



Healthy Meath Newsletter November/December 2023

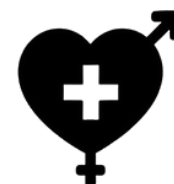
Hello everyone, welcome to the seventh edition of the Healthy Meath Newsletter!

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

As we move towards the end of the year you will find plenty of activities and ideas inside to keep you on track to finish 2023 on a positive and healthy note, Enjoy!



Healthy
Meath



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



In Focus for Nov/Dec

Meath Social Prescribing Service at Trim Family Resource Centre



ALL IRELAND
SOCIAL PRESCRIBING
NETWORK



Trim FRC are very excited to announce that a Meath social prescribing service will be available to adults living in our catchment area of Trim and South-West Meath from October this year.

The aim of Social Prescribing is to connect adults over 18 to community groups, organisations and services for practical and emotional support via the support of a Social Prescribing Link Worker.

Social Prescribing is an initiative that can improve the wellbeing of a wide range of individuals including people who are socially isolated, lonely, have long-term conditions and mental health difficulties (www.hse.ie). A Social Prescribing Link Worker spends time with a person to find out what they enjoy, their strengths and their goals, in order to empower and support people on their wellbeing journey.

Who is Social Prescribing for?

Social Prescribing is for adults over 18 years old, including (but not exclusively) people:

- who are lonely or isolated
- with one or more long-term conditions
- who need support with their mental health
- who are frequent GP/ED attendees and may benefit from other social supports
- who have complex social needs which affect their health and wellbeing.

For more information contact us on 0469438850 or email info@trimfrc.ie.

Men's Health Info & Events!



Free Health Checks!



The Irish Heart Foundation will be providing FREE blood pressure and pulse checks in their Mobile Health Unit!

27th November 2023 9.30am-5pm

Meath County Council, Buvinda House, Dublin Road,

Navan, Co. Meath. C15 Y291

NO APPOINTMENT NEEDED!




LET'S TALK MENTAL HEALTH

MC Cllr. Declan Power
with Guest Speakers

European Super Feather Weight boxer
Eric Donovan,

Fair City's 'Mondo'
George McMahon

Rory O'Connor

The Barbican Centre, William St, Drogheda, Co. Louth

Monday 20th November, 7.30pm

FREE TO THE PUBLIC

THE FEEL GOOD PROJECT

LOUTH LOCAL DEVELOPMENT



International Men's Day Webinar 2023
"Men Making a Difference"

Join us to celebrate the occasion through hearing from men sharing experiences that have prompted them to become advocates for men's health and wellbeing.

Date Thursday 16th November 2023
Time 12pm - 1.15pm

FORUM USE TU



FREE PLEASE TAKE A COPY

TOP TIPS FOR MEN'S HEALTH

ACTION MAN

WARNING READING THIS BOOKLET COULD SERIOUSLY IMPROVE YOUR HEALTH



Mental Health



Mindful Connect



Promoting Mental Health & Wellbeing in Communities across Louth & Meath

There are lots of groups, organisations and services offering support and promoting mental health & wellbeing across County Louth and County Meath.



Mindful Connect is an initiative that aims to gather all of that local information and have it accessible in one place, so that communities can become more aware and utilise what's on their doorstep.



Mindful Connect consists of a resource pack, network of groups and organisations and a free Ambassador training programme.



Please contact SOSAD for more info:

- 0833688886
- meathhif@sosadireland.ie
- louthhif@sosadireland.ie

All groups and organisations based in Louth and Meath are welcome to put their information forward and become part of this exciting programme!

The Healthy Ireland Fund supported by the Department of Health



Mental Health Ireland

Fostering healthy coping tools at Christmas/during the holidays



TAKE CARE OF YOUR MIND

HARMONY WITHIN

Using the Power of Mind/Body Connection to banish of Stress and Anxiety

23rd November from 7.30pm - 8.45pm in the Stamullen Parish Hall (K32 EY02)

Please note that session will contain light hypnosis and is not recommended for people suffering from epilepsy or psychotic illnesses.

