental health in their community

Facilitated by Finola Colgan Development Officer Mental Health Ireland

SIGN UP!

To book your place email; aisling.odonnell@meathcoco.ie or call 0469097558



[To enter your Community Wellbeing Project in this years Pride of Place Awards click here](#)

THE FEEL GOOD PROJECT

DULEEK **All FREE to the public**

13th, 20th and 27th of June
7.30pm - 8.30pm in the Duleek Courthouse

Sound Bath Meditation

Maximum of 15 attendees

Soundbath Meditations are not suitable for anyone who wears a Pacemaker, has Sound Sensitive Epilepsy, is under Under age of 14yrs or who is pregnant.

Attendees need to wear comfortable clothing, bring a Yoga Mat, Blankets, Pillows and water, anything they need for personal comfort.

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



To check out other initiatives by The Feel Good Project click [here](#)



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



Get to know your food labels!

To make healthier choices, you need to be able to make sense of food labels.

Understanding food labels can be tricky. It takes time and practice. Start at home by getting familiar with labels on the foods you eat regularly. Then when you are shopping, compare labels of similar products to find the healthiest option. Here are the things to look out for.

What's on the label?

Nutrition information can be found on the back/side of food labels. Sometimes you will also find a snapshot of this information on the front of pack.

- Nutrition information is displayed per 100g and sometimes per recommended serving.
- Use the per 100g column to compare products.
- Look at the recommended portion size. This may be more or less than what you actually eat.

For more info on food labels visit the Safefood website or download The Irish Heart Foundations Food Shopping Card by clicking below.



FOOD SHOPPING CARD

Check how much fat, sugar and salt is in your food

	Sugars	Fat	Saturates	Salt
HIGH per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
MEDIUM per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below

The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



In each newsletter we will be sharing a recipe for you to try from the Life Is Better with Fruit and Vegetables resource.

Check out their website [here](#)

Banana Oat Pancakes

Ingredients

Ingredients

- 40g oats
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1 egg
- 1/2 banana
- 40ml milk
- Pinch of salt
- 1 tsp oil of choice

To top

- 1 tbsp fruit compote
- 1 tbsp yogurt
- 4-5 Irish strawberries
- 1 tsp Honey

Method

1. Using a high-power blender, add all of the pancake ingredients and pulse until it forms a smooth batter.
2. Preheat a frying pan to a medium heat and drizzle over the oil.
3. Fry pancakes off in batches, flipping when bubbles appear.
4. Serve with delicious in-season Irish strawberries, compote, yogurt and a drizzle of honey.

Did you know?
In Ireland it's recommended to have between 5 & 7 portions of fruit and veg every day. Fresh, frozen, tinned or dried fruit and vegetables all count towards the guideline.





Physical Activity



Women on Wheels



Meath LSP are delighted to collaborate with Bohermeen Cycle Club to deliver a Women on Wheels programme in Navan. Women on Wheels is aimed at women of all ages 18+ who would like to improve their biking skills and techniques.

The 6-week programme includes Bike Maintenance, Bike Safety, Bike Handling Skills and learning to cycle as part of a group. There will also be weekly bike spins between 10k – 30k to increase stamina and bike fitness.

Venue: Buvinda House, Navan

Start Date: Wednesday 10th May

Duration: 6-weeks

Time: 7pm

Cost: €20 for 6 weeks

Register [here](#)



Womens Bike Maintenance Workshop

The workshop concentrates on Gears (front & back), Brakes, Tyres, Puncture Repair, Headset and Cranks. So, if you are a regular cyclist or a social cyclist, this workshop is your basic one stop shop for safe cycling.

Venue: St. Paul's NS, Navan

Date: Monday 15th May

Time: 7pm

Cost: €5 (includes free puncture repair kit)



Register [HERE](#)



Pop-Up Pool Oldcastle



Swim Ireland's Pop-up Pool was officially launched on Tuesday 28th March in Oldcastle and will be open daily to the public until August. Opportunities are endless and will include school swimming programmes, evening and weekend swimming lessons, community group sessions and private hire.

Bookings for the pool can be made here or keep an eye on Meath LSPs social media for more programmes!

