



Healthy Meath

Healthy Meath Newsletter for April/May 2025



Welcome to the April/May Edition of the Healthy Meath newsletter



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

IN FOCUS FOR APRIL/MAY

Autism Awareness Day 2nd April

World Autism Awareness Day is an annual event that highlights the need for increased awareness and understanding of autism spectrum disorder. Autism affects millions of people worldwide, impacting their social, communication, and behavioral skills in varying degrees.

This World Autism Awareness Day, the Irish Society for Autism is focusing on the provision of accurate information that is relevant and supportive.

The needs of autistic people, and their families and carers continuously change over the course of a person's life. It is important to have reliable and accurate information to make the best decisions for one's own situation. There are many organisations and websites which provide information including national and local groups and state departments.



World Day for Safety & Health at Work 28th April

The World Day for Safety and Health at Work, is held annually on April 28th to encourage the prevention of workplace accidents and diseases around the world.

This year the spotlight is on the impact of digitalisation and artificial intelligence (AI) on workers' well-being.

2024 saw workplace accidents in Ireland declining to a record low. Reporting any risk or incidents to Health & Safety Departments at work is everybody's job and is important so that we keep ourselves and our colleagues safe and well.



IN FOCUS FOR APRIL/MAY

**WORLD OVARIAN CANCER
DAY 8TH MAY**

Ovarian Cancer is one of the most common types of cancer in women.

The ovaries are a pair of small organs located low in the tummy. They are connected to the womb and store your supply of eggs.

Common symptoms of ovarian cancer include:

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating
- needing to pee more often than usual

For more information see www.cancer.ie

European Week against Cancer 25th to 31st of May

European week against cancer takes place from 25th to the 31st of May each year.

Each year during this week, cancer charities, European policy-makers, and the general public engage in various activities online, webinars, and connect to raise awareness about cancer prevention, access to treatment, and support for patients and cancer survivors.



World No-Tobacco Day May 31st

Approximately 6 million people die from tobacco-related ailments every year, and this number is projected to rise to over 8 million by 2030.

There are more and more ways to stop smoking. Kate Gerard is your local HSE Stop Smoking Advisor in Meath. Kate helped over 200 people through their quit journeys in 2024. The service is FREE and Kate can help you develop a personal quitting plan, which looks at your addiction levels, smoking habits and emotional attachment to tobacco.

Contact: Kate 087 451 2808 for more information or email NEQuit@hse.ie



HSE stop smoking clinics are held in Navan, Kells & Trim

Skin Cancer Awareness Month May

Skin Cancer Awareness month is devoted to shining the spotlight on one of the most common cancers in the world, skin cancer.

Most skin cancers are caused by skin damage that happens from exposure to ultraviolet (UV) light from the sun or sunbeds.

All types of skin are at risk of sun damage and skin cancer.

The risk is highest if you have skin that tends to burn easily, or freckle in the sun.

If you have black or brown skin, you can get skin cancer but it is less likely. You still need to protect your skin from the sun and check for anything unusual.

It is important for everyone to follow skin protection advice and to check their skin regularly.



The best protection is to cover up and be safe in the sun. It's important to check your skin regularly and tell your GP if you notice any unexplained skin changes.

Using sunbeds or sunlamps also increases your risk of developing skin cancer. These devices use high levels of the same harmful UV radiation found in sunlight.

You can protect your skin by wearing the right clothing, staying in the shade and using sunscreen. Cover up with a hat and long sleeves. Wear a wide-brimmed hat to protect your face and neck. Wear UV blocking sunglasses to protect your eyes.

In Ireland, sun damage to the skin is most likely between 11am and 3pm between March and October. For more information visit www.irishskin.ie



Nutrition - Keep Hydrated



Spring is here & the days are getting warmer & brighter!

Maintaining your water intake each day can help to reduce the risk of dehydration.

It is recommended on average that adults drink 2 litres of water per day in Ireland.

If you are active or exercising this will increase as you will lose fluid through sweat.

The easiest way to tell if you're drinking enough is to check the colour of your urine; if it's pale straw then you're drinking enough. If it is any darker then you need to drink more to flush out your body's waste products.

Thirst is a sign that you are already dehydrated, which means you need to increase your fluid intake.



Your water intake can be upped through eating fruits and vegetables. Melons, strawberries, pineapple, oranges, bell peppers, cucumber & celery all have a high percentage of water content.

1) Why not try infusing your water with some nice fruit combinations such as lemon and mint, cucumber and strawberry, raspberries, blueberries or lemon and lime.

2) Keeping a bottle of water with you at all times is an easy way to keep your fluid levels topped up during the day.

