



Healthy Meath Newsletter August - September 2024



**Hello everyone, welcome to the
11th edition of the Healthy
Meath Newsletter!**

**Here you will be signposted to
various Health and Wellbeing
initiatives and online resources
available throughout
August/September.**

We hope you enjoy!



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 August/September



Healthy Meath

September is Heart Month

The Irish Heart Foundation supports and campaigns for people who have been affected by heart and strokes throughout their lives. They have a range of evidence based information, resources and supports available on their website. Do yourself a favour this heart month and visit their website to find out more about what you can do to protect yourself from the risk of dying from a heart related illness!



Irish Heart Foundation

Get Checked - Before Damage

is Done

2 in 3 adults over 50 have high blood pressure and half don't know it

September 29th is National Walking Day

Ireland is an island full of sport, recreation and adventure. Explore thousands of opportunities, from casual to competitive, and find what suits you best.

Use the Get Ireland Active Interactive Map to find places you can increase your physical activity this Autumn!



Éirigh Gníomhach in Éirinn
Get Ireland Active

Walking

Where to enjoy Ireland's most popular physical activity.



Don't see what you're looking for?

Explore all places to be active

Green Ribbon Campaign

The annual See Change Green Ribbon campaign takes place in September and aims to spread awareness about all mental health difficulties to help end mental health stigma and discrimination.

Visit <https://seechange.ie/green-ribbon/> for information on the campaign. Check out the calendar below for events happening locally in Meath.



SEPTEMBER 2024 GREEN RIBBON EVENTS						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		Understanding Self Harm 1 day workshop, Navan 10	Bereavement Support Workshop, Navan 11	SafeTALK - Glen Emmets GFC, Tullyallen 12	Kells FRC Coffee morning Green Ribbon awareness event 8 SafeTALK Dundalk FC 13	14
8	9	Connect FRC Womens Group Green Ribbon Coffee Morning, & Traveller Green Ribbon Event Meath Traveller Workshop 17	Connecting for Life Implementation Group Green Ribbon Meeting 18	East Coast FRC Green Ribbon Parenting Event 19		Green Ribbon Park Run, Carlandstown 21
15	16					
22	23	Traveller Green Ribbon Event 24	25	Green Ribbon Presentation to Legal Profession 26	Trim FRC Green Ribbon Event in Enfield Library & Dundalk FC Green Ribbon Event 27	28
29	30					



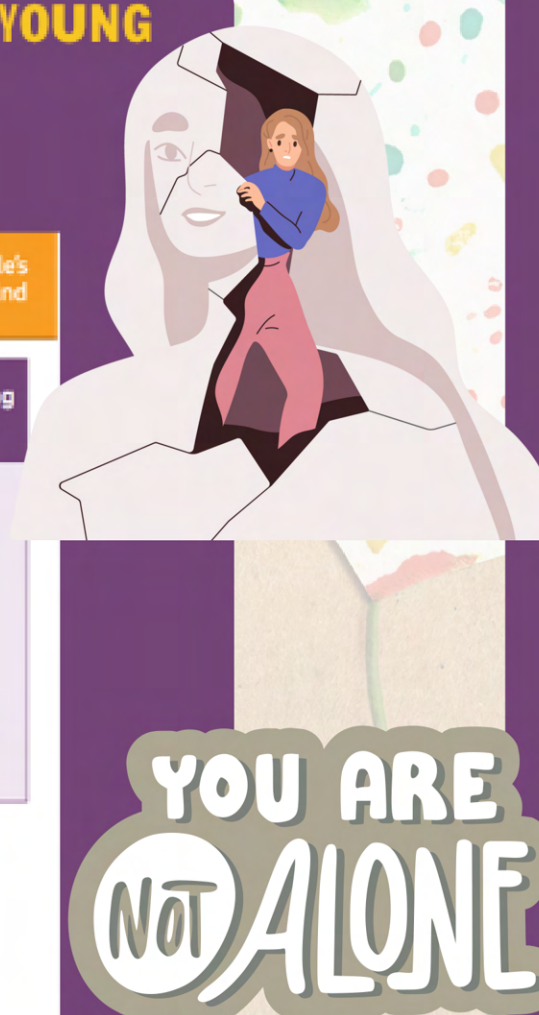


Mental Health

Jigsaw Meath services are outlined below. Email meath@jigsaw.ie for more info!