SWIM IRELAND



Run Jump Throw

The Run Jump Throw programme ran over 6 weeks is aimed at children with Autism / Intellectual disability aged 5-12 years.

The sessions will include a variety of Sports, Fun Games and Obstacle Challenges all adapted to the participants needs.

For more info please contact Sports Inclusion Disability Officer Terry Donegan on **0469067887** or email tdonegan@meathcoco.ie

Area	Venue	Day	Time
Navan	Claremont Stadium	Mondays	4pm-5pm
Athboy	Athboy Convent Community Centre	Tuesdays	5pm-6pm
Dunboyne	Dunboyne Community School	Wednesdays	4pm-5pm
Bettystown	Colaiste Na HInse	Wednesdays	5pm -6pm
Dunshaughlin	Dunshaughlin Community Centre	Thursdays	5pm-6pm
Ashbourne	Ashbourne Community School	Thursdays	5pm-6pm
Navan-Teenage Group	Claremont Stadium	Thursdays	6pm-7pm

Running Events!

Running season is in full swing and there are plenty of events both in Meath and further afield to sign up to and challenge yourself this Summer!

For some tips on how to prepare for your first running event check out this article [HERE!](#)

Click on the images below to register for each event!



Docklands 5K
Thursday, 15 June 2023
Dublin Docklands, Dublin

HSE Online Physical Activity Resources Pilates!



Pilates is a form of exercise like yoga. It involves a series of movements that focus on core strength, posture, balance and flexibility. Practising Pilates can improve overall wellbeing as well as general fitness.

This is the first video in a series of Pilates videos. The classes are around 30 minutes long. These videos have been developed for beginners and up.

We recommend that you use a non-slip exercise mat. Wear comfortable clothes you can move and stretch in.

To try along at home click the video link below!



AAI licenced - chip timed event

Royal County 5km & 10km

KELLS - 1ST MAY 2023

REGISTER TODAY AT

meathsports.ie

ENTRY: 10K €25 | 5KM €20

NO REGISTRATIONS ON THE DAY
Participants must be over 16yrs to enter the 10km and over 12yrs to enter the 5km distance.

