



Healthy  
**Meath**

# HEALTHY MEATH NEWSLETTER DECEMBER 2024 – JANUARY 2025



**WELCOME TO OUR CHRISTMAS EDITION OF  
THE HEALTHY MEATH NEWSLETTER**

**WISHING OUR READERS A  
HAPPY & HEALTHY CHRISTMAS  
& NEW YEAR!**



comhairle chontae na mí  
*meath county council*

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



## International Volunteer Day (IVD) 5th December

IVD is celebrated on 5 December every year. It is a day where volunteers are acknowledged and the spirit of volunteerism is promoted at the local, national and international levels



Being a volunteer has lots of benefits. It can bring meaning and purpose to your life, while increasing your self-esteem and wellbeing. Volunteering can also relieve stress, and alleviate symptoms of depression. As well as having a positive impact on your community, volunteering can improve your relationships.



Check out Volunteering in Meath for more information  
[www.volunteermeath.ie](http://www.volunteermeath.ie)

## January - Cervical Cancer Awareness Month

### Cervical Cancer

What you should know  
[www.cancer.ie](http://www.cancer.ie)

About 250 women are diagnosed with cervical cancer each year in Ireland. Cervical cancer is treated with surgery, radiotherapy and chemotherapy, depending on the type.

### What are the symptoms?

Unusual bleeding from your vagina is usually the first symptom of cervical cancer you may notice such as bleeding;

- outside of your normal periods
- during or after sex
- after you have been through menopause

### Other Symptoms include

- vaginal spotting or unusual discharge
- pain during sex
- pain in your pelvis

Contact your GP if you are worried about any possible symptoms



# Mental Health



**Bereaved Children's Awareness Week took place in November to highlight the impact of childhood bereavement**



**Children grieve in their own way after a death or loss. There is no right or wrong way to grieve. You can help a grieving child by supporting and guiding them, and giving them clear information. For more information please visit [www.childhoodbereavement.ie](http://www.childhoodbereavement.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.*





# Mental Health

**LOUTH MEATH ADULT MENTAL HEALTH SERVICES**



If you're a parent of a child 0-5 & would like advice or support with Welfare, housing advice, parenting, information on services available

Or

 Just a cup of tea and a chat 

Hosted by staff from Adult Mental Health

For more info, call Marian on 0877799644

EVERY WEDNESDAY FROM 13TH NOVEMBER TO 18TH DECEMBER AT 10.30-11.30AM

VENUE:  
MEATH CHILD & PARENT SUPPORT HUB COMMONS RD, NAVAN (FORMERLY FRC)

**Trim Family Resource Centre -  
Upcoming Programmes -Please  
contact Trim FRC (046) 943 8850)**

**Adult Therapy**

8 sessions of Humanistic Therapy to connect and work on yourself and issues that bother you

**Adolescent Therapy**

For young people aged 12-18 years old work on emotions, relationship difficulties & how to achieve goals

*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.*





**Families that eat together are more connected, happier, and members have a higher sense of belonging**

## Reduce Food Waste this Christmas

- **Plan your Christmas Menu - plan how much food you need and how many people are joining you. You don't need to go overboard.**
- **Stick to your Christmas Shopping list - only buy what you need. This will save you energy, money & stress.**
- **Store your Christmas Food Properly - make the most of it. Serve and eat more perishable foods first and store excess food in the freezer for the coming days.**
- **Resist cooking too much over Christmas by anticipating how much your family and guests actually want to eat.**
- **Amazing festive leftovers can save you time & money. Leftovers are delicious ingredients for your next meal.**
- **For more good tips visit [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie)**