DID YOU KNOW THAT JIGSAW OFFER FREE IN PERSON AND ONLINE WORKSHOPS FOR YOUNG PEOPLE AND ADULTS

Community Workshops: Quickview		JIGSAW <small>Young people's health in mind</small>				
WORKSHOPS FOR ADULTS	Supporting Young People's Mental Health (SYPMH)	One Good Adult	One Good Coach	Self-Care for OGA	What is Jigsaw	Rally Around Young People (MHPCP)
	Audience: Parents / Guardians	Audience: Supportive Adults (workers, volunteers etc.)	Audience: Adults in sports coaching roles	Audience: Supportive Adults	Audience: Adults / Organisations	Audience: Supportive Adults
	Duration: 1hr	Duration: 1hr	Duration: 1hr	Duration: 1hr (+15 mins)	Duration: 20-30 mins	Duration: 1hr
	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom
	WORKSHOPS FOR YOUNG PEOPLE	Taking Care of Mental Health (MHPCP)	5 A Day for Mental Health	Together for Our Mental Health	What is Jigsaw (Youth Version)	One Good Friend
		Audience: Young People 16+ (Small group of 6-15)	Audience: 3rd Level setting (large groups)	Audience: Young People 16+ Young People 12-16	Audience: Young People (12-25ys)	Audience: Young People (16 -25ys)
Duration: 1hr - 1hr 15 mins		Duration: 1hr	Duration: 1hr	Duration: 20 - 30 mins	Duration: 1hr 30 mins	
Format: YCEW & Youth Advocate F2F or Zoom		Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	Format: Jigsaw Staff F2F or Zoom	



JIGSAW ALSO OFFER A RANGE OF FREE SERVICES AND SUPPORT AVAILABLE AT JIGSAW.IE FOR YOUNG PEOPLE BETWEEN 12 AND 25 LIVING IN IRELAND



1:1 Support Live Chat

1:1 support

If you would prefer to chat online 1:1, then you can register for [Jigsaw Live Chat](#).

Speak 1 to 1 with trained Jigsaw staff:

- Monday from 1 – 4.30 pm
- Wednesday from 1 – 4.30 pm
- Thursday from 2 – 7.30 pm

Jigsaw Group Chat

Group chats are safe spaces where you can talk to your peers about what you are going through. It is an opportunity for you to be supported and support people that are going through similar situations. These group chats are facilitated by a clinician.

Register via the [Jigsaw Live Chat portal](#) anonymously.

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.





Mental Health



Let's Talk About Suicide



A free, online suicide prevention training programme, from the HSE. traininghub.nosp.ie

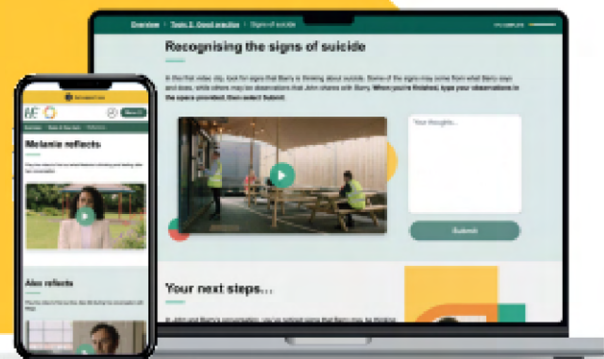


From the HSE National Office for Suicide Prevention (NOSP)
Email: training@nosp.ie



Take just 60 minutes out, to learn to:

- Recognise the signs that someone may be thinking about suicide.
- Confidently engage with a person and speak openly about suicide.
- Support a person who is thinking about suicide, to get help.
- Practice self-care when supporting a person who is having thoughts of suicide.



Safe Harbour is a support book for children who have been bereaved by suicide



childhoodbereavement.ie



Suicide Prevention in the Community

Connecting, Communicating, Caring

A PRACTICAL GUIDE

A practical guide that aims to offer practical, evidence based guidance to help and encourage communities to get involved in suicide prevention.