Crafternoon Men do Embroidery

Try Embroidery for FREE and learn techniques to stitch a decorative seasonal hoop

Thursday 7th December 1-4pm

For men beginners welcome

All materials supplied

Call 046 9438850 or email info@trimfrc.ie to register



WRAP

WELLNESS RECOVERY ACTION PLAN
Take control of your own mental wellbeing!



What is WRAP? WRAP is a 2 day course that will guide you to become more aware of what helps you be well and stay well

Who is WRAP for? WRAP can be used by anyone with an interest in better managing their wellness.

November 7th & 14th
9:30am - 3:00pm
Lunch Provided

Call 046 943 8850 or email info@trimfrc.ie for more info



PARISH EVENT: "Living Beyond Grief & Loss and Us Knowing How To Offer Support"

Venue: The Headfort Arms Hotel, Kells



Night 1 (Tues 7th Nov at 7:30PM) End of Life Care and Grieving
Bryan Nolan - Training and Facilitation Consultant specialising in Grief and Loss. A person-centred approach to end of life care, breaking bad news, care planning and having advance compassionate conversations.

Night 2 (Tues 14th Nov at 7:30PM) Suicide Prevention and Bereavement
Rosaleen Dolan - Resource Officer and Kathleen Moore Avila, Bereavement Liaison Officer (both from the Louth/Meath area).

Night 3 (Tues 21st Nov at 7:30PM) Supporting The Bereaved In Practical Ways
Marie McKeon of HUGG - Suicide Support Group and Sharon Vard of Anam Cara - Bereaved Parents Support.

Night 4 (Tues 28th Nov at 7:30PM) Dealing With Family Bereavement
Dr Patricia Casey is Professor of Psychiatry at UCD and consultant psychiatrist at the Mater Hospital, Dublin. Dr Casey will reflect on her personal and professional experience of dealing with family bereavement.

All of the above sessions have a starting time of 7:30pm and conclude with a cup of tea/coffee by 8:15pm/8:30pm. Everyone is welcome, no cost involved.

We would appreciate if those who are planning on attending these sessions could please contact the Parish Office to register. This will help us to begin to get some idea of numbers for the hotel.

Please spread the word to anyone who you think may be interested.

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



Free Nutrition Workshop

With Sinead, Qualified in Nutrition Therapy (Dip Nut.IHS, mNTOD)

Throughout the workshop, there will be enjoyable challenges, food tasting sessions, interactive techniques, and ample time for questions and answers.

Topics covered: Nutrition and Wellness, Macronutrients, Advantages of healthy eating, understanding food labels, Sugar detox challenge, Water, Mindful eating, Planning, purchasing, and preparing healthy meals and much more



Thursday 16th November in the Stamullen Parish Hall(K32 EY02) from 7.30 pm to 9pm. Booking through eventbrite



The Healthy Ireland Fund supported by the Department of Health'



Healthy eating for tots



talk from safefood in partnership with Libraries Ireland

Healthy eating for tots

Join safefood nutrition expert, Joana da Silva, for a free talk on the basics of healthy eating for young children on 8 November.

Register for online or in-person

EATING DISORDERS

Coping with Christmas

Webinar for those supporting a person with an eating disorder around Christmas time.

DATE THURSDAY 23rd NOVEMBER
TIME 7-9pm online via zoom

Interested? Please email: info@bodywhys.ie

BODYWHYS The Eating Disorders Association of Ireland

This months recipe is Midweek Mexican beans from Safefoods 101 Square meals recipe book.

Midweek Mexican beans

Serve with sweetcorn and sliced peppers on a warmed wrap, and top with grated cheese and a dollop of sour cream or yoghurt



Ingredients

- › 40 ml of vegetable oil
- › 1 dstsp of paprika
- › 2 dstsp of smoked paprika
- › 2 tsp of garlic powder
- › 1 tsp of salt
- › 2 tsp of sugar
- › ¼ tsp of chilli powder (add more if you prefer)
- › 50 ml of water
- › 200 g cooled rice – leftovers are perfect
- › 2 x 400 g tins of kidney beans, drained and rinsed – you could also use a mix of black beans and kidney beans
- › 4 soft wraps
- › 340 g tin of sweetcorn
- › sliced red peppers
- › grated Cheddar or Mozzarella cheese
- › sour cream or natural yoghurt

To serve

If you have no leftover rice, sachets of ready cooked rice or grain mix work really well.