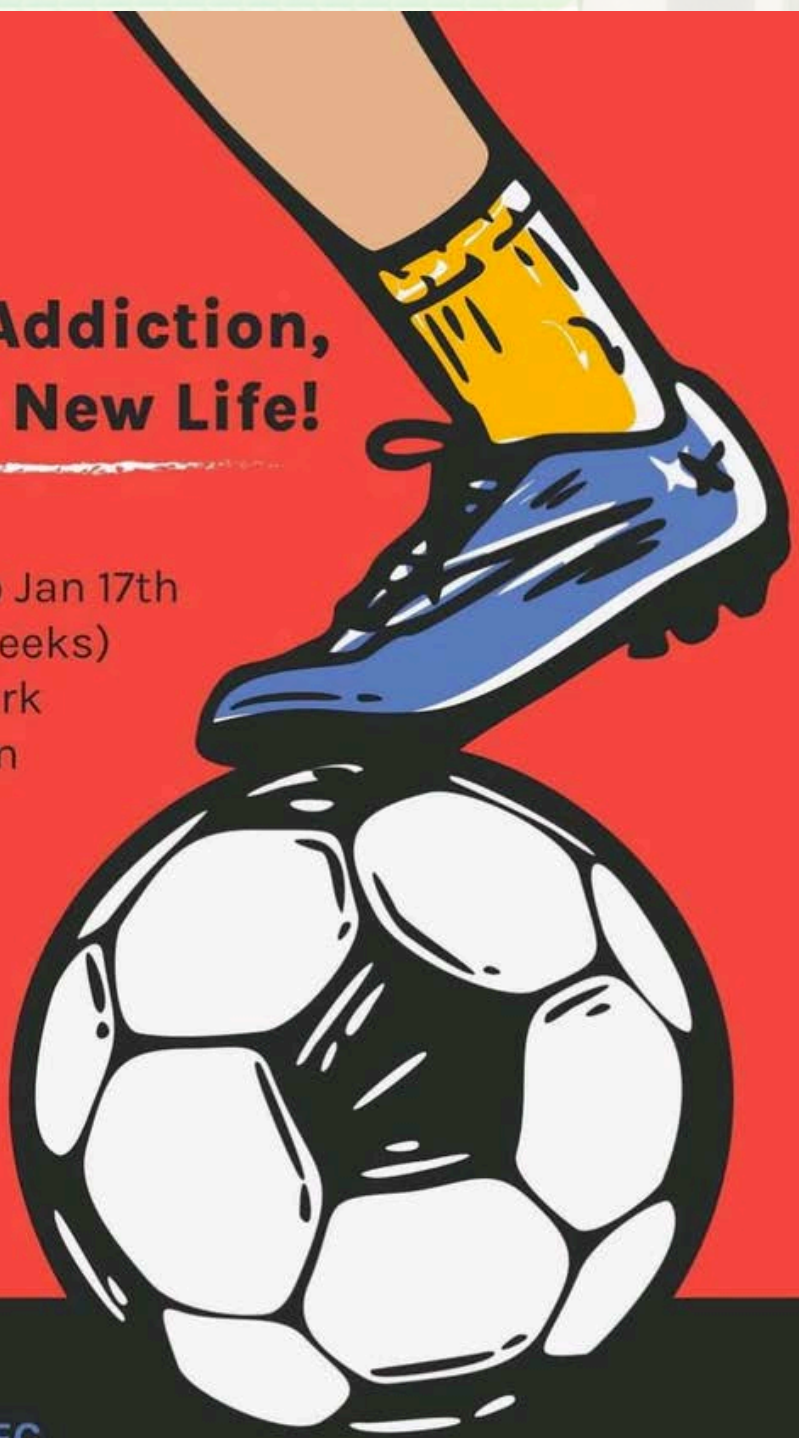


## Kick out Addiction, Play for a New Life!

**Day:** Dec 6th to Jan 17th  
(Fridays for 6 weeks)

**Venue:** Oriel Park

**Time:** 6pm-7pm



With support  
from Dundalk FC  
and Louth  
County Council.

For more info about Turas, please visit  
[www.turascounselling.ie](http://www.turascounselling.ie) or contact us on  
[info@turascounselling.ie](mailto:info@turascounselling.ie) / 042 933 8221.

**turas**

Socia-Ball for Women is in a basketball initiative for women with the main emphasis on participation, fun and fitness. In a relaxed, social setting, women can learn the key basketball skills and play in a supportive environment without the pressure of competition.

Athboy Community Centre – Tuesdays @ 7pm  
To register: <https://www.meathsports.ie/women-in-sport/socia-ball/>



### Social Running 0-3k & 3-5k Navan, Tara, Trim, Kells & Ballinacree, Oldcastle

0-3k & 3-5k programmes open to both men and women and suited for complete beginners. These programmes are led by qualified coaches who will guide you step by step from walking to jogging to running with ease. It is available to anyone who wants to increase their daily activity and is suitable for both MEN and WOMEN over 18yrs+ and all fitness levels.