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.





Mental Health

Suicide bereavement support group for men

King of the Castle



Cycle with Sean "King" Kelly



Irish men face a silent crisis, with 3 out of 4 suicides each year being male. This devastating statistic underscores the urgent need to address the mental health challenges men experience and the stigma that often prevents them from seeking help.

Join us Sunday August 4th for our sportive cycling event dedicated to help breaking the stigma around men's mental health.

Open to men and women of all abilities.

Sunday, 4th August Cost **€50**

2 routes from Malahide Castle, County Dublin for all cycling abilities - **60km** and **120km**



Full Details and Registration at:
cycleagainstsucide.com/event/sean-kelly-king-of-the-castle-sportif-dublin/

SCAN HERE

AFTER A SUICIDE LOSS, 65% OF MEN* SAID THEY FACED MENTAL HEALTH CHALLENGES

Grief takes a toll on both mind and body. HUGG Men offers a lifeline of support and connection.

*Afterwards, the national survey of people bereaved by suicide in Ireland

AFTER A SUICIDE LOSS, 40% OF MEN* SAID THEY USED ALCOHOL TO COPE WITH THEIR GRIEF

But there's a healthier way forward. HUGG Men, a suicide bereavement support group, is a place to explore healthy coping strategies and connect with others who understand.

*Afterwards, the national survey of people bereaved by suicide in Ireland

AFTER A SUICIDE LOSS, 28% OF MEN* SAID THEIR PHYSICAL HEALTH DETERIORATED

Grief takes a toll on both mind and body. HUGG Men offers a lifeline of support and connection.

*Afterwards, the national survey of people bereaved by suicide in Ireland



- Online monthly on Tuesday 8 - 9.30 pm
- Join by filling out the form below



support@hugg.ie



01 513 4048

(monitored answering machine)



<https://www.hugg.ie/join-a-group/>



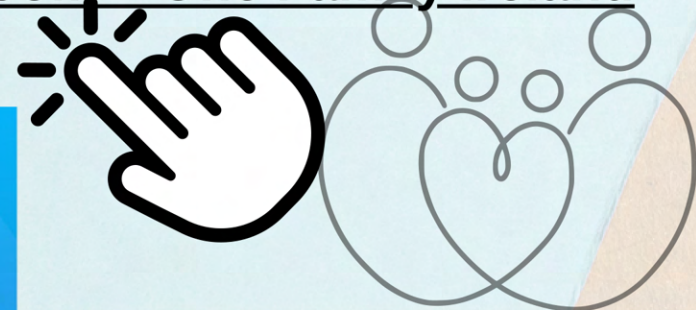


Mental Health

Parenting Courses via Zoom

Course Title	Day	Start Date	Time	Length
Family Communications Separating Well for Children - Morning Course	Tuesday	15/10/2024	10am - 11am	8 weeks
Family Communications Separating Well for Children - Afternoon Course	Tuesday	15/10/2024	1pm - 2pm	8 weeks
Parenting under Pressure - Morning Course	Tuesday	01/10/2024	10am-11:30am	8 weeks

Learn more about the courses they offer by clicking the link:
[Parenting Courses via Zoom – One Family Ireland](#)



YOUR DESIGN COULD
 CHAMPION MENTAL HEALTH
 NATIONWIDE!



NATIONAL POSTER COMPETITION

Join our initiative to integrate the importance of mental health into everyday life! Submit your poster design to bring public voices into this vital conversation and create a meaningful resource.

HOW TO GET INVOLVED

To find out more about this competition and how to enter please visit:
www.barbarabrennan.ie
 or
 The Mental Health Commission website: www.mhcirl.ie



Submissions welcomed under the following categories:

- Universities
- Schools
- Workplaces
- Community groups
- Disability groups

*Individual or group submissions welcome

We're looking for a new national poster design for

WORLD MENTAL HEALTH DAY 2024

Submissions now open!

(Closing Date: 5th August 2024)

Our partners and judges for this exciting campaign:



Navan Trialogue is BACK!!!!