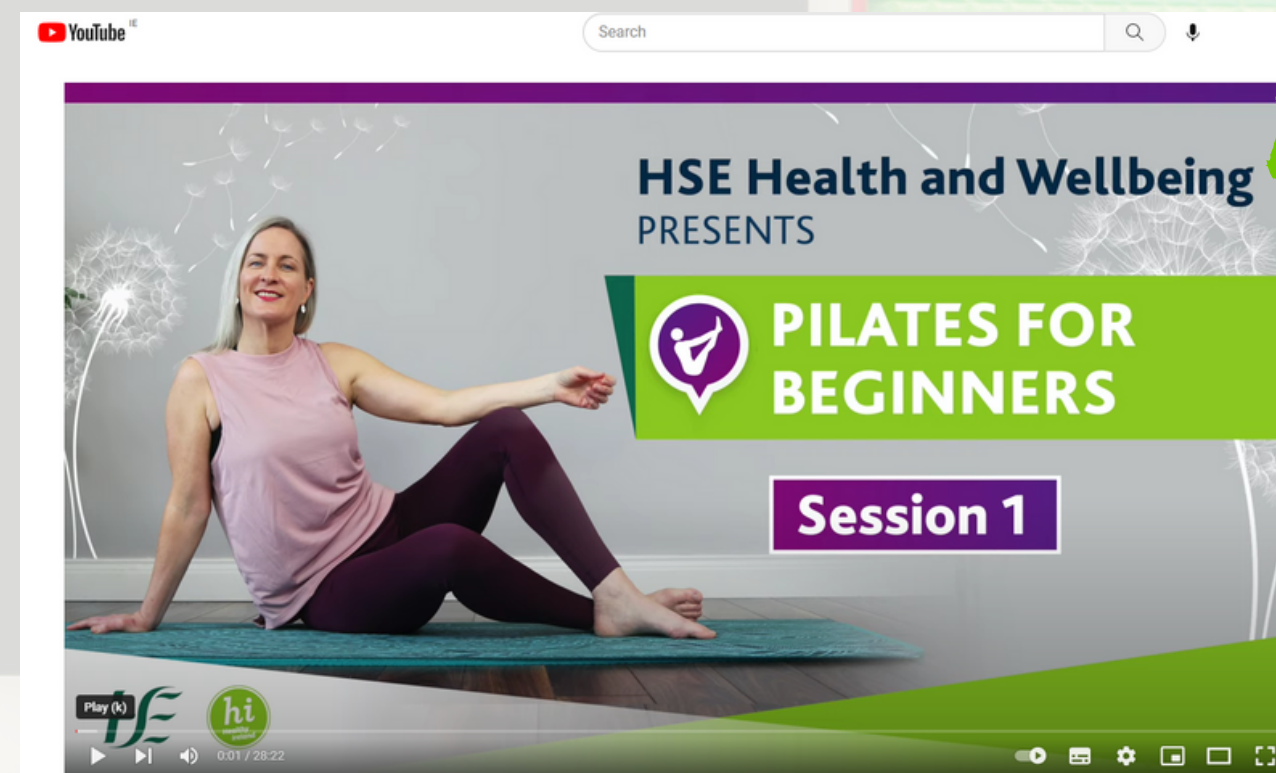


FASTLANE Half Marathon or 10km

May 21, 2023



Irish Runner 5 Mile
Sunday, 11 June 2023
Phoenix Park, Dublin





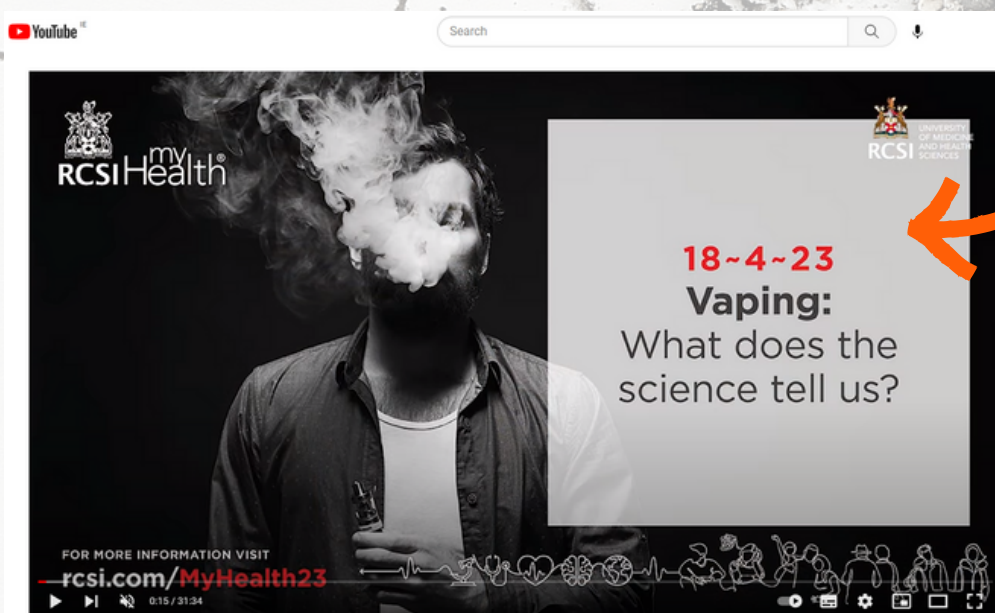
RCSI experts warn of the dangers of VAPING

There is growing concern in the community about the amount of adolescents and young people who are vaping.

In a recent episode of the RCSI MyHealth series Professor McElvaney explained that research is beginning to reveal that vaping causes significant cardiovascular and respiratory damage.

There is also emerging data that vaping can affect brain development in young people and that it exacerbates asthma and can actually precipitate asthma in a person who did not have it previously.

[Listen to the full episode by clicking the link below](#)



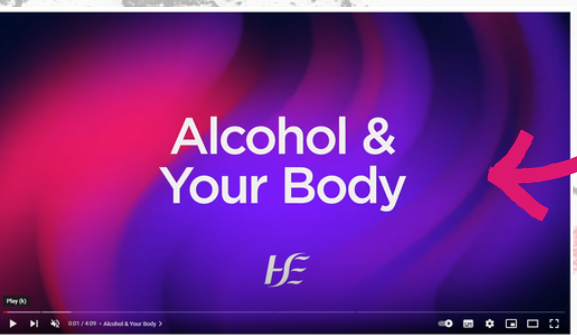
Enfield Celtic FC say Not Around Us!