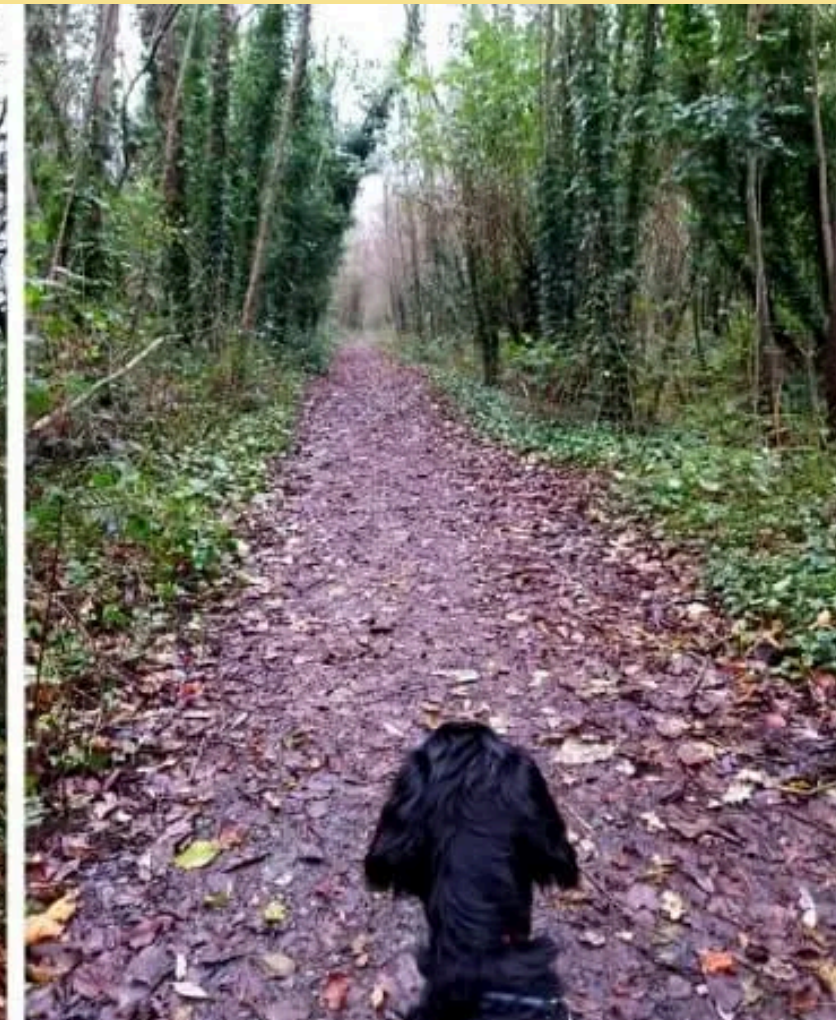
3) Fruit up your ice cubes – Why not try making flavoured ice cubes (freeze ice with lemon or lime wedges, mint leaves, strawberry pieces or other fruits for flavour) or alternatively freeze fruit pieces in a food bag and add to water as needed.

Spaces and places for Health & Wellbeing

Springtime in Ireland is officially here! The weather is getting sunnier and warmer and the longer evenings are back. Going for a walk is a great mood booster and a gentle way to be active.

Why not visit Balrath Woods and immerse yourself in nature? There are three different walks at Balrath, each colour coded.

- The longest walk is 30 minute walk and circles the woods' perimeter and has a variety of terrains.
- The Nature Walk is 20 minutes
- The Easy Walk is ideal for those with buggies or mobility issues as it is linear, level, and passes accessible playgrounds.
- Time: 10-30-minutes.
- Length: 600-meters-1.6kms
- Difficulty: Easy
- Start-point: Balrath Woods Car Park