Excited to announce that the Navan Open Trialogue is returning! Join us for open discussions about mental health on the last Thursday of every month from 18:00 to 19:30



- ~Share your experiences
- ~Learn from others
- ~Reduce stigma around mental health

No matter your background or experience, you're welcome to join us!

SOSAD Ireland

WE OFFER FREE COUNSELLING SERVICES FOR ALL AGES 16+

WHETHER YOU ARE STRUGGLING WITH DEPRESSION, ANXIETY, SUICIDAL IDEATION, RELATIONSHIP ISSUES, OR JUST NEED TO TALK TO SOMEONE WHO WILL LISTEN – SOSAD IRELAND ARE HERE FOR YOU!

CONTACT US

CALL INTO YOUR LOCAL OFFICE OR CONTACT US ON OUR FREEPHONE HELPLINE 1800 901 909 TO FIND OUT MORE!



FOLLOW US

@SOSADIRELAND.IE

1800 901 909





Healthy Eating

With the kids going back to school, here are some tips to help you prepare healthy lunches that your kids will enjoy

BACK TO SCHOOL



1. Include all food groups
2. Vary the kinds of bread
3. Keep them hydrated
4. Get them involved
5. Try out new ideas



#TalkAboutFood

New campaign that aims to build a healthier food environment to protect the health of our children.

LEARN MORE

Avocado salad sandwich

★★★★★ 14 ratings

Prep Time: 5 mins	Serves: 1 Adult	Cost: Low
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READ MORE



Why do we buy unhealthy food?

Why does healthy food matter?

What makes us eat unhealthy food?

For in depth information click **HERE**





Over 50's Social Mornings

The social game of Pétanque is taking off in Navan, Carlanstown and Laytown. Following a trial morning in each area, three groups are now meeting on a regular basis for a walk and talk followed by a game of Pétanque. Pétanque is an adapted game of boules which can be played on any surface, the game has proved popular with the groups and attendance is growing each week.

Groups are currently meeting in:

- Blackwater Park, Navan on Mondays at 11am
- Deerpark Community Hub, Carlanstown on Thursdays at 11am
- Laytown Beach on Wednesday at 11am

If you are interested in taking part contact Paula on 046-9067887 or email pcunningham@meathcoco.ie



Inclusive Teenage Summer Camp

Inclusive Multi-Sport Summer Camp suitable for teenagers with additional needs aged 13-17 years. The camps will take place outdoors over two days and will see a variety of sports and activities take place including GAA, Soccer, Badminton, Hockey & Basketball. We encourage participants' siblings to join in the activities also. All parents will be asked to remain for the duration of each day.

Date: Tuesday August 13th – Wednesday August 14th

Time: 11am- 1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family

To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

HER Outdoors returns once again from 12th – 18th August

Meath LSP are hosting some fabulous outdoor events for women and girls every day of the Her Outdoors Week with activities available for girls, teens, women 18+ and women 55+. The aim of HER Outdoors week is to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors. So what are you waiting for?! Check out our timetable and come and try something new and experience the opportunities available for you in the great outdoors! For timetable and registration links:

<https://www.meathsports.ie/women-in-sport/her-outdoors-week/>



For more visit: [meathsports.ie](https://www.meathsports.ie)

RUN

There are lots of running events taking place across Meath this August. Why not challenge yourself to give on of them a go!



REGISTER NOW

↓

Just click the links below!!

Public Participation Network Meath

August 2024



Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	 Fr. Murphy AC	3	 Battle of the Boyne, Oldbridge
5	6	7	8	 Kells Heritage 5K Run	10	11
				 Laytown Beach		
12	13	14	15	 Rathkenny AC Road Race 5K 2024	17	 Blackwater Park, Navan
19	20	 CASTLEPOLLARD 5K 2024	 CELBRIDGE AC 5K ROAD RACE	23	24	 Rosalee Rovers 5K Heritage Run
				 Deerpark, Carlanstown		
26	27	28	29	 TARA AC 5K	31	
				 Porchfields, Trim		