Starts Monday 8th April. For more details and to register click here: <https://www.meathsports.ie/women-in-sport/0-to-3k-3-5k-running-programmes/>





## Meath Local Sports Partnership Programmes

### Meath Sports Ability Day

To celebrate 'International Day of Persons with a Disabilities' on December 3rd, Meath LSP will host a Sports Ability Day for children with additional needs aged 5-17 years. We invite you to come along and try out new sports and discover inclusive clubs and organisations! Activities will be delivered by development officers from Meath GAA & LGFA, Leinster Rugby, Basketball Ireland and FAI.

**Date:** Tuesday 3rd December

**Time:** 4pm-6pm

**Venue:** Claremont Stadium, Navan

**Age:** 5- 17 years

**Cost:** Free

**Contact:** Terry Donegan on 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

Health, Fitness and Wellbeing starting Monday the 6th of Jan in the Bungalow 11am-1pm for 6 weeks. It's important that only participants who are willing to commit to the 6-week course sign up as the learning is incremental. Topics covered will include

the following:

- NUTRITION
- EXERCISE
- RELAXATION
- SLEEP
- BRAIN GYM



**FREE!**

### MEATH SPORTS ABILITY DAY

 TUESDAY DECEMBER 3RD

 4PM- 6PM

 CLAREMONT SADIUM, NAVAN

Contact -

Sports Inclusion Disability Officer  
Terry Donegan on 0469067887 or  
email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

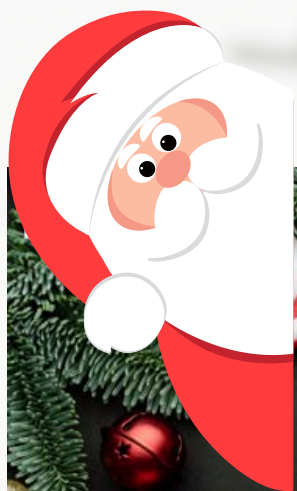
 SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

**MEATH**  
Local Sports Partnership  
SPORT IRELAND

Celebrating  
International Day of  
Persons with  
Disabilities with Sports  
activities for Children  
with additional needs  
aged 5-17 years!

**Contact Trim FRC  
for more details**

**046 9438850**



Think SANTA  
and Drink  
Mindfully this  
Christmas

Christmas and New Year is a time when it is very easy to drink or eat too much.

Schedule in some alcohol free days and plan activities that do not involve alcohol.

Your body will feel better, you will have more energy, better quality of sleep and also save you money!



## Smoking, Alcohol & Drug Supports



- **Serve food** - Eating while drinking alcohol helps to slow down how much you drink, but also slows down how quickly alcohol is absorbed into your body.
- **Accurate measuring** - Free-pouring drinks can lead to drinking above the HSE low-risk weekly guidelines for alcohol. The guidelines state that men should have no more than 17 and women no more than 11, standard drinks a week and these should be spread out over the week with two alcohol-free days.
- **Non-Alcoholic** - Why not swap your alcoholic drink for a non-alcoholic one? There are so many non-alcoholic alternatives out there to try. This way you can still enjoy the taste and not deal with the unwanted effects of alcohol the next day.
- **Track your drinking** - Keeping track of what you are drinking is a great way to drink mindfully this Christmas
- **Alcohol-free Activities** - Christmas events and gatherings don't have to be surrounded by or even involve alcohol. Christmas is all about being together and the best present you can give someone is your presence. Try baking delicious festive treats with some friends and family, sign up for a festive fun run, host a non-alcoholic party with fun festive games and create new special memories.





# QUIT

## HSE Stop Smoking Service

HSE Stop Smoking Advisors provide support to service users, including HSE staff, to quit smoking tobacco. Service users are supported through their quitting journey by developing a personal plan, which looks at their addiction, habits and emotional attachment to tobacco. Follow up is tailored to suit their needs.

The service is FREE and includes FREE stop smoking medication (Nicotine patches, gum, lozenge, inhalator, spray) for 12 weeks. By using the HSE Stop Smoking Service along with the FREE Nicotine Replacement Therapy (NRT), a person is four times more likely to quit smoking tobacco and to stay quit.

For more information:

- Email: [NEQuit@hse.ie](mailto:NEQuit@hse.ie)
- Contact: National Quitline 1800 201 203 or online [www.quit.ie](http://www.quit.ie)



# Sexual Health

**Proactive steps to look after your sexual health and wellbeing this festive period.**

There has been a surge in cases of sexually transmitted infections (STIs) such as chlamydia, gonorrhoea, herpes, syphilis and HIV across Ireland.