Method

1. In a large saucepan, add the oil, paprika, garlic powder, salt, sugar, chilli powder and water.
2. Stir together until smooth.
3. Add the rice and coat well with the wet, spicy mixture, taking care not to over mix or the rice will go mushy.
4. Add the kidney beans and stir gently to coat the beans in the rice and spice mix.
5. Now turn on the heat and heat gently until the mixture is warm. Take care not to over mix, but keep the mixture moving to prevent it from sticking. Add more water if the mixture is too dry.
6. While the beans and rice are warming up, prepare the wraps by warming in the oven, microwave or pan as directed on the pack.
7. Serve the bean and rice mixture on the wrap, top with cheese, and sour cream or natural yoghurt. To add a bit of crunch, serve with some sliced red peppers and sweetcorn on the side.

Serves 4 adults



Preparation time 5 minutes



Cooking time 15 minutes



Utensils needed
Saucepan
Wooden spoon
Grater
Measuring jug
Chopping board
Chopping knife



Download safefoods 101 Square meals recipe book [HERE!](#)



Healthy Lunchboxes for Kids
Episode #23 - Talking Health & Wellbeing

'Children do need to learn and accept food.'

- Marian McBride





Pickleball is coming to East Meath!

Meath LSP are delighted to announce Pickleball is coming to East Meath in November.

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. The game is played with a paddle and a plastic ball. Suitable for all ages and skill levels.

A Pickleball taster session will take place Wednesday 8th November at 8pm in Colaiste na Hinse Sports Hall, Bettystown.

If you or your group are interested in participating in Pickleball please contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie

Mastering Midlife for Women Exercise, Nutrition & Menopause

Irene Clark (Midlife Coaching Professional) will host the 4-hour online workshop Mastering Midlife for Women over 2 evenings. The workshop is ideal for all women from 35+ years, who are wondering how perimenopause and menopause is affecting them mentally and physically and how making small changes can increase energy levels, improve sleep & mood and decrease weight gain.

Cost of 4-hour online workshop is €20 – places are limited so early booking is advised.

- Wednesday 15th & Wednesday 22nd November from 7pm-9pm

[Register HERE](#)

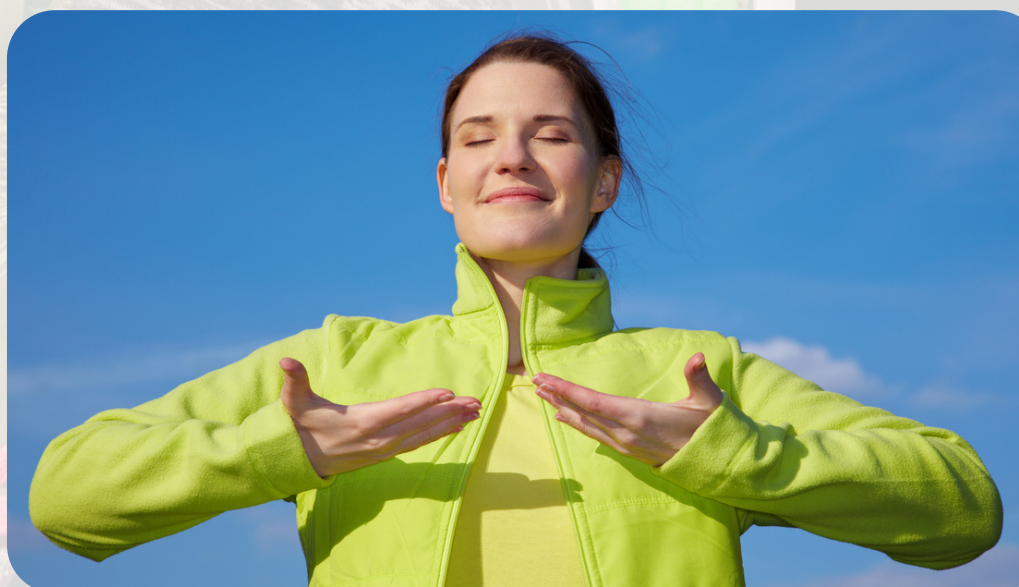


0-3k & 3-5k Social Running Programmes

This 4-week programme is open to both men and women and suited for walkers who would like to increase to jogging fitness or for those returning to running after an absence. This programme will guide you step by step for 4 weeks making the transition from walking to jogging easy and fun. Cost is €15.