- Friday 2nd: Streets of Athboy 5K
<https://www.popupraces.ie/race/streets-of-athboy-5k-2024/>
- Sunday 4th: Kilbeggan 10 Mile
https://myrunresults.com/.../kilbeggan_10.../5074/details
- Friday 9th: Kells Heritage 5K
https://myrunresults.com/.../kells_heritage.../5075/details
- Friday 16th: Rathkenny 5K
https://myrunresults.com/.../rathkenny_ac_5k.../5078/details
- Sunday 18th: Kilcock 10 Mile
https://myrunresults.com/.../st_cocas_ac.../4972/details
- Wednesday 21st: Castlepollard 5K
https://myrunresults.com/.../castlepollard_5k/4878/details
- Thursday 22nd: Celbridge 5K
<https://www.popupraces.ie/.../celbridge-a-c-5km-road.../>
- Sunday 25th: Rossin Rover 5K
https://myrunresults.com/.../rossin_rovers.../5184/details
- Friday 30th: Tara AC 5K
https://myrunresults.com/events/tara_5k_2024/5289/details

Alcohol Related Problems

Other valuable information to read

[CLICK HERE](#) 

Youth Prevention Toolkit:
E-cigarettes and other nicotine delivery systems



Get the support and advice you need for yourself or a loved one when facing alcohol problems

SHORT TERM

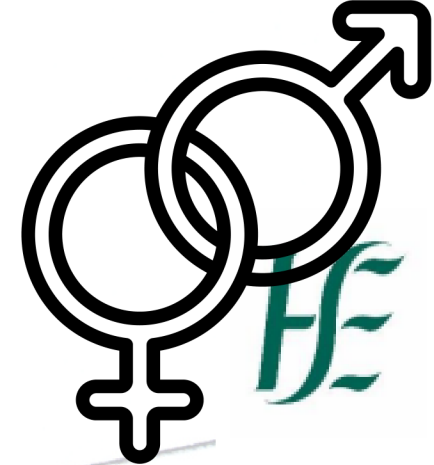
- ~ Impaired judgement
- ~ Anxiety
- ~ Dehydration
- ~ Bad sleep
- ~ Headache
- ~ Injuries
- ~ Nausea

LONG TERM

- ~ Cancer
- ~ Depression
- ~ Stroke
- ~ Liver disease
- ~ Weaker immune system

To find out more click [HERE](#) 

 drinkaware.ie 



Sexual Health



Foundation Programme in Sexual Health Promotion

The new revised format 6-day FPSHP is a comprehensive capacity building training programme for service providers who want to develop their confidence, skills and knowledge in the area of sexual health promotion, and incorporate sexual health promotion into their work.

Who is the programme for?

The FPSHP is for service providers from the health, education, community and youth sectors who have the potential and capacity to undertake Sexual Health Promotion within their organisation.

Is the course certified?

The FPSHP is certified by HSE Health Promotion & Improvement and endorsed by:

- The Nursing and Midwifery Board of Ireland Category 1(35 CEUs)
- Irish Association Counselling and Psychotherapy awarded 36 CPD points

What is the benefit to participants and their organisations?

Participants will:

- Have the opportunity to improve their knowledge, skills and confidence in relation to sexual health work in their organisation.
- Have access to a Sexual Health Resource Library to support their work in Sexual Health Promotion in their organisation on completion of the programme.
- Receive ongoing updates/newsletters relating to Sexual Health.
- Be notified of further related training events. Programme Content This programme takes a holistic, life-course approach to sexual health promotion.

The course content includes:

- Sexual Health Promotion in the Irish Context
- A Life-Course Approach to Sexual and Reproductive Health
- Gender Roles and Stereotypes • Self Esteem and Sexual Health
- Sex, Society and Culture (including Diversity and Discrimination)
- Sexual Pleasure within Sexual Health Promotion
- Irish Law and Sexual Health (including Power and Control Healthy and Unhealthy Relationships)
- Working safely around Sexual Health (Transferring skills to practice)

Cost

The programme fee is covered by HSE Health Promotion and Improvement, Health and Wellbeing Division.

Dates & Location

REC, St. Brigid's Complex, Kells Rd, Ardee, Co Louth.

Attendance at all six days is compulsory for certification.

11th & 12th September

9th & 10th October

6th & 7th November

How to apply?