11 WALKS IN MEATH YE'LL LOVE (2025 GUIDE)

Mental Health

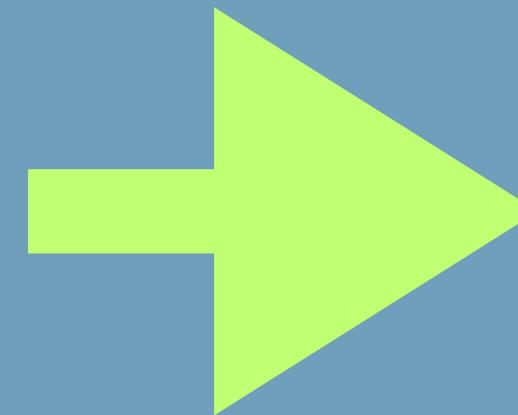
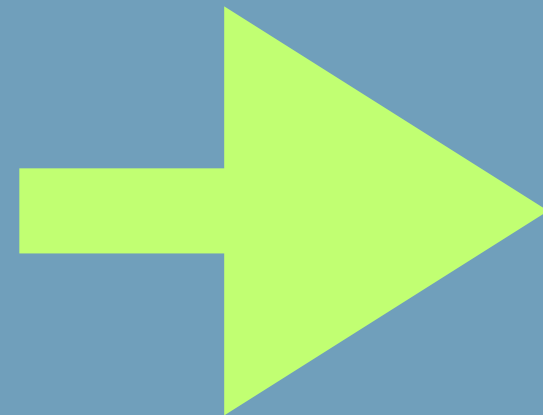
Are you someone who struggles with your anxiety ?

Anxiety is a feeling of worry or fear that everyone experiences at times.

You can feel anxious or worried when you are concerned about something you are experiencing or that is about to happen.

Feelings of anxiety are your body's natural reaction to some stressful or dangerous situations. They focus your attention and can help you react. A healthy amount of anxiety is OK and can keep you safe.

Anxiety can sometimes build up over time and be difficult to manage. The HSE has a webpage with tips and self help on how to manage anxiety. Please visit www2.hse.ie to find out more.



Physical Activity



Meath LSP in partnership with Swim Ireland are delivering Swimming programmes in Kells Swimming pool from March – June for Men, Women & Young People.

These programmes are fun and centre around building confidence getting into a swimming pool, developing swimming skills, breathing and putting your face in the water and have some Aqua Aerobics as part of the sessions. All programmes are led by qualified teachers. Lifeguards are present for all programmes.

There are programmes for:

- Men 35+
- Midlife Women
- Adults 50+
- Young People (coming soon)

Full timetable and registration links available here:

<https://www.meathsports.ie/swimming/>

Female Only RUGBY Training & Education Programme will commence in April for women wishing to upskill and become Rugby Coaches.

Coach Development Pathway and will include:

- Coach Training – PLAY RUGBY – Saturday 12th April (in person Navan)
- Safeguarding – Monday 14th April (ONLINE)
- Coaching Teenage Girls – Monday 28th 6pm-9pm (ONLINE)

Registration open now ⇒ <https://www.meathsports.ie/women-in-sport/ladies-social-tag-rugby/>

SWIMMING PROGRAMME TIMETABLE

| PROGRAMME | AGE | STARTS | DURATION | | TIME | Description |
|--------------------|---------------|--------------------------------------|----------|-----|-----------------|---|
| He Swims (Men 35+) | Men 35+ | Men 28th Feb, 7th Mar, 14th Mar | 3 Weeks | €15 | 10:00 – 11:00am | Fun, social programme, confidence building in the water, improving swimming, aqua aerobics |
| Swimmin Women | Midlife Women | 21st Mar, 28th Mar, 4th Apr, 11th Ap | 4 Weeks | €20 | 10:00 – 11:00am | Fun, social programme, confidence building in the water, improving swimming, aqua aerobics, menopause resources |
| He Swims (Men 35+) | Men 35+ | 7th, 14th, 28th Apr | 3 Weeks | €15 | 1:00-1:45pm | Fun, social programme, confidence building in the water, improving swimming, aqua aerobics |
| Swimmin Women | Midlife Women | 12th, 19th, 26th May, 9th, 16th June | 5 Weeks | €25 | 1:00-1:45pm | Fun, social programme, confidence building in the water, improving swimming, aqua aerobics, menopause resources |
| Adults 50+ mixed | Adults 50+ | 1st, 8th, 15th, 22nd May | 4 Weeks | €20 | 1:00-1:45pm | Fun, social programme, confidence building in the water, improving swimming, aqua aerobics |

COMMUNITY PROGRAMMES

Enquiries & registrations to Una Pearson
upearson@meathcoco.ie | 0469067887

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

comhairle chontae na mí
meath county council



Womens Rugby Coaching Programme

Have you ever wanted to become a rugby coach?

Would you like to upskill & increase your knowledge in order to take on more leadership roles in sport?

SCAN ME!

Modules include:

- Play Rugby - Sat 12th April
- Safeguarding - Mon 14th April
- Coaching Teenage Girls - Mon 28th April

For more information or to book a place contact Lisa at
lodowd@meathcoco.ie or call 0469067887.

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Physical Activity

Active Women – Eureka School, Kells

“Keep Fit/Tone Up” Meath LSP are delighted to announce the return of Keep Fit/Tone Up programme for women starting in Kells on Wednesday 26th March 2025.