Well done to Enfield Celtic FC for using the NAU campaign as their theme for the Enfield St Patricks Day Parade!
For more info on Not Around Us click [HERE](#)

Alcohol and Your Body Get the Facts!

For more info click [here](#) or go to [AskAboutAlcohol.ie](#) [#AskAboutAlcohol](#)



World No Tobacco Day 31st May 2023

Why should I quit smoking?



HSE Stop Smoking Programme

- FREE Intensive stop smoking support delivered in a variety of ways: face-to-face, telephone or online.
- 12 weeks FREE Nicotine Replacement Therapy (NRT).
- Trained stop smoking advisor will support you on your quit journey.
- For more information on stopping smoking contact: **Claire 087 452 8454 or Kate 087 451 2808**



Find out more at [QUIT.ie](#)





Sexual Health

HSE Talking Health and Wellbeing Podcast, Episode 9 - Making the 'Big Talk' many small talks



This week, the HSE speaks to Moira Germaine, Education and Training Manager with the Sexual Health and Crisis Pregnancy Programme.

Moira talks about the Making the 'Big Talk' many small talks resources, which support conversations between parents and their children with a focus on developing healthy attitudes and behaviours around relationships and sexuality. As Moira says, "It's not so much about 'the talk', it's about the conversation".

You can also find out all about the research and rationale behind the new resources, now available on sexualwellbeing.ie.

Info for Unplanned Pregnancies



My Options is a freephone line from the HSE that offers confidential counselling to support you with an unplanned pregnancy.

Freephone 1800 828 010 for counselling from experienced professionals on all your options. #HSEMyOptions

Click [HERE](#) for more info

Free Supports!





Older Persons



**Meath Age Friendly Alliance
Invites You To:**

Meath Cares About Older People

Tuesday 16th May 2023

**Venue: Fairyhouse Racecourse, Fairyhouse Road,
Ratoath, Co. Meath, A85 XK30**

Time: 10.30am to 2pm

**Launched by Cllr. Nick Killian
Cathaoirleach of Meath County Council**

The event will showcase a range of supports and services available to the older population in County Meath. There will be stands with information & talks will be given throughout the event.

Light refreshments will be provided.

Booking is recommended as places are limited.

For further details or to register attendance for yourself or your group

Email: community@meathcoco.ie

Phone: 0469097400

We look forward to seeing you there!

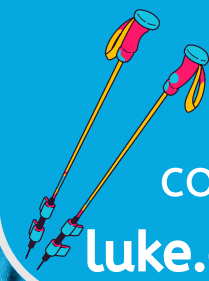
Activator Pole Walking

Activator Pole walking is a FitWalk Ireland Programme.

Skilled tutors teach participants how to safely use the Activator Poles to aid their walking, strength and balance. The 6-week, 1 hour programme, is suitable for; Adults of all fitness levels, Adults post hip/knee surgery, Adults with Multiple Sclerosis, Adults with Parkinson's Disease, Adults with Osteoarthritis, Adults interested in fall prevention.

Taking place in the following areas:

- **Trim** (Porchfields) - Tuesday 9th May 11am
- **Longwood** (Royal Canal Walkway) - Wednesday 10th May at 11am



Cost: €25 for 6 weeks
contact **Luke** on **0469067887** or
luke.condie@meathcoco.ie to register

Various organisations working across Meath offer supports and services for older persons. Click on any of the icons below to find out more about different initiatives that are available.