Application is a 2-step process comprising an application form and short telephone interview

Application forms must be signed by a line manager to confirm approval to attend the all six days of the programme.

The closing date for receipt of applications has been extended to **Friday, 26th July, 2024**. Interviews will occur the following week.

Application forms are available on request from geralyn.nolan@hse.ie / 041 6850675





Older Persons

Whistlemount Alzheimer Club

Second Saturday of the month 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

Ratoath Alzheimer Club

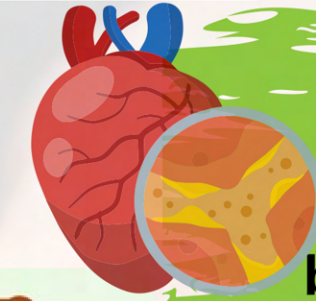
Last Friday of the Month 2024 from 11 am - 1 pm

JOIN US!



Ratoath Community Centre
Ratoath Co.Meath

Contact - Liam Burke
phone number- 087 9740871
email address -liam.burke@alzheimer.ie



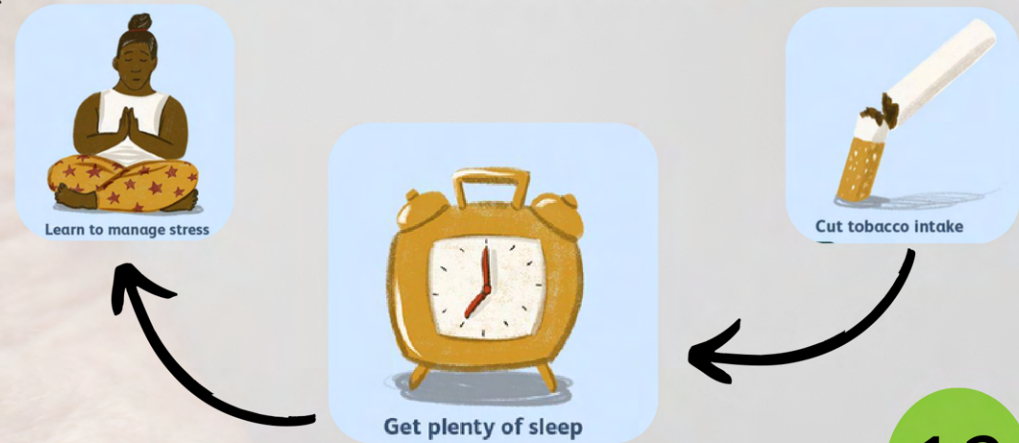
High cholesterol is a serious problem in older adults click below to find out more about it: causes, symptoms and treatment



SYMPTOMS



PREVENTION



Held on the 1st Thursday of each month from 12 - 2pm

For people living with dementia, their family and friends



Eureka House, Kells, Co. Meath, A82 DX47
Free Admission • All Welcome
Tea & Scones Served
Contact No: 087 146 9624





Other



Meath Community Programmes

Parent Support Group!

Trim FRC runs a Parent Support Group for parents of children with a disability and or additional needs. The group (parent only) meets once a month and runs events/webinars for parents throughout the year. For details of the Autumn dates, please see [Trim FRC Facebook page](#)



Women's Development Group

Starting on the 9th of September, running for 12 weeks on Mondays 10am-12.30pm at trim FRC!

Topics included are Goal Setting, Self-esteem and Confidence building, Communication Skills, Stress Management and Self Care, Time management and Organisation, Assertiveness, Healthy Relationships, Financial Management, Career Development, Health and Wellness and Creativity and Hobbies. This Programme is for women of all ages, not currently in full time paid employment or education.

Contact Diane at diane@trimfrc.ie.

Tuesday 6th Aug
Duleek Library 11am and Ashbourne Library 2.30pm.
 Spaces limited book today at the library desk!



Spaces & Places



Workplace Wellbeing



Dalgan Park



Dalgan Park Dublin Road,
Navan C15 AY2Y

Start Point of Walk: Dalgan House

Description of route: Through forest/riverside

Length and duration of walk: 7km/1.5 to 2hrs walks

Description of the routes terrain: Woodland, nature

Difficulty Level: No difficulty, gravel trail

Features: Riverside, tree garden,

Get a qualification in Workplace Wellbeing!