HSE public health officials have urged people to be aware of their sexual well-being over the festive season, with Christmas traditionally proving a time of high risk given increased alcohol consumption as well as an increased number of parties and social activities.

The best way to protect yourself is by choosing to use a condom when having sex, and taking an STI test if there is a chance you have contracted an STI.

For more information visit  
[www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)

## Free home STI tests

The HSE free home STI (sexually transmitted infection) testing service is available to anyone aged 17 or older who lives in the Republic of Ireland.

You can:

- [order a test kit at sh24.ie](http://sh24.ie)
- return your samples to the lab by post
- get your test results by text message or phone call

If you have symptoms of an STI or need urgent support, you should contact your local STI clinic or GP.



# Older Persons

## Active Social Mornings for Adults 50+

Active social mornings take place in Simonstown GFC on Tuesday mornings at 11am. Join the group for a relaxed fun morning and take part in different game-based activities which include pickleball, cornhole, bocchia and kurling. Suitable for adults 50+ who are looking to keep active in a social setting. The last meeting of 2024 will be the 3rd December. The social mornings will resume again in mid-January. If you are interested in taking part contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)

## Mature Movers

Mature Movers seated exercise class is currently running in Navan, Kells, Athboy, Ashbourne, Ratoath, Ballinacree and Trim. €30 for 6 weeks. If you are interested in joining a programme near you, contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)

## Walk n Tone

Relaxed social walking group which incorporates light bodyweight exercises. Suitable for adults 50+ looking to keep active in the outdoors. Taking place on Thursday mornings at 10am in Blackwater Park, Navan. Cost €20 per 4-week block. If you are interested in joining the group contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)

## Meath Local Sports Partnership Programmes





## HSE Winter Vaccination Programme

The HSE's Winter vaccination programme commenced at the beginning of October with the roll out of the free flu and COVID-19 vaccines to recommended groups.

Both flu and COVID-19 vaccines are recommended for people aged 60 and over, healthcare workers, anyone who is pregnant or has a long term health condition.

Both vaccines are available from participating GPs and pharmacies, and can be given at the same time. Healthcare worker vaccination clinics will also take place in many workplaces across the country.





## Other

### Trim FRC

**Digital and Tech Help Drop-Ins: Need help using your devices? OR sending an email? Need help with booking a flight?**

**We run 4 FREE weekly drop ins every week.**

**Tuesday - 10am to 12pm in Trim Library**

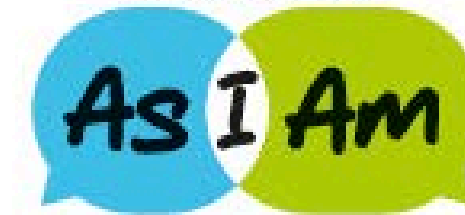
**Wednesday - 10am to 12pm in Trim FRC Offices**

**Wednesday - 2pm to 4pm in Ballivor Library**

**Friday - 10am to 12pm in Enfield Library**

**Just pop down any time between the times listed to get 1-to-1 support and get any of your tech queries answered!**

Prepare Me



For Public Transport

**If you or someone you know is an Autistic person, TFI has helpful resources available to use public transport.**



**'How-To' Videos**



**Activity Packs**



**Information Cards**

**and more...**



Visit [transportforireland.ie](https://transportforireland.ie) or scan the QR code.



# International Men's Day

International Men's Day was held on 19th November. This year the focus was on "Men's Health Champions" and highlighted pressing health issues that men face. It explored themes such as building healthy communities, look out for your mates, stay healthy & take action.