- Tara Sports Grounds (Ross Cross) from Monday 6th November @ 6.30pm
- Navan (Claremont Stadium) from Monday 6th November @ 7pm
- Enfield (Enfield GAA) from Monday 6th November @ 7pm
- Trim (Supermacs) from Monday 6th November @ 7pm

[Register HERE](#)





TIME TO GET ACTIVE Pilates Classes

Improve your strength and flexibility in our Pilates Sessions

9 November - 14 December

5pm to 5.45pm - Chair Pilates

6pm to 6.45pm - Mat Beginners

7pm to 7.45pm - Mat Improver

€20 per person

Call 046 9438850 or
email info@trimfrc.ie to register




Free Pilates Classes

7th, 14th, 21st and 28th November from 7.30pm to 8.30pm in the Duleek Courthouse(A92 A9RY)

Please bring your yoga mat and dress comfortably.




Sports Inclusion & Disability Awareness

Meath LSP are delighted to announce we will be hosting a Sports Inclusion and Disability Awareness Webinar.

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

Date: Tuesday November 7th

Time: 7:00pm-8:30pm

Venue: ZOOM, Cost: Free

Registration: Contact Terry on 0469067887 or Email tdonegan@meathcoco.ie

Free Fun Games Programme

Fun Games is a fun Multi-Sport based programme for children aged 6-12 years.

It focuses on improving children's Physical Literacy and Fundamental Movement skills in a fun and enjoyable environment while allowing children to try a series of different sports and games.

This programme is free of charge and runs for 6 weeks From Wednesday 8th November to 13th December from 6-7pm in Coláiste na hInse, Bettystown.

[REGISTER HERE](#)

12 DAYS OF CHRISTMAS WORKOUT ❄️

"On the first day of Christmas,
my trainer gave to me..." ❄️

- 1 plank for 20 seconds
- 2 burpees
- 3 push-ups
- 4 star jumps
- 5 squats
- 6 chair dips
- 7 boxing punches
- 8 mountain climbers
- 9 jumping jacks
- 10 alternating lunges
- 11 crunches
- 12 high knees

Just like the song!
Perform it in a ladder -
1 plank, then 2 burpees
and 1 plank, then 3
push-ups, 2 burpees,
and 1 plank, and so
on...

Try this 12 days of Christmas workout to keep active over the festive period!



Smoking, Alcohol & Drug Supports



Healthy Meath



New in person clinic locations in Navan, Kells & Trim

MEATH YOU CAN QUIT



Contact Kate 087 451 2808 / katiea.gerard@hse.ie

Merchants Quay Irelands Northeast Family Support Service offers a free, confidential non-judgmental and supportive service to family members/loved ones impacted by addiction. We provide support through a variety of evidence-based approaches such as the 5-step method, Community Reinforcement Approach Family Therapy (CRAFT), Rational Emotional Behavioural Therapy Coaching and or the Parents Under Pressure (PUP).

Our specialist family support team also aim to allow its service users to partake in interventions which may help them in their day to day lives such as practicing self-care, increase their knowledge of alcohol and drugs, develop their communication skills, explore coping mechanisms, and become informed of further supports available to them and their loved ones.

We offer appointments in several venues throughout Meath including Kells, Navan, Trim, Dunshaughlin, Ashbourne, Dunboyne. We also offer the option of video call appointments. To make a referral please contact alison.caldwell@mqi.ie or phone 0861366870 between Monday and Friday, 9am - 5pm.

Callers out of hours and over the weekends are welcome leave a message and a staff member will return their call the next working day. Family members can self-refer or be referred by a voluntary, statutory or community organisation.