This all-inclusive evening programme will include a wide range of cardio, strength and toning exercises making it easy to get back in shape and maintain a high level of fitness.

The 6-week programme suits women of all ages and fitness levels and is ideal for complete beginners. So, what are you waiting for!!

Come and join us and make this part of the new YOU! Cost is €20 for 6 weeks: Registration: <https://eventmaster.ie/event/xw55fPyS91>



Mature Movers

Mature Movers is a popular seated exercise class which follows along to music. The 6-week programme includes resistance exercises, core stability, balance and fall prevention exercises.

The programme takes place in 7 areas in Meath, so you are sure to find one near to you. Contact Paula on 0469067887 for more information or to book onto your space in a class.

Learn 2 Cycle Navan

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks focusing on empowering parents and giving them the tools to support their child in learning to cycle. Participants will be guided by our experienced tutor from the Cycling Safety School.

Date: Thursday May 8th – June 12th - Time: 4:30pm- 5:30pm - Duration: 6 weeks -

Venue: Claremont Stadium Navan - Cost: €15

For more information please contact Terry on 0469067887 or email tdonegan@meathcoco.ie



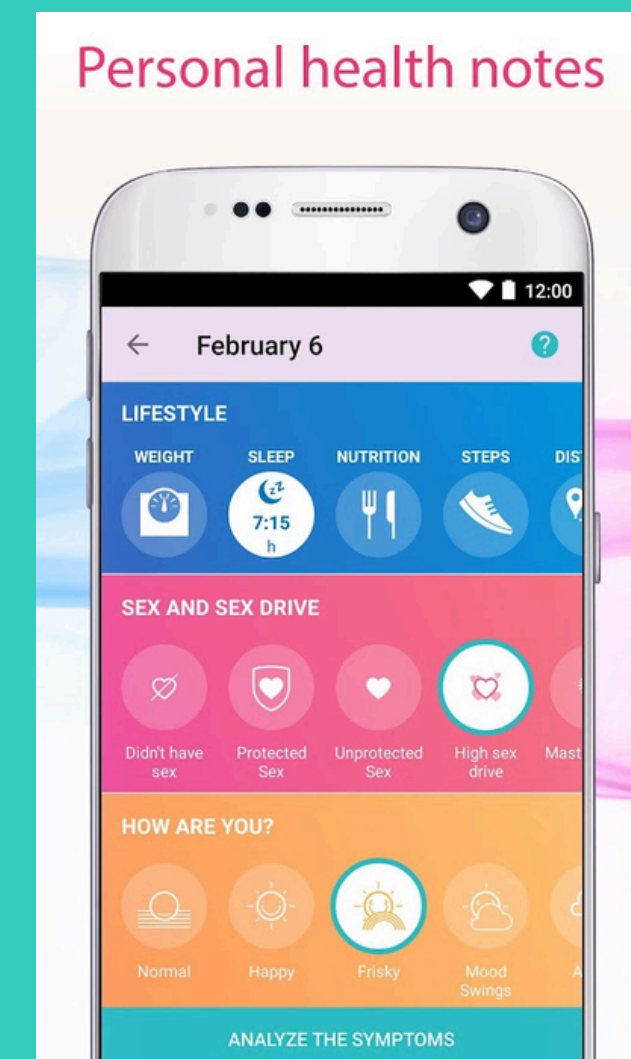
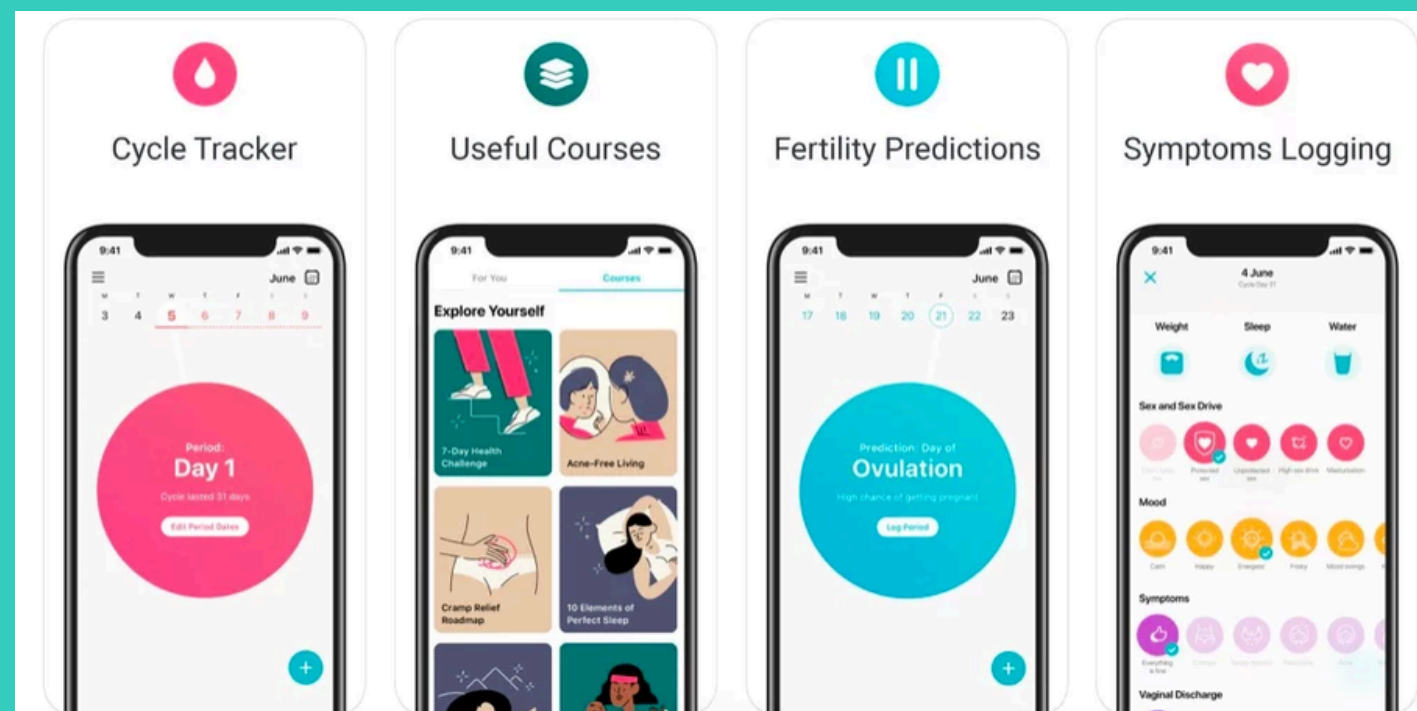
Sexual Health