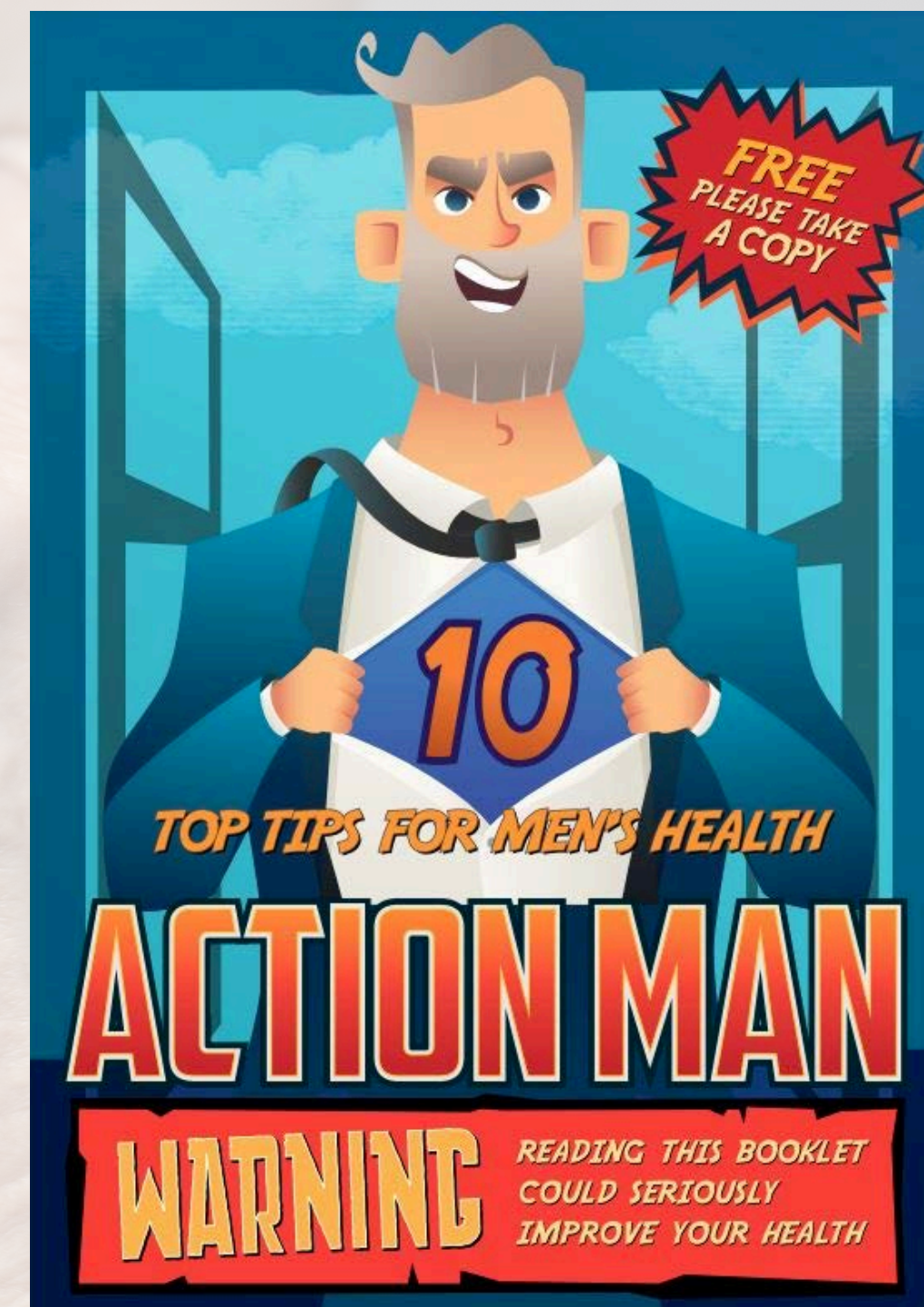
## Action Man: Your Guide to Men's Health

A new print run of the "Action Man" manual has been released.

Supported by Healthy Ireland within the Department of Health and the Men's Health Forum in Ireland, this free resource offers essential guidance on men's health.

### Action Man covers:

- Why action is needed: Understanding the specific health challenges men face, from mental health issues to chronic diseases.
- What can be done: Practical steps men can take to improve their health, including lifestyle changes and the importance of regular health screenings.
- How to find support: Resources and services available for men seeking assistance, from professional healthcare providers to community support groups.



## CommUnity Connect Louth & Meath. Launching in January 2025

CommUnity Connect is a community based positive mental health project which has been developed in collaboration between Healthy Meath and Healthy Louth.

There are four components to CommUnity Connect

- The Resource Pack
- The Network of Community Groups
- The Community Connect Champions
- Louth and Meath Wellbeing Maps



**The resource pack is available online now!**



**Keep an eye out  
for launch  
details  
in January!**

**We are currently recruiting for  
CommUnity Connect  
Champions and the Network**

**Please contact  
[healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)  
to register your interest**



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**Thanks for reading**

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