Check the services websites [HERE](#) to see what supports are available. You can also contact the Alcohol and Drugs freephone helpline on 1800 459 459 from Monday to Friday between 9.30am and 5.30pm or email helpline@hse.ie



The dangers of E-cigarettes for young people know the facts

In the last couple of months E-cigarettes and vaping has been in the media. On the 2nd October the Faculty of Paediatrics RCPI released a position statement strongly supporting the introduction of legislation to ban disposable vapes. [Click HERE to find out more.](#)



ask about alcohol.ie

Alcohol is responsible for **1 in 8** breast cancers in Ireland.

Drink less and reduce your risk of cancer.



Sexual Health

ONLINE WORKSHOP

THE IMPORTANCE OF HEALTHY RELATIONSHIPS

Join our "FREE" online workshop with renowned relationship coach **Annie Lavin**, where we will discuss the important link between positive mental health and healthy relationships.



DATE 1st of November 2023 **TIME** 11AM-12 NOON



STAND UP FOR YOUR LGBTQ+ FRIENDS

I LOVE YOUR EARRINGS!

YOU LOOK 🔥

Stand Up Awareness Week
November 6–10 2023




The HSE is now providing **free advanced fertility treatments** for people who meet certain access criteria




 **LEARN MORE**

Free Home STI Testing





FREE PRESCRIPTION CONTRACEPTION




GET VACCINATED



Free HPV vaccine available until December 2023

The Laura Brennan HPV vaccine catch-up programme is for some people who did not get the HPV vaccine yet. [Click HERE for more info](#)





Older Persons

Riailtas na hÉireann Government of Ireland
Co-mhaoinne ag an Aontas Eorpach Co-funded by the European Union
pobal government supporting communities
SICAP
The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



Relaxation

Meditation
Creativity
Laughter
Self-care



Ardboyne Hotel, Navan,
November 7th, 2023
10-1pm.
RSVP Eva
eva.ofarrell@meathpartnership.ie

A MORNING FOR ME
HOSTED BY DEIRDRE REDMOND
COUNSELLOR AND
PSYCHOTHERAPIST



The Alzheimer Societys' monthly social clubs in Ratoath and Navan

Saturday 11th
November 2023
from 11 am - 1 pm

JOIN US!

Whistlemount Day Centre
Kells rd, Navan Co.Meath
Contact - Liam Burke
phone number- 087 9740871

email address -liam.burke@alzheimer.ie

Friday 24th
November 2023
from 11 am - 1 pm

JOIN US!

Ratoath Community Centre
Ratoath Co.Meath
Contact - Liam Burke
phone number- 087 9740871

email address -liam.burke@alzheimer.ie

Our Club is a fun social gathering where anyone affected by Alzheimer's can access information and support each other and exchange ideas/ experiences.

For more info: www.alzheimer.ie

The Alzheimer Society of Ireland, National Office,
Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868



Crafternoon Embroidery

Try Embroidery for FREE and learn techniques to stitch a decorative seasonal hoop

Thursday 30th November 1-4pm
Thursday 14th December 1-4pm

For adults beginners welcome

All materials supplied

Call 046 9438850 or email info@trimfrc.ie to register



comhairle chontae na mí meath county council



Do you need help using your phone, tablet or laptop?

Just pop in to our FREE Digital Café and get the support and advice you need!

Tuesdays
10am - 12pm at Trim Library

Wednesdays
9am - 1pm at Trim FRC Offices
2pm - 4pm at Athboy Library

Call 046 943 8850 or email brandon@trimfrc.ie for more info



Meath Travellers Workshop have launched a community safety initiative, delivering Free Home Safety Packs to older people in Meath. A number of Intergenerational workshops where the older and younger generations and cultures can get to know and better understand one another will also run as part of this initiative.

If you would like to enquire about receiving a pack or would like to take part in an intergenerational workshop, please contact Paula on 0852506505 or email paula@travellerheritage.ie





Spaces & Places



Boyne Valley to Lakelands Greenway

Greenway
Boyne Valley to Lakelands Greenway

A Walker's Paradise
Ireland's newest greenway provides a 30km car-free pathway starting at the Blackwater Park in Navan, County Meath in the heart of the Boyne Valley and travelling along the former Midland Great Western Railway. Meet the locals as the greenway journeys through the rural picturesque villages of North County Meath, passing the beautiful architecture of the station houses, gates and rail line, finishing at Dun an Rí Forest Park, Kingscourt in the Lakelands of County Cavan. Ireland's most walking friendly greenway has 2 walking loops and has 2 beautiful parks for you to enjoy forest trails or buggy friendly loops.