Tracking your period

There are many benefits to tracking your period and lots of free apps to help you do this. Tracking your period can help you;

- Understand your period health.
- Track your hormones, monitor your mood.
- Sync your calendar to your cycle & help you be prepared
- Predict ovulation to help you get pregnant.
- Predict ovulation to prevent pregnancy.

Flo Tracker is one of lots of free apps available. You can download it wherever you get your apps from.



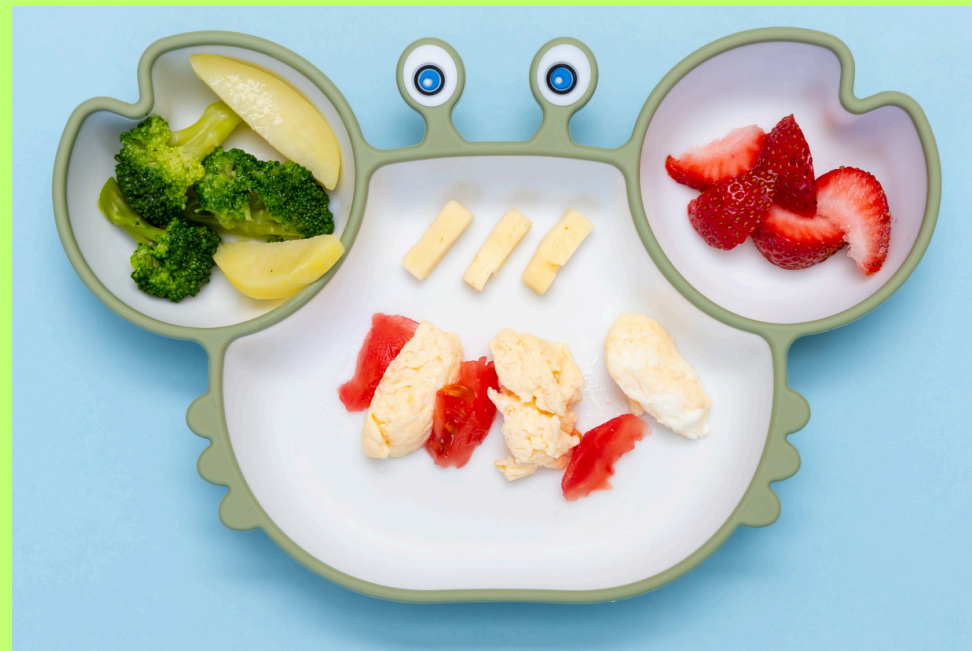
Other

Baby Food Made Easy

Are you weaning your baby or planning to wean?