Continued education and training are crucial to building capacity and enhancing job-related knowledge and skills.

If you are a member of staff in Wellness or Health Promotion, Human Resources, Occupational Health, Health and Safety or any other staff member the Postgraduate course in Health Promotion in Workplace Wellness was initiated in 2018 specifically to support the subsequent delivery of the Framework.



Resources:



Post Graduate Certificate in Workplace Wellness

MA in Leadership in Workplace Health and Wellbeing

Post-Graduate Certificate in Health Promotion in Workplace Wellness

Social Farming with Prosper Meath

Healthy Meath were delighted to hear that the 4 individuals who participated in a social farming placement, funded by Healthy Meath had a great time and learned lots over the 10 weeks! Well done to all who took part!



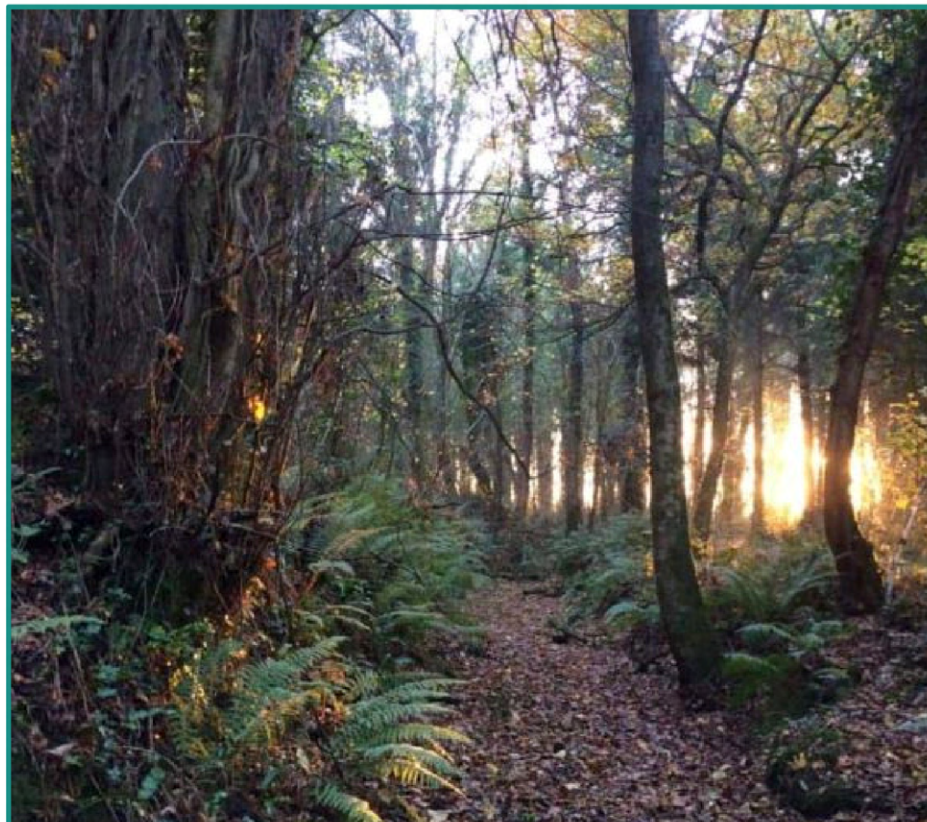
Healthy Meath Microfund Grant Scheme

6 organisations (Cuidiú Meath, Kells FRC, Louth Meath Down Syndrome Branch, Youth Work Ireland Meath, Enfield Development Group and Claremont Stadium) were successful in their application under The first Healthy Meath Microfund Grant Scheme! Well done to these groups and we are looking forward to seeing the progress on these exciting projects.



Woodlands For Health Programme

Our Woodlands for Health Programme is in full swing in Dalgan Park and Balrath Woods. Feedback from participants to date has been very positive. For more information on this programme visit - <https://www.mentalhealthireland.ie/woodlandsforhealth/>



CommUnity Connect Louth & Meath...Coming Soon!