Greenway Routes

- Blackwater Park, Navan - Gibbstown Station 3.7km
- Gibbstown Station - Wilkinstown 4.0km
- Wilkinstown - Castletown (South Entrance) 4.5km
- Castletown (North Entrance) - Nobber Station 4.3km
- Nobber Station - Kilmalshamwood Station 4.4 km
- Kilmalshamwood Station - Kingscourt 7.1 km

Greenway Trails

- Castletown Trail 1.4km
- Slí na hOibre (Nobber Loop) 1.5km

Scale 4km approx

boynevalleytolakelandsgreenway.ie

The Boyne Valley to Lakelands Greenway 30km project is currently in development and includes

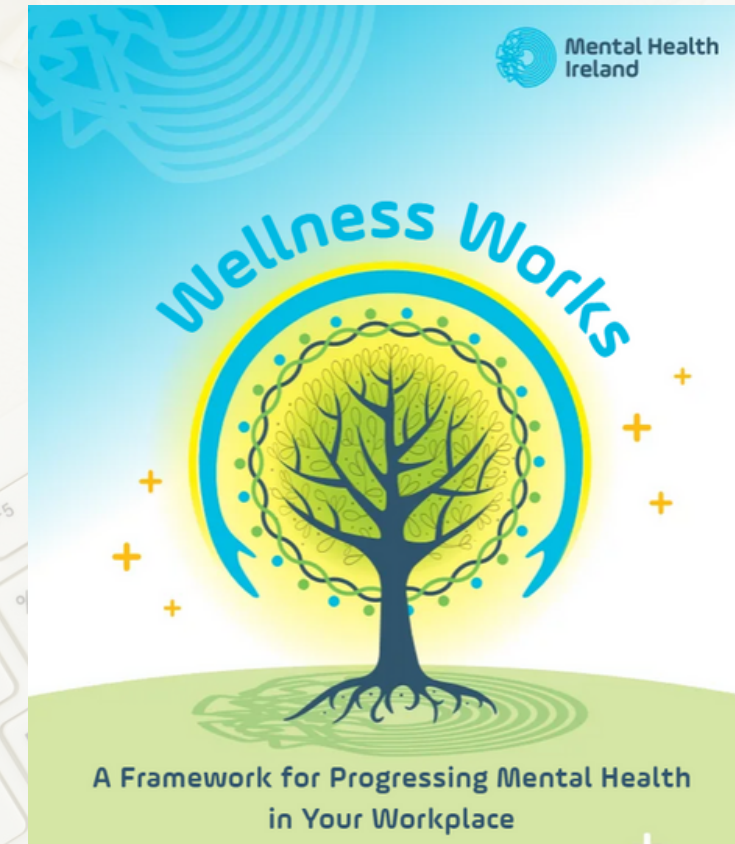
- Navan to Wilkinstown 7.7km OPEN
- Castletown to Nobber 4.3km OPEN
- Castletown Walking Trail 1.4km OPEN
- Slí na hOibre (Nobber Walking Loop) 1.5km OPEN
- Wilkinstown to Castletown: under construction
- Nobber to Kingscourt: under construction



Workplace Wellbeing



New Workplace Mental Health e-module launched!



Mental Health Ireland have launched a new free self-directed e-learning module. It has been coproduced to support you in leading out on workplace mental health and wellbeing. Aimed at workplace leaders, managers, boards, and wellbeing champions, it aligns with Mental Health Ireland's 'Wellness Works' Framework which was published in 2022.

Click [HERE](#) for more info and access!