Louth/Meath Health & Wellbeing Initiative is a series of Webex Sessions hosted by Senior Community Dietitians so you can learn more and get your questions answered.

For more information please see flier attached or email HP.NUTRITION@HSE.IE



BABY FOOD MADE EASY

Find out how, when and what to feed your baby

Ask questions or just listen, it's up to you!

97% would recommend the workshop to a friend!

"A lot of information overload out there online so this was very straightforward and informative. Feeling much more confident and looking forward to getting started."

"Thank you! I feel more confident about weaning now"

"That was a great session, thanks so much!"

Free to attend!

Are you weaning your baby or planning to wean? Do you have questions? Join our monthly online Webex Sessions to learn more and get your questions answered! These live sessions are not recorded, so it's a great opportunity to ask questions in real-time.

How does it work?

This free 90-minute Webex Session begins at 10:30 am on the day of the event. Participants will be muted during the session but can interact by asking questions through the chat function. The sessions are typically held on the second Tuesday of every month.

[Click here to register](#) OR scan the QR code below. For more details, please email us at HP.NUTRITION@HSE.IE

Before the event, participants will receive a link to access the session, and after the session, we'll send you our tried and tested weaning recipes and tips via email.

We look forward to having you join us!



This is a HSE Department of Health Promotion & Improvement Louth/Meath Health & Wellbeing Initiative and is hosted by Senior Community Dietitians.

SCAN TO REGISTER



Older People



Healthy Eating for Older Adults - Top Tips

(Based on Healthy Ireland's "Healthy Eating for Older Adults")

For older adults in good health, a healthy varied diet can help nourish your body and keep you strong. Aim for 3 meals and 2-3 snacks each day. Remember to drink enough fluids throughout the day.

Make sure each meal has:

- High fibre starchy foods (e.g. brown cereals/bread/rice/pasta or potatoes)
- Plenty of fruit or vegetables
- High quality protein foods (e.g. eggs, meat, poultry, fish, dairy, nuts, pulses)

It is best to limit alcohol, fat, sugar and salt intake. Healthy Eating helps your muscles, brain, weight, bones and gut.

1 Mind your muscles

- It is important to eat foods which are a good source of protein to maintain muscle mass
- Good protein sources are: eggs, milk, cheese, yoghurt, meat, poultry, fish, nuts, peas, beans, lentils
- Include these foods with each main meal and after exercising to help repair your muscles



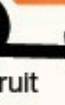
2 Boost the brain

- B vitamins can boost brain function
- Choose fruit & vegetables and high quality protein foods (e.g. meat, poultry, fish, eggs, beans, peas, lentils, nuts, dairy)
- Also, opt for foods that are "fortified" with B Vitamins such as some milks and cereals
- Aim to consume oily fish once per week such as salmon, trout, mackerel



3 Maintain your best weight

- Keeping a healthy body weight helps to reduce your risk of developing diseases such as diabetes and heart disease
- Limit foods high in fat, sugar and salt e.g. cake, biscuits, crisps & alcohol. Be mindful of portion sizes



4 Keep your gut happy

- Consume a wide variety of fruit and veg, aiming for 5-7 different portions each day
- Aim for a regular meal pattern that includes wholegrain cereals, breads, seeds and nuts
- Drink plenty of any fluids daily:
 - Women 6-8 glasses
 - Men 8-10 glasses



5 Strengthen those bones

- Include 3-4 daily servings of Calcium foods, e.g. dairy or fortified dairy alternatives
- A 15 microgram (600IU) vitamin D supplement is advised every day
- Get vitamin D from food sources such as eggs, oily fish, liver, fortified foods and safe sun exposure

6 Alcohol - Less is Best!

- Alcohol does not contain any nutrients beneficial to health
- It can increase your risk of falling
- If you do drink alcohol:
 - * do so in small quantities, spread over the week
 - * allow at least 2 alcohol free days each week



Useful information.....