Navan Women's Shed
283 likes • 330 followers



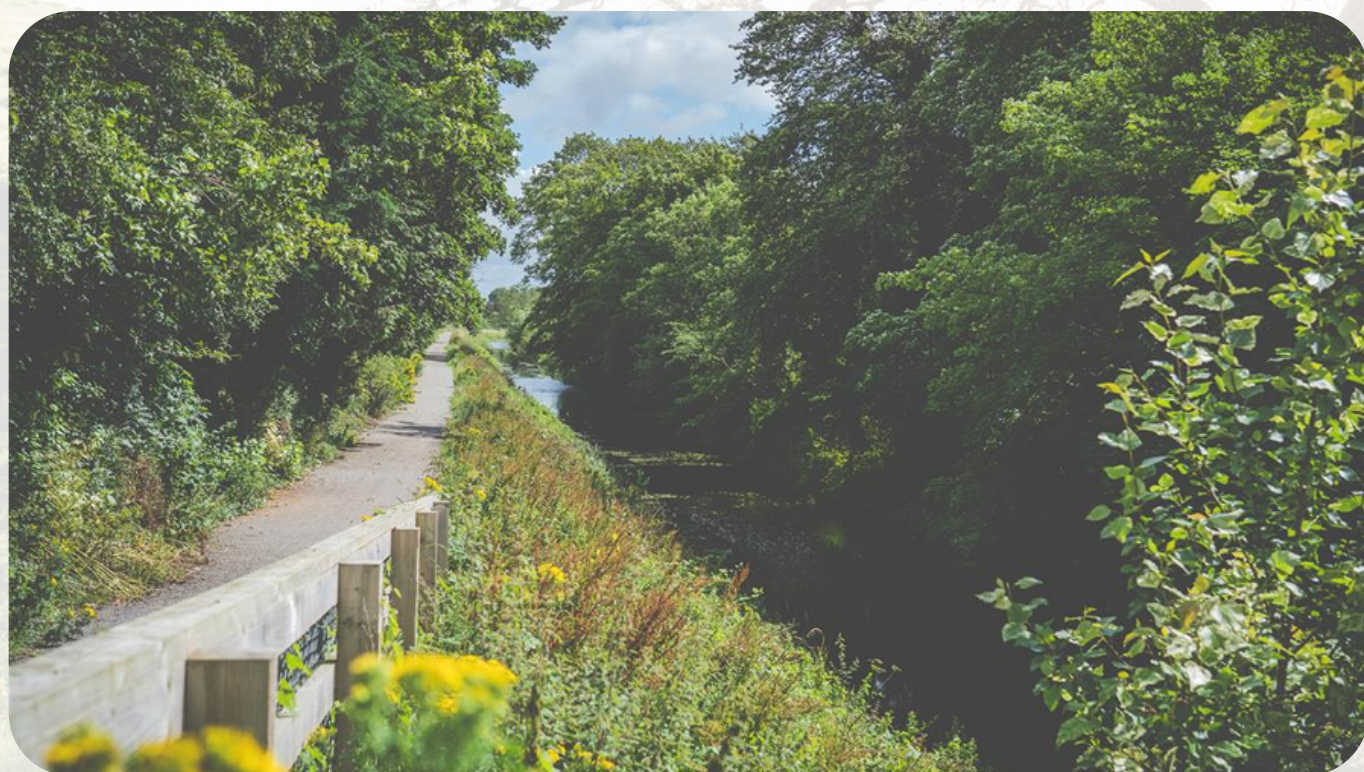
Spaces & Places

The Royal Canal Greenway

The enchanting Royal Canal Greenway is 130km of level towpath, ideal for walkers, runners and cyclists of all ages and stages.

Approximately 22km of the Greenway is set in County Meath, with access points at Enfield, Longwood and Hill of Down. Storyboards and map-boards at the access points guide you along the way, with picnic areas and benches to pause and enjoy your surroundings.

For more info click [HERE](#)



Workplace Wellbeing



Most working adults spend a third of the working week in the workplace. Therefore it is very important that workplaces implement targeted wellbeing initiatives to support the health of their staff.

Three ideas include:

- Provide healthy snacks and access to a healthy lunch
 - Plan and encourage team building activities
 - Try out company exercise challenges
- Check out [this article on Perkbox](#) for more workplace wellbeing ideas!



Financial Wellbeing

In times of uncertainty surrounding the cost of living, rising energy prices and inflation, it's no surprise that financial wellbeing is a growing concern for many. In fact, research by CIPD showed that 28% of employees said money worries had impacted their work performance.

If you are struggling in this regard a good place to start is by looking at the [MABS website](#) who provide support services.



Healthy
Meath



Thanks for reading 😊

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