MHI 2 subscribers | New Workplace Mental Health e-Learning Module Webinar

Mental Health Ireland

World Mental Health Month

Wellness Works
A Framework for Progressing Mental Health in Your Workplace

Watch on YouTube

All attendees will receive a free copy of Wellness Works by post and early access to the module



Other Info

Free Parenting Workshops

THE FEEL GOOD PROJECT

Raising Resilient Children


Free Talk for parents by **Dr. Mary O'Kane**

Resilience is key in supporting our young children to cope with the ups and downs that life throws at them - it is what helps them to bounce back from adversity.

It helps our children to work towards developing solutions when faced with challenges and gives them the internal self-belief to overcome difficulties.

In this seminar, Dr Mary O'Kane offers practical advice on how we can best support our children in becoming more resilient and having greater confidence in their own abilities.

Thursday 9th of November from 7.30pm in the Stamullen Parish Hall (K32 EYO2)

REGISTER HERE 

THE FEEL GOOD PROJECT

Parenting in the Online World


Free Talk for parents by **Dr. Mary O'Kane**

Most of us would agree that it can be challenging to raise children in today's fast-paced, high-tech world!

The widespread use of tablets and smartphones, the rise of social media, and our children's digital engagement creates a whole new range of questions for parents.

In this talk, Mary looks at some of the latest research on the impact of technology on our children, considering online contact, content, and conduct. From the question of how much is too much, to the impact of screens, she considers how we can best support our children to not only survive, but to thrive, in their online engagements.

Tuesday 5th of December from 7.30pm in the Duleek Courthouse (A92 A9RY)

REGISTER HERE 

Living Well

A programme for adults with long-term health conditions



Do you need support to live well with long-term health conditions?

For example:

- Diabetes, heart conditions, stroke
- COPD, asthma
- Chron's disease, arthritis, kidney disease, multiple sclerosis and others

The 'Living Well' programme can help you:

- Develop skills to manage your conditions
- Build confidence to manage your health
- Support you to manage the changes you want to make

What is the 'Living Well' programme?

- Free group programme
- Six workshops
- Delivered by people also living with long-term health conditions

For more information contact

Aine McNamee, Living Well Co-ordinator - CHO8 (Louth, Meath & Midlands)
aine.mcnamee@hse.ie / 041 6850676 or 087 1140371

Elaine Duffy, Living Well Administrator - CHO8 (Louth, Meath & Midlands)
elaine.duffy5@hse.ie / 041 6860710 or 087 4308735

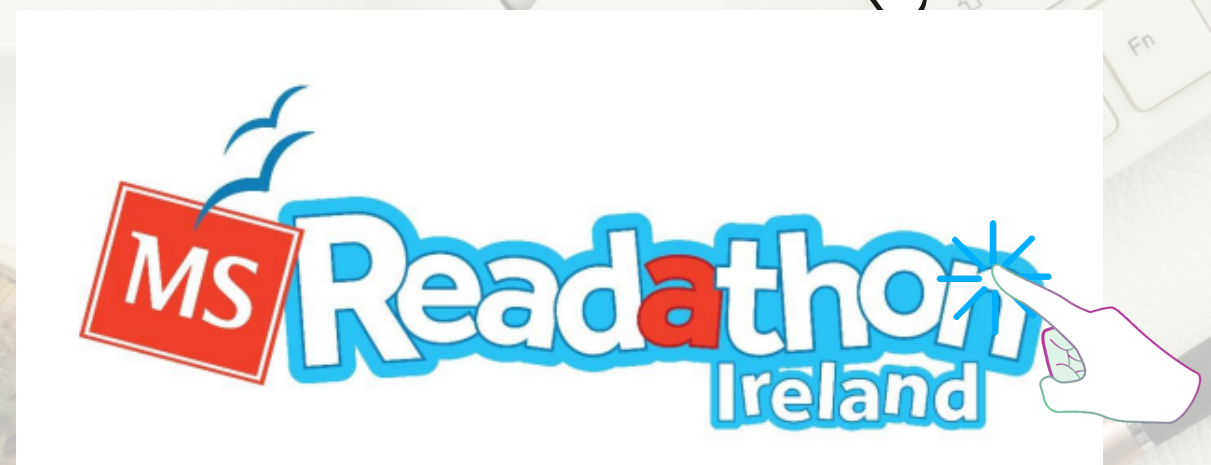
www.hse.ie/LivingWell





Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

Click to sign up to support MS Ireland with their Readathon throughout November!