Following our consultation event in May, our CommUnity Connect resource pack and CommUnity Connect Wellbeing Map for Meath are almost ready. We hope to launch these in early September.

SunSmart Programme

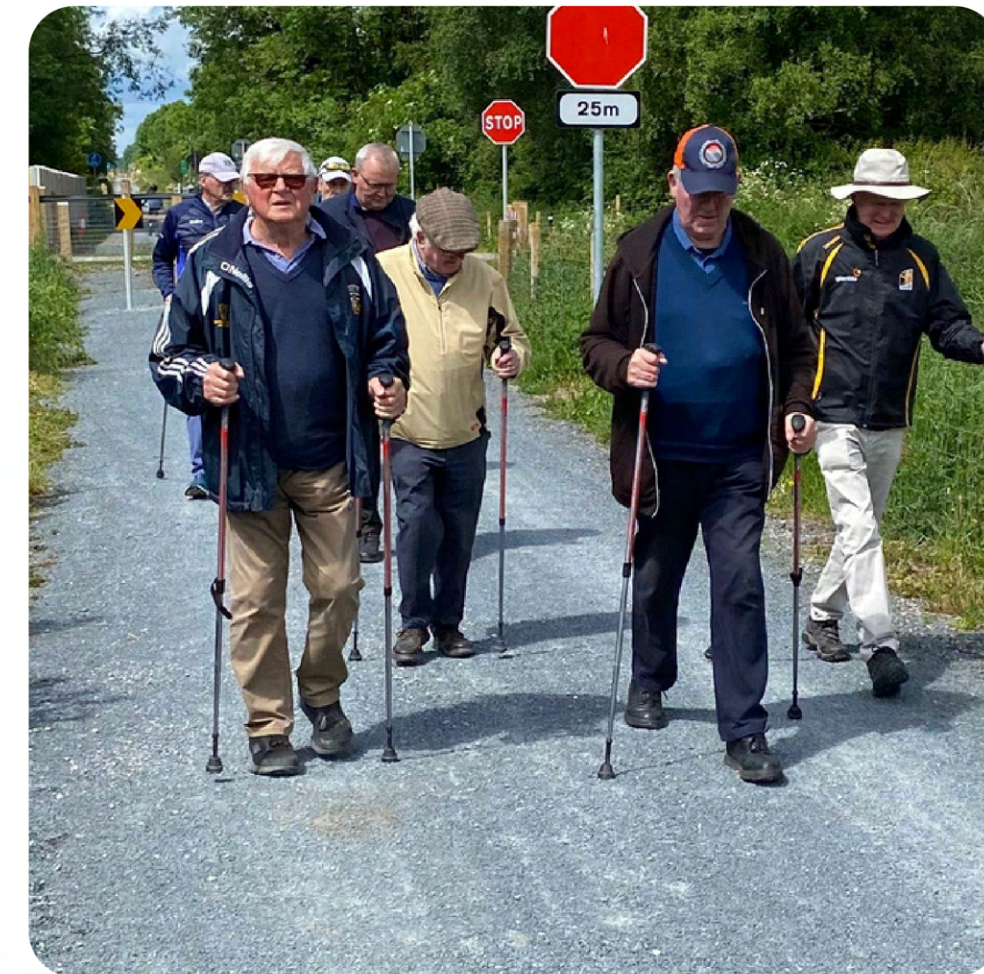
Even though the sun hasn't been around as much as we'd hoped for, our SunSmart programme is still in full swing! Did you know you can still get burned even when there is no sun?! Healthy Meath are providing free SunSmart boards, dispensers and sunscreen in 15 locations in Meath. Keep an eye out at beaches, playgrounds and GAA clubs for them!



Healthy Lifestyle Programme!

We are continuing our work with different groups to promote and improve lifestyles. 10 men from Meath Travellers Workshop attended a cookery class at Lismullin Cookery School and the Irish Heart Foundation visited the Workshop to provide blood pressure and pulse checks!

Slane Men's Shed recently finished an Activator pole walking along the Boyne Valley to Lakelands Greenway! Well done to both groups for their participation.





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