- Healthy Ireland "Healthy Eating for Older Adults" booklet is available on <https://www.gov.ie/en/publication/9791c-healthy-eating-for-older-adults/>
- Healthy Ireland "How to Stay Active and Flexible Advice for Older Adults" is available on <https://www.gov.ie/en/publication/9791c-healthy-eating-for-older-adults/>
- INDI Food Fact Sheets on more healthy ageing topics are available on www.indi.ie

'For specific dietary advice, ask your medical team to refer you to a Registered Dietitian or visit www.indi.ie to find a Registered Dietitian in private practice'

INDI Older Persons Nutrition Interest Group 2024 Review Date: 2027

NAVAN WOMEN'S SHED

Est 2022

Every Second Wednesday
Pitch & Putt Club, Dan Shaw Road, Navan

- Arts & Crafts • Events
- Dancing • Courses in First Aid
- Knitting & Crochet Club
- Pitch & Putt Scramble on a Monday night and also Cinema Nights.
- Meet-Ups and linked in with HSE supporting healthcare for women & mental health for women. Healthcare talk included.

navanwomensshed@gmail.com

Rita 087 630 6448

Barbara 086 861 0105

Meet your friends for a chat and a cuppa!

Other

Please contact Trim Family Resource Centre for more information on these events

(046) 943 8850
info@trimfrc.ie



Attention Parents

Would you like help with any of the following?

- Healthy mealtimes
- Fussy eaters
- Too much screen time
- Children's self esteem and emotional well being
- Bedtime routines
- Being more active as a family

If so join Parents Plus Healthy Families Programme:

Course takes place over 4 weeks- Wednesday mornings

10am to 12pm from 30th April to 21st May 2025

in Dangan NS, Summerhill

For more information or to reserve your place, please contact:
Diane O'Reilly - diane@trimfrc.ie

ParentsPlus
Empowering Professionals to Support Families



Easter Camps

2 Days of Easter fun for children aged 6 - 12

14th & 15th in Trim at The Bungalow
16th & 17th in Ballivor at The Community Centre
22nd & 23rd in Athboy at Athboy CS
24th & 25th in Summerhill at Dangan NS



Lego Building



€10 PER CHILD
BRING A LIGHT LUNCH

For parents/carers of children/young people with a disability or additional needs



- Information
- Support
- Understanding


Meeting dates for 2025

Jan 21st April 29th
Feb 25th May 27th
Mar 25th June 17th

TRIM FRC (Cabin)
22 MORNINGTON
DRIVE C15R853



10.00 - 11.30am



TECH HELP HUB


Having a tech issue? Get help and support with your phone, tablet and other devices!

Just drop in at our **FREE Digital Café**


DETAILS:

| Day | Date | Time | Location |
|-----------|------------|-------------|------------------|
| Tuesday | March 25th | 10am - 12pm | Trim Library |
| Wednesday | March 26th | 2pm - 4pm | Ballivor Library |
| Friday | March 28th | 10am - 12pm | Enfield Library |
| | April 29th | | |
| | April 30th | | |
| | May 2nd | | |

For more information email brandon@trimfrc.ie or call 046 943 8850



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meath county council



Other



Would you like to speak freely about Substance use issues & Mental Health?

Community Focused Wellbeing

Building Coping Mechanisms

Understanding Triggers

Open dialogue is a safe open place where we can share, listen and learn from each other

Connection Opportunity Respect Empathy

Finding Joy in Sobriety

Celebrating Milestones

SCAN FOR DIRECTIONS



Held every Thursday 6pm - 7:30pm
Unit 3, Meath Enterprise Centre, Navan C15 RT61
Light Refreshments Provided

www.coreireland.ie | hello@coreireland | 085-1920150



VOLUNTEER INFORMATION SESSION

We're hosting a Volunteer Information Session for those interested in joining our incredible team of volunteers.

HUGG
HEALING UNTOLD GRIEF GROUPS

WHEN: Thursday, 10th April
11am-11.30am

WHERE: Zoom

WHY: Learn more about HUGG volunteering opportunities and how we can support you.

Register on eventbrite



PALs training

Congratulations to the group of newly trained Physical Activity Leaders (PALs). The group have taken part in a 6-week training programme delivered by Age and Opportunity Ireland. The 17 participants have been trained up to lead members of their own groups or communities in short exercise routines, simple dances, fun games and social sports. Well done to all involved.

If you are interested in becoming a PAL contact Paula on 0469067887 to hear more about the programme and how you can get involved.



Sensory Play for All

Healthy Meath collaborated with Sensory play for all for a St. Patrick's Day themed class to promote positive mental health in an inclusive environment for children.

Children choose their own way to explore and use their imagination to play. A great morning was had by all



CommUnity Connects Launch

Our mental health resource pack was launched in Deerpark Community Hub in Carlanstown last month. The launch was well attended. People who came tried out yoga, mindfulness & walking as part of the 5 ways to wellbeing.

We are currently recruiting CommUnity Connect Champions. If you would like to nominate yourself or somebody for your club or group to receive training, please email healthymeath@meathcoco.ie. Training will take place in May.