World COPD Day

GLOBAL BIG BATON PASS

World COPD Day 2023 is coming up on Nov 15th

- Live broadcast of the international Big Baton Pass
- Live exercise masterclasses, Healthcare professionals, tips and chats
- Information from around the world on COPD

Click here to learn more about World COPD Day



Healthy Meath Updates



Healthy Meath had a tough time judging the Pride of Place Community Wellbeing category this year with so many excellent entries. Congrats to all of the well deserved winners for 2023!

The Healthy Meath Free Health Checks pilot has been a great success with almost 50 adults taking part in Kells and Oldcastle. There are still a few slots left, contact one of the participating pharmacies for more info.

Healthy Meath hope to be able to expand this service in 2024. Keep an eye on our newsletter for updates!

FREE HEALTH CHECKS

Healthy Meath in collaboration with Kenlis and Lynch's pharmacies in Kells and McQuaid's pharmacy in Oldcastle are offering free health checks to members of the public including:

- Lifestyle assessment
- Blood pressure & pulse rate
- Waist circumference
- Cholesterol and blood sugars
- Personalised advice

FOR MORE INFO OR TO BOOK YOUR FREE HEALTH CHECK CONTACT ONE OF THE BELOW PHARMACIES

KENLIS PHARMACY KELLS ☎ (046) 924 7944 ✉ kenlis@totalhealth.ie	LYNCHS PHARMACY KELLS ☎ (046) 924 0515 ✉ lynchspharmacy@gmail.com	MCQUAIDS PHARMACY OLDCASTLE ☎ (049) 854 1138 ✉ mcquaidsparmacy@gmail.com
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The Healthy Ireland Fund supported by the Department of Health



Healthy Meath attended the Kells FRC open day on October 13th and were delighted to provide funding for a cooking demonstration workshop on the day, copies of *safefoods 101* recipe book and a food package for attendees!



The Healthy Ireland Coordinator for Meath attended an event in Galway where Minister Hildegard Naughton provided an important update on the funding allocation for Healthy Ireland Local Government for 2024.

🔊 Healthy Meath Updates

On October 10th to mark World Mental Health Day, Meath County Council in collaboration with Louth County Council and SOSAD Ireland launched a novel, community driven, positive mental health initiative called Mindful Connect.

The project will identify many of the groups and organisations offering positive mental health supports in County Meath and compile them in a resource pack that will be readily available to the public on Meath County Councils, Healthy Meath webpage and will be updated regularly.

Members of these groups and other local volunteers in Meath will be able to become a Mindful Connect Ambassador. This role will involve undertaking free training both on the resource pack itself and on other skills to support them in their role as an Ambassador. Recruitment of the Ambassadors commenced in October 2023.

Keep an eye on Meath County Councils social media for more updates on this exciting project!



For more info on Healthy Meath initiatives contact healthymeath@meathcoco.ie

🔊 Healthy Meath Updates



Little Seeds Arch Club is a social outlet for children and young people with autism in Meath and their families.

Healthy Meath have been working with Una Curran of Wings Wellbeing to provide wellbeing support to this group of adolescents, mothers and fathers.

Activities have included relaxation techniques, coping strategies, yoga and mindful breathing exercises.

Well done to all involved!

Healthy Meath have been working closely with Meath Travellers Workshop throughout the year to support the mental health and wellbeing of the Traveller Community.

Initiatives include a craft course where participants created beautiful designs including wreaths, signs and card making and had the opportunity to meet and chat, a child and parent wellbeing programme including yoga and story massage and individual therapeutic interventions.



For more info on Healthy Meath initiatives contact healthymeath@meathcoco.ie



Healthy Meath in collaboration with Prosper Meath and Meath Comhairle na nÓg launched our mental health video project at the Meath Comhairle na nÓg AGM on October 26th in Trim.

Within the video young people from Meath share their own experiences of mental health and make some suggestions to us all about things we can do to improve our mental health.

Thanks to Thady Kavanagh who produced the video and to all of the young people who collaborated on this wonderful initiative!



WATCH NOW





Healthy
Meath



Thanks for reading 😊

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