2025 Healthy Meath Micro Fund

Please visit www.meath.ie, Healthy Meath Microfund Grant Scheme for application form & details

The Healthy Meath Micro Fund supports community and voluntary groups wishing to undertake specific 'Health and Wellbeing' projects under the relevant categories of the scheme.

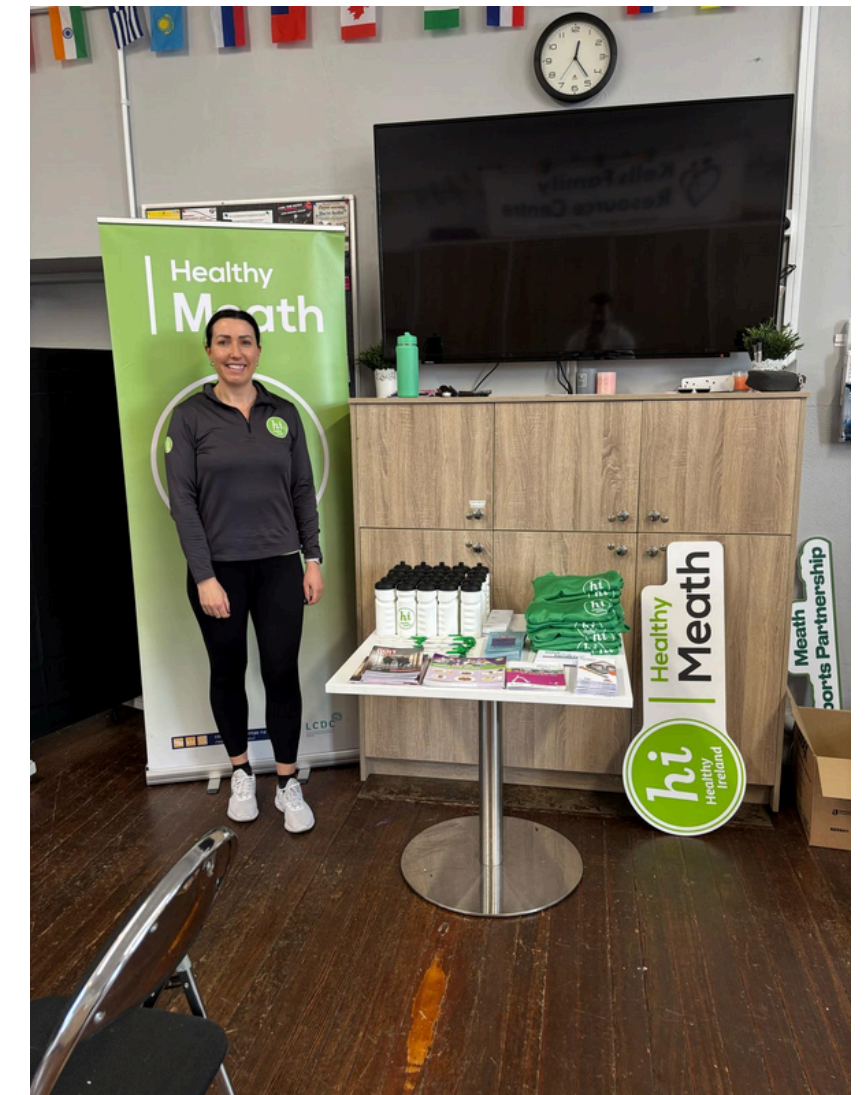
The purpose of the Local Community Development Committee's Healthy Meath Micro Fund is to encourage and support community and voluntary groups to take an active part in improving and protecting health and wellbeing at all stages of life, reducing health inequalities, and creating an environment where everyone can play their part in a healthier Meath.

The Healthy Meath Micro Fund comprises of two different support funds:

1. Support Fund for promoting a Healthy Lifestyle under the following 6 pillars outlined below (Max Grant €2,000)
 - Community Health Checks
 - Being SunSmart
 - Smoking and Vaping
 - Alcohol Consumption
 - Physical Activity
 - Healthy Eating

2. Support Fund for promoting and improving Positive Mental Health (Max Grant €2,000)

Please submit applications via email to healthymeath@meathcoco.ie or by post to Healthy Meath Coordinator, Buvinda House, Dublin Road, Navan, Co. Meath C15Y291. **Closing date is Friday 11th April 2025.**



Healthy Meath was delighted to take part in Women in Sports week last month. Meath Local Sports Partnership held a taster yoga class in Kells FRC, where HI Coordinator was on hand with an information stand on the day



Thanks for reading!

**Wishing our readers
a very happy Easter